



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

2022-2023

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 two full-time Counselors Rev.Sr.Lily Antony and Mrs. Rohini.

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**

PROGRAMS ORGANIZED BY THE COUNSELING FORUM

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 to needy students.

Therapy is adapted for sensitive cases.

Total no of personal counselling done in the year - 121

Total no of programs organized by the counselling forum - 6

Counsellor acted as a resource person- 27

Awards received by the counsellor -2

On 10.09.2022, "Life is a gift unwrap it" an awareness program was organized by the Counselling forum and the Psychology department. Sr.Kenzy, Counsellor was the resource person. All the women in Korikulam Prison, Palayamkottai, and all the Psychology students attended the program.



2. On 12.09.2022 "The Value of Life an awareness talk was organized by the Counseling forum. Sr.Lily Antony and Mrs.Rohini the college counselors addressed all the students during morning prayer. All the college students listened to the awareness talk.

3. On 10.10.2022 "Harmony of mind and body" a mental health boot camp was organized by the Counselling forum. Dr.S.Sivasailam, Senior Consultant Psychiatrist was the resource person. 55 players of the college attended the program.



4. On 10.11.2022 "Challenges in Modern Society" an insight program was organized by the Youth Red Cross and the Counselling forum. Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi was the resource person. YRC and RRC students attended the program.



5. On 09.02.2023 "Let's spread positive vibes" an insight program was organized by Youth Red Cross and the Counselling forum. Mr.S.John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi was the resource person. YRC first-year 35 students and the Thattaparai Government children home 38 students attended the program.



6. On 15.2.2023 "Anti-drug awareness- Frozen Frame" was organized by the Counselling forum, Anti-drug club, YRC, and RRC club. Students displayed the health hazards associated with the use of drugs and the importance of leading a healthy and safe lifestyle. All the college students visited the frozen frame.



AS A RESOURCE PERSON

1. Been a resource person for the **laity center**, Thoothukudi, and addressed the elderly people on the topic "**Goals of counseling**" on 3.7.2022.



2. Been a resource person for **Sri Saratha School**, Thoothukudi, and addressed the teachers on the topic "**Learning Difficulties**" on 7.7.2022.



3. Been a resource person for **Kamaraj College, Thoothukudi**, and addressed the teachers on the topic of **Understanding adolescent behavior** on 13.07.2022



4. Been a resource person at the PTA meeting at **Sri Saratha School, Thoothukudi**, on 16.07.2022.

5. Been a resource person for the **Sri Paramakalyani College, Thenkasi**, and addressed the final year UG and PG students on the topic '**Feed your mind and Fly away from missing out**' on 26.07.2022.



6. Been a resource person for the **Student Induction Program** organized by the IQAC and addressed the I-Year UG students on the topic **Importance of Counselling** on 28.07.2022.



7. Been a resource person for the International webinar organized by the **American College, Madurai** on the topic **4-Women In Your Life** on 30.07.2022



8. Been a resource person for the program organized by the **Ethics Committee of St.Mary's College (Autonomous) Thoothukudi** and addressed students in the topic **Life on Purpose** on 2.9.2022



9. Been a resource person for the **Kamaraj College Thoothukudi** and addressed the students on the topic of **Exploring our 'SELF'** on 20.09.2022.



10. Been a **judge to the "Zealot 2022"** organized by the PG and research department of English St.Mary's College Autonomous Thoothukudi on 14.10.2022.

11. Been a resource person to the **Madura coats** of Thoothukudi and addressed employees on the **Importance of mental health** on 15.10.2022

Dear Rev. Sister,

Greetings from MADURA COATS PVT LTD !!!

As our organization, planning to celebrate WORLD MENTAL HEALTH DAY on 15.10.2022. We as a HR Team organizing a session on "WORKPLACE MENTAL HEALTH".

So we would like to invite **Dr.R.ROHINI - COUNSELLOR and Assistant Professor, Department of Psychology, St. Mary's college** to be a **Resource Person** for the session.

Participating employee's will benefit by her vivid experience, insights, and motivation.

Event Date: October 15, 2022 (Saturday) – First Half.
Venue: Madura Coats Pvt Ltd, Beach Road, Tuticorin – 1

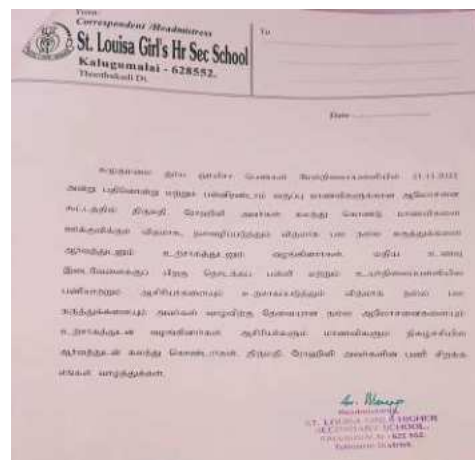
Our team keenly look forward her presence & support to make this session a great learning experience.

Regards,
E.Shiny Silveira,
Labour Welfare Officer,

12. Gave a talk at **All India Radio** on 21.10.2022 on the topic "**Parenting with love and logic**"



12. Been a resource person to **Wavoo wajeeha women's College, BBA department** Kayalpatinum and addressed the students on the topic of "**Personal Conflict Management**" on 4.11.2022



13. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic **Life On Purpose** on 7.11.2022.

14. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic of **Mental Health Barriers** on 9.11.2022.

15. Been a resource person to **St. Louisa Girls Hr.sec. school Kalugumalai** and addressed the students on the topic of "**Handling life with more care**" on 21.11.2022.

16. Been a resource person to **St. Louisa Girls Hr.sec. school Kalugumalai** and addressed the staff on the topic of **"Balancing personal and professional relationships"** on 21.11.2022

17. Been a resource person to the program organized by the ethics committee of **St. Mary's College** and addressed the first-year students on the topic **"Good Start for a positive Carnival"** on 12.01.2023



18. Visited **Government Children's Home, Thattaparai** on **9.2.2023** and addressed the students on **"Spreading Positive Vibes"**.



Namaskaram Ms.Rohini,
We would like to invite you as a speaker, to deliver your valuable thoughts to our 10 to 12th std students; Their exams are nearing. To write a fearless exam as well as how to focus without distraction. We eagerly look forward to your presence and support.
Event date : 10.2.2023
Time : 3 p.m.
—
With Regards,
Meena.V
Principal,
Isha Vidhya,
Thoothukudi-628103
9488070942
If only you can go through difficult times with inner grace, every situation you face will be an opportunity to enhance your life. -Sadhguru.
The information contained in this electronic message and any attachments to this message are intended for the exclusive use of the addressee(s) and may contain proprietary, confidential or privileged information. If you are not the intended recipient, you should not disseminate, distribute or copy this e-mail. Please notify the sender immediately and destroy all copies of this message and any attachments. WARNING: Computer viruses can be transmitted via email. The recipient should check this email and any attachments for the presence of viruses. The Organisation accepts no liability for any damage caused by any virus transmitted by this email.
www.ishavidyafoundation.org

19. Been a resource person for **Esha vidya school Thoothukudi** and addressed the 10th, 11th, and 12th students on the topic **'Fearless Exam' on 10.2.2022.**

20. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic **Hijack Your True Self** on 22.2.2023.



KAMARAJ COLLEGE
 Addressed with A+ Grade by RAAI
 காமராஜ கல்லூரி, தூத்துகுடி, தஞ்சை மாவட்டம், தமிழ்நாடு
 Dr. J. PANDICHA, M.Sc., M.Phil., Ph.D.,
 PRINCIPAL. (Date: 13.03.2022)

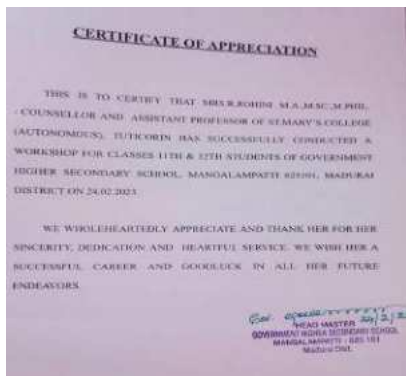
CIRCULAR

The Girls' Care and Guidance National Committee are planning to conduct a Guidance and Counselling Program for all girls at Smart class as per the following schedule. All the girls are asked to attend the counselling session without fail.

| Date | Department | Time |
|------------|-------------------------------|---------------------|
| 22.02.2022 | I & II B.A. Economics | 10.15pm to 03.15pm. |
| 23.02.2022 | I & II B.A. History | 10.15pm to 03.15pm. |
| 27.02.2022 | I & II B.Sc. Maths | 10.15pm to 03.15pm. |
| 28.02.2022 | I & II B.Sc. Computer Science | 10.15pm to 03.15pm. |
| 01.03.2022 | I & II B.Sc. Chemistry | 10.15pm to 03.15pm. |
| 02.03.2022 | I & II B.Sc. Botany | 10.15pm to 03.15pm. |
| 03.03.2022 | I & II B.Sc. Zoology | 10.15pm to 03.15pm. |
| 04.03.2022 | B.E. Electrical | 10.15pm to 03.15pm. |
| 05.03.2022 | B.E. Mechanical | 10.15pm to 03.15pm. |
| 06.03.2022 | B.E. Civil | 10.15pm to 03.15pm. |
| 07.03.2022 | B.E. Computer Science | 10.15pm to 03.15pm. |
| 08.03.2022 | B.E. IT | 10.15pm to 03.15pm. |

Mrs. Rohini, a psychologist, conducted the session for students of classes 10-12 of Isha Vidhya Tuticorin by teaching them a breathing exercise, telling a motivating story on the 3Rs - reminder, routine, and reward, and giving tips to study well. She encouraged the students to remain self-motivated and set targets to help them achieve their goals. #RuralEducation #IshaVidhya #Exam
 February 16, 2022

- 21. Been a resource person to Kamaraj College, Thoothukudi, and addressed the students on the topic Learn To Lead on 27.2.2022.
- 22. Been a resource person for a one-day workshop at **Mangalamatti Government Hr.Sec.School, Madurai** on the topic on 24.2.2022.



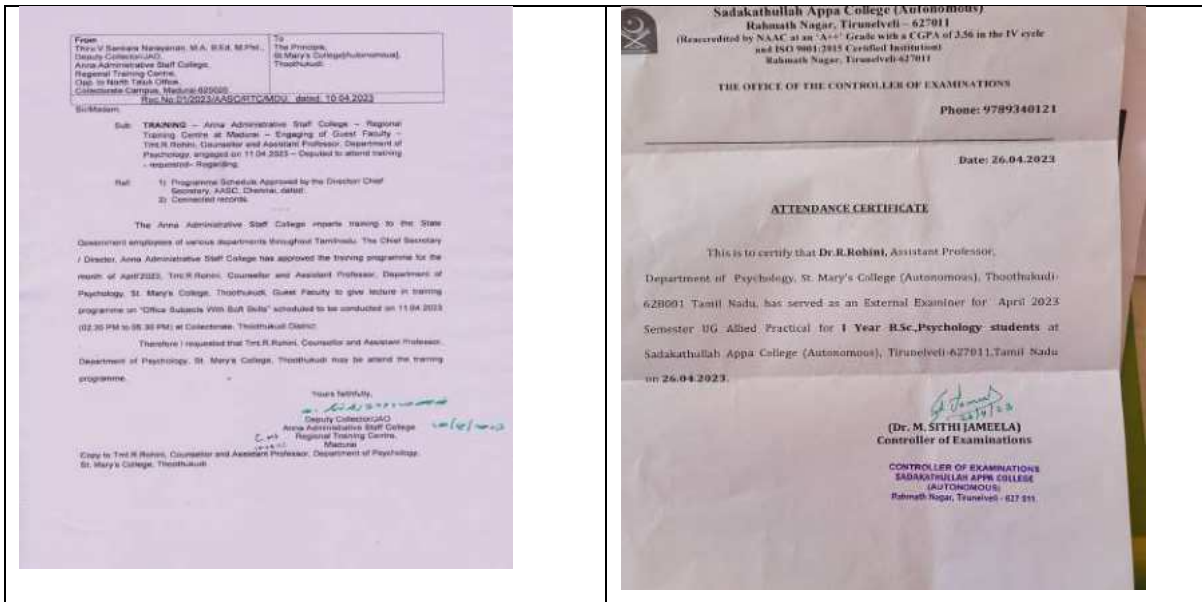
- 23. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic **Positive Mindset** on 1.03.2023.
- 24. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic of **Mindfulness** on 2.03.2023.
- 25. Been a resource person for the program on **Developing Gratitude in Mind And Body** on 2.03.2023 at **St. Mary's College (Autonomous) Thoothukudi**.

26. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the student on the topic of **Emotional Well-being** on **6.3.2023**.



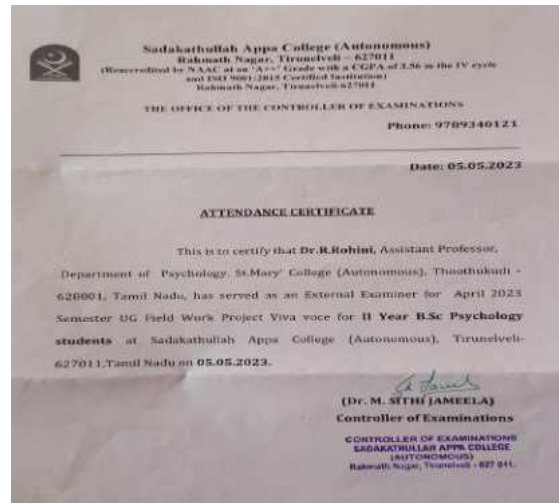
27. Been a resource person for the **Anna administrative staff college impacts training to the state government employees at Thoothukudi collectorate** and addressed the topic **Stress and Relationship Management** on **11.04.2023**.

28. Been an external examiner for the Psychology practical examination of **Sadakathullah Appa College** autonomous Tirunelveli on **26.4.2023**



29. Been an external examiner for the Psychology project viva **Sadakathullah Appa College** Tirunelveli on **5.05.2023**.

30. Been a resource person for the CDP program and addressed the topic **I am the boss of my body** on **17.05.2023**.



31. Been a resource person for the **CDP program** and addressed the topic **Good touch bad touch** on **18.05.2023**.



32. Been an external examiner for **M.S University Psychology PG project** and conducted viva-visa exam for students on **12.05.2023**.

AWARDS:

- Received **BEST MOTIVATIONAL SPEAKER AWARD** from London Academy of Art Literature Association Melvin hall society, London on 5.09.2022



- Received **APJ Abdul Kalam Education Excellence award** on 27.7.2022 from the TIP community.



OTHER CERTIFICATES





T. FRANCIS COLLEGE

KORAMANGALA, BENGALURU-34
Affiliated to Bengaluru City University
Approved by AICTE & Govt. of Karnataka

THREE-DAY NATIONAL MULTI-DISCIPLINARY VIRTUAL SYMPOSIUM


CONFLUX-2022

Organized by
IQAC & DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE OF PARTICIPATION

This certificate is presented to *Mr./Ms./Dr.*..... **R.Rohini**
of **St.Mary's College**..... College for attendaning the National Multi-Disciplinary
(Autonomous)
Virtual Symposium on *Fitness for Youth through Sports, Yoga and Recreation*
organised by IQAC & Department of Physical Education held on 6th May 2022.


Mr. Sachin S Nayak
HOD


Dr. R. N. Subba Rao
Principal


Bro. Peter
Deputy Director


Bro. Antony Vayalil
Director



ST. FRANCIS COLLEGE

KORAMANGALA, BENGALURU-34
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THREE-DAY NATIONAL MULTI-DISCIPLINARY VIRTUAL SYMPOSIUM


CONFLUX-2022


Organized by
IQAC & DEPARTMENT OF PSYCHOLOGY

CERTIFICATE OF PARTICIPATION

This certificate is presented to *Dr. R. Rohini*
of **St.Mary's college** (Autonomous) College for attendning the National
Multi-Disciplinary
Virtual Symposium on "*Connection-Crime and Psychopathology*" organised by IQAC
& Department of Psychology held on 5th May 2022.


Dr. Sudha Thomas
HOD


Dr. R. N. Subba Rao
Principal


Bro. Peter
Deputy Director


Bro. Antony Vayalil
Director





MEMBERSHIP

- Lifetime member of the Counsellors Council of India.
- Member of Council of Psychotherapy & Counselling - CPC
- Diamond Member in SAMACETMA 595/2006 International Board.
- Member of the Grievance and Redressal Committee of the college from 2015 to till date.
- Member of the Counselling Forum of the college from 2015 to date
- Member of India Co Win Action Network
- Member in Mind the Mind.
- Member of Tamilnadu Kalai Ilakkiya Perumandram.
- Member of SAMVEDNA.
- Member of TIP community unity club.