

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

THE COLLEGE COUNSELLING FORUM

Annual Report (2019-2020)

The college **Counselling Forum** is active from the year of 2015. Various counselling is given to the students as per their needs. We have one full time counsellor and three part time counsellors in this academic year. The counselling room is free from outside disturbances and gives a comfortable and relaxed atmosphere to the clients.

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 counselling

Various **activities** also provided to the students as per their needs.



WORLD MENTAL HEALTH DAY AWARENESS PROGRAM ON 25.10.2019

Suicide Prevention Day

The Counselling Forum in association with the Psychology Department organized an awareness program on **Suicide Prevention** on **12.09.2019** in the college auditorium from 11.30am to 1.30 pm. International Speaker and Psychotherapist **Mr. Vasantha Kumar** addressed all the III UG students on the topic “**Nerkonda Paarvai**” .

World Mental Health Day

The Counselling Forum in association with the Psychology Department organized an Awareness Program for **World Mental Health Day on 25.10.2019** in the Fatima Hall from 9.30am to 11.00am. **Dr. Bharathi Mathan**, MBBS, MD, Assistant Professor in General Medicine, Thoothukudi Medical College, addressed the Psychology students and the III UG BBA students on the topic “**Psychological Resilience**” .Posters made by the students on Mental Health were displayed in the hall.

World Tourism Day

On 26th September 2019 world Tourism day was celebrated **Dr.Gousalya**, former H.O.D of History department and present counsellor delivered a speech on her experiences during her **European Tour**.



ACTIVITIES DONE BY THE STUDENTS FOR HEALING THE NEGATIVE EMOTIONS



BEEN A RESOURSE PERSON TO M.S UNIVERSITY AND GAVE GUEST LECTURE ON THE TOPIC COUNSELLING SKILLS ON 10.12.1019



BEEN A RESOURCE PERSON TO AP.C MAHALAKSHMI COLLEGE, TUTICORIN AND ORIENTED STUDENTS ON THE NEED OF COUNSELLING 27.01.2020

