



**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 2022 -2023)**

**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 two full-time Counselors Rev.Sr.Lily Antony and Mrs. Rohini.**

**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**  
**PROGRAMS ORGANIZED BY THE COUNSELING FORUM**

**Report for 2022-2023**

**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 to needy students.**

**Therapy is adapted for sensitive cases.**

**Total no of personal counselling done in the year - 121**

**Total no of programs organized by the counselling forum - 6**

**Counsellor acted as a resource person- 27**

**Awards received by the counsellor -2**

On 10.09.2022, "Life is a gift unwrap it" an awareness program was organized by the Counselling forum and the Psychology department. Sr.Kenzy, Counsellor was the resource person. All the women in Korikulam Prison, Palayamkottai, and all the Psychology students attended the program.





2. On 12.09.2022 "The Value of Life an awareness talk was organized by the Counseling forum. Sr.Lily Antony and Mrs.Rohini the college counselors addressed all the students during morning prayer. All the college students listened to the awareness talk.

3. On 10.10.2022 "Harmony of mind and body" a mental health boot camp was organized by the Counselling forum. Dr.S.Sivasailam, Senior Consultant Psychiatrist was the resource person. 55 players of the college attended the program.



4. On 10.11.2022 "Challenges in Modern Society" an insight program was organized by the Youth Red Cross and the Counselling forum. Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi was the resource person. YRC and RRC students attended the program.



5. On 09.02.2023 "Let's spread positive vibes" an insight program was organized by Youth Red Cross and the Counselling forum. Mr.S.John Moses Giritharan, Assistant Professor, Department



of Criminology, Kamaraj College, Thoothukudi was the resource person. YRC first-year 35 students and the Thattaparai Government children home 38 students attended the program.



6. On 15.2.2023 "Anti-drug awareness- Frozen Frame" was organized by the Counselling forum, Anti-drug club, YRC, and RRC club. Students displayed the health hazards associated with the use of drugs and the importance of leading a healthy and safe lifestyle. All the college students visited the frozen frame.



**Total No of events organized- 6**



## MRS.ROHINI AS A RESOURCE PERSON 2022-2023

1. Been a resource person for the **laity center**, Thoothukudi, and addressed the elderly people on the topic "**Goals of counseling**" on 3.7.2022.





2. Been a resource person for Sri Saratha School, Thoothukudi, and addressed the teachers on the topic "**Learning Difficulties**" on 7.7.2022.



3. Been a resource person for **Kamaraj College**, Thoothukudi, and addressed the teachers on the topic of **Understanding adolescent behavior** on 13.07.2022



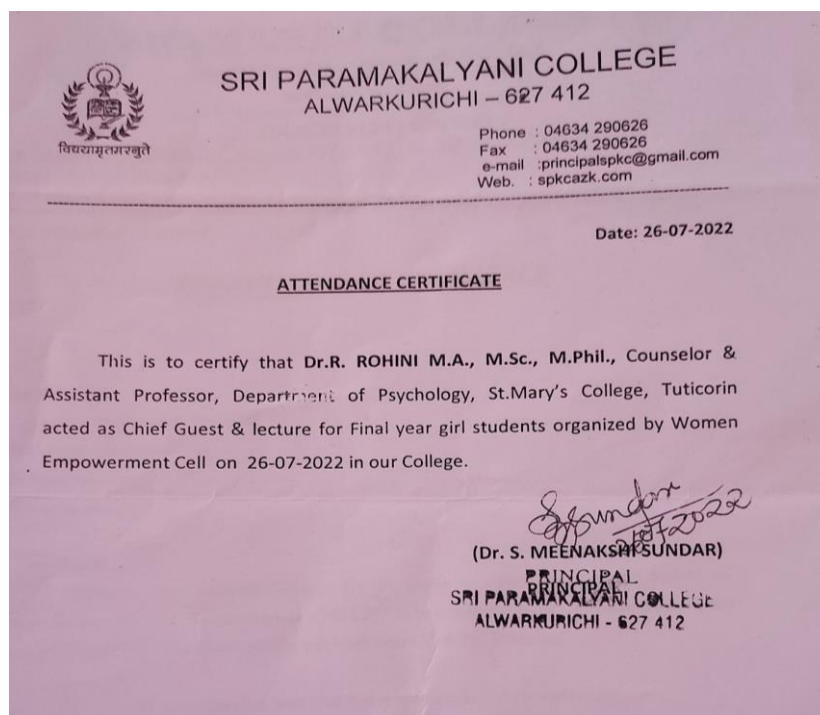
4. Been a resource person at the PTA meeting at **Sri Saratha School**, Thoothukudi, on 16.07.2022.



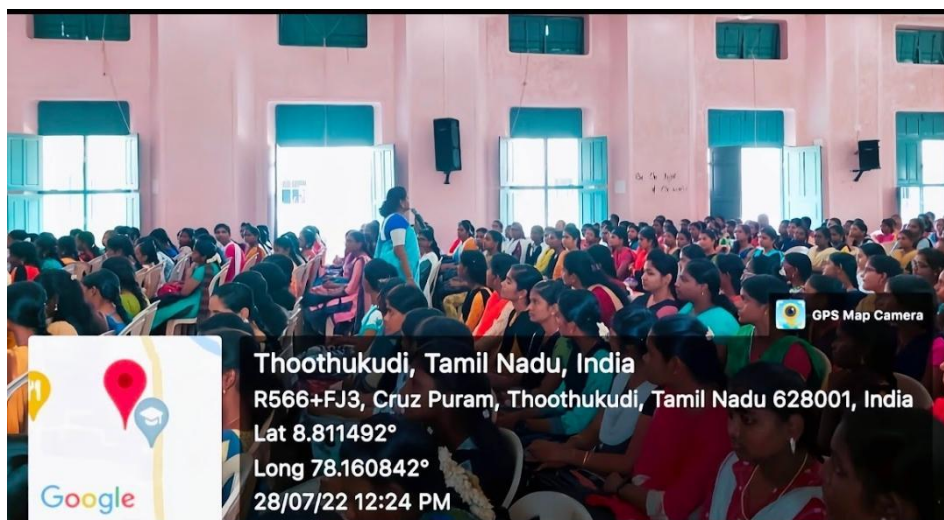


5. Been a resource person for the Sri Paramakalyani College, Thenkasi, and addressed the final year UG and PG students on the topic 'Feed your mind and Fly away from missing out' on 26.07.2022.





6. Been a resource person for the **Student Induction Program** organized by the IQAC and addressed the I-Year UG students on the topic **Importance of Counselling** on 28.07.2022.



7. Been a resource person for the International webinar organized by the **American College, Madurai** on the topic **4-Women In Your Life** on 30.07.2022



8. Been a resource person for the program organized by the **Ethics Committee of St.Mary's College (Autonomous) Thoothukudi** and addressed students in the topic **Life on Purpose** on 2.9.2022





9. Been a resource person for the **Kamaraj College Thoothukudi** and addressed the students on the topic of **Exploring our 'SELF'** on 20.09.2022.





## KAMARAJ COLLEGE

Tiruchendur Road, Thoothukudi. Est'd. 1966



SELF-FINANCING COURSES  
ACCREDITED WITH 'A+' GRADE BY NAAC

**THOOTHUKUDI - 628 003**

**Dr. V. GOPALAKRISHNAN**, M.Com., SET., M.B.A., M.Phil., Ph.D., PGDMM.,  
HEAD OF THE DEPARTMENT

Ref.: KCSF/EVENT/SEP-22

Date: 13/09/2022

### DEPARTMENT OF COMMERCE

To

**Dr. S. Rohini,**

Counsellor & Assistant professor,  
Department of Psychology,  
St. Mary's College,  
Tuticorin Dist.

Dear Madam,

Greetings from Kamaraj College! We are happy to inform that you are invited for Workshop on the Title **"Exploring our – "SELF"** to be conducted in our Commerce Department on 20<sup>th</sup> September 2022 10.00 AM for our First Year UG & PG Students,

We are expecting your kind co-operation in all Future Endeavors



  
**Dr. V. GOPALAKRISHNAN,**  
M.Com., SET., M.B.A., M.Phil., PGDMM., Ph.D.,  
HEAD & ASSISTANT PROFESSOR  
Department of Commerce  
Kamaraj College, Tuticorin

Phone: Off: 0461-2375988(Aided), (SF) 2326777 Fax : 0461-2376790 HOD: 9677567419

E-mail : [kamarajcollegesf@gmail.com](mailto:kamarajcollegesf@gmail.com) Website : [www.kamarajcollege.ac.in](http://www.kamarajcollege.ac.in)

10. Been a **judge to the "Zealot 2022"** organized by the PG and research department of English St. Mary's College Autonomous Thoothukudi on 14.10.2022.

11. Been a resource person to the **Madura coats** of Thoothukudi and addressed employees on the **Importance of mental health** on 15.10.2022

Dear Rev. Sister,

Greetings from MADURA COATS PVT LTD !!!

As our organization, planning to celebrate WORLD MENTAL HEALTH DAY on 15.10.2022. We as a HR Team organizing a session on “ **WORKPLACE MENTAL HEALTH**”.

So we would like to invite **Dr.R.ROHINI - COUNSELLOR and Assistant Professor, Department of Psychology, St. Mary's college** to be a **Resource Person** for the session.

Participating employee's will benefit by her vivid experience, insights, and motivation.

**Event Date: October 15, 2022 (Saturday) – First Half.**

**Venue: Madura Coats Pvt Ltd, Beach Road, Tuticorin – 1**

Our team keenly look forward her presence & support to make this session a great learning experience.

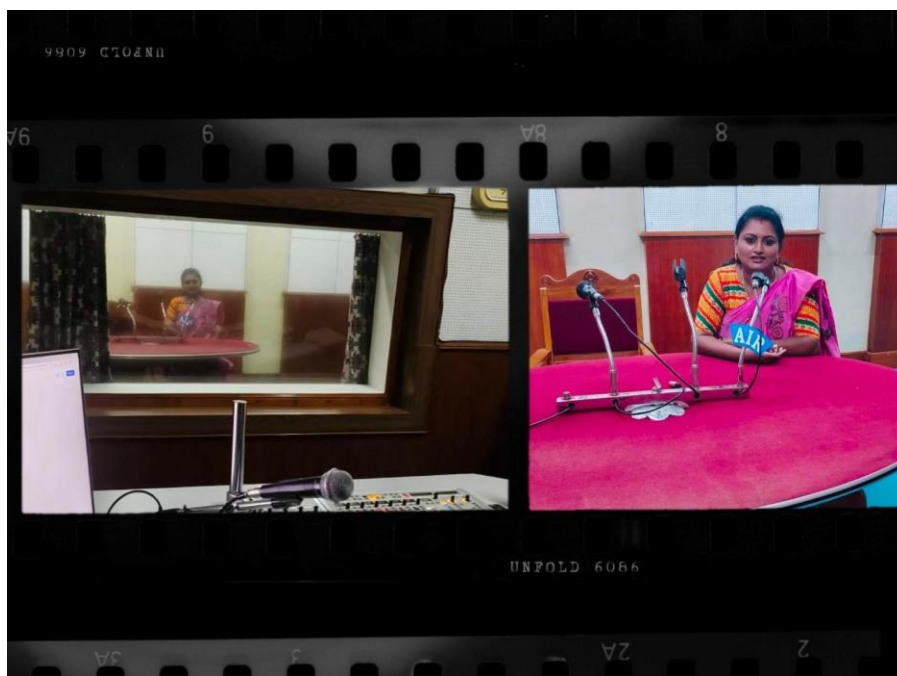
**Regards,**

**E.Shiny Silveira,**

**Labour Welfare Officer,**

12. Gave a talk at **All India Radio** on 21.10.2022 on the topic "**Parenting with love and logic**"





13. Been a resource person to **Wavoo wajeeha women's College, BBA** department Kayalpatinum and addressed the students on the topic of "**Personal Conflict Management**" on 4.11.2022

IN THE NAME OF ALLAH, THE MOST GRACIOUS, THE MOST MERCIFUL

**WAVOO WAJEEHA WOMEN'S COLLEGE**  
**OF ARTS AND SCIENCE, KAYALPATNAM**  
 Affiliated to Manonmaniam Sundaranar University, Tirunelveli  
 Run by: Wavoo SAR Educational Trust, Kayalpatnam

**GUEST LECTURE**

ON

**PERSONAL CONFLICT MANAGEMENT**

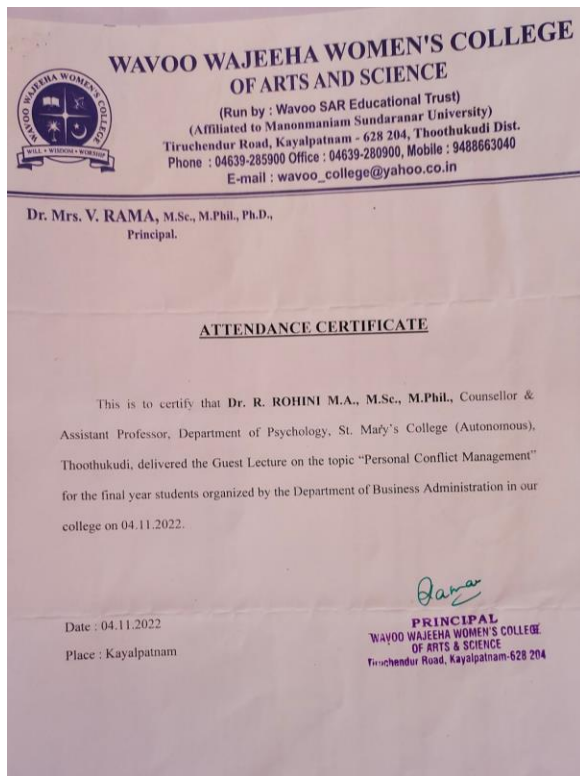
Organized by  
**DEPARTMENT OF BUSINESS ADMINISTRATION**

In the presence of  
 Alhaj Wavoo.S.Syed Abdur Rahman  
 Founder President  
 Haji Wavoo M.M.Mohuthazeem B.A(CS).,  
 Secretary  
 Haji Hafiz Wavoo S.A.R Ahmed Ishaque, M.A.,  
 Aalim Azhari(Egypt)  
 Assistant Secretary  
 Dr.Mrs.Mercy Henry M.A., Ph.D.,  
 Director  
 Dr.Mrs.R.C.Vasuki M.A., Ph.D., DGT.,  
 Director  
 Dr.Mrs.V.Rama M.Sc., M.Phil., Ph.D.,  
 Principal


**Dr.R.Rohini M.A., M.Sc., M.Phil.,**  
 Counsellor, Assistant Professor  
 Department of Psychology  
 St. Mary's College(Autonomous)  
 Thoothukudi

**04 NOVEMBER, 2022 | 10:00 AM**

Venue : Room No. 309



14. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic **Life On Purpose** on 7.11.2022
15. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the students on the topic of **Mental Health Barriers** on 9.11.20
16. Been a resource person to St. **Louisa Girls Hr.sec. school** Kalugumalai and addressed the students on the topic of " **Handling life with more care**" on 21.11.2022

From :  **Correspondent /Headmistress**  
**St. Louisa Girl's Hr Sec School**  
**Kalugumalai - 628552.**  
 Thoothukudi Dt.

To : \_\_\_\_\_

Date : \_\_\_\_\_

கருமுகலை தாய லூயிசா பெண்கள் மேல்நிலைப்பள்ளியில் 21.11.2022 அன்று பதினொன்று மற்றும் பன்னிரண்டாம் வகுப்பு மாணவிகளுக்கான ஆலோசனை கூட்டத்தில் திருமதி. ரோஹினி அவர்கள் கலந்து கொண்டு மாணவிகளை ஊக்குவிக்கும் விதமாக, நல்வழிப்படுத்தும் விதமாக பல நல்ல கருத்துக்களை ஆர்வத்துடனும் உற்சாகத்துடனும் வழங்கினார்கள். மதிய உணவு இடைவேளைக்குப் பிறகு தொடக்கப் பள்ளி மற்றும் உயர்நிலைப்பள்ளியில் பணியாற்றும் ஆசிரியர்களையும் உற்சாகப்படுத்தும் விதமாக நல்ல பல கருத்துக்களையும் அவர்கள் வாழ்விற்கு தேவையான நல்ல ஆலோசனைகளையும் உற்சாகத்துடன் வழங்கினார்கள். ஆசிரியர்களும் மாணவிகளும் நிகழ்ச்சியில் ஆர்வத்துடன் கலந்து கொண்டார்கள். திருமதி. ரோஹினி அவர்களின் பணி சிறக்க எங்கள் வாழ்த்துக்கள்.

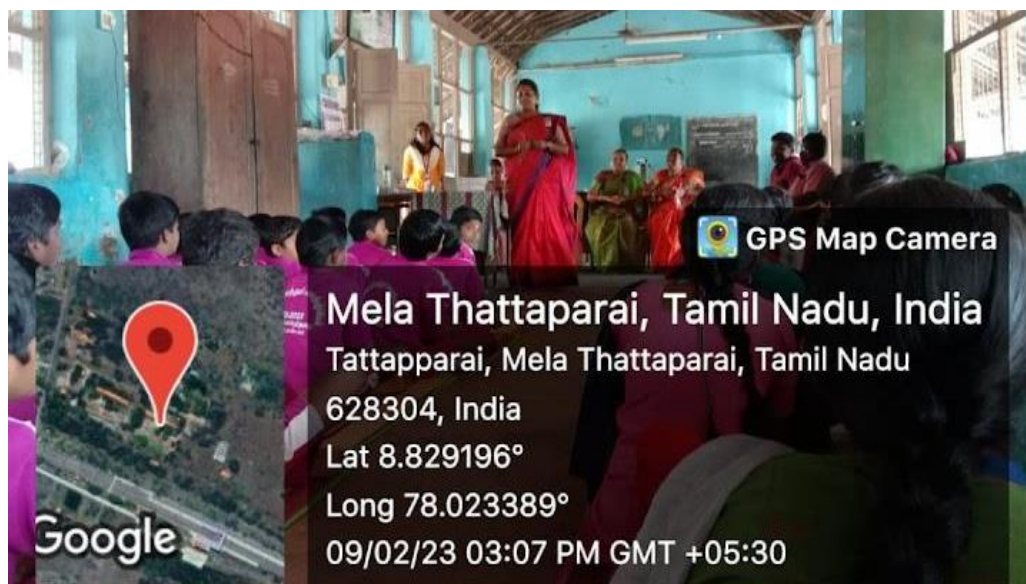
*A. Manoj*  
 Headmistress,  
 ST. LOUISA GIRLS HIGHER  
 SECONDARY SCHOOL,  
 KALUGUMALAI - 628 552.  
 Tuticorin District.

17. Been a resource person to **St. Louisa Girls Hr.sec. school** Kalugumalai and addressed the staff on the topic of **"Balancing personal and professional relationships"** on 21.11.2022
18. Been a resource person to the program organized by the ethics committee of **St. Mary's College** and addressed the first-year students on the topic **"Good Start for a positive Carnival"** on 12.01.2023





19. Visited **Government Children's Home, Thattaparai** on **9.2.2023** and addressed the students on "**Spreading Positive Vibes**".



20. Been a resource person for **Esha vidya school** Thoothukudi and addressed the 10th, 11th, and 12th students on the topic '**Fearless Exam**' on **10.2.2022**

Namaskaram Ms.Rohini,

We would like to invite you as a speaker to deliver your valuable thoughts to our 10 to 12th std students. Their exams are nearing. To write a fearless exam as well as how to focus without distraction. We eagerly look forward to your presence and support.

Event date : 10.2.2023  
Time : 3 p.m

--

With Regards,

Meena.V

Principal,

Isha Vidhya,

Thoothukudi-628103

9488070942

**If only you can go through difficult times with inner grace, every situation you face will be an opportunity to enhance your life. -Sadhguru**

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[www.ishafoundation.org](http://www.ishafoundation.org)



ishavidhya



331 likes

ishavidhya Counselling Session to Combat Exam Fear

Mrs. Rohini, a psychologist, conducted the session for students of classes 10-12 of Isha Vidhya Tuticorin by teaching them a breathing exercise, telling a motivating story on the 3Rs - reminder, routine, and reward, and giving tips to study well. She encouraged the students to remain self-motivated and set targets to help them achieve their goals. [#RuralEducation](#) [#IshaVidhya](#) [#exam](#)

February 18, 2023



**21. Been a resource person to Kamaraj College, Thoothukudi, and addressed the students on the topic Hijack Your True Self on 22.2.2023**



# KAMARAJ COLLEGE

Accredited with A+ Grade by NAAC

இந்து சமுதாய நலச்சங்கங்களால் 1966-ல் தொடங்கப்பட்ட கல்லூரி



Dr.J.POONGODI, .M.Sc., M.Phil., Ph.D.,  
PRINCIPAL

Date : 13.02.2023

## CIRCULAR

The Girls Care and Grievance Redressal Committee are planning to conduct a Guidance and Counselling Program for all girls at Smart Hall as per the following schedule. All the girls are asked to attend this counselling session without fail.

Date	Department	Time
22.02.2023	I & II B.A.Economics I & II B.Com.	02.15p.m. to 03.15p.m.
23.02.2023	I & II B.A. History I & II B.Sc. Physics	02.15p.m. to 03.15p.m.
27.02.2023	I & II B.Sc.Maths I & II B.Sc. Computer Science	02.15p.m. to 03.15p.m.
28.02.2023	I & II B.Sc. Chemistry I & II B.Sc. Botany I & II B.Sc. Zoology	02.15p.m. to 03.15p.m.
01.03.2023	All PG	02.15p.m. to 03.15p.m.
02.03.2023	III B.A.History III B.Sc. Physics III B.A.Economics III B.Sc. Maths	02.15p.m. to 03.15p.m.
06.03.2023	III B.Sc. Chemistry III B.Sc.Botany III B.Sc. Computer science	02.15p.m. to 03.15p.m.
07.03.2023	III B.Sc.Zoology III B.Com.	02.15p.m. to 03.15p.m.

T. Jai 12  
Co-ordinators  
Girls Care & Grievance Redressal

PRINCIPAL  
KAMARAJ COLLEGE  
THOOTHUKUDI - 628 003  
13/2/23

E-Copy:-  
To Teaching Staffs  
To All Students group

Phone: OFF: 0461-2375988(Aided), Mobile : 9489021988  
E-mail:kamarajcoll@gmail.com Website: www.kamarajcollege.ac.in

22. Been a resource person to Kamaraj College, Thoothukudi, and addressed the students on the topic Learn To Lead on 27.2.2022

23. Been a resource person for a one-day workshop at Mangalamatti Government Hr.Sec.School, Madurai on the topic on 24.2.2022.



### CERTIFICATE OF APPRECIATION

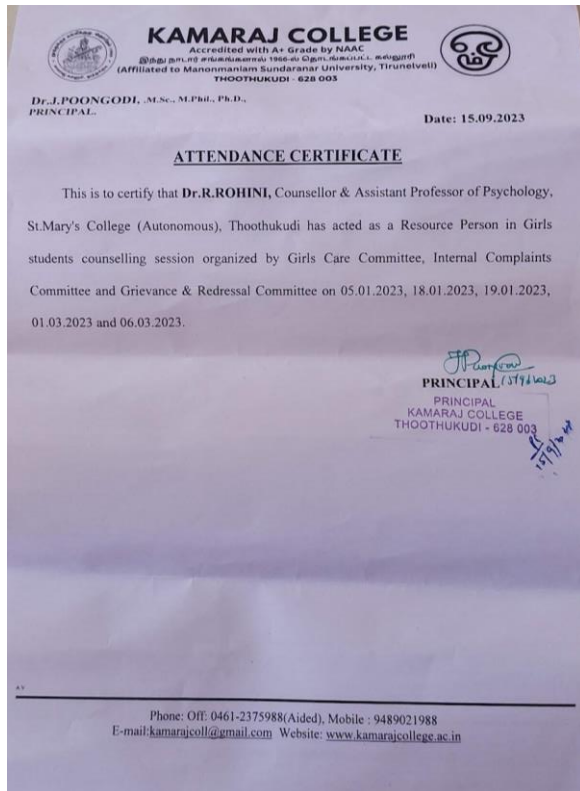
THIS IS TO CERTIFY THAT MRS.R.ROHINI M.A.,M.SC.,M.PHIL.,  
- COUNSELLOR AND ASSISTANT PROFESSOR OF ST.MARY'S COLLEGE  
(AUTONOMOUS), TUTICORIN HAS SUCCESSFULLY CONDUCTED A  
WORKSHOP FOR CLASSES 11TH & 12TH STUDENTS OF GOVERNMENT  
HIGHER SECONDARY SCHOOL, MANGALAMPATTI 625101, MADURAI  
DISTRICT ON 24.02.2023.

WE WHOLEHEARTEDLY APPRECIATE AND THANK HER FOR HER  
SINCERITY, DEDICATION AND HEARTFUL SERVICE. WE WISH HER A  
SUCCESSFUL CAREER AND GOODLUCK IN ALL HER FUTURE  
ENDEAVORS.

*Cal. eppalamm*  
HEAD MASTER 24/2/23  
GOVERNMENT HIGHER SECONDARY SCHOOL  
MANGALAMPATTI - 625 101  
Madurai Dist.

**24.** Been a resource person to **Kamaraj College, Thoothukudi, and** addressed the students on the **topic Positive Mindset on 1.03.2023**

**25.** Been a resource person to **Kamaraj College, Thoothukudi, and** addressed the students on the topic of **Mindfulness on 2.03.2023**



26. Been a resource person for the program on **Developing Gratitude in Mind And Body** on **2.03.2023** at **St. Mary's College (Autonomous)Thoothukudi**.



27. Been a resource person to **Kamaraj College, Thoothukudi**, and addressed the student on the topic of **Emotional Well-being** on **6.3.2023**



29. Been a resource person for the **Anna administrative staff college impacts training to the state government employees at Thoothukudi collectorate** and addressed the topic **Stress and Relationship Management** on 11.04.2023.



<b>From</b> Thiru.V.Sankara Narayanan, M.A, B.Ed, M.Phil., Deputy Collector/JAO, Anna Administrative Staff College, Regional Training Centre, Opp. to North Taluk Office, Collectorate Campus, Madurai-625020.	<b>To</b> The Principle, St.Mary's College(Autonomous), Thoothukudi.
Rec.No:01/2023/AASC/RTC/MDU, dated: 10.04.2023	

Sir/Madam,

Sub: **TRAINING** – Anna Administrative Staff College – Regional Training Centre at Madurai – Engaging of Guest Faculty – Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, engaged on 11.04.2023 – Deputed to attend training - requested- Regarding.

Ref: 1) Programme Schedule Approved by the Director/ Chief Secretary, AASC, Chennai, dated:  
2) Connected records.

The Anna Administrative Staff College imparts training to the State Government employees of various departments throughout Tamilnadu. The Chief Secretary / Director, Anna Administrative Staff College has approved the training programme for the month of April 2023. Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi, Guest Faculty to give lecture in training programme on "Office Subjects With Soft Skills" scheduled to be conducted on 11.04.2023 (02.30 PM to 05.30 PM) at Collectorate, Thoothukudi District.

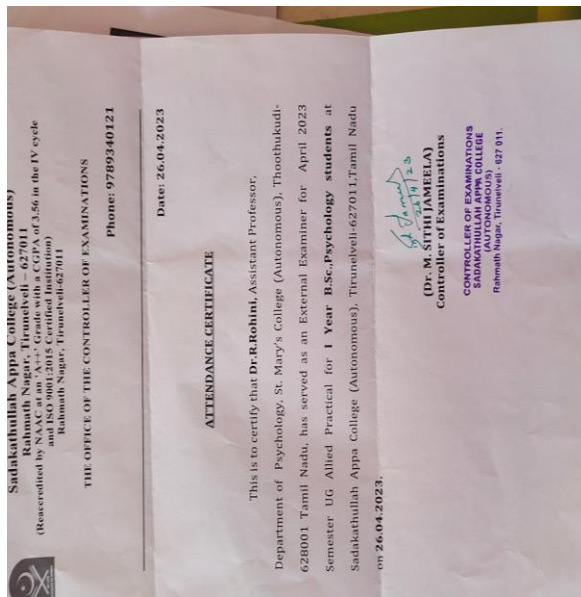
Therefore I requested that Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi may be attend the training programme.

Yours faithfully,

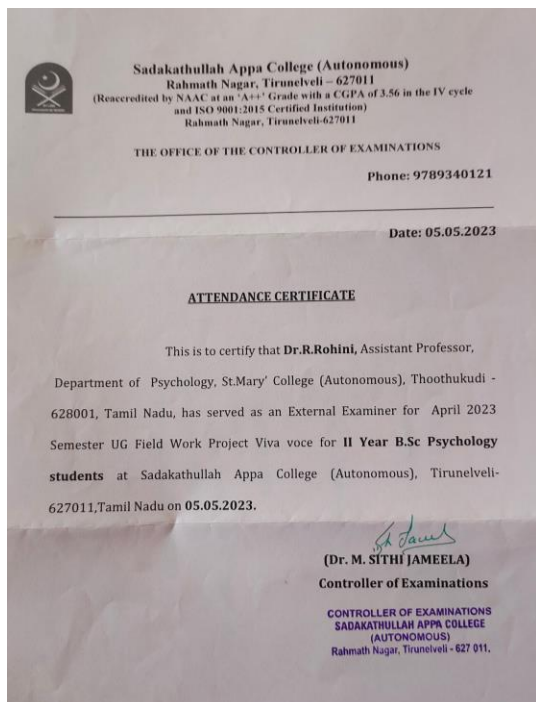
*[Signature]*  
Deputy Collector/JAO  
Anna Administrative Staff College  
Regional Training Centre,  
Madurai

Copy to Tmt.R.Rohini, Counsellor and Assistant Professor, Department of Psychology,  
St. Mary's College, Thoothukudi

30. Been an external examiner for the Psychology practical examination of **Sadakathullah Appa College** autonomous Tirunelveli on **26.4.2023**



31. Been an external examiner for the Psychology project viva **Sadakathullah Appa College** Tirunelveli on **5.05.2023**.



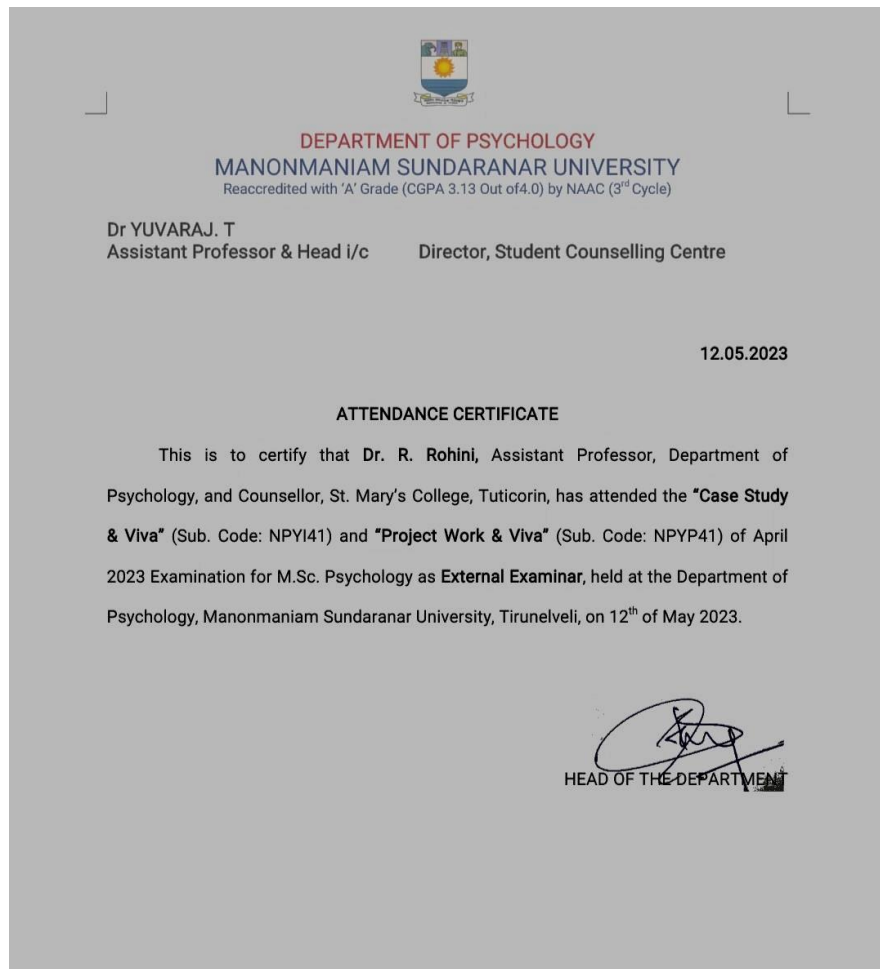
32. Been a resource person for the CDP program and addressed the topic **I am the boss of my** body on **17.05.2023**



33. Been a resource person for the **CDP program** and addressed the topic **Good touch bad touch** on **18.05.2023**

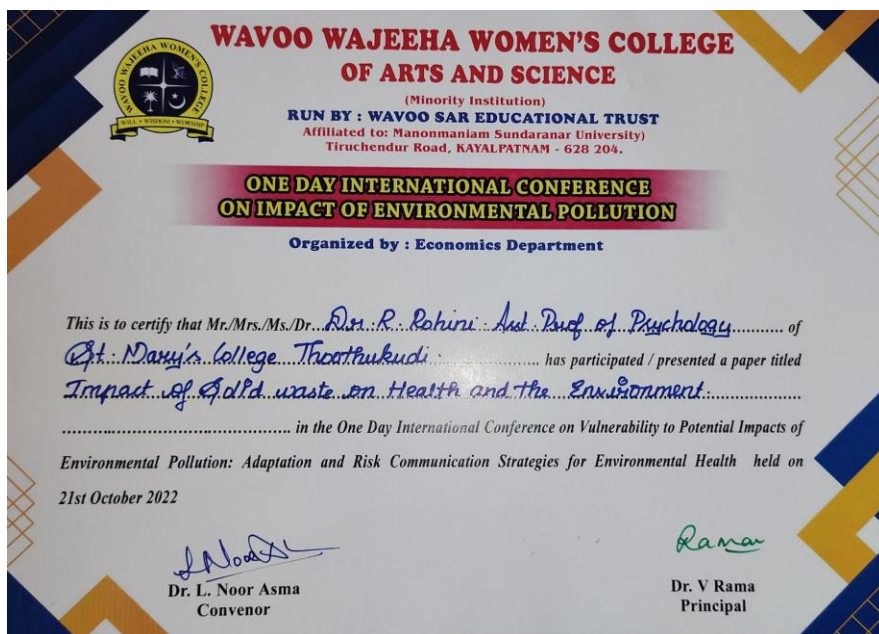


34. Been an **external examiner for M.S University Psychology PG project** and conducted viva-visa exam for students on **12.05.2023**.



- Presented a paper on the topic Impact Of Solid Waste On Health And the Environment in the one-day international conference on the impact of environmental pollution on 21.10.2022 at the Wavoo wajeeha women's College, Kayalpattinam.





- Received **BEST MOTIVATIONAL SPEAKER AWARD** from London Academy of Art Literature Association Melvin hall society, London on 5.09.2022



- Received **APJ Abdul Kalam Education Excellence award** on 27.7.2022 from the TIP community.



## OTHER CERTIFICATES



## ST. FRANCIS COLLEGE

KORAMANGALA, BENGALURU 560034

(Affiliated to Bengaluru City University, Approved by AICTE & Govt. of Karnataka)

### NATIONAL LEVEL VIRTUAL SYMPOSIUM

**CONFLUX - 2022**

Organized by

**IQAC & DEPARTMENT OF MANAGEMENT**

### CERTIFICATE OF PARTICIPATION

This certificate is presented to Mr./Ms./Dr. Ms.R.Rohini  
of St.Mary's College (Autonomous) College for attending the National  
Level Virtual Symposium on "Forensic Accounting and Role of an Accountant"  
organised by IQAC & Department of Management held on 7<sup>th</sup> May 2022.

Mr. Karthik P  
HOD

Dr. R. N. Subba Rao  
Principal

Bro. Peter  
Deputy Director

Bro. Antony D Vayalil  
Director



# Skill Nation

## CERTIFICATE OF COMPLETION

PROUDLY PRESENTED TO

**Dr.R.Rohini**

FOR COMPLETING THE 5-DAY WORKSHOP ON

## Sports Psychology

Conducted By  
**Mr. Mitesh Jain**  
Sports Psychologist  
Trainer, Skill Nation

Duration  
**24th May to 29th  
May, 2022**

[www.skillnation.in](http://www.skillnation.in)



## T. FRANCIS COLLEGE

KORAMANGALA, BENGALURU-34  
Affiliated to Bengaluru City University  
Approved by AICTE & Govt. of Karnataka

### THREE-DAY NATIONAL MULTI-DISCIPLINARY VIRTUAL SYMPOSIUM


CONFLUX-2022

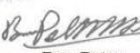
Organized by  
IQAC & DEPARTMENT OF PHYSICAL EDUCATION

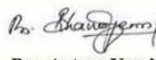
#### CERTIFICATE OF PARTICIPATION

This certificate is presented to Mr./Ms./Dr. R.Rohini  
of St.Mary's College (Autonomous) College for attendaning the National Multi-Disciplinary  
Virtual Symposium on *Fitness for Youth through Sports, Yoga and Recreation*  
organised by IQAC & Department of Physical Education held on 6<sup>th</sup> May 2022.

  
Mr. Sachin S Nayak  
HOD

  
Dr. R. N. Subba Rao  
Principal

  
Bro. Peter  
Deputy Director

  
Bro. Antony Vayalil  
Director



## ST. FRANCIS COLLEGE

KORAMANGALA, BENGALURU-34  
Affiliated to Bengaluru City University  
Approved by AICTE & Govt. of Karnataka


### THREE-DAY NATIONAL MULTI-DISCIPLINARY VIRTUAL SYMPOSIUM


CONFLUX-2022

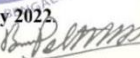
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#### CERTIFICATE OF PARTICIPATION

This certificate is presented to Dr. R. Rohini  
of St.Mary's college (Autonomous) College for attending the National  
Multi-Disciplinary  
Virtual Symposium on "*Connection-Crime and Psychopathology*" organised by IQAC  
& Department of Psychology held on 5<sup>th</sup> May 2022.

  
Dr. Sudha Thomas  
HOD

  
Dr. R. N. Subba Rao  
Principal

  
Bro. Peter  
Deputy Director

  
Bro. Antony Vayalil  
Director







## MEMBERSHIP

- Lifetime member of the Counsellors Council of India.
- Member of Council of Psychotherapy & Counselling - CPC
- Diamond Member in SAMACETMA 595/2006 International Board.
- Member of the Grievance and Redressal Committee of the college from 2015 to till date.
- Member of the Counselling Forum of the college from 2015 to date
- Member of India Co Win Action Network
- Member in Mind the Mind.
- Member of Tamilnadu Kalai Ilakkiya Perumandram.
- Member of SAMVEDNA.
- Member of TIP community unity club.

