



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 2020-2021

The college counselling forum aims to help the students to become self-aware and reach their highest potential while dealing with anxiety and stress. The counselling forum provides a happy and comfortable environment for students to discuss their problems regarding their academic and social life. We also help the students to explore any skill or path. The forum also provides motivation and therapy sessions. The forum helps the students explore any topic or situation and discuss any concerns they may have. The students are helped to work through their problems, to develop self-awareness and overcome anxiety & stress. Counselling not only helps the students to make decisions pertaining to their professional career, but it also makes them confident and mentally prepares them for society. Counsellors help clients to recognize their strengths, sharpen their interests and provide them with career options to explore their dreams. The college Counselling Forum is active with Counselors Dr.Gowsalya Baskaran and Mrs. Rohini . Counselling is given to the students as per their needs. Due to covid the forum also provides Tele- Counselling for the students.

TYPES OF COUNSELLING GIVEN TO THE STUDENTS:

1. Entry counselling
2. Exit counselling
3. Individual counselling
4. Personal counselling
5. Parental counselling
6. Counselling on Reference
7. Career counselling
8. Sports counselling
9. Pre and Post – Marital counselling
10. Tele- Counselling

Entry counselling:

Given to all U.G.& P,G. freshers.Class wise visit was done.

Due to pandemic, it was done in online and offline and gave talk for about an hour on topics like

- School vs College
- Friendship
- Infatuation Or love

- Teen age problems & solutions
- Language problem - medium of instruction
- Self-confidence & self-control
- Values of life & character building

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

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.

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 the 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 client 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.

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.

Psychotherapy

Counsellors adopt psychotherapy to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body). Beginning therapy can be a big step toward being the healthiest version of the client and living the best life possible—no matter what challenges the client may be facing. Through therapy, the client can change self-destructive behaviors and habits, resolve painful feelings, improve their relationships, and more. The counsellors support the client, listen attentively, model a healthy and positive relationship experience, give the client appropriate feedback, and follow ethical guidelines.

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)
- Panic healing is also done if needed.

Counselling on reference:

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

- Regularly irregular
- Latecomers
- More arrears
- Malpractices
- Mischievous

Activity done by the students for goal setting on 11.2.21



Exit counselling for III UG students on 29.1.2021



Activity done by the students for team work on 12.2.2021



Career counselling for the pg students on 27.1.2021



As Resource Person

Counsellor Dr.Gowsalya at Thoothukudi, Poobalarayarpuram "Makkal Ikiya Sangam " Office
- Library opening ceremony. 26.01.2021.



Counsellor Mrs.Rohini was invited as a resource person for the Webinar organized by the I-CAN Adolescent and South Asian Institute for Advanced Research and Development (SAIARD) in the topic “Enhancing Adolescent well- being ” on 28.08.20.

Counsellor Mrs.Rohini was invited as a resource person for the international webinar organized by the American College, Madurai in association with the Madras school of Social Work, Chennai on the topic "U &ME -COUPLE ENRICHMENT ".

Counsellor Mrs.Rohini was invited as a resource person for the webinar organized by the ‘Mind The Mind’ Sponsored by International human rights and social justice federation on 1.10.2020 .

Counsellor Mrs. Rohini was invited as resource person for the webinar conducted by the college Union of St.Mary's college Autonomous Tuticorin, on 1.06.2021, 2.06.2021 and motivated the 3rd year, 2nd year and the PG students.

Counsellor Mrs. Rohini was invited as a resource person for the webinar conducted by the Sri Krishna Adhithya College, Coimbatore and addressed the students on the topic Connecting The Dots - The Psychology Of Entrepreneurship on 10.06.2021.

Counsellor Mrs. Rohini was invited as a resource person for the webinar conducted by the Manonmaniam Sundaranar University, P.G Psychology department and addressed the students in the topic "Catch up with yourSELF" on 17.07.2021.

Counsellor Mrs. Rohini participated as a resource person in the World Record Event organized by Qatar Ambul Tamil Sangam and Integral Training Centre Qatar in the topic "Family Enrichment" on 21.07.2021.



Our Forum's Activities For The Society

Our Counsellor Mrs. Rohini is providing free Tele counselling during this covid time joined with the National commission for Protection of the child rights (NCPCR) and NIMHANS Bangalore from 2020 May to till date.



Our counselling Forum is offered tele-counselling joining hands with Thoothukudi collectorate to home quarantine Covid patients of Thoothukudi district in the leadership of Rev.Dr.Sr.Kulandai Theresa.

Counsellor Mrs.Rohini is offering free tele counselling 24/7 in "Mind the Mind" sponsored by the International Human Rights and Social Justice Federation.



Awards Received By Counsellor Mrs.R.Rohini

- "Honorary Doctorate" Award by the United Nobles Rescue Services, Abuja for Counselling on 17.10.2020 .
- "The Real Super Women " Award from FSIA Forever Star India Awards for counselling on 24.10.2020.
- Honorary Doctorate Award for "Women of Peace And Creativity For The World" from the Honorary Dissertation Committee AICHYCI MEXICO MOROCCO on 25th November 2020.

