



ST. MARY'S COLLEGE (AUTONOMOUS)

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

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

GUIDANCE AND COUNSELLING

2018 – 2019

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 interpersonal and intra-personal relationship.
- To increase the leadership qualities among youth.
- To help the client to attain self-awareness and self-realization.
- To help the client to become a motivated, and goal oriented person.
- To help the client to equip to meet future problems – getting help internally organize much better than before.

STAFF IN CHARGE :

The Counselling Forum is active with full time professional counselor.

- Dr.S.Gousalya (part time counsellor)
- Mrs.R.Rohini



Counsellor : Dr.S. Gousalya



Counsellor: Mrs.R.Rohini

Orientation programme conducted:

Programme were organized year wise to give an orientation to students especially at the beginning of every semester.

- The counselling forum gave an awareness program on ‘ World Suicide Prevention Day’ on 03.09.2018.
- ‘ World Mental Health Day’ on joining with the department of Psychology.



BEEN AS RESOURCE PERSON

1. Invited as a Resource person to M.S University Thirunelveli and conducted workshop on the topic of 'Opportunities Issues and Strategies In Counselling' on 07.08.2018.



2. Invited and gave guest lecture on the topic 'Goal Setting' at Saint Mother Therasa Engineering College, Vazhakulam, Tuticorin.
3. Invited and been a External Examiner for PG-Psychology students at M.S. University, Thirunelveli.

ANNUAL PROGRAMME OF THE COUNSELLING FORUM 2018 -2019

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

Counselling Done for

STUDENTS

- ❖ Married & Unmarried
- ❖ Single Parent & Without parents
- ❖ slow and fast learners
- ❖ Aggressiveness
- ❖ Sports
- ❖ Part time job
- ❖ Long absentees
- ❖ 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.

PARENTS

- ❖ Single Parent
- ❖ Guardian
- ❖ Unhealthy parent
- ❖ Suspicious
- ❖ Step Mother
- ❖ Step father
- ❖ Addictive behavior

- ❖ 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.

- 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
- Infatuations & 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	03.07.2018	I -M.SC ZOO	Class room	9
2	04.07.2018	I-MA HIS	Class room	13
3	05.07.2018	I.MA ENG	Class room	35
4	09.07.2018	I-M.COM	Class room	30
5	10.07.2018	I-M.SC BOT	Class room	9
6	11.07.2018	I BA ECO	Class room	66
7	12.07.2018	I B.A HIS	Class room	60
8	13.07.2018	I ENG	Class room	55
9	07.08.2018	I B.SC BOT	Class room	48
10	09.08.2018	I.B.SC MAT	Class room	53
11.	110.8.2018	B.SC ZOO	Class room	45
12	14.08.2018	I-B.COM	Class room	72
13	20.08.2018	I- COP SCI	Class room	48
14	12.10.2018	I CHE	Class room	47

15	16.10.2018	I PHY	Class room	49
16	19.12.2018	II PSY	Class room	20
17	10.7.2018	M.SC PHY	Class room	16
			TOTAL	675

Counsellor : Mrs.R.Rohini

S.No.	DATE	DEPARTMENT YEAR	VENUE	NO. OF STUDENTS
1	27.07.2018	I- English	Class Room	64
2	02.09.2018	I- B.S.C Zoology	Class Room	36
3	02.09.2018	I -History	Counselling Room	26
4	24.09.2018	I -B.com General	Class Room	64
5	24.09.2018	I B.com General B	Class room	62
6	03.10.2018	I- B.A English	Class room	55
7	29.10.2018	I B.Sc Psychology	Counselling room	20
8	12.02.2019	I -Micro biology	Class Room	42
9	05.02.2019	I M.S.C comp	Class Room	12
10	11.02.2019	I Math	Class Room	52
11	12.02.2019	I PG Math	Class Room	12
			TOTAL	445

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	21.01.2019	III HIS	Class Room	56
2	22.01.2019	III ECO	Class Room	48
3	23.01.2019	III CHE	Class Room	44
4	21.01.2019	IIIENG	Class Room	64
5	25.01.2019	III C.S	Class Room	44
6	28.01.2019	IIIB.COM	Class Room	67
7	29.01.2019	IIIMAT	Class Room	46
8	30.01.2019	IIIPHY	Class Room	47
9	03.11.2019	IIIZOO	Class Room	42
10	10.02.2019	III BOT	Class Room	44
11	09.04.2019	II M.SC MAT	Class Room	16
			TOTAL	518

Exit Counselling:

Counsellor : Mrs.R.Rohini

S. No.	DATE	DEPARTMT YEAR	VENUE	No. Of Students
1	11.02.2019	III-Maths	Ground	30
2	09.02.2019	III BBA	Class Room	28
3	12.02.2019	II-PG MATHS	Class Room	57
4	03.10.2019	III-MICRO	Class Room	56
5	14.09.2018	III ECONO	Class Room	69
6	14.09.2018	II-ENG	Class Room	25
		TOTAL		265

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



Group counselling in III English SSC

SPORTS COUNSELLING

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



SPORTS COUNSELLING

Counsellor : Mrs.R.Rohini

S. No.	DATE	SPORT	VENUE	NO. OF STUDENTS
1	26.09.2018	Volley ball	Counselling Room	12
2	18.07.2018	Volley ball	Counselling Room	12
3	20.08.2018	Khabadi	Counselling Room	12
4	10.09.2018	Hand ball	Counselling Room	14
5	11.09.2018	Throw ball	Counselling Room	14
6	10.09.2018	Ball Badminton	Counselling Room	8
7	10.10.2018	Post- Match for all the players	Ground	54
8	24.10.2018	Pole volt	Counselling room	1
9	26.9.2018	Volley ball	Counselling room	12
10	29.10.2018	Khabadi	Counselling room	12
Total				151

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, Sittings differ according to the issues.

Counsellor : Dr.S.Gousalya No. of Students attended Individual Counselling – 1190

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 client. Counselling is a journey, and it takes time and consistency to work effectively. Sessions differ according to the issue. If needed therapy is adopted.

Counsellor: Dr.S.Gousalya No. of Personal Counselling done in the year - 254

Counsellor: Mrs.R.Rohini No. of Personal Counselling done in the year - 113

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 counselors [e.x.]

- ❖ Regularly irregular
- ❖ Late comers
- ❖ More arrears
- ❖ Malpractice
- ❖ Mischievous

Parents counsellor meets:

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

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 feed back from the clients at the end of the academic year.

Total Number of Counselling done in the Academic Year 2018- 2019

Counselling	Dr.S. Gousalya	Mrs.R.Rohini
Entry Counselling	518	445
Exit Counselling	675	265
Personal Counselling	254	113
Individual Counselling	1190	---
Sports Counselling	-	151
TOTAL	2637	974