



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

2023-2024

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. Counseling is given to the students as per their needs.

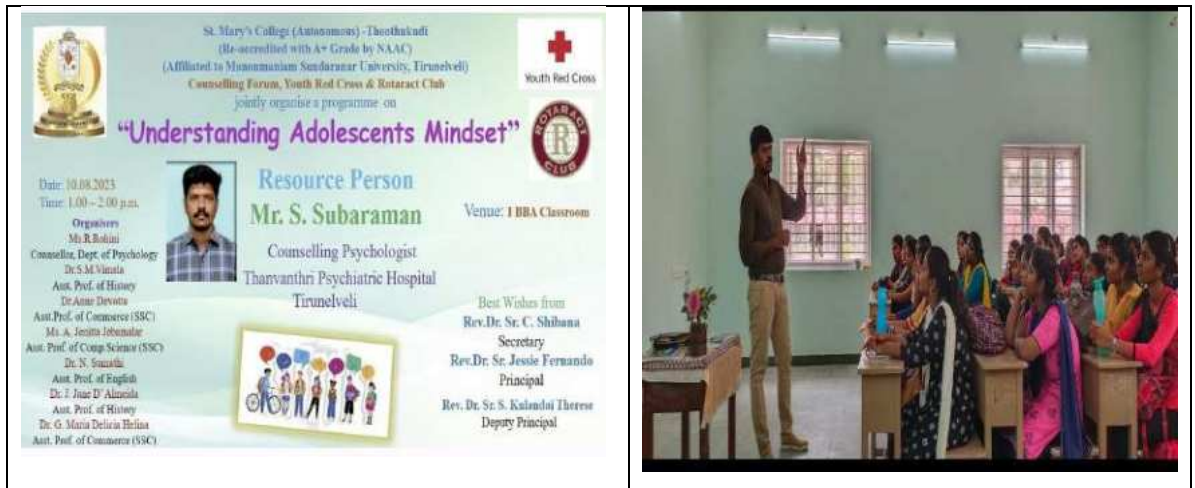
TYPES OF COUNSELLING GIVEN TO THE STUDENTS:

- 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

PROGRAMS ORGANIZED BY THE COUNSELING FORUM 2023-2024

- Youth Red Cross, RRC, and the Counselling Forum organized an awareness program on the topic of "Understanding Adolescents Mindset" on 10.08.2023. Mr. S. Subharaman, Counselling Psychologist, Thanvanthri Psychiatric Hospital, Vannarpettai, Tirunelveli was the resource person. YRC and RRC students accompanied and attained insight into adolescents' life complications and how to tackle them effectively.



- On the occasion of World Suicide Prevention Day the college counselling forum organized an awareness talk on 11.09.2023. Rev. Sr. Dr. Jessie Fernando Principal of the college addressed the value of life during the morning prayer.



- Youth Red Cross, Rotaract Club, Counseling Forum, and Community Development Programme (UBA) Department of History jointly organized a program on the topic of "Welfare Schemes and Legislations Empowering Women - Empowering Humanity " on 31.08.2023. T. Selva Mercy, Protection Officer, at the Department of Social Welfare,

Thoothukudi was the resource person. She explained the various government schemes and the issues that can be fetched to the social welfare departments and gave awareness regarding the various helplines in government. Students actively participated and benefited.



- The library committee, Youth Red Cross, Rotaract Club, and Counseling Forum jointly organized a program on the topic of Healing through Reading on 21.09.2023. Dr. P. Alice Rani, Assistant Professor, Department of Tamil, Sarah Tucker College was the resource person. 8 students shared book reviews on different books. They conveyed points describing what the book is about and discussed what they particularly liked about the book and how it created an impact on their life. The resource person shared her life experiences with book reading and why it's important to develop reading habits. She also explained the various methods of choosing and reading a book. Students actively participated and benefited.



- On 25.09.2023 The Centre for Job Excellence of St.Mary's College (Autonomous) Organized a Program on "Career Planning" Ms.SUDHA A, B.E, M.S(LONDON), ACADEMIC TRAINER, HINDUSTAN UNILEVER LTD was the resource person. She explained the requirements of various companies and ways to create a job profile for an interview. She also clarified the role of body language and how to groom us for an interview through a short video. Students actively participated and benefited. Rexona gift hampers were given to all the students.



- On 16.10.2023 St. Mary's College (Autonomous) Thoothukudi, Women Cell and Counseling Forum on the occasion of the World Mental Health Day (10.10.23) jointly organized an insightful session on the topic "Invest in your Mental Health" Ms.Sakthi V.R counseling Psychologist addressed the students regarding mental health concerns from time to time and mental illness when ongoing signs and symptoms cause frequent stress how it affects the ability to function. Students from BBA and MHRM actively participated and benefited. Members from the Women's Cell and Counseling Forum arranged the event.



- The library committee, Youth Red Cross, Rotaract Club, and Counseling Forum jointly organized a program on the topic of Initiate and Ignite Readings Habits on 22.02.2024. Dr. Alice Rani Assistant Professor Department of Tamil, Sarah Tucker College, Tirunelveli was the Resource person. The college readers club was inaugurated in the program by Rev. Dr. Sr. Jessie Fernando Principal of the college and Rev. Sr. Josephine Jeyarani SSC Director. Various competitions like Book reviews, Storytelling, and Poster-making were conducted for the students. All the first-year students of both Regular and SSC participated in the program and benefited.



AS A RESOURCE PERSON :

1. Been a resource person for the **Student induction program** organized by the **IQAC of St.Mary's College** and addressed the students on the topic of **Mental health barriers** on **23.06.2023**.



2. Been a chief guest to the **National Engineering College Kovilpatti** and addressed the first-year students on the topic "**Hijack Your Real Self**" on **01.07.2023**.



3. Been a resource person to the **St. Joseph CBSE school, Virapandianpatnam**, and addressed the students on the topic **"Handle With Care"** on **7.07.2023**



4. Been a resource to **Holy Cross Home Science College, Thoothukudi**, and delivered a talk on **"Unlock your Potential"** on **17.07.2023**.



5. Been an **external examiner for Sadakathullah Appa College, Tirunelveli on 17.7.2023**

6. Been a resource person to **Velammal Vidyalaya, Madurai**, and addressed the 11th, and 12th std students on the topic of **Cultivating Mental Wellness on 22.07.2023.**



7. Been a resource person to **Vikasa School, Thoothukudi**, and addressed the girls in the topic **“Psychological Wellbeing Among Teen Girls” on 8.8.2023.**



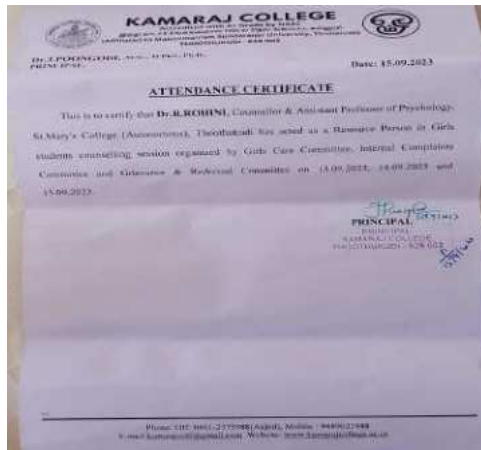
8. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the I-year BBA students on the topic **Mind UR Mind on 9.8.2023.**



11. Been a resource person to Kamaraj College Thoothukudi and addressed the second year girls on the topic "Mental Wellness" on 14.09.2023.



12. Been a resource person to **Kamaraj College Thoothukudi** and addressed the third-year girls on the topic "**Psychological wellbeing**" on 15.09.2023.



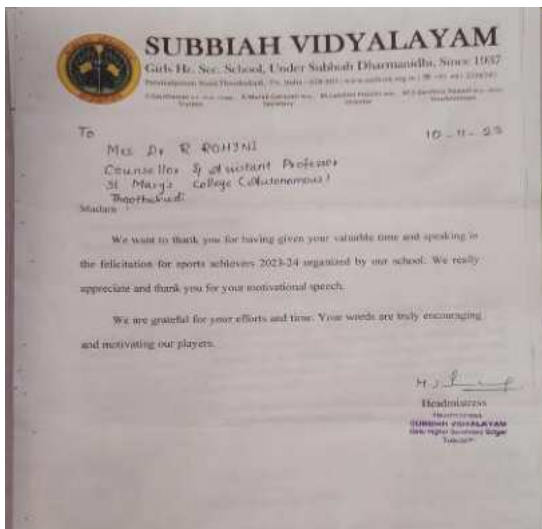
13. Been a resource person to **Thassim Beevi Abdul Kadar College, Keelakarai, Ramnad** and addressed the Psychology students on the topic "**Escape From The Negative Loop**" on 22.09.2023.



13. Been a resource person to the **Ignatius Butera Guidance Centre** on 29.09.2023 at **Virapandianpatnam** and addressed students on "**Mental Health**".



14. Been a chief guest to Subbiah Vidyalayam School Thoothukudi on 9.11.2023 and addressed the Sports students and their Parents on the topic of Sports Psychology.



15. Been a resource person to Arumugaswami Anbu Ashram and conducted a workshop for the staff members on the topic Mind Matters on 29.11.2023.

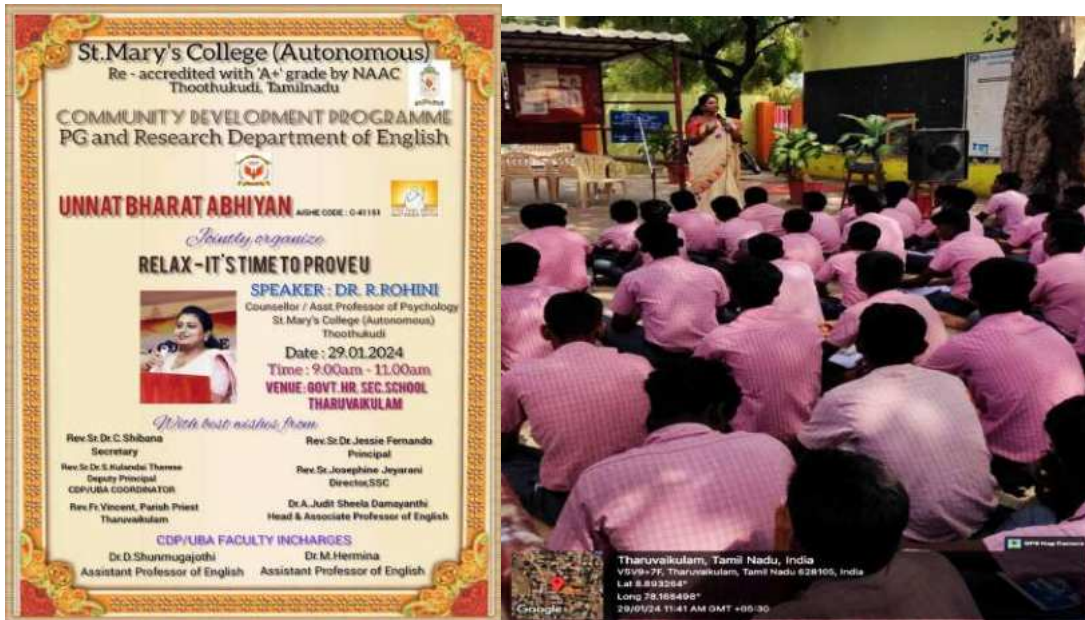


16. Been a resource person for the program Inner Well Being and Growth at St. Mary's College (Autonomous)Thoothukudi on 20.01.2024.

17. Been a resource person for the community development program organized by PG and the research department of Commerce, St. Mary's College (Autonomous), Thoothukudi, and addressed the topic "It's time to Pause" on 24.1.2024 at Therespuram.



18. Been a resource person for the community development program organized by PG and the research department of English, St. Mary's College (Autonomous), Thoothukudi, and addressed the topic "Relax-Time to Prove You" on 29.1.2024 at Government Hr. Sec. School Tharuvaikulam.



19. Participated as a delegate to the Prime Minister Pariksha Parv 2.0 message Training the Trainers Program Organized by the National Commission For Protection Of Child Rights (NCPCR), on 2.02.2024 in New Delhi.



20. Been a resource person to the leadership training programme organized by the Pope's College (Autonomous) Sawyerpuram on 7.03.2023.



21. Been a resource person to the Life Skills Training programme organized by the Pope's College (Autonomous) Sawyerpuram on 04.04.20



AWARDS RECEIVED

- Offered National Achievers award from Socially Point India on 12th August 2023.



- Provided Best Teacher Award from Red Pond Psychological and Research Centre, India on 5th September 2023.

