



## **ST. MARY'S COLLEGE (AUTONOMOUS)**

(Re – accredited with 'A' Grade by NAAC – 3<sup>rd</sup> Cycle)

Thoothukudi – 628001, Tamilnadu, India

(Affiliated to Manonmaniam Sundaranar University)

### **GUIDANCE AND COUNSELLING**

**2017-2018**

Counselling is a term used to comfort, listen or to help people who are experiencing emotional problems. Meeting 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 counsellees 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:

<b>S.NO</b>	<b>DATE</b>	<b>PROGRAMME</b>	<b>TOPIC</b>	<b>VENUE</b>
1	16.08.17	Orientation Programme For Freshers	Goal Setting And Mind Control	Infant Jesus Engineering College Vallanadu Thirunelveli.



**Attended Special lecture - at M.S UNIVERSITY on - 28.9.17**

**Seminars attended:**

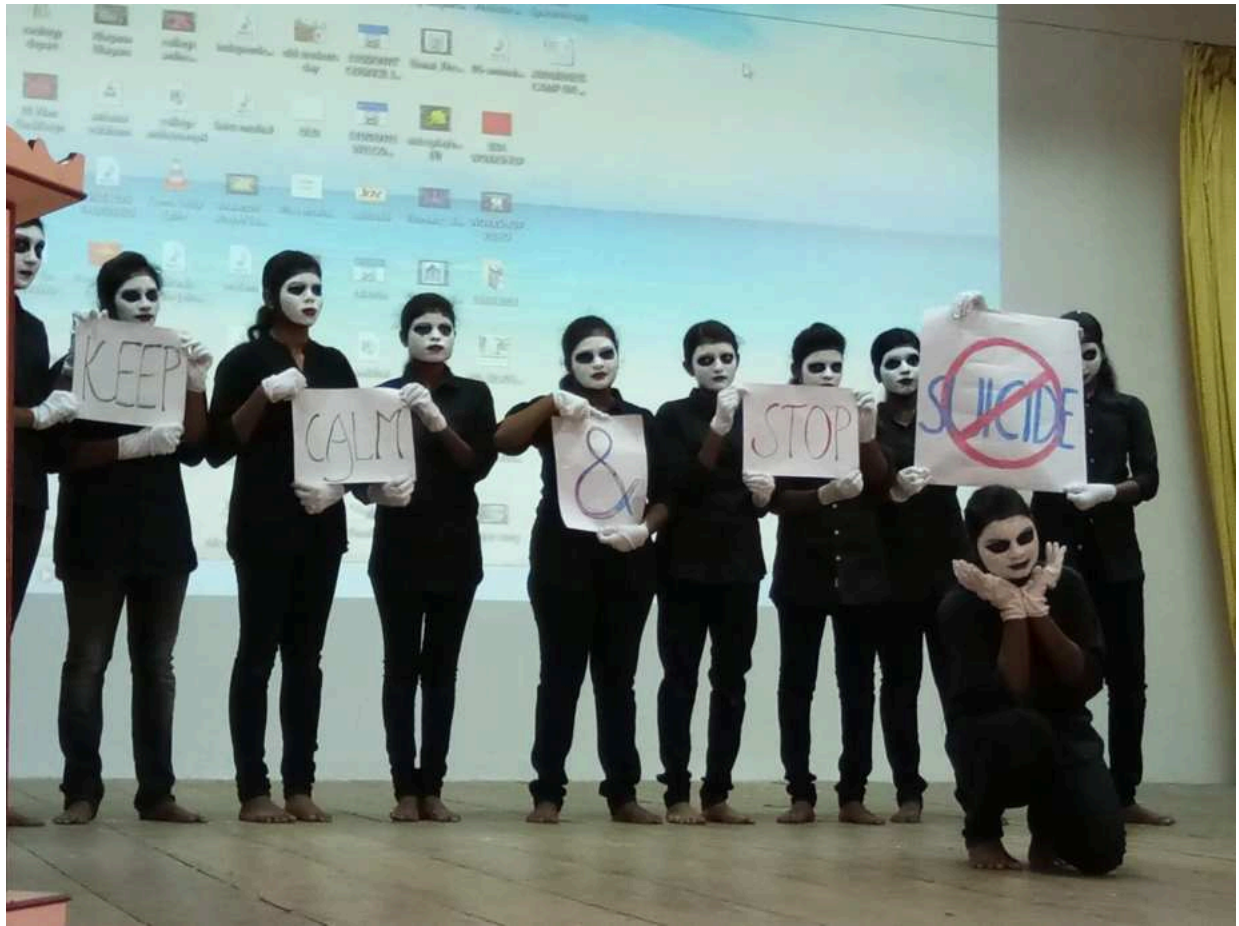
**Dr. Gowsalya**

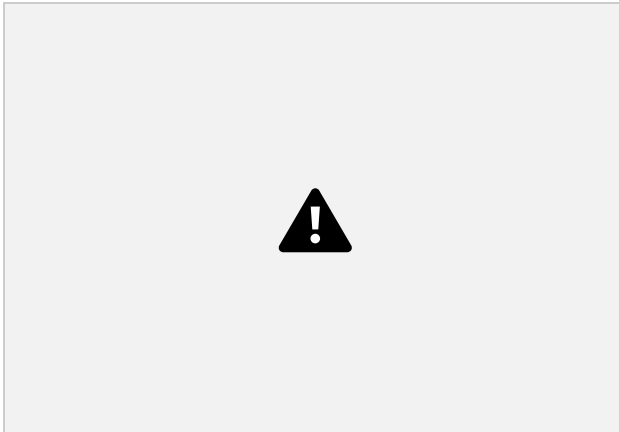
<b>S.NO</b>	<b>DATE</b>	<b>PROGRAMME</b>	<b>TOPIC</b>	<b>VENUE</b>
<b>1</b>	<b>26.09.17</b>	<b>International Seminar</b>	<b>The Joy Of Living</b>	<b>St. Mary's college</b>
<b>2</b>	<b>3.2.18</b>	<b>International Seminar</b>	<b>Recent Trends In Tamilnadu</b>	<b>St.Mary's College Tuticorin.</b>
<b>3.</b>	<b>09.02.18</b>	<b>Seminar</b>	<b>Academic And Research Integrity In The Digital Work</b>	<b>St.Mary's College Tuticorin.</b>

## **Mrs.Rohini**

<b>S.NO</b>	<b>DATE</b>	<b>PROGRAMME</b>	<b>TOPIC</b>	<b>VENUE</b>
<b>1.</b>	<b>26.09.17</b>	<b>International Seminar</b>	<b>The Joy Of Living –A Psychological Perspective</b>	<b>St. Mary's college, Thoothukudi</b>
<b>2.</b>	<b>09.09.17</b>	<b>Awareness Workshop</b>	<b>Life For Living on World Suicide Prevention Day</b>	<b>St.Mary's College, Thoothukudi</b>
<b>3.</b>	<b>28.09.17</b>	<b>Special Lecture</b>	<b>Opportunities for Psychology in India</b>	<b>Department of Psychology Manonmaniam Sundaranar University Thirunelveli</b>
<b>4.</b>	<b>22.11.17</b>	<b>Awareness Workshop</b>	<b>Healing The Inner Child</b>	<b>St. Mary's college, Thoothukudi</b>
<b>5.</b>	<b>09.02.18</b>	<b>Seminar</b>	<b>Academic And Research Inergrity in The Digital Work</b>	<b>St.Mary's College,Tuticorin</b>
<b>6.</b>	<b>15&amp;16.02.18</b>	<b>Preparatory Programme</b>	<b>JRF,NET,SET Exam Preparatory Programme</b>	<b>Manonmaniam Sundranar University Thirunelveli.</b>

Awareness workshop about 'Suicide prevention' on 09.09.2017





**International conference on Psychology,  
'A Joy of living' on 26.09.2017**

**On 16.08.2017 - About 'Goal setting'**

***ANNUAL PROGRAMME OF THE COUNSELLING FORUM 2016 -2017***

- Orientation Programme
- Entry Counselling
- Exit Counselling

Healing the inner child



- Group Counselling
- Sports Counselling
- Individual Counselling
- Personal Counselling
- Counselling on Reference

**Paper Presented by Mrs.R.Rohini**

<b>S.NO</b>	<b>DATE</b>	<b>PROGRAMME</b>	<b>TOPIC</b>	<b>VENUE</b>
<b>1.</b>	<b>06.01.18</b>	<b>Paper Presented on International Conference</b>	<b>Social Networking Sites and Psychological Wellbeing of Youth</b>	<b>Anugraha Institute of Social Sciences Dindigul</b>
<b>2.</b>	<b>03.02.18</b>	<b>Paper Presented on International Conference</b>	<b>Kaviyarasu and Kannadasan and his Creativity</b>	<b>Madhavi Illakiya Mandram – Singapore and Departement of History and Tamil of St.Mary’s College Tuticorin.</b>



On 6.01.2018 at Anugraha Institute Dindigul



Department of Psychology and the Counselling Forum Celebrated

### **“Mental Health Awareness Week”**

- From 10<sup>th</sup> October to 14<sup>th</sup> October 2017.
- Various exciting events were conducted during interval breaks.
- Students from various department participated in the events.

Date	Event Conducted	Venue
10.10.17	Laughing Therapy	Fathima Hall
11.10.17	Brain Gym	Fathima Hall
12.10.17	Slow Cycling	Ground
13.10.17	Dance Therapy	Fathima Hall
14.10.17	Laughing Competition	Fathima Hall



Slow cycling on 12.10 .2017 , Brain gym on 11.10.2017



## Annual Programme of Counselling Forum :

- Orientation Programme
- Entry Counselling
- Exit Counselling
- Individual Counselling
- Group Counselling<sup>9</sup>
- Personal Counselling
- Counselling on Reference
- Parental Counselling
- Staff Counselling
- Non-Teaching Staff Counselling

### 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	20.07.17	All First Years	Modern Trend in Facing Life Situation	Auditorium

S. No.	DATE	VENUE	TOPIC	STUDENTS ATTENDED
1	11.07.17	Auditorium	How to make Life towards Success	Second and Third Years
2	26.10.17	Fathima Hall	How to Celebrate Life Joyfully	I and II PG Students
3	05.01.18	Auditorium	How to lead mind in a Positive Way	III UG Students
4	13.10.17	Ground	“Switch Words”	Sports Students

**Counsellor : Mrs.R.Rohini**



**Awareness given for Ist Years regarding Counselling on 0.07.2017**



**05.01.2018 at Auditorium for 3rd U.G students.**

## Counselling done for

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

## Entry counselling:

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

- To give introduction about Counselling and Gain the Confidence of freshers
- To enable the Freshers to come out of their Fear and Shyness
- To avoid dropouts

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

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

**Counsellor : Dr.S.Gousalya**

S.N O	DATE	MAJOR/YEAR	VENUE	STUDENTS
1	12.07.17	I Maths	Class room	55
2	22.07.17	I Chemistry	Class room	50
3	13.07.17	I Zoology	Class room	52
4	17.07.17	I Computer science	Class room	48
5	12.07.17	I Physics	Class room	51
6	13.07.17	I Botany	Class room	48
7	13.10.17	I M.sc Physics	Class room	17
<b>Total</b>				<b>321</b>



**Entry counselling:****Counsellor : Mrs.R.Rohini**

<b>S. No.</b>	<b>DATE</b>	<b>DEPARTMEN T YEAR</b>	<b>VENUE</b>	<b>NO. OF STUDENTS</b>
1	05.07.17	I – B.A., History	Class Room	56
2	05.09.17	I- B.Sc., Psychology	Class Room	20
3	11.09.17	I – B.A., Economics	Class Room	52
4	16.09.17	I- P.G., Economics	Class Room	11
5	13.10.17	I- B.A., English	Class Room	56
6	15.10.17	I- B.com.	Class Room	72
7	04.12.17	I – P.G., English	Class Room	32
8	06.12.17	I- B.sc., Viscom	Counselling Room	3
9	18.01.18	I- MHRM	Class Room	29
10	26.02.18	I- B.B.A	Class Room	58
11	05.03.18	I- M.Com	Class Room	31
Total				420

## 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	21.02.18	III B.Sc Zoology	Class Room	36
2	21.02.18	III B.Sc Botany	Class Room	39
3	23.02.18	III B.Sc Physics	Class Room	46
4	26.02.18	III B.Sc Chemistry	Class Room	45
5	27.02.18	III B.Sc Maths	Class Room	47
6	28.02.18	II M.Sc Botany	Class Room	16
7	05.03.18	II M.Sc Zoology	Class Room	22
8	25.01.18	III SSC Maths	Class Room	46
9	27.01.18	III SSC Micro Biology	Class Room	40

10	29.01.18	III SSC English	Class Room	64
11	30.01.18	III B.Com SSC General	Class Room	56
12	31.01.18	III B.Com SSC C.A	Class Room	57
13	03.02.18	III SSC BBA	Class Room	33
14	01.03.18	III B.Com SSC Corporate	Class Room	56
15	16.02.18	II M.Sc Maths & Physics	Class Room	38
16	20.02.18	II M.Sc – Micro, comp, Chem, Eco	Class Room	37
			Total	678

### **Exit counselling:**

**Counsellor : Mrs.R.Rohini**

<b>S. No.</b>	<b>DATE</b>	<b>DEPARTMENT YEAR</b>	<b>VENUE</b>	<b>NO. OF STUDENTS</b>
1	04.12.17	II P.G., English	Ground	30
2	18.12.17	II MHRM	Class Room	28
3	21.12.17	III- B.A., Economics	Class Room	57
4	09.01.18	III – B.A., History	Class Room	56
5	25.01.18	III –B.Com	Class Room	69
6	06.03.18	II – M.Com	Class Room	25
7	24.01.18	III B.A., English	Class Room	64
8	16.01.17	II P.G., Economics	Class Room	12
9	25.01.18	III Maths SSC	Class Room	47
			Total	388

## **GROUP COUNSELLING**

Sometimes the Students have Common Issues like Infatuation, Longing for love, Lack of Parental Care, Friendship Issues, etc... Such Issues are Discussed in groups openly so that the Problems can be analyzed in a correct perspective. This is done apart from Entry Counselling and Exit Counselling. Counsellors meet the students department wise and motivate them to disclose their problems or issues. We also make them to understand better the way they think, which will ultimately help them to develop a clear understanding of their problems.

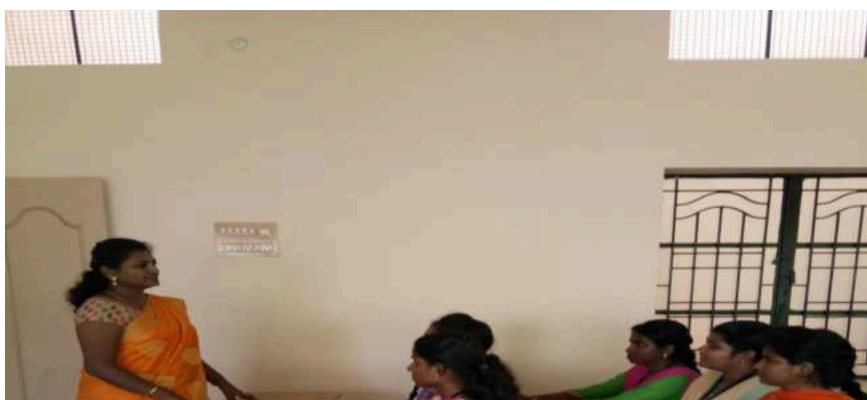
**Counsellor : Dr.S.Gousalya**

<b>S,NO</b>	<b>DATE</b>	<b>MAJOR/YEAR</b>	<b>VENUE</b>	<b>NO. OF STUDENTS</b>
1	05.12.17	II BBA	Class Room	44
2	05.12.17	II B.Com Corporate	Class Room	54
3	06.12.17	II B.Com General	Class Room	57
4	07.12.17	II B.Com C.A	Class Room	54
5	08.12.17	II Maths	Class Room	57
6	08.12.17	II Micro Bio	Class Room	43
7	12.12.17	II English	Class Room	57
8	04.09.17	II Comp.sci	Counselling Room	5
9	12.10.17	II History	Counselling Room	3
10	16.10.17	I Economics	Counselling Room	7
			Total	381

**Counsellor : Mrs.R.Rohini**

S. No.	DATE	DEPARTMENT YEAR	VENUE	NO. OF STUDENTS
1	19.09.17	I- B.Sc., Psychology	Class Room	20
2	15.10.17	II – B.Com	Class Room	52
3	26.02.18	II BBA	Class Room	43
4	06.03.18	II English	Class Room	45
5	22.01.18	II MHRM	Counselling Room	9
6	18.01.18	I MHRM	Counselling Room	14
7	26.09.17	II PG Eco	Counselling Room	7
8	17.07.17	III Comp.sci	Counselling Room	12
9	05.09.17	Comp.sci	Counselling Room	9
10	04.12.17	II PG English	Counselling Room	8
11	04.12.17	I PG English	Counselling Room	10
12	25.01.18	III Maths	Counselling Room	4
13	25.01.18	III Maths	Counselling Room	7
			Total	240

**Group counselling in 3rd English ssc**



## **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	Team	VENUE	No
1	16.12.17	Hockey	Counselling Room	5

## **SPORTS COUNSELLING**

**Counsellor : Mrs.R.Rohini**

S. No.	DATE	SPORT	VENUE	NO. OF STUDENTS
1	21.09.17	Kabadi	Counselling Room	12
2	21.09.17	Weight lifting	Counselling Room	7
3	11.09.17	Kho-Kho	Counselling Room	18
4	24.10.17	Weight lifting	Counselling Room	7
5	24.10.17	Cross-Countr y	Counselling Room	1
6	16.12.17	Hockey	Counselling Room	18
7	16.12.17	Athletics	Ground	16
Total				79



## **INDIVIDUAL COUNSELLING**

Individual Counselling is given to all the 1<sup>st</sup> and 3<sup>rd</sup> 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, Sittings differ according to the issues.

**Counsellor : Dr.S.Gousalya**

No. of Students attended Individual Counselling – 825

(Academic year 2017 – 2018)

**Counsellor : Mrs.R.Rohini**

No. of Students attended Individual Counselling – 808

(Academic year 2017 – 2018)

## **PERSONAL COUNSELLING**

Our College offers a safe and confidential environment for counselling. It offers the space and freedom to explore clients own thoughts with an 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, and 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 - 260

(Academic year 2017-2018)

**Counsellor : Mrs.R.Rohini**

No. of Personal Counselling done in the year - 267

(Academic year 2017-2018)

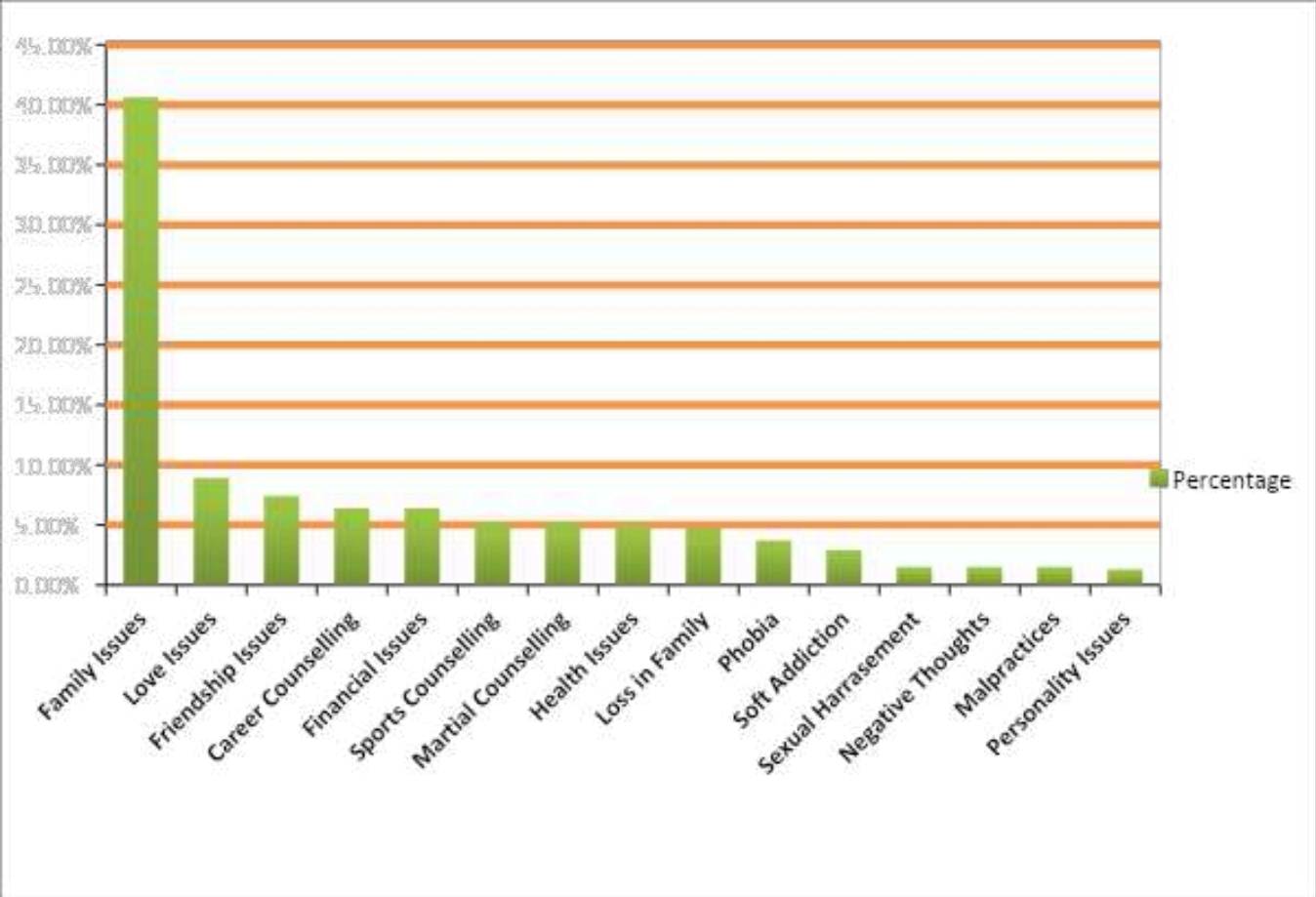
**Personal counselling by Dr. Gowsalya**



**Personal counselling by Dr.S.Gousalya**

**Total No. of issues dealt in the  
Personal Counselling session (Academic Year 2017-2018)**

<b>S.No</b>	<b>REASONS</b>	<b>Percentage</b>
<b>1.</b>	<b>Family issues</b>	<b>40.6%</b>
<b>2.</b>	<b>Love Issues</b>	<b>8.9%</b>
<b>3.</b>	<b>Friendship issues</b>	<b>7.4 %</b>
<b>4.</b>	<b>Career Counselling</b>	<b>6.4 %</b>
<b>5.</b>	<b>Financial issues</b>	<b>6.4 %</b>
<b>6.</b>	<b>Sports Counselling</b>	<b>5.2 %</b>
<b>7.</b>	<b>Marital counselling</b>	<b>5.2%</b>
<b>8.</b>	<b>Health issues</b>	<b>5 %</b>
<b>9.</b>	<b>Loss in Family</b>	<b>4.8%</b>
<b>10.</b>	<b>Phobia</b>	<b>3.7 %</b>
<b>11.</b>	<b>Soft Addiction</b>	<b>2.9%</b>
<b>12.</b>	<b>Sexual Harrasement</b>	<b>1.5%</b>
<b>13.</b>	<b>Negative Thoughts</b>	<b>1.5%</b>
<b>14.</b>	<b>Malpractices</b>	<b>1.5%</b>
<b>15.</b>	<b>Personality Issues</b>	<b>1.3%</b>



## **THERAPY ADOPTED**

### **Stress - Relief**

- ❖ Conscious breathing
- ❖ Hand grip
- ❖ Hourly movement
- ❖ Thymus Thumb
- ❖ 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 counsellors [e.x.]

- Regularly irregular
- Late comers

- More arrears
- Malpractice
- Mischievous

### **Parents counsellor meets:**

Mainly during P.T meetings 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 “over whelmed” and so on.

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

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

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