



**St. Mary's College (Autonomous)**  
Reaccredited with 'A+' Grade by NAAC (Cycle IV)  
Thoothukudi



**Criterion: VII – Institutional Values and Best Practices**  
**Metric: 7.2.1– Best Practice 2**  
**Efficacy of Ethical and Sustainable Progress**  
**Year: 2018-2023**

### **7.2.1. The Best Practices of the Institution**

The institution has two distinct best practices that cater to the student well-being both on and off the campus. They strengthen the morale and integrity of the young women to face the challenges of life with utmost confidence, integrity and love for society.

#### **Best Practice II**

##### **Title of the Practice: Efficacy of Ethical and Sustainable Progress**

St. Mary's College enhances the core values of ethical and moral standards of life through the curriculum, the experiential learning pedagogy and the extracurricular activities. It believes in imparting the value conscious integrated education and the means to combat the stress and complexities that the students undergo in their academic pursuits. The curriculum incorporated the civic responsibilities along with the educational values. Both the students and the faculty took efforts to relieve the stress and storm during the pandemic time and work towards the welfare of the society.

St. Mary's College fosters an honest, honourable, and fair environment for all the students. It lays its stress not just on academic excellence but on "character formation with academic excellence." It motivates the students to "always aim high" and cultivate core values which should be the governing principle of their lives. The students of St. Mary's College imbibe the qualities of human values and become socially conscious, intellectually competent, culturally relevant, morally upright, and emotionally balanced young women.

St. Mary's College gives importance to Guidance and Counselling as part of its educational mission in the contemporary era. Counselling is the aspect of the educational programme and a predominant student support system which is concerned with helping the students to get accustomed to their present situation and to plan the future in terms of the academic initiatives, their interest, abilities, and social needs. The organised Counselling

practice “Counselling for Inner Healing,” the conduct of ethics classes for the non-Catholic students and the conduct of Christian doctrine classes for the Catholic students and the effective practice of Mentor- Mentee system have made their impact on the growth and development of the students and have improved the outcome of the academic programme.

### **Objectives**

- To help the students overcome the mental stress and the fear and focus on the academics.
- To ensure social responsibility and civic sensibility among the students.
- To provide timely counselling in tough times.
- To render helping hands to the public.

### **The Context**

The institution instils social responsibility and civic sensibility among the future generation and encourage them to find out the ways and the means to combat the difficulties they face in their day-to-day life especially during the pandemic times. Human values are inculcated as a part of the curriculum, and they were implemented by serving the society, to relieve them from stress and provide preventive measures to combat the pandemic situation. The institution encourages counselling, conduct of Ethics and Christian Doctrine classes and Mentor-mentee system to help the students attain self-awareness and realisation, to become a motivated, and goal-oriented person, to develop their personal skills in various environments, to equip them to meet future problems, getting help from their own selves in order to groom themselves in a better way.

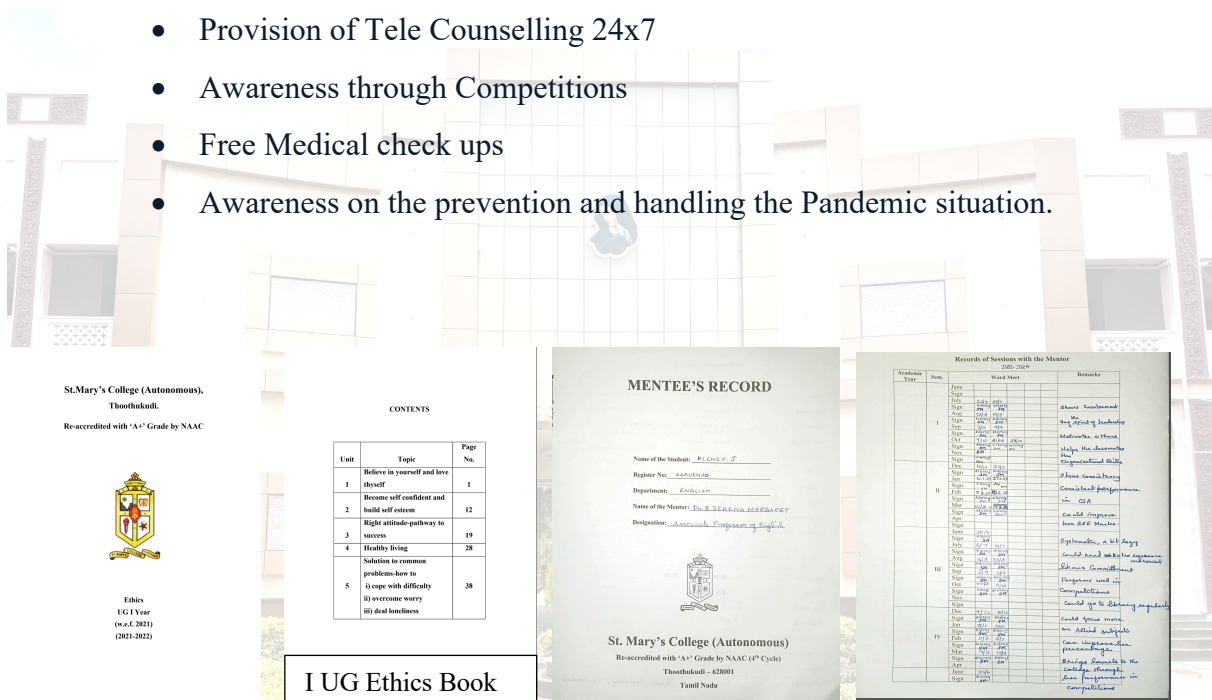
### **The Practice**

The institution took all earnest efforts to share their social responsibility and promote civic sensibility among the students and groom them as wholesome personalities. It moulds the students through the Ethics classes, the mentor mentee meetings and the counselling sessions to face the challenges of life with integrity and confidence. The institution extended a helping hand to prevent stress and took precautionary steps to counterattack the spread of the pandemics. Services were provided through online webinars and Counselling Forum to overcome the stress and maintain healthy practices for the well-being of the common people, the faculty, and the students. The mentors communicated with their mentees during the pandemic time and ensured that they are stress free. The faculty and the management indulged




in Tele Counselling service and covid war room in collaboration with the district administration under the aegis of the District Collector and gave moral support to the people and brought in a positive change in them to overcome their fear and stress. The district administration acknowledged the great service of the institution with a certificate of appreciation.

- Conduct of Ethics classes for the non-Catholic students and Christian Doctrine Classes for the Catholic students
- Regular meetings of the Mentor and the Mentees
- Counselling for the Inner Healing
- Provision of Tele Counselling 24x7
- Awareness through Competitions
- Free Medical check ups
- Awareness on the prevention and handling the Pandemic situation.



St.Mary's College (Autonomous),  
Thoothukudi.  
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Ethics  
UG I Year  
(Nov.2021)  
(2021-2022)

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MENTEE'S RECORD

Name of the Student: KELVIN J  
Register No: AA00010  
Department: BA/OLA  
Name of the Mentor: Dr. S. SURESH KUMAR  
Designation: Assistant Professor of English



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Thoothukudi - 620001  
Tamil Nadu

Records of Sessions with the Mentor


Attendance Date	Topic	Remarks
20/01/2021	Believe in yourself and love thyself	Attended
22/01/2021	Become self confident and build self esteem	Attended
24/01/2021	Right attitude-pathway to success	Attended
26/01/2021	Healthy living	Attended
28/01/2021	Solution to common problems-how to cope with difficulty overcome worry deal loneliness	Attended

I UG Ethics Book



Counselling to Heal Negative Emotion  
(19.02.2020)

Career Counselling for the PG students  
(27.01.2021)



ST. MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI 620 001									
GENERAL TIME TABLE									
DEPARTMENT		YEAR					SEMESTER		
English		புள்ளி - 4-4-3					Even		
8:30-9:30	9:30-10:30	10:30-11:30	11:40-12:30	1:30-2:30					
1001	1002	1003	1004	1005	1006	1007	1008	1009	1010
1011	1012	1013	1014	1015	1016	1017	1018	1019	1020
1021	1022	1023	1024	1025	1026	1027	1028	1029	1030
1031	1032	1033	1034	1035	1036	1037	1038	1039	1040
1041	1042	1043	1044	1045	1046	1047	1048	1049	1050
1051	1052	1053	1054	1055	1056	1057	1058	1059	1060
1061	1062	1063	1064	1065	1066	1067	1068	1069	1070
1071	1072	1073	1074	1075	1076	1077	1078	1079	1080
1081	1082	1083	1084	1085	1086	1087	1088	1089	1090
1091	1092	1093	1094	1095	1096	1097	1098	1099	1100
1101	1102	1103	1104	1105	1106	1107	1108	1109	1110
1111	1112	1113	1114	1115	1116	1117	1118	1119	1120
1121	1122	1123	1124	1125	1126	1127	1128	1129	1130
1131	1132	1133	1134	1135	1136	1137	1138	1139	1140
1141	1142	1143	1144	1145	1146	1147	1148	1149	1150
1151	1152	1153	1154	1155	1156	1157	1158	1159	1160
1161	1162	1163	1164	1165	1166	1167	1168	1169	1170
1171	1172	1173	1174	1175	1176	1177	1178	1179	1180
1181	1182	1183	1184	1185	1186	1187	1188	1189	1190
1191	1192	1193	1194	1195	1196	1197	1198	1199	1200

Timetable– Ethics/Christian Doctrine Class – Day Order I – 1 Hour



Description: Appreciation Certificate received from the District Collector for rescue activities during the Second Wave of Corona.

**Evidence of Success**

The institution conducts Ethics and Christian Doctrine classes which helped in the enhancement of the spiritual formation of the students. The Mentor-mentee system fosters personal and academic growth, enhances career readiness, and contributes towards a supportive and inclusive campus community. The college Counselling Forum is active, and counselling is given to the students as per their needs. Due to Covid-19, the forum also provided online counselling. Types of counselling given to the students are Entry counselling, Exit counselling, Individual counselling, Personal counselling, Parental counselling, Counselling on Reference, Sports counselling, Pre, and Post–marital counselling and Tele-Counselling. Various therapies were adopted as per the need of the students. The counsellors gave free Tele counselling during covid time in association with the National commission for Protection of the child rights (NCPCR) and NIMHANS Bangalore.



## Problems Encountered and Resources Required

Due to the pandemic restrictions, mentors could not meet the mentees in person for a few months. They talked to the mentees over phones and discussed their progress. Government restrictions during pandemic times hindered to serve the society and parents did not allow the students to serve out of fear and stress. Student volunteers and mode of transport are required to overcome the difficulties of the pandemic period.

*Lewis Rose*  
**Principal**  
St. Mary's College (Autonomous)  
Thoothukudi-628 001.

