



ST. MARY'S COLLEGE (AUTONOMOUS)

(Re – accredited with 'A' Grade by NAAC – 3rd Cycle)

Thoothukudi – 628001, Tamilnadu, India

(Affiliated to Manonmaniam Sundaranar University)

GUIDANCE AND COUNSELLING

2015-2016

Counseling is a term used to comfort, listen or to help people who are experiencing any emotional problems. Going to a counsellor is the healthiest thing that individuals can do for themselves.

Objectives :

- ❖ To empower women society.
- ❖ To develop their attitude and make them optimistic.
- ❖ To develop their personal skills in various environment.
- ❖ To increase the leadership qualities among rural youth
- ❖ To Provide various service for the digital environment.

Staff Incharge

The counseling forum is active with three full time professional counselors.

Sr. Josephine Kanikai Mary

Mrs. Rohini

Dr. Gousalya

and two part time counselors namely

Dr. Stella Beatric Nirmala

Mrs. Loacas Rex line

COUNSELLING

STUDENTS	PARENTS	GROUP COUNSELLING
Problems Dealt with	Problems Dealt with	Awareness given on
❖ Married & Unmarried	❖ Single Parent	❖ Goal setting
❖ Single parent & Without parents	❖ Guardian	❖ Interview tips
❖ Unhealthy	❖ Unhealthy parent	❖ Stress Management
❖ Aggressive	❖ Suspicious	❖ Friendship
❖ Sports	❖ Step Mother	❖ Positive attitude
❖ Part time job	❖ Step father	❖ Feminism
❖ Long absent & Late comers		❖ Love tank
❖ Love affairs & Love failures		❖ Self confident
❖ Pre marital & Post marital		❖ Behaviour problem
❖ Eating disorder & Depression		❖ Career Guidance
❖ Grief & Soft addition		❖ Unconditional life acceptance
❖ Anxious & Sexual abused		❖ Time management
❖ Disability & Autism		❖ Self disclosure & Rick factors
❖ ADHD		❖ Mental block & Hormone issues
❖ Phobia		❖ Non-violence & SWOT-Analysis
		❖ Johari Window & Maslow Theory
		❖ Conflict resolution

ORIENTATION PROGRAMS

On Sr. Josephine Kanikai mary conducted on orientation programme about Teenage brain and issues for all the 1st year students.

On 26.7.15 Mrs. Rohini conducted an orientation Programme about fear and stress management for 1st year UG/PG students.

7.7.15 Mrs. Rohini conducted an orientation programme about advertisement and positive thinking.

On 7.1.2016 and 8.1.16 Dr. S. Gousalya Conducted two days orientation Programme on “Teenage problems and solutions”.

on 9.2.2016 One day orientation Programme on mind setting to face the challenges of life” was headed by Rev. Fr.JO. M.X.

Group counseling held on year

Date	Name of the Department	Year	Topic shared
30.06.15	B.Sc. Computer Science	III year	Self – acceptance
2.7.15	B.Sc. Computer Science	I year	Barbie doll culture and feedback
6.7.15	B.Sc Computer Science	II year	Important of Eye contact and self confident.
15.07.15	B.A – History	III year	Good Leader and role of history
16.7.15	B.A. – History	II year	Behavior problems and overcoming
23.7.15	B.A. – History	I year	Language problems and love affair
11.8.15	B.A. – English	III year	Adolescent Period and confuse
12.8.15	B.A – English	II year	Unconditional self acceptance and parents perspective

Date	Name of the Department	Year	Topic shared
13.8.15	M.Phil English		Personality development and future targets
13.8.15	M.A. English	II year	General age issues and how to handle?
14.8.15	M.A. – English	I year	Daily stress and age issues.
24.8.15	MHRM	I year	Role of HRS in all the field & stress Management
24.8.15	M.Phil (Commerce)	-	Career guidance and about Counselling
24.8.15	B.Com	I year	Google generation and the emotions.
25.8.15	MHRM	II year	Body language and understanding Role of HRS
25.8.15	B.Com	II year	Mind Lock & dealing inoperative ways.
26.8.15	M.Com	I year	Self Acceptance and Depression
27.8.15	B.Com	III year	Hearty laughter Anger and issues.

Date	Name of the Department	Year	Topic shared
28.8.15	M.Com	II year	Understanding the parents Meditation and Self love
12.9.15	Economic	III year	About counseling, Exam fear Role model
16.9.15	History M.A.	II year	Future and role model Importance of their major
16.9.15	M.A. History	I year	Future and role model Importance of their major
23.9.15	Maths SSC	III year	About Conuselling, Achievers, Percentage and arrears, Love affair
18.2.16	M.A Economics Dr. Gowsalya	I and II year	Mental block, Self acceptance and future goals.
12.2.16	B.Sc Chemistry B.Sc Comp. Science B.Sc Maths	I year	Friendship and Role Model
12.2.16	B.Sc Physics	III year	Controlling emotions
15.2.16	B.A. History	III year	Self disclosure and its effects

SPORTS

Date	Name of the Department	Topic shared
19.9.15	Sports students from all department	Over training is worse than under training Diet, Managing stress, Cell Down Set Proper Goals, winning and losing
16.9.15	Ball Badminton	Communication Inner wear and appearance Analyse the issue, Accepting the truth
15.2.15		Warm up, Fitness, Injuries and Prevention
23.2.16	Sports Students	Listen to your, body, Class and preparing Exam and percentage

THERAPY ADOPTED

NLP - Eliciting state of behavior

	Conscious breathing
	Hand grip
	Hourly movement
Stress – Relief	Thumus Thump
	moving and shaking
	letting go experience

- Stressor / action sheet – by the client
- Seek, ask and knock – release and acceptance
- Emotional Freedom Technique (EFT)
- Erase and Replace – (unwanted thoughts)
- The Gestalt therapy – grief, anger, loss, hatred (The warning factors within the client)
- V.K.D. – Healing, Phobias. traumas
- The swish – Quitting bad habits and forming good habits – behavior change and new growth.
- Reticular activating system – behavioral motivation (close to brain)

Therapy's given for

- ❖ Insomnia
- ❖ Dissomnia
- ❖ Hallucinations
- ❖ Delusions
- ❖ Panic
- ❖ GAD
- ❖ Phobias
- ❖ OCP

- ❖ Paranoid (parents)
- ❖ Schizotypal (parents)
- ❖ Antisocial
- ❖ Histrionic
- ❖ Borderline
- ❖ Narcissistic
- ❖ Dependent
- ❖ Avoidant
- ❖ Depression
- ❖ Dramatic
- ❖ Anxious

- ❖ Anorexia
- ❖ Bulimia Nervosa
- ❖ Binge Eaters
- ❖ Soft addiction
- ❖ Manic depression

COUNSELLOR'S METTING HELD ON

Date	Place
13.8.15	Hostel
14.8.15	Principal office
17.8.15	Hostel
24.8.15	(Commerce) staff room
18.1.16	Principal office
20.1.16	Principal office
27.1.16	Principal office
9.2.16	MHRM Library
18.2.16	Counselling Room