

**ST. MARY'S COLLEGE
(AUTONOMOUS)
THOOTHUKUDI**



**COUNSELLING FORUM
(Year 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.

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 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**

VARIOUS THERAPIES WERE ADOPTED AS PER THE NEED OF THE CLIENTS
PROGRAMS ORGANIZED BY THE COUNSELING FORUM

Report for 2022-2023

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.



Total No of events organized- 6

MRS.ROHINI AS A RESOURCE PERSON 2022-2023

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

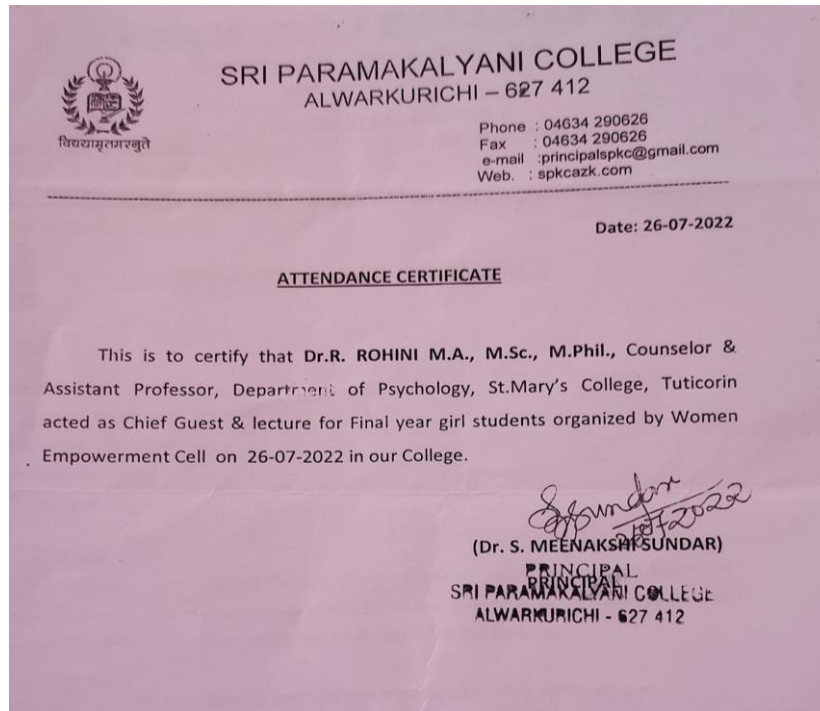


4. Been a resource person at the PTA meeting at **Sri Saratha School**, Thoothukudi, on 16.07.2022.

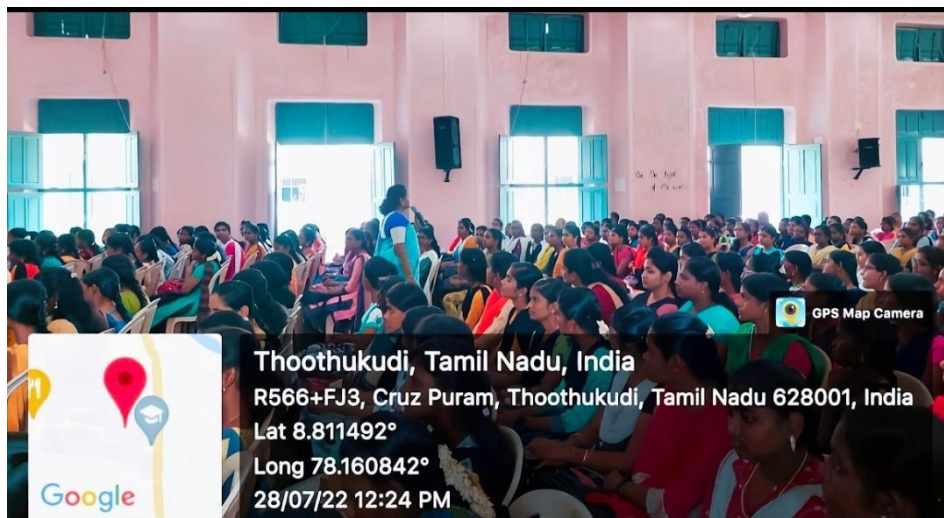


5. Been a resource person for the Sri Paramakalyani College, Thenkasi, and addressed the final year UG and PG students on the topic 'Feed your mind and Fly away from missing out on 26.07.2022.





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.





KAMARAJ COLLEGE

Tiruchendur Road, Thoothukudi. Estd. 1966



SELF-FINANCING COURSES
ACCREDITED WITH 'A+' GRADE BY NAAC
THOOTHUKUDI - 628 003

Dr.V.GOPALAKRISHNAN.,M.Com.,SET.,M.B.A.,M.Phil.,Ph.D.,PGDMM.,
HEAD OF THE DEPARTMENT

Ref.:KCSF/EVENT/SEP-22

Date: 13/09/2022

DEPARTMENT OF COMMERCE

To

Dr. S. Rohini,

Counsellor & Assistant professor,
Department of Psychology,
St.Mary's College,
Tuticorin Dist.

Dear Madam,

Greetings from Kamaraj College! We are happy to inform that you are invited for Workshop on the Title "**Exploring our – "SELF"**" to be conducted in our Commerce Department on 20th September 2022 10.00 AM for our First Year UG & PG Students,

We are expecting your kind co-operation in all Future Endeavors




Dr. V. GOPALAKRISHNAN,
M.Com.,SET.,M.B.A.,M.Phil.,PGDMM.,Ph.D.,
HEAD & ASSISTANT PROFESSOR
Department of Commerce
Kamaraj College, Tuticorin

Phone: Off: 0461-2375988(Aided), (SF) 2326777 Fax : 0461-2376790 HOD: 9677567419

E-mail :kamarajcollegesf@gmail.com Website : www.kamarajcollege.ac.in

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

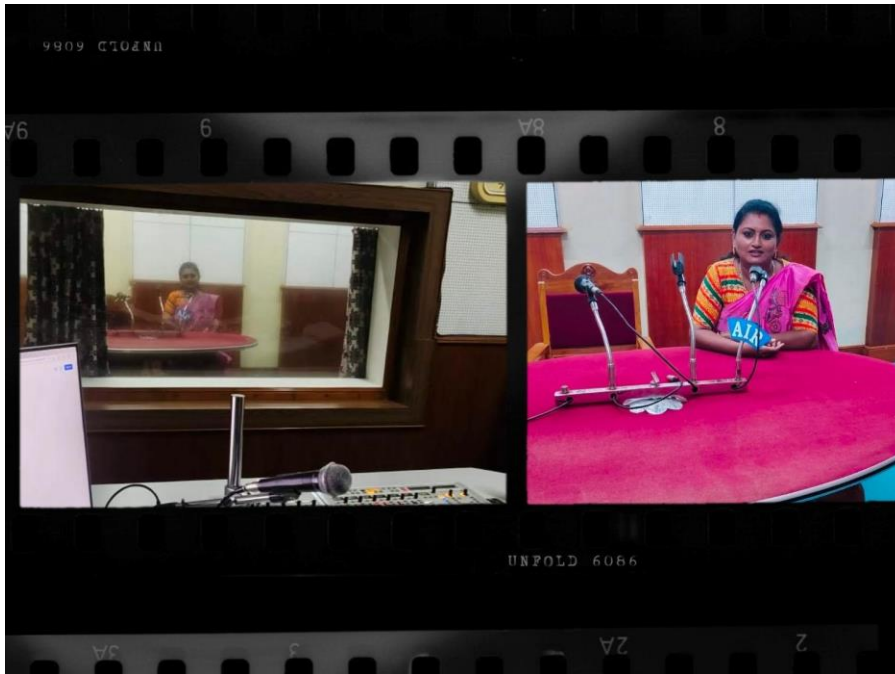
Our team keenly look forward her presence & support to make this session a great learning experience.

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**"



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


IN THE NAME OF ALLAH, THE MOST GRACIOUS, THE MOST MERCIFUL

WAVOO WAJEEHA WOMEN'S COLLEGE
OF ARTS AND SCIENCE, KAYALPATNAM
 Affiliated to Manonmaniam Sundaranar University, Tirunelveli
 Run by: Wavoo SAR Educational Trust, Kayalpatnam

GUEST LECTURE

ON
PERSONAL CONFLICT MANAGEMENT
 Organized by
DEPARTMENT OF BUSINESS ADMINISTRATION

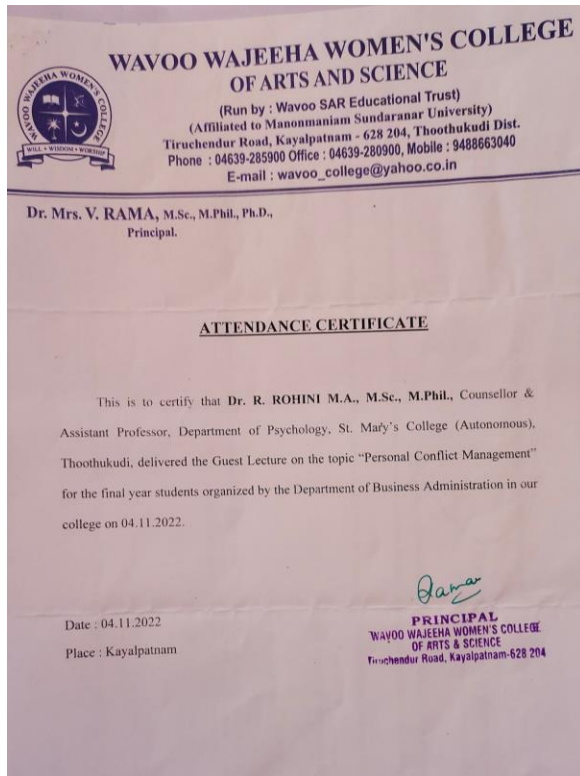
In the presence of
 Alhaj Wavoo.S.Syed Abdur Rahman
 Founder President
 Haji Wavoo M.M.Mohuthazeem B.A(ACS).,
 Secretary
 Haji Hafiz Wavoo S.A.R Ahmed Ishaque, M.A.,
 Aalim Azhari(Egypt)
 Assistant Secretary
 Dr.Mrs.Mercy Henry M.A., Ph.D.,
 Director
 Dr.Mrs.R.C.Vasuki M.A., Ph.D., DGT.,
 Director
 Dr.Mrs.V.Rama M.Sc., M.Phil., Ph.D.,
 Principal



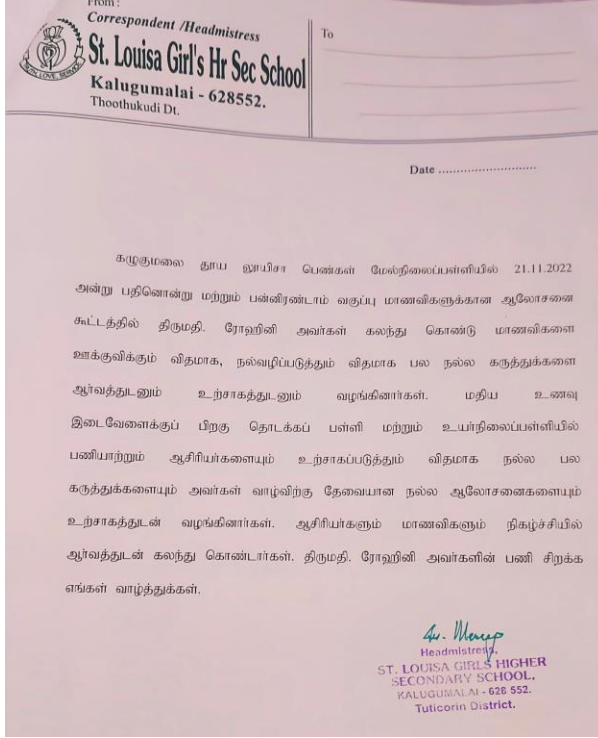
Dr.R.Rohini M.A., M.Sc., M.Phil.,
 Counsellor, Assistant Professor
 Department of Psychology
 St. Mary's College(Autonomous)
 Thoothukudi

04 NOVEMBER, 2022 | 10:00 AM

Venue : Room No. 309



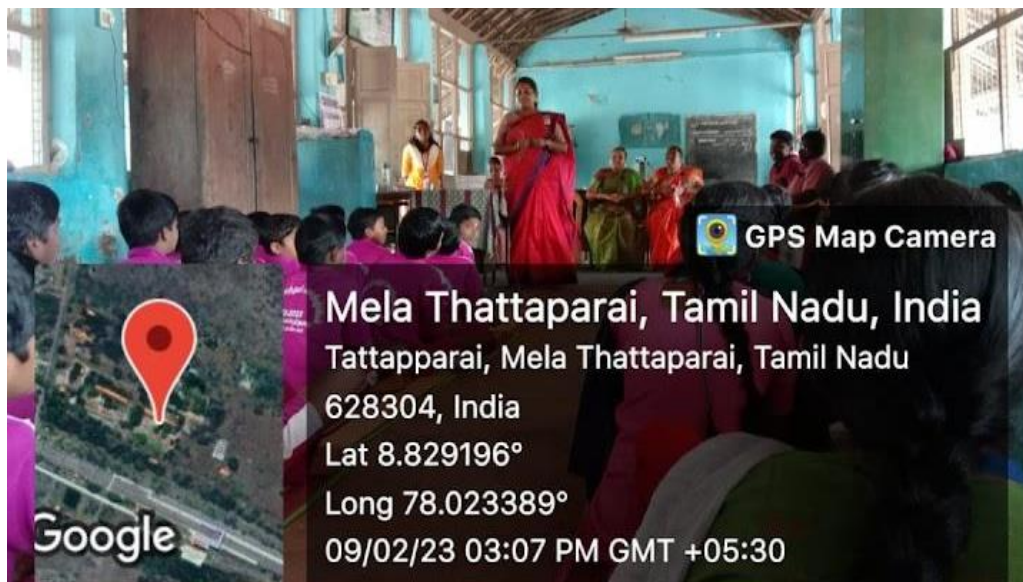
14. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic **Life On Purpose** on 7.11.2022
15. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic of **Mental Health Barriers** on 9.11.20
16. Been a resource 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



17. 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
18. 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



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



20. 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**

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

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www.ishafoundation.org



ishavidhya



331 likes

ishavidhya Counselling Session to Combat Exam Fear

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 18, 2023



21. 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

Accredited with A+ Grade by NAAC

இந்த சமுதாய நலச்செய்கைகளை 1966-ல் தொடங்கப்பட்ட கல்லூரி



Dr. J. POONGODI, .M.Sc., M.Phil., Ph.D.,
PRINCIPAL.

Date : 13.02.2023

CIRCULAR

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

Date	Department	Time
22.02.2023	I & II B.A.Economics I & II B.Com.	02.15p.m. to 03.15p.m.
23.02.2023	I & II B.A. History I & II B.Sc. Physics	02.15p.m. to 03.15p.m.
27.02.2023	I & II B.Sc.Maths I & II B.Sc. Computer Science	02.15p.m. to 03.15p.m.
28.02.2023	I & II B.Sc. Chemistry I & II B.Sc. Botany I & II B.Sc. Zoology	02.15p.m. to 03.15p.m.
01.03.2023	All PG	02.15p.m. to 03.15p.m.
02.03.2023	III B.A.History III B.Sc. Physics III B.A.Economics III B.Sc. Maths	02.15p.m. to 03.15p.m.
06.03.2023	III B.Sc. Chemistry III B.Sc.Botany III B.Sc. Computer science	02.15p.m. to 03.15p.m.
07.03.2023	III B.Sc.Zoology III B.Com.	02.15p.m. to 03.15p.m.

T. Jael
Co-ordinators
Girls Care & Grievance Redressal

J. Poongodi
PRINCIPAL
KAMARAJ COLLEGE
THOOTHUKUDI - 628 003
13/2/2023

E-Copy:-
To Teaching Staffs
To All Students group

Phone: OFF: 0461-2375988(Aided), Mobile : 9489021988
E-mail:kamarajcoll@gmail.com Website: www.kamarajcollege.ac.in

22. Been a resource person to Kamaraj College, Thoothukudi, and addressed the students on the topic Learn To Lead on 27.2.2022

23. Been a resource person for a one-day workshop at Mangalamatti Government Hr.Sec.School, Madurai on the topic on 24.2.2022.

CERTIFICATE OF APPRECIATION

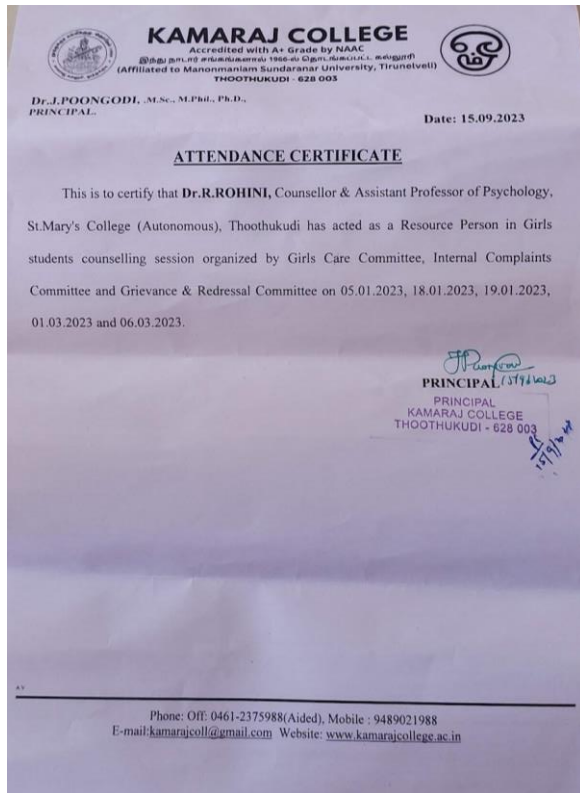
THIS IS TO CERTIFY THAT MRS.R.ROHINI M.A.,M.SC.,M.PHIL.
- COUNSELLOR AND ASSISTANT PROFESSOR OF ST.MARY'S COLLEGE
(AUTONOMOUS), TUTICORIN HAS SUCCESSFULLY CONDUCTED A
WORKSHOP FOR CLASSES 11TH & 12TH STUDENTS OF GOVERNMENT
HIGHER SECONDARY SCHOOL, MANGALAMPATTI 625101, MADURAI
DISTRICT ON 24.02.2023.

WE WHOLEHEARTEDLY APPRECIATE AND THANK HER FOR HER
SINCERITY, DEDICATION AND HEARTFUL SERVICE. WE WISH HER A
SUCCESSFUL CAREER AND GOODLUCK IN ALL HER FUTURE
ENDEAVORS.

Cal. eppalamm
HEAD MASTER 24/2/23
GOVERNMENT HIGHER SECONDARY SCHOOL
MANGALAMPATTI - 625 101
Madurai Dist.

24. Been a resource person to **Kamaraj College, Thoothukudi, and** addressed the students on the **topic Positive Mindset on 1.03.2023**

25. Been a resource person to **Kamaraj College, Thoothukudi, and** addressed the students on the topic of **Mindfulness on 2.03.2023**



26. 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**.



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



29. 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.

From Thiru.V Sankara Narayanan, M.A, B.Ed, M.Phil., Deputy Collector/JAO, Anna Administrative Staff College, Regional Training Centre, Opp. to North Taluk Office, Collectorate Campus, Madurai-625020.	To The Principle, St.Mary's College(Autonomous), Thoothukudi.
Rec.No:01/2023/AASC/RTC/MDU, dated: 10.04.2023	

Sir/Madam,

Sub: **TRAINING** – Anna Administrative Staff College – Regional Training Centre at Madurai – Engaging of Guest Faculty – Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, engaged on 11.04.2023 – Deputed to attend training - requested- Regarding.

Ref: 1) Programme Schedule Approved by the Director/ Chief Secretary, AASC, Chennai, dated:
 2) Connected records.

The Anna Administrative Staff College imparts training to the State Government employees of various departments throughout Tamilnadu. The Chief Secretary / Director, Anna Administrative Staff College has approved the training programme for the month of April'2023, Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi, Guest Faculty to give lecture in training programme on "Office Subjects With Soft Skills" scheduled to be conducted on 11.04.2023 (02.30 PM to 05.30 PM) at Collectorate, Thoothukudi District.

Therefore I requested that Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi may be attend the training programme.

Yours faithfully,

(Handwritten Signature)
 Deputy Collector/JAO

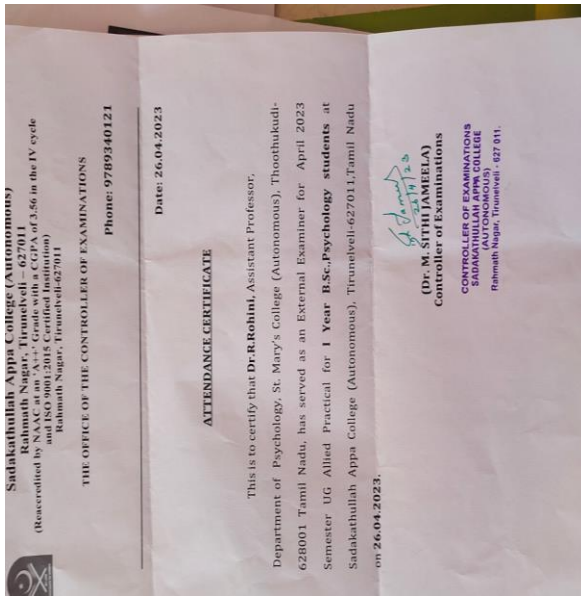
Anna Administrative Staff College
 Regional Training Centre,
 Madurai

C. 117

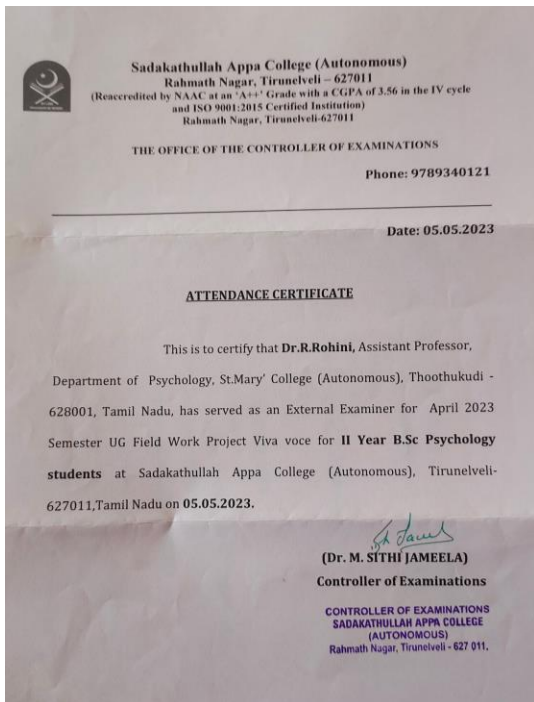
10/4/2023

Copy to Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi

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



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



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



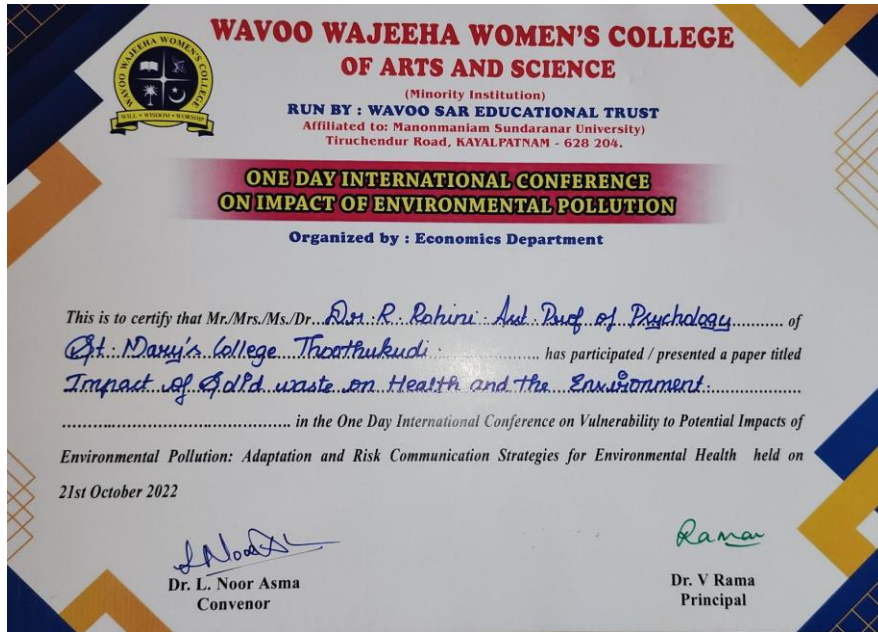
33. Been a resource person for the **CDP program** and addressed the topic **Good touch bad touch on 18.05.2023**



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



- Presented a paper on the topic **Impact Of Solid Waste On Health And the Environment** in the one-day international conference on the impact of environmental pollution on 21.10.2022 at the **Wavoo wajeeha women's College, Kayalpattinam**.



- 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



ST. FRANCIS COLLEGE

KORAMANGALA, BENGALURU 560034

(Affiliated to Bengaluru City University, Approved by AICTE & Govt. of Karnataka)

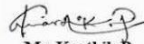
NATIONAL LEVEL VIRTUAL SYMPOSIUM CONFLUX - 2022

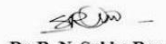
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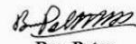
IQAC & DEPARTMENT OF MANAGEMENT

CERTIFICATE OF PARTICIPATION

This certificate is presented to *Mr./Ms./Dr.* Ms.R.Rohini
of St.Mary's College (Autonomous) College for attending the National
Level Virtual Symposium on "Forensic Accounting and Role of an Accountant"
organised by IQAC & Department of Management held on 7th May 2022.


Mr. Karthik P
HOD


Dr. R. N. Subba Rao
Principal


Bro. Peter
Deputy Director


Bro. Antony D Vayalil
Director



Skill Nation

CERTIFICATE OF COMPLETION

PROUDLY PRESENTED TO

Dr.R.Rohini

FOR COMPLETING THE 5-DAY WORKSHOP ON

Sports Psychology



Conducted By
Mr. Mitesh Jain
Sports Psychologist
Trainer, Skill Nation

Duration
**24th May to 29th
May, 2022**

www.skillnation.in



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

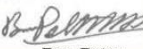
Organized by
IQAC & DEPARTMENT OF PHYSICAL EDUCATION

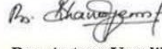
CERTIFICATE OF PARTICIPATION

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
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 PSYCHOLOGY

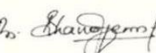
CERTIFICATE OF PARTICIPATION

This certificate is presented to *Dr.R.Rohini*
of **St.Mary's college** (Autonomous) College for attending 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.

