



CRITERION 7
Institutional
Values and Best
Practices

LISSAH
LITTLE FLOWER INSTITUTE OF
SOCIAL SCIENCES AND HEALTH
KAITHAPOYIL, CALICUT, KERALA
AFFILIATED TO THE UNIVERSITY OF CALICUT



7.3
Institutional Distinctiveness

LISSAH Mind Care: Prioritizing Mental Wellness

“SATHWANAM” LISSAH CLINIC
An Extension of Counselling Service to the Students of Schools in the Vicinity

The Psychology department at LISSAH has collaborated with various schools in the vicinity to initiate a groundbreaking school clinic project. This initiative, named “Swanthwanam,” is aimed at enhancing the mental well-being of students across eight schools in the Kodanchery and Puthuppady panchayaths. The primary objective of “Swanthwanam” project is to address and alleviate mental health challenges faced by school-level students, ultimately contributing to a higher quality of learning and an improved overall quality of life.

“Swanthwanam” projects specifically targets issues such as learning disabilities, temperamental challenges, lack of concentration, and mobile addiction among students. The project offers counseling services not only to students but also extends support to their parents and teachers, recognizing the importance of a holistic approach to addressing mental difficulties.

The advent of the COVID-19 pandemic and the subsequent transformation in the education system have significantly impacted the mental well-being of children. The shift from online to offline learning, coupled with increased screen time for recreational activities, has introduced notable changes in children's daily lives. These altered practices have resulted in various behavioral disorders among students. Factors such as busy lifestyles, isolation, and neglected childhoods further contribute to mental health issues and learning disabilities in children.

“Swanthwanam” Project seeks to counter these challenges by providing a platform for relief and solutions to the difficulties children face. In the face of evolving educational landscapes and the demands of the modern world, the project aspires to shape a new generation with robust mental health, fostering resilience and well-being in the face of adversities.

Sl.No.	Name of School where “Swanthwanam” Project Implemented
1	St. Joseph’s UP School Mylellampara
2	Mar Baselios English Medium School, Engapuzha
3	St. Thomas’ LP School Nellipoyil
4	GM UP School, Kaithapoyil
5	MES Fathima Rahim Central School, Kaithapoyil
6	MGM HS School, Engapuzha
7	Nirmala UP School, Chamal
8	St. Mary’s HS School, Koodathai

Newspaper Report on School Clinic project implementation
At St. Josephs' UP School Mylellampara

മാതൃഭൂമി E-PAPER

Save Font Inc Image HTML Image Text

‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതി ഉദ്ഘാടനം ചെയ്തു



✪ ലിസ കോളേജിന്റെ നേതൃത്വത്തിൽ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂൾ മൈലല്ലാപറയിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതി ഷിജു ഐസക് ഉദ്ഘാടനം ചെയ്യുന്നു

പുതുപ്പാടി ▶ കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി.യിൽ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതി തുടങ്ങി.

സ്കൂൾ വിദ്യാർഥികളുടെ സമഗ്ര മാനസികാരോഗ്യം ലക്ഷ്യമിട്ട് സമീപപ്രദേശങ്ങളിലെ പത്തോളം സ്കൂളുകളിലാണ് പദ്ധതി നടപ്പാക്കുന്നത്. സ്കൂൾ ക്ലിനിക്കിന്റെ ഉദ്ഘാടനം ഗ്രാമപഞ്ചായത്തംഗം ഷിജു ഐസക് നിർവഹിച്ചു. ലിസ കോളേജ് ഡയറക്ടർമാ. നിജു തലച്ചിറ അധ്യക്ഷനായി. പ്രധാനാധ്യാപകൻ സുനിൽ പോൾ, ജയകൃഷ്ണൻ, ജിയോ കാപ്പൻ എന്നിവർ സംസാരിച്ചു. ലൈസി, അമീന എന്നിവർക്കാണ് ക്ലിനിക്കിന്റെ ചുമതല.

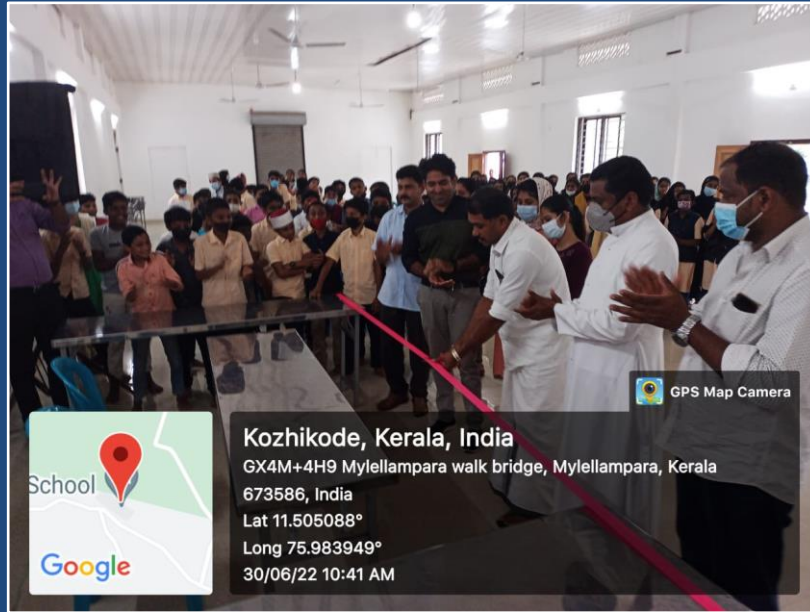
‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതി തുടങ്ങി

കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂളിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതിയുടെ ഉദ്ഘാടനം ഷിജു ഐസക് ചെയ്തു. കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂളിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതിയുടെ ഉദ്ഘാടനം ഷിജു ഐസക് ചെയ്തു. കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂളിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതിയുടെ ഉദ്ഘാടനം ഷിജു ഐസക് ചെയ്തു. കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂളിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതിയുടെ ഉദ്ഘാടനം ഷിജു ഐസക് ചെയ്തു.



കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂളിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതിയുടെ ഉദ്ഘാടനം ഷിജു ഐസക് ചെയ്തു. കൈതപ്പൊയിൽ ലിറ്റിൽ ഫ്ലവർ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് സയൻസ് ആൻഡ് ഹെൽത്തി (ലിസ) ന്റെ നേതൃത്വത്തിൽ മൈലല്ലാപറ സെയ്ന്റ് ജോസഫ്സ് യു.പി. സ്കൂളിൽ തുടങ്ങിയ ‘സ്കൂൾ ക്ലിനിക്’ പദ്ധതിയുടെ ഉദ്ഘാടനം ഷിജു ഐസക് ചെയ്തു.

Gep-Tagged photograph of School Clinic project implementation official inauguration at St. Josephs' UP School Mylellampara



Photograph of Follow-up session for the LISSAH Clinic @ St. Joseph's UP School, Mylellampara on 17th July 2022



**Photograph of LISSAH Clinic-School counselling programme
@ Mar Baselios School, Engapuzha, Kozhikode on 13th July 2022**



Psychologist Mr. Jayakrishnan K (Asst. Professor, LISSAH) taking preliminary counselling session @ Mar Baselios School Engapuzha



**Photograph of LISSAH Clinic-School Counselling programme
@ St. Thomas LP School, Nellipoyil, Kozhikode on 27th July 2022**



**Newspaper reports on LISSAH Clinic functioning
@ GMUP School Kaithapoyil**



കൈതപ്പൊയിൽ ലിസ കോളജിന്റെ ആഭിമുഖ്യത്തിൽ കൈതപ്പൊയിൽ ജിഎംയുപി സ്കൂളിൽ ആരംഭിച്ച ലിസ ക്ലിനിക് പുതുപ്പാടി പഞ്ചായത്ത് പ്രസിഡന്റ് ബീനാ തങ്കച്ചൻ ഉദ്ഘാടനം ചെയ്യുന്നു.

ഉദ്ഘാടനം ചെയ്തു

താമരശേരി: കൈതപ്പൊയിൽ ലിസ്സ കോളജിന്റെ ആഭിമുഖ്യത്തിൽ കൈതപ്പൊയിൽ ജിഎംയുപി സ്കൂളിൽ ലിസ്സ ക്ലിനിക് ആരംഭിച്ചു. വിദ്യാർത്ഥികളുടെ സമഗ്ര മാനസിക ആരോഗ്യം ഉറപ്പാക്കുകയാണ് പദ്ധതി കൊണ്ട് ഉദ്ദേശിക്കുന്നത്.

പുതുപ്പാടി പഞ്ചായത്ത് പ്രസിഡന്റ് ബീനാ തങ്കച്ചൻ ക്ലിനിക് ഉദ്ഘാടനം ചെയ്തു. ഫാ.സെബിൻ ചിറമ്മേൽ അധ്യക്ഷത വഹിച്ചു. ജിയോ കാപ്പൻ, രാധ ടീച്ചർ, പ്രധാനാധ്യാപകൻ കെ.ടി ബെന്നി, പി ടിഎ പ്രസിഡന്റ് ഷംസീർ കുനിയൽ, എസ്എംസി ചെയർമാൻ ടി. കെ. സുഹൈൽ, ബിജു തോമസ്, അഷ്റഫ് എലിക്കാട്, മുഹമ്മദ് അഖില പ്രസാദ് എന്നിവർ പ്രസംഗിച്ചു.

രായ് 30 = ശനിയാഴ്ച മാതൃഭൂമി

ഖാനം 11

സ്കൂൾ ക്ലിനിക് ഉദ്ഘാടനം

പുതുപ്പാടി > കൈതപ്പൊയിൽ ലിസ്സ കോളജിന്റെ ആഭിമുഖ്യത്തിൽ കൈതപ്പൊയിൽ ജിഎംയുപി സ്കൂളിൽ ലിസ്സ ക്ലിനിക് ആരംഭിച്ചു. വിദ്യാർത്ഥികളുടെ സമഗ്ര മാനസികാരോഗ്യം ഉറപ്പാക്കുകയാണ് പദ്ധതികൊണ്ട് ഉദ്ദേശിക്കുന്നത്. പുതുപ്പാടി ഗ്രാമപഞ്ചായത്ത് പ്രസിഡന്റ് ബീനാ തങ്കച്ചൻ ഉദ്ഘാടനം ചെയ്തു.

പടങ്ങിൽ ഫാ. സെബിൻ ചിറമ്മേൽ അധ്യക്ഷനായി. കെ. ജയകൃഷ്ണൻ അദ്ധ്യക്ഷത വഹിച്ചു. ജിയോ കാപ്പൻ, രാധ, ഷംസീർ കുനിയൽ, ടി.കെ. സുഹൈൽ, ബിജു തോമസ്, അഷ്റഫ് എലിക്കാട്, അഖില പ്രസാദ്, മുഹമ്മദ് എന്നിവർ സംസാരിച്ചു.

Official inauguration of LISSAH Clinic-School Counselling programme @ GM UP School, Kaithapoyil, Kozhikode



Kozhikode, Kerala, India
West puthuppady, Kaithappoyil, Kerala 673586, India
Lat 11.483058°
Long 75.999344°
29/07/22 11:29 AM



Kozhikode, Kerala, India
West puthuppady, Kaithappoyil, Kerala 673586, India
Lat 11.483079°
Long 75.999304°
29/07/22 11:30 AM

LISSAH Clinic-School Counselling programme @ MES Fathima Rahim Central School, Kaithapoyil, Kozhikode



F2H2+H66, Kaithapoyil
 Bridge, Kaithapoyil, Kerala
 673586, India
 23 Nov 2022 10:12 AM
 overcast clouds
 26.0 °C



LISSAH Clinic-School Counselling programme @ Nirmala UP School Chamal



Newspaper reports on LISSAH Clinic functioning @ Nirmala UP School Chamal



● സാമ്പത്തിക കൗൺസിലിംഗ് പരിപാടി ഗ്രാമപഞ്ചായത്ത് പ്രസിഡന്റ് മുഹമ്മദ് റോയത്ത് ഉദ്ഘാടനം ചെയ്യുന്നു.

സാമ്പത്തിക കൗൺസിലിംഗ് ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്തു

ചമൽ പഞ്ചായത്ത് വികസന വകുപ്പിന്റേതായ സാമ്പത്തിക കൗൺസിലിംഗ് ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്തു. ഉദ്ഘാടനം ചെയ്ത സമയത്ത് സാമ്പത്തിക കൗൺസിലിംഗ് ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്തു. ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്ത സമയത്ത് സാമ്പത്തിക കൗൺസിലിംഗ് ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്തു. ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്ത സമയത്ത് സാമ്പത്തിക കൗൺസിലിംഗ് ക്ലിനിക്കു് ഉദ്ഘാടനം ചെയ്തു.

*Newspaper reports on LISSAH Clinic functioning
@ St Mary's HS School, Koodathai*

കൂടുതലായി സെന്റ് മേരീസ് ഹൈസ്കൂളിൽ ബോധവൽക്കരണ കൗൺസലിംഗ് പരിപാടി

താമരശ്ശേരി • കൂടുതലായി സെന്റ് മേരീസ് ഹൈസ്കൂൾ നല്ലപാഠം ക്ലബ്ബ് കൈതപ്പൊയിൽ ലിസ്റ്റു കോളജിന്റെ സഹകരണത്തോടെ ബോധവൽക്കരണ കൗൺസലിംഗ് പരിപാടികളിലൂടെ വിദ്യാർത്ഥികളെ നേർവഴിക്ക് നയിക്കുന്നതിന് ഹെൽത്തി ഹീലിങ് ഹബ്ബ് പ്രവർത്തനം ആരംഭിച്ചു. കോടഞ്ചേരി എസ്ഐ കെ.സി.അഭിലാഷ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഫാ. സിബി



പൊൻപാറ മുഖ്യാതിഥിയായിരുന്നു. കെ.ജയകൃഷ്ണൻ വിഷയാവതരണം നടത്തി. ഹെഡ്മിസ്ട്രസ് ഷൈനി തോമസ്, ഫാ. നിജു തലച്ചിറ, ജിയോ കാപ്പൻ, കെ.എസ്.മനോജ് കുമാർ, നല്ലപാഠം വിദ്യാർത്ഥി കോഓർഡിനേറ്റർ എസ്. ഹിമ, സ്റ്റാഫ് സെക്രട്ടറി രജി കരോട്ട് എന്നിവർ പ്രസംഗിച്ചു. എല്ലാ ബുധനാഴ്ചയുമാണ് പരിപാടി നടക്കുക.

*Photograph of LISSAH Clinic-School Counselling programme
@ St Mary's HS School, Koodathai*



Kozhikode, Kerala, India
26th Mile, Kaithapoyil, Kerala 673023, India
Lat 11.486669°
Long 75.992596°
26/07/22 02:33 PM

“SMILE” LISSAH CLINIC
An Extension Service for Nurturing Social, Mental, and Intellectual Learning for a Bright Tomorrow in Education.

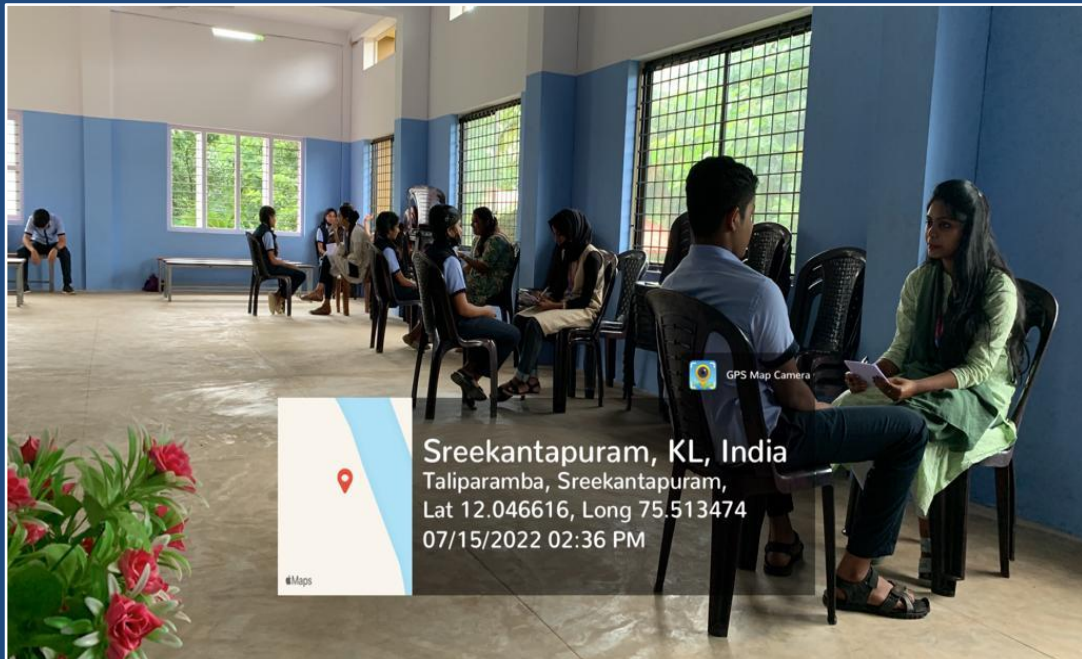
In response to the growing recognition of the multifaceted challenges faced by students in the contemporary educational landscape, the Post Graduate Department of Psychology at LISSAH College embarked on a transformative endeavour. The two-day school counselling program, aptly named “SMILE - Social Mental Intellectual Learning in Education” unfolded its chapters of inspiration and guidance at Little Flower School, Sreekandapuram, Kannur and Little Flower English Medium School, Chelavoor, Kozhikode. Guided by the dedicated coordination of Assistant Professors and Post Graduate Students in the Department of Psychology at LISSAH, 'SMILE' sought to provide motivation training, life skills development, behavioral modification, and academic retraining counseling sessions for both students and their parents. The programme aimed at fostering self-awareness to tackling specific issues reported by students, the program unfolded as a beacon of support, aiming not only to mitigate challenges but also to empower the participants with skills essential for navigating the complexities of academic and personal growth.

Sl.No.	Name of School where “SMILE” Project Implemented
1	Little Flower School, Sreekandapuram, Kannur
2	Little Flower English Medium School, Chelavoor, Kozhikode

Geo-tagged photograph of official inauguration of SMILE-School Counselling programme @ Little Flower School, Sreekandapuram, Kannur



Geo-tagged Photograph of students being engaged in one-on-one counselling @ Little Flower School, Sreekantapuram, Kannur



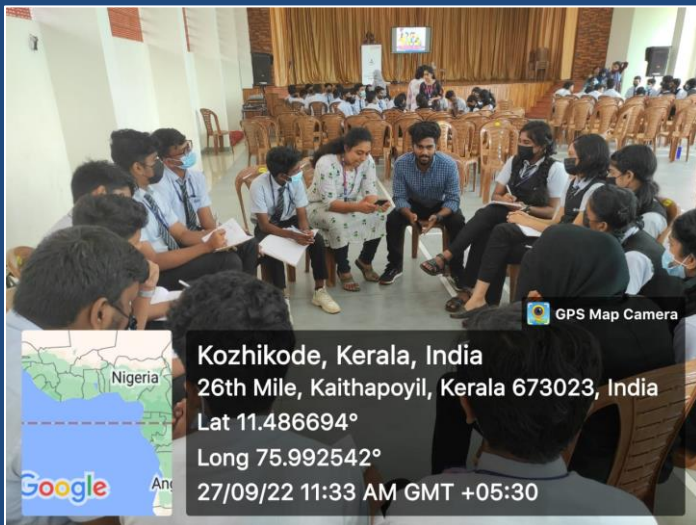
Geo-tagged Photograph of students being engaged in SMILE Programme @ Little Flower School, Sreekantapuram, Kannur



Geo-tagged photograph of official inauguration of SMILE-School Counselling programme @ Little Flower English Medium School, Chelavoor



Students being engaged in SMILE Programme @ Little Flower English Medium School, Chelavoor, Kozhikode



“NERVAZHI”

A Psycho Social Support Program for Inmates of District Jail

The Department of Psychology at LISSAH College collaborated with the jail authorities to conduct a Psycho-Social Support program aimed at providing counselling and aid to the district jail inmates. This initiative specifically addressed concerns related to impulsivity, self-esteem, and anger management among the participants. To gauge these aspects, precise evaluation tools were employed, offering valuable insights into the psychological well-being of the inmates and identifying areas necessitating focused intervention. Qualified psychologists provided personalized attention and support to each participant during counseling sessions, which spanned approximately 30 to 40 minutes. This duration ensured ample time for thorough discussions and exploration of the identified issues. Through this initiative, as a socially responsible institute LISSAH aimed to improve the psychological well-being of the inmates and equip them with valuable skills to navigate various challenges they may encounter. The provision of personalized counselling for prisoners with diverse concerns further strengthens the effectiveness and inclusivity of the program.

Sl.No.	List of venues where “NERVAZHI” Project Implemented
1	District Jail, Palakkad
2	District Jail, Kottayam

Poster of the District Jail Programme – “NERVAZHI”



LITTLE FLOWER INSTITUTE OF
SOCIAL SCIENCES & HEALTH

CLSL

SOCIAL JUSTICE
DEPARTMENT

നെർവഴി

‘PSYCHO SOCIAL SUPPORT’

2022 June 11 & 12, District Jail, Palakkad

Organised by

- District Probation Office, Palakkad
- Department of Psychology, Lissah College, Kozhikkode
- CLSL (Center for Life Skills Learning Vallanghi, Nemmara)
- തിട്ട The Nestle for Caring (A Unit of CLSL Nemmara)

Geo-tagged photo of the District Jail Programme – “NERVAZHI”

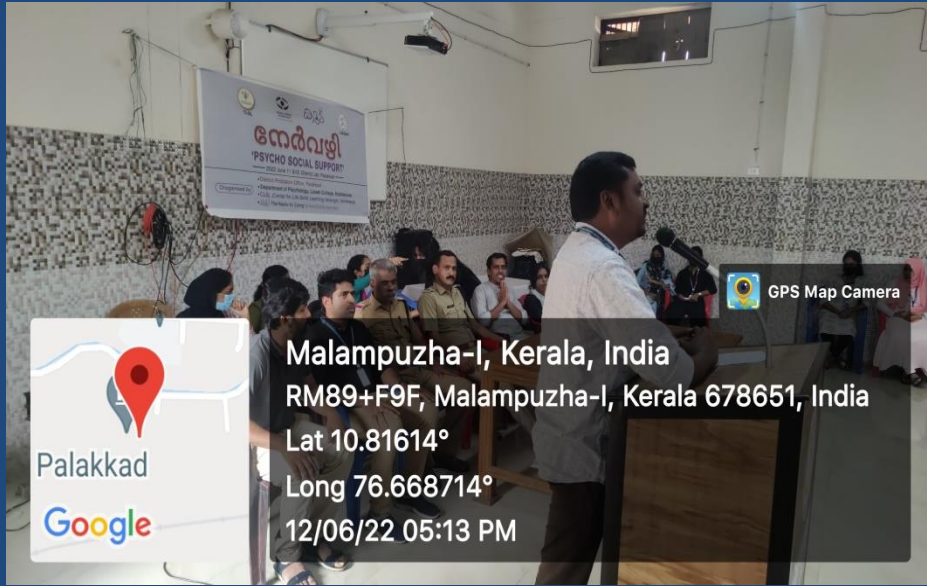


Photo of Civil officers giving instructions to Psychologists trainees from LISSAH before entering to the District Jail, Palakkad



Geo-tagged photo of the District Jail Programme @ Kottayam District Jail



Photo of the District Jail Programme – Trainees from LISSAH interacting with District jail inmates 30th September 2022



EMPOWERING MINDS: SCHOOL MENTAL HEALTH SERVICE

Associating Institutions/ Agency:

*22 Schools and Anganwadies in Kozhikode
and Wayanad Districts*

The school mental health services provided by LISSAH's Social Work Department demonstrate a commitment to nurturing the mental well-being of nearby schools and anganwadies. By offering a comprehensive range of services, promoting awareness, parenting education, personal hygiene education, counselling services and promoting mental health awareness, LISSAH aims to create a nurturing environment that fosters academic and emotional growth among students. In January 2023, these services were extended to a total of 22 schools and anganwadies, effectively reaching a large number of students.

The Social Work Department of LISSAH caters to the needs of high schools and upper primary schools by offering various services. Counselling services are provided to students, enabling them to address emotional, behavioral, and academic challenges. Mental health awareness programs are conducted to promote a better understanding of mental well-being and reduce stigma. Additionally, sessions are organized to raise awareness about drug abuse, menstrual hygiene, goal setting, and understanding the concepts of good touch and bad touch.

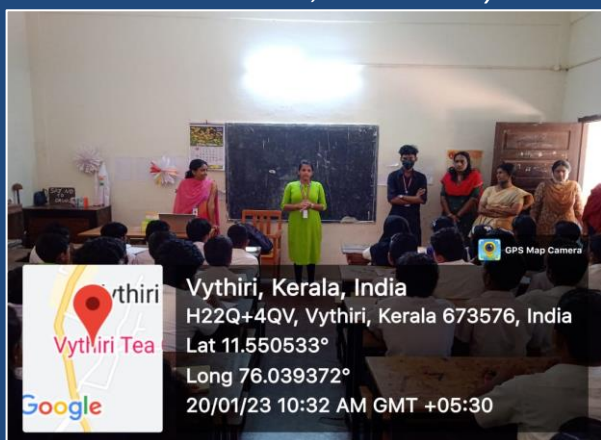
LISSAH's Social Work Department extends its services to anganwadies and lower primary schools, focusing on the unique needs of young children and their families. Parenting education sessions are conducted to equip parents with the necessary skills to support their children's development. Personal hygiene education programs are held to educate children about hygiene practices. Emphasis is also placed on child safety, well-being, and nutrition, ensuring a holistic approach to early intervention and prevention. Moreover, the department actively encourages parent and family involvement in the educational process.

"Empowering Minds: School Mental Health Services" offered by LISSAH's Social Work Department exemplify their commitment to nurturing the mental well-being of students in nearby schools and anganwadies. By extending their services to 22 schools and anganwadies, LISSAH's Social Work Department has made a significant impact on the lives of numerous students, ensuring their holistic well-being and empowering their minds for a brighter future.

*List of Schools and Anganwadies where LISSAH extend their service of
“Empowering Minds: School Mental Health Services”*

“Empowering Minds: School Mental Health Services”		
Sl.No.	Schools	Date of Visit
1	AUP SCHOOL, Thazhicode	10/01/2023
2	ICDS Anganwadi, Mukkum	17/01/2023
3	ICDS Anganwadi, Kodencherry	17/01/2023
4	GLP School Balussery	19/01/2023
5	GHSS Vythiri	20/01/2023
6	Govt. HSS , Koduvally	20/01/2023
7	GVUP school, Manassery	20/01/2023
8	GVHSS, Balussery	20/01/2023
9	GVHSS, Korangad	20/01/2023
10	St. Antony'sHS, kannoth	20/01/2023
11	AUP School, Kunnamangalam	20/01/2023, 27/01/2023
12	Sacred Heart UP School, Thiruvampady,	20-21/01/2023
13	ICDS Anganwadi, Balussery	21/01/2023
14	Kalluvettukuzhikkal, Anganvady	21/01/2023
15	GMPL School , Koduvally	27/01/2023
16	GLPS, thondimmal	27/01/2023
17	MMALP School, Kedavur	27/01/2023
18	St. Joseph's LP School, Kodenchery	27/01/2023
19	ICDS Anganwadi, Kacherikunnu	28/01/2023
20	ICDS Anganwadi, karuvanpoyil	28/01/2023
21	ICDS Anganvady, Thiruvambady	28/01/2023
22	Anganwadi, Peruvayal, Kunnamangalam	28/01/2023

“Empowering Minds: School Mental Health Services”-School visit, GHS School Vythiri



“Empowering Minds: School Mental Health Services”-School visit, GHS School, Koduvally



"Empowering Minds: School Mental Health Services"-School visit, GM LP School Koduvally



"Empowering Minds: School Mental Health Services"-School visit, ICDS Anganwadi,



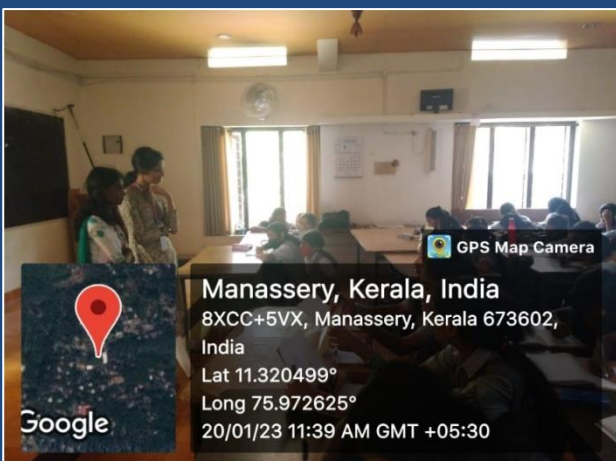
"Empowering Minds: School Mental Health Services"-School visit, ICDS Anganwadi, Karuvanpoyil, 28-01- 2023



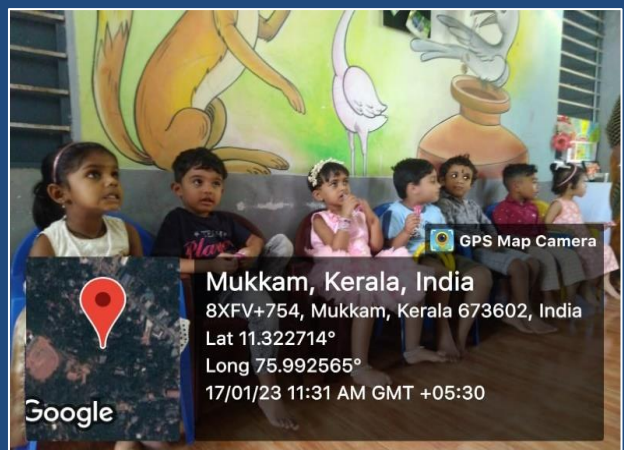
"Empowering Minds: School Mental Health Services"-School visit, AUP Schol Thazhekode, 10-01- 2023



"Empowering Minds: School Mental Health Services"-School visit, GV UPS Manassery, 21-01-2023



"Empowering Minds: School Mental Health Services"-School visit, ICDS Anganwadi, Mulkam, 17-01-2023



"Empowering Minds: School Mental Health Services"-School visit, Sacred Heart U P School, Thiruvambady, 20-01-2023



"Empowering Minds: School Mental Health Services"-School visit, Govt. LP School Thandimmal, 27-01-2023



"Empowering Minds: School Mental Health Services"-School visit, Sacred Heart U P School, Thiruvambady, 21-01-2023



"Empowering Minds: School Mental Health Services"- Awareness class on 'Parenting and Nutrition food', ICDS Anganwadi, Thiruvambadi, 28-01-2023



"Empowering Minds: School Mental Health Services"-School visit, AUP School, Kunnamangalam, 20-01-2023



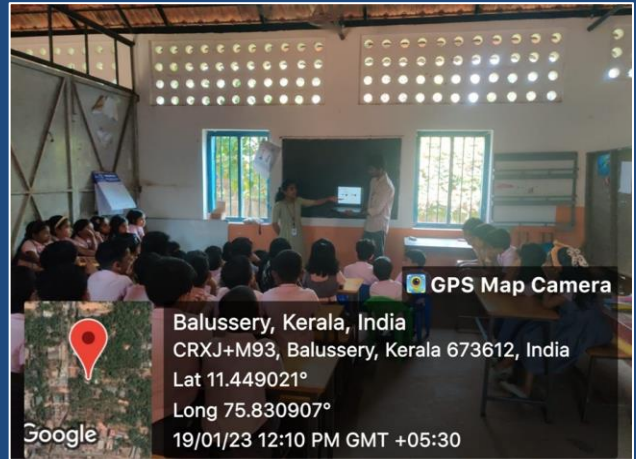
"Empowering Minds: School Mental Health Services"- School visit, AUP School, Kunnamangalam, 27-01-2023



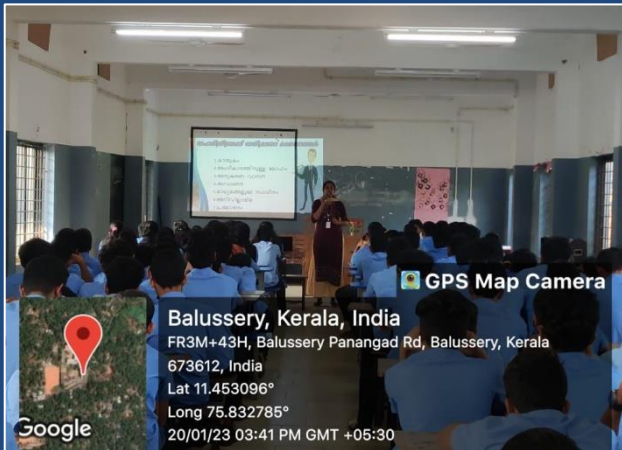
"Empowering Minds: School Mental Health Services"-ICDS Anganwadi, Peruvayal, Kunnamangalam, 28-01-2023



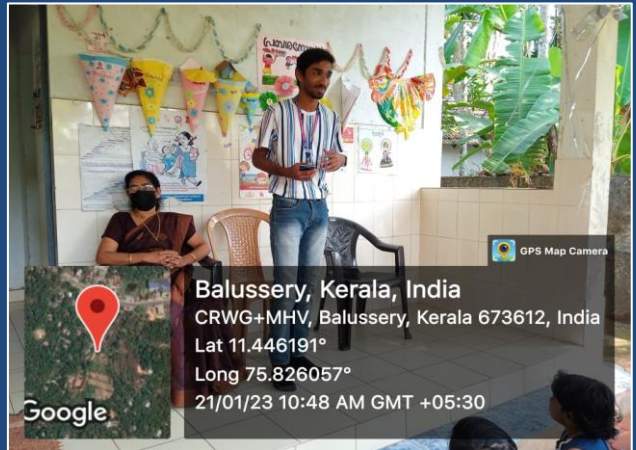
"Empowering Minds: School Mental Health Services"- School visit, GLPP School, Balussery, 19-01-2023



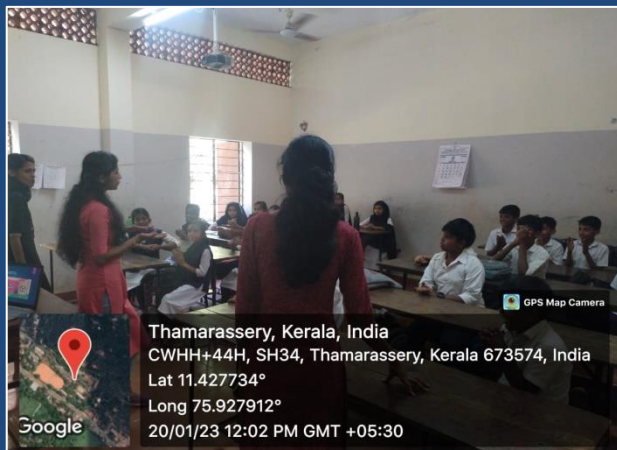
"Empowering Minds: School Mental Health Services"- School visit, GVHS School, Balussery, 20-01-2023



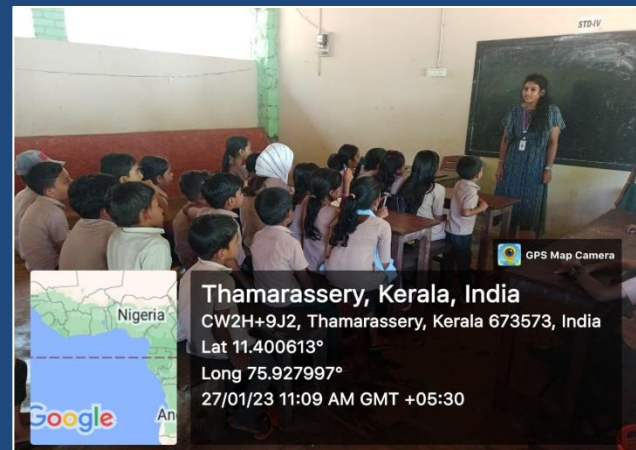
"Empowering Minds: School Mental Health Services"-ICDS Anganwadi, Balussery, 21-01-2023



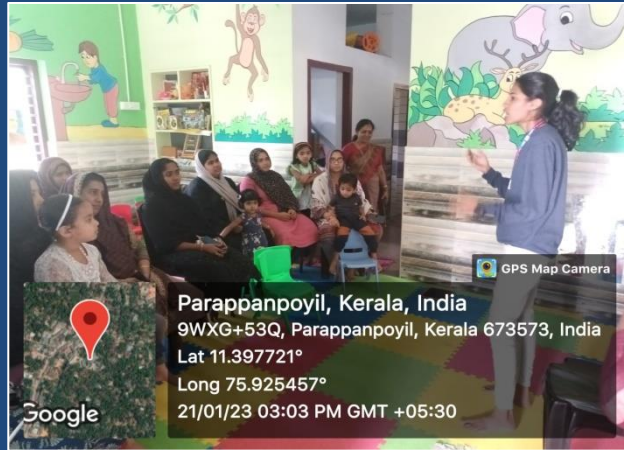
"Empowering Minds: School Mental Health Services"- School visit, GVHSS Korangade, Thamarassery, 20-01-23



"Empowering Minds: School Mental Health Services"- School visit, MMALP Kedavoor, Thamarassery, 27-01-23



*"Empowering Minds: School Mental Health Services"-ICDS
Anganwadi, Kalluvettukuzhikal, Parappanpoyil, 21-01-23*



*"Empowering Minds: School Mental Health Services"-
School visit, St. Joseph's LP School Kodenchery, 27-01-23*



*"Empowering Minds: School Mental Health Services"-
School visit, St. Antony's High School, Kannothe, 20-01-23*



COVID-19 PANDEMIC RESPONSE

During the COVID-19 pandemic, Little Flower Institute of Social Sciences And Health (LISSAH) and LISSAH Counselling and Psychotherapy Center collaborated to offer Free Online Counselling sessions. These sessions were available across fourteen districts in Kerala, aiming to address mental and psychological challenges faced by the general public during this period. To ensure accessibility and support, each district was assigned a student coordinator who was available round the clock, providing assistance and guidance to individuals in need.

FREE ONLINE COUNSELLING FACILITY FOR INDIVIDUALS EXPERIENCING POST COVID-19 IMPACTS ON THEIR MENTAL HEALTH

<i>Date</i>	<i>06-06-2021</i>
<i>No. of Students Participated</i>	<i>30</i>

Little Flower Institute of Social Sciences And Health (LISSAH) and LISSAH Counselling and Psychotherapy Center together offered Free Online Counselling facility in fourteen districts of Kerala during COVID-19 pandemic. A student co-ordinated is deputed for each district and any person who feels uncomforted can contact the center 24x7. The co-ordinators of fourteen districts are:

- (1) Ameena N S & Anaswra - Thiruvananthapuram, (9072171421)
- (2) Aparna S H –Kollam, (6235162109)
- (3) Shadiya Sherin- Alapuzha, (8089577645)
- (4) Arathi Raj – Pathanamthitta, (7736428155)
- (5) Anu Agustin – Kottayam, (7510973465)
- (6) Sruthi K - Idukki, (9656616838)
- (7) Deepa Johnson- Eranakulam (7558863077)
- (8) Fida A – Thrissur, (8943216964)
- (9) Raniya P M – Palakkad, (7034875369)
- (10) Haripriya T S Malappuram (8086567953)
- (11) Jayadeep K P –Kozhikode, (9496594433)
- (12) Jensi Janardhanan - Wayanad (7907747036)
- (13) Honey babu –Kannur, (9061843044)
- (14) Sindhoora K - Kasargod, (9847736289)

Poster exhibiting district co-ordinators details for counselling service


LITTLE FLOWER INSTITUTE OF SOCIAL SCIENCES AND HEALTH


LISSAH COUNSELLING AND PSYCHOTHERAPY CENTER
 KAITHAPOYIL, KOZHIKODE, PH: +91 9188226490

 AMEENA N S THIRUVARUR PH: +91 984717421	 APARNA S H BELLAR PH: +91 9235161109	 SHADIYA SHERIN PALUPPIL PH: +91 9889797485	 ARATHI RAJ KODIYANPETA PH: +91 9734518153	 ANU AUGUSTIN KUTTIYAL PH: +91 953973485	 SRUTHI K SHAR PH: +91 953611618	 DEEPA JOHNSON ERULLILLA PH: +91 953881077
 FIDA A THIRUVARUR PH: +91 984211984	 RANIYA P M PALAKKAD PH: +91 9534875389	 HARIPRIYA T S KALAPPRIBILA PH: +91 9882679183	 JAYADEEP K P OTTOMOOSE PH: +91 9494394433	 JENJI JANARDHAMAN KANNUR PH: +91 9977725516	 HONEY BABU KANNUR PH: +91 961840084	 SINDHOORA K KANNUR PH: +91 9847736219
 VEENA VENUGOPAL SOUTHERN TEAM COORDINATOR	 MITHRA ANIL CENTRAL TEAM COORDINATOR	 ANASWARA P NORTHERN TEAM COORDINATOR				

തൃക്കി വെച്ചു സകടം മാനന്, ക്ഷമ നിറഞ്ഞ രണ്ട് കാതുകൾ മതി... നിങ്ങൾ പറഞ്ഞൊരു കേൾക്കാൻ ഞങ്ങൾ ഉണ്ട്...

സൗജന്യ ഓൺലൈൻ കൗൺസിലിംഗ്

TELE HELP DESK TO FACILITATE COVID-19 VACCINATION REGISTRATION

Date	26-04-2021
No. of Students Participated	11

Our NSS unit started a tele-help desk to facilitate vaccine registration without face-to-face interaction so that each volunteer can register a few people who despite having mobile phones and not familiar with how to use the internet or how to register for the vaccination. Also our unit made a video that explains how to register for COVID - 19 vaccination. Many people who were not tech savvy and not familiar with online methods used this platform to register for COVID vaccine.

ONLINE SERVICE OF LISSAH COUNSELING AND PSYCHOTHERAPY CENTER

Date	10-10-2020
No. of Students Participated	17

Studies have revealed that high distress and anxiety due to COVID 19 has resulted in poor psychological well-being, increase in suicidal tendencies, exasperated pre-existing mental health conditions etc. people may suffer from depression characterised by low mood, tiredness, pessimisms , poor sleep, and appetite, feeling helpless, guilty and hopeless with a gradual reduction in work.

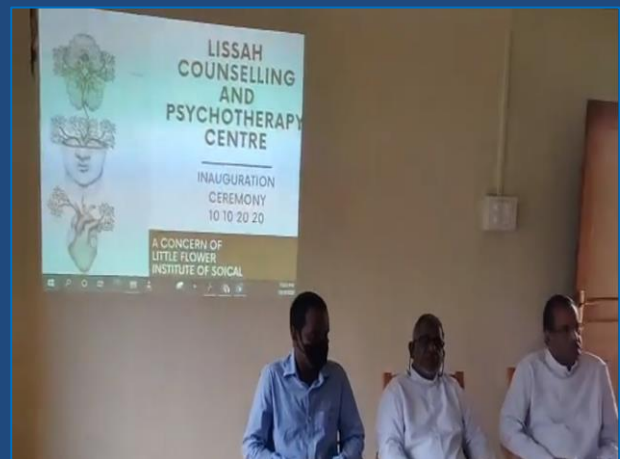
Psychology department of LISSAH college has taken initiative by establishing an online service of counselling and psychotherapy centre for the public by utilizing the service of psychology staff and PG psychology students. The service of Psychologists and Experts in Clinical Psychology are made available at LISSAH Counselling center for individuals who are struggling with mental health issues.

Overall, the establishment of a psychotherapy counselling center in LISSAH is an essential step towards addressing mental health issues in the community. The service of psychologists and experts in clinical psychology will help individuals to overcome their psychological health challenges.

Newspaper report of commencement of Psychotherapy & Counselling Center at LISSAH



Photograph of the event – Inauguration of LISSAH Psychotherapy & Counselling Center, 10-10-2020



TALK TO OUR EXPERT : COVID-19 ANXIETY MANAGEMENT COUNSELING SERVICE

Date	09-04-2020
No. of Students Participated	12

As part of our social commitment, our psychology department provided free anxiety management counseling service during the covid-19 pandemic. The contact numbers of our faculty members were given to the public through our online platforms. They had the opportunity to call at the time of their needs. A lion number of the general public from all over Kerala has utilized this service provided by LISSAH. And the service continued for three months.

Poster of the programme

**COVID-19 ANXIETY MANAGEMENT
COUNSELLING SERVICE LISSAH**

Talk to our Experts

An Initiative of Little Flower Institute of Social sciences and
Health, Kaithapoyil, Kozhikode.

FOR PSYCHO-SOCIAL ASSISTANCE

**7034484607, 8281681945, 9633769054
9947715814, 9037716504, 9605433024**



COUNSELLING FACILITIES FOR THE PUBLIC DURING COVID-19 PANDEMIC

Date	19-05-2021
No. of Students Participated	10

LISSAH Counselling Cell and the Social Work Department of LISSAH College in association with Shreyas Kozhikode (NGO) offered counselling facilities for the public during COVID-19 pandemic. This facility offered to the public during pandemic helped them to manage feelings of stress, anxiety or distress. Ten Students from Psychology Department, LISSAH were part of this outreach programme. Many people from different parts of the state used this platform to come out of their depression and stress.

Poster of the programme

SHREYAS KOZHIKODE REGION IN COLLABORATION WITH LISSAH COLLEGE
SOCIAL WORK DEPARTMENT

Asst. Prof. Shiju Elias
9539102171

Ranimol
8136979116

Sahana Sabin NK
8943398567

Albin Jose
9562731322

Dhanya P Suresh
8086275648

Prisca Susan
8113848731

COVID 19 സന്ദേശങ്ങൾ
"കോവിഡ് കാലഘട്ടത്തിൽ മാനസിക സൗഹൃദം
അനുഭവിക്കുന്നവർക്കായി ഓൺലൈൻ കൗൺസിലിംഗ്..."

MULTI FACEDTED SUPPORT FOR PUBLIC WELL-BEING

LISSAH actively supports students preparing for SSLC exams by providing counseling and motivational classes, effectively helping them manage stress and achieve success. Additionally, in collaboration with Postgraduate Psychology students, LISSAH addresses Excessive Internet use and addiction among school children through counseling and assertive training classes. This holistic approach reflects LISSAH's commitment to students' overall well-being, encompassing both academic and digital challenges.

During the floods of 2018 and 2019, Kerala encountered significant devastation, affecting numerous families. These families faced various challenges, including mental strain and related issues due to the catastrophic events. Alongside the relief efforts aimed at addressing immediate needs, the institution extended support to enhance the mental well-being of the affected families.

SOCIAL INTERACTION PROGRAMME BY COUNSELLING AND PSYCHOTHERAPY CENTER

<i>Date</i>	<i>20-03-2021</i>
<i>No. of Students Participated</i>	<i>23</i>

Psychology Department of LISSAH College in association with LISSAH Counselling and Psychotherapy Center conducted a community intervention programme at Koorachundu Panchayath for the students of tenth standard to render them help and tips for their final examinations. They collected the data of students who were appearing for SSLC examinations and imparted psychological tips for better performance in the examinations. Also assured free counselling and testing from LISSAH Counselling and Psychotherapy Center for needed students. Psychology students organised this intervention programme with the support of Mr. Biju Mathew and Geo Kappen, faculty of Department of Psychology, LISSAH.

Newspaper report on social interaction programme by LISSAH
Counselling and Psychotherapy Center



കൈതപ്പൊയിൽ ലിസ്സ കോളജിലെ മനഃശാസ്ത്ര വിഭാഗത്തിന്റെയും ലിസ്സ കൗൺസിലിംഗ് ആൻഡ് സൈക്കോതെറാപ്പി സെന്ററിന്റെയും ആഭിമുഖ്യത്തിൽ നടത്തിയ സമൂഹസമ്പർക്ക പരിപാടിയിൽ നിന്ന്.

സമൂഹസമ്പർക്ക പരിപാടി സംഘടിപ്പിച്ചു

താമരശേരി: കൈതപ്പൊയിൽ ലിസ്സ കോളജിലെ മനഃശാസ്ത്ര വിഭാഗത്തിന്റെയും ലിസ്സ കൗൺസിലിംഗ് ആൻഡ് സൈക്കോതെറാപ്പി സെന്ററിന്റെയും ആഭിമുഖ്യത്തിൽ സമൂഹസമ്പർക്ക പരിപാടി സംഘടിപ്പിച്ചു.

കുറച്ചുണ്ട് പഞ്ചായത്തിലെ തെരഞ്ഞെടുത്ത വാർഡുകളിലെ പത്താതരം പരീക്ഷ എഴുതുന്ന വിദ്യാർത്ഥികളുടെ വിവരശേഖരണം നടത്തി. പരീക്ഷയെ കുടുതൽ മെച്ചപ്പെട്ട രീതിയിൽ നേ

രിടാനുള്ള മനഃശാസ്ത്ര മാർഗങ്ങൾ നിർദ്ദേശിച്ചു.

അർഹരായ വിദ്യാർത്ഥികൾക്ക് കൂടുതൽ പരിശോധനകൾക്കായി കൗൺസിലിംഗ് കേന്ദ്രത്തിന്റെ സൗജന്യ സേവനവും ഉറപ്പു വരുത്തി. മനഃശാസ്ത്ര അധ്യാപകരായ ബിജു മാത്യു, ജിയോ കാപ്പൻ എന്നിവരുടെ നേതൃത്വത്തിലാണ് മനഃശാസ്ത്ര വിഭാഗം വിദ്യാർത്ഥികൾ ഈ സമൂഹസമ്പർക്ക പരിപാടി നടത്തിയത്.

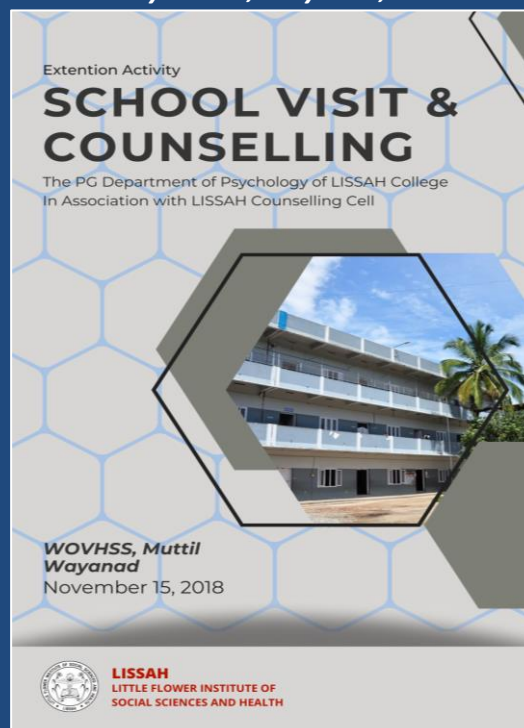
2021-03-21 08:54

PSYCHOLOGICAL COUNSELLING TO MUTTIL WOVHS SCHOOL STUDENTS

<i>Date</i>	<i>15-11-2018</i>
<i>No. of Students Participated</i>	<i>12</i>
<i>Objectives</i>	<i>Help students develop self-awareness and insight into their thoughts, emotions, and behaviors, leading to greater personal growth.</i>
<i>Outcomes</i>	<i>Developed positive attitudes and behaviors that promote good mental health and well-being.</i>

Students of Post Graduate Department of Psychology of LISSAH College and LISSAH Counselling Cell, visited Wayanad Orphanage Vocational Higher Secondary School (WOVHSS) Muttill, Wayanad on November 15, 2018, where two students committed suicide due to internet addiction. Excessive Internet use may create a heightened level of psychological arousal, resulting in little sleep, failure to eat for long periods, and limited physical activity, possibly leading to the user experiencing physical and mental health problems such as depression, OCD, low family relationships and anxiety. The Postgraduate Psychology students gave counselling and assertive training classes to the school children.

Brochure issued regarding the visit to Muttill Higher Secondary School, Wayanad, 15.11.2018



PSYCHO-SOCIAL COUNSELLING TO FLOOD AFFECTED FAMILIES

Date	04-09-2018
No. of Students Participated	16
Objective	To help them cope with the emotional, psychological, and social impact of the disaster. Psycho-social counseling can also help identify and address any mental health needs that arise as a result of the flood.
Outcome	Help address mental health issues such as depression, anxiety, and PTSD, and improve the overall mental health of flood-affected families. Help individuals and families feel more socially integrated and connected to their community, which can help promote a sense of belonging and reduce feelings of isolation.

The unexpected flood in 2018 miserably affected many families in Kerala both socially and psychologically. As part of community intervention the Psychology and Social Work Departments of LISSAH in association with Counselling Cell started a venture of giving psycho-social counselling to the flood affected families in nearby Kannappan Kund. Teachers and students visited the families, gave them counseling and helped them to regain their life situation back to normal.

Newspaper report (from Deepika Malayalam newspaper) of the counselling service given to flood affected families by LISSAH students

