



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

CERTIFICATE COURSES

This is a regular activity of SMCDRIVE, started on 8 August 2016 – 2019. A Six months Certificate Course in Lay Counselling is offered for outsiders from 2016 onwards. This is done in collaboration with an NGO The Banyan, Chennai. It is a structured training programme to build the capacities of passionate people who are interested to provide emotional support and counselling to people in distress and with psychological issues. After completing the programme, the trained participants can either work in the community or come to a central location at Stella Maris for providing counselling to the distressed individuals.

Details: <https://thebanyan.org/nalamproject/#UMHP>

Lay Counselling Participants



DIPLOMA IN COMMUNITY MENTAL HEALTH CARE

The Banyan Academy of Leadership in Mental Health (BALM) a mental health and social science research and teaching institution in collaboration with Rajiv Gandhi National Institute for Youth and Development(RGNIYD)offers a Six months Diploma Course for Grassroots level Mental Health workers at SMCDRIVE. The broad aim of the diploma programme is to create a committed work force of mental health workers at the ground level, to promote well being in the community, and facilitate early diagnosis of mental distress and access to mental health care. The programme focuses on enrolling members from the disadvantaged community, so as to empower them with knowledge and skills in mental health care, thereby increasing their employability and promoting sustainable livelihood. Since The Banyan and BALM are already conducting an outreach program and a clinic at SMCDRIVE- Shanthi Bhavan, it was proposed that this programme may be offered to health care workers from the same space. Grass root level Health workers receive Diploma in Community Mental Health Care through this course.

Diploma in Community Mental Health Care



BASIC COUNSELLING CERTIFICATE COURSE

A 30 hours (1 credit) Certificate Course in Basic Counselling-Theory and Practice is organized for the students of III-BSW in collaboration with the BANYAN and the Department of Social Work.

The Objectives of the Course are

- To develop in students Basic Counselling Skills through an understanding of theory and skills practice sessions.
- To Integrate Counselling Skills in Social Work Practice.

Valedictory Program for the students completing the Certificate Program in Basic Counselling



CERTIFICATE COURSE IN TAILORING

It was started on 11 December 2019 – till date and is ongoing, the centre has a Tailoring unit and a Three months Certificate Course in Tailoring is offered. Students were taught to stitch Chudhidar and Blouse. 15 students completed the 3 months tailoring course.

This Tailoring course has helped young women to stitch their own clothes and bring out their Self-image.

Students in outfits stitched by them



CERTIFICATE COURSE IN SPOKEN ENGLISH

"We Teach! You Speak" is a **3 months Certificate Course in Spoken English** was started on 27 November 2019 - till date and ongoing. "

Volunteers of SMCDRIVE have taught 35 participants (XII passed out, college students and participants from the community) and they have completed the course successfully.

Two economically under privileged students after completing this program have joined their Degree Course in Stella Maris College. This course motivated them and gave them confidence to do their higher studies.

Volunteers Ms. Subashini , Ms. Shiela & Ms. Rooth conducting Spoken English session for the Participants



CERTIFICATE COURSE IN EMPLOYABILITY SKILLS

On 31 July 2019, MOU was signed with Bank of New York Mellon and International Association of Human Values. This is a regular activity of SMCDRIVE, started on 30 August 2019, in collaboration with Bank of New York Mellon and International Association for Human Values. Students/Participants are trained in various skills as Soft skills, Excel, Tally and Business Communication. The Centre provides a platform with integrated skills necessary for Development, Employment Entrepreneurship and Sustainability. Total no. of Beneficiaries **20750 Participants** (till August 2021)

Stella Maris College Students



Group Activity by Stella Maris College Students



Soft Skills Session for Stella Maris Students on Emotional Intelligence



Session on Resume Writing by Bank of America



Soft Skills Session for Community Women



Role Play by Women on workplace Communication



Two days Workshop for Community College Diploma Students in Employability Skills



Positive Women Network Attending Two Days Workshop in Employability Skills



Skills Taught for School Children using Puppets



Review Meeting with International Association for Human Values

