



**St. Mary's College (Autonomous)**  
Reaccredited with 'A+' Grade by NAAC (Cycle IV)  
Thoothukudi



**Criterion: II – Teaching- Learning and Evaluation**  
**2.3: Teaching Learning Process**  
Year: 2018-2023



## **Mentor - Mentee Scheme**



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



**COUNSELLING FORUM  
(Year 2021 -2022)**

**Counseling is a collaborative effort between the counselor and the client. Professional counselors of the college help the clients identify goals and potential solutions to problems that cause an emotional disturbance, and 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 well-being. 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 counselling**
- 8. Pre and Post – Marital counseling**
- 9. Tele- Counselling**

**VARIOUS THERAPIES WERE ADOPTED AS PER THE NEED OF THE CLIENTS**

- **Entry counselling is given to all first-year students.**
- **Exit counseling is given to all third-year students.**
- **Personal and group counselling is given to all the sports students.**
- **Personal counselling is given for needed students.**
- **Therapy is adapted for sensitive cases.**
- **Total no of personal counselling done in the year - 91**
- **Total no of programs organized by the counselling forum - 4**
- **Counsellor acted as a resource person- 23**
- **Awards received by the counsellor -2**

### **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. Counsellor 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 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 3.12.2021



- 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 from 4.00 p.m. to

6.00 p.m. Resource persons from various parts of the world shared their knowledge with the participants.

 <p><b>St. Mary's College (Autonomous)</b> (Re-accredited with 'A+' Grade by NAAC) Thoothukudi, Tamilnadu-628001</p>	 <p>Date: 25.04.2022 Session : I - <a href="https://us02web.zoom.us/j/87416623402">https://us02web.zoom.us/j/87416623402</a> Meeting ID: 874 1662 3402 Topic- Interpersonal Skills Resource Person: Dr. Prof. Raghunath Parakkal, Psychologist, Kerala</p>
<p><b>Department of Economics &amp; Counselling Forum</b> Jointly Organise International Webinar Series <b>SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS</b></p>	 <p>Date: 26.04.2022 Session : II - <a href="https://us02web.zoom.us/j/85939029177">https://us02web.zoom.us/j/85939029177</a> Meeting ID: 859 3902 9177 Topic- Leadership Resource Person: J. Vijaya Priya, Life Coach, Chennai</p>
<p>Dates : 25<sup>th</sup> , 26<sup>th</sup> ,28<sup>th</sup> &amp; 29<sup>th</sup> April 2022 Time: 4.00 p.m. – 6. 00 p.m. (2 Hours) Passcode: <a href="mailto:eco@smc">eco@smc</a></p>	 <p>Date: 26.04.2022 Session : III - <a href="https://us02web.zoom.us/j/85939029177">https://us02web.zoom.us/j/85939029177</a> Meeting ID: 859 3902 9177 Topic- Time Management Resource Person: Mrs. Sheela Suresh, Hr Professional ,Singapore</p>
<p><b>With best wishes &amp; Blessings</b></p>	 <p>Date: 28.04.2022 Session : IV - <a href="https://us02web.zoom.us/j/84183882072">https://us02web.zoom.us/j/84183882072</a> Meeting ID: 841 8388 2072 Topic - Emotional Intelligence Resource Person : Shyamala Jeyaram Sarma, Wellness coach &amp; 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 - <a href="https://us02web.zoom.us/j/84183882072">https://us02web.zoom.us/j/84183882072</a> Meeting ID: 841 8388 2072 Topic: Stress Management Resource Person : R. Rohini, Counsellor, Thoothukudi</p>
<p><b>ORGANISING COMMITTEE</b> <b>PROGRAMME CONVENERS</b> Mrs. X. Esther Vimala, Associate Professor &amp; Head Mrs. R. Rohini, Counsellor</p>	 <p>Date: 29.04.2022 Session : VI - <a href="https://us02web.zoom.us/j/84280076931">https://us02web.zoom.us/j/84280076931</a> Meeting ID: 842 8007 6931 Topic- Crisis Management Resource Person: Shiva Kumar, Cognitive therapist, Middle East / Asia Pacific/ Africa</p>
<p><b>Co-ordinators</b> 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 - <a href="https://us02web.zoom.us/j/84280076931">https://us02web.zoom.us/j/84280076931</a> Meeting ID: 842 8007 6931 Topic – Entrepreneurial Skills Resource Person : Dr. Sugandha Ramamoorthy, Associate Professor, Lady Duak College, Madurai</p>
	<p><b>All are cordially invited.....</b></p>



**ACTIVITY DONE BY THE STUDENTS FOR “LETTING GO ” ON 26.10.2021**





**GRATITUDE WALK WAS DONE BY THE STUDENTS ON 27.10.202**

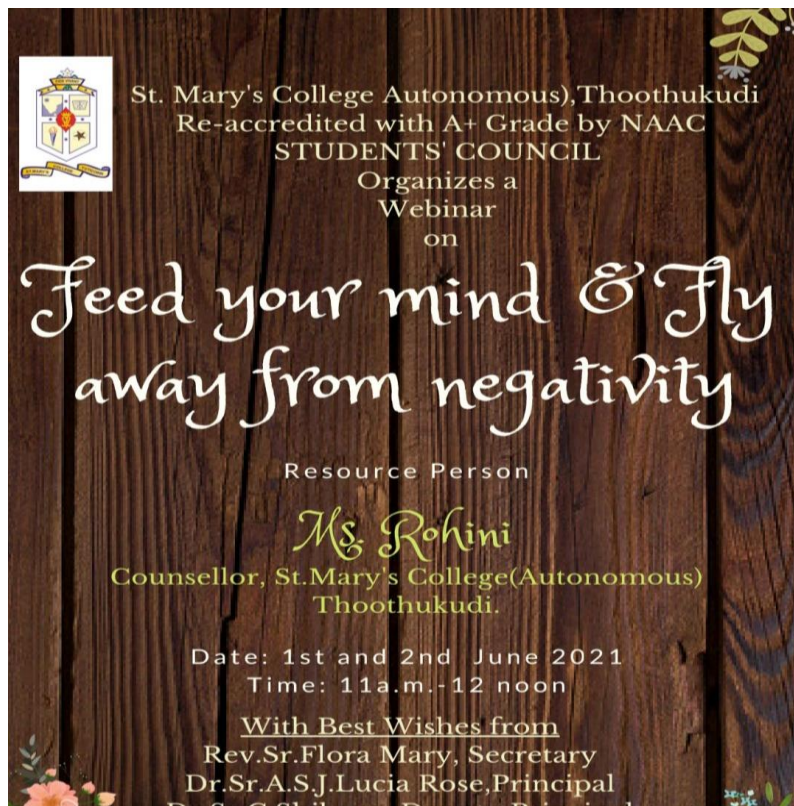


**STRESS RELEASE WAS DONE BY THE STUDENTS ON**



## 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 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.

The poster is for a webinar titled "CATCH UP WITH YOUR 'SELF'" organized by the Department of Psychology at Manonmaniam Sundaranar University, Tirunelveli. The speaker is Dr. R. Rohini, a Counsellor and Assistant Professor at St. Mary's College, Tuticorin. The event is scheduled for Saturday, 17th July, 2021, from 2:00pm to 3:30pm. It will be held on Google Meet with the link [meet.google.com/pwv-psgx-sfm](https://meet.google.com/pwv-psgx-sfm). The poster features a blue and white striped background with a gold border. At the top is the university's crest. The text is in various colors: black for the university name, pink for the invitation, red for the title, blue for the speaker's name, and purple for the meeting details. A small photo of Dr. Rohini is included.

**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](https://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.




	<p><b>AN - Session III</b> 2. 00 p.m. – 2.30 p.m.</p> <p><b>Welcome Address</b> <b>Ms. S. M. Rojapoo</b> Assistant Professor of History, IQAC Member</p> <p><b>Orientation on Counselling</b> <b>Ms. R. Rohini</b> Counsellor St. Mary's College (Autonomous), Thoothukudi</p> <p><b>Vote of Thanks</b> <b>Dr. T. Priyanka</b> Assistant Professor of Commerce (SSC), IQAC Member</p>	
	<p><b>AN - Session IV</b> 2.30 p.m. – 3.30 p.m.</p> <p><b>Welcome Address</b> <b>Dr. S. Beulah Jerlin</b> Assistant Professor of Botany, IQAC Member</p> <p><b>Expert Talk- Get... Set... Ready...</b> <b>Dr. D. Pechimuthu</b> Associate Professor of Zoology &amp; International Soft Skills Consultant VOC College</p>	
	<p><b>Vote of Thanks</b> <b>Dr. A. Nirmala Shirley</b> Assistant Professor of Physics (SSC), IQAC Member</p> <p><b>3.30 p.m. – 4.00 p.m.</b> History of the College &amp; Resources in the Campus – Presentation</p>	
	<p><b>Day II - 07/09/2021</b> <b>FN - Session I</b> 9.30 a.m. - 10.00 a.m.</p> <p><b>Welcome Address</b> <b>Dr. B. Serena Margaret</b> IQAC &amp; SIP &amp; MOOC Coordinator Associate Professor of English</p> <p><b>Alumna Talk - Me as a Marian</b></p>	

- 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.E.Mary Joyce Baby  
 Dr.T.Mary Manonmani  
 Dr.Joys Selva Mary  
 Dr.P.Ashwari Redding

- 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



**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 CHELLAM THE 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**  
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**MS CHELLAMUTHE 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 

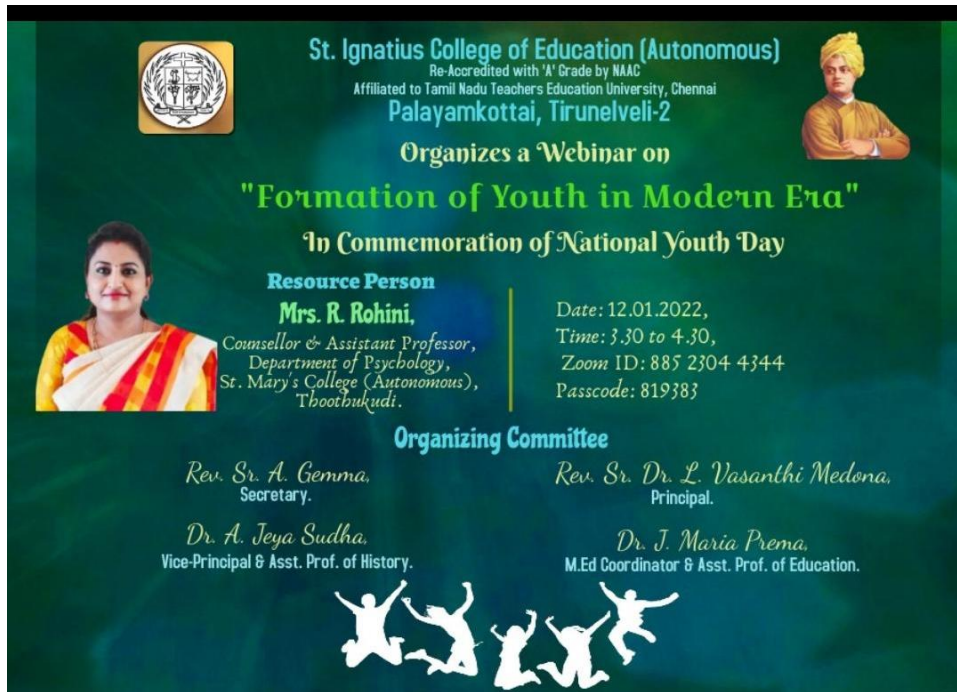
**Coordinator:**  
**Dr. SURESH KUMAR**  
 Head, Department of  
 Psychology, The American  
 College, Madurai

 **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.

DAY: Thursday  
DATE: 07.03.22

I will Feed them with good pasture



**YOUTH RED CROSS CLUB**  
ST. MARY'S COLLEGE (AUTONOMOUS)  
THOOTHUKUDI

MCPI

- 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. Flora Mary**  
 Secretary  
**Rev. Dr. Sr. A.S.J. Lucia Rose**  
 Principal  
**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**

- Counsellor Mrs. Rohini has been a resource person for the program organized by the Laity center, Thoothukudi on 08.03.2022 and addressed the topic "My Better Version".





## THE TUTICORIN DIOCESAN LAITY CENTRE

5/333A, 3rd STREET, CALDWEL COLONY, TUTICORIN - 628 008,  
TAMIL NADU, SOUTH INDIA

Ph. 0461-2375808 Cell : 9487852808 Email : tutylaity@gmail.com

Fr. Sahayaraj Valdharis D.

Director

© 9442652556

★ Laity Commission   ★ Family Commission   ★ Marriage Encounter  
★ Basic Christian Communities   ★ Women Commission  
★ Co-ordination of Lay Associations   ★ Pious Associations

14.03.2022

Dear Mrs. Rohini,

Thank you for such an enlightening and entertaining speech on **WOMEN'S DAY** (08.03.2022). We appreciate your kind presence at our event in Laity Centre, Caldwell Colony. Our team is in awe of your presentation skills. Your talk was extremely useful for women who attended the program.

Audience was totally mesmerized by your insightful thoughts during the session. We really appreciate the time and effort you put to grace our event and make it such a big success. We owe you special thanks for touching the subject of **Self – Care** which is lacking for today's Women in family.

THANKS & APPRECIATION

Rev. Fr. Sahayaraj Valdharis

(DIRECTOR, LAITY CENTRE)

Mrs. Sasikala

(WOMEN COMMISSION SECRETARY, TUTICORIN DIOCESE)

- 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 at St.Mary's College (Autonomous), addressed the PG I, II-year hostel students in the hostel on .03.2022
- 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.



- 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. Been a Resource



person for one of the days and shared the topic "Stress Management".

<div style="text-align: center;">  <b>St.Mary's College (Autonomous)</b>          (Re-accredited with 'A+' Grade by NAAC)          Thoothukudi, Tamilnadu-628001       </div> <div style="text-align: center; margin-top: 20px;"> <b>Department of Economics &amp; Counselling Forum</b>          Jointly Organise          International Webinar Series  <b>SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS</b> </div> <div style="background-color: #f9a825; padding: 5px; margin-top: 10px;">         Dates : 25<sup>th</sup> , 26<sup>th</sup> ,28<sup>th</sup> &amp; 29<sup>th</sup> April 2022          Time: 4.00 p.m. – 6. 00 p.m. (2 Hours)          Passcode: <a href="mailto:eco@smc">eco@smc</a> </div> <div style="background-color: #006400; color: white; text-align: center; padding: 5px; margin-top: 10px;"> <b>With best wishes &amp; Blessings</b> </div> <div style="margin-top: 10px;">         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       </div> <div style="text-align: center; margin-top: 10px;"> <b>ORGANISING COMMITTEE</b>  <b>PROGRAMME CONVENERS</b>          Mrs. X. Esther Vimala, Associate Professor &amp; Head          Mrs. R. Rohini, Counsellor       </div> <div style="margin-top: 10px;"> <b>Co-ordinators</b>          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       </div>	<div style="background-color: #fff9c4; padding: 5px; margin-bottom: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date: 25.04.2022              Session : I – <a href="https://us02web.zoom.us/j/87416623402">https://us02web.zoom.us/j/87416623402</a>              Meeting ID: 874 1662 3402              Topic- Interpersonal Skills              Resource Person: Dr. Prof. Raghunath Parakkal, Psychologist, Kerala           </div> </div> </div> <div style="background-color: #c8e6c9; padding: 5px; margin-bottom: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date: 26.04.2022              Session : II – <a href="https://us02web.zoom.us/j/85939029177">https://us02web.zoom.us/j/85939029177</a>              Meeting ID: 859 3902 9177              Topic- Leadership              Resource Person: J. Vijaya Priya, Life Coach, Chennai           </div> </div> </div> <div style="background-color: #bbdefb; padding: 5px; margin-bottom: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date: 26.04.2022              Session : III – <a href="https://us02web.zoom.us/j/85939029177">https://us02web.zoom.us/j/85939029177</a>              Meeting ID: 859 3902 9177              Topic- Time Management              Resource Person: Mrs. Sheela Suresh, Hr Professional, Singapore           </div> </div> </div> <div style="background-color: #fff9c4; padding: 5px; margin-bottom: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date: 28.04.2022              Session : IV - <a href="https://us02web.zoom.us/j/84183882072">https://us02web.zoom.us/j/84183882072</a>              Meeting ID: 841 8388 2072              Topic - Emotional Intelligence              Resource Person : Shyamala Jeyaram Sarma, Wellness coach &amp; Healer, Chennai           </div> </div> </div> <div style="background-color: #f0f8ff; padding: 5px; margin-bottom: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date : 28.04.2022              Session : V - <a href="https://us02web.zoom.us/j/84183882072">https://us02web.zoom.us/j/84183882072</a>              Meeting ID: 841 8388 2072              Topic: Stress Management              Resource Person : R. Rohini, Counsellor, Thoothukudi           </div> </div> </div> <div style="background-color: #e8f5e9; padding: 5px; margin-bottom: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date: 29.04.2022              Session : VI - <a href="https://us02web.zoom.us/j/84280076931">https://us02web.zoom.us/j/84280076931</a>              Meeting ID: 842 8007 6931              Topic- Crisis Management              Resource Person: Shiva Kumar, Cognitive therapist, Middle East / Asia Pacific/ Africa           </div> </div> </div> <div style="background-color: #ffcc80; padding: 5px;"> <div style="display: flex; align-items: center;">  <div>             Date: 29.04.2022              Session : VII - <a href="https://us02web.zoom.us/j/84280076931">https://us02web.zoom.us/j/84280076931</a>              Meeting ID: 842 8007 6931              Topic – Entrepreneurial Skills              Resource Person : Dr. Sugandha Ramamoorthy, Associate Professor, Lady Doak College, Madurai           </div> </div> </div> <div style="text-align: center; background-color: #f9a825; padding: 5px; margin-top: 10px;"> <b>All are cordially invited.....</b> </div>
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On 26.04.2022 St.Mary's College (Autonomous) Been Moderator Twenzia Fest 2022

### Awards Received

- Counsellor Mrs.Rohini received Abraham Maslow Excellence Award for Psychology from Redpond Educational and psyPsychologicalsearch 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*

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

