



Centurion
UNIVERSITY

Shaping Lives...
Empowering Communities...

Report of
FACULTY DEVELOPMENT PROGRAM
ON
Counselling

Date: 21-11-2017 to 23-11-2017

No. of Participants: 30

Resource Person: Are Holen

About the session:

Following the outbreak of the COVID-19 pandemic, Governments all around the world hastened to respond by enforcing measures such as social distancing, quarantine and isolation. While necessary, these measures can have a significant effect on young people's mental health. Fear, anxiety, anger, sadness and grief are compounded by being away from schools, work, and peers, adjusting to new ways of learning and working, as well as fear of losing jobs and family income. The new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, managing the fear of contracting the virus and worrying about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions.

Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care.

Objective:

- To provide a space to reflect on the mental health issues in the current context
- To identify strategies that could empower counsellors to face the professional challenges
- To provide an opportunity to upskill and retrain counsellors with specific essential micro-skills in the post-pandemic world

At the end of the workshop, the participants would be

- Better equipped to deal with the professional challenges effectively in the post-pandemic
- Upskilled with specific micro-skills that could be beneficial in counselling students in the new normal situation
- Better prepared to face crisis situations and focus with positivity



Faculty Development Programme on COUNSELLING

21st Nov 17 to 23rd Nov 17

Organized by :

**Centurion University of Technology and
Management**

Resource Person

Prof. Are Holen

Psychiatrist & Psychologist
Faculty of Medicine at the Norwegian
University of Science and Technology

List of participants



Centurion University of Technology and Management

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Attendance Sheet

Sl. No.	Name	Signature
1	Prof.(Dr) Sudhansu Sekhar Nayak	<i>Sudhansu</i>
2	Dr Pratibha Tripathy	<i>Pratibha Tripathy</i>
3	Mr Gouri Kumar Sahu	<i>Gouri Sahu</i>
4	Dr Debasis swain	<i>Debasis Swain</i>
5	Dr Ashok Mishra	<i>Ashok Mishra</i>
6	Dr Banitamani Mallik	<i>Banitamani Mallik</i>
7	Dr Satya Prasad Nanda	<i>Satya Prasad Nanda</i>
8	Mr Narayan Gouda	<i>Narayan Gouda</i>
9	Dr Prajna Pani	<i>Prajna Pani</i>
10	Dr Girish Prasad Rath	<i>Girish Rath</i>
11	Mr K Madhava Rao	<i>Madhava Rao</i>
12	Mr Satish Kumar Ramoji	<i>Satish Kumar Ramoji</i>
13	Mr Sandipan Pine	<i>Sandipan Pine</i>
14	Mr Rajesh Kumar Mishra	<i>Rajesh Mishra</i>
15	Mr Prabhat Kumar Patnaik	<i>Prabhat Patnaik</i>
16	Mr Satyanarayan Padhy	<i>Satyanarayan Padhy</i>
17	Mr Binod Kumar Padhi	<i>Binod Padhi</i>
18	Prof.(Dr). M. L. Narasimham	
19	Mr Prafulla Kumar Panda	<i>Prafulla Panda</i>
20	Mr Abhinash Paikray	<i>Abhinash Paikray</i>
21	Mr Pisini Simhachalam	<i>Pisini Simhachalam</i>
22	Ms Suchitra Kumari Panda	<i>Suchitra Panda</i>
23	Prof. (Dr) P Srinivasa Rao	<i>Srinivasa Rao</i>
24	Mr Mir Sadat Ali	
25	Mr Amrit Mallick	<i>Amrit Mallick</i>
26	Mr Suman Pandipati	
27	Mr Raghuvveer Dontikurti	<i>Raghuvveer Dontikurti</i>
28	Mr Sujit Mishra	<i>Sujit Mishra</i>
29	Mr Santosh Patro	<i>Santosh Patro</i>
30	Mr Sudhansu Shekhar Sahu	<i>Sudhansu Sahu</i>

Dr. Prasanta Ku. Mohanty
Dean Academic

Prabhat K. Pattnaik
FDP Coordinator