

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

COUNSELLING FORUM

Annual Report (2020-2021)

The college counselling forum aims to help the students to become self-aware and reach their highest potential while dealing with anxiety and stress. The counselling forum provides a happy and comfortable environment for students to discuss their problems regarding their academic and social life. We also help the students to explore any skill or path. The forum also provides motivation and therapy sessions. The forum helps the students explore any topic or situation and discuss any concerns they may have. The students are helped to work through their problems, to develop self-awareness and overcome anxiety & stress. Counselling not only helps the students to make decisions pertaining to their professional career, 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 . Counselling is given to the students as per their needs. Due to covid the forum also provides Tele- Counselling for the students.

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. Career counselling
8. Sports counselling
9. Pre and Post – Marital counselling

10. Tele- Counselling

VARIOUS THERAPIES WERE ADOPTED AS PER THE NEED OF THE CLIENTS

Entry counselling:

Given to all U.G.& P.G. freshers. Class wise visit was done.

Due to pandemic it was done in online and offline and gave talk for about an hour on topics like

- School vs College
- Friendship
- Infatuation Or love
- Teen age problems & solutions
- Language problem - medium of instruction
- Self-confidence & self-control
- Values of life & character building

Exit counselling:

Given to all outgoing students U.G.& P.G both regular and SSC. Class wise visit and discussion for about an hour or more on topics like

- Career guidance
- Interpersonal relationship
- Financial well being
- Job opportunity
- Marriage counselling
- Workplace related problem
- Suicidal tendency-how to overcome
- Self-confidence & self-control
- Emotional imbalance
- Violence against women –Family, work place & study centres
- Personality Development

Group Counselling

Counsellors meet the students department wise and motivate them to disclose their problems or issues . We also make them understand better the way they think, which will ultimately help them to develop a clear understanding of their problems.

Sports Counselling

Sports Counselling often engages clients in activities that revolve around solving problems, overcoming mental barriers, increasing confidence and improving motivation.

Individual Counselling

Individual Counselling is given to all the 1st and 3rd Year Students . Counsellors may not give concrete advice or a checklist of things to feel better. What we do is to help the client to uncover their own insight and understanding of their problems, providing them with the tools which will help them to resolve the issues on their own. If needed therapy is adopted for the client, Sittings differ according to the issues.

Personal Counselling

Our College offers a safe and confidential environment for counselling. It offers the space and freedom to explore clients' own thoughts with an unbiased party.

In the majority of cases, a single session will not be enough to overcome the issues of the client. Counselling is a journey, and it takes time and consistency to work effectively. Sittings differ according to the issue. If needed therapy is adopted.

Psychotherapy

Counsellors adopt psychotherapy to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body). Beginning therapy can be a big step toward being the healthiest version of the client and living the best life possible—no matter what challenges the client may be facing. Through therapy, the client can change self-destructive behaviors and habits, resolve painful feelings, improve their relationships, and more. The counsellors support the client, listens attentively, models a healthy and positive relationship experience, gives the client appropriate feedback, and follows ethical guidelines.

Therapy Adopted

- Stress - Relief
- Conscious breathing
- Hand grip
- Hourly movement
- Thymus Thump
- Moving and shaking
- Letting go experience
- Stressor/ action sheet – by the client
- Seek, ask and knock – release and acceptance
- Emotional Freedom Technique (EFT)
- Erase and Replace – (Unwanted thoughts)
- The Gestalt therapy- grief, anger, loss, hatred (The warning factors within the client)
- V.K.D – Healing, Phobias, traumas
- The swish – Quitting bad habits and forming good habits – behavior change and new growth.
- Reticular activating system – behavioral motivation (close to brain)
- Pranic healing is also done if needed.

Counselling on reference:

Staff members refer some students to the counsellors [e.x.]

- Regularly irregular
- Latecomers
- More arrears
- Malpractices
- Mischievous

Parents counsellor meets:

Mainly during P.T.A meetings the parents voluntarily come to meet the counsellors to discuss their Child's problems and progress. Sometimes parental counselling also is needed. If necessary, parents are called by the counsellors.

Feedbacks Received From The Clients

After counselling, People have shared that they “feel lighter”, gain clarity”, “learn more about themselves and others”, “feel energized”, “feel good”, “positive” and “hopeful”, “take decisions and actions” “ “See positive changes, “improve relationship” “feel less struck” or “overwhelmed” and so on.

As a proof we have received personal feedback from the clients at the end of the academic year.



Counsellor Dr.Gowsalya at Thoothukudi, Poobalarayarpuram "Makkal Ikiya Sangam " Office - Library opening ceremony. 26.01.2021

The college counselling forum organized a webinar on the topic "Family Enrichment" on 30.05.2020. Mr. Alan Joseph executive Counsellor, TVS group of schools, Madurai was the resource person.



**ST.MARY'S COLLEGE (AUTONOMOUS),
THOOTHUKUDI.**
(Re-accredited with 'A+' Grade by NAAC)
Organizes
A Webinar on
" Family Enrichment "
Date : 30.05.2020
Time : 3:00 P.M.

With Special Wishes From:
Dr.A.S.J.Lucia Rose, Principal
Sr.F.Mary Joyce Baby, Director (SSC)

Convener:
Ms.R.Rohini
Counsellor

Registration Link: https://docs.google.com/forms/d/e/1FAIpQLSdFWJZXqajy3w21NctHNpSs2SoavK1vB12m5xVuYpDx9HWYw/viewform?usp=sf_link



Contact No : 9944100347

No Registration Fee. E-Certificate will be issued.



Speaker :
Mr.S.ALAN JOSEPH
Executive Counsellor
TVS Group of Schools
Madurai.



ST.MARY'S COLLEGE (AUTONOMOUS)
(Re-accredited with A+Grade by NAAC)
Thoothukudi -628001 ,Tamil nadu, India.

*Our College Counselling Forum
Organizes
National Webinar*

on
**"Relaxation Techniques
For
Stress Management"**

DATE: 28.06.2020

TIME: 11:30AM TO 12:30PM

Dr Kashika Jain

**Author | Hypnotherapist | Life Coach
| Psychologist | NLP Master Practitioner
Uttar Pradesh.**



SPEAKER

**REGISTRATION
FREE**

With Special Wishes From:

**Rev.Sr.Flora Mary, Secretary
Rev.Sr.Dr.A.S.J.Lucia Rose, Principal
Rev.Sr.F.Mary Joyce Baby, Director(SSC)**

**E-CERTIFICATE
WILL BE
ISSUED**

Organizers:

**Dr.S.Gousalya, Counsellor
Ms.R.Rohini, Counsellor &
Assistant Professor
Department of Psychology(SSC)
Contact: 9944100347**

The college counselling forum organized a National webinar on the topic "Relaxation Techniques For Stress Management" on 28.06.2020 . Dr.Kashika Jain Author/Hypnotherapist/Life coach/ Psychologist/ NLP Master practitioner, Uttarpradesh was the resource person.

Activity done by the students for goal setting on 11.2.21



Exit counselling for iii ug students on 29.1.2021



Activity done by the students for team work on 12.2.2021



Career counselling for the pg students on 27.1.2021



As Resource Person

Counsellor Mrs.Rohini was invited as a resource person for the Webinar organized by the I-CAN Adolescent and South Asian Institute for Advanced Research and Development (SAIARD) in the topic "Enhancing Adolescent well- being " on 28.08.20

I-CAN ADOLESCENT & SOUTH ASIAN INSTITUTE FOR ADVANCED RESEARCH & DEVELOPMENT [SAIARD]

PRESENTS

"ENHANCING ADOLESCENT WELL-BEING"

CHIEF GUESTS


DR. TOSENDRRA DWIVEDI
NATIONAL COORDINATOR I CAN,
SENIOR ASST PROFESSOR,
AMITY UNIVERSITY,
NOIDA.


MR. BISWAJIT ROY CHOWDHURY
FACULTY, DEP. OF GEOGRAPHY,
VIDYASAGAR COLLEGE &
CHAIR PERSON SAIARD
KOLKATA.


DR. G. C. KAVITHA,
NATIONAL COORDINATOR,
I CAN WELLNESS COUNSELLING,
PSYCHOLOGIST.

SPEAKERS

MS. MEERA IYER
COUNSELLING PSYCHOLOGIST
AND LIFE COACH



MS. R. ROHINI,
COUNSELLOR & ASST PROFESSOR,
ST. MARY'S COLLEGE
(AUTONOMOUS)
THOOTHUKUDI.



VANDANA BHANUSHALI
COUNSELLOR



MS. SUCHARITHA
A SELF REALISED PERSON



DATE : 28.08.2020
Time: 7.00 pm


MODERATOR
DR. (Prof) REGUNATH PARAKKAL
SENIOR PSYCHOLOGIST
PEACE AMBASSADOR OF INDIA

ZOOM
ID : 847 2525 0842
PASSCODE : 658220
VIEW LIVE IN FACEBOOK - SOUTH ASIAN
INSTITUTE FOR ADVANCED RESEARCH & DEVELOPMENT
[SAIARD]

Counsellor Mrs.Rohini was invited as a resource person for the international webinar organized by the American College, Madurai in association with the Madras school of Social Work, Chennai on the topic "U & ME -COUPLE ENRICHMENT "

You **Open mind & heart**

Organized by
DEPARTMENT OF PSYCHOLOGY
The American College, Madurai, Tamil Nadu, India
MENTAL HEALTH WEBINAR SERIES 2020
in association with
MADRAS SCHOOL OF SOCIAL WORK, CHENNAI
MS CHELLAMUTHU INSTITUTE OF MENTAL HEALTH AND
REHABILITATION MADURAI
DEPARTMENT OF PSYCHOLOGY, MADURAI KAMARAJ UNIVERSITY
REDPOND EDUCATIONAL AND PSYCHOLOGICAL RESEARCH
CENTRE, MADURAI
PSYCHO ONCOLOGICAL ASSOCIATION TURKEY

Topic 223
U & ME - COUPLE ENRICHMENT



SPEAKER
R Rohini
Counsellor and Assistant Professor
St. Mary's College
Tuticorin

For More Details: WhatsApp +91 9750406463

29/09/2020
Time: 6.30 PM IST **Venue:**
Your Gadget



Patron
DR. DAVAMANI CHRISTOBER 

Wellbeing Centre
Bringing Happiness Opened in Lives

RED POND
pirai

Counsellor Mrs.Rohini was invited as a resource person for the webinar organized by the 'Mind The Mind' Sponsored by International human rights and social justice federation on 1.10.2020

FREE COUNSELLING INAUGURATION FOR ONLINE MIND THE MIND
01-10-2020 8 PM IST
[HTTPS://WWW.FACEBOOK.COM/INTERNATIONAL-HUMAN-RIGHTS-AND-SOCIAL-JUSTICE-FEDERATION-431494214143273/](https://www.facebook.com/international-human-rights-and-social-justice-federation-431494214143273/)

SPONSOR BY: INTERNATIONAL HUMAN RIGHTS AND SOCIAL JUSTICE FEDERATION

INAUGURATOR

ASST. PROF. MS. R. ROHINI
 PSYCHOLOGIST
 INDIA
MIND THE MIND

CHIEF GUEST

DR. SASIKALA PUSPA
 FR MP AND MAYER
 INDIA

CHIEF GUEST

DR. KAVITHA
 INDIA

CHIEF GUEST

AMB. ANAGWU
IKECHUKWU AUGUSTINE
 NIGERIA

CHIEF GUEST

DR. DAVIA COUTCHER
 UNITED STATES

INTERNATIONAL HUMAN RIGHTS AND SOCIAL JUSTICE FEDERATION

IHRSJF CHAIRMAN
 YOOGAN ALAGAN

IHRSJF VICE CHAIRMAN
 DR. REGUNATH PARAKKAL

IHRSJF PRESIDENT
 DR. RAMASWAMY

IHRSJF VICE PRESIDENT
 DR. DINESH KUMAR

IHRSJF SECRETARY
 ELIZABETH GAGNON

Counsellor Mrs.Rohini was invited as a resource person for the National Webinar organized by the Chidambaram Academy of Refinement & Enrichment -CARE Hosur in the topic Couple Enrichment on 09.10.2020



Chidambaram Academy of Refinement & Enrichment

Z.O. : *Chennai - Madurai - Coval - Trichy - Vellore - Hosur
Puduvai - Karnataka - Kerala - A.P. & Telangana*

Presents 55th free webinar on

“U & ME - COUPLE ENRICHMENT”

Facilitator:
Ms.R.Rohini,
Counsellor and Assistant Professor,
St.Mary’s College (Autonomous),
Tuticorin.

Date : 09/10/2020 (Friday)
Time : 06.45 pm (IST)



Join us on

Zoom meeting ID : 890 6474 2892
Password : CARE
&
Live stream on Youtube : CARE HRD for Success

Contact us: 9842736163 , 9865223321 , 8778835471 , 9942268498.





Dr.R.Krishnamoorthi,
Founder Director-CARE.



Mr.V.Muthukumarasamy,
Zonal Director - Madurai.



Mr.S.Balachander,
Joint Director-CARE.

Counsellor Mrs.Rohini was invited as a resource person for the international Webinar organized by the Navchetna Saksham society and Nepal Youth United Youth for world Peace Corps Nepal on 30.10.2020 in the topic topic "ME AND MY EMOTIONS "



NAVCHETNA

International Webinar Series
Organized by

Saksham Society, Jaipur, Rajasthan, India
and
Nepal Youth: United Youth for World Peace Nepal

TOPIC: Me and My Emotions



**SPEAKER: R.Rohini, Counsellor
and Assistant Professor,
St.Mary's college
(Autonomous), Tuticorin,
Tamilnadu.**

**DATE : 30th Oct 2020
TIME : 5:00-6:00 PM**

Patrons



Mr. Rjendra Kr. Singh
President
Saksham society, Jaipur



Dr. Indu Bansal
Retd. Dean
Dept of Home Science,
Banasthali Vidyapith,
Tonk, Jaipur



Dr. Shilpi Chauhan
Organizer of Program
Saksham society, Jaipur



Mr. Praveen Kumar Regmi
Co- Organizer of Program
Nepal Youth: United Youth for
World Peace Nepal



Dr. Shivani Dhodi
Coordinator of Program
Saksham society, Jaipur

Phone: 8279573829 www.ngosaksham.com info@saksham.club

Counsellor Mrs.Rohini was invited as a resource person for the international Webinar organized by the Global citizen peace federation and international human rights and social justice federation on the topic "Couple Enrichment "on 28.11.2020

Global Citizens Peace Federation

Approved by Government of India, ISO 9001:2015

Certified, New Delhi / Kerala / Tamilnadu /

Odisha / Karnataka

**International Human Rights
and Social Justice Federation**

ISO 9001:2015 Certified, Malaysia / Canada /

United States of America / India



COUPLE ENRICHMENT



Guest Speakers



Elder Josiah Dimbo

Leader, Southern Africa Media in
Agriculture, Climate & Environment
Trust, Africa

R. Rohini

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



Moderators



Regunath Parakkal

Professor & Head, Department of
Counselling, Park Group of Institutions,
Coimbatore, Tamilnadu

G. C. Kavitha

Executive Director,
Centre for Positive Learning,
Hyderabad, India



DATE: 28-11-2020 / TIME: 06.45PM

live.

Nov 28, 2020 • 🌐

**Global citizen peace federation And
international human rights and social
justice federation**



Counsellor Mrs. Rohini was invited as resource person for the webinar conducted by the college Union of St.Mary's college Autonomous Tuticorin, on 1.06.2021, 2.06.2021 and motivated the 3rd year, 2nd year and the PG students.



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

Organizes a
Webinar
on

Feed your mind & Fly away from negativity

Resource Person

Mrs. Rohini

Counsellor, St. Mary's College (Autonomous)
Thoothukudi.

Date: 1st and 2nd June 2021

Time: 11 a.m. - 12 noon

With Best Wishes from

Rev. Sr. Flora Mary, Secretary

Dr. Sr. A. S. J. Lucia Rose, Principal

Dr. Sr. C. Shibana, Deputy Principal

Dr. Sr. F. Mary Joyce Baby, Director, SSC.

Counsellor Mrs. Rohini was invited as a resource person for the webinar conducted by the Sri Krishna Adhithya College, Coimbatore and addressed the students on the topic Connecting The Dots - The Psychology Of Entrepreneurship on 10.06.2021.



SRI KRISHNA ADITHYA COLLEGE OF ARTS AND SCIENCE

(Affiliated To Bharathiar University)
KOVAIPUDUR, COIMBATORE - 641042



DEPARTMENT OF COMMERCE B.COM , B.COM BPS & M.COM

COMMERCE CUBICLE
(ASSOCIATION OF COMMERCE)



CONNECTING THE DOTS – "PSYCHOLOGY OF ENTREPRENEURSHIP"

Resource person



Mrs.R.Rohini
Counsellor and Assistant Professor
Department of Psychology
St.Mary's College
Tuticorin



TIME: 2:30pm

PRESIDED BY :
Dr.S.Palaniammal
Principal



Counsellor Mrs.Rohini was invited as a resource person for the webinar conducted by the Manonmaniam Sundaranar University ,P.G Psychology department and addressed the students in the topic "Catch up with yourSELF" on 17.07.2021



**DEPARTMENT OF PSYCHOLOGY
MANONMANIAM SUNDARANAR UNIVERSITY
TIRUNELVELI**

Join us for a webinar on
CATCH UP WITH YOUR "SELF"

SPEAKER:



**Dr. R. Rohini
Counsellor and Assistant Professor
Department of Psychology
St. Mary's College
Tuticorin**

**Saturday, 17th July, 2021
From 2:00pm-3:30pm**

Join with Google Meet
meet.google.com/pwv-psgx-sfm



Counsellor Mrs.Rohini participated as a resource person in the World Record Event organized by Qatar Ambul Tamil Sangam and Integral Training Centre Qatar in the topic" Family Enrichment" on 21.07.2021



مركز المتكاملة للتدريب
INTEGRAL TRAINING CENTRE

கத்தார் ஆம்பல் தமிழ்ச்சங்கம், இண்டகரல் டிரைனிங் சென்டர்
தமிழ் அமெரிக்க தொலைக்காட்சி, செவெ வேர்ல்ட் ரெக்கார்டு மற்றும்
தூய மரியன்னை கல்லூரி, தூத்துக்குடி, தமிழ்நாடு இணைந்து வழங்கும்
உலக சாதனை நிகழ்ச்சி
அறிவோம் ஆயிரம் - ஒரு குடைக்குள் மழை
கர்மவீரர் காமராசரின்
நூற்று பத்தொன்பதாவது பிறந்தநாளை முன்னிட்டு
நூற்று பத்தொன்பது கல்லூரி பேராசிரியர்கள் வழங்கும்
நூற்று பத்தொன்பது சொற்பொழிவுகள் (கவியரங்கம் & கருத்தரங்கம்)




Event Number : 47
Date : 21.07.2021
Time : 3.13am to 4.15am

Topic: Family Enrichment
Resource Person -Dr.R.Rohini




அழைப்பின் மகிழ்வில்
Dr.Ravi Govindaraj
Head T&D, Integral Training Centre
Qatar
தமிழ் அமெரிக்கா
Tamil America



Our Forum's Activities For The Society

Our Counsellor Mrs. Rohini is providing free Tele counselling during this covid time joined with the National commission for Protection of the child rights (NCPCR) and NIMHANS Bangalore from 2020 May to till date.

National Commission for Protection of Child Rights (NCPCR)
5th Floor, Chandernagore Building, 36 Janpath, New Delhi-110001

Samvedna Sensitizing Action on Mental Health Vulnerability through Emotional Development and Necessary Acceptance
Toll free Tele Counselling

We are available from 10 am to 1 pm and 3 pm to 8 pm (Monday to Saturday).

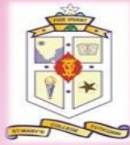
This service is exclusively for children who are willing to talk and are in need of counselling during COVID times. Our experts/professional counselors are here to assist you with any discomfort/concern you wish to share.

Toll-free no. 18001212830

INDIA CO-WIN ACTION NETWORK
NATIONAL INSTITUTE OF MENTAL HEALTH SERVICES

FOLLOW US : [f /NCPCR.Official](#) [@NCPCR_](#) [/channel/NCPCR](#) [@ncpcr_](#)

Our counselling Forum is offered tele-counselling joining hands with Thoothukudi collectorate to home quarantine Covid patients of Thoothukudi district in the leadership of Rev.Dr.Sr.Kulandai Theresa.



**St. Mary's College, Thoothukudi
Counselling Forum
(Joining hands with Thoothukudi Collectorate)**

Tele- Counselling to Home-
Quarantine COVID Patients of
Thoothukudi District
May 2021 – June 2021



Medicine Requirements

Grocery, Food

Psychological Issues

Health Issues

COVID Free Tuty

Dr. Flora Nelson

We Can Trust

Sr. Nirmala

SFI



Secretary



Principal

Counsellor Mrs.Rohini is offering free tele counselling 24/7 in "Mind the Mind" sponsored by the International Human Rights and Social Justice Federation

"FREE TELECOUNSELLING"

<https://mind-the-mind.ueniweb.in>

ARE YOU WORRIED ????



DR.[prof] REGUNATH PARAKKAL
SENIOR PSYCHOLOGIST

PEACE AMBASSADOR OF INDIA

PH.NO : +91 94470 83118

MAIL ID: drregunathparakal@gmail.com



MS.R.ROHINI,
PSYCHOLOGIST

PH.NO : +91 99441 00347

MAIL ID : srohinisss80@gmail.com

Awards Received By Counsellor Mrs.R.Rohini

- "Honorary Doctorate" Award by the United Nobles Rescue Services, Abuja for Counselling on 17.10.2020



- "The Real Super Women " Award from FSIA Forever Star India Awards for counselling on 24.10.2020



- Honorary Doctorate Award for "Women of Peace And Creativity For The World" from the Honorary Dissertation Committee AICHYCI MEXICO MOROCCO on 25th November 2020.

