



St JOSEPH'S COLLEGE (AUTONOMOUS)  
TIRUCHIRAPPALLI - 620 002  
TAMIL NADU, INDIA

Estd. 1844 [www.sjctni.edu](http://www.sjctni.edu)

## DEPARTMENT OF COUNSELLING PSYCHOLOGY

*Organises*

Five-Day Online International Faculty Development Programme on

# THE WELLNESS HOME

## PATHWAYS TO HEALTHY FAMILY LIVING

September 8, 2025 to September 12, 2025 | 6:00 PM to 7:15 PM |  Zoom



# About the College

St Joseph's College (SJC) was founded by Jesuit visionaries in 1844 with the noble aim of educating humanity for the Good and the True (*Pro Bono Et Vero*). Serving as a beacon of light for all those aspiring to pursue holistic higher education, the college addresses the educational needs of all sections of society, with a marked emphasis on the preferential option for the poor, the marginalized, first-generation learners, and other underprivileged groups.

SJC has achieved the following milestones:

- Secured 25<sup>th</sup> position in the NIRF Rankings in 2024.
- Earned an A<sup>++</sup> grade in the NAAC accreditation process in 2019 (Cycle IV).
- Received the prestigious Special Heritage Status from the UGC in 2015.
- Was among the first colleges in India to be granted autonomy by the UGC in 1978.

## FDP Concept Note

Deciphering family dynamics takes us into the heart of the family's mysterious power that impacts our lives. It is the journey of soul searching. It only means that we revisit and seek our families' essence, beliefs, values, blessings, identity, successes, struggles, pain, stresses, conflicts and resolutions and go beyond families and classrooms. Certainly, there is a need to strengthen family rootedness and foster communications and connections and facilitate healing in the family. Responding to this journey, the department is inviting you all to reflect on the theme: *The Wellness Home: Pathways to Healthy Family Living*. We hope that we can work it out and strive to Care for Persons, Families, and the World.

## Who Can Apply?

Interested teachers and trainers from colleges, Executives from the Industry, Government and Private Sectors and research scholars and students in Higher Education.

## Takeaways

Certificates, Training materials , PPTs and recorded sessions of the FDP.





**DAY 1: Monday, 08.09.2025**

**SESSION TITLE: *Family Foundations***

*Participants will recognize family patterns, spot issues, and build trust with families.*



**Mr. ARUN SELVARAJ**

Consultant Clinical Psychologist, Family Therapist & Assistant Professor,  
Sneha Mind Care Centre, Tirunelveli,  
Tamil Nadu, India

**DAY 2: Tuesday, 09.09.2025**

**SESSION TITLE: *Navigating Everyday Conflicts***

*Participants will learn strategies to mediate conflicts in relationships with professionalism.*



**Dr. PREETHA MENON**

Psychologist, Educator & Assistant Professor  
Amrita Darshanam – International Centre for  
Spiritual Studies,  
Amrita University, Kollam,  
Kerala, India

**DAY 3: Wednesday, 10.09.2025**

**SESSION TITLE: *Mental Health in the Family***

*Participants will be empowered with tools to address mental health within family contexts.*



**Ms. SWARNA GOWRI GOVINDARAJ**

Counselor, Soft Skill & Mindfulness Meditation Trainer  
Wellness Counsellor,  
Dept. Clinical Psychology, Manipal Hospitals, Mysuru,  
Karnataka, India

*“The family is one of nature’s masterpieces.” — George Santayana*

**DAY 4: Thursday, 11.09.2025**

**SESSION TITLE: *Life Transitions and Coping Skills***

*Participants will be trained to help families adapt, heal, and rebuild during transitions of life.*



**Ms. CHRISTINA VENITA DEEPA**

Consultant Psychologist, Counsellor &  
Family Therapist  
Loyola College, Chennai  
Tamil Nadu, India

**DAY 5: Friday, 12.09.2025**

**SESSION TITLE: *Building Resilient Families***

*Participants will be able to foster communications, connections, resilience, and unity in families.*



**Fr. ARUL EDWARD JOSEPH**

Counsellor, Psychotherapist & Assistant Professor  
Director, Anugraha Institute of Counselling,  
Psychotherapy and Research, Dindigul,  
Tamil Nadu, India

**Patrons**

**Rev. Dr. Pavulraj Michael SJ**  
*Rector*

**Rev. Dr. M. Arockiasamy Xavier SJ**  
*Secretary*

**Rev. Dr. S. Mariadoss SJ**  
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Dr. P. Bastin Thiyagaraj

**Organising Team**

**Dr. A. John Balaiah, HoD**  
9442850516

**Dr. V. Suganthi** - 8940859332

**Ms. Christeeba F.M**  
6383085092

**Dr. (Fr.) M. Jeyaseelan**  
9600457040

**Ms. Vanitha K** – 9629079341



Registration fee per participant is **Rs 600/-** for participants from India and **30 USD** for the other participants. Registration has to be done on or before September 7, 2025 along with the fees. For Registration & Fee payment, log on to: <https://service.sjctni.edu/Seminar/CP/FDP/>

Email: [counsellingpsychology@mail.sjctni.edu](mailto:counsellingpsychology@mail.sjctni.edu)

Youtube: <https://www.youtube.com/@CounsellingPsychologySJC>