



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

(Re-accredited with 'A+' Grade by NAAC- 4<sup>th</sup> Cycle)

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

### **GUIDANCE AND COUNSELLING 2021-2022**

Counseling is a collaborative effort between the counselor and the client. Professional counselors of the college help the clients identify goals and potential solutions to problems that cause an emotional disturbance, and coping skills, strengthen self-esteem and promote behavior change and optimal mental health.

Professional counseling is a safe and confidential collaboration between qualified counselors and clients to promote mental health and well-being. This enhances self-understanding and resolves identified concerns. Clients are active participants in the counseling process at every stage.

Counseling not only helps the students to make decisions about their professional careers, 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 and Ms. Jeya Bala. Counselling is given to the students as per their needs.

#### **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. Sports counselling
8. Pre and Post – Marital counseling
9. Tele- Counselling

## VARIOUS THERAPIES WERE ADOPTED AS PER THE NEED OF THE CLIENTS

- Entry counselling is given to all first-year students.
- Exit counseling is given to all third-year students.
- Personal and group counselling is given to all the sports students.
- Personal counselling is given for needed students.
- Therapy is adapted for sensitive cases.
- Total no of personal counselling done in the year - 91
- Total no of programs organized by the counselling forum - 4
- Counsellor acted as a resource person- 23
- Awards received by the counsellor -2

## Programs organized by the Counseling Forum:

- The Anti Sexual Harassment Cell and The College Counselling Forum - jointly organized an awareness program on the topic "Gender-Based Sexual Harassment Myth and Reality" for the students through online mode as a webinar on 10.11.2021. Ms.V.Subachini B.A., B.L., Spl. Public Prosecutor, Thoothukudi was the resource person.
- The college counseling forum jointly organized a Mind Spa program with the Psychology department and IQAC on 19.11.2021. Counsellor Mrs.Rohini conducted a session for the staff on the topic of Fun with pen and anti-stress relief doodling. All the professors energetically participated in all the activities.

**ST. MARY'S COLLEGE (AUTONOMOUS)**  
**THOOTHUKUDI**  
RE-ACCREDITED WITH 'A'-GRADE BY NAAC  
**ANTI-SEXUAL HARASSMENT CELL**  
OF  
**COUNSELLING FORUM**  
Jointly Organize a Webinar on  
**Gender - Based Sexual Harassment**  
**Myth & Reality**

**Resource Person :**  
**V.SUBACHINI, B.A.,B.L.,**  
Spl .PUBLIC PROSECUTOR  
WOMEN COURT, (2018-2021)  
THOOTHUKUDI .

**Date: 10.11.2021**  
**Time : 4pm**  
<https://us02web.zoom.us/j/9174335485>  
Passcode: ashc@smc

**Organizing Secretaries**  
**Dr. C. Zozimus Divya Lobo**  
Assistant Professor of Chemistry &  
Anti Sexual Harassment Cell Coordinator  
**Dr. R.Rohini**  
Counsellor  
Assistant Professor of Psychology

**Best wishes from**  
**Rev.Sr.Flora Mary, Secretary**  
**Rev.Dr.Sr.A.S.J.Lucia Rose, Principal**  
**Rev.Sr.Josephine Jeyarani, Director, SSC**



- The student council and the counseling forum jointly organized a student supportive program on the topic "Be Positive". This is an interactive session with Mr. Deek Parassini founder of Life Is All Positive Foundation, Abu Dhabi. The program was held in the
- Department of Economics and the College Counseling Forum jointly organized an International webinar series of "SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS" on 25th, 26th, 28th & 29th April 2022 from 4.00 p.m. to 6.00 p.m. Resource persons from various parts of the world shared their knowledge with the participants.



<b>St.Mary's College</b> (Autonomous) (Re-accredited with 'A+' Grade by NAAC) Thoothukudi, Tamilnadu-620001		Date: 25.04.2022 Session: I - <a href="https://ad2earth.com/col/2022/04/25/">https://ad2earth.com/col/2022/04/25/</a> Meeting ID: 974 302 3482 Topic: Entrepreneurship Resource Person: Dr. Pral. Rajgopal Prasad, Psychologist, Kerala
<b>Department of Economics &amp; Counselling Forum</b> Jointly Organise International Webinar Series <b>SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS</b>		Date: 26.04.2022 Session: II - <a href="https://ad2earth.com/col/2022/04/26/">https://ad2earth.com/col/2022/04/26/</a> Meeting ID: 974 302 3477 Topic: Leadership Resource Person: A. Vijaya Priya, L&L Coach, Chennai
Dates: 25 <sup>th</sup> , 26 <sup>th</sup> , 28 <sup>th</sup> & 29 <sup>th</sup> April 2022 Time: 4.00 p.m. - 6.00 p.m. (2 Hours) Passcode: ece@smc		Date: 28.04.2022 Session: III - <a href="https://ad2earth.com/col/2022/04/28/">https://ad2earth.com/col/2022/04/28/</a> Meeting ID: 974 302 3477 Topic: Time Management Resource Person: Mrs. Shashi Varada B. Prasad, Professional Strategist
<b>With best wishes &amp; Blessings</b> Rev. Sr. Flora Mary, Secretary Dr. Sr. A.S.J. Lucia Rose, Principal Dr. Sr. S. Kulkarni Theres, Deputy Principal Rev. Sr. Josephine Jeyaram Mary, SMC Director		Date: 28.04.2022 Session: IV - <a href="https://ad2earth.com/col/2022/04/28/">https://ad2earth.com/col/2022/04/28/</a> Meeting ID: 941 408 2012 Topic: Emotional Intelligence Resource Person: Shyamala Jayaram Suresh, Wellness coach & Speaker, Chennai
<b>ORGANISING COMMITTEE</b> <b>PROGRAMME COORDINATORS</b> Mrs. X. Esther Vinodha, Associate Professor & Head Mrs. R. Rohini, Counsellor		Date: 29.04.2022 Session: V - <a href="https://ad2earth.com/col/2022/04/29/">https://ad2earth.com/col/2022/04/29/</a> Meeting ID: 941 408 2012 Topic: Stress Management Resource Person: S. Rohini, Counsellor, Thoothukudi
<b>Co-ordinators</b> Dr. D. Ananthu, Associate Professor Dr. D. Rathi, Assistant Professor Dr. Mithu Mahalingam, Assistant Professor Ms. Alivroda T.A, Assistant Professor Dr. A. Radha, Assistant Professor Dr. P. Anandhu, Assistant Professor Dr. U. Anandhi, Assistant Professor		Date: 29.04.2022 Session: VI - <a href="https://ad2earth.com/col/2022/04/29/">https://ad2earth.com/col/2022/04/29/</a> Meeting ID: 942 807 0015 Topic: Entrepreneurial Skills Resource Person: Dr. Anandhu Mahalingam, Associate Professor, L&L, Dook College, Madurai
		Date: 29.04.2022 Session: VII - <a href="https://ad2earth.com/col/2022/04/29/">https://ad2earth.com/col/2022/04/29/</a> Meeting ID: 942 807 0015 Topic: Entrepreneurial Skills Resource Person: Dr. Anandhu Mahalingam, Associate Professor, L&L, Dook College, Madurai

*All are cordially invited.....*

**ACTIVITY DONE BY THE STUDENTS FOR “LETTING GO” ON 26.10.2021**



**GRATITUDE WALK WAS DONE BY THE STUDENTS ON 27.10.202**

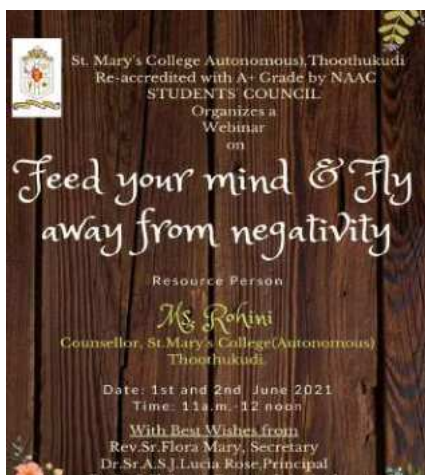


**STRESS RELEASE WAS DONE BY THE STUDENTS ON**



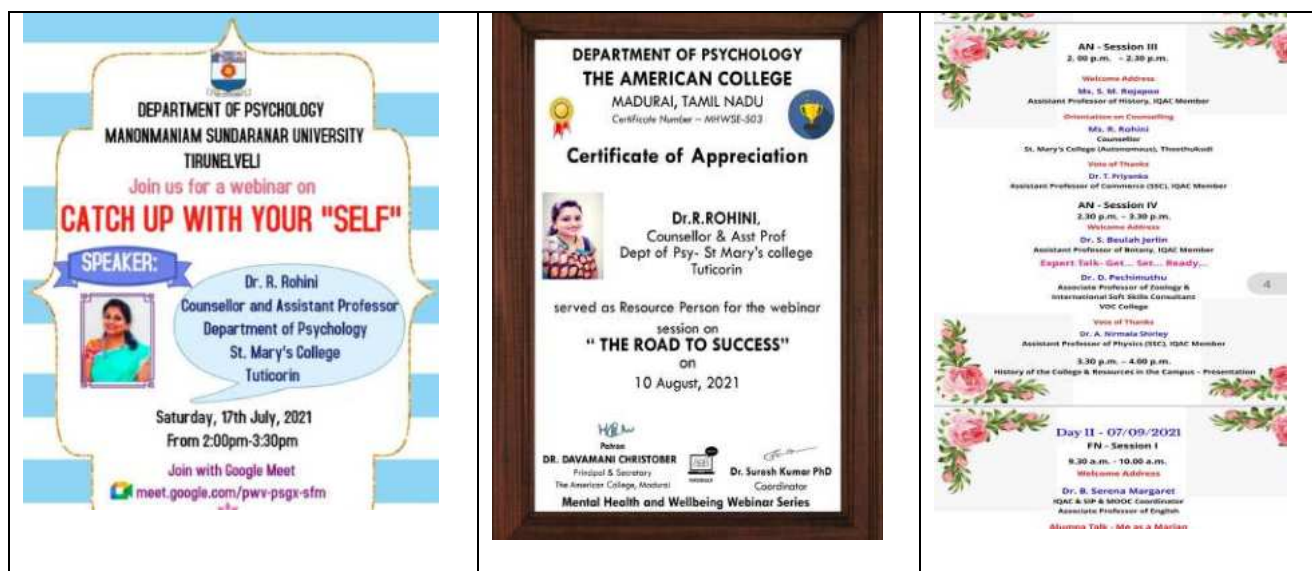
## As Resource Person

- Counsellor Mrs.Rohini has been a resource person for the webinar conducted by Union of St.Mary's College (Autonomous) and addressed the topic "Feed Your Mind And Fly Away From Negativity" on 1.06.2021.



- Counsellor Mrs.Rohini has been a resource person for the webinar conducted by the college Union of St.Mary's college Autonomous Tuticorin, on 2.06.2021 and motivated the 2nd year and the PG students on the topic "Feed Your Mind And Fly Away From Negativity".
- Counsellor Mrs.Rohini has been a resource person for the webinar conducted by the Sri Krishna Aditya College, Coimbatore, and addressed the topic "Connecting the dots-The Psychology of Entrepreneurship" on 10.06.202.
- Counsellor Mrs.Rohini has been a resource person for the webinar conducted by the Manonmaniam Sundaranar University, P.G Psychology department and addressed the topic "Catch up with yourSELF" on 17.07.2021.
- Counsellor Mrs.Rohini has been a resource person for the International webinar series conducted by the American College Madurai and addressed the topic 'The Road to Success' on 10.08.2021.
- Counsellor Mrs.Rohini has been a resource person for the "Students Induction Program" organized by IQAC of St. Mary's College (Autonomous) Tuticorin on 06.09.2021.
- Counsellor Mrs.Rohini has been a resource person for the Adult Education program conducted by the St.Thomas CBSE school, Tuticorin, and addressed the young students on the topic "Pandemic Habits" on 18.09.2021.
- Counsellor Mrs.Rohini has been a resource person for the webinar organized by the American College, Madurai on the topic "Parenting Styles" on 18.11.2021.

- Counsellor Mrs.Rohini has been a resource person for a session of "Mind Spa" organized by the IQAC, Counselling forum, and by the Psychology department of St.Mary's College (Autonomous), Tuticorin on 19.11.202.



- Counsellor Mrs.Rohini has been a resource person for the webinar organized by the American College, Madurai on the topic "Love Languages" on 02.12.2021.
- Counsellor Mrs.Rohini has been a resource person for the webinar organized by the St.Ignatius College of Education, Palayamkottai on the topic "Formation of youth in the modern era " on 22.01.2022.
- Counsellor Mrs.Rohini has been a resource person for the program organized by the YRC and Rotary Club of St.Mary's College (Autonomous), Thoothukudi, and addressed the students on the topic of "Mental Health Boundaries" on 07.03.2022.
- Counsellor Mrs.Rohini has been a resource person for the program organized by the Laity center, Thoothukudi on 08.03.2022 and addressed the topic "My Better Version".
- Counsellor Mrs.Rohini has been a resource person for the program organized by Sahaya Matha center Thoothukudi on 12.03.2022 and addressed the topic "Overthinking".
- Counsellor Mrs.Rohini has been a resource person for the one-day workshop organized by the Psychology department of M.S University on the topic of Problem-solving skills for counselors on 16.03.2022.
- Counsellor Mrs.Rohini addressed the I-year hostel students on “Managing the mental health barriers” in the hostel on 22.03.2022 at St.Mary's College (Autonomous), Thoothukudi.

- Counsellor Mrs.Rohini addressed the II-year hostel students on “Managing the mental health barriers” in the hostel on 23.03.2022 at St.Mary's College (Autonomous), Thoothukudi.



- Counsellor Mrs.Rohini addressed the I-year hostel students on “Managing the mental health barriers” in the hostel on 24.03.2022 at St.Mary's College (Autonomous), Thoothukudi.
- Counsellor Mrs.Rohini has been at St.Mary's College (Autonomous), addressed the PG I, II-year hostel students in the hostel on .03.2022.
- Counsellor Mrs.Rohini has been a chief guest at the Parents Teachers Association meeting held at St.Mary's College (Autonomous), Thoothukudi, and addressed the topic "Parenting with love and logic" on 26.03.2022.
- Department of Economics and the College Counseling Forum jointly organized an International webinar series of "SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS” on 25th, 26th, 28th & 29th April 2022. Been a Resource person for one of the days and shared the topic "Stress Management".
- Has been a Moderator for “Twenzia Fest 2022” on 26.04.2022 St.Mary's College (Autonomous) .



## Awards Received

- Counsellor Mrs.Rohini received Abraham Maslow Excellence Award for Psychology from Redpond Educational and psyPsychologicalsearch Centre, Madurai, India on August 15th.
- Counsellor Mrs.Rohini received the TIP Best Educators award from the TIP community, in India on October 5th on world teachers da





Appreciation

Resource Person

