

**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.

Counseling 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. Counseling 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 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 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 journey, 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
Total				506

ENTRY COUNSELING

S.NO	DATE	MAJOR/YEAR	VENUE	NO OF STUDENTS
1	14.9.2021	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
Total				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	KHOKHO	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
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.

**ST. MARY'S COLLEGE (AUTONOMOUS)
THOOTHUKUDI**
RE-ACCREDITED WITH "A+" GRADE BY NAAC
ANTI-SEXUAL HARASSMENT CELL
&
COUNSELLING FORUM
Jointly Organize a Webinar on

***Gender - Based Sexual Harassment
Myth & Reality***


Resource Person :
V.SUBACHINI, B.A.,B.L.,
Spl. PUBLIC PROSECUTOR
MAHILA COURT, (2018-2021)
THOOTHUKUDI .

Date: 10.11.2021
Time: 3 pm
<https://us02web.zoom.us/j/9174335485>
Passcode: ashc@smc

Organizing Secretaries

Dr. C. Zozimus Divya Lobo
Assistant Professor of Chemistry &
Anti Sexual Harassment Cell Coordinator

Dr. R.Rohini
Counsellor &
Assistant Professor of Psychology

Best wishes from
Rev.Sr.Flora Mary, Secretary
Rev.Dr.Sr.A.S.J.Lucia Rose, Principal
Rev.Sr.Josephine Jeyarani, Director, SSC

- 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 2.12.2021 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	II	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 Professor, Lady Doak College, Madurai	Entrepreneurship
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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

(Approved by Government of Kerala)
KOVAIPOUDUR, COIMBATORE - 641042


DEPARTMENT OF COMMERCE B.COM , B.COM BPS & M.COM
COMMERCE CUBICLE
(ASSOCIATION OF COMMERCE)

 INSTITUTION'S INNOVATION COUNCIL


 **BUSINESS CLUB**
INSPIRE TO INCUBATE

CONNECTING THE DOTS – "PSYCHOLOGY OF ENTREPRENEURSHIP"

Resource person




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

 JUNE
10

TIME: 2:30pm

PRESIDED BY:
Dr.S.Palaniammal
Principal

@ 

- 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.



The poster is framed by a decorative gold border with a scalloped top and bottom. At the top center is the logo of Manonmaniam Sundaranar University, featuring a sun and a book. Below the logo, the text reads: "DEPARTMENT OF PSYCHOLOGY", "MANONMANIAM SUNDARANAR UNIVERSITY", and "TIRUNELVELI". The main title of the webinar is "CATCH UP WITH YOUR 'SELF'" in large red letters. A blue banner with the word "SPEAKER:" is positioned above a portrait of Dr. R. Rohini, a woman in a green sari. To the right of the portrait, a light blue speech bubble contains her name and title: "Dr. R. Rohini", "Counsellor and Assistant Professor", "Department of Psychology", "St. Mary's College", "Tuticorin". The date and time are listed as "Saturday, 17th July, 2021" and "From 2:00pm-3:30pm". At the bottom, it says "Join with Google Meet" and provides the link "meet.google.com/pwv-psgx-sfm" next to the Google Meet logo.

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 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.



AN - Session III
2. 00 p.m. – 2.30 p.m.

Welcome Address
Ms. S. M. Rojapoo
Assistant Professor of History, IQAC Member

Orientation on Counselling
Ms. R. Rohini
Counsellor
St. Mary's College (Autonomous), Thoothukudi

Vote of Thanks
Dr. T. Priyanka
Assistant Professor of Commerce (SSC), IQAC Member

AN - Session IV
2.30 p.m. – 3.30 p.m.

Welcome Address
Dr. S. Beulah Jerlin
Assistant Professor of Botany, IQAC Member

Expert Talk- Get... Set... Ready...
Dr. D. Pechimuthu
Associate Professor of Zoology &
International Soft Skills Consultant
VOC College

Vote of Thanks
Dr. A. Nirmala Shirley
Assistant Professor of Physics (SSC), IQAC Member

3.30 p.m. – 4.00 p.m.
History of the College & Resources in the Campus – Presentation



Day II - 07/09/2021
FN - Session I
9.30 a.m. - 10.00 a.m.

Welcome Address
Dr. B. Serena Margaret
IQAC & SIP & MOOC Coordinator
Associate Professor of English


Alumna Talk - Me as a Marian



- 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 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.Floria Mary, Secretary
Dr.Sr.A.S.J.Lucia Rose ,Principal
Dr.Sr.S.Kulandai Therese,Deputy Principal

Organising committee:
Dr.Sr.F.Mary Joyce Baby
Dr.T.Mary Manonmani
Dr.Joys Selva Mary
Dr.P.Anbarasi Radina

- 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


DEPARTMENT OF ECONOMICS
M.S UNIVERSITY CONSTITUENT MODEL COLLEGE
(GOVERNMENT COLLEGE)
NAGALAPURAM, VILATHIKULAM-TK
THOOTHUKUDI-628904

GUEST LECTURE SESSION-5
(UNDER THE SLOW LEARNER SCHEME-2021)

Mental Health Wellness: Essential to Success in Career


PRINCIPAL.DR.R.SHANTHAKUMARI
M.S.UNIVERSITY CONSTITUENT MODEL COLLEGE
NAGALAPURAM.


GUEST
DR. R. ROHINI
COUNSELLOR AND ASSISTANT PROFESSOR
ST.MARY'S COLLEGE (AUTONOMOUS)
THOOTHUKUDI

DATE : 1/11/2021
TIME : 6.00PM

 **GOOGLE MEET CODE**
ABS-DN00-IWJ

- 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

Participant: You  **Fee:** Open mind & Heart  

Organized by
DEPARTMENT OF PSYCHOLOGY
The American College, Madurai, Tamil Nadu, India
MENTAL HEALTH WEBINAR SERIES 2020-21
 in association with
 MSSW Chennai & Tamil Nadu Career Counsellors Association
 Tamil Nadu Counsellors and Psychotherapists Association
 MS CHELLAMUTHU INSTITUTE OF MENTAL HEALTH AND REHABILITATION MADURAI
 REDPOND EDUCATIONAL AND PSYCHOLOGICAL RESEARCH CENTRE, MADURAI
Yellow Pond Madurai

Topic 603
Parenting Styles

 **Dr. R. Rohini,**
Counsellor & Asst Prof,
St.Mary's College(Autonomous)
Tuticorin.

For More Details: WhatsApp +91 97 5040 6463

 **18/11/2021**
Time: 5.00 PM IST  **Venue:**
Your Gadget



Patron
DR. DAVAMANI CHRISTOBER
 Principal & Secretary
 The American College
 Madurai 

Coordinator:
Dr. SURESH KUMAR
 Head, Department of
 Psychology, The American
 College, Madurai 

 **Technical Support by:**
Yellow Pond Counselling
Centre
Madurai 

- 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

Participant: You  **Fee:** Open mind & Heart  

Organized by
DEPARTMENT OF PSYCHOLOGY
The American College, Madurai, Tamil Nadu, India
MENTAL HEALTH WEBINAR SERIES 2020-21
 in association with
MSSW Chennai & Tamil Nadu Career Counsellors Association
Tamil Nadu Counsellors and Psychotherapists Association
MS CHELLAMUTHU INSTITUTE OF MENTAL HEALTH AND REHABILITATION MADURAI
REDPOND EDUCATIONAL AND PSYCHOLOGICAL RESEARCH CENTRE, MADURAI
Yellow Pond Madurai

Topic 617
Love Languages

 **Dr. R. Rohini,**
Counsellor & Asst Prof,
St. Mary's College (Autonomous)
Tuticorin.

For More Details: WhatsApp +91 97 5040 6463

 **02/12/2021**
Time: 5.00 PM IST  **Venue:**
Your Gadget




Patron
DR. DAVAMANI CHRISTOBER
 Principal & Secretary
 The American College
 Madurai 

Coordinator:
Dr. SURESH KUMAR
 Head, Department of
 Psychology, The American
 College, Madurai

 **Technical Support by:**
Yellow Pond Counselling
Centre
Madurai 

- 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



St. Ignatius College of Education (Autonomous)
Re-Accredited with 'A' Grade by NAAC
Affiliated to Tamil Nadu Teachers Education University, Chennai
Palayamkottai, Tirunelveli-2

Organizes a Webinar on
"Formation of Youth in Modern Era"
In Commemoration of National Youth Day

Resource Person
Mrs. R. Rohini,
Counsellor & Assistant Professor,
Department of Psychology,
St. Mary's College (Autonomous),
Thoothukudi.

Date: 12.01.2022,
Time: 3.30 to 4.30,
Zoom ID: 885 2304 4344
Passcode: 819383


Organizing Committee

Rev. Sr. A. Gemma,
Secretary.

Rev. Sr. Dr. L. Vasanthi Medona,
Principal.

Dr. A. Jeya Sudha,
Vice-Principal & Asst. Prof. of History.

Dr. J. Maria Prema,
M.Ed Coordinator & Asst. Prof. of Education.



- 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.




St. Mary's College (Autonomous)-Thoothukudi
 (Re-accredited with 'A+' Grade by NAAC)
Youth Red Cross
 &
Rotaract Club
 Jointly Organize an Awareness Meeting
 on
"Setting Healthy Boundaries"
 Date:07.03.2022 Venue: Room.No.B18 Time:2.00 p.m
Resource Person





Mrs.R.Rohini
 Counsellor
 St. Mary's College (Autonomous)
 Thoothukudi

Best Wishes From Rev.Sr.Floria Mary Secretary Rev.Dr.Sr.A.S.J.Lucia Rose Principall	Organising Committee Youth Red Cross Dr.S.M.Vimala Ms.Jenitta Jebamalar Ms.Anne Devotta Rotaract Club Ms.M.Mangalacswari Dr.J.Jane D 'Almeida
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- 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.

WIN-WIN

"A PATH TO HOPE"



zoom

VIA ZOOM

23RD SATURDAY

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



EMBRACING THE INTELLECT

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.

 <p>St. Mary's College (Autonomous) (Re-accredited with 'A+' Grade by NAAC) Thoothukudi, Tamilnadu-628001</p>	 <p>Date: 25.04.2022 Session : I – https://us02web.zoom.us/j/87416623402 Meeting ID: 874 1662 3402 Topic- Interpersonal Skills Resource Person: Dr. Prof. Raghunath Parakkal, Psychologist, Kerala</p>
<p>Department of Economics & Counselling Forum Jointly Organise International Webinar Series SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS</p>	 <p>Date: 26.04.2022 Session : II – https://us02web.zoom.us/j/85939029177 Meeting ID: 859 3902 9177 Topic- Leadership Resource Person : J. Vijaya Priya, Life Coach, Chennai</p>
<p>Dates : 25th , 26th ,28th & 29th April 2022 Time: 4.00 p.m. – 6. 00 p.m. (2 Hours) Passcode: eco@smc</p>	 <p>Date: 26.04.2022 Session : III- https://us02web.zoom.us/j/85939029177 Meeting ID: 859 3902 9177 Topic- Time Management Resource Person : Mrs. Sheela Suresh, Hr Professional ,Singapore</p>
<p>With best wishes & Blessings</p>	 <p>Date: 28.04.2022 Session : IV - https://us02web.zoom.us/j/84183882072 Meeting ID: 841 8388 2072 Topic - Emotional Intelligence Resource Person : Shyamala Jeyaram Sarma, Wellness coach & Healer, Chennai</p>
<p>Rev. Sr. Flora Mary, Secretary Dr. Sr. A.S.J. Lucia Rose, Principal Dr. Sr. S. Kulandai Therese, Deputy Principal Rev. Sr. Josephine Jeyarani Mary, SSC Director</p>	 <p>Date : 28.04.2022 Session : V - https://us02web.zoom.us/j/84183882072 Meeting ID: 841 8388 2072 Topic: Stress Management Resource Person : R. Rohini, Counsellor, Thoothukudi</p>
<p>ORGANISING COMMITTEE PROGRAMME CONVENERS Mrs. X. Esther Vimala, Associate Professor & Head Mrs. R. Rohini, Counsellor</p>	 <p>Date: 29.04.2022 Session : VI - https://us02web.zoom.us/j/84280076931 Meeting ID: 842 8007 6931 Topic- Crisis Management Resource Person: Shiva Kumar, Cognitive therapist, Middle East / Asia Pacific/ Africa</p>
<p>Co-ordinators Dr. D. Amutha, Associate Professor Dr.D.Rathi, Assistant Professor Dr.Muthu Mahalaxmi, Assistant Professor Ms. Alfreeda T A, Assistant Professor Dr. A. Sudha, Assistant Professor Dr. P. Anuradha, Assistant Professor Dr. G. Sumathi, Assistant Professor</p>	 <p>Date: 29.04.2022 Session : VII - https://us02web.zoom.us/j/84280076931 Meeting ID: 842 8007 6931 Topic – Entrepreneurial Skills Resource Person : Dr. Sugandha Ramamoorthy, Associate Professor, Lady Doak College, Madurai</p>
<p>All are cordially invited.....</p>	

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




President

Since 2009

Redpond Educational and Psychological Research Centre, Madurai, India

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



