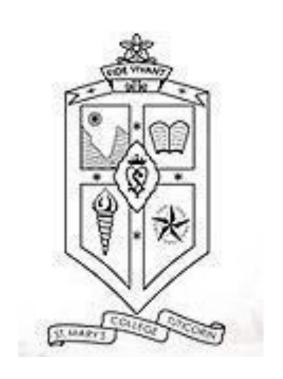
# ST. MARY'S COLLEGE (AUTONOMOUS) THOOTHUKUDI



## COUNSELLING FORUM (Year 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.

Counselling 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:

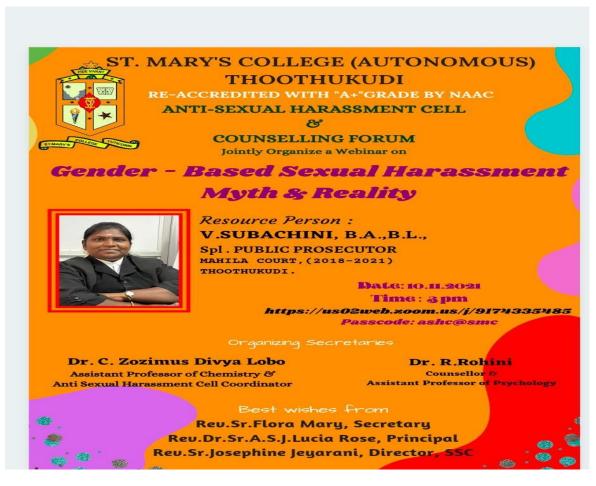
- 1. Entry counselling
- 2. Exit counselling
- 3. Individual counselling
- 4. Personal counselling
- 5. Parental counselling
- **6.** Counselling on Reference
- 7. Sports counselling
- 8. Pre and Post Marital counseling
- 9. Tele- Counselling

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.

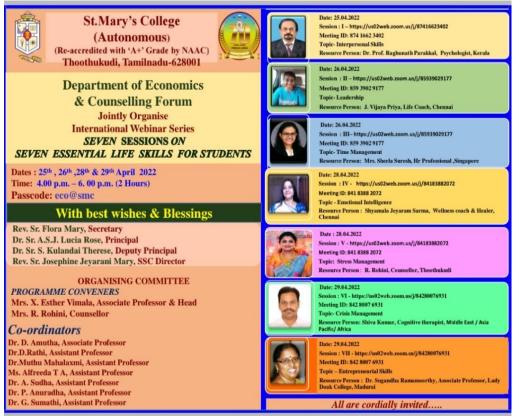


• The student council and the counseling forum jointly organized a student supportive program on the topic "Be Positive". This is an interactive session with Mr. Deek Parassini founder of Life Is All Positive Foundation, Abu Dhabi. The program was held in the auditorium on 2.12.2021 and 3.12.2021



• 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.





ACTIVITY DONE BY THE STUDENTS FOR "LETTING GO" ON 26.10.2021



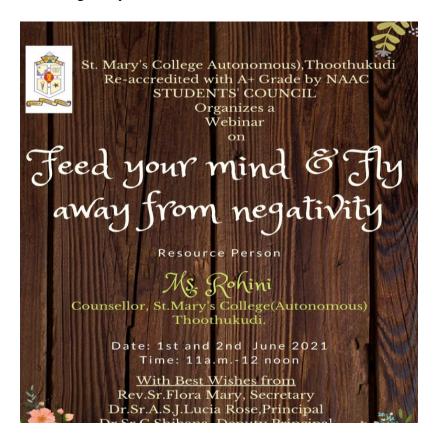
GRATITUDE WALK WAS DONE BY THE STUDENTS ON 27.10.202



STRESS RELEASE WAS DONE BY THE STUDENTS ON

#### **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.



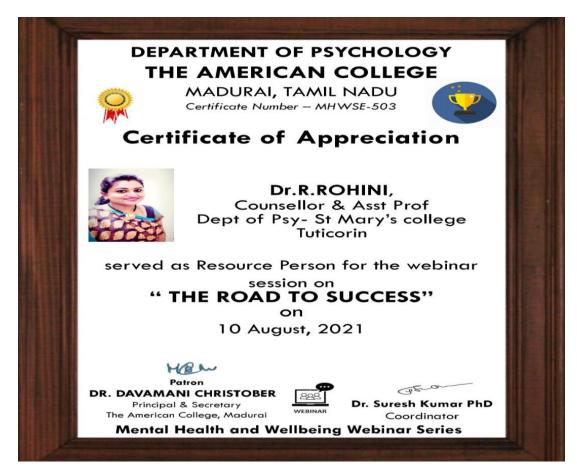
- Counsellor Mrs.Rohini has been a resource person for the webinar conducted by the college Union of St.Mary's college Autonomous Tuticorin, on 2.06.2021 and motivated the 2nd year and the PG students on the topic "Feed Your Mind And Fly Away From Negativity"
- Counsellor Mrs.Rohini has been a resource 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.

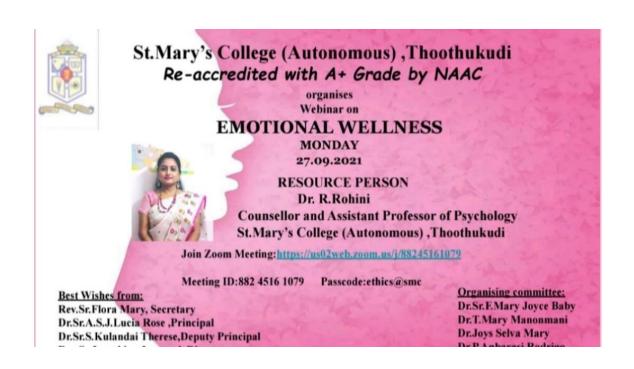


 Counsellor Mrs.Rohini has been a resource person for the Adult Education program conducted by the St.Thomas CBSE school, Tuticorin, and addressed the young students on the topic "Pandemic Habits" on 18.09.2021

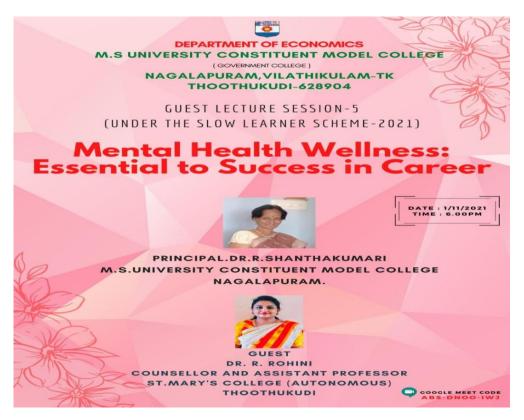




 Counsellor Mrs.Rohini was a resource person for the webinar organized by the Ethics Committee of St.Mary's College (Autonomous) and addressed the students on the topic "Emotional Wellness" on 27.09.2021



• Counsellor Mrs.Rohini has been a resource person for the webinar organized by the M.S.University constituent model college, Nagalapuram, Vilathikulam on the topic Mental Health Wellness: Essential to success in career on 01.11.2021



• 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



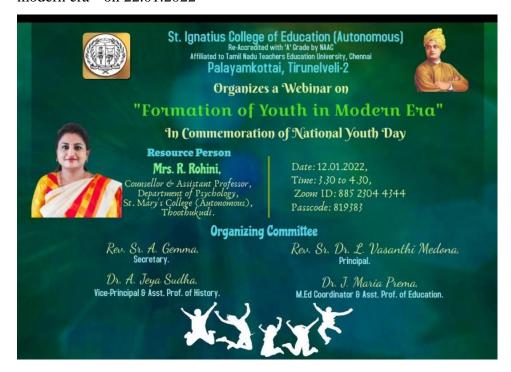
 Counsellor Mrs.Rohini has been a resource person for a session of "Mind Spa" organized by the IQAC, Counselling forum, and by the Psychology department of St.Mary's College (Autonomous), Tuticorin on 19.11.2021



• 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



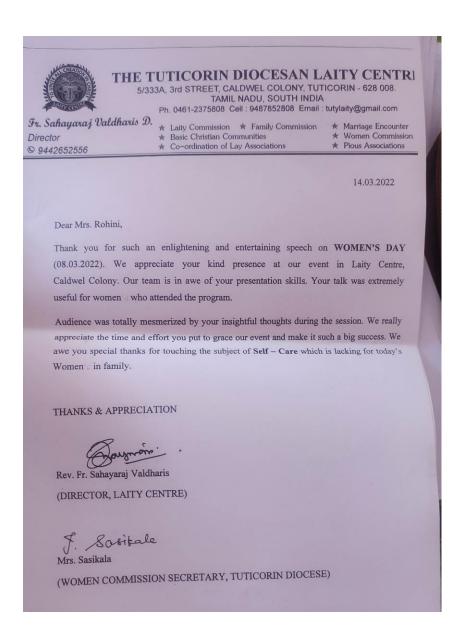
• Counsellor Mrs.Rohini has been a resource person for the program organized by the YRC and Rotary Club of St.Mary's College (Autonomous), Thoothukudi, and addressed the students on the topic of "Mental Health Boundaries" on 07.03.2022.





• 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.



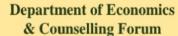
• Department of Economics and the College Counseling Forum jointly organized an International webinar series of "SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS" on 25th, 26th, 28th & 29th April 2022. Been a Resource

#### person for one of the days and shared the topic "Stress Management".



#### St.Mary's College (Autonomous)

(Re-accredited with 'A+' Grade by NAAC) Thoothukudi, Tamilnadu-628001



**Jointly Organise International Webinar Series** SEVEN SESSIONS ON

#### SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS

Dates: 25th, 26th, 28th & 29th April 2022 Time: 4.00 p.m. – 6. 00 p.m. (2 Hours)

Passcode: eco@smc

#### With best wishes & Blessings

Rev. Sr. Flora Mary, Secretary Dr. Sr. A.S.J. Lucia Rose, Principal Dr. Sr. S. Kulandai Therese, Deputy Principal Rev. Sr. Josephine Jeyarani Mary, SSC Director

#### ORGANISING COMMITTEE

#### PROGRAMME CONVENERS

Mrs. X. Esther Vimala, Associate Professor & Head

Mrs. R. Rohini, Counsellor

#### Co-ordinators

Dr. D. Amutha, Associate Professor Dr.D.Rathi, Assistant Professor Dr.Muthu Mahalaxmi, Assistant Professor Ms. Alfreeda T A, Assistant Professor

Dr. A. Sudha, Assistant Professor Dr. P. Anuradha, Assistant Professor

Dr. G. Sumathi, Assistant Professor



Session: I - https://us02web.zoom.us/j/87416623402

Meeting ID: 874 1662 3402 Topic-Interpersonal Skills

Resource Person: Dr. Prof. Raghunath Parakkal. Psychologist, Kerala



Date: 26.04.2022

Session: II - https://us02web.zoom.us/j/85939029177

Meeting ID: 859 3902 9177 Topic-Leadership

Resource Person: J. Vijaya Priya, Life Coach, Chennai



Date: 26.04.2022

Session: III- https://us02web.zoom.us/j/85939029177

Meeting ID: 859 3902 9177 **Topic-Time Management** 

Resource Person: Mrs. Sheela Suresh, Hr Professional ,Singapore



Session: IV - https://us02web.zoom.us/j/84183882072

Meeting ID: 841 8388 2072 Topic - Emotional Intelligence

Resource Person : Shyamala Jeyaram Sarma, Wellness coach & Healer, Chennai



Date: 28.04.2022

Session: V - https://us02web.zoom.us/j/84183882072

Meeting ID: 841 8388 2072 Topic: Stress Managemer

Resource Person: R. Rohini, Counseller, Thoothukudi



Session : VI - https://us02web.zoom.us/j/84280076931

Meeting ID: 842 8007 6931 Topic- Crisis Manager

Resource Person: Shiva Kumar, Cognitive therapist, Middle East / Asia Pacific/ Africa



Session: VII - https://us02web.zoom.us/j/84280076931

Meeting ID: 842 8007 6931

Topic - Entrepreneurial Skills

Resource Person: Dr. Sugandha Ramamoorthy, Associate Professor, Lady Doak College, Madurai

All are cordially invited...



On 26.04.2022 St.Mary's College (Autonomous) Been Moderator Twenzia Fest 2022

#### **Awards Received**

• Counsellor Mrs.Rohini received Abraham Maslow Excellence Award for Psychology from Redpond Educational and psyPsychologicalsearch Centre, Madurai, India on August 15th.



## **Abraham Maslow Excellence Award**

for Psychology

Certificate Number - REPRC2020-21-Professional - 064



### Proudly Presented to Ms ROHINI R

Counsellor and Assistant Professor Department of Psychology, St. Mary's College (Autonomous), Tuticorin



for her commitment, dedication and contribution in the field of Psychology

15 August 2021 Madurai, Tamil Nadu, India





Since 2008

Redpond Educational and Psychological Research Centre, Madurai, India

Counsellor Mrs.Rohini received the TIP Best Educators award from the TIP community,
 in India on October 5th on world teachers day.

