

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



**COUNSELLING FORUM
(Year 2016 -2017)**

Counselling is a term used to comfort, listen or to help people who are experiencing emotional problems.

Going to a counsellor is the healthiest thing that an individual can do for themselves.

Objectives:

- ⦿ To empower students Community.
- ⦿ To develop their positive attitude and make them optimists.
- ⦿ To develop the counsellees interpersonal and intrapersonal relationship.
- ⦿ To increase the leadership qualities among youth.
- ⦿ To help the counsellee attain self-awareness and self-realization.
- ⦿ To help the Counsellee to become a motivated, and goal oriented person.
- ⦿ To help the counsellee to equip to meet future problems – getting help internally organize much better than before.

STAFF INCHARGE :

The Counselling Forum is active with two full time professional counsellors.

- Mrs. R. Rohini
- Dr.S.Gousalya and

One part time Counsellor

- Dr. Stella Beatrice Nirmala

Meetings /Seminars attended as resource person – Dr.S.Gousalya:

S.NO	DATE	PROGRAMME	TOPIC	VENUE
1	25.4.16	AnnualFaculty development programme for teachers	Teachers as counsellors	Sri Jeyaendhra HSS,Palayamkottai
2	24.11.16	Moderator- Panel discussion	Women and society	Indoor stadium, St.Mary's college
3	25.11.16	Seminar- Violenceagainstwomen and sexual harassment	Woman- Their position past &present	Fatima hall, St. Mary's college
4	10.3.17	Panel discussion Panellist	Prevention of Sexual assault against women and children	Annammal college of Education, Thoothukudi



Seminar - Violence against women and sexual harassment on 24.11.16

Meetings attended:

S.NO	DATE	PROGRAMME	TOPIC	VENUE	Counsellor
1	27.1.17 28.1.17	National conference	Interdisciplinary dialogue in applied ethics	St. Mary's college	Dr.S.Gousalya
2	3.2.17	International conference on Psychology	Enhancing psychological well-being across human life span	Anugraha Institute of Social Science Dindugal	Dr.S.Gousalya And Mrs. Rohini

Paper presented

S.NO	DATE	PROGRAMME	TOPIC	VENUE	Counsellor
1.	12.01.17	International conference on Psychology	Psychological personality of Karna in the Epic Mahabaratha	St. Mary's college, Thoothukudi	Mrs. Rohini



International conference on Psychology, Anugraha Institute of Social Science



Panel Discussion, Panellist, Annammal College of Education, Thoothukudi –

Dindugal On 03.2.17- Counsellors 10.03.2017 - Dr.S.Gousalya

ANNUAL PROGRAMME OF THE COUNSELLING FORUM 2016 -2017

- Orientation Programme
- Entry Counselling
- Exit Counselling
- Group Counselling
- Sports Counselling
- Individual Counselling
- Personal Counselling
- Counselling on Reference

On 12.01.17 –Paper presentation





Introduction about Counselling for the Freshers on 16.06.2017



Goal setting and self motivation Indoor Stadium on 01.07.16

Orientation programmes conducted:

Programmes were organised year wise to give an orientation to students especially at the beginning of every semester. **Counsellor : Dr.S.Gousalya**

S.NO	DATE	STUDENTS	TOPIC	VENUE
1	20.6.16	II & III year	Mind and yoga	Indoor stadium
2	1.7.16	II&III year	Goal setting ,self-motivation and career	Indoor stadium
3	15.7.16	I&II year	Discussion- sexual abuse causes & solution	Indoor stadium
4	25.11.16	I,II&III year	Panel discussion– moderator ‘Women today’ with social activist, lawyer, journalist and doctor	Indoor stadium
5	28.11.16	I UG SSC	Career... Goal Setting and achievements	Meeting Hall SSC
6	28.11.16	5 sessions- I.U.G. SSC	“ Teenage –Views and values”	Meeting hall SSC block

Counsellor : Mrs.R.Rohini

S. No.	DATE	VENUE	TOPIC	STUDENTS ATTENDED
1	16.06.16	Fathima Hall	“ Ways to handle our life Remote”	Non – Catholic III year Students
2	01.07.16	Auditorium	“Born to Shine”	I UG and I PG Students
3	08.07.16	Sports GYM	“Health and Stress Management”	Sports Students
4	15.07.16	Fathima Hall	“SuddenLOVEand Abuses”	Non – Catholic III year Students
5	29.09.16	Ground	“Switch Words”	Sports Student

Counselling done for

STUDENTS	PARENTS
<ul style="list-style-type: none"> ❖ Married & Unmarried ❖ Single Parent & Without parents ❖ slow and fast learners ❖ Aggressiveness ❖ Sports ❖ Part time job ❖ Long absenties ❖ Love affairs & Love failures ❖ Pre-marital & Post-Marital ❖ Eating disorder ❖ Depression ❖ Grief ❖ Sexual abuse ❖ ADHD ❖ Phobia ❖ Communication Problem ❖ Addictive behavior ❖ Physical illness ❖ Disability & Separation etc. 	<ul style="list-style-type: none"> ❖ Single Parent ❖ Guardian ❖ Unhealthy parent ❖ Suspicious ❖ Step Mother ❖ Step father ❖ Addictive behavior

GROUP COUNSELLING Done on
<ul style="list-style-type: none"> ❖ Goal setting ❖ Interview tips ❖ Stress Management ❖ Friendship ❖ Positive attitude ❖ Feminism ❖ Love tank ❖ Self confidence ❖ Behavior problem ❖ Career Guidance ❖ Unconditional life acceptance ❖ Time management ❖ Self disclosure & Risk factors ❖ Mental block & Hormone issues ❖ Non-violence ❖ Conflict resolution ❖ soft addiction ❖ Cyber issues

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& love
- Teen age problems & solutions
- Language problem - medium of instruction
- Self-confidence& self-control
- Values of life & character building

Counsellor : Dr.S.Gousalya

S.NO	DATE	MAJOR/YEAR	VENUE	STUDENTS
1	4.7.16	I.M.SC.Zoology	Class room	20
2	11.7.16	I Maths	Class room	48
3	13.7.16	I Chemistry	Class room	48
4	14.7.16	I Computer science	Class room	45
5	14.7.16	I Zoology	Zoology lab	47
6	12.8.16	I Botany	Class room	51
7	16.8.16	I Physics	Class room	54
9	4.2.17	I.M.A. Economics	Counselling centre	12
10	16.2.17	I Maths[SSC] II sitting	Class room	-
Total				217

Entry counselling:**Counsellor : Mrs.R.Rohini**

S. No.	DATE	DEPARTMENT YEAR	VENUE	NO. OF STUDENTS	TOPIC
1	30.06.16	I – B.A., History	Class Room	62	“Goal Setting Powerful tool”
2	30.06.16	I- B.Sc., Computer Science	Class Room	46	“ Fear and Success”
3	05.07.16	I – B.A., Economics	Class Room	59	“Education and Self Esteem”
4	25.07.16	I- B.A., History	Class Room	62	“Young People bored or busy”
5	08.08.16	I- B.A., History	Class Room	62	“To day is a better day”
6	11.08.16	I- B.A., English	Class Room	68	Opening up - “Mind and issues”
7	02.09.16	I – M.Sc., Computer Science	Class Room	18	“Personal and Professional goal Settings”
8	24.09.16	I- M.A., Economics	Counselling Room	12	“How to handle Emotions”
9	13.03.17	I- MHRM	Class Room	30	“How to manage Relationship”
10	14.03.17	I- B.Com	Class Room	66	“Teenage issues and solutions”
11	15.03.17	I- M.Com	Class Room	27	“Life Management”
Total				512	

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
- Work place related problem
- Suicidal tendency-how to over come
- Self-confidence& self-control
- Emotional imbalance
- Violence against women –Family, work place &study centres
- Personality Development

Counsellor : Dr.S.Gousalya

S.NO	DATE	MAJOR/YEAR	VENUE	STUDENTS
1	8.12.16	III Maths	Under tree	45
2	10.12.16	III Computer science	Class room	46
3	24.1.17	III B.A.Economics	Class room	48
4	31.1.17	III Botany	Class room	43
5	1.2.17	III Zoology	Zoology lab	41
6	13.2.17	III English [SSC]	Class room	57
7	13.2.17	III B.COM. Corporate[SSC]	Class room	63
8	14.2.17	III B.B.A [SSC]	Class room	61
9	14.2.17	III Micro Bio[SSC]	Class room	36
10	15.2.17	III Mathematics[SSC]	Class room	45
11	15.2.17	III B.COM.CA[SSC]	Class room	60
TOTAL				545

Exit counselling:

Counsellor : Mrs.R.Rohini

S. No.	DATE	DEPARTMENT YEAR	VENUE	NO. OF STUDENTS	TOPIC
1	23.06.16	III -B.sc., Physics	Class Room	47	“Attitude and Achievement”
2	24.09.16	II – M.A., Economics	Counselling Room	8	“ Life and Achievements”
3	15.12.16	III- B.A., History	Class Room	52	“Exit Counselling”
4	13.03.17	II – MHRM	Class Room	28	“How to balance personal and Professional life”
5	14.03.17	II –M.Com	Class Room	29	“Exit Counselling”
Total				164	



Exit Counselling on 10.12.16



Exit Counselling on 24.09.16

GROUP COUNSELLING

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

Counsellor : Dr.S.Gousalya

S,NO	DATE	MAJOR/YEAR	VENUE	NO. OF STUDENTS	CAUSE
1	2.9.16	III Commerce	Ground	60	Friendship possessiveness
2	1.2.17	III Maths	Counsellor's room	45	Career counselling
3	9.1.17	One problematic student and her friends	Counsellor's room	8	Groupisam
4	18.2.17	Parents & students	Counsellor's room	4	Family issues – misunderstanding
Total				117	

Counsellor : Mrs.R.Rohini

S. No.	DATE	DEPARTMENT YEAR	VENUE	NO. OF STUDENTS	TOPIC
1	22.06.16	II- B.Sc., Physics	Class Room	47	“Life and Acceptance”
2	01.12.16	II – M.A., English	Counselling Room	8	“Competitive Exams”
3	16.12.16	III- B.A., History	Counselling Room	8	“Marriage and Life” Post Marital Counselling
4	17.12.16	III – B.A., History	Counselling Room	6	“Pre Marital Counselling”
Total				69	



On 13.03.17 –Entry Counselling

I MHRM

SPORTS COUNSELLING

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

Counsellor : Dr.S.Gousalya

S.NO	DATE	MAJOR/YEAR	VENUE	CAUSE
1	17.6.16 to 27.6.16 For 10 days	I year players	Counselling centre	1.Disclosure of grievances Family and personal 2.Need for financial assistance



Sports Counselling on 27.06.16

SPORTS COUNSELLING

Counsellor : Mrs.R.Rohini

S. No.	DATE	SPORT	VENUE	NO. OF STUDENTS	TOPIC
1	20.09.16	Hockey	Counselling Room	18	“Health and Achievements”
2	28.09.16	Volleyball	Counselling Room	12	“Failures and Success”
3	29.09.16	Weight lifting	GYM	7	“Food and Nutrition”
4	17.12.16	Weight lifting	Counselling Room	5	“Before Success and Over training”
5	29.09.16	Athletics	Ground	16	“Mind Setting”
6	28.09.16	Hand ball	Ground	16	“Diet Management and Training”
7	23.06.16	Foot ball	Ground	18	“Your body is listening”
8	28.02.17	Kabadi	Counselling Room	12	“Goal Setting”
9	08.03.17	Sports Students	Counselling Room	7	Health issues
Total				111	



Sports Counselling on 28.02.17



Sports counselling on 23.06.16

INDIVIDUAL COUNSELLING

Individual Counselling is given to all the 1st and 3rd Year Students .

Counsellors may not give a concrete advice or a check list 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.

Counsellor : Dr.S.Gousalya

No. of Students attended Individual Counselling – 433

(Academic year 2016 – 2017)

Counsellor : Mrs.R.Rohini

No. of Students attended Individual Counselling – 302

(Academic year 2016 – 2017)



Individual counselling by Mrs. R.Rohini

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

Counsellor : Dr.S.Gousalya

No. of Personal Counselling done in the year - 110

(Academic year 2016-2017)

Counsellor : Mrs.R.Rohini

No. of Personal Counselling done in the year - 267

(Academic year 2016-2017)



Personal counselling by Dr.S.Gousalya

**Total No. of issues dealt in the
Personal Counselling session (Academic Year 2016-2017)**

S.No	REASONS	Percentage
1.	Family issues	21.5%
2.	Career Counselling	18%
3.	Sports Counselling	12 %
4.	Friendship issues	11 %
5.	Phobia	10 %
6.	Financial issues	6.5 %
7.	Loss in Family	5.5%
8.	Negative thoughts	5 %
9.	Health issues	4.5%
10.	Soft Addiction	3.5 %
11.	Sexual Harassment	3%

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

Counselling on reference:

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

- Regularly irregular
- Late commers
- More arrears

- Mal practice

- Mischievous

Parents counsellor meets:

Mainly during P.T meeting 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 “over whelmed” and so on.

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

Total Number of Counselling done in the Academic Year 2016- 2017

Counselling	Dr.S.Gousalya	Mrs.R.Rohini
Entry Counselling	217	512
Exit Counselling	545	164
Personal Counselling	110	267
Individual Counselling	433	302
Sports Counselling	10	82
Group Counselling	117	69

