



**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**St. JOSEPH'S COLLEGE (AUTONOMOUS)**  
TIRUCHIRAPPALLI | 620 002 | TAMIL NADU | INDIA

[www.sjctni.edu](http://www.sjctni.edu)



Five-day *International* Online Faculty Development Programme on

# HUMAN ENGINEERING FOR PSYCHOLOGICAL WELL-BEING



**09.09.2024 to 13.09.2024**  
**Monday to Friday | 5:30 pm to 7:00 pm**

## About the College

St. Joseph's College (SJC) was founded by the Jesuit visionaries in 1844 with the noble aim of educating humanity for the Good and the True (Pro Bono Et Vero). Serving as a beacon of light for everyone aspiring to pursue holistic higher education, the college caters to the educational needs of all sections with a marked emphasis on the preferential option for the poor, the marginalized, the first-generation learners and the other deprived sections of the society.

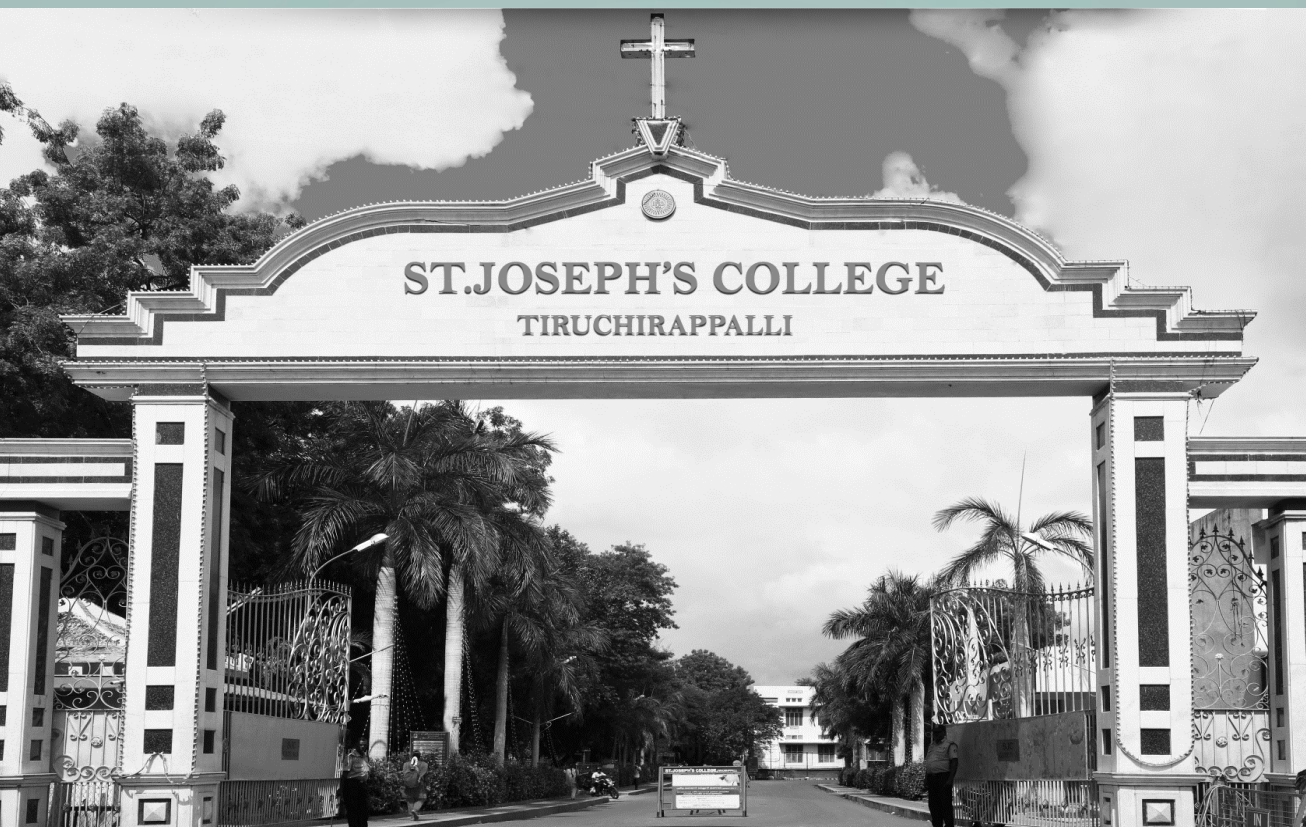
### St. Joseph's College

- secured 25<sup>th</sup> position in NIRF Ranking in 2024.
- secured A<sup>++</sup> (2019) in NAAC accreditation process.
- received the coveted honour of the Special Heritage Status from the UGC in 2015.
- was recognized by the UGC as a College with Potential for Excellence in 2004 & 2014.
- was one of the first colleges to be granted autonomy by the UGC in 1978.

## FDP Concept Note

Fostering Human Engineering for Psychological well-being is the main theme of this International Faculty Development Programme. The significance of fostering Psychological Well-Being has gained swift momentum in recent times as the world is becoming more complex than never before and it is in need of Psychological liberation. Psychological issues, such as, Struggle in balancing teaching, learning and research; Work-Life balancing; Conflict in Work place and Family; Stress, anxiety and tension due to high bench mark set by the system (Family & Work); Lack of intervention and mediation skills during crisis management; Overwhelming emotional experiences; Misuse of Social media: Alcohol and drugs intruding professional institutions - are some of the psychological indicators that do affect the Well-Being and Happiness of the individuals.

As a response, the department of Counselling Psychology is encouraged to organize this Five-Day International Webinar on Human Engineering for Psychological Well-Being.



**DAY ONE : 09.09.2024**

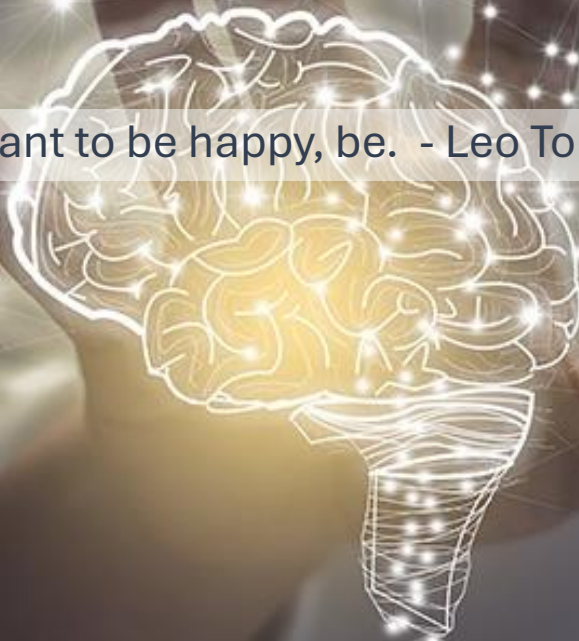
# **THE PSYCHOLOGY OF HAPPINESS**

**MS. MEGHA GURUDAS**

A HR Professional, who is currently working in the domain of Employee Engagement and Well-being. She earned her Master's in Business and Organizational Psychology at Steinbeis University, Berlin.



If you want to be happy, be. - Leo Tolstoy



DAY TWO : 10.09.2024

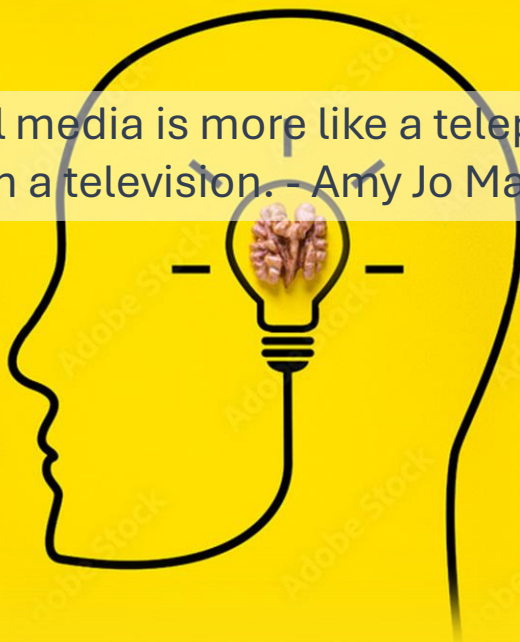
# SOCIAL MEDIA USE AND MENTAL WELL BEING: AN AI PERSPECTIVE

DR. NOORUL HASAN, M.D

Psychiatrist & Consultant, Alpha  
Mind Care Centre, Palayamkottai.  
Clinical coordinator for *Manitham*  
Foundation clinics at Melapalayam



Social media is more like a telephone  
than a television. – Amy Jo Martin



DAY THREE : 11.09.2024

## PRACTISING POSITIVE PSYCHOLOGY

DR. SIVARAMAN, M.D

Professor & Head, Department of Psychiatry, SRM Medical College & Research Centre, Trichy. He is also Member and Present Secretary of Psychiatrists (TAP), Trichy



Perpetual optimism is a force multiplier.  
- Colin Powell

**DAY FOUR : 12.09.2024**

## **CONFLICT RESOLUTION AND MEDIATION**

**MS. JOYCE MESHACH**

Associate Dean, PES University.  
Highly accomplished nursing  
professional with extensive  
experience in teaching, leadership  
and curriculum development




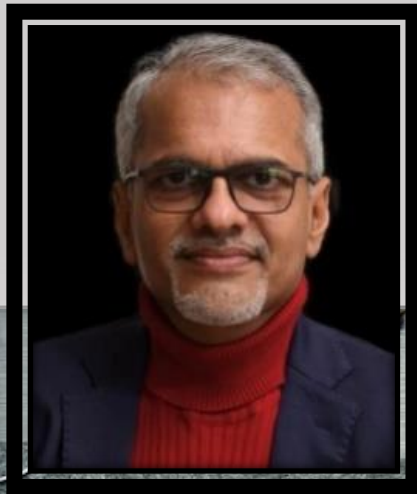
There are three truths: my truth, your truth and the truth. - Chinese Proverb

DAY FIVE : 13.09.2024

# WORK-LIFE INTEGRATION: REHUMANIZE WORK; REVITALIZE LIFE

DR. C. SURIYA PRAKASH

An Integrative Coach, a transactional analysis trainer and supervisor. Former president of the International Transactional Analysis Association (ITAA)

A background image showing a person from behind, sitting at a desk and working on a laptop. The desk is cluttered with papers, a keyboard, and a mouse. The person is wearing a grey sweater.

Wellness at work follows you home  
and vice versa. -Melissa Steginus

## Who can apply?

Interested teachers and trainers from colleges, Executives from the Industry, Government and Private Sectors and research scholars desirous of developing their psychological well being

## Takeaways

- Certificates for all the registered participants
- Training materials, PPTs and recorded sessions of the FDP will be available

## Registration Details

- Registration fees per participant is **Rs. 500/-** for participants from India and **25 USD** for the other participants.
- Registration has to be done before 08.09.2024 along with the Registration fees
- For Registration and fee payment, log on to <https://admission.sjctni.edu/IFDP24/>
- Participants opting to pay through NEFT are requested to send the UTR number to [counsellingpsychology24@gmail.com](mailto:counsellingpsychology24@gmail.com)
- Payment Details:  
Society of St. Joseph's College  
A/C No: 0082053000044058  
IFSC code: SIBL0000082  
South Indian Bank, Tiruchirappalli

## Organized by

Department of Counselling Psychology

## Patrons

Rev. Dr. Pavulraj Michael SJ  
Rector

Rev. Dr. K. Amal SJ  
Secretary

Rev. Dr. S. Mariadoss SJ  
Principal

## Advisory Committee

Rev. Dr. Emmanuel Arockiam SJ  
Dr. J. John Love Joy  
Dr. A. Vimal Jerald  
Dr. George Gabriel Richard Roy  
Dr. P. Bastin Thiagaraj

## Organizing Team

Dr. A. John Balaiah, Head & FDP Coordinator  
Dr. V. Suganthi  
Ms. Christeeba  
CP Well-Being Association Members

## Technical Assistance

JCICT & ERP Team

## Contact

Dr. A. John balaiah - 9442850516  
Dr. V. Suganthi - 8940859332  
Ms. Christeeba - 6383085092  
Ms. Shama Pearlin - 9942461853



# RESOURCE PERSONS



**Dr. A. John Balaiah**  
Counselling Psychologist  
Head, Dept. of Counselling Psychology  
Coordinator - JASS  
St. Joseph's College  
Tiruchirappalli



**Rev. Dr. Emmanuel Arockiam SJ**  
Counselling Psychologist  
Director of JESSCO & Arrupe Library  
St. Joseph's College  
Tiruchirappalli



**Dr. Sr. Sobhana Michael**  
Counselling Psychologist  
Motivational Speaker/ Author  
Visiting Faculty at St. Joseph's College  
Tiruchirappalli



**Dr. Iniga Maria Divya B**  
MD. in Psychiatry  
Asst. Professor  
St. Peter's Medical college, Hosur



**Mr. Randeep Rajkumar Devanbu**  
Consultant Clinical Psychologist & Head  
(Department of Psychology) at Athma  
Hospital, Thillai Nagar, Trichy.



**Ms. Jasmine W**  
Counsellor & Psychotherapist  
Founder - Eliora-Center for Counselling &  
Psychotherapy, Trichy  
Affiliate Counselor - 1to1help.net, Bangalore



The Department of Counselling Psychology is committed to developing scientific and professional knowledge of human behavior and improving the psychological conditions of individuals, organizations and society.

Mental health issues affect relationships, education and career. It is observed that the people seeking professional help for various mental health issues due to stressful, volatile and uncertain environment are on the increase. To say the least, for some people, just meeting the Counsellor brings a lot of relief. The process of telling their stories and being listened to, is very helpful. This certificate course in "Counselling Skills" is designed to empower the participants with knowledge, skills, techniques and experience to deal with problem situations.

*We welcome you to the journey of*  
**Care of Persons, Care of Worlds**

**Department of Counselling Psychology**

**St. Joseph's College (Autonomous)**  
**Tiruchirappalli, Tamil Nadu**

Accredited with A++ Grade (4th Cycle) by NAAC  
Special Heritage Status awarded by UGC  
College with Potential for Excellence by UGC  
NIRF Rank - 25 (2024)



organizes

a **Certificate Course**  
**(3 Credits-Blended Mode) in**  
**Counselling Skills**

**Feb 3, 2025 - Feb 28, 2025**

**Online: 25hrs - Monday - Friday**  
**6.00 pm to 7.15 pm**

**Offline: 20hrs - Saturdays: 9.00 am to 1.30 pm**

## Who can apply?

Teachers and Trainers from Colleges and Schools, Executives from the Industry, Government and Private Sectors, Research Scholars and Students in Higher Education (National level) desirous of acquiring Counselling Skills can apply.

## Certificate Details

Maximum hours: 45  
A minimum of 36 hours of attendance and 40 percent marks are mandatory for certification.

## Certificate Course Schedule

Online: (Monday – Friday) 25hrs – 6.00 pm to 7.15 pm

Week I: February 3, 2025- February 7, 2025

Week II: February 10, 2025- February 14, 2025

Week III: February 17, 2025- February 21, 2025

Week IV: February 24, 2025 – February 28, 2025

Offline: 20hrs – Saturdays: 9.00 am to 1.30 pm  
February 8, 2025; February 15, 2025; February 22, 2025

March 1, 2025 – Assessment & Evaluation

## Registration Details

Registration fees for Professors , Teachers and other Professionals – **Rs. 1500/** (including 18% GST)

Research scholars and Students – **Rs. 1000/** (including 18% GST)

Registration has to be done before **02.02.2025** along with the Registration fees  
For Registration and fee payment, log on to <https://admission.sjctni.edu/CCCP2025/>

Scan the QR code for Course syllabus



## Note

- Certificates will be issued by the college to all the participants who fulfill the course requirements.
- The Certificate Course is equivalent to a 3 credit course.
- For those who cannot attend the offline classes (from other Districts, States ) PPTs, Video Lessons & other materials of such sessions will be posted in JOSTEL (LMS) platform.

## Patrons

**Rev.Dr. Pavulraj Michael SJ, Rector**

**Rev.Dr. K. Amal SJ, Secretary**

**Rev.Dr. S. Mariadoss SJ, Principal**

## Advisory Committee

**Dr. P. Rajendran**

**Rev. Dr. V. Gilbert Camillus SJ**

**Rev. Dr. S. Santiago SJ**

**Dr. J. John Love Joy**

**Dr. A. Vimal Jerald**

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**College Website:** <https://www.sjctni.edu>

**E-mail ID:** [counsellingpsychology@mail.sjctni.edu](mailto:counsellingpsychology@mail.sjctni.edu)