

ಸಂತ ಅಲೋಶಿಯಸ್ ಕಾಲೇಜು (ಸ್ವಾಯತ್ತ)

ಮಂಗಳೂರು - 575 003 ಕರ್ನಾಟಕ

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ST ALOYSIUS COLLEGE (AUTONOMOUS)

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Re-accredited by NAAC with 'A' Grade with CGPA 3.62/4
Ranked 95 in College Category - 2021 under NIRF, Ministry of Education, Government of India
Recognised as Centre for Research Capacity Building under UGC-STRIDE Scheme
Recognised under DBT - BUILDER Scheme, Government of India
College with "STAR STATUS" Conferred by DBT, Government of India
Recognised by UGC as "College with Potential for Excellence"

Manothejaka (Listening and Learning Centre)

Annual Report (2021-2022)

The Listening and Learning Centre, Extension of Department of Psychology, St Aloysius College, also continued to render its service through Manothejaka, a helpline to reach out and offering support to people through counselling, networking, volunteering, peer counselling and fund raising. So far the team has reached out to 66 families. Partnered with Creative Dignity organization to provide psychological support to the village artisans across the country. The student volunteers of psychology "Angels of Hope" have been trained in psychological first Aid, case report writing, responding to telemedical calls, basic skills in counselling to reach out to the artisans, Nationwide helpline, and to respond to families in distress. We have reached out to 144 artisans so far. Student Volunteers are also a part of telemedicine services a nationwide helpline connecting rural people with the Doctors across the country based on the needs.

Our psychological support is extended to 450 parents and students of Harihar pre university college. The initial calls are made by the student volunteers and then based on the information we receive on the form the professionals in the team reach out to those who seek emotional support which includes responding to death in the families, those infected with COVID and students who seem to have lost all hope due to the current situation. Through reachout2help portal student volunteers are connecting the needs of the people to the resources available to reach meaningful solutions. In addition, Manothejaka helpline 8762585440 with its team of psychologists (Alumni of the Dept) are reaching out to those in distress over a call, through e-mails and manothejaka website. CHD, a public health NGO is collaborating with us to provide medical support to those who require it. Efforts are made to bring about behavioral change in people, therefore, student volunteers are creating awareness through posts and videos (in different state languages). Together we have garnered 1500+ views. The alumni of the department 2000 Batch (First Batch) have started a donation drive for Ration Kits to support poor families through MJES collected Rs 3, 00,200. The professional team at Manothejaka has also been working on creating content in the form of website articles and social media posts to provide psychological tips to deal with this crisis.

Principal

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