

ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN

THOOTHUKUDI

ACADEMIC YEAR 2023- 2024

REPORT ON SHRISTI MIND CARE CENTRE

A proposal was submitted to the Management of Annammal College of Education for Women by the Department of Psychology, St. Marys' College, Thoothukudi for the establishment of a Mind Care Centre in the campus of the institution. It was proposed that the Mind Care Centre will cater to the mental health needs of the public with a focus on women in the locality. As a MoU was already functional between the institution and the Department of Psychology, St. Mary's College, the Management of the institution approved the proposal and invited the staff of St.Mary's College for a discussion. Following a discussion, it was decided to name the Mind Care Centre as Shristi and allot a room in the ground floor for counselling. The Mind Care Centre will be functional after 5 p.m. on all days. It was decided to circulate a flyer designed for the Mind Care Centre through Whatsapp. The room for Shristi was made ready and the flyer was circulated through Whatsapp.

The Shristi was formally inaugurated on 22-06-2023. A few enquiries were received over phone regarding the centre. Counselling sessions were arranged for the needed people. Pregnant women, adolescents and kids were provided mental health services through the centre. A nominal fee was collected for the services provided. The Mind Care Centre is successful in providing mental health services using the human resources of St. Mary's College and the infrastructural resources of the institution.


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