



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

2016-2017

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

Objectives:

- To empower students Community.
- To develop their positive attitude and make them optimists.
- To develop the counsellee's interpersonal and intrapersonal relationship.
- To increase the leadership qualities among youth.
- To help the counsellee attain self-awareness and self-realization.
- To help the Counsellee to become a motivated, and goal oriented person.
- To help the counsellee to equip to meet future problems – getting help internally organize much better than before.

Staff Incharge :

The Counselling Forum is active with two full time professional counsellors.

- Mrs. R. Rohini
- Dr.S.Gousalya and

One part time Counsellor

- Dr. Stella Beatrice Nirmala

Meetings /Seminars attended as resource person – Dr.S.Gousalya:

| S.NO | DATE | PROGRAMME | TOPIC | VENUE |
|------|----------|-------------------------------------------------------|---------------------------------------------------------|--------------------------------------------|
| 1 | 25.4.16 | Annual Faculty development programme for teachers | Teachers as counsellors | Sri Jeyaendhra HSS, Palayamkottai |
| 2 | 24.11.16 | Moderator- Panel discussion | Women and society | Indoor stadium, St.Mary's college |
| 3 | 25.11.16 | Seminar- Violence against women and sexual harassment | Woman- Their position past & present | Fatima hall, St. Mary's college |
| 4 | 10.3.17 | Panel discussion Panellist | Prevention of Sexual assault against women and children | Annammal college of Education, Thoothukudi |



Seminar - Violence against women and sexual harassment on 24.11.16

ANNUAL PROGRAMME OF THE COUNSELLING FORUM 2016 -2017

- Orientation Programme
- Entry Counselling
- Exit Counselling
- Group Counselling
- Sports Counselling
- Individual Counselling
- Personal Counselling
- Counselling on Reference



Introduction about Counselling for the Freshers on 16.06.2017



Goal setting and self motivation Indoor Stadium on 01.07.16

Orientation programmes conducted:

Programmes were organised year wise to give an orientation to students especially at the beginning of every semester. Counsellor : Dr.S.Gousalya

| S.NO | DATE | STUDENTS | TOPIC | VENUE |
|------|----------|------------------------|------------------------------------------------------------------------------------------------|------------------------|
| 1 | 20.6.16 | II & III year | Mind and yoga | Indoor stadium |
| 2 | 1.7.16 | II&III year | Goal setting ,self-motivation and career | Indoor stadium |
| 3 | 15.7.16 | I&II year | Discussion- sexual abuse causes & solution | Indoor stadium |
| 4 | 25.11.16 | I,II&III year | Panel discussion – moderator 'Women today' with social activist, lawyer, journalist and doctor | Indoor stadium |
| 5 | 28.11.16 | I UG SSC | Career... Goal Setting and achievements | Meeting Hall SSC |
| 6 | 28.11.16 | 5 sessions- I.U.G. SSC | " Teenage – Views and values " | Meeting hall SSC block |

Counsellor : Mrs.R.Rohini

| S. No. | DATE | VENUE | TOPIC | STUDENTS ATTENDED |
|--------|----------|--------------|-----------------------------------|----------------------------------|
| 1 | 16.06.16 | Fathima Hall | “ Ways to handle our life Remote” | Non – Catholic III year Students |
| 2 | 01.07.16 | Auditorium | “Born to Shine” | I UG and I PG Students |
| 3 | 08.07.16 | Sports GYM | “Health and Stress Management” | Sports Students |
| 4 | 15.07.16 | Fathima Hall | “SuddenLOVEand Abuses” | Non – Catholic III year Students |
| 5 | 29.09.16 | Ground | “Switch Words” | Sports Student |

Counselling done for

| STUDENTS | PARENTS | GROUP COUNSELLING Done on |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ❖ Married & Unmarried ❖ Single Parent & Without parents ❖ slow and fast learners ❖ Aggressiveness ❖ Sports ❖ Part time job ❖ Long absenties ❖ Love affairs & Love failures ❖ Pre-marital & Post-Marital ❖ Eating disorder ❖ Depression ❖ Grief ❖ Sexual abuse ❖ ADHD ❖ Phobia ❖ Communication Problem ❖ Addictive behavior ❖ Physical illness ❖ Disability & Separation etc. | <ul style="list-style-type: none"> ❖ Single Parent ❖ Guardian ❖ Unhealthy parent ❖ Suspicious ❖ Step Mother ❖ Step father ❖ Addictive behavior | <ul style="list-style-type: none"> ❖ Goal setting ❖ Interview tips ❖ Stress Management ❖ Friendship ❖ Positive attitude ❖ Feminism ❖ Love tank ❖ Self confidence ❖ Behavior problem ❖ Career Guidance ❖ Unconditional life acceptance ❖ Time management ❖ Self disclosure & Risk factors ❖ Mental block & Hormone issues ❖ Non-violence ❖ Conflict resolution ❖ soft addiction ❖ Cyber issues |

Entry counselling:

Given to all U.G.& P,G. freshers.

Class wise visit and talk for about 1 hour on topics like

- School vs College
- Friendship
- Infatuation& love
- Teen age problems & solutions
- Language problem - medium of instruction
- Self-confidence& self-control
- Values of life & character building

Counsellor : Dr.S.Gousalya

| S.NO | DATE | MAJOR/YEAR | VENUE | STUDENTS |
|-------|---------|-------------------------|--------------------|----------|
| 1 | 4.7.16 | I.M.SC.Zoology | Class room | 20 |
| 2 | 11.7.16 | I Maths | Class room | 48 |
| 3 | 13.7.16 | I Chemistry | Class room | 48 |
| 4 | 14.7.16 | I Computer science | Class room | 45 |
| 5 | 14.7.16 | I Zoology | Zoology lab | 47 |
| 6 | 12.8.16 | I Botany | Class room | 51 |
| 7 | 16.8.16 | I Physics | Class room | 54 |
| 9 | 4.2.17 | I.M.A. Economics | Counselling centre | 12 |
| 10 | 16.2.17 | I Maths[SSC] II sitting | Class room | - |
| Total | | | | 217 |

Entry counselling:

Counsellor : Mrs.R.Rohini

| S. No. | Date | Department & Year | Venue | No. of Students | Topic |
|---------------|-------------|------------------------------|------------------|------------------------|-------------------------------------------|
| 1 | 30.06.16 | I – B.A., History | Class Room | 62 | “Goal Setting Powerful tool” |
| 2 | 30.06.16 | I- B.Sc., Computer Science | Class Room | 46 | “ Fear and Success” |
| 3 | 05.07.16 | I – B.A., Economics | Class Room | 59 | “Education and Self Esteem” |
| 4 | 25.07.16 | I- B.A., History | Class Room | 62 | “Young People bored or busy” |
| 5 | 08.08.16 | I- B.A., History | Class Room | 62 | “To day is a better day” |
| 6 | 11.08.16 | I- B.A., English | Class Room | 68 | Opening up -“Mind and issues” |
| 7 | 02.09.16 | I – M.Sc., Computer Science | Class Room | 18 | “Personal and Professional goal Settings” |
| 8 | 24.09.16 | I- M.A., Economics | Counselling Room | 12 | “How to handle Emotions” |
| 9 | 13.03.17 | I- MHRM | Class Room | 30 | “How to manage Relationship” |
| 10 | 14.03.17 | I- B.Com | Class Room | 66 | “Teenage issues and solutions” |
| 11 | 15.03.17 | I- M.Com | Class Room | 27 | “Life Management” |
| Total | | | | 512 | |

Exit counselling:

Given to all outgoing students U.G.& P.G both regular and SSC.

Class wise visit and discussion for about an hour or more on topics like

- Career guidance
- Interpersonal relationship
- Financial well being
- Job opportunity
- Marriage counselling
- Work place related problem
- Suicidal tendency-how to over come
- Self-confidence& self-control
- Emotional imbalance
- Violence against women – Family, work place &study centres
- Personality Development

Counsellor : Dr.S.Gousalya

| S.NO | DATE | MAJOR/YEAR | VENUE | STUDENTS |
|-------|----------|---------------------------|-------------|----------|
| 1 | 8.12.16 | III Maths | Under tree | 45 |
| 2 | 10.12.16 | III Computer science | Class room | 46 |
| 3 | 24.1.17 | III B.A.Economics | Class room | 48 |
| 4 | 31.1.17 | III Botany | Class room | 43 |
| 5 | 1.2.17 | III Zoology | Zoology lab | 41 |
| 6 | 13.2.17 | III English [SSC] | Class room | 57 |
| 7 | 13.2.17 | III B.COM. Corporate[SSC] | Class room | 63 |
| 8 | 14.2.17 | III B.B.A [SSC] | Class room | 61 |
| 9 | 14.2.17 | III Micro Bio[SSC] | Class room | 36 |
| 10 | 15.2.17 | III Mathematics[SSC] | Class room | 45 |
| 11 | 15.2.17 | III B.COM.CA[SSC] | Class room | 60 |
| TOTAL | | | | 545 |

Exit counselling:

Counsellor : Mrs.R.Rohini

| S. No. | DATE | DEPARTMENT YEAR | VENUE | NO. OF STUDENTS | TOPIC |
|--------|----------|-------------------------|------------------|-----------------|-------------------------------------------------|
| 1 | 23.06.16 | III -B.sc., Physics | Class Room | 47 | “Attitude and Achievement” |
| 2 | 24.09.16 | II – M.A., Economics | Counselling Room | 8 | “ Life and Achievements” |
| 3 | 15.12.16 | III- B.A., History | Class Room | 52 | “Exit Counselling” |
| 4 | 13.03.17 | II – MHRM | Class Room | 28 | “How to balance personal and Professional life” |
| 5 | 14.03.17 | II –M.Com | Class Room | 29 | “Exit Counselling” |
| Total | | | | 164 | |



Exit Counselling on 10.12.16



Exit Counselling on 24.09.16

GROUP COUNSELLING

Counsellors meet the students department wise and motivate them to disclose their problems or issues . We also make them understand better the way they think, which will ultimately help them to develop a clear understanding of their problems.

Counsellor : Dr.S.Gousalya

| S,NO | DATE | MAJOR/YEAR | VENUE | NO. OF STUDENTS | CAUSE |
|-------|---------|-----------------------------------------|-------------------|-----------------|--------------------------------|
| 1 | 2.9.16 | III Commerce | Ground | 60 | Friendship possessiveness |
| 2 | 1.2.17 | III Maths | Counsellor's room | 45 | Career counselling |
| 3 | 9.1.17 | One problematic student and her friends | Counsellor's room | 8 | Groupisam |
| 4 | 18.2.17 | Parents & students | Counsellor's room | 4 | Family issues–misunderstanding |
| Total | | | | 117 | |

Counsellor : Mrs.R.Rohini

| S. No. | DATE | DEPARTMENT YEAR | VENUE | NO. OF STUDENTS | TOPIC |
|--------|----------|---------------------|------------------|-----------------|-------------------------------------------------|
| 1 | 22.06.16 | II- B.Sc., Physics | Class Room | 47 | “Life and Acceptance” |
| 2 | 01.12.16 | II – M.A., English | Counselling Room | 8 | “Competitive Exams” |
| 3 | 16.12.16 | III- B.A., History | Counselling Room | 8 | “Marriage and Life” Post Marital Counselling |
| 4 | 17.12.16 | III – B.A., History | Counselling Room | 6 | “Pre Marital Counselling” |
| Total | | | | 69 | |



On 13.03.17 –Entry Counselling

I MHRM

SPORTS COUNSELLING

Sports Counselling often engages clients in activities that revolve around solving problems, over coming mental barriers, increasing confidence and improving motivation.

Counsellor : Dr.S.Gousalya

| S.NO | DATE | MAJOR/YEAR | VENUE | CAUSE |
|------|--------------------------------------|----------------|-----------------------|---------------------------------------------------------------------------------------|
| 1 | 17.6.16 to 27.6.16 For 10 days | I year players | Counselling centre | 1.Disclosure of grievances Family and personal 2. Need for financial assistance |



Sports Counselling on 27.06.16

SPORTS COUNSELLING

Counsellor : Mrs.R.Rohini

| S.No. | DATE | SPORT | VENUE | NO. OF STUDENTS | TOPIC |
|-------|----------|-----------------|------------------|-----------------|------------------------------------|
| 1 | 20.09.16 | Hockey | Counselling Room | 18 | “Health and Achievements” |
| 2 | 28.09.16 | Volleyball | Counselling Room | 12 | “Failures and Success” |
| 3 | 29.09.16 | Weight lifting | GYM | 7 | “Food and Nutrition” |
| 4 | 17.12.16 | Weight lifting | Counselling Room | 5 | “Before Success and Over training” |
| 5 | 29.09.16 | Athletics | Ground | 16 | “Mind Setting” |
| 6 | 28.09.16 | Hand ball | Ground | 16 | “Diet Management and Training” |
| 7 | 23.06.16 | Foot ball | Ground | 18 | “Your body is listening” |
| 8 | 28.02.17 | Kabadi | Counselling Room | 12 | “Goal Setting” |
| 9 | 08.03.17 | Sports Students | Counselling Room | 7 | Health issues |
| Total | | | | 111 | |



Sports Counselling on 28.02.17



Sports counselling on 23.06.16

INDIVIDUAL COUNSELLING

Individual Counselling is given to all the 1st and 3rd Year Students .
Counsellors may not give a concrete advice or a check list of things to feel better, What we do is to help the counselee to uncover their own insight and understanding of their problems, providing them with the tools which will help them to resolve the issues on their own. If needed therapy is adopted for the client, Sitzings differ according to the issues.

Counsellor : Dr.S.Gousalya

No. of Students attended Individual Counselling – 433

(Academic year 2016 – 2017)

Counsellor : Mrs.R.Rohini

No. of Students attended Individual Counselling – 302

(Academic year 2016 – 2017)



Individual counselling by Mrs. R.Rohini

PERSONAL COUNSELLING

Our College offers a safe and confidential environment for counselling. It offers the space and freedom to explore clients own thoughts withan unbiased party.

In the majority of cases, a single session will not be enough to overcome the issues of the counselee. Counselling is a purney, an it takes time and consistency to work effectively. Sittings differ according to the issue. If needed therapy is adopted.

Counsellor : Dr.S.Gousalya

No. of Personal Counselling done in the year - 110

(Academic year 2016-2017)

Counsellor : Mrs.R.Rohini

No. of Personal Counselling done in the year - 267

(Academic year 2016-2017)



Personal counselling by Dr.S.Gousalya

Total No. of issues dealt in the
Personal Counselling session (Academic Year 2016-2017)

| S.No | REASONS | Percentage |
|------|--------------------|------------|
| 1. | Family issues | 21.5% |
| 2. | Career Counselling | 18% |
| 3. | Sports Counselling | 12 % |
| 4. | Friendship issues | 11 % |
| 5. | Phobia | 10 % |
| 6. | Financial issues | 6.5 % |
| 7. | Loss in Family | 5.5% |
| 8. | Negative thoughts | 5 % |
| 9. | Health issues | 4.5% |
| 10. | Soft Addiction | 3.5 % |
| 11. | Sexual Harassment | 3% |

THERAPY ADOPTED

Stress - Relief

- ❖ Conscious breathing
- ❖ Hand grip
- ❖ Hourly movement
- ❖ Thymus 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)
- ❖ Pranic healing

Counselling on reference:

Staff members refer some students to the counselors [e.x.]

- Regularly irregular
- Latecomers
- More arrears

- Malpractice

- Mischievous

Parents counsellor meets:

Mainly during P.T meeting the parents voluntarily come to meet the counsellors to discuss their Child's problems and progress. Sometimes parental counselling also is needed. If necessary, parents are called by the counsellors.

FEEDBACKS RECEIVED FROM THE CLIENTS

After counselling, People have shared that they “feel lighter”, gain clarity”, “learn more about themselves and others”, “feel energized”, “feel good”, “positive” and “hopeful”, “take decisions and actions” “ “See positive changes, “improve relationship” “feel less struck” or “overwhelmed” and so on.

As a proof we have received personal feedback from the clients at the end of the academic year.

Total Number of Counselling done in the Academic Year 2016- 2017

| Counselling | Dr.S.Gousalya | Mrs.R.Rohini |
|------------------------|---------------|--------------|
| Entry Counselling | 217 | 512 |
| Exit Counselling | 545 | 164 |
| Personal Counselling | 110 | 267 |
| Individual Counselling | 433 | 302 |
| Sports Counselling | 10 | 82 |
| Group Counselling | 117 | 69 |