



## PATRICIANS SOCIAL RESPONSE TO COVID CHALLENGES - SURVEY

### Patricians' Social Response to COVID Challenges - Survey

Warm greetings! We sincerely hope that every one of you are doing good amidst these tough times. The institution realises that people are going through a hard time, and we too, are definitely obligated towards the betterment of your well-being. In order to understand the circumstance of every student better, we would like you to fill this form which would help us to choose the best form of help that we could provide you with. Kindly spend five minutes of your time to fill this form and urge your fellow collegemates to do the same.

The Mentoring and Counselling Committee will get in touch with you shortly based on your requirement of help.

 mentoring@patriciancollege.ac.in (not shared) [Switch account](#) 

\* Required

Name of the Student \*

Your answer

Roll Number \*

Your answer

Department \*

Choose ▾

Select the Shift you belong to \*

Shift I

Shift II



Select the Program \*

- Undergraduate
- Postgraduate
- Master of Philosophy

Which year of study do you belong to? \*

- First year
- Second year
- Final year

Were you infected with the Covid - 19 virus? \*

- Yes
- No

Did anyone within your close circle (family, relatives, friends) get infected with the COVID-19 virus? If yes, kindly mention your relation to the affected person/s. \*

Your answer

Did you lose anyone as a result of the COVID-19 infection? If yes, kindly mention your relation to the concerned person/s. \*

Your answer





How would you rate your family's financial and economic status amidst the pandemic? \*

- We're doing good
- We are able to manage our necessities
- Not so good, not so bad
- We're not doing so good
- We are struggling and need help

Would you be needing any psychological/social support to help you get through the pandemic? \*

- Yes, I'm in a dire need of mental support
- Yes, it would help
- Not sure
- No, I'm doing fine as of now
- No, I'm doing great!

Submit

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Google Forms

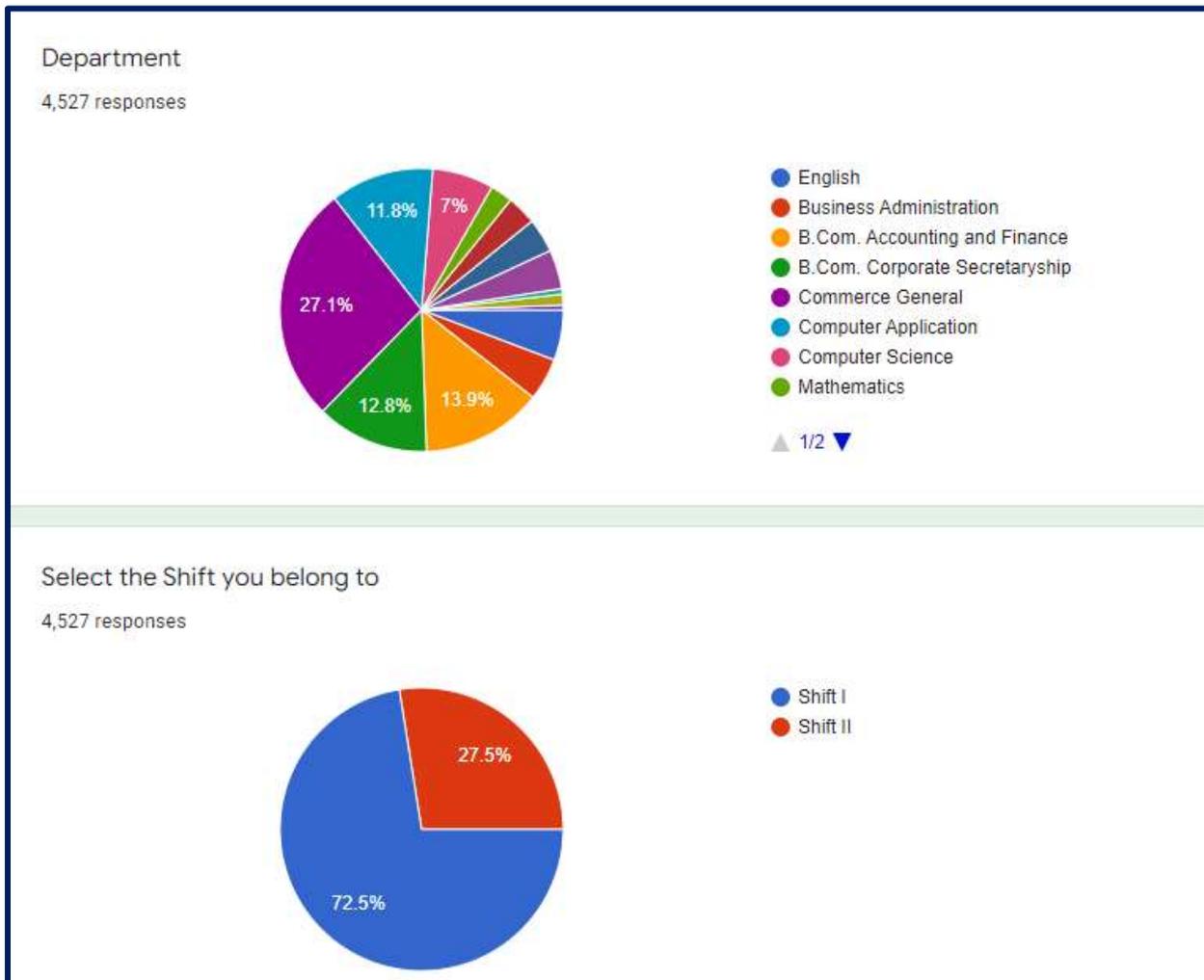




Patricians Social Response To Covid Challenges Responses Google Spreadsheets Link:

<https://docs.google.com/spreadsheets/d/1eMf8RZonAerSGCdyDwm7ZfjxAfSOMeUR23U-yaAaGDo/edit?resourcekey#gid=311331364>

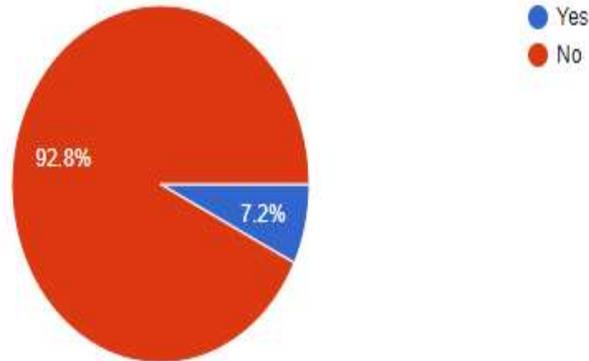
### Responses for the Survey





Were you infected with the Covid - 19 virus?

4,527 responses



Did anyone within your close circle (family, relatives, friends) get infected with the COVID-19 virus?  
If yes, kindly mention your relation to the affected person/s.

4,527 responses

- No
- Yes
- NO
- No
- no
- Nil
- No one
- Noo
- No



Did you lose anyone as a result of the COVID-19 infection? If yes, kindly mention your relation to the concerned person/s.

4,527 responses

No

no

No

NO

Nil

Yes

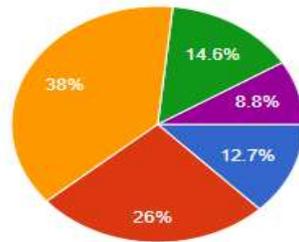
No one

None

Noo

How would you rate your family's financial and economic status amidst the pandemic?

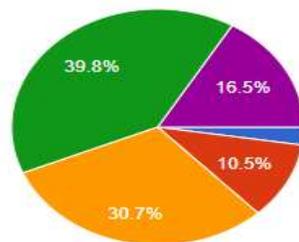
4,527 responses



- We're doing good
- We are able to manage our necessities
- Not so good, not so bad
- We're not doing so good
- We are struggling and need help

Would you be needing any psychological/social support to help you get through the pandemic?

4,527 responses



- Yes, I'm in a dire need of mental support
- Yes, it would help
- Not sure
- No, I'm doing fine as of now
- No, I'm doing great!

**PATRICIANS SOCIAL RESPONSE TO COVID CHALLENGES – SURVEY**

03.12.2020

From

To

Principal

HoD, Psychology Dept.

In accordance with the Patrician Social response to Covid Challenges - survey, I hereby direct the Head, Department of Psychology to provide Counselling Services to the students who have mentioned to be in dire need of psychological support. Kindly consider this as urgent and do the needful

Dr. USHA GEORGE  
Principal

Principal  
Patrician College of Arts and Science  
Canal Bank Road, Gandhi Nagar,  
Adyar, Chennai - 600 020.

**Letter Regarding the Counselling of Students who faced Psychological Challenges during Covid**



## PATRICIAN MENTORSHIP AND COUNSELLING SERVICES

### SURVEY REPORT ON

### CHALLENGES FACED BY STUDENTS DUE TO THE COVID PANDEMIC

The Patrician mentorship and counselling services conducted a survey on “Challenges faced by students due to the Covid pandemic”. The survey was conducted in the academic year 2020- 2021. The entire student community of Patrician College of arts and science participated in this survey. The data was collected through Google forms. The participants were asked about the challenges they have faced during pandemic. Out of 4527 respondents a total of 3284 were students who responded to the survey. Out of which 2985 students were doing under-graduation and 299 were doing post-graduation.

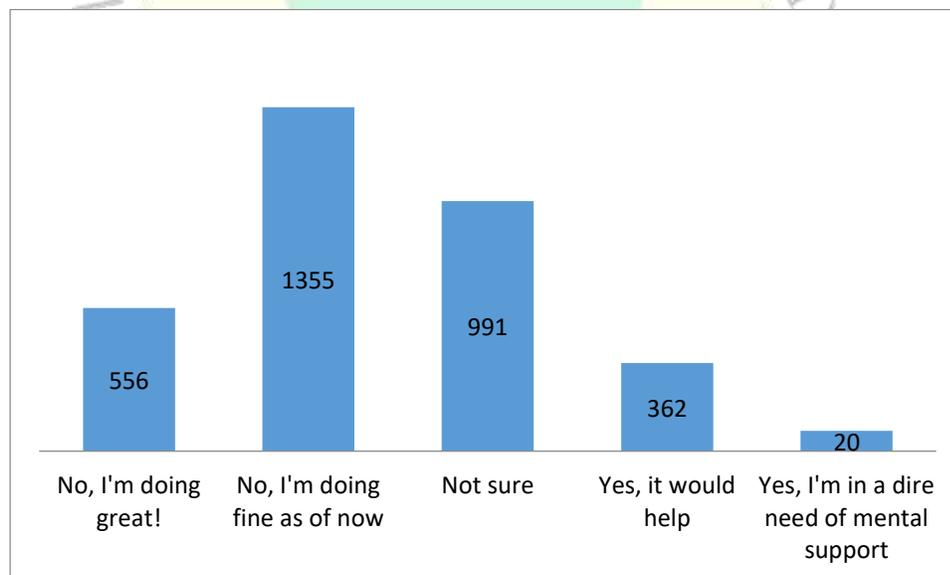
Among the participants 252 students reported to be having covid during the pandemic which nearly makes 8 percent of the college population. Other than these students, 203 reported that their close ones were affected with the covid virus which makes 6 percent of the college population. Some of the students even lost their loved one to this pandemic. 14 students lost their father, one student lost the mother and another one lost a brother to this covid virus.

**Chart no. 1: Showing the family's financial and economic status amidst the pandemic**



From the above chart we can see that 13% of student's family are doing good on their own. 27% of student's family are able to manage their basic necessities. 36% of student's family were neither doing well nor having difficulties. 15% of student's family were not doing so good. 9% of student's family were struggling and needed help from others. From this chart we can see that there are many students who are having financial struggles due to Covid pandemic. To know how many may require psychological support or social support the next question was asked to the students.

**Chart no. 2: Showing the need for psychological/social support as expressed by the students to get through the pandemic**



From the above chart it can be seen that some students have expressed that they need some psychological or social support from the Patrician Mentorship and Counselling Services. 58 percent of the population expressed that they are doing fine and they don't need any support service. 30 percent of the students were not so sure whether they need or they don't need the support service. Only 12 percent of the population stated that they need psychological/ social support from the college. Out of this 12 percent one percentage of students voiced that they are in dire need of mental support.



## PATRICIAN MENTORSHIP AND COUNSELLING SERVICES

### REPORT ON FOLLOW-UP COUNSELLING SESSION FOR STUDENTS WHO FACED CHALLENGES DUE TO THE COVID PANDEMIC

The Patrician mentorship and counselling services conducted a survey on “Challenges faced by students due to the Covid Pandemic”. The entire student community of Patrician College of arts and science participated in this survey. The participants were asked about the challenges they have faced during pandemic. Out of 4527 respondents a total of 3284 were students who responded to the survey. 58 percent of the population expressed that they are doing fine and they don't need any support service. 30 percent of the students were not so sure whether they need or they don't need the support service. Only 12 percent of the population stated that they need psychological/ social support from the college. Out of this 12 percent one percentage of students voiced that they are in dire need of mental support.

The one percent (20) students who were in dire need for mental support were focused and preparation for giving counselling session were done. Out of the twenty students, only 5 students turned up for the session. The session was focused on understanding the background and issues of the students and simple strategies were taught to help them handle their mental health.

STUDENTS ATTENDING THE INDIVIDUAL COUNSELLING SESSION



Chennai, Tamil Nadu, India

Block-C, Canal Bank Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India

Lat N 13° 0' 47.2644"

Long E 80° 15' 1.6488"



Chennai, Tamil Nadu, India

11, 1st Cres Park Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India

Lat N 13° 0' 47.358"

Long E 80° 15' 3.1824"



Chennai, Tamil Nadu, India

11, 1st Cres Park Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India

Lat N 13° 0' 47.9088"

Long E 80° 15' 3.1248"



## BEST PRACTICE 2

### WOMEN HEALTH AND WELLNESS

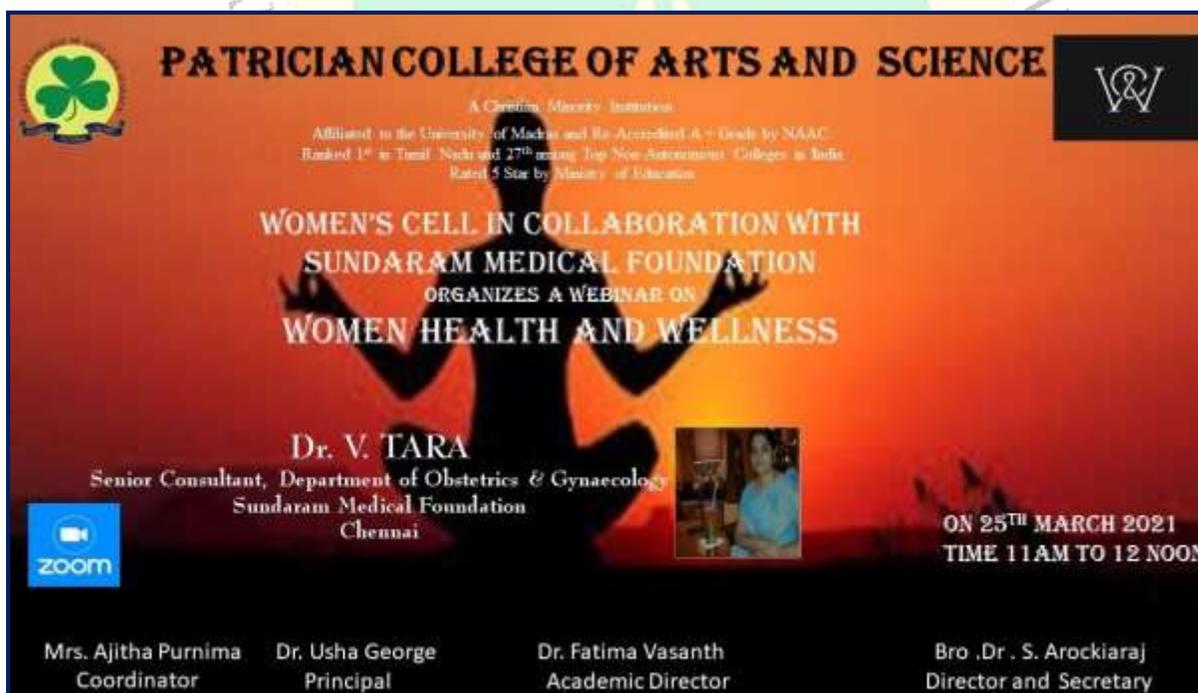
#### WOMEN'S CELL

To commemorate International Women's Day, the Women's Cell of Patrician College of Arts and Science in collaboration with Sundaram Medical Foundation conducted a webinar for students and staff. Participants were invited from Hindustan College of Arts and Science.

The program began with a prayer by Ms.Pamila Dorathy,I BCA(B), followed by a welcome address and introduction of the Resource Person by Mrs.Ajitha Purnima, Asst.Prof, Department of Computer Applications and Coordinator of Women Cell. The program was felicitated by Dr. B. Meena, Vice Principal, Shift I.

The session was taken by Dr.Tara, Senior Consultant, Sundaram Medical Foundation. The session focused on the importance of Women Health in the current world. After the session, the students interacted with the Resource Person clarifying their doubts.

Vote of Thanks and feedback of the session was done by Dr.Sasikala, Asst. Prof., Department of Management.



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
A Christian Minority Institution  
Affiliated to the University of Madras and Re-Accredited A+ Grade by NAAC  
Ranked 1<sup>st</sup> in Tamil Nadu and 27<sup>th</sup> among Top Non-Autonomous Colleges in India  
Rated 5 Star by Ministry of Education

**WOMEN'S CELL IN COLLABORATION WITH  
SUNDARAM MEDICAL FOUNDATION  
ORGANIZES A WEBINAR ON  
WOMEN HEALTH AND WELLNESS**

**Dr. V. TARA**  
Senior Consultant, Department of Obstetrics & Gynaecology  
Sundaram Medical Foundation  
Chennai

**ON 25<sup>TH</sup> MARCH 2021  
TIME 11 AM TO 12 NOON**

**zoom**

Mrs. Ajitha Purnima  
Coordinator

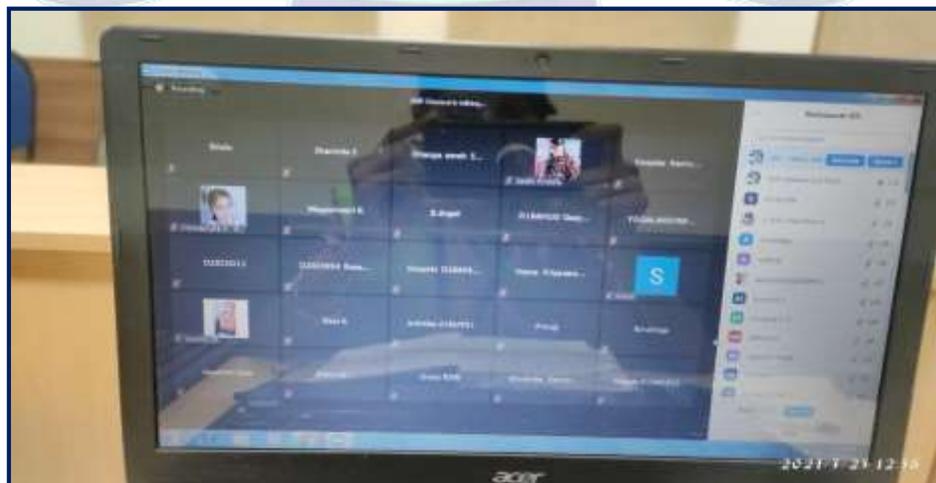
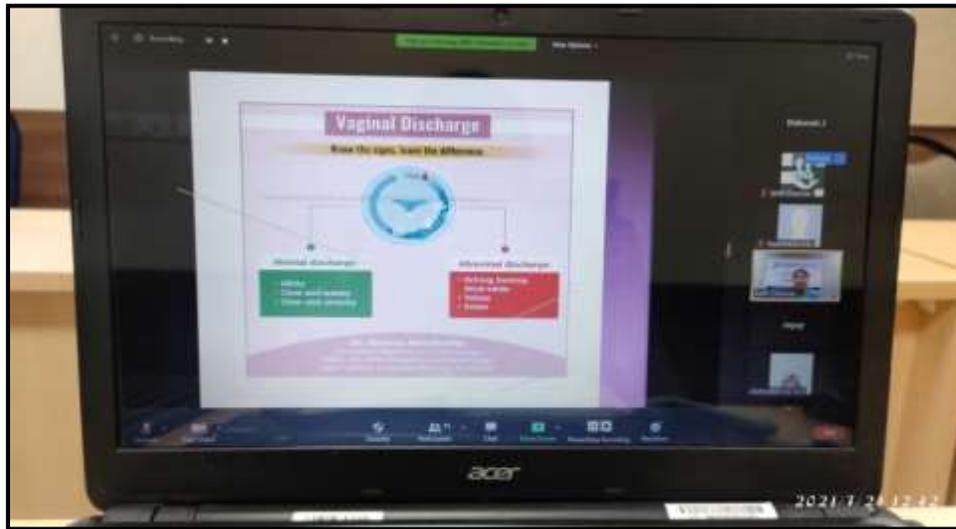
Dr. Usha George  
Principal

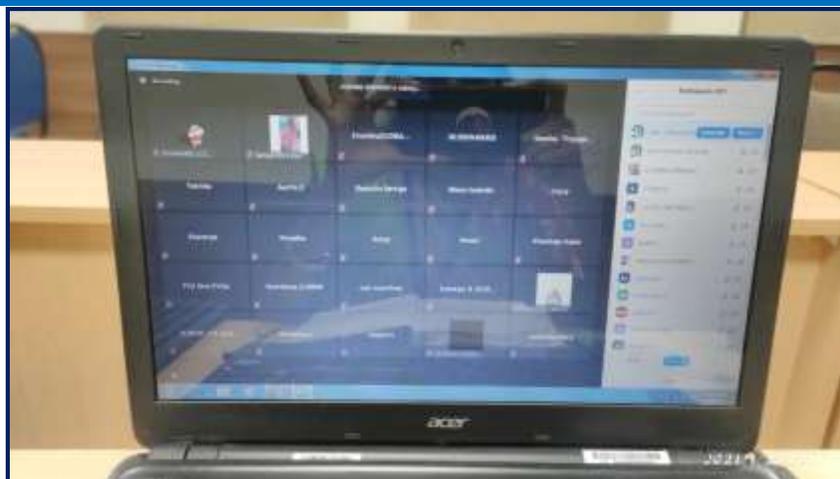
Dr. Fatima Vasanth  
Academic Director

Bro .Dr . S. Arockiaraj  
Director and Secretary

INVITATION

WEBINAR PHOTOS





## Women's Cell in Collaboration with Sundaram Medical Foundation

Thursday, March 25<sup>th</sup> 2021

Timing: 11am to 12 noon

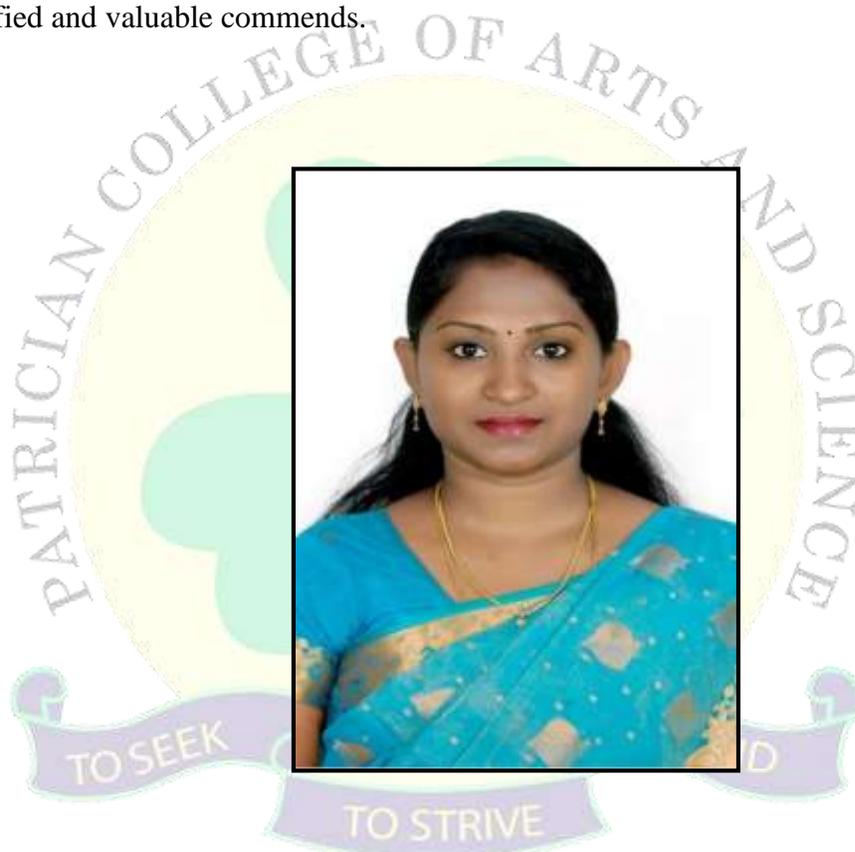
Platform: Zoom

### Program Schedule

- Prayer – Pamila Dorathy, Student
- Welcome Address & Introduction of Resource Person – Mrs. Ajitha Punima, Asst. Prof.
- Felicitation – Dr. Meena, Vice Principal, Shift 1
- Special Talk on Women Health and Wellness – Dr. Tara, Senior Consultant,  
Department of Obstetrics & Gynaecology  
Sundaram Medical Foundation  
Chennai 50
- Vote of Thanks – Dr. Sasikala, Asst. Prof.

### **Programs conducted by Department of Physical Education to cater to the Mental Health of the Stakeholders**

The Department of Physical Education organized live workshop webinar on Yoga for Healthy Life – Stay Fit held on 23<sup>rd</sup> May 2020 at 4.00pm. The resource person of the event is Yoga Acharya Ms. S. EZHILARASI of Founder Director of Yogalaya Health Care Institute, Vadapalani, Chennai. The total number of registration was 258 and participated 100 members all the participation got the participation e - certificate. The program was overall very nice during the lock down period how to fit our body with the Asana, Pranayama and yogic exercises with asana to demonstrate with clear explanation all the participant very much satisfied and valuable comments.



Ms. S. EZHILARASI, Founder Director, Yogalaya Health Care Institute



### PROGRAMME SCHEDULE

Timing 11.00 am - 12.00 Noon

<p><b>Day 1</b>      <b>17-06-2020</b> TOPIC: WOMEN HEALTH ISSUES</p> <div style="text-align: center;">   <b>DR. GRACE HELINA</b>            Professor &amp; Head            Department of Exercise Physiology            Tamil Nadu Physical Education and Sports University            Chennai         </div>	<p><b>Day 3</b>      <b>19-06-2020</b> TOPIC: WOMEN AND MENTAL HEALTH</p> <div style="text-align: center;">   <b>DR. SHAHIN AHMED</b>            Professor Sports Psychology            Department of Sports Management and Sports Psychology            &amp; Sociology            Tamil Nadu Physical Education and Sports University            Chennai         </div>	<p><b>Day 5</b>      <b>21-06-2020</b> TOPIC: FITNESS AND NUTRITION NEVER STOP MOVING</p> <div style="text-align: center;">   <b>DR. P.UMA DILLIRAJ</b>            Guest Lecturer            Department of Exercise Physiology            Tamil Nadu Physical Education &amp; Sports University            Chennai         </div>
<p><b>Day 2</b>      <b>18-06-2020</b> TOPIC: WOMEN AND SPORTS INJURIES</p> <div style="text-align: center;">   <b>MR. C.MANOJ</b>            Physiotherapist            Tamil Nadu Physical Education and Sports University            Chennai         </div>	<p><b>Day 4</b>      <b>20-06-2020</b> TOPIC: RESPONSIBILITIES OF WOMEN DURING COVID19</p> <div style="text-align: center;">   <b>DR. J. VIJAYATHILAGAM</b>            Assistant Commissioner            Department of Civil Supplies and Consumer Protection            Chennai         </div>	<p><b>Day 6</b>      <b>22-06-2020</b> TOPIC: WOMEN EMPOWERMENT</p> <div style="text-align: center;">   <b>PROF. MUMTAZ BEGUM</b>            Professor, Head &amp; Dean            School of Education            Pondicherry University, Pondicherry         </div>
<p style="text-align: center;"><b>TO STRIVE</b></p>		
<p><b>Day 7</b>      <b>23-06-2020</b> TOPIC: YOGA FOR HEALTH</p> <div style="text-align: center;">   <b>DR.V.VALLI MURUGAN</b>            Assistant Professor            Department of Physical Education            Bharathiar University            Coimbatore         </div>		

**7 days National Level Online Webinar for Faculty Development Program on Women Fitness from 17<sup>th</sup> July to 23<sup>rd</sup> July 2020.**

The Department of Physical Education in association with IQAC organized 7 days National Level online webinar Faculty Development Program on Women Fitness from 17<sup>th</sup> July to 23<sup>rd</sup> July 2020. The program schedule timing was 11.00am to 12.00 Noon.

**DAY – 1 / 17.06.2020, Topic: Women Health Issues.** The Resource Person is **Dr. Grace Helina**, Professor & Head Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai.



Dr. Grace Helina, Professor & Head, Exercise Physiology and Biomechanics,  
Tamil Nadu Physical Education and Sports University

**DAY – 2 / 18.06.2020 Topic: Women and Sports Injuries.** The resource person is **Mr. C.Manoj**, Physiotherapist, Tamil Nadu Physical Education and Sports University, Chennai



Mr. C.Manoj, Physiotherapist, Tamil Nadu Physical Education and Sports University.



**DAY – 3 / 19.06.2020, Topic: Women and Mental Health.** The resource person is Ms. Shahin Ahamed, Professor, Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai.



Ms. Shahin Ahamed, Professor, Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai..

**DAY – 4 / 20.06.2020, Topic: Responsibilities of Women during Covid19.** The resource person for the day is **Dr. J. Vijayathilagam, Assistant Commissioner,** Department of Civil Supplies and Consumer Protection, Chennai



Dr. J. Vijayathilagam, Assistant Commissioner, Department of Civil Supplies and Consumer Protection, Chennai.



**DAY – 5 / 21.06.2020, Topic: Fitness and Nutrition Never Stop Moving.** The resource person for the day is **Dr. P.UMA DILLIRAJ M.Phil, Ph.D, Exercise Physiologist**, Tamil Nadu Physical Education and Sports University, Chennai.



Dr. P.UMA DILLIRAJ M.Phil, Ph.D, Exercise Physiologist, Tamil Nadu Physical Education and Sports University, Chennai.

**DAY – 6 / 22.06.2020, Topic: Women Empowerment.** The resource person for the day is **Prof. MUMTAZ BEGUM, Professor, Head & Dean**, School of Education Pondicherry University, Pondicherry – 605 014



Prof. MUMTAZ BEGUM, Professor, Head & Dean, School of Education Pondicherry University, Pondicherry

**DAY – 7 / 23.06.2020, Topic: Yoga for Health. Dr.V.VALLI MURUGAN;** Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore-641046



Dr. V. VALLI MURUGAN; Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore.

The total number of registrations and participants were 103 members. All the participation got the participation e - certificate. The participants ranged from all over the India. Participants from 14 states, 2 Union territory, and TWO participant from Oman (Muscat) Country. The overall feedback was useful for participants during the lock down period to stay physically and mentally fit.

DETAILS OF THE PARTICIPANTS

OMAN	MUSCAT-2
INDIA	TAMILNADU-52
	ANDHRA PRADESH-11
	MAHARASHTRA-6
	KARNATAKA -5
	ASSAM-4
	RAJASTHAN -4
	UTTARAKHAND-3
	TELANGANA-3
	KERALA-2
	WEST BENGAL-2
	ODISHA-2



	MIZORAM -1
	TRIPURA-1
	PUNJAB-1
<b>UNION TERRITORY</b>	PONDICHERY-3
	DELHI-1
<b>TOTAL</b>	<b>103</b>





### CONSOLIDATED FEEDBACK FOR 7 DAYD FDP O N WOMEN FITNESS

#### 7 Day National Level Faculty Development Programme on Women Fitness - Consolidated Feedback Form

84 responses

[Publish analytics](#)

#### Personal Details

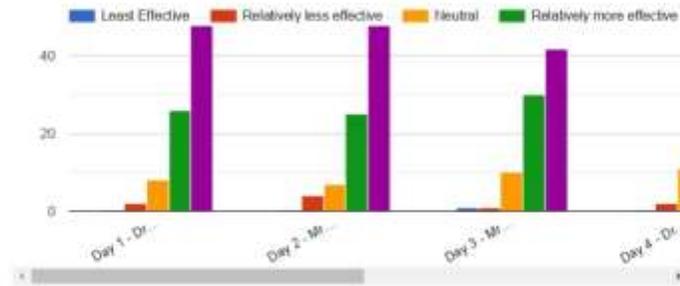
Your Name (in full)  
84 responses

- Dr. A. KIRUBA JEBASEELI
- Dr. M. KALAICHEZHIAN
- Neelam Sharma
- R KANI
- S.Sravan Kumar
- E.Natraj Moorthy
- S V RAMANA POLAVARAPU
- Saraswati Bisht
- M SATYA VANI

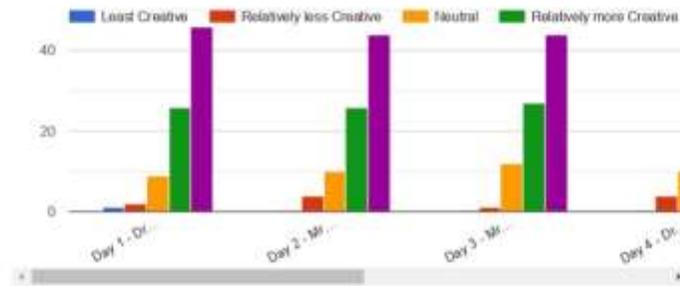


Consolidated Feedback

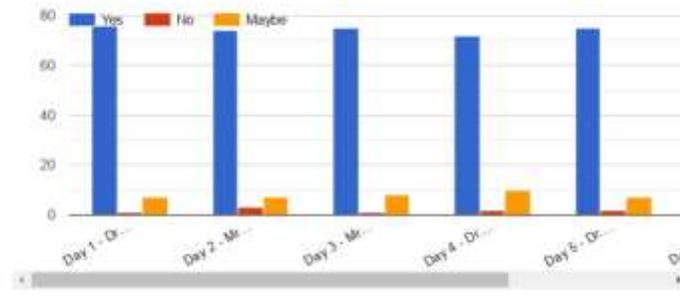
Was the resource person able to convey the session content effectively?



Was the resource person creative in his/her presentation?



Were you able to clearly understand all the information that was presented in the webinar?





Any technical problems faced during the webinar? If yes, please describe

84 responses

- No
- no
- NO
- No
- Networking problem some time
- Excellent
- Sometimes network issues that's it
- Yes
- In between some disturbance thats it.

Give a short feedback about the webinar.

84 responses

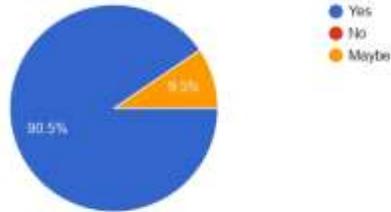
- Nice
- Very useful
- Good
- Good
- Session more timing during the days
- It's was excellent and useful session
- Super
- Excellent workshop on women fitness good initiation
- Its good and knowledgeable





Would you like to participate in further webinars and online sessions conducted by us?

84 responses



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Google Forms



## Department of Psychology

## Report on Patrician-LonePack MoU 2020-2021



भारतीय गैर न्यायिक  
बीस रुपये  
रु.20  
INDIA  
INDIA NON JUDICIAL  
Rs.20  
TWENTY RUPEES

26 MAR 2021  
9TAB 115298  
S. AYATH BASHA  
STAMP VENDOR  
L.NO.3 / 33 / 2000  
No: 43, SEETHAMMAL ROAD  
TEYNAMPET, CHENNAI - 18  
Phone: 9841640594

தமிழ்நாடு தமி்லநாடு TAMIL NADU  
Dr. Senthil kumaran  
Chennai

Memorandum of Understanding (MOU)

**1. Parties:**  
This MOU is executed between "Patrician College of Arts and Science" (herein referred to as "College"), address - Railway Station, 3, Canal Bank Road, Gandhi Nagar, Behind Kotturpuram, Adyar, Chennai, Tamil Nadu 600020 and "LonePack", 5/39, Thiruvalluvar Nagar Main Road, Keelkattalai, Chennai, Tamil Nadu - 600117 and executed on 26-03-2021.

**2. Purpose:**  
The purpose of this MOU is to put down the terms and conditions under which "LonePack" and "College" will work together to conduct the services mentioned under Section 4- Services / Support and to put down the process to be followed between the two parties to this MOU.



### **3. Tenure of MOU:**

- (a) This MOU is effective from the date on which it is signed by the Authorities/Head/Director/Managing Director of both the participating organizations to this MOU.
- (b) This MOU shall remain in full force and effect for a period of one year from the date of signing of this MOU.
- (c) Both the parties to this MOU shall decide whether to renew or terminate or amend any of the terms and conditions of this contract within the due date to the MOU and necessary communication to the effect be exchanged by both the parties, before the due date to this MOU.
- (d) This MOU may be terminated by mutual consent, with a thirty-day written notice, which shall be delivered by email / notice sent by Registered Post, mailed to the address listed above.

### **4. Services / Support**

**“LonePack” shall provide following support that includes but is not limited to the activities listed below,**

- Training along with Learning Management System support to students for completing the “LonePack Buddy Sensitisation course” for providing basic emotional/ mental health support
- Practical exposure to peer-to-peer mental health support systems as volunteers on “LonePack Buddy”.
- Volunteering opportunities across research, content and marketing teams.
- Training to conduct outreach programs and mental health workshops for adolescents and young adults.

Most of the training programs and volunteering opportunities shall be facilitated via online forums, including the LonePack website and LonePack Buddy App. However, certain activities may also be conducted on-ground, subject to the consent and availability of the selected students. Selection of students for volunteering opportunities will be subject to standards set by LonePack. All decisions regarding the training and assessing of students prior to providing opportunities shall be taken by the LonePack Team. LonePack reserves the right to terminate the volunteering agreement with a specific volunteer in case of violation of the honour code or failure to meet the requirements of the activity. E-certificate/ Letter of Completion will be provided to the participants after completion of the activities.

**“College” shall provide the following support that includes but is not limited to the activities below,**

- Supervision/ Advisory support for research activities and overall guidance for LonePack activities, in particular for those involving student volunteers
- Active engagement / participation of students in the volunteering activities
- Communication of the college requirements in timely manner
- Timely feedback on the overall quality of the services

### **5. General Provisions:**

#### **A. Amendments:**

Either party may request changes to this MOU. Any changes, modifications, revisions or amendments to this MOU which are mutually agreed upon by and between the parties to this CONTRACT shall be incorporated by written instrument and effective from the date signed by both the parties to this MOU.



**B. Applicable Law:**

This is a legally non-enforceable MOU.

**C. Non-Disclosure:**

Both parties agree to adhere to a strict "Non-disclosure of any information Agreement" shared across as part of this MOU. The terms and conditions of this MOU and all other financial & other information is strictly confidential.

"College" & "LonePack" agree not to make the terms of this MOU Public. Any information herein shared as part of the Agreement is also strictly confidential and shall not be reused / disclosed without valid consent from the other party.

**D. Severability:**

Should any portion of this MOU be judicially determined to be illegal or unenforceable, the remainder of the MOU shall continue in full force and effect, and either party may renegotiate the terms affected by the severance.

**E. Financials / Commercial**

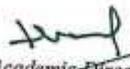
There will be no exchange of monetary benefits

**6. Signatures:**

In witness whereof, the parties to this MoU through their duly authorized representatives have executed this MoU on the days and dates set out below, and certify that they have read, understood and agreed to the terms and conditions of this MoU as set forth herein.

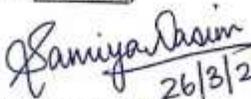
The effective date of this MoU is the date of the signature last affixed to this page.

For Patrician College of Arts and Science,

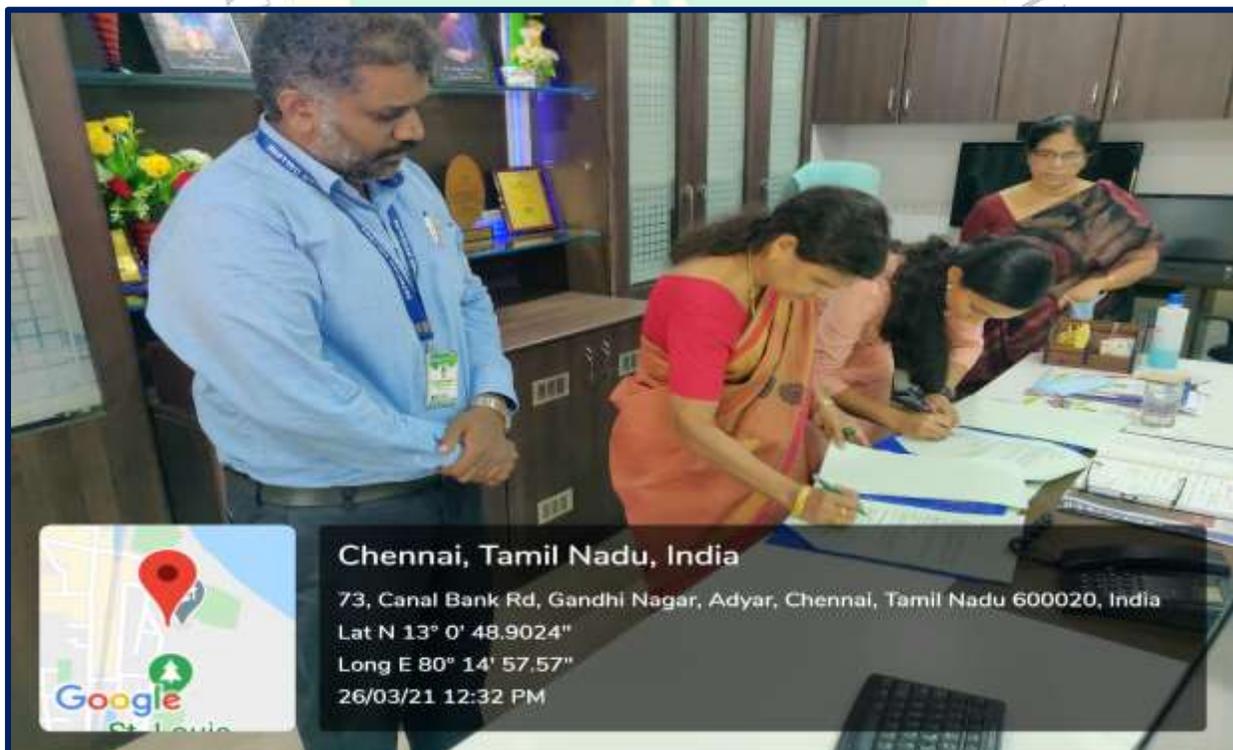
  
Academic Director 26/3/21

Date: 26/03/2021

For LonePack,

  
(Samiya Nasim) 26/3/21  
Secretary

Date: 26/03/2021





**About LonePack** - <https://www.lonepack.org/>

LonePack is an NGO based in Chennai that strives to shatter the stigma that surrounds mental health issues, and their main goal is to start more open dialogue about mental health in a safe and inclusive environment. Run by a group of driven individuals, LonePack has set out to make a difference in society by de-stigmatising, and creating more awareness towards mental health issues and form a strong community of supportive and understanding individuals to help us with our goal.

### **About the MoU**

Date of signing: 26.03.2021

The purpose of the MoU is to form a collaborative relationship wherein students can gain experience across research, content writing and emotional support skills through voluntary activities. While the department can support in providing resources that the organisation may need with respect to manpower and knowledge expertise for their projects.



LonePack Buddy - <https://lonepack.org/app/home> - is a peer-to-peer emotional support platform run by LonePack that provides a safe, anonymous and text-based support through volunteers (called “Listeners”) trained by the organisation.

### LonePack Buddy Training Report

Dates: 30/05/2021 - 06/06/2021

Batch: PG 2020-2022

Facilitator: Ms. Divya. C

As a part of the Patrician-LonePack MoU, LonePack Buddy training was provided to interested students and based on their performance during assessment, students were onboarded as “Listeners” for a minimum duration of 3 months

An orientation programme was conducted for all students on 29/05/2021 regarding the MoU, the LonePack Buddy platform and training for volunteers hosted on the platform.

Out of the 26 students in the batch, 6 students enrolled for the training course. This was a one-week, self-paced, online training programme designed to develop sensitised listeners proficient in basic helping skills and psychoeducation. Out of the 6, 3 students had completed the course and 1 student successfully passed all assessments and was selected to be a listener on LonePack Buddy.

#### Students who registered

Sl.No	Name	Roll number
1	Wiselyn Kiruba. M	E20PYP026
2	Ameera	E20PYP003
3	Vimal A	E20PYP025
4	Lakshmi.S	E20PYP013
5	Sweta Ramakrishna	E20PYP023
6	Iyer Maya Ravichandran	E20PYP010

#### Students who completed the course successfully

Sl.No	Name	Roll number
1	Iyer Maya Ravichandran	E20PYP010



2	Vimal A	E20PYP025
3	Ameera	E20PYP003

### Students selected as Listeners on LonePack Buddy

Sl.No	Name	Roll number
1	Vimal	E20PYP025

Vimal has volunteered on LonePack Buddy from June 2021 to October 2021 and has had 8 conversations on the platform since with high user satisfaction rating (>3) for his conversations (as reported by the organisation)



**LONEPACK**  
Registered under the Tamil Nadu Societies Registrations Act, 1975

[www.lonepack.org](http://www.lonepack.org)  
[engage@lonepack.org](mailto:engage@lonepack.org)

To whomsoever it may concern,

It's my pleasure to write that the services of Vimal have been found satisfactory during his stint of volunteering with LonePack.

Vimal joined us as a volunteer in June 2021. He worked as a "Listener" on our LonePack Buddy project till October 2021. His role included providing anonymous, empathetic listening and support to those who reached out when they needed someone to talk to. They were able to adequately provide support to people they were connected with.

His work ethic and interest was well appreciated by everyone in the team.

It was a pleasure to have Vimal on our team and we wish him best of luck in his future endeavours.

Best,

  
Siddhaarth Sudhakaran  
Treasurer  
The LonePack Society  
26 January 2022

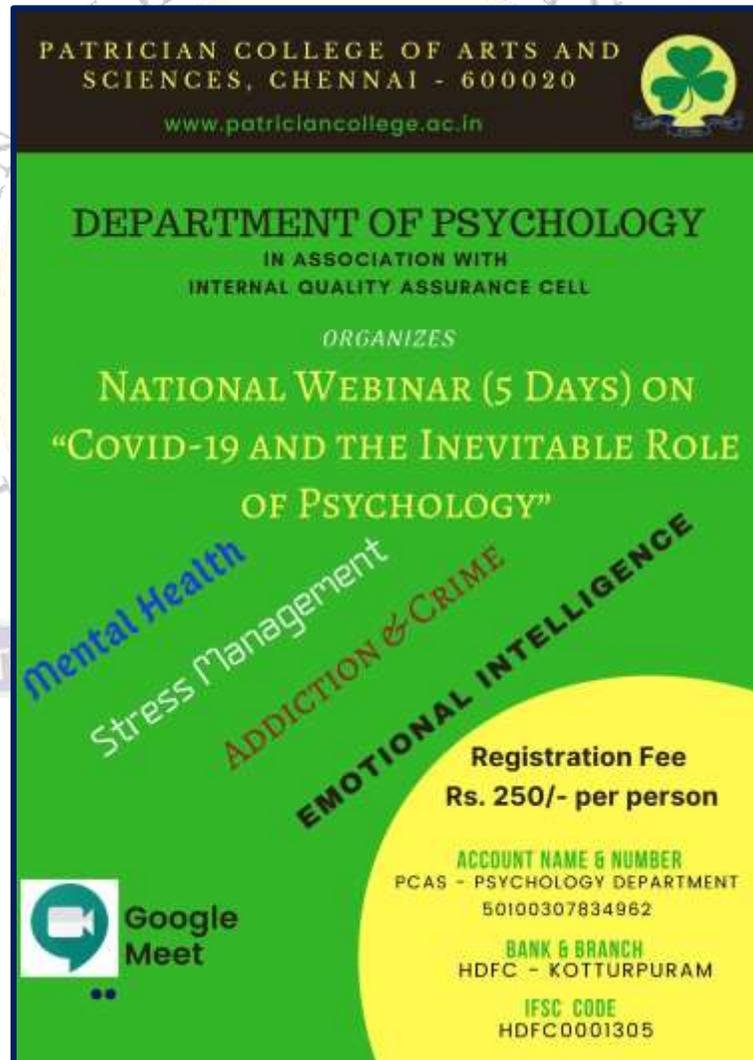
## DEPARTMENT OF PSYCHOLOGY

### WEBINAR REPORT

**Name of the Programme:** COVID - 19 and the inevitable role of Psychology

**Objectives of the Programme:** To help individuals improve their mental well-being by sensitizing them about its importance during the wake of the COVID - 19 pandemic

**Invitation:**



PATRICIAN COLLEGE OF ARTS AND SCIENCES, CHENNAI - 600020  
www.patriciancollege.ac.in

DEPARTMENT OF PSYCHOLOGY  
IN ASSOCIATION WITH  
INTERNAL QUALITY ASSURANCE CELL

ORGANIZES

NATIONAL WEBINAR (5 DAYS) ON  
“COVID-19 AND THE INEVITABLE ROLE  
OF PSYCHOLOGY”

Mental Health  
Stress Management  
ADDICTION & CRIME  
EMOTIONAL INTELLIGENCE

Registration Fee  
Rs. 250/- per person

ACCOUNT NAME & NUMBER  
PCAS - PSYCHOLOGY DEPARTMENT  
50100307834962

BANK & BRANCH  
HDFC - KOTTURPURAM

IFSC CODE  
HDFC0001305

Google Meet

### Programme Schedule:

**DAY 1 (22/06/2020)**  
**PRIORITISING MENTAL HEALTH OF STUDENTS**  
Dr.Suresh Kumar, Assistant Professor of Psychology,  
American College, Madurai

**DAY 2 (23/06/2020)**  
**STRESS MANAGEMENT**  
Mr.Elayaraja, Counselling Psychologist,  
Kavithalayaa Counselling Centre, Chennai

**DAY 3 AND 4 (24 & 25/06/2020)**  
**ADDICTION AND CRIME**  
Mrs.Mary Helan, Counsellor, TTK Hospital, Chennai

**DAY 5 (26/06/2020)**  
**EMOTIONAL INTELLIGENCE  
AS MIND SANITIZER AND GRACE MASK**  
Dr.Krishna Bhatt, Ex Army, Assistant Professor of  
Psychology, Kristu Jayanti College, Bengaluru

**Contact**  
Dr. Magaveera Nagappa K - 9944148147  
Ms. Pavithra L.N. - 9884095808  
Mr Senthil Kumaran J - 9500630594  
Dr. Ilakkiya L - 9840157874

**TO SEEK TO STRIVE TO FIND**

### Report of the Programme

The Department of Psychology in association with internal quality assurance cell has organized a 5 day National level webinar on “**COVID -19 AND THE INEVITABLE ROLE OF PSYCHOLOGY**”. The webinar took place from 22/06/2020 - 26/06/2020. The registration fee per individual is Rs.250/- and the webinar happened via google meet.

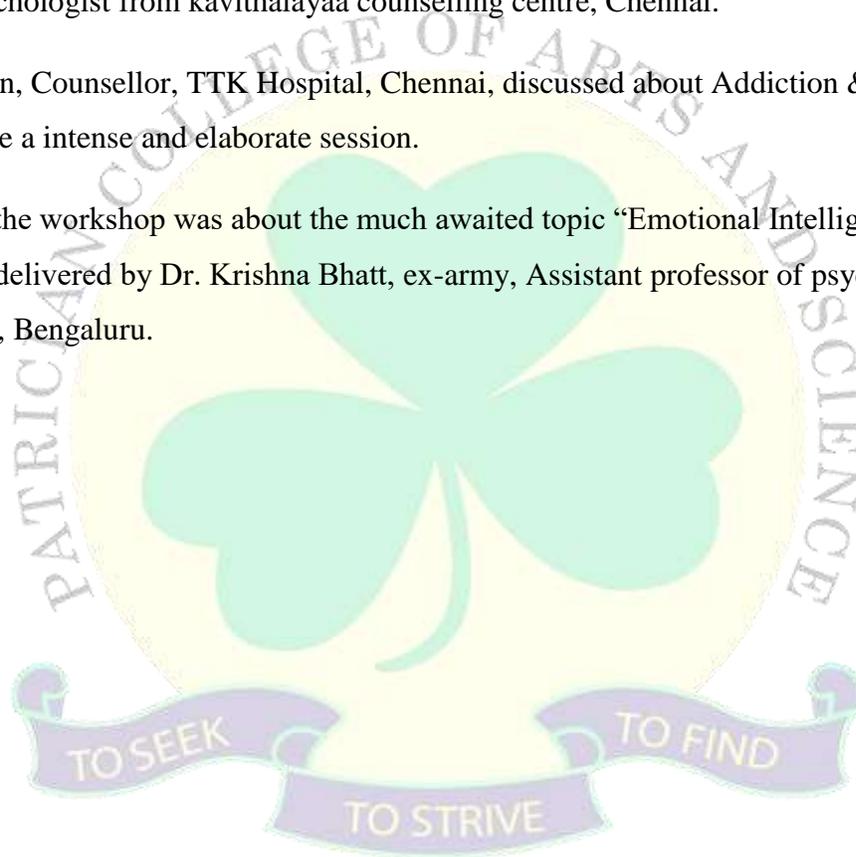


The chief guest for the first day 22/06/2020 of the program was Dr. Suresh Kumar, Asst. Professor of Psychology, American College, Madurai and he spoke on the topic “Prioritizing mental health of students.”

The second day 23/06/2020 was about Stress management and the resource person was Mr. Elayaraja, counselling psychologist from kavithalayaa counselling centre, Chennai.

Mrs. Mary Helan, Counsellor, TTK Hospital, Chennai, discussed about Addiction & Crime for 3,4<sup>th</sup> day...It was quite a intense and elaborate session.

The last day of the workshop was about the much awaited topic “Emotional Intelligence as mind sanitizer & grace mask” delivered by Dr. Krishna Bhatt, ex-army, Assistant professor of psychology Kristu jayanthi college, Bengaluru.





## DEPARTMENT OF PSYCHOLOGY

## WEBINAR ON “MENTAL HEALTH FOR ALL”

On 10<sup>th</sup> October 2020, the Department of Psychology observed World Mental Health Day 2020. The occasion was coupled with the inauguration of Insight the departmental association. A special talk was given by Prof. Dr. TS Saraswathi, Senior Professor Emeritus, M.S. University, Baroda. The slogan for the day was Mental Health for All! Greater Investment – Greater Access. Everyone, Everywhere. Intradepartmental competitions were also conducted on the same day to commemorate the occasion.

## INVITATION

**Patrician College of Arts & Sciences**

Department of Psychology

**World  
Mental  
Health  
Day 2020**

WITH  
**PROF. DR.T.S.SARASWATHI**  
SENIOR PROFESSOR EMERITUS  
M.S. UNIVERSITY, BARODA

OCT 10,  
10.00 AM  
GOOGLE  
MEET



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Affiliated to the University of Madras & Accredited 'A' Grade by NAAC.  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

**Department of Psychology**

*Celebrates*

**World Mental Health Day - 2020**  
*Mental Health for All!*  
*Greater Investment - Greater Access.*  
*Everyone, Everywhere*



**Inauguration of  
Insight -  
Psychology  
Association**

**Welcoming the  
Freshers**

**Intra-Departmental  
Competitions**



**CHIEF GUEST**  
**PROF.DR. T.S. SARASWATHI**  
Senior Professor Emeritus,  
M.S. University, Baroda

**10/10/2020**  
**10.00 AM**



*Mental Health for All!  
Greater Investment - Greater Access.  
Everyone, Everywhere*

**Schedule of Events**

**Thamizh Thaaai Vaazhththu**

**Prayer**

**Welcome Address**

**Introducing the Chief Guest**

**Chief Guest's Message**

~

**INAUGURATION OF INSIGHT**

**Psychology Association**

~

**WELCOMING FRESHERS**

~

**INTRA-DEPARTMENTAL COMPETITIONS**

~

**Vote of Thanks**

**National Anthem**



DEPARTMENT OF SOCIAL WORK

VIRTUAL CONFERENCE ON CO-CREATIVE POSITIVE AND SUSTAINABLE URBAN DEVELOPMENT

On 25<sup>th</sup> July 2020, as a part of the National Virtual Conference on Co-creating Positive and Sustainable Urban Environment, the 5<sup>th</sup> session was on Physical and Mental Health during which Dr. Anita Victor, Medical Officer and Acting Medical Superintendent, Reynolds Memorial Hospital, Washim, Maharashtra, addressed the students and faculty participants covering the aspects related to physical and mental health within the purview of a sustainable environment in an urban setting

INVITATION

**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
 A Christian Minority Institution  
 Affiliated to the University of Madras & Accredited "A" Grade by NAAC  
 Ranked 1st in TN & 27th Among The Top Non-Autonomous College in India  
 3, Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600 020, Tamil Nadu

**Department of Social Work**  
 in Collaboration with  
**WORLD VISION INDIA**

Organizes a National Virtual Conference on  
**CO-CREATING A POSITIVE & SUSTAINABLE URBAN ENVIRONMENT**

**INAUGURAL ADDRESS**

 **Dr. Fatima Vasanth**  
 ACADEMIC DIRECTOR  
 PATRICIAN COLLEGE OF ARTS & SCIENCE

**TECHNICAL SESSION MODERATORS**

 **SESSION: URBAN AND CHILD LABOUR** Date: 24.07.2020  
Time: 10:00 AM - 12:00 PM  
**Dr. Helen Sekar**  
 SENIOR FELLOW  
 V.V GIRI NATIONAL LABOUR INSTITUTE

 **SESSION: FAMILY WELL BEING** Date: 24.07.2020  
Time: 02:00 PM - 04:00 PM  
**Dr. Poongkodi MBBS, MRC Psych (UK)**  
 CONSULTANT ADULT, CHILD ADOLESCENT PSYCHIATRIST,  
 BEHAVIOURAL COUNSELLOR FORMER CONSULTANT IN MANCHESTER(UK)

 **SESSION: MIGRANTS AND LIVELIHOOD** Date: 25.07.2020  
Time: 10:00 AM - 12:00 PM  
**Dr. Debolina Kundu, Professor**  
 NATIONAL INSTITUTE OF URBAN AFFAIRS (NIUA)

 **SESSION: HEALTH (PHYSICAL AND MENTAL HEALTH)** Date: 25.07.2020  
Time: 02:00 PM - 04:00 PM  
**Dr. Anita Victor**  
 MEDICAL OFFICER & ACTING MEDICAL SUPERINTENDENT,  
 REYNOLDS MEMORIAL HOSPITAL, WASHIM, MAHARASHTRA

 **Dr. Kalyani Gopal**  
 PRESIDENT- ELECT, DIV 12- SOCIETY FOR CLINICAL PSYCHOLOGY,  
 AMERICAN PSYCHOLOGICAL ASSOCIATION,  
 MID-AMERICAN PSYCHOLOGICAL AND COUNSELING SERVICES, PC.

Date: 24th & 25th July 2020  
 Time: 10:00 AM to 12:00 PM &  
 02:00 PM to 04:00 PM

Platform : Google Meet  
 Registration link <https://forms.gle/vs7ZVdp23jibABbaLE>

**Dr. Sindhu Sivan**      **Dr. Usha George**      **Dr. Fatima Vasanth**      **Bro. Dr. S. Arocklaram**  
 Head, Dept of Social Work      Principal      Academic Director      Director & Secretary



PROGRAMME SCHEDULE

DAY 1 - 24<sup>th</sup> July 2020

Time	Inaugural Session	
10:00 AM to 10:30 AM	<i>Prayer</i>	<b>Peter</b> II MSW Patrician College of Arts & Science
	<i>Welcome Address</i>	<b>Ms. Usha Jose</b> Associate Professor Department of Social Work Patrician College of Arts & Science
	<i>Inaugural Speech</i>	<b>Dr. Fatima Vasanth</b> Academic Director Patrician College of Arts & Science
	<i>Key Note Address</i>	<b>Mr. Madhav Bellamkonda,</b> CEO & National Director, World Vision India

Time	Panel Discussion	Panel Moderators
10:30 AM to 12:00 NOON	<b>PAPER PRESENTATION</b> <i>Urban and Child Labour</i> 1. Mr. Francis Dhivakar 2. Bro. John Clinton 3. Ms. Jothi Sharma	<b>Dr. Helen Sekar</b> Senior Fellow V.V Giri National Labour Institute
	<b>Felicitation of the Moderator</b>	<b>Dr. Anjana</b> Senior Director, Special Projects, World Vision India
02:00 PM to 04:00 PM	<b>PAPER PRESENTATION</b> <i>Family well being</i> 1. Ms. Kalsimani Thomas 2. Ms. Angeline Nivedha 3. Ms. Aishwarya Gopinath	<b>Dr. Poongodi Bala</b> MBBS, MRC Psych (UK) Consultant Adult, Child Adolescent Psychiatrist, Behavioural Counsellor Former Consultant in Manchester (UK)
	<b>Felicitation of the Moderator</b>	<b>Ms. Clara Raphael</b> Head, My City Initiative, World Vision India,



DAY 2 - 25<sup>th</sup> July 2020

Time	Panel Discussion	Panel Moderators
10:00 AM to 12:00 NOON	<p><b>PAPER PRESENTATION</b> <i>Migrants and livelihood</i></p> <ol style="list-style-type: none"> <li>Ms. Anne Carolin</li> <li>Ms. Shrivantni Rekha</li> <li>Mr. Giffin Jose</li> </ol>	<p><b>Dr. Debolina Kundu,</b> Professor National Institute of Urban Affairs (NIUA)</p>
	Felicitation of the Moderator	<p><b>Dr. Anjana</b> Senior Director, , Special Projects, World Vision India</p>
02:00 PM to 04:00 PM	<p><b>PAPER PRESENTATION</b> <i>Health (Physical and Mental Health)</i></p> <ol style="list-style-type: none"> <li>Mr. Jijo Joy</li> <li>Ms. Mukshita Y. Dhurangadharia</li> <li>Ms. Tanya Stephanie Monteiro</li> </ol>	<p><b>Dr. Anita Victor</b> Medical Officer &amp; Acting Medical Superintendent, Reynolds Memorial Hospital, Washim, Maharashtra</p> <p><b>Dr. Kalyani Gopal</b> President- Elect, Div 12- Society for Clinical Psychology, American Psychological Association, Mid-American Psychological and Counseling Services, PC.</p>
	Felicitation of the Moderator	<p><b>Ms. Reena Rachel</b> Assistant Professor Department of Social Work Patrician College of Arts &amp; Science</p>

Time	Valedictory Session	
4.00 PM to 4.30 PM	<i>National Virtual Conference Report</i>	<p><b>Ms. Divya.J</b> Assistant Professor Department of Social Work Patrician College of Arts &amp; Science</p>
	<i>Valedictory Speech</i>	<p><b>Mr. Jomon Baby</b> Group Director- Operations World Vision India</p>
	<i>Vote of Thanks</i>	<p><b>Dr.Sindhu Sivan</b> Head Department of Social Work Patrician College of Arts &amp; Science</p>

Organised by: - Department of Social Work, Patrician College of Arts & Science and World Vision India.