

**LOYOLA COLLEGE OF SOCIAL SCIENCES  
THIRUVANANTHAPURAM**



**CRITERION 5- STUDENT SUPPORT AND PROGRESSION**

**5.1 STUDENT SUPPORT**

**5.1.3 Capacity-building and Skills Enhancement Initiatives taken by the  
Institution**

**Life Skills Initiative Report**

## **Introduction**

Health is a holistic concept that embodies physical, mental and social well-being. Campus Loyola pays attention to ensure that health is met in totality. Overall, activities focus on enhancing individual wellbeing- physical, psychological, social and spiritual. The Campus provides facilities as well as promotes regular activities to upkeep physical fitness, besides improving mental health as well as to promote effective socialization.

We have a self-sustaining state of art Gymnasium and encourage sports on campus, besides competitions to promote physical health. The latter also helps upkeep camaraderie and team spirit. We promote Yoga and daily games on our rich verdant campus. Mental health and Social hygiene being a major consideration. We undertake various training programs to provide tools to enhance life skills and ideas for self-care and other care. The teachers, mentors and the student counselling services on campus shows our commitment to the upkeep of mental health and hygiene. The college also organised various self-improvement and life skills program by inviting experts to seminars and workshops often organised by the student associations and the NSS. The below given report provides an understanding of the initiatives on campus, in this regard.

### **Health & Fitness Report**

Realizing the importance of health and fitness in rendering meaningful education, we have a comprehensive policy which caters to the physical health and fitness of our students and staff. The following initiatives contribute to the health and fitness agenda of the college:

1. A state of the art gymnasium
2. Annual athletics and games events
3. Yoga sessions
4. Daily game sessions
5. Health and Hygiene Initiatives
6. Life Skills

#### **1. A state of the art gymnasium**

A full-fledged gymnasium named 'Stephen Memorial Health Center' is available within the campus premises. The services of this gymnasium can be availed by students and staff for free. A certified trainer is appointed by the management to help the students and staff members in their pursuit of keeping healthy and fit. The gymnasium is named after one of our alumni members who was a fitness enthusiast- Mr. Stephen who, lost his life in an accident. This gymnasium is one of the major post-accreditation initiatives in the current accreditation cycle.



Stephen Memorial Health Club being inaugurated by Mr. Vijayan IPS.



The gymnasium is regularly used by our students and faculty members under the supervision of Mr. Renjith R., a certified physical instructor. Regular maintenance and updating of the facilities also take place under his guidance. The equipment currently available in the gym is listed below:

1. Ab-machine
2. Crunch Board
3. Abdominal board
4. Hip Twister
5. Seated-calf Raise
6. Forearm cruncher
7. Preacher (2)
8. Leg Extension
9. Standing leg curl
10. Reverse pec deck
11. Seated-rowing pullery
12. High let pulley
13. Adjustable bench (3)
14. Gym chair
15. Parallel bench
16. Squat stand
17. Hack squat
18. Leg press
19. Smith machine
20. Cardio cycle
21. Multi machine
22. Dips
23. Leg curl
24. T bar
25. Shoulder press
26. Dual axis incline bench
27. Dual axis flat bench
28. Dual axis decline bench-Two pair of 1kg to 35kg each
29. Squat bar 2
30. W bar-1
31. Z bar-1
32. Straight bar 2



## **2. Annual Athletics and Games Events**

The annual athletics and games events is an eagerly awaited event for the students and teachers every year. The competitive events are spread over 2 weeks find our students competing against each other in four teams. The game events happen after the class hours on weekdays. The passion,enthusiasm and sportsman spirit surrounding these events are always high and the festivemood engulfs the campus over the fortnight. The culmination of the events is an annual athletic meet happening on a Saturday. Separate events are organized for our staff members too. We have a fixed set of events that is organized every year which is listed below.

### Game events

1. Cricket (Boys & Girls)
2. Football (Boys)
3. Penalty shootout (Girls)
4. Dodgeball (Mixed)
5. Volleyball (Boys)
6. Basketball (boys)
7. Throwball (Girls)
8. Badminton (Boys, Girls & Mixed)
9. Carroms
10. Chess

### Athletic events

1. 100 M race (Boys & Girls)
2. 200 M race (Boys & Girls)
3. 400 M race (Boys & Girls)
4. Shot Put (Boys & Girls)
5. Discus Throw (Boys & Girls)
6. Javelin throw (Boys & Girls)
7. Long jump (Boys & Girls)
8. High Jump (Boys & Girls)
9. 4 x 100 M relay (Boys & Girls)



**And now!... time for the stars of the yesteryears....**

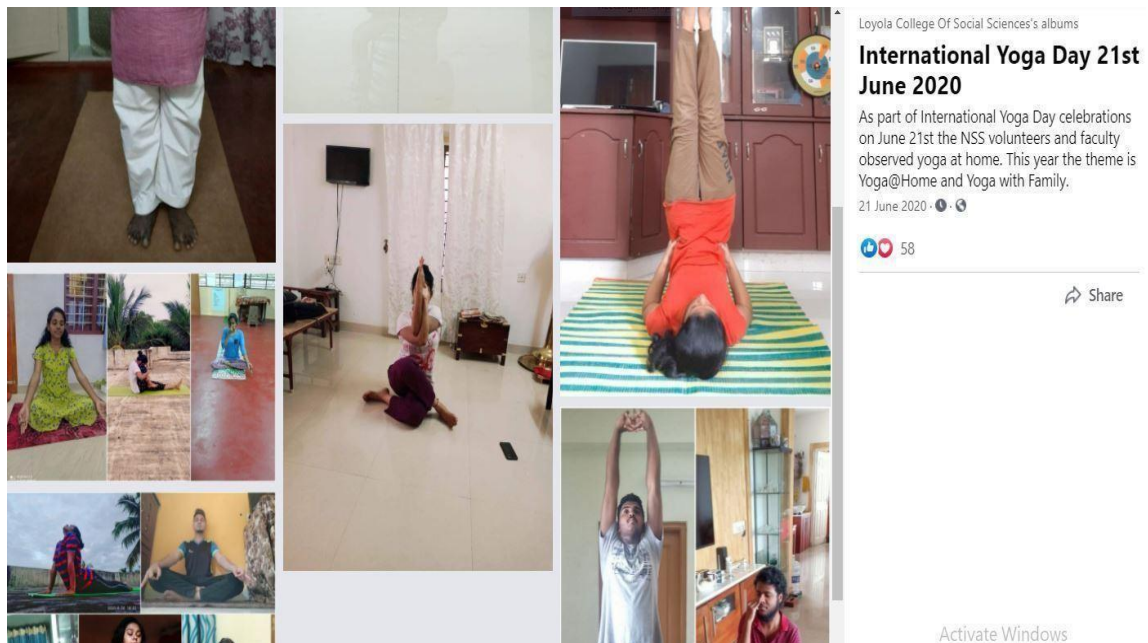




### 3. Yoga Sessions

The contemporary world is looking enthusiastically towards yoga for holistic wellbeing and physical fitness it offers. Yoga is a spiritual science of self-development and self-realization, adopting breathing exercises (*pranayama*), simple meditation, and specific bodily postures, yielding with tremendous health benefits.

Here in LCSS too, we have left no stones unturned in embracing the richness of yoga. Multiple programs are offered by internal and external resource persons every year to popularize yoga among our stakeholders and thereby encouraging them to make it a part of their daily lives. The major attraction in this endeavour is the common programme commemorating the International Day of Yoga, wherein the whole college comes together to celebrate the goodness of yoga. Other than this, frequent lectures are organized in yoga along with practical sessions. Besides the green spaces on Campus remain an attractive backdrop to the practice of Yoga.









*Life Skills Training Resource Team*



#### **4. Daily Game Sessions**

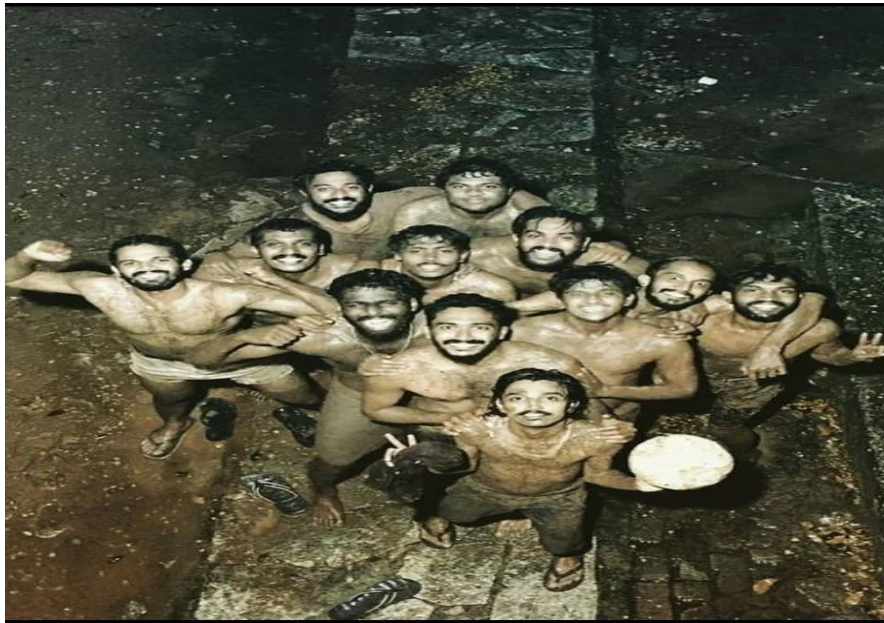
Nothing refreshes your body and mind better than a good game after a day's hectic work. In the evenings, students come together to play different games to relax and refresh themselves. Interested faculty members and administrative staff also join these activities. These evening games help students to stay fit, focused and also builds the team spirit and rapport among them. We do have a proper-size ground that can be used for cricket, football and athletic events. The campus also has a basketball court, badminton court and volleyball courts. All these facilities are occupied on most evenings. These informal and optional games sessions are the biggest contributor to the health and fitness of our stakeholders.







And on a lighter note - recently rain is a recurring feature in Kerala. But we have ensured that it doesn't dampen our spirits. The college auditorium is converted to a makeshift indoor badminton court for rainy days and occasionally a football match in there itself feels wonderful!!







## COLLEGE GROUND







  
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Google

### Thiruvananthapuram, Kerala, India

Loyola College of Social Sciences, Sreekariyam - Aakkulam Rd, Bapuji Nagar, Pongumoodu, Thiruvananthapuram, Kerala 695017, India  
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Long 76.912684°  
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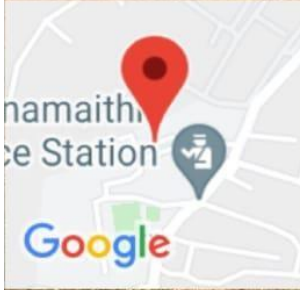
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GPS Map Camera



## Thiruvananthapuram, Kerala, India

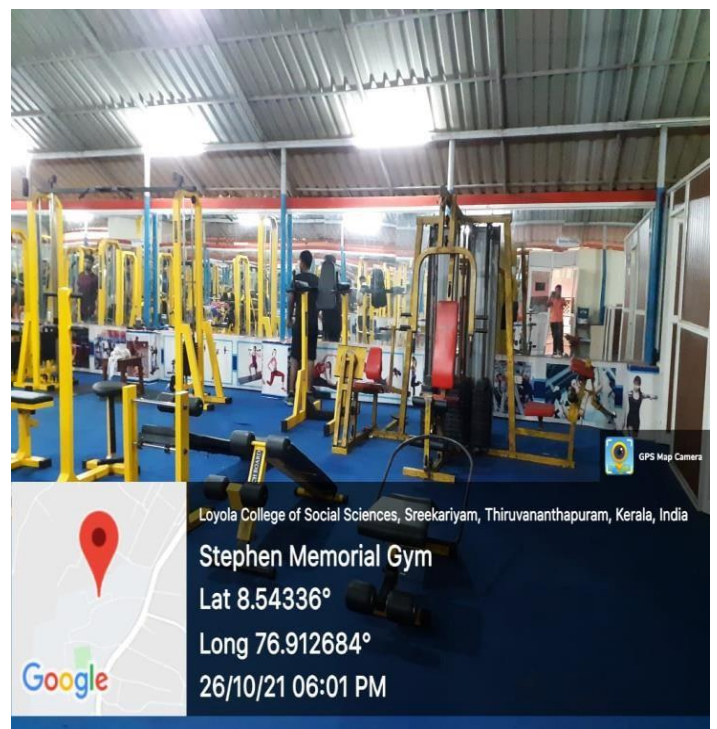
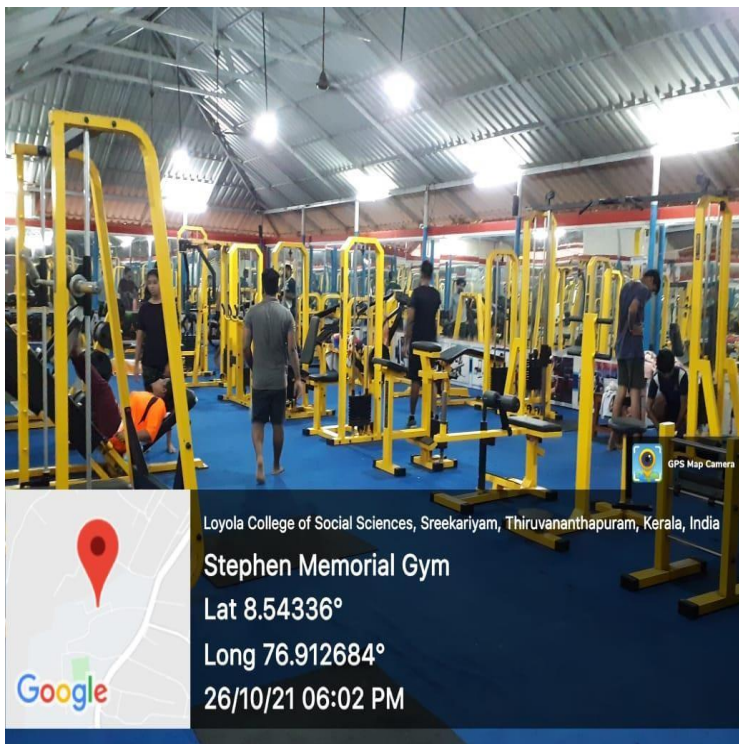
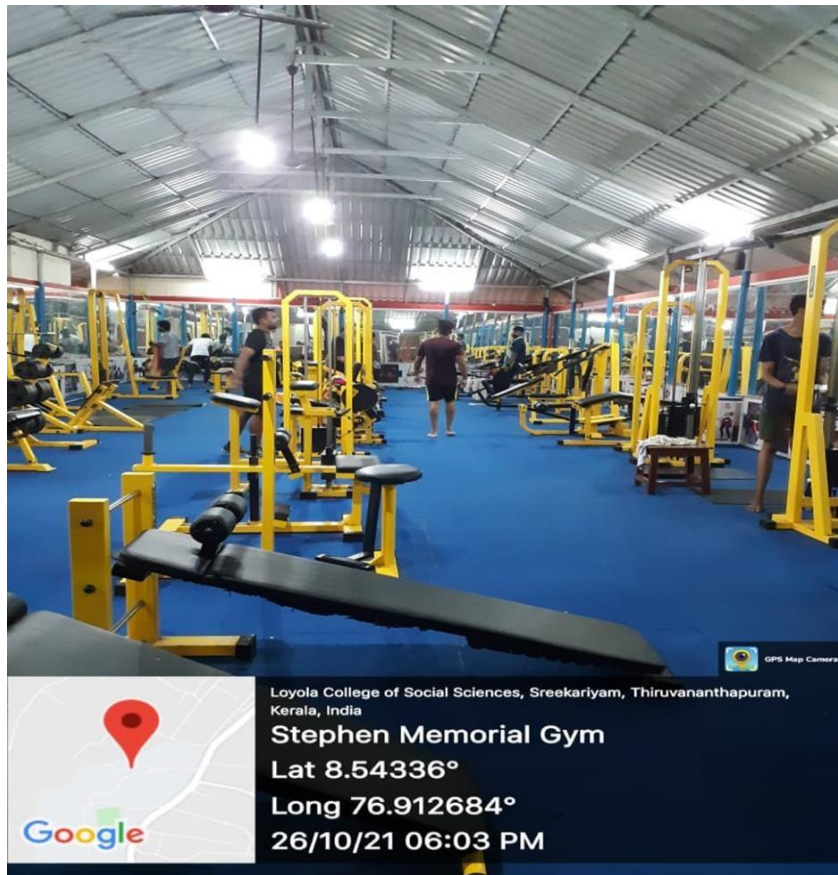
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## GYM







## 5. HEALTH AND HYGIENE INITIATIVES

Loyola emphasises on the promotion and maintenance of health – mental and physical as well as maintaining harmony and interpersonal relations. Hence we provide regular programs often initiated by the students under various platforms – seminars, medical camps, yoga besides sports, discussion groups on themes ranging from sexual health, self-care and psychological first aid (PFA). Below given are illustrations regarding various health and hygiene initiatives.

### **Mental Health Care support systems at Loyola College of Social Sciences Trivandrum**

The college facilitates student mental health support systems. Students are encouraged to find time to discuss their questions and concerns with mentors, as well as teachers and student counsellor and get benefitted. The student counselling center at the main building facilitates primary and secondary prevention strategies for taking care of the psychological well-being. The students are encouraged to participate in all the activities of the college to get themselves engaged and to attain positive well-being. The college gym, sports and arts activities also helps in building and maintaining psychological wellbeing since physical health and social health is significantly related to psychological wellbeing. The celebrations and team activities in extracurricular activities help in upkeep the social well-being on campus. Mental health day is commemorated at the college. Every year during the month of October, the department of counselling psychology conducts mental health week celebrations to create awareness on the significance of mental health among students and community.

## **WEBINAR ON PSYCHOLOGICAL FIRST AID**

Loyola College of social sciences promotes all activities that promote psychological wellbeing of students and staff members. Department are instructed to carry out programs that facilitates mental health. As a part of this process, the department of psychology organized a webinar on the theme "Psychological First Aid"(PFA) on 25th June 2021. Over 72 participants attended the webinar to understand and learn about psychological first aid. The resource person was Ms. Vanidevi P.T., Consultant Psychologist. Following by a welcome address by Ms. Nisha, student representative, M.Sc. Counselling Psychology and an opening remark by course coordinator Dr. Pramod SK, Coordinator for the Department of Counselling Psychology, Ms. Vani delivered the key content. She cautioned the audience regarding the widespread and relatively unchallenged acceptance of PFA as the preferred approach to early intervention following disaster has brought with it concerning questions about its effectiveness. Little evidence exists to demonstrate the effectiveness of PFA in reducing immediate distress and optimizing short- and long-term functioning. Having not been created with field evaluation in mind, researchers are now attempting to bootstrap evaluation strategies to PFA models that are frankly unwieldy to test for effectiveness. The MC for this webinar was Ms. Aleena Andrews. The question answer session was facilitated by Aysha Areeba. Many attendees sent in their questions and key challenges when it comes related to the psychological first aid, which Ms. Vanidevi addressed during this one-hour session. The session ended with a round of discussion and vote of thanks by Ms. Fayiza Fyze, student representative of first M.Sc. Counselling Psychology.

The webinar was effective enough to understand about psychological first aid in general. Altogether, the significance of mental health and hygiene was clearly discussed in the webinar. The students gained a lot more insight regarding the necessity of maintaining mental health and hygiene at personal and community level.



The poster is for a webinar titled "WEBINAR ON PSYCHOLOGICAL FIRST AID". It features a central graphic of a human head in profile, composed of interconnected nodes and lines, symbolizing psychology or mental health. The background is dark blue with a lighter blue curved shape on the right side. Text is in white and yellow. Logos of the Department of Counselling Psychology and Loyola College of Social Sciences, Trivandrum are at the top. A circular photo of the resource person, Ms. Vanidevi P.T., is on the left. Contact information for student coordinators and staff/co-course coordinators is at the bottom.

**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
LOYOLA COLLEGE OF SOCIAL SCIENCES, TRIVANDRUM

**WEBINAR ON  
PSYCHOLOGICAL FIRST AID**

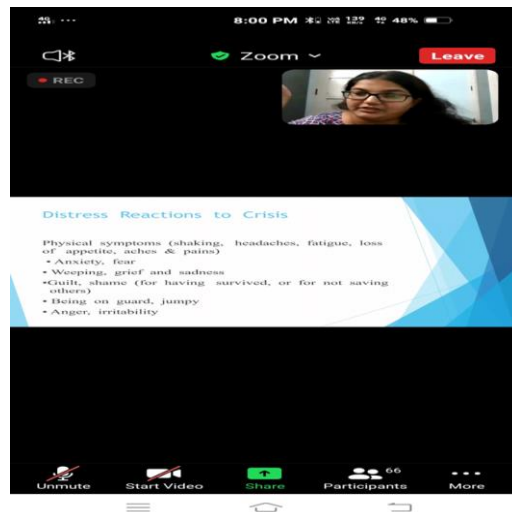
**RESOURCE PERSON: Vanidevi PT**  
Consultant Psychologist  
Enlight Center For Holistic  
Development, Kowdiar, Trivandrum

**MEETING ID : 812 230 6992**  
**PASSCODE : 1**  
**DATE : 25/06/2021, FRIDAY**  
**TIME. : 07:00 PM**  
**PLATFORM : ZOOM**

**Student Coordinators : Vaishnavi S**  
(9539951827)  
**: Aysha Areeba**

**Staff co-ordinator: Dr. Leena, S T**      **Course co-ordinator: Dr. Pramod, S K**





DEPARTMENT OF COUNSELLING PSYCHOLOGY  
In association with  
**LACS**

**Celebrating the world mental health day on 10<sup>th</sup> October 2020, We cordially invite all of you for the observance.**

**Inaugural speech: Rector Fr. Sunny Kunnappallil S J**  
**Presidential address: Dr. Saji P Jacob**  
**Felicitation: Fr. Dr. Sabu P Thomas**

LOYOLA COLLEGE OF SOCIAL SCIENCES, SREEKARIYAM







**Meeting details:**  
**Zoom ID: 82544131831**  
**Passcode: 724146**  
**Time: 9:30 am**

**Further programmes:**  
**Video presentation , Webinar,**  
**Peer counselling service etc.**

**DEPARTMENT OF COUNSELLING  
PSYCHOLOGY**  
*in association with Loyola Association of  
Counselling Psychology Students*

Organizing a peer counselling service  
as a part of world mental health day observance.

**"EARS TO AMIGOS"**  
On 14<sup>th</sup> October 2020  
from 1:30 pm- 3:30 pm

**FREE  
Tele  
counselling**

**LOYOLA COLLEGE OF SOCIAL SCIENCES  
SREEKARIYAM, TRIVANDRUM**


**WE ARE HERE FOR YOU!**

**ASKING FOR HELP  
DOES NOT MAKE YOU  
A FAILURE.**


Note: Registration starts at 9:30 am and  
ends at 1:00pm  
On 14<sup>th</sup> October 2020

**For further details contact**  
**Cordinators: Dr. Pramod S K, 9447262258**  
**Dr. Leena S T, 9496468539**  
**Student coordinator: Wincy Bibi, 8129310497**

The department of social work engages organised various training for students to familiarize them with various tools and approaches for community engagement in mental health care. The following programs are conducted by the department to equip social work practitioners for effective community mental health care management. Some of the programs included prevention of COVID and psych-social care; sex education; personal well-being and self-care;




WEBINAR  
ORGANISED BY  
**Department of  
Social Work**  
Loyola College of  
Social Sciences,  
Thiruvananthapuram


JOIN BY: 

Zoom ID : 5847800173  
Passcode : loyola


**Winning Against Covid:  
A Youth Perspective**



**Resource Person**  
Dr. Amar Fettle  
State Nodal Officer-H1N1, Covid  
Directorate of Health Services  
Thiruvananthapuram

**6pm**  
**12/11/2020** 

Student Coordinators  
Divya P  
Sinidas C P



# SEX EDUCATION

## in India and USA


### A Comparative Study and Social Work Interventions

**WEBINAR ORGANISED BY**  
Social Work Department  
Loyola College Of Social Sciences  
Thiruvananthapuram

**JOIN BY: zoom**  
Zoom ID : 584 780 0173  
Password : loyola


**6 PM ( IST )**  
**7th November**  
**2020**  
**Saturday**

**RESOURCE PERSON**  
Fr. Sandi Mayilkunnel, S.J.  
PhD Scholar, Loyola University  
Maryland, USA




**No Registration Fee • E-Certificates Available**

**LOYOLA COLLEGE OF SOCIAL SCIENCES, TRIVANDRUM**  
in collaboration with  
**DEPARTMENT OF SOCIAL WORK**  
cordially invites you to our webinar



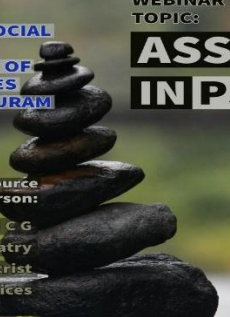
Mrs. Divya Mohan  
Counsellor,  
Swami Vivekananda  
Youth Movement,  
Mysore

# DO YOU CARE FOR YOURSELF THE SAME AS YOU CARE FOR OTHERS?


**19 NOV 2020**  
**4-5PM**  
Join us on 

**STUDENT COORDINATORS**  
PRIYA V NINAN  
SREELEKSHMI V

**ORGANIZED BY**  
**DEPARTMENT OF SOCIAL WORK**  
**LOYOLA COLLEGE OF SOCIAL SCIENCES**  
**THIRUVANANTHAPURAM**



**Resource Person:**  
**Dr. INDU C G**  
MBBS, MD Psychiatry  
Psychiatrist  
Kerala Health Services




**WEBINAR TOPIC:**  
**ASSESSMENT IN PSYCHIATRY**

**3:00 PM**  
**20/11/2020**  
**FRIDAY**

**ZOOM**  
**Meeting ID: 5847800173**  
**Passcode: loyola**

**STUDENT COORDINATORS:**  
MS. ARYA GHOSH A  
MS. SANGHAMITHRA P



### **Social Hygiene and Mental Health Programs**

The various other programs related to Social and Mental Hygiene. The programs are listed below.

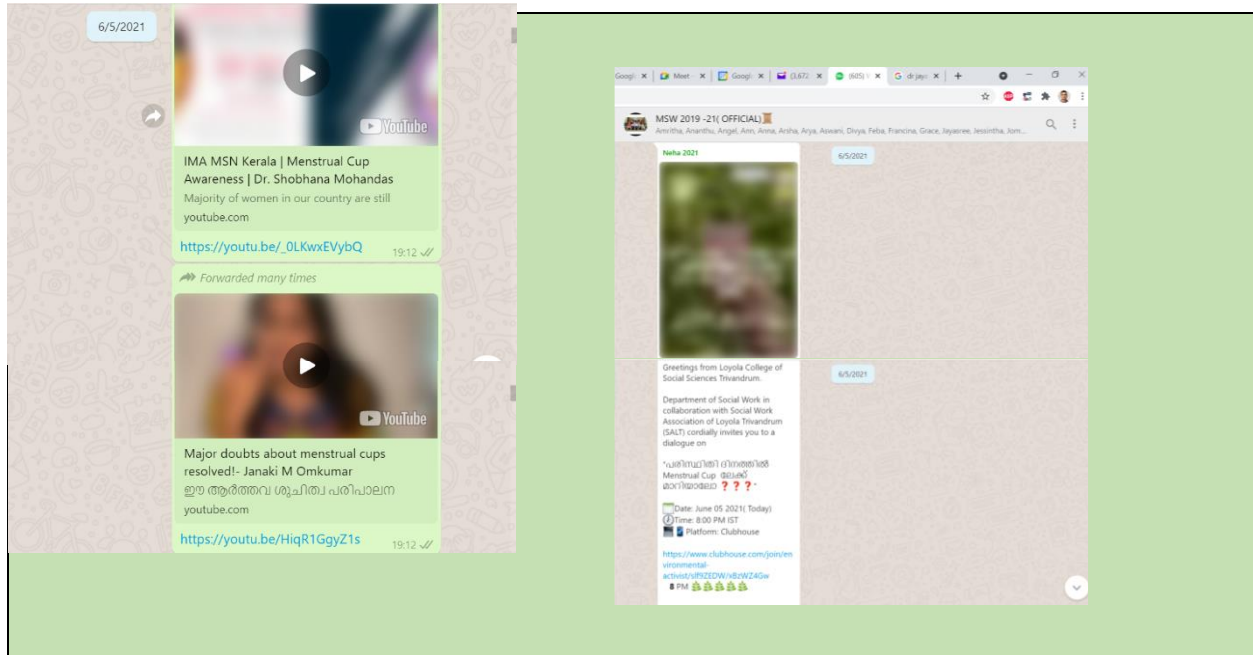
<b>Sl No</b>	<b>Date of commencement</b>	<b>Organised by</b>	<b>Name of the Program</b>
1	14/06/2016	NSS & Prathidawni	World Blood donation Day
2	27/06/2016	NSS	International day against Drug-abuse and Illicit Trafficking
3	28/7/2016	SALT	Observance of the World Hepatitis Day
4	1/12/2016	NSS	World AIDS Day
5	14/06/2017	NSS	World blood donation Day
6	21/06/2017	Loyola College of Social Sciences	International Yoga Day
7	27/06/2017	NSS	International day against drug abuse and illicit trafficking
8	22/09/2017	LACψS	Alzhimers Day Pledge
9	10/10/2017	LACψS	Lauging Yoga
10	10/11/2017	LAMPS	Work Place Counselling
11	29/6/2016	NSS	Loyola Yoga & Meditation Enclave
12	12/11/2016	Women's Cell	Social Belonging- Menstruation
13	9/12/2019	SALT	Workshop on Sex and Sexuality
14	3/12/2020	NSS	World AIDS Day
15	14/06/2021	NSS	World Blood Donation Day

## Menstrual Hygiene: Club House Meet

**Date:** June 05 2021;

**Time:** 8.00am-10.15pm

The women collective under the leadership of the social work lady students organised a Clubhouse meet on “Menstrual Cup : To use or not to” (Menstrual Cup and Menstrual Hygiene). It was attended by 17 lady students and 16 other outside participants. The participants weighed for and against it.



## World Blood Donation Day- 14/06/2014







## International day against drug abuse and illicit trafficking





**Observance of world Hepatitis Day and Medical Camp conducted on 28/7/2016**



## World AIDS Day



## International Yoga Day June 21<sup>st</sup> 2017







**International day against drug abuse and illicit trafficking**



**Alzheimers Day Pledge 22/09/2017**



**One day webinar on work place counselling organised by Lamps on 10<sup>th</sup> November 2017**



## World AIDS day December 1<sup>st</sup> 2017



## Loyola Yoga & Meditation Enclave on 29<sup>th</sup> June 2018

Loyola College of Social Sciences



Loyola NSS Unit KL-07-011

### Loyola Yoga & Meditation Enclave (LYME)



29 June 2018

Yoga for Harmony & Peace

Thiruvananthapuram

Yoga session by Fr.Sunny Kunnappilly SJ

3.00 pm-4.00pm  
Sutter Hall





**Lauging Yoga Conducted on 10/10/2018 near open stage**



**Workshop on Sex and Sexuality organized by SALT on 9-12-2019**



## World AIDS Day



*Loyola College of Social Sciences*  
*NSS Unit KL-07-011*

*Organize*  
*Awareness on HIV/AIDS*

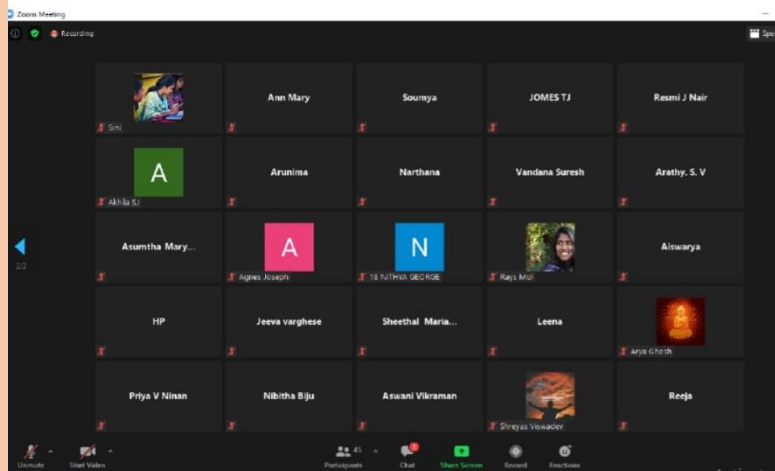
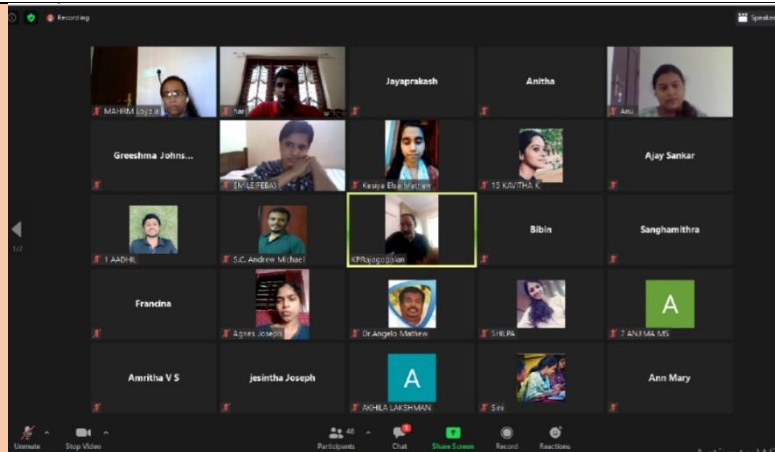
*Resource person*



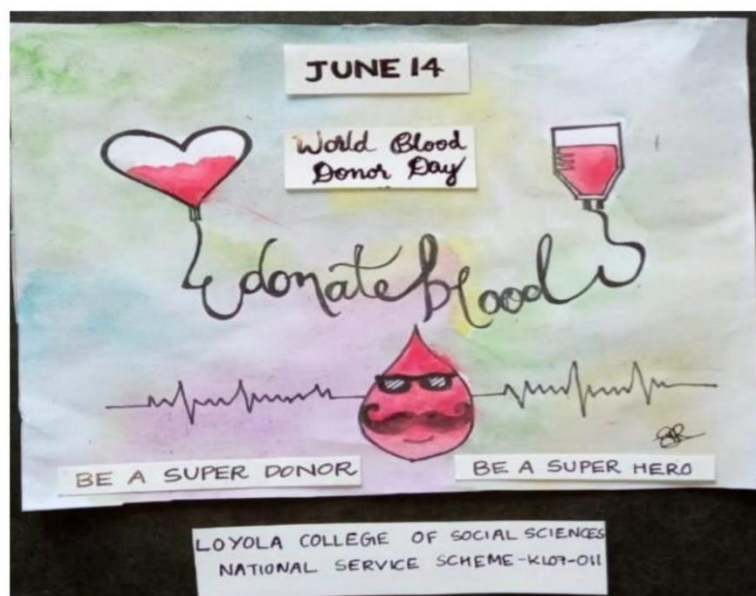
*Ms. Bala Manju B S*  
*Project Officer*  
*Kerala AIDS Control Society*

 Meeting ID-81260817977  
Passcode - 1

 *December 3 @ 2:30pm to 3:30 pm* 



## World Blood donation Day







12 Nov 2019 Menstrual Hygiene by Women's Cell

## 6. LIFE SKILLS

Life skills refers to a group of psychosocial competencies and interpersonal skills that help individuals of all age groups to function and sustain having made informed decisions, solving problems, thinking critically and creatively, communicating effectively, building healthy relationships, empathising with others, and coping with and manage their lives in a healthy and productive manner. Life skills maybe directed toward personal actions or actions toward others, as well as toward actions to change the surrounding environment to make it conducive to health." (WHO, 1998). These life skills need to be part and parcel of higher education as it prepares the individuals who leave the campus to engage fully and productively with the world of work and in having meaningful interpersonal relationships.

Appreciating in valuing life skills and the need of creating well-adapted men and women for others we organise various programs in Life Skills. Loyola's venture into Life Skills has been pioneered by the Department of Social Work with Disha 2011, an alumni-faculty engagement and broadly also by the LES. We had undertaken three conferences including a national workshop in collaboration with IALSE between 2013 and 2015, and initiated the LiveLab with purpose of our reach to schools in and around trivandrum. The students and faculty members also imparted life skills training to communities and schools in Kerala. The tradition is continued in the form of ToTs offered to students and undertaking of certificate courses. The department of social work in particular reaches out to stakeholders and the local community college. The LES imparts the same to various audience – teachers, helping professionals (MANTRA series), vulnerable children (INSPIRE), professional organisations (India Post), etc.

Loyola offers a certificate course as a major initiative -a 38-hour long certificate program spanning over 7 days for all the students and compulsorily for students of social work. The program has under its syllabus- an introduction to life skills education, critical thinking and creative thinking, problem-solving and decision-making, communication and inter-personal skills, self-awareness and empathy, as well as coping with emotions and stress, as envisaged by the W.H.O.

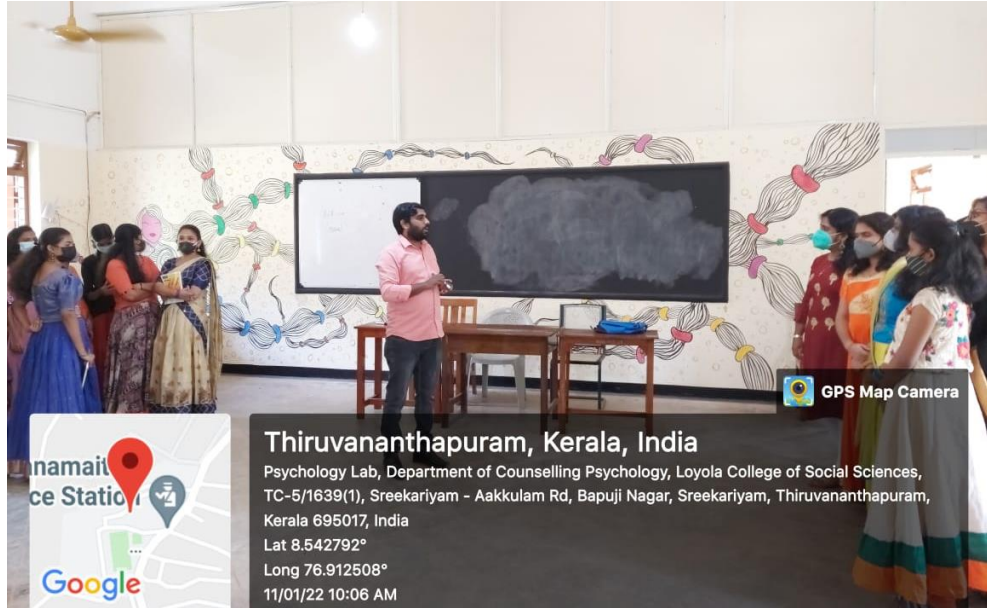
As a learning outcome the participants are expected to:

- evolve an understanding of the concept of life skills and its implications to their day to day life at various levels - individual, family and community
- understand their group, assess the group needs, formulate objectives and learn to work as a team
- use the knowledge in life skills to sensitize people on their personal skills and to work in collaboration with other agencies to enhance sensitivity and life skills of the individuals in the group/teams
- capable of designing their own module of life skills and administer the same as a team

**2021**







2020



2020



**Resource Team to Community College**







2018







**LiveLab Training – Praveen V. Thomas**



2017







**2016**



### **Conclusion**

Campus Loyola has engaged the students at the helm of organising various programs related health and hygiene, self-care and life skills. This creates better adjusted individuals. Besides we mandatorily provide facilities in terms of gym, student counselling, mentoring and invite experts to augment life skills, mental health and social hygiene.