

Report on Faculty Development Program

“Mentoring Matters: Strategies for Effective Academic Counseling”

Organized by the Department of Science and Humanities

May 19–21, 2025

The Department of Science and Humanities successfully conducted a three-day Faculty Development Program (FDP) titled “Mentoring Matters: Strategies for Effective Academic Counseling” from **May 19 to 21, 2025**. This FDP aimed at equipping faculty members with the necessary skills and strategies to become effective academic mentors and counselors. In total, **35 faculty members** from various departments participated in this enriching professional development initiative.

Recognizing the increasing need for effective student support systems, this FDP was designed to enhance the capabilities of educators in understanding student psychology, managing emotional challenges, and fostering personal and academic growth through effective mentoring.

The primary objectives of the FDP were:

- To understand the psychological and emotional development of adolescents and young adults.
- To equip faculty with tools to identify and manage student stress and emotional issues.
- To develop skills in psycho-social competence and life skills.
- To enhance the emotional intelligence and communication skills of faculty mentors.
- To foster a supportive and inclusive learning environment through effective counseling strategies.

Program Overview

The FDP featured **six sessions** delivered by eminent psychologists, counselors, and academic experts. Each session was carefully curated to build a comprehensive understanding of the mentoring process.

Day 1: May 19, 2025

Forenoon Session:

Topic: Understanding Adolescence and Young Adults

Resource Person: Dr. U.S. Udayachandran Thamby

Consultant Psychologist, Life Skill Trainer, and Assistant Professor (Physics), University College, Thiruvananthapuram, Kerala.

Dr. Thampy provided insightful perspectives on adolescent development, identity formation, and behavioral patterns. The session addressed key challenges faced by young adults and emphasized the importance of empathetic mentoring.

Afternoon Session:

Topic: Role of Teachers in Identifying and Managing Students with Stress and Emotional Problems

Resource Person: Dr. Biji V

Clinical Psychologist, Mental Health Centre, Peroorkada, Thiruvananthapuram, Kerala.

This session focused on recognising symptoms of stress, anxiety, and depression in students. Dr. Biji highlighted practical approaches for early intervention and the significance of creating a safe space for open communication.

Day 2: May 20, 2025

Forenoon Session:

Topic: Life Skills and Psycho-social Competence

Resource Person: Dr. Arun B. Nair

Psychiatrist, Government Medical College, Thiruvananthapuram, Kerala.

Dr. Nair discussed essential life skills such as emotional regulation, problem-solving, and interpersonal effectiveness. The session stressed the importance of developing resilience and adaptability in students.

Afternoon Session:

Topic: Counseling and Mentoring for Emotional Development

Resource Person: Dr. Mercy Joy Sebastian

Assistant Professor, Department of Psychiatry, Government Medical College, Thiruvananthapuram, Kerala.

Dr. Mercy Joy Sebastian elaborated on emotional intelligence and its role in academic success. Techniques for empathetic listening, supportive feedback, and constructive dialogue were covered in depth.

Day 3: May 21, 2025

Forenoon Session:

Topic: Mentoring Program Across Ages

Resource Person: Dr. Bijuna Kunju

Professor, TKM College of Engineering, Kollam, Kerala.

This session examined age-specific mentoring strategies and the adaptability required for faculty to connect with students from diverse backgrounds and maturity levels.

Afternoon Session:

Topic: Emotional Counselling and Mentoring

Resource Person: Dr. Jobin A

Clinical Psychologist, JC Wellness Clinic, Pappanamcode, Kerala.

Dr. Jobin concluded the FDP with a compelling session on emotional counselling, therapeutic boundaries, and long-term mentor-mentee engagement for holistic student development.

The FDP concluded with a **valedictory function** held on the afternoon of May 21, 2025. The session was presided over by the Head of the Department of Science and Humanities. In her address, she lauded the efforts of the organizing team and emphasized the ongoing importance of mentoring in academic institutions. Certificates of participation were distributed to all attending faculty members by the dignitaries. The participants expressed their gratitude and shared their positive feedback, highlighting the relevance and practical value of the sessions.

The FDP “Mentoring Matters: Strategies for Effective Academic Counseling” provided an invaluable platform for faculty to enhance their mentoring capabilities. With sessions that blended theory and practice, participants gained deep insights into student psychology, counseling methodologies, and effective mentoring strategies. This initiative is expected to contribute significantly to the academic and emotional well-being of students, fostering a more inclusive, empathetic, and effective educational environment.

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