

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



**COUNSELLING FORUM  
(Year 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.**

**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.**

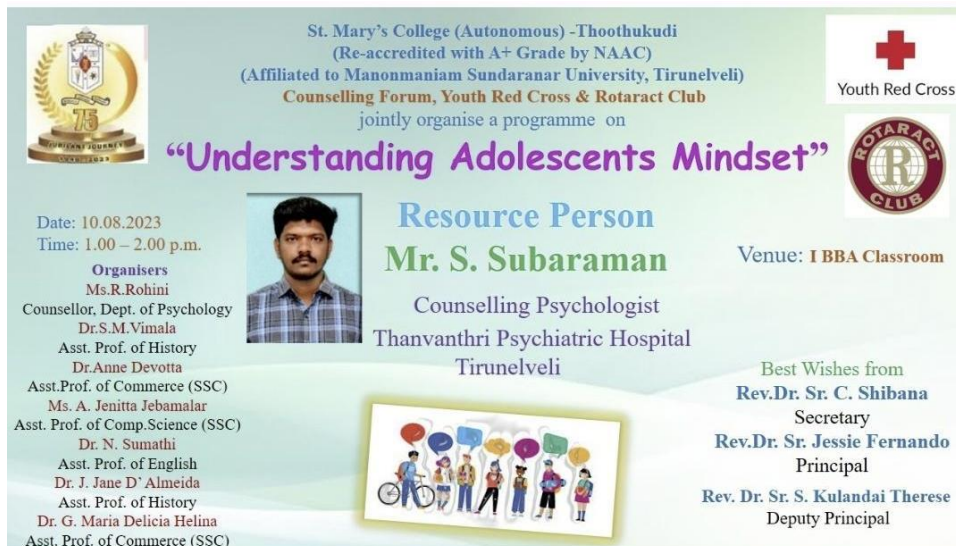
#### **TYPES OF COUNSELLING GIVEN TO THE STUDENTS:**

- 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 COUNSELLING 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, Vannarpetai, Tirunelveli was the resource person. YRC and RRC students accompanied and attained insight into adolescents' life complications and how to tackle them effectively.




St. Mary's College (Autonomous) -Thoothukudi  
(Re-accredited with A+ Grade by NAAC)  
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)  
Counselling Forum, Youth Red Cross & Rotaract Club  
jointly organise a programme on

### “Understanding Adolescents Mindset”

Date: 10.08.2023  
Time: 1.00 – 2.00 p.m.


**Organisers**  
Ms.R.Rohini  
Counsellor, Dept. of Psychology  
Dr.S.M.Vimala  
Asst. Prof. of History  
Dr. Anne Devotta  
Asst. Prof. of Commerce (SSC)  
Ms. A. Jenitta Jebamalar  
Asst. Prof. of Comp.Science (SSC)  
Dr. N. Sumathi  
Asst. Prof. of English  
Dr. J. Jane D' Almeida  
Asst. Prof. of History  
Dr. G. Maria Delicia Helina  
Asst. Prof. of Commerce (SSC)



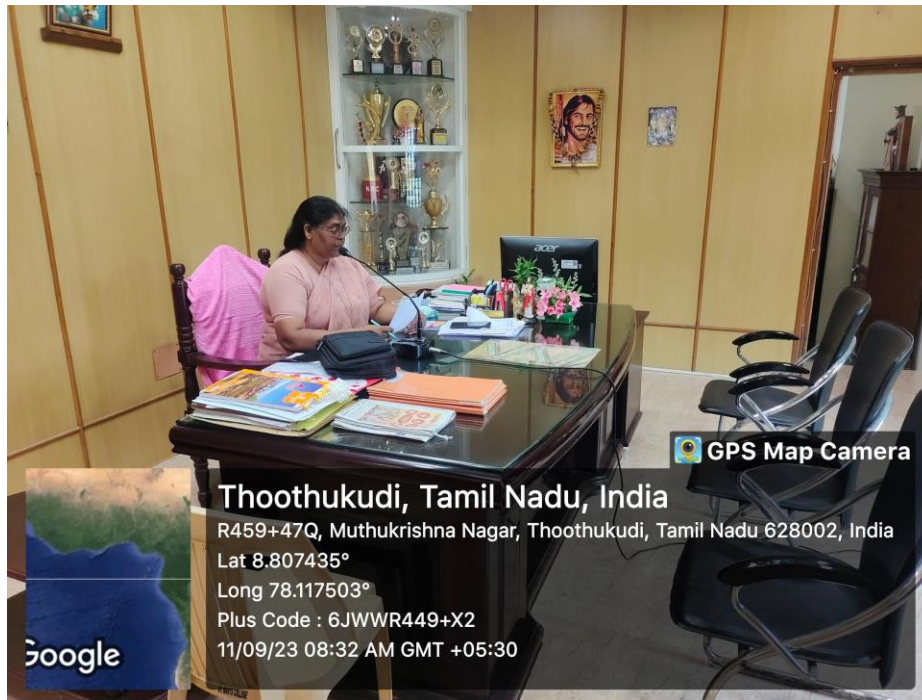
**Resource Person**  
**Mr. S. Subharaman**  
Counselling Psychologist  
Thanvanthri Psychiatric Hospital  
Tirunelveli

Venue: **I BBA Classroom**

Best Wishes from  
**Rev. Dr. Sr. C. Shibana**  
Secretary  
**Rev. Dr. Sr. Jessie Fernando**  
Principal  
**Rev. Dr. Sr. S. Kulandai Therese**  
Deputy Principal



- 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.



St. Mary's College (Autonomous) -Thoothukudi  
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Youth Red Cross, Rotaract Club, Counselling Forum



Youth Red Cross



&  
Community Development Programme (UBA)  
Department of History  
jointly organise a programme on

## “Legislations against Gender Backlash”

Date: 31.08.2023

Time: 1.00 – 2.00 p.m.

Venue: **Star Hall**

Organisers  
Youth Red Cross, Rotaract Club,  
Counselling Forum  
&  
Community Development Programme  
(UBA)  
Department of History

Guest Speaker  
**Ms. T. Selva Mercy**

Protection Officer  
Department of Social Welfare  
Thoothukudi

Best Wishes from

**Rev. Sr. Dr. C. Shibana**  
Secretary

**Rev. Sr. Dr. Jessie Fernando**  
Principal

**Rev. Sr. Dr. S. Kulandai Therese**  
Deputy Principal

**Rev. Sr. Josephine Jeyarani**  
Director (SSC)







- 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.



**St. Mary's College (Autonomous) - Thoothukudi**  
**(Re-accredited with A+ Grade by NAAC)**  
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)  
**Department of Library, Youth Red Cross, Rotaract Club**



**&**  
**Counselling Forum**  
jointly organises a programme on  
***“Bibliotherapy: Healing through Reading”***  
***(Book Review)***

**Under the Patronage of:**

Rev. Sr. Dr. C. Shibana

Secretary

Rev. Sr. Dr. Jessie Fernando

Principal

Rev. Sr. Dr. S. Kulandai Therese

Deputy Principal

Rev. Sr. Josephine Jeyarani

Director (SSC)

**Resource Person**

**Dr. P. Alice Rani**

Assistant Professor

Department of Tamil

Sarah Tucker College

Tirunelveli

**Organizing Committees**

Department of Library

Youth Red Cross

Rotaract Club

Counselling Forum

**Date : 21.09.2023**

**Time : 1.00-2.00 p.m.**

**Venue : Star Hall**



- 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.



**ST. MARY'S COLLEGE (AUTONOMOUS) -THOOTHUKUDI**  
**(RE-ACCREDITED WITH A+ GRADE BY NAAC)**  
**CENTRE FOR JOB EXCELLENCE**  
ORGANIZES A PROGRAMME ON  
**CAREER PLANNING**

**DIRECTOR**  
Ms.D.Daisy Bai

**ORGANIZING SECRETARY**  
Ms.R.Rohini

**ORGANIZING COMMITTEE**  
Dr.G.Flora  
MS.M.Mangalaeswari  
Dr. J.Arul Jesti  
Dr.D.Vinoba Gladis  
Dr.B.Geetha Maheswari  
Dr.P.Padmavathi

**RESOURCE PERSON**  
SUDHA A, B.E, M.S(LONDON),  
ACADEMIC TRAINER,  
HINDUSTAN UNILEVER LTD.

**UNDER THE PATRONAGE OF:**  
REV. SR. DR. C. SHIBANA  
SECRETARY  
REV. SR. DR. JESSIE FERNANDO  
PRINCIPAL  
REV. SR. DR. S. KULANDAI THERESE  
DEPUTY PRINCIPAL  
REV. SR. JOSEPHINE JEYARANI  
DIRECTOR (SSC)

**MONDAY**  
**25 SEP 2023**  
**1.00-2.00 PM**  
**STAR HALL**



GPS Map Camera

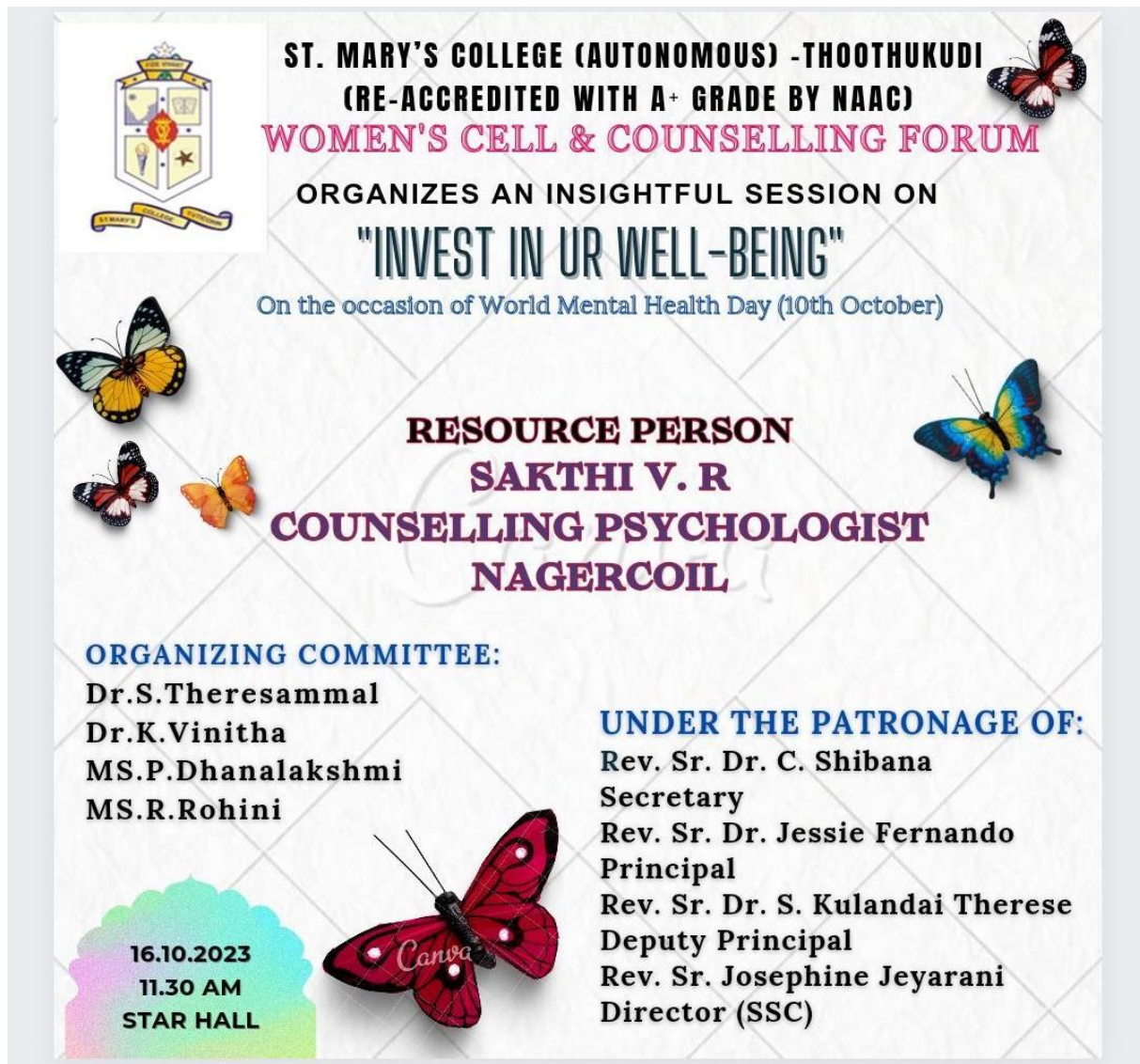


**Thoothukudi, Tamil Nadu, India**  
399E/1 6th street, Street Number 4, Cruz Puram, Thoothukudi, Tamil Nadu 628001,  
India  
Lat 8.810916°  
Long 78.160509°  
25/09/23 01:29 PM GMT +05:30





- 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.



**ST. MARY'S COLLEGE (AUTONOMOUS) - THOOTHUKUDI**  
**(RE-ACCREDITED WITH A+ GRADE BY NAAC)**  
**WOMEN'S CELL & COUNSELLING FORUM**

**ORGANIZES AN INSIGHTFUL SESSION ON**  
**"INVEST IN UR WELL-BEING"**  
On the occasion of World Mental Health Day (10th October)

**RESOURCE PERSON**  
**SAKTHI V. R**  
**COUNSELLING PSYCHOLOGIST**  
**NAGERCOIL**

**ORGANIZING COMMITTEE:**  
Dr.S.Theresammal  
Dr.K.Vinitha  
MS.P.Dhanalakshmi  
MS.R.Rohini

**UNDER THE PATRONAGE OF:**  
Rev. Sr. Dr. C. Shibana  
Secretary  
Rev. Sr. Dr. Jessie Fernando  
Principal  
Rev. Sr. Dr. S. Kulandai Therese  
Deputy Principal  
Rev. Sr. Josephine Jeyarani  
Director (SSC)





16.10.2023  
11.30 AM  
STAR HALL



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.JessieFernando 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.



**St.Mary's College (Autonomous), Thoothukudi**  
**Re-Accredited With 'A +'Grade By NAAC**


**Readers Club:Be Inspired to Inspire**  
 Department of Library collaborates with  
 Youth Red Cross, Rotract Club & Counselling Forum to  
**Initiate and Ignite Reading Habits**

**Connoisseur**  
**Dr.P.Alice Rani**  
 Assistant Professor  
 Department of Tamil  
 Sarah Tucker College, Tirunelveli .

**Rendezvous Scheduled on:**  
*22.02.2024 (Thursday)*  
*Reviewed @ Auditorium*  
*between*  
*10.00 A.M-2.00 P.M*

**Our Patrons**  
 Secretary : Rev. Sr. Dr. C. Shibana  
 Principal: Rev. Sr. Dr. Jessie Fernando  
 Deputy Principal: Rev. Sr. Dr. S. Kulandai Therese  
 Director of SSC: Rev. Sr. Josephine Jeyarani

**Steering Committee**  
 Department of Library  
 Youth RedCross  
 Rotract Club  
 Counselling Forum




**OUR COUNSELLOR MRS.ROHINI AS A RESOURCE PERSON 2023-2024**

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 Na...  
addressed the first-year students...  
**01.07.2023**



**National Engineering College**  
(An Autonomous Institution - Affiliated to Anna University, Chennai)  
K.R.Nagar, Kovilgatti - 628 903.

DEPARTMENT OF  
**SCIENCE AND HUMANITIES**

**S&H Association**  
Organizes

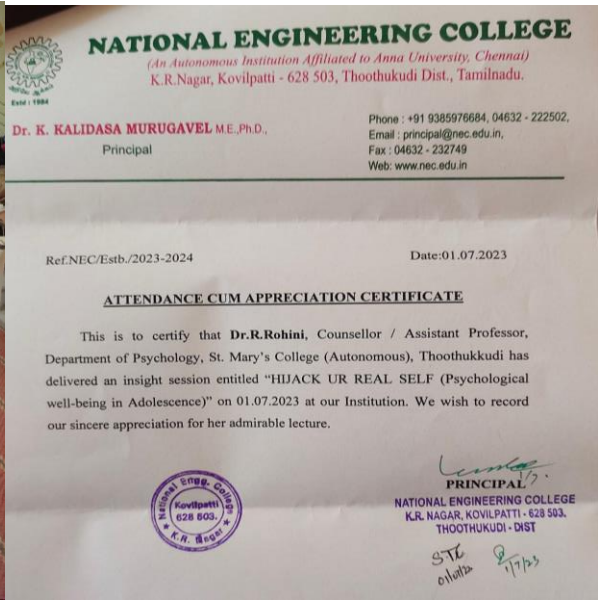
An Insight Session  
**HIJACK UR REAL SELF**  
[Psychological well-being in Adolescence]

01.07.2023  
09:30 a.m - 11 a.m  
NEC Auditorium

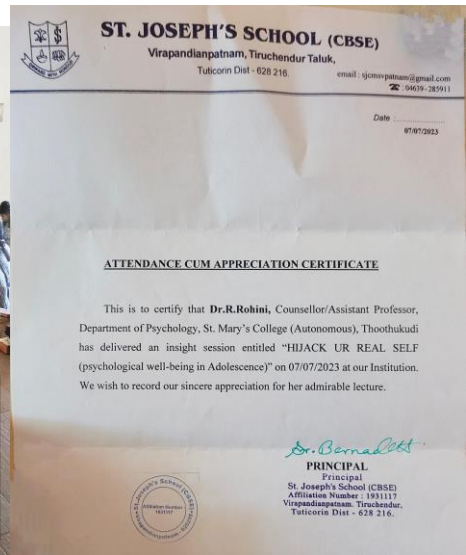
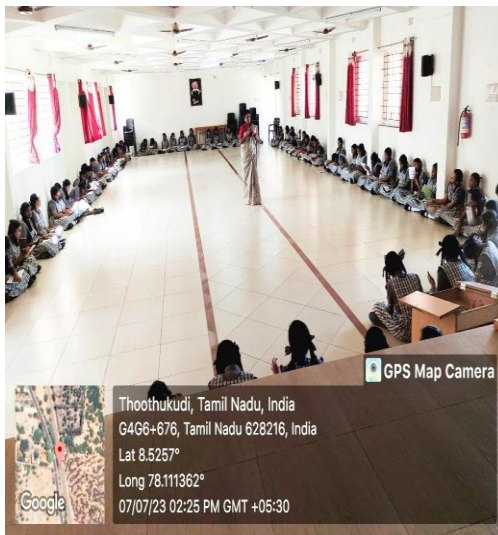
**Dr.R.ROHINI**  
Counsellor / Assistant Professor  
Department of Psychology  
St. Mary's College (Autonomous)  
Thoothukudi

INNOVATION BAND 101-150  
Tier - 1  
NAAC 'A' Grade  
TNEA 4962

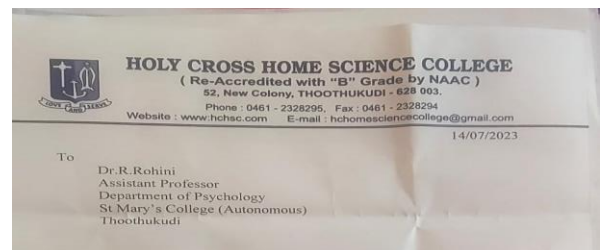




3. Been a resource person to the **St. Joseph CBSE school, Virapandianpatnam**, and addressed the students on the topic "**Handle With Care**" on **7.07.2023**



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





 **Holy Cross Home Science College, Thoothukudi**  
(AFFILIATED BY MANONMANIAM SUNDHARANAR UNIVERSITY, Tirunelveli)

**Department Of Psychology**  
*Organises*  
**UNLOCK YOUR POTENTIAL**



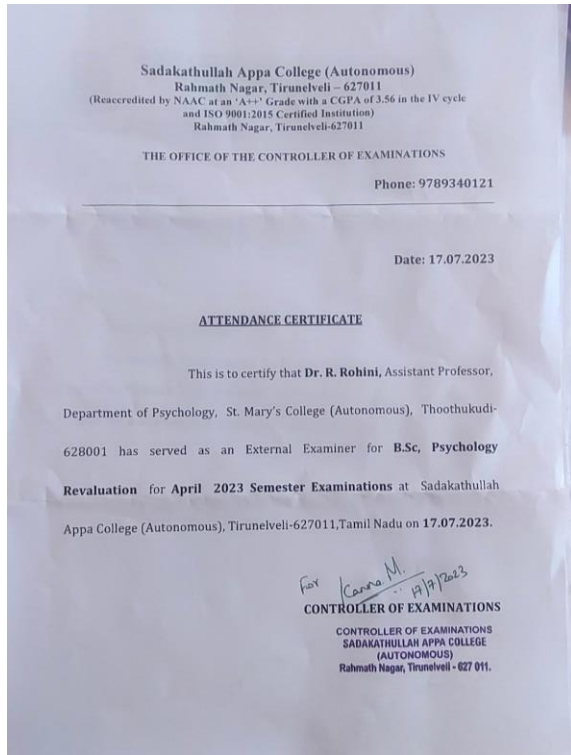
**Dr. R. Rohini M.A.,M.Sc.,M.Phil**  
**Counsellor & Assistant Professor**  
**St.Mary's College (Autonomous),**  
**Thoothukudi**

<b>Convenor</b> Dr.Elizabeth Vijaiya	<b>Organizer</b> Ms.A.Roselin Mary Ms.R.Vino Roshini	<b>Patron</b> Rev.Dr.Sr.M.S.Rubha Secretary & Principal Dr.S.M.D.Mathuravalli Vice Principal
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 17 July 2023     1.00pm - 2.00pm     Seminar Hall



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



**5. 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.**





Madurai, Tamil Nadu, India  
 Velammal Village, Madurai - Thuthukudi Ring Road, Anuppanadi,  
 V4RW+2RP, Madurai, Chinthamani, Tamil Nadu 625009, India  
 Lat 9.890005°  
 Long 78.147206°  
 Plus Code : 6JXWV4RW+2V  
 22/07/23 02:08 PM GMT +05:30


**Bodhi Campus**  
 Anuppanadi  
 CBSE - NEET / IIT JEE SCHOOL



# CULTIVATING MENTAL WELLNESS

**Young Minds Matter.**

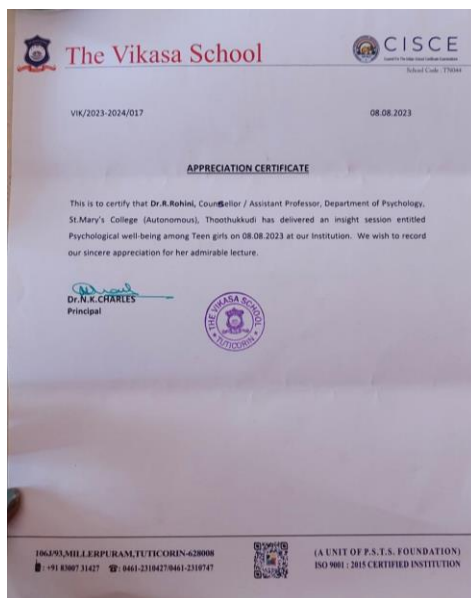


Session by  
**Dr.R.ROHINI** M.A., M.Sc., M.Phil.  
 Counsellor and Assistant Professor,  
 Department of Psychology,  
 St. Mary's College (Autonomous), Thoothukudi.



22<sup>nd</sup> July  
 2023

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



7. 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**.

**KAMARAJ COLLEGE**  
Accredited with A+ Grade By NAAC  
இந்திய சமூகநியமணம் 1996ல் தேர்வு செய்யப்பட்ட கல்வி நிறுவனம்  
Thoothukudi - 628 003

Department of Business Administration & Shipping and Logistics Management  
Organizes  
**ORIENTATION PROGRAMME**  
ON  
**"MIND UR MIND"**

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

**Student Coordinators**  
Mr.K.Kumarar - III BBA SL  
Mr.K.Pugalanthi - III BBA  
Ms.K.Shivaani Manoharan - II BBA  
Mr.Sudharsana - II BBA SL

*With the support of*

Dr.J. Poongodi  
Principal

Mr.P.S.P.K.J. Somu  
Secretary

Dr.R. Karuppesamy  
Head of the Department

Dr.A. Arunachala Rajan  
Vice principal

**WE CORDIALLY INVITE ALL TO ENGAGE WITH US**

09 AUG 2023 10.30 AM SEMINAR HALL





8. Been a resource person to the **Laity center, Thoothukudi**, and addressed the elderly people on the topic "**Celebrate old age**" on **19.08.2023**.

## முதுமையைக் கொண்டாடுவோம் !



நாள்: **19.8.2023** சனிக்கிழமை  
நேரம்: மாலை **2.30-5.30**

இடம்: பொதுநிலையினர் பணியகம்,  
காட்டுவெல் காலனி 3வது தெரு,  
குழந்தை யேசு திருத்தல வளாகம்,  
தூத்துக்குடி 8

தலைமை :  
பேரருட்திரு.பென்சன்  
தூத்துக்குடி மறைவட்ட முதன்மைக்குரு.

சிறப்புரை :  
பேராசிரியை.திருமதி.ரோகினி  
மனநல ஆலோசகர்,  
தூய மரியன்னை கல்லூரி.

நலவாழ்வுப் பயிற்சி :  
அருட்திரு.குழந்தைராஜன்  
(பாததொடு சிகிச்சை நிபுணர்)  
பங்குத்தந்தை, T சவேரியார்புரம்

இவ்விழாவில் 50 வயதிற்கு மேற்பட்ட ஆண்கள் மற்றும் பெண்கள் அனைவரும் கலந்து கொண்டு சிறப்பியுங்கள்!  
கலந்துகொள்ளும் அனைவருக்கும் நினைவுப் பரிசு வழங்கப்படும் .




9. Been a resource person to **Kamaraj College Thoothukudi** and addressed the first-year girls on the topic "**Mental Health Barriers**" on **13.09.2023**.



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




 **KAMARAJ COLLEGE**  
Accredited with A+ Grade by NAAC  
இந்து நூதல் சங்கங்கள் 1986-ல் தொடங்கப்பட்ட கல்வாரி  
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)  
THOOTHUKUDI - 628 003

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

Date: 15.09.2023

**ATTENDANCE CERTIFICATE**

This is to certify that **Dr.R.ROHINI**, Counsellor & Assistant Professor of Psychology, St.Mary's College (Autonomous), Thoothukudi has acted as a Resource Person in Girls students counselling session organized by Girls Care Committee, Internal Complaints Committee and Grievance & Redressal Committee on 05.01.2023, 18.01.2023, 19.01.2023, 01.03.2023 and 06.03.2023.

  
PRINCIPAL (15/9/2023)  
PRINCIPAL  
KAMARAJ COLLEGE  
THOOTHUKUDI - 628 003


AY

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



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



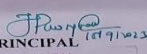
 **KAMARAJ COLLEGE**  
Accredited with 'A' Grade by NAAC  
@bharu pml-09 arambalam 1986-2019, KOLLU, KOLLU  
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)  
THOOTHUKUDI - 628 003

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

Date: 15.09.2023

**ATTENDANCE CERTIFICATE**

This is to certify that **Dr.R.ROHINI**, Counsellor & Assistant Professor of Psychology, St.Mary's College (Autonomous), Thoothukudi has acted as a Resource Person in Girls students counselling session organized by Girls Care Committee, Internal Complaints Committee and Grievance & Redressal Committee on 13.09.2023, 14.09.2023 and 15.09.2023.

  
PRINCIPAL  
KAMARAJ COLLEGE  
THOOTHUKUDI - 628 003

15/9/2023

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





12. 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.



THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN  
 A Minority Institution Sponsored by Seethakathi Trust, Chennai.  
 Recognized by DET under Star College Scheme, Ministry of Science and Technology, Govt of India.  
 An Autonomous Institution Affiliated to Alagappa University, Karaikudi.  
 Accredited by NAAC with "A" Grade (CGPA: 3.16) & ISO 9001:2015 Certified Institution.  
 Recognized by UGC under 2(f) & 12 (B).  
 Kilakarai - 623517, Ramanathapuram District



WORLD  
 SUICIDE  
 PREVENTION  
 DAY  
 10th September



**Creating  
 Hope  
 Through  
 Action**



**Department of Psychology  
 organizes**

**Awareness Program**

**Resource Person**  
 Ms R Rohini M.A., M.Sc., M.Phil.,  
 Counselor & Assistant Professor  
 St.Mary's College (Autonomous)  
 Thoothukudi

**Friday | 22 September**

Venue : Conference Hall.

Timing: 10.30 am - 12.30 noon

**Ms A. Basmia**  
 H/i.c.  
 Assistant professor

**Ms B Seeni Rahfu Nisha**  
 IQAC Co-ordinator

**Dr S Sumaya**  
 Principal






## THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN

A Minority Institution Sponsored by Seethakathi Trust, Chennai.  
Recognized by DBT under Star College Scheme, Ministry of Science and Technology, Govt of India.  
An Autonomous Institution Affiliated to Alagappa University, Karaikudi.  
Accredited by NAAC with "A" Grade [CGPA:3.16] & ISO 9001:2015 Certified Institution.  
Recognized by UGC under 2(f) & 12 (B).  
Kilakaral - 623517, Ramanathapuram District

### ATTENDANCE CERTIFICATE

This is to certify that Ms. R. ROHINI, M.A., M.SC., M.Phil.,  
Counsellor & Assistant Professor, Department of Psychology  
St.Mary's College (Autonomous), Thoothukudi served as a  
Resource Person for the Awareness Programme on "World  
Suicidal Prevention Day" organized by the Department of  
Psychology in Thassim Beevi Abdul Kader College For Women-  
Autonomous, Kilakarai -623 517, Ramanathapuram District on  
22.09.2023.

DATE: 22.09.2023.

  
PRINCIPAL  
Principal  
Thassim Beevi Abdul Kader  
College for Women, Kilakaral.



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.**



# SUBBIAH VIDYALAYAM

Girls Hr. Sec. School, Under Subbiah Dharmanidhi, Since 1937  
Perumalpuram Road, Thoothukudi, TN, India - 628 003 | www.subbiah.org.in | ☎ +91 461 2336747

S. Gauthaman B.L., M.Sc., B.Ed., Trustee  
R. Murali Ganesan M.Sc., Secretary  
M. Lakshmi Preethi MBA, Director  
M.S. Santhiny Kawsel M.Sc., M.Ed., Headmistress

To

10-11-23

Mrs. Dr. R. ROHINI  
Counsellor & Assistant Professor  
St. Mary's College (Autonomous)  
Thoothukudi.

Madam

We want to thank you for having given your valuable time and speaking in the felicitation for sports achievers 2023-24 organized by our school. We really appreciate and thank you for your motivational speech.

We are grateful for your efforts and time. Your words are truly encouraging and motivating our players.

Headmistress

Headmistress  
SUBBIAH VIDYALAYAM  
Girls' Higher Secondary School  
Thoothukudi



SUBBIAH VIDYALAYAM  
Girls Hr. Sec. School, Thoothukudi.

## Felicitation to Sports Achievers

### Chief Guest

**Dr. R. Rohini** M.A., M.Sc., M.Phil.,  
Counsellor and Assistant Professor  
St. Mary's College, Thoothukudi.



**Mrs. Viswa Bharathi**  
CEO, Games Ville & Sports Academy,  
Thoothukudi.



**Date : 09.11.2023**

**Time : 06.00 p.m.**

**Venue : Natesan Manram**

Mr. R. Murali Ganesan M.Sc.,  
Secretary

Mrs. M. Lakshmi Preethi MBA  
Director

Mrs. M.S. Santhiny Kawsel M.Sc., M.Ed.,  
Headmistress







## ஆறுமுகசாமி அன்பு ஆசிரமம்

(ஆதரவற்ற மாணவிகள் இல்லம்)  
தூத்துக்குடி ஆறுமுகசாமி அன்பு ஆசிரமம் சங்கம் பதிவு எண் : 20/1955 - அரசு அங்கீகாரம் பெற்றது.  
புதிது அலுவலகம்  
51, தேவர்புறம் ரோடு, தூத்துக்குடி - 628 003. தொலைபேசி : 0461 - 4000799  
email : anbuashram@gmail.com  
நிறுவனர் : அரி.அ.சு. ஆறுமுகசாமி நாடார்

நிறுவியது  
1954

### CERTIFICATE OF APPRECIATION

29<sup>th</sup> November 2023

To  
Dr. R. Rohini,  
Counsellor and Assistant Professor,  
Department of Psychology,  
St. Mary's College (Autonomous),  
Thoothukudi.

#### Warm greetings!

The management and staff of Arumugasamy Anbu Ashram are extremely grateful to **Dr. R. Rohini** [Counsellor and Assistant Professor, Department of Psychology, St. Mary's College (Autonomous), Thoothukudi] for conducting staff counselling. We are very thankful for the valuable time you spent with us discussing how we can improve ourselves. We really appreciate your assistance in reviewing our career goals and suggesting strategies to achieve them. It'll help us in the long run.

Thank you very much once again for associating with us. We look forward a long and fruitful understanding with you.



*D. Anubulha*  
Secretary  
Arumugasamy Anbu Ashram  
Tuticorin

Thanks & Regards,  
*S. Soma Disha*  
SUPERINTENDENT  
Arumugasamy Anbu Ashram  
Tuticorin.

புரவணி & தலைவர் : அராசன் சப்பையா  
98, பிழையண்டி நகர் (திருச்சி) 3ம் தொகுதி,  
தூத்துக்குடி-628 008  
தொலைபேசி : 0461 - 2321539  
உபதலைவர் : ஸ்ரீமதி மாரிச்சாமி  
51/8-B, பக்கிள்புறம் தொடாச்சி, தூத்துக்குடி-628 002.  
தொலைபேசி : 0461 - 2323990

செயலாளர் : அன்வசாய தினகர்  
5/254, பொன்னு இல்லம், திருச்செந்தூர் மெயின் ரோடு  
HWP காலனி ஏற்புறம், தூத்துக்குடி-628 001  
தொலைபேசி : 98942 - 1267  
இணைச் செயலாளர் : வயா. தினகர்  
லட்சுமி பிழியல், இந்துபன் ஆயில் திற்பொருள்கள், தூத்துக்குடி - 628 00  
தொலைபேசி எண் : 0461 - 2356225, 98943 223

இந்தச் சங்கத்திற்கு வாரியகப்படுதல் நன்வகைகள் வழங்குதல் வரிச்சட்டம் 1961ன் 80ஆம் பிரிவில் கீழ் மதுரை வழங்குதல் வரி ஆணையரின் 464/222/2000/01 எண்ணிட்ட  
07/12/2001 தேதியிட்ட ஆணையின் கீழ் வரிச்சலுகை பெற்றது.

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.**







St.Mary's College (Autonomous), Thoothukudi  
(Re-accredited with A+ Grade by NAAC)

**PG & RESEARCH DEPARTMENT OF COMMERCE**  
Organises  
**A COMMUNITY DEVELOPMENT PROGRAMME**  
On  
**"IT'S TIME TO PAUSE"**



**Ms.R.Rohini, Counsellor**  
**St.Mary's College (Autonomous),**  
**Thoothukudi**

Best Wishes from  
Dr.Sr.C.Shibana, Secretary  
Dr.Sr.Jessie Fernando, Principal  
Dr.Sr.S.Kulanthai Therese, Deputy Principal

Date: 24.01.2024  
Time: 11.45 a.m.  
Place: Theresuram

Organising Team  
M.D.Daisy Bal, Head Of Associate Professor of Commerce  
Dr.P.Jayamary, Assistant Professor of Commerce  
Dr.T.Priyanka, Assistant Professor of Commerce  
II B.Com Student Volunteers

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.

St.Mary's College (Autonomous)  
Re - accredited with 'A+' grade by NAAC  
Thoothukudi, Tamilnadu

**COMMUNITY DEVELOPMENT PROGRAMME**  
PG and Research Department of English

**UNNAT BHARAT ABHIYAN** AISHE CODE : C-41151

*Jointly organize*  
**RELAX - IT'S TIME TO PROVE U**



**SPEAKER : DR. R.ROHINI**  
Counsellor / Asst Professor of Psychology  
St.Mary's College (Autonomous)  
Thoothukudi

Date : 29.01.2024  
Time : 9.00am - 11.00am  
**VENUE: GOVT. HR. SEC. SCHOOL**  
**THARUVAIKULAM**

*With best wishes from*

Rev.Sr.Dr.C.Shibana Secretary	Rev.Sr.Dr.Jessie Fernando Principal
Rev.Sr.Dr.S.Kulanthai Therese Deputy Principal CDP/UBA COORDINATOR	Rev.Sr.Josephine Jeyarani Director,SSC
Rev.Fr.Vincent, Parish Priest Tharuvaikulam	Dr.A.Judit Sheela Damayanthi Head & Associate Professor of English

**GDP/UBA FACULTY INCHARGES**  
Dr.D.Shunmugajothi  
Assistant Professor of English

Dr.M.Hermina  
Assistant Professor of English





**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.**





**Rupali Banerjee Singh**  
रूपाली बनर्जी सिंह  
Member Secretary  
सदस्य सचिव

**NATIONAL COMMISSION FOR PROTECTION OF CHILD RIGHTS**  
राष्ट्रीय बाल अधिकार संरक्षण आयोग  
GOVERNMENT OF INDIA  
भारत सरकार



F. No. 2801/46/2023-24/NCPCR/Pt.1  
Date: 11.01.2024

Dear Madam/Sir,

The National Commission for Protection of Child Rights (NCPCR) (hereinafter referred to as 'the Commission') is a statutory body constituted under Section 3 of the Commission for Protection of Child Rights (CPCR) Act, 2005 to protect the child rights and other related matters in the country. The Commission functions with a wide scope of addressing issues that relate to children and with an aim to create an eco-system where children are able to develop without any threat to their safety and well-being.

2. Inspired by Hon'ble Prime Minister's 'Pariksha Pe Charcha', the Commission celebrates 'Pariksha Parv' every year to celebrate exams along with children. The main objective of the programme is to support children in overcoming the stress related to exams, and discussing steps to mitigate anxiety and examination pressure. Moreover, Pariksha Parv intends to change the outlook of children, parents and teachers towards exam stress and overcome their anxiety before exam results.

3. In 2024, NCPCR is organizing 'Pariksha Parv 6.0' including a set of activities such as online quiz for children; sensitization of parents and teachers through State/District-level programmes; live streaming sessions with renowned experts, psychologists, motivational speakers etc. The session will be scheduled after Hon'ble Prime Minister's *Pariksha Pe Charcha, 2024*. The Commission will also invite audio-video messages from children, their parents, teachers, other professionals sharing their thoughts and experiences on the theme of exam stress.

4. One of the activities planned under the campaign is orientation-cum-sensitization programmes at District and State-level across different States/UTs. The programme is intended to sensitize school teachers as well as parents on issues related to exam stress among children. These programmes will be scheduled in the month of February-March, after Hon'ble Prime Minister's *Pariksha Pe Charcha, 2024*. For this, the Commission has prepared a pool of Resource Persons to take sessions in the orientation-cum-sensitization programmes.

5. Given your expertise and interest in the area, the Commission invites you to be a part of the campaign as a Resource Person for sensitizing the teachers and parents in the District/State level Programmes. As the Commission plans to conduct around 250 District-level and six State-level

5th Floor, Chanderlok Building, 36, Janpath, New Delhi-110 001 पंचम तल, चन्द्रलोक बिल्डिंग, 36, जनपथ, नई दिल्ली-110 001  
☎ 011-23478228, E-mail : ms.ncpcr@nic.in, Web : www.ncpcr.gov.in

programmes across the country, a one-day training of trainers programme is being organized for the Resource Persons in Hall No. 4, Vigyan Bhawan, New Delhi on 20.01.2024. The schedule of the programme shall be shared with you in the due course. The Commission will reimburse TA for round trip upto 3<sup>rd</sup> Tier AC and shall arrange for accommodation for one-night.

6. You are requested to send confirmation of your participation at the earliest on [ms.ncpcr@nic.in](mailto:ms.ncpcr@nic.in) to facilitate in making requisite arrangements. In case of any query, you may contact Dr. Madhulika Sharma, PR&TE (Education) on 9953391586.

With regards,

Yours sincerely,

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



C.S.I. Thoothukudi - Nazareth Diocese  
**POPE'S COLLEGE**  
 (Autonomous)  
 Accredited by NAAC - II Cycle with 'A' Grade (CGPA 3.28)  
 Sawyerpuram - 628 251.  
 Thoothukudi District, Tamilnadu.  
 Phone (off) : 84630 - 272233  
 Fax : 84630 - 273774  
 Mob. No. 82287 36199

**Dr. S. SANTHU PON INDIRA**, M.A., M.Phil., Ph.D.  
 Principal  
 E-mail : papessym@yahoo.com Website : www.popescollege.edu.in

Date: 05.03.2024

To  
 Dr. R. Rohini,  
 Counsellor and Assistant Professor,  
 Department of Psychology,  
 St. Mary's College(Autonomous),  
 Thoothukudi.


Respected Madam,

Greetings from Pope's College, Sawyerpuram.

Our college is organizing a Leadership Training Programme for the representative Students' Council on 07.03.2024 at 2.00pm in our college. We would like to invite you as resource person for the programme. Your presence and lecture will be an inspiration to the students.

Hence, I request you to come to our college on 07.03.2024 and make the programme a successful one and help the students community at large.

Thanking you in anticipation,

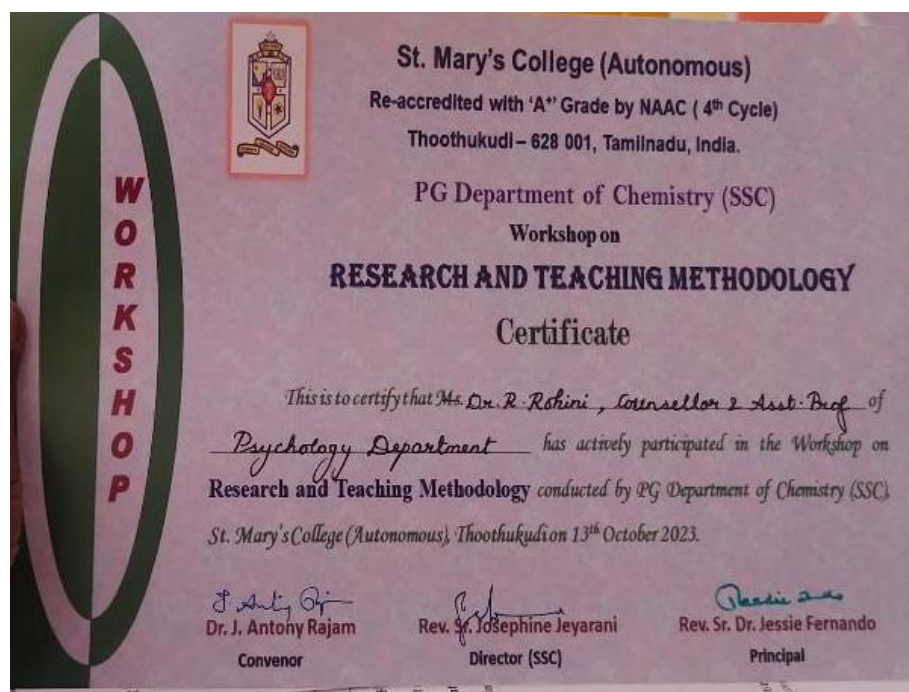
Yours sincerely,  
  
 S. P. INDIRA  
 PRINCIPAL  
 POPE'S COLLEGE  
 (Autonomous)  
 SAWYERPURAM-628251

21. Been a resource person to the Life Skills Training programme organized by the Pope's College (Autonomous) Sawyerpuram on 04.04.2024





- Participated in the workshop on Research And Teaching Methodology conducted by Pg Department Of Chemistry St.Mary's College [Autonomous] Thoothukudi on 13.10.2023



- Participated in the webinar on Effective Handling Of Issues And Concerns Of Adolescents Organized by Saksham Society Jaipur Rajasthan on 13.08.2023



- Participated in the online workshop on avoiding predatory publishing guidelines for choosing quality journals in the digital age organized by the Marian Research Forum ,St.Mary's College [Autonomous] Thoothukudi on 11.12.2023



- Participated in the workshop on chat GPT and other Artificial intelligence [AI]tools for classroom teaching and research organized by the Library



Committee And Institution Innovative Council, St.Mary's College  
[Autonomous] Thoothukudi on 7.09.2023



- Participated in the power seminar on the topic Augmented Reality conducted by ICT Academy on 5.03.2023



- Participated in the one day national seminar on Artificial intelligence [AI]tools for education with special reference to Chat GPT,GPT,&LAMMA teaching and research organized by the Library Committee And Institution Innovative Council, St.Mary's College [Autonomous] Thoothukudi on 11.08.2023



- Participated in National workshop Brain Balancing And Hypnosis organized by department of mathematics ramanujan College University Of Delhi on 13.12.2023



## 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.

