

2018-19

### Counselors' Training Program



The poster is for a 'Counselors Training Program' organized by Sadbhava Counselling and Training Services in association with Patrician College of Arts and Science. It features the logos of both organizations and a photo of the trainer, Mrs. Hemamalini Lakshminarasimhan. The program details include the date (3rd to 8th September 2018), duration (6 days), fee (2000/- for students, 2300/- for professionals), and a list of topics such as Counselling Skills, Basics in Psychology, and SOLER. Contact information for registration is provided at the bottom.

**Sadbhava**  
Counselling and Training Services

**Patrician College of Arts and Science**  
Affiliated to the University of Madras & Accredited with 'A' Grade by NAAC

**Trainer:**  
Mrs. Hemamalini Lakshminarasimhan  
Psychologist & Trainer

**COUNSELORS TRAINING PROGRAM**

Sadbhava Counselling and Training Services in association with Patrician College of Arts and Science is conducting 'Counselors Training Program' for the students of Psychology Department. This training program offers opportunities for intensive learning for those intending to become professional counsellors.

**Materials:**  
Session Handouts & Certificate will be provided.

**Fee:**  
2000/- for Students & 2300/- for Professionals

**Refreshments:**  
Tea, Coffee & Snacks will be provided.

**Duration:**  
6 Days

**Venue:**  
Patrician College of Arts and Science

**Date:**  
3rd September, 2018 to 8th September, 2018

**Timing:**  
4 to 5.30 pm

Registrations will be accepted on or before 1st September, 2018.

Below are the areas which will be covered in this program:

- Counselling Skills
- Basics in Psychology
- Developmental Psychology
- Skills of an effective counselor
- Stages of Counselling
- Counselling Issues
- SOLER
- Difference between Counseling and Psychotherapy
- Ethics of Counseling Practice
- Termination

For Registration, please mail [info.sadbhava@gmail.com](mailto:info.sadbhava@gmail.com)

Sadbhava Counselling and Training Services  
Mob: 7871925981

Career Counseling is a vital factor for channelizing the potential and skills of the students graduating towards the choice of a correct profession. Programs are organized to guide the students to choose an appropriate carrier in counseling. As an initiative for career orientation of the undergraduate students of psychology, a six day workshop titled “**Counselors’ Training Program**” was conducted in association with, Sadbhava Counseling and Training Services, Chennai, from 3<sup>rd</sup> to 8<sup>th</sup> September, 2018. Ms.Hemamalini Lakshmi Narasimhan, facilitated the workshop as the resource person. 30 undergraduate students participated of which 10 students belonged to colleges other than host.

Fun tasks were assigned to break the ice among the participants. Sessions included insights on counseling skills, SOLER method in practice, fallacies of counseling and guidance and other different aspects of counseling. The training program was an eye opener for the undergraduate students of psychology in their career building.



Participants of „COUNSELLORS TRAINING PROGRAM“ with the Psychologist & Trainer Ms. Hemamalini Lakshmi Narasimhan from Sadbhava Counseling and Training Services.



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## International Foundation for Crime Prevention and Victim Care and Department Of Social Work

### Objectives:

The project intends to create spaces for meaningful dialogues for the young people, where they get the opportunity to build their own narrative, which is informed by a thorough understanding and analysis of core concepts like power, privilege, inclusion, identities, justice, respect and equality.

Patrician College of Arts and Science became the 2<sup>nd</sup> institution where Youth Unite was launched. This took place on 6<sup>th</sup> December, 2018 after signing of the MoU on 24/10/18.



**Ms. Indrani Goradia, Founder, Indranis Light Foundation and Principal,  
launching the Youth Unite**



Ms. Indrani Goradia, Founder, Indranis Light Foundation, was the keynote speaker during the event. The Principal Dr. A. Joseph Durai along with the Vice Principal Dr. MRS. Arokiamary Geetha Doss and the Head of Social Work Department Dr. Sindhu Sivan were present as the representatives of the college. The 1<sup>st</sup> year students of both Social Work and Psychology formed the audience.

### Curriculum:

The Curriculum has been structured with the help of academicians and gender education experts and we have taken references from various national and international curriculums for bringing about better output and understanding and innovation plays a key role in all the activities pertaining to the project.

The sessions so far dealt with

- Enabling a better understanding amongst the participants of the group.
- Understanding the present ideologies about gender that the youth had developed through their social learning and experiences,
- What impact can values such as Non-Judge mentality and active listening can have in one's life and in understanding another human being, how to develop sensitivity and inculcate these values.



- Developing norms and understanding the significance of self initiated boundaries.
- Acknowledging the diverse identities we hold along with finding a commonality we all share,
- Uniqueness present in the work style.
- Issues that are currently occurring in the society( with gender as basis) and possible solutions,
- Concept of gender – how it was constructed, its sustenance through societal restrictions and expectations
- Gender roles and stereotypes attached with it, Media portrayal of gender
- How religious and cultural norms restrict the mobility and exposure for all the genders.



These sessions at Patrician were in fact a first time exposure to sharing and discussing about one's thoughts and experiences for some of the students. Since the group was diverse in terms of culture and language, it posed some challenges to us when discussing values and gender notions.

Vidy  
PCVC

2017-18

**NATIONAL CONFERENCE  
ON  
YOUTH WELL-BEING:  
CHALLENGES AND PERSPECTIVES**



**DEPARTMENT OF SOCIAL WORK  
&  
THE MINISTRO FOUNDATION**



**FEBRUARY 21 & 22, 2019 VENUE: COLLEGE AUDITORIUM**



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**

A Christian Minority Institution  
A sister concern of St. Michael's Academy & St. Patrick's A.I. Hr. Sec. School  
Affiliated to the University of Madras & Accredited 'A' Grade by NAAC  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600 020

### **SKILL LAB PROGRAMME SUMMARY REPORT**

Place	: Patrician College of Arts and Science
Trainees	: Students of 1 Year BSW
Trainers	: Mr. Samuel Prabhakar, Mr. Gnanaraj Sadacharam, Ms. Jenefa Prabhu and Ms. Johannah Sandra
Timing	: Session I – 8:15 AM to 11 AM (2 Hrs 45 Mins) Session II - 11:25 Am to 1:00 PM (1 Hr 35 Mins)
Dates	: 16.08.2018, 23.08.2018 & 30.08.2018

#### **Objectives of the Skill Lab:**

- To make the students communicate effectively both verbally and non-verbally.
- To make them understand the impact of miscommunication
- To build **self-confidence**, enhance **self-esteem** and improve overall personality of the participants.
- The programme aims at grooming the participants through sensitizing them about proper **behaviour**, socially and professionally, in formal and informal circumstances.
- To better understand their personal talents, values, and interests, and further, to understand how these characteristics relate to effective leadership.

#### **Topics Covered:**

##### **COMMUNICATION SKILL**

##### **Major classification of communication**

- Verbal communication
- Non-verbal communication

Communicating with others involves three primary steps:

1. **Thought** – first, information exists in the mind of the sender. This can be a concept, idea or feeling
2. **Encoding** – next, a message is sent to a receiver in words or other symbols.
3. **Decoding** – lastly, the receiver translates the words or into an information that a person can understand.



**PERSONALITY DEVELOPMENT**

- What is Personality Development?
- Structure of Personality
- Personality types.

**SELF-AWARENESS**

- What is Self-Awareness?
- Does Self-Awareness Matter?
- Why is Hard to be Self-Aware?

**EXPERIENCE WITH THE STUDENTS**

**Positives**

1. The participants are well aware of things with regard to the training
2. Appropriate time for them to get trained
3. Participative and willing to volunteer
4. Well organized
5. Very attentive and responding well to the questions
6. Active participation in the games and activities
7. In particular they were too good in emotional skills and group communication

**Areas to improve**

1. They need more training in negotiation skills
2. Time management is another area for improvement
3. Public speaking skills need to be nurtured more often.
4. Very few had some distractions during the sessions
5. Self-realization is one other area which we feel is important for the students

**Experience with the Institution**

1. The space for the training was excellent
2. The organizing team for the training did a fantastic job
3. The Institution cooperated well in giving enough time to complete the training and also while extending extra hours when necessary.
4. There is a clear plan for the students by the institution towards an effective professional growth.

We wish to continue working with Social Work Department, Patrician College, in the future as it is a wonderful experience and enables us to support students in their professional growth.

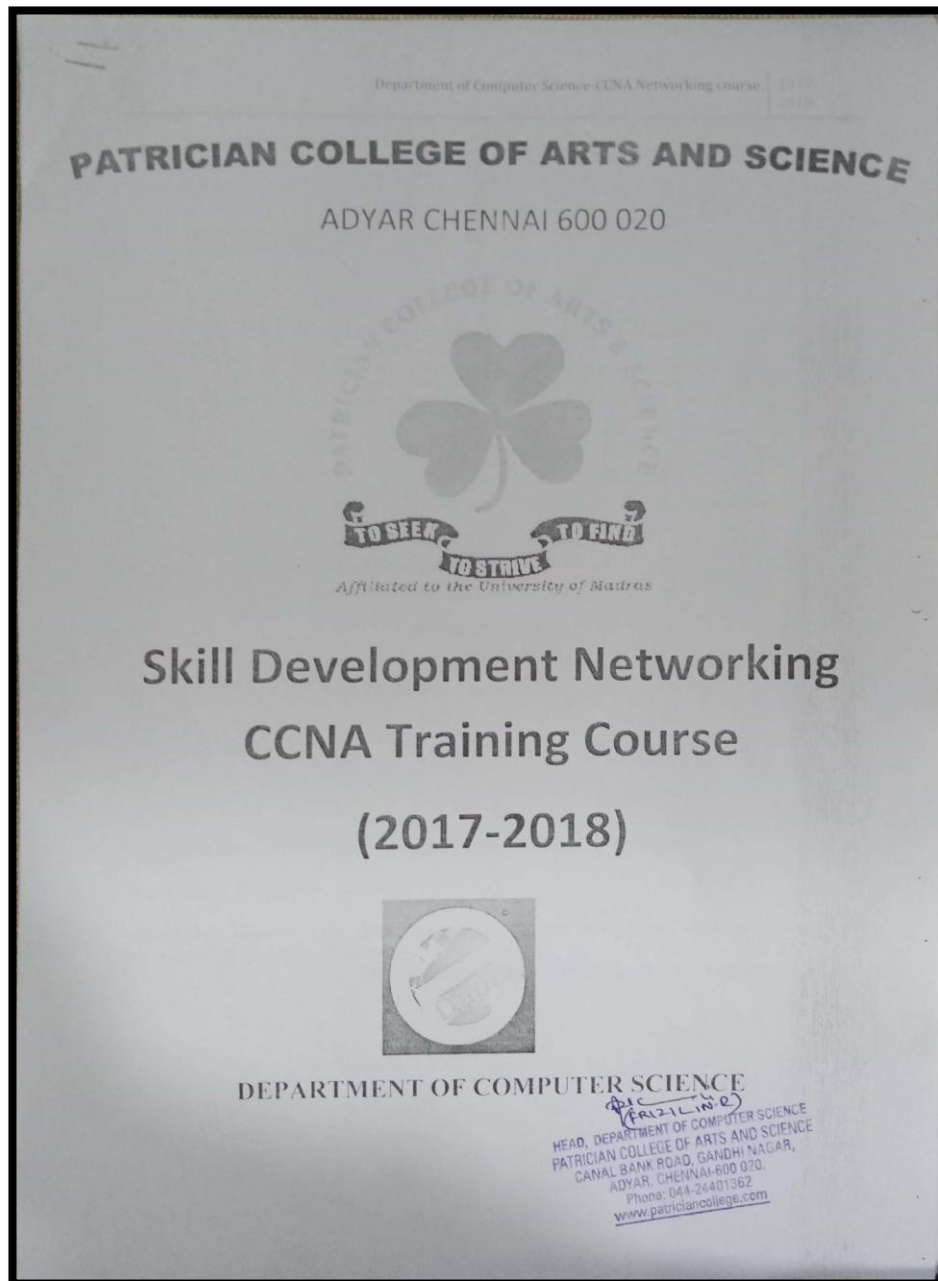
Thank you for the Opportunity!

  
Prabhakar & Gnanaraj  
Co-Founders  
The Ministro Foundation

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2017-18






Department of Computer Science-CCNA Networking course 2018-2019

**TOPIC: HB Certified Programme in Managing Routers and Switches**

**INVITE:**

**Patrician College of Arts and Science**  
A Christian Minority Institution  
A sister concern of St. Michael's Academy and St. Patrick's A. I. Hr. Sec. School  
Affiliated to the University of Madras & Accredited A Grade by NAAC  
Canki Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

 Saint Patrick Patron   Bishop Daniel Delany Founder

The Department of Computer Science cordially invites you to the  
**SKILL DEVELOPMENT NETWORK TRAINING COURSE ON  
"MANAGING CISCO ROUTERS AND SWITCHES"**  
On 12<sup>TH</sup> December 2018 at 11:00 a.m. Venue: Block A-1A01

**Resource Persons**  
Mrs. Ponmani  
Center Manager  
HB Education & Consulting Services Pvt Ltd

Mrs. Frizilin HOD      Dr. Joseph Durai Principal      Rev Bro. Johnson Rex Dhanabal Director & Secretary

**Course Name: Skill Development Network Training Course**

**Duration : 33 hrs**

**Resource Person :** 1. Mrs.Ponmani, Center Manager, HB Education & Consulting Services Pvt.Ltd.  
2. Mrs. Jagadeeshwari, Trainer, HB Services



Department of Computer Science-CCNA Networking course

**TITLE: HB Certified Programme in Managing Routers and Switches**

VENUE: COMPUTER LAB (A- BLOCK)

The Department of Computer Science and the Department of Computer Applications jointly focused and started “HB Certified Programme in Managing Routers and Switches” as a Skill Development Networking Training Course for Final Year students.

With regard to that a MOU(Memorandum Of Understanding) has been signed on 15<sup>th</sup> September 2017 between Patrician College of Arts and Science, Adyar and HB Education and Consulting Services Private Ltd., a leading Training and Certification Company which offers Corporate Training Programs and its Global Certifications Services for cooperation in the common interests of teaching and training.

The Course came into continuous existence from December 2018 to March 2019. The main objective of this training is to provide placement for students who successfully complete the course with a score above 70% in Instant Exam.





HB Education and Consulting Services (P) Ltd  
New No.89, Old No.39/40,1st Main Road,  
Gandhi Nagar, Adyar, Chennai - 600 020  
Tel: +91-44-42115338, +91-9884987719  
Email: info@hbservices.in Web: www.hbservices.in

Dear Sir/Madam,

We are glad to take this opportunity in providing the best IT training for your Students.

Below details will help you in understanding our Company and our Training Programmes.

HB Education and Consulting Services Private Limited is leading Training & Certification Company offering Corporate Training Programs and Its Global Certifications. Since its inception from 2010, HB Educational Services have trained and certified many students and professionals. Our Products and Services in the training space includes:

- Short term and Long term module based courses offered at our authorized training center.
- Customized and intensive training program in cutting edge technologies and induction boot camp for Corporate, Government and Public sector units.
- Authorized Pearson VUE testing center for a number of globally recognized certification courses.
- Authorized EC-Council Training center for various IT security course which includes CEH, ECSA, LPT Etc..

We provide all kind of IT and Non- Training Programmes as per you student's need.

Below mentioned course is one of the most job oriented course in IT Students.

Program Details: CCNA Switching, Routing & Troubleshooting, WIFI and VoIP Basic (Complete Hands-on)


Course content:

Global Certification: CCNA - Cisco Certified Network Associate (CCNA)


Exam Code : 200-125

Training Name : HB Certified Programme in Managing Routers and Switches

Description : Cisco Certified Network Associate (CCNA) validates the ability to install, configure, operate, and troubleshoot medium-size routed and switched networks, including implementation and verification of connections to remote sites in a WAN.



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Counselling and Training Services



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## COUNSELLORS TRAINING PROGRAM

Sadbhava Counselling and Training Services in association with Psychology Department of Patrician College of Arts and Science is conducting 'Counsellors Training Program' for the students of Psychology Department. This training program offers opportunities for intensive learning for those intending to become professional counsellors.

**BELOW ARE THE AREAS WHICH WILL BE COVERED IN THIS PROGRAM**

- ◆ **Counselling Skills**
- ◆ **Do's and Don'ts in Counselling**
- ◆ **Stages of Counselling**

- ◆ **Counselling Issues**
- ◆ **SOLER**
- ◆ **Areas of Counselling**
- ◆ **Termination**

**Materials – Session Handouts & Certificate will be provided**

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**Refreshments - Tea/ Coffee & Snacks will be provided**

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**Registrations will be accepted on or before 6th December, 2017**

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**Venue:**  
Patrician College of Arts and Science

**Duration:**  
**6 Days**

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**Fees:**  
2000/- for Students  
2300/- for Professionals

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**Date:**  
11<sup>th</sup> to 16<sup>th</sup> Dec 2017

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**Timing:**  
4 to 5.30 pm



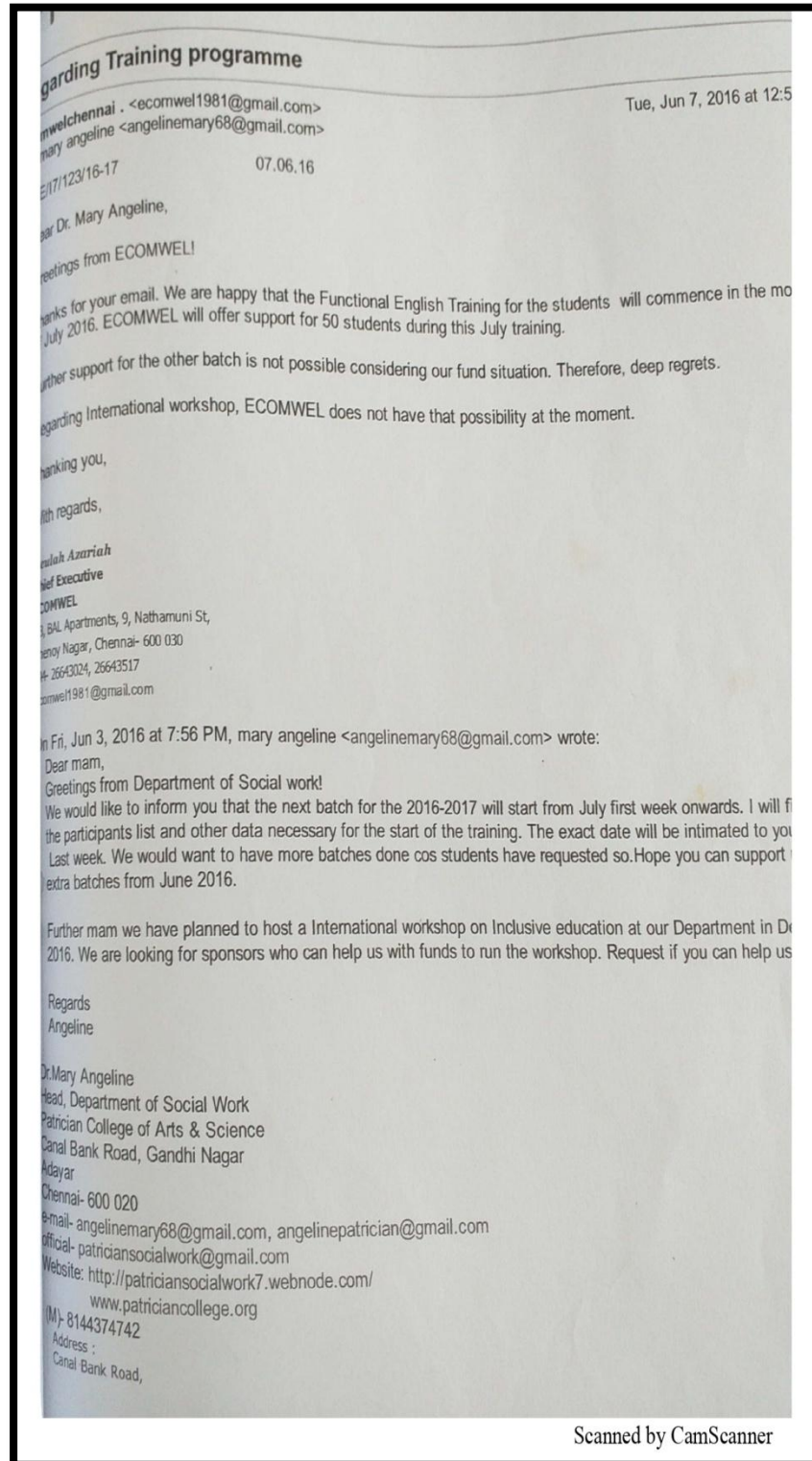
**Trainer:**  
**Ms. Hemamalini Lakshminarasimhan**  
Psychologist & Trainer



**Sadbhava**  
Counselling and Training Services

**For Registration, Contact:**  
Sadbhava Counselling and Training Services  
No.54-A, 3rd Cross Street, Ganga Nagar, Kodambakkam, Chennai – 600024  
Phone: 044-43024555 / 9043013034.

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**2016-17**

**Name of the activity : Papers for Recycling, ITC Chennai**  
**Collaborative Agency : ITC for Recycling**  
**Year of the activity : 2016**  
**No. of students participated : 20**

The Enviro Club donated **2215 Kgs** of paper to ITC for Recycling every year



**The Students helping in packing the papers collected for recycling.**

## 2015-16

### PATRICIAN COLLEGE OF EMPOWERMENT CELL (PCEC)

#### COMMUNICATION LEVEL I / II

The objective of organizing a programme on communication skills was to impart the skills required for employability and to provide placement opportunities at affordable rates. The classes were conducted from 22<sup>nd</sup> July to 7<sup>th</sup> August 2015. A module was designed by Excel Institute. 440 students for Level I and 260 students for Level II from the first years registered. The performance of the students was evaluated based on regularity and presentation skills for certification.

The course enhanced their analytical and presentation skills.

#### **The Programme was anchored by Excel team.**

Resource persons: from Excel team

Sqn Ldr. Mr. Unni Nair, Director of Excel HR Facilitations and services Pvt. Ltd.

Ms. Sonali, Excel Coordinator.

#### **Trainers:**

Ms. Theresa Antony

Ms. Sneha Menon



PATRICIAN COLLEGE OF ARTS AND SCIENCE

PCEC



*We cordially invite you to the inauguration of the skill development programme for the first years, Communication Skills Level - I and Level - II to be held on 16th July 2015 at 1.45 pm in the college Auditorium.*

Resource Person : Sqn Ldr. Unni Nair(Rtd)  
and Excel Team







Resource Person , Sqn Ldr. Mr. Unni Nair, Director , Excel, HR Facilitations and services Pvt. Ltd., interacting with the Students

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Saint Patrick  
Patron



  
Bishop Daniel Delany  
Founder

**Patrician College Empowerment Cell (PCEC)**

*Cordially invites you to the*

**VALEDICTION FOR TRAINING PROGRAMME  
ON COMMUNICATION SKILLS**

on  
2nd February 2016 at 12.30 p.m.

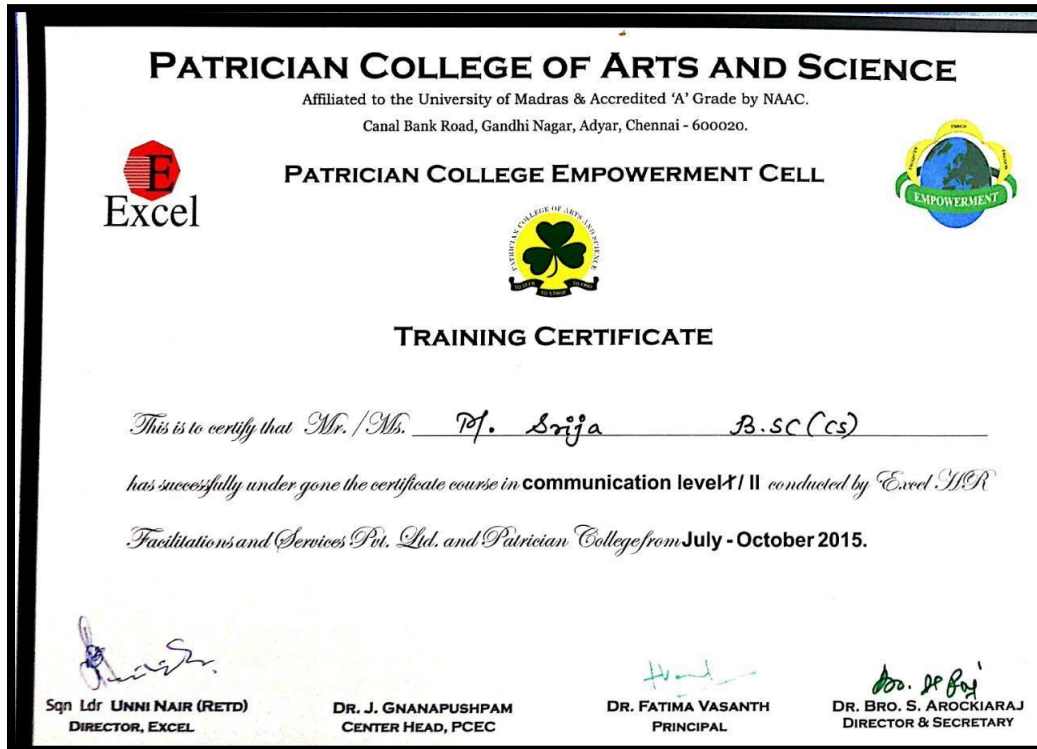
Venue: College Auditorium

Programme Overleaf



A. Rahul, Dept of BCA receiving the Certificate





TO SEEK TO FIND TO STRIVE

MINISTRO FOUNDATION  
ACTIVITY REPORT 2015-2017

SL.NO	DATE OF TRAINING	ACTIVITY/FIELDWORK	CLASS
1.	OCTOBER 2015	SKILL LAB	I MSW (20)
2.	FEBRAUARY 2016	SOFT SKILLS	I MSW (17)
3.	02.08.2016	COMMUNICATION & NEGOTIATION.	I MSW (21)
4.	02.08.2016	PROBLEM SOLVING, LEADERSHIP & DECISION MAKING.	I MSW (21)
5.	JANUARY 2017 – MARCH 2017	FIELDWORK	I MSW (1)