



St. MARY'S COLLEGE (AUTONOMOUS)

(Re-accredited with 'A+' Grade by NAAC- 4th Cycle)

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

GUIDANCE AND COUNSELLING 2019-2020

The college **Counselling Forum** has been active since the academic year 2015. Various counseling is given to the students as per their needs. We have one full-time counselor and three part-time counselors in this academic year. The counseling room is free from outside disturbances and gives a comfortable and relaxed atmosphere to the clients. Meeting a counselor is the healthiest thing that an individual can do for themselves.

Objectives:

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

TYPES OF COUNSELLING given to the students.

1. Entry counseling
2. Exit counseling
3. Individual counseling
4. Personal counseling
5. Parental counseling
6. Counselling on Reference
7. Sports counseling
8. Pre and Post –Marital counseling

Various activities are also provided to the students as per their needs.

Entry Counseling:

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

To give an 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
- Infatuation & love
- Teenage problems & solutions
- Language problem - medium of instruction
- Self-confidence & self-control
- Values of life & character building

Exit Counseling:

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 counseling
- Workplace related problem
- Suicidal tendency-how to overcome
- Self-confidence & self-control
- Emotional imbalance
- Violence against women –Family, workplace & study centers
- Personality Development

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 from a correct perspective. This is done apart from Entry Counselling and Exit Counselling. Counselors meet the students department-wise and motivate them to disclose their problems or issues. We also help them to better understand the way they think, which will ultimately help them to develop a clear understanding of their problems.

Sports Counselling

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

Individual Counselling

Individual Counselling is given to all 1st and 3rd Year Students . Counsellors may not give concrete advice or a checklist of things to feel better, What we do is to help the counselee to uncover their 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.

Personal Counselling

Our College offers a safe and confidential environment for counseling. It offers the space and freedom to explore clients' thoughts with an unbiased party. In the majority of cases, a single session will not be enough to overcome the issues of the counselee. Counseling is a journey, and it takes time and consistency to work effectively. Sittings differ according to the issue. If needed, therapy is adopted.

Counselor: Dr.S.Gousalya No. of Personal Counselling done in the year - 112

Counselor: Mrs.R.Rohini No. of Personal Counselling done in the year - 78

THERAPY ADOPTED

- Conscious breathing
- Handgrip
- 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)
- 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 the brain)
- Pranic healing
- Art Therapy

Counseling on reference:

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

- Regularly irregular
- Latecomers
- More arrears
- Malpractice
- Mischievous

Parents counselor meets:

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

FEEDBACKS RECEIVED FROM THE CLIENTS

After counseling, 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 proof, we have received personal feedback from the clients at the end of the academic year.

PROGRAMMES ORGANISED BY THE COUNSELLING FORUM

Suicide Prevention Day

The Counselling Forum in association with the Psychology Department organized an awareness program on **Suicide Prevention** on **12.09.2019** in the college auditorium from 11.30 am to 1.30 pm. International Speaker and Psychotherapist **Mr. Vasantha Kumar** addressed all the III UG students on the topic of **Nerkonda Paarvai**.

World Mental Health Day

The Counselling Forum in association with the Psychology Department organized an Awareness Program for **World Mental Health Day** on **25.10.2019** in the Fatima Hall from 9.30 am to 11.00 am. **Dr. Bharathi Mathan**, MBBS, MD, Assistant Professor in General Medicine, Thoothukudi Medical College, addressed the Psychology students and the III UG BBA students on the topic of Psychological **Resilience**. Posters made by the students on Mental Health were displayed in the hall.



World Tourism Day

On 26th September 2019 world Tourism day was celebrated **Dr.Gousalya**, former H.O.D of the History department and present counselor delivered a speech on her experiences during her **European Tour**.

Activities Done By The Students For Healing The Negative Emotions 19.2.2020



AS RESOURCE PERSON



Resource person to M.S University and gave a Guest Lecture on the topic “Counselling Skills” on 10.12.1019



Resource person to A.P.C Mahalakshmi College, tuticorin, and oriented students on “The need of counselling” on 27.01.2020

PAPERS PRESENTED

1. Counsellor Mrs.R.Rohini presented a paper on Psychological well-being at the workplace, Pleasure Vs Pressure, St. Mary's College (Autonomous) Tuticorin. 12.09.19
2. Counsellor Mrs.R.Rohini presented a paper on "Self-love -An effective key to be Resilient "55th National and 24th International conference call of India Academy of Applied psychology Psychology, at M.S University, Tirunelveli. (25.01.2020

Memberships

- **Lifetime member in Counsellors council of India**
- **Member of Council of Psychotherapy & Counseling -CPC**
- **Diamond Member in SAMACETMA 595/2006 International Board.**
- **Member of India Co Win Action Network**
- **Member in SAMVEDNA**
- **Member in Mind the Mind**
- **Volunteered for lending free tele-counseling - Tuticorin Covid War Room.**