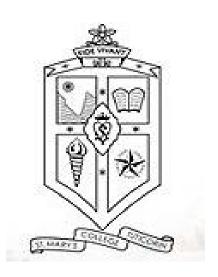
ST. MARY'S COLLEGE (AUTONOMOUS) THOOTHUKUDI



COUNSELING FORUM (Year 2021 -2022) Counseling is a collaborative effort between the counselor and client. Professional counselors of the college help the clients identify goals and potential solutions to problems that cause an emotional disturbance, 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 wellbeing. 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 counseling
- 8. Pre and Post Marital counseling
- 9. Tele- Counselling

VARIOUS THERAPIES WERE ADOPTED AS PER THE NEED OF THE CLIENT

ENTRY COUNSELLING:

Given to all U.G.& P,G. freshers. Class wise visit and talk for about 1 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

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 1^{st} and 3^{rd} Year Students . Counsellors may not give concrete advice or a checklist of things to feel better. What we do is to

help the counselee 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 counselee. Counseling is a purney, and it takes time and consistency to work effectively. Sittings differ according to the issue. If needed therapy is adopted.

THERAPY ADOPTED

- 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

COUNSELING ON REFERENCE:

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

Regularly irregular

Latecomers

More arrears

Malpractice

Mischievous

PARENTS COUNSELOR MEETS:

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

FEEDBACKS RECEIVED FROM THE CLIENTS

After counseling, 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.

GROUP COUNSELING ON EMOTIONAL WELL BEING IS JUST IMPORTANT TO US AS BREATHING

S.NO	DATE	MAJOR/YEAR	VENUE	NO OF STUDENTS
1	21.04.22	III- PHYSICS	STAR HALL	47
2	21.04.22	III-CHEMISTRY	STAR HALL	45
3	21.04.22	III-BOTANY	STAR HALL	43
4	22.04.22	III- ZOOLOGY	STAR HALL	35
5	22.04.2022	III-ECONOMICS	STAR HALL	48
6	10.05.22	III COMPUTER SCIENCE	STAR HALL	45
7	10.05.2022	III-MATHEMATICS	STAR HALL	50
8	13.05.22	III- HISTORY	STAR HALL	51

9	17.05.22	III- ENGLISH	STAR HALL	72
10	20.50.22	III- COMMERCE	STAR HALL	70
	 Tota	1		506

ENTRY COUNSELING

S.NO	DATE	MAJOR/YEAR	VENUE	NO OF STUDENTS
1	14.9.20212	COMPUTER SCIENCE-I	CLASSROOM	6
2	16.9.2021	ECONOMICS-I	CLASSROOM	4
3	26.10.2021	PHYSICS-I	GROUND	6
4	27.10.2021	CHEMISTRY-I	COUNSELLING ROOM	6
5	7.12.2021	MATHS-I	GROUND	28
6	22.2.2022	MHRM-I	GROUND	11
	61			

EXIT COUNSELING

S.NO	DATE	MAJOR/YEAR	VENUE	NO OF STUDENTS
1	6.9.2021	ECONOMICS-II	COUNSELING ROOM	5
2	22.9.2021	MATHS-II	CLASSROOM	28
3	26.10.2021	PHYSICS-II	COUNSELLING ROOM	14
4	27.10.2021	CHEMISTRY-II	COUNSELLING ROOM	7
5	15.2.2022	COMPUTER SCIENCE-II	COUNSELLING ROOM	22
6	22.2.2022	MHRM-II	GROUND	29

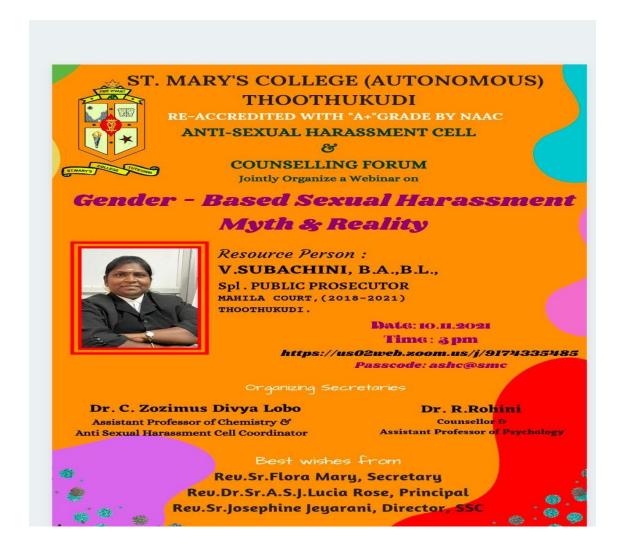
Total	105
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SPORTS COUNSELLING

S.NO	DATE	SPORT	VENUE	NO OF STUDENTS
1	30.10.2021	HOSTEL STUDENTS	COUNSELING ROOM	9
2	10.11.2021	VOLLEYBALL	COUNSELING ROOM	12
3	06.12.2021	BASKETBALL	COUNSELING ROOM	6
4	16.12.2021	ATHLETE	COUNSELING ROOM	8
5	20.12.2022	HOCKEY	COUNSELING ROOM	12
6	15.02.2022	ATHLETE	COUNSELING ROOM	7
7	22.02.2022	HANDBALL	COUNSELING ROOM	8
8	23.02.2022	BALL BADMINTON	COUNSELING ROOM	6
9	03.03.2022	КНОКНО	COUNSELING ROOM	12
10	03.03.2022	KABADDI	COUNSELING ROOM	12
11	17.03.2022	HOSTEL	COUNSELING ROOM	13
12	27.03.2022	HOCKEY	COUNSELING ROOM	12
	1		TOTAL	117

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. Counselor 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's 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 2.12.202 and 03.12.2021



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 at 4.00 p.m. to 6.00 p.m.

DATE	SESSION	RESOURCE PERSON	DESIGNATION	TOPIC
25.04.2022	I	Dr.Prof.Raghunath Parakkal,	Psychologist, Kerala	Interpersonal skills
26.04.2022	П	J.Vijaya Priya	Psychologist, Life Coach,Chennai	Leadership
26.04.2022	III	Sheela Suresh	HR Professional, Singapore	Time Management
28.04.2022	IV	Shyamala Jeyaram Sarma	Wellness coach & Healer,Chennai	-Emotional Intelligence
28.04.2022	V	Dr.R.Rohini	Counsellor & Assistant Professor	Stress Management
29.04.2022	VI	Shiva Kumar	Cognitive therapist, Middle East / Asia Pacific/ Africa	Crisis Management

29.04.2022	VII	Dr.Sugantha,	Associate	Entrepreneurshi
			Professor, Lady	p
			Doak College,	
			Madurai	

Activity Done BY THE STUDENTS FOR "LETTING GO" ON 26.10.2021





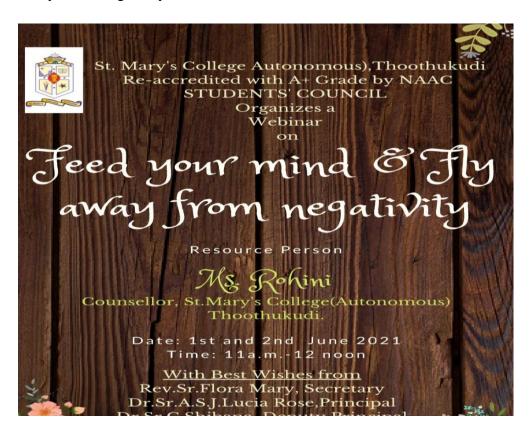
GRATITUDE WALK WAS DONE BY THE STUDENTS ON 27.10.202



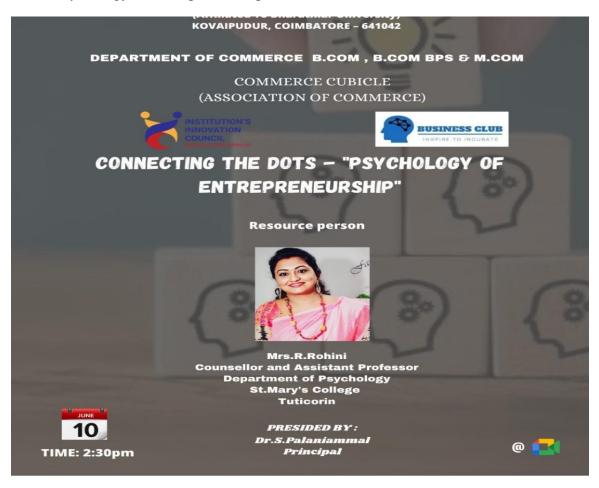
STRESS RELEASE WAS DONE BY THE STUDENTS ON 21.02.2022

RESOURCE PERSON

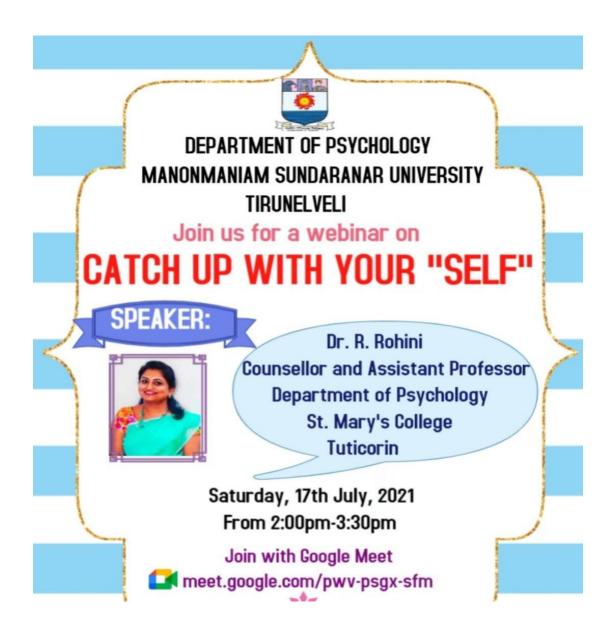
• Counsellor Mrs.Rohini has been a resource person for the webinar conducted by Union of St.Mary's College (Autonomous) and addressed the topic "Feed Your Mind And Fly Away From Negativity" on 1.06.2021.



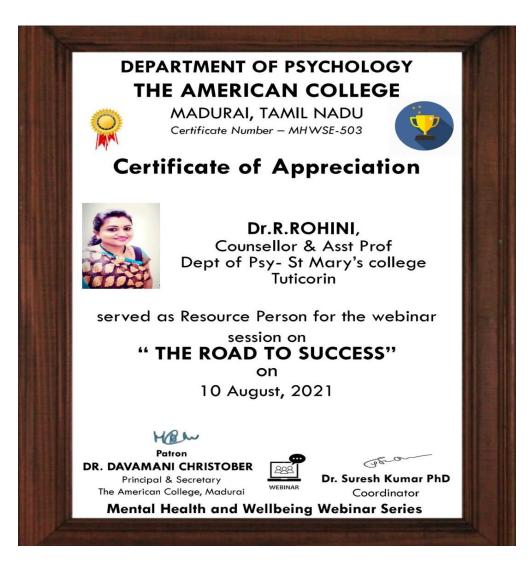
 Counsellor Mrs.Rohini has been a resource person for the webinar conducted by the college Union of St.Mary's college Autonomous Tuticorin, on 2.06.2021 and motivated the 2nd year and the PG students on the topic "Feed Your Mind And Fly Away From Negativity" • Counsellor Mrs.Rohini has been a resource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



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

organises Webinar on

EMOTIONAL WELLNESS

MONDAY 27.09.2021 RESOURCE P

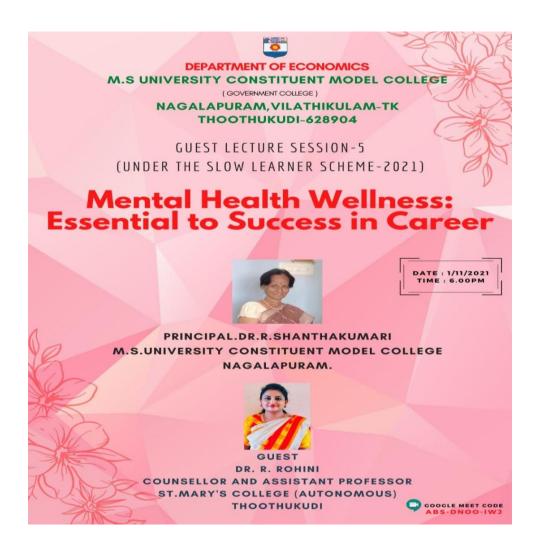
RESOURCE PERSON
Dr. R.Rohini
Counsellor and Assistant Professor of Psychology
St.Mary's College (Autonomous) ,Thoothukudi

Join Zoom Meeting: https://us02web.zoom.us/j/88245161079

Meeting ID:882 4516 1079 Passcode:ethics@smc

Best Wishes from:
Rev.Sr.Flora Mary, Secretary
Dr.Sr.A.S.J.Lucia Rose ,Principal
Dr.Sr.S.Kulandai Therese,Deputy Principal

Organising committee: Dr.Sr.E.Mary Joyce Baby Dr.T.Mary Manonmani Dr.Joys Selva Mary • 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



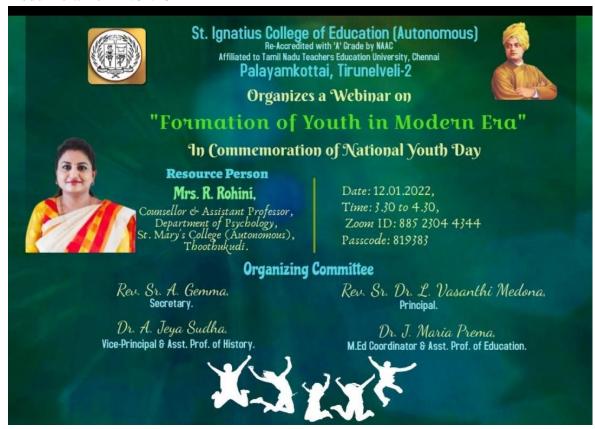
• Counsellor Mrs.Rohini has been a resource person for a session of "Mind Spa" organized by the IQAC, Counselling forum, and by the Psychology department of St.Mary's College (Autonomous), Tuticorin on 19.11.2021



• 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 modern era" on 22.01.2022



• 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 in 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 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.
- Been a resource person for the international webinar organized by the 22nd women organization Srilanka and addressed the topic Win-Win- "A Path a to Hope "on 23.04.2022.



"A PATH TO HOPE"



VIA ZOOM

23 RD SATURDAY

200m AT 6.00 PM

SPEAKER

DR.R.ROHINI

Counsellor& Assistant Professor, St.Mary's College (Autonomous) Thoothukudi, Tamilnadu, India



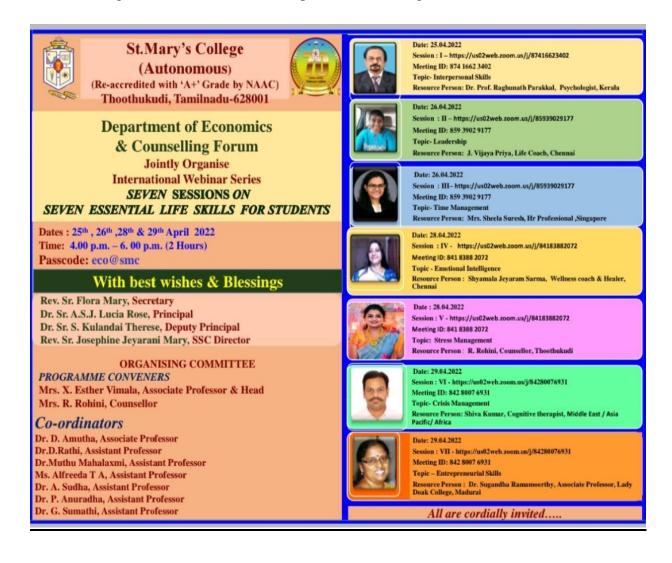


MODERATOR
MIURANGANI KARUNARATNE
DIRECTOR,
22ND WOMAN



www.22ndwoman.com

Been a resource person for the international webinar organized by the Department of Economics & Counselling forum and addressed the topic of stress management on 28.04.2022.



AWARDS RECEIVED

 Counsellor Mrs.Rohini received Abraham Maslow Excellence Award for Psychology from Redpond Educational and psychological Research 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 2009

Redpond Educational and Psychological Research Centre, Madurai, India

Counsellor Mrs.Rohini received the TIP Best Educators award from the TIP



this award with our hearty wishes for his/her success in the education field.





Happy World Teachers Day!

5th October 2021



