



ST. MARY'S COLLEGE (AUTONOMOUS)

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

Thoothukudi – 628001, Tamilnadu, India

(Affiliated to Manonmaniam Sundaranar University)

GUIDANCE AND COUNSELLING

2024-2025

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 2024-2025

- Cancer Awareness and Hair Donation Drive – July 18th, 2024

St. Mary's College (Autonomous) Counselling Forum, Youth Red Cross, and Rotaract Club collaborated with JCI Queenbees Thoothukudi to organize a comprehensive Cancer Awareness Programme on July 18th, 2024. The event featured distinguished members of JCI Pearl City Queen Bees, with Chief Guest Mrs. Vanitha Ashok Kumar and Keynote Speaker Advocate Subhashini. A highlight of the event was the generous donation by Ms. Annie from 1st B.A. Economics and Ms. S. Elavarasi from 2nd B.Sc. Computer Science, who each donated 13 inches of hair to benefit cancer patients.



- Reels Competition for World Suicide Prevention Day -September 9th, 2024

In observance of World Suicide Prevention Day, the Counselling Forum organized a Reels Competition to raise awareness. Students actively participated by creating reels that promoted mental health and suicide prevention, with the best reels being awarded for their creativity and impact.



- Women's Protection Session – September 19th, 2024

On September 19th, 2024, the Women’s Cell and Counselling Forum held an insightful session titled "Navigating the Path to Women's Protection." The keynote speaker for the event was JCI Sen. Adv.V.Subachini Wilson, a former public prosecutor at the Mahila Court in Thoothukudi. The session aimed to educate and empower women, addressing key issues related to their safety and legal rights.



- World Gratitude Day – September 21st, 2024

In celebration of World Gratitude Day, the Counselling Forum and Youth Red Cross organized "The Wall of Gratitude" event. Students expressed their appreciation by writing down what they are thankful for on sticky notes, which were then placed near the college portico. This act of reflection allowed students to focus on the positives in their lives and contributed to a collective tapestry of shared gratitude.

St. Mary's College (Autonomous), Thoothukudi
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Counselling Forum & Youth Red Cross
Jointly Invite You to Create
"Wall of Gratitude"
(On the occasion of World Gratitude Day)

Let's fill the wall with love, kindness, and gratefulness! See you there!

21.09.2024
11:00a.m. - 1:00p.m.
College Portico

Dear Students,

Join us in celebrating the power of gratitude by participating in our Wall of Gratitude event.

We invite you to express what you're thankful for by writing on sticky notes and placing them near the college portico. This simple act of reflection will help us all focus on the positives in our lives and create a beautiful tapestry of shared appreciation.

Best wishes from
Rev.Sr.Dr.C.Shibana Secretary
Rev.Sr.Dr.Jessie Fernando Principal
Rev.Sr.Dr.M.S.Ezhilarasi Deputy Principal
Rev.Sr.Josephine Jeyarani Director of SSC

Logos for NAAC, Youth Red Cross, and St. Mary's College are also present.

