



**STELLA MARIS COLLEGE (AUTONOMOUS)
CHENNAI-600 086**

SKILLS TRAINING & WORKSHOPS

CAPACITY BUILDING PROGRAMME FOR THE NGO PERSONNEL

Description of Programme /Activity:

A one day Capacity Building programme was organized for 20 NGO Personnel at SMC DRIVE on the 28 November 2017. The representatives from various NGOs like Women's Voluntary Service of Tamil Nadu, AIDWA, The Banyan, Arunodaya, Karunalaya, Mottukal, Aarvam, (SIGA – Salesian Institute of Graphic Arts), AASHRAYA, Roshini Charitable Trust, Women & Indian Association and YWCA. The sessions instilled were, Art of building better Family Relationships, Picturing Families through Genogram, Eco map, Sociogram and Timeline, Strengthening relationships through Art, Role play. The trainers were the Faculty of Department of Social Work Dr.Sandra Joseph, Dr.Lora Deva Prasana, Dr.Catherine Joseph and Ms. Amanda.

Representatives from Various NGOs



ORIENTATION PROGRAMME FOR THE WOMEN ON SELF HELP GROUP FORMATION

Description of Programme /Activity:

Representatives from Women Development Corporation oriented 147 women on the 12 September 2017 at SMC DRIVE on Self Help Group formation. Ms. A. Roselin and Ms. L. Subbulakshmi, the Community Organizers from Women Development Corporation oriented women on

- Self Help Group formation
- Importance of Savings
- How do they get cheated with more interest in Private limited companies and Micro Finance Institutions
- The different level of interest for their money
- The details of subsidy loan availability
- Insurance schemes for the women after 60 years.

The women who were already there in SHGs shared their difficulties in the repayment of loans with the group members. The purpose of the meeting was to find out the existence of SHG and the need to start a SHG there in their communities. The women from Nochi Nagar expressed that since the women are not repaying the loan, they have dissolved the group in their area. In DMS, SHGs were formed already.

Women attending the orientation



TRAINING IN LIFE SKILLS/SOFT SKILLS

Description of Programme /Activity:

On 12 November 2015 SMCDRIVE and The Banyan ,Chennai organised a training session for the Principals and Senior Teachers of the schools run by the Franciscan Missionaries of Mary sisters. This was conducted to highlight the importance of Life skills. There were 22 participants and Dr. K.V Kishore Kumar, Director, The Banyan, Chennai, was the trainer. The session was done to emphasize the importance of life skills and to introduce them for school children, in order to promote their good physical and mental health. The participants showed interest in taking back the learning to their classrooms.

Dr. Kishore addressing the teachers





A WORKSHOP ON THE IMPORTANCE OF SELF AND POSITIVE THINKING

Description of Programme /Activity:

A workshop was conducted by SMCDRIVE for 1500 Self-help group women of Don Bosco Social Service Society, Chennai on 21 March 2020 to Educate, Empower and Enable Women. It was part of their Women's Day celebration. Ms.Anitha Devadoss, Coordinator, SMCDRIVE did a session on Positive Thinking and Dr.Catherine Joseph, Faculty, Department of Social Work, Stella Maris College did a session on Importance of Self. Rev. Fr. Johnson, Rector DBSS facilitated the workshop.

Self Help Group Women attending the Session



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TAL LIFE BALANCE

Description of Programme /Activity:

On 12 October 2019 Ms. Bhavani, Social Worker from Sarwin Counselling did a half day workshop on Digital Life Balance, 13 Psychology and Social Work Professionals attended and the Participants were trained to help children/Adolescent who are addicted to digital usage.



Participants participating in the group activity

WORKSHOP -STEP UP ON PERSONALITY DEVELOPMENT

Description of Programme /Activity:

A half-day workshop "STEP UP" on Personality Development was organized by SMC DRIVE on the 7 October 2017, by the trainers /volunteers Ms. Uma Baskaran and Ms.Subhashree Guruprasad 10 Participants from outside the college attended the workshop, which focused on Personality Development- from 10.00 am to 1.00 pm covering the following topics :

Self Esteem

Express to Impress

Emotional Intelligence

Goal setting

Independence and interdependence

It was without PPT and fully activity based, as experiential learning that keeps every participant actively involved throughout.

Participants from outside college



WORKSHOP ON EMOTIONAL EMPOWERMENT TECHNIQUE

Description of Programme /Activity:

On 9 February 2018, about 125 Community women from the nearby communities were taught Emotional Empowerment Techniques (EET) for Pain management and Stress Management Ms. Aminder Kaur, Counsellor, Hypnotherapist/Volunteer, SMCDRIVE was the trainer.

Trainers addressing the womens on EET Techniques



WORKSHOP ON ART THERAPY

Description of Programme /Activity:

A Workshop on Art Therapy was organized for the Students of 60 students of BSW and MSW, Stella Maris College at SMC DRIVE on 24 January 2018, by Prof. Ephrat Huss, professor at Ben-Gurion University, Israel. The session trained students to apply Art to the student's own concerns and use of Art as a Therapy in Social Work.

Art Therapy Activity





**WORKSHOP ON CHILD BEHAVIORAL
PROBLEMS- CAUSES, PREVENTION
AND REMEDIATION FOR
PSYCHOLOGY AND SOCIAL WORK
PROFESSIONALS**

Description of Programme /Activity:

On August 24, 2016 -SMCDRIVE in collaboration with Sarwin Counseling organized a half day workshop on Child Behavioral Problems- Causes, Prevention and Remediation for 22 Psychology and Social

Work professionals, the speaker was Ms.Shubha Mukundh, Senior Child Behavior Therapist/Psychotherapist.