

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
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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>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. Alfreda 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 Duak College, Madurai</p>
	<p>All are cordially invited.....</p>



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



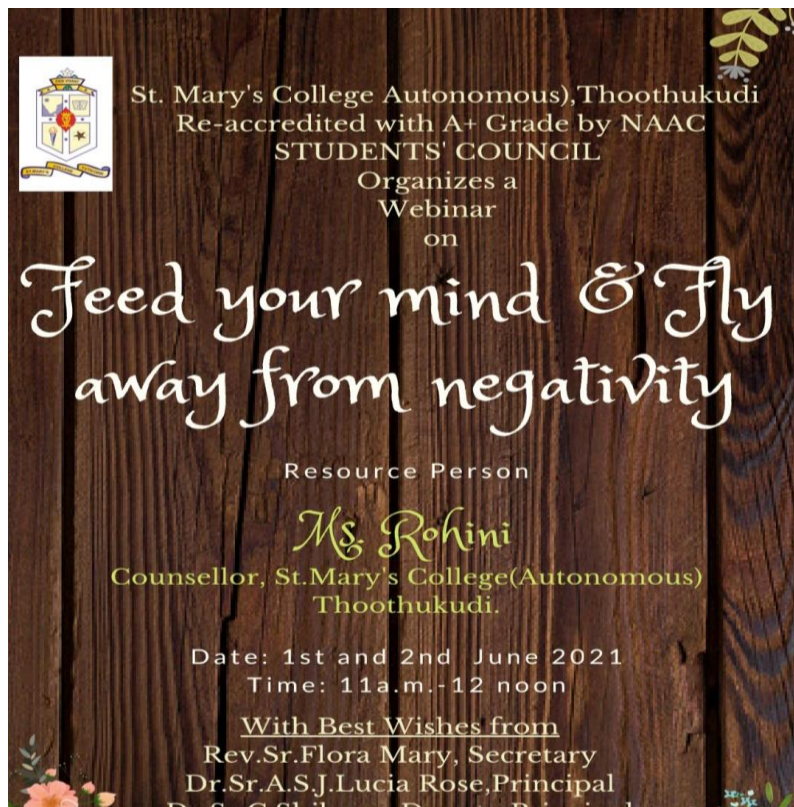
GRATITUDE WALK WAS DONE BY THE STUDENTS ON 27.10.202



STRESS RELEASE WAS DONE BY THE STUDENTS ON

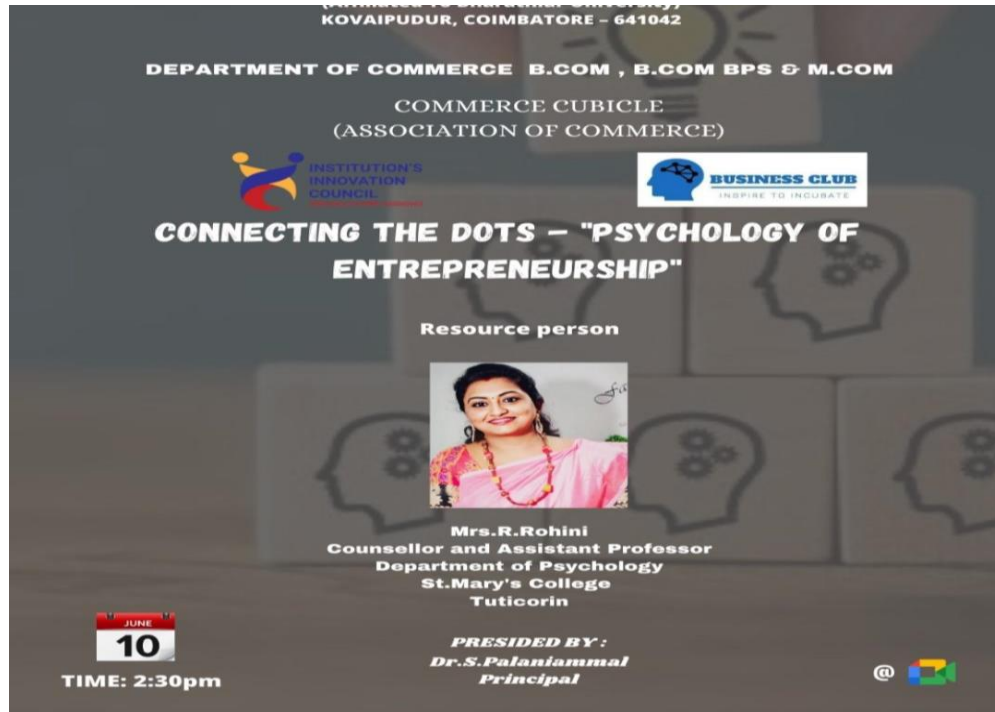
Resource Person

- 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.


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

- 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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 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".

 **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



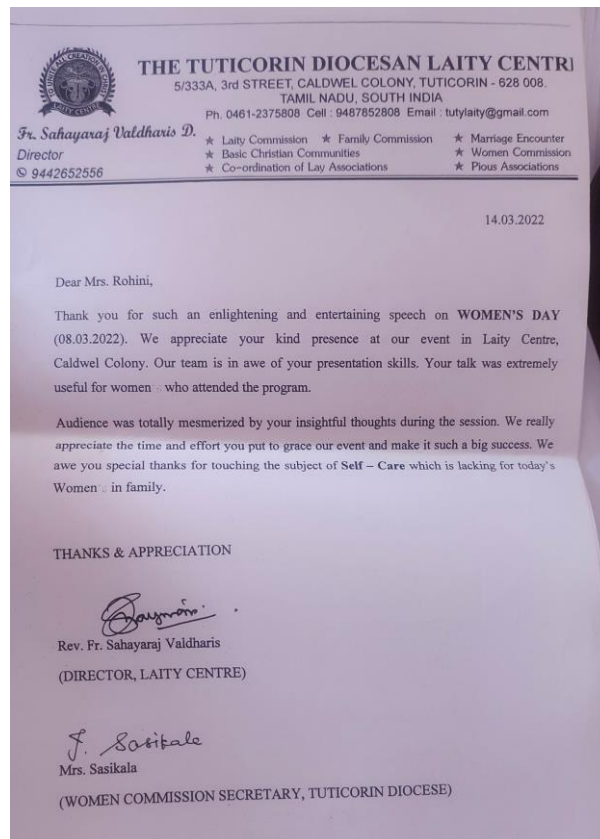


Mrs.R.Rohini
Counsellor
St. Mary's College (Autonomous)
Thoothukudi

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

- 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".



- 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".

 <p align="center">St.Mary's College (Autonomous) (Re-accredited with 'A+' Grade by NAAC) Thoothukudi, Tamilnadu-628001</p> <p align="center">Department of Economics & Counselling Forum Jointly Organise International Webinar Series SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS</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 align="center">With best wishes & Blessings</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 align="center">ORGANISING COMMITTEE PROGRAMME CONVENERS Mrs. X. Esther Vimala, Associate Professor & Head Mrs. R. Rohini, Counsellor</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: 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>
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<p align="center">All are cordially invited.....</p>	



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

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




Counsellor


Principal
St. Mary's College (Autonomous)
Thoothukudi-628 001.