



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



CRITERION VII - INSTITUTIONAL VALUES AND BEST PRACTICES Year 2018-2023

7.1 Institutional Values and Responsibilities



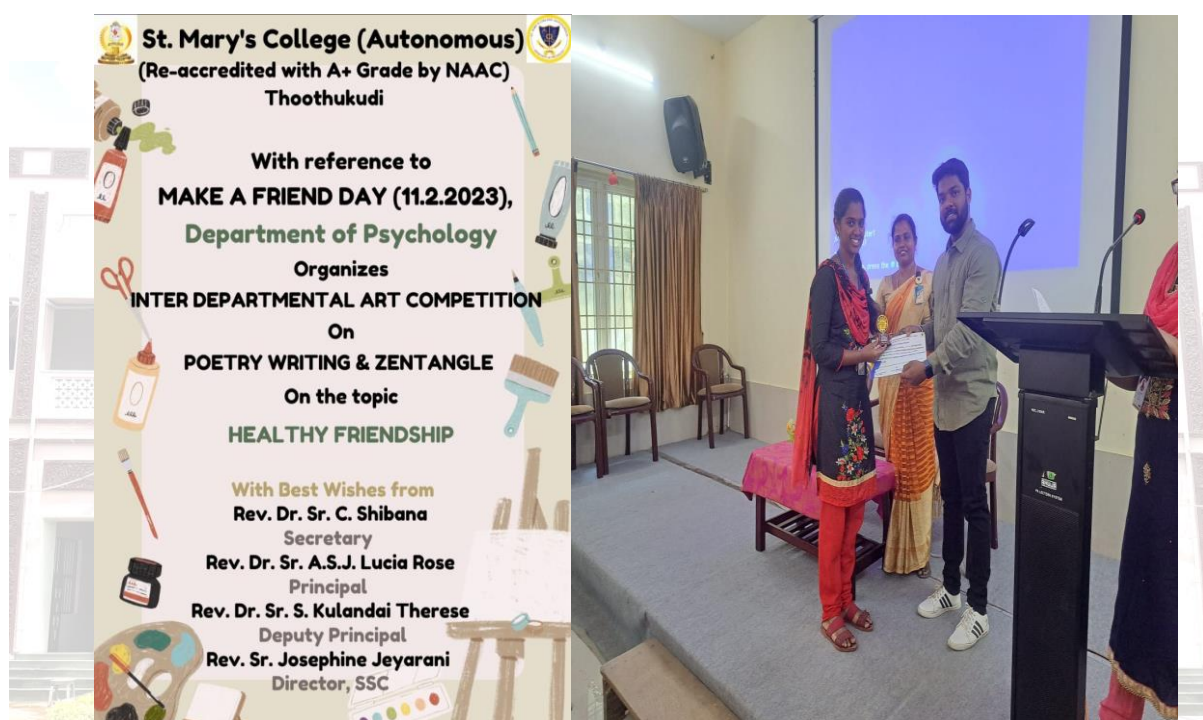
7.1.8 Institutional efforts/initiatives in providing an inclusive environment

Promoting Positive Mental Health

Name of the programme	Date
Make a friend day	11.2.2023
World Mental Health Day	10.10.2022
Suicide Prevention Day	9.9.2022
Field Trip to Kokirakulam Prison for Women	10.9.2022
World Suicide Prevention Day	14.9.2021
World Gratitude Day	24.9.2021
Lockdown Emotions	18.10.2020
World Gratitude Day	26.09.2019
World Mental Health Day	25.10.2019
Suicide Prevention on the topic "Nerkonda Paarvai"	12.09.2019
Mental Health Day Awareness Program	6.10.2018
Suicide Prevention Day Awareness Program	18.9.2018

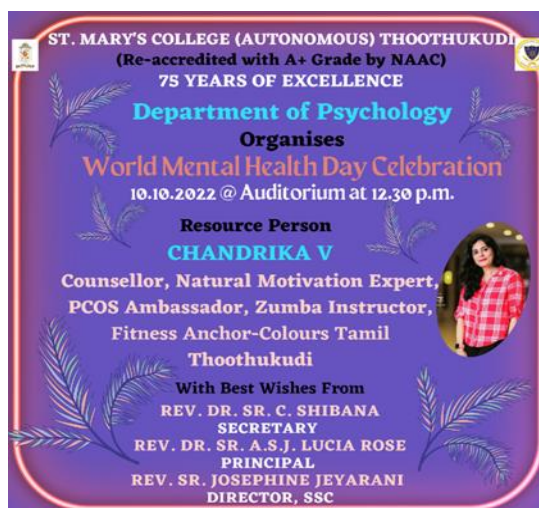
Make a friend day report

With reference to **Make a friend day** which was observed worldwide on 11.2.2023, the Department of Psychology organised an Inter Departmental Art Competition on the topic “Healthy Friendship”. Poetry writing and Zentangle drawings were the entries that were encouraged. More than 90 entries were received from enthusiastic participants from all the departments. The event was organized to create an awareness on healthy friendship that is the need of the hour among the youth of today.



Mental health day program

The department, with reference to **World Mental Health Day**, organized a Mental Health Day Celebrations on 10.10.2022. All III UG students, both from the Regular and SSC Streams were the beneficiaries. Ms. Chandrika V, Counsellor, PCOS Ambassador, Zumba Instructor and Fitness Anchor, Colours Tamil was the resource person. The program included a short motivational session on the importance of mental health and a Zumba session which the participants enjoyed a lot. The students had fun dancing for their favourite cine songs to the steps of the resource person.



Suicide Prevention Day

The department, to create an awareness among the college students regarding the prevention of Suicide and to create an awareness regarding the availability of various resources to whom we can reach out during times of crisis, organized an Awareness Still at both the entrances of the college on 9.9.2022, between 8.00 am to 8.40 am. The still was self-explanatory, depicting the presence of family, friends, psychologists, psychiatrists, law and spirituality to whom we should be willing to reach out and seek help to maintain our mental health.



Field Trip to Kokirakulam Prison for Women

The department, with reference to Suicide Prevention Day, along with the Counselling Forum of the college, organized a Field Trip to Kokirakulam Prison for Women, Tirunelveli on 10.9.2022. The trip was initiated to insist the value of life and need for leading a model life amongst the inmates of the prison. The students performed cultural activities that uplifted the mood and wellbeing of the inmates. Biscuits and towels were distributed as a token of love for the inmates.



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Department of Psychology & Counselling Forum
With reference to
Suicide Prevention Day
Jointly organizes
An Awareness Program
Life is a Gift-Unwrap It!
On **10.09.2022**
@ Kokirakulam Prison for Women

WITH BEST WISHES FROM
Rev. DR. SR. C. Shibana
Secretary
Rev. Dr. Sr. A.S.J. Lucia Rose
Principal
Rev. Sr. Josephine Jeyarani
Director, SSC

World Suicide Prevention Day

The Psychology department, along with the YRC, organised an awareness program on 14.9.2021 with reference to **World Suicide Prevention Day** that was observed on 10.9.2021. A photo booth was set up by the department students near the college chapel during the morning break followed by an Open Mike Performance on the topic “Value of Life” in Fatima Hall from 12.00 noon to 1.30 pm. Both the events received wide appreciation from the college staff and students of various departments. All the participants of the Open mike performance were gifted with a memento in appreciation of their participation.



World Gratitude Day

The Psychology department, along with the CDP celebrated the **World Gratitude Day** that was observed on September 21 on 24.9.2021. The department staff and students visited the Government Hospital at 2.00 pm to express their gratitude for the Doctors, Lab Technicians and Attenders from the Radiology Department for their selfless service during the critical pandemic period. The students performed art forms like singing, dancing, poetry reading, etc for the audience. This little act of gratitude was highly appreciated and the Covid Warriors also expressed their personal experiences during the critical stages of Covid duty which was the high light of the program.



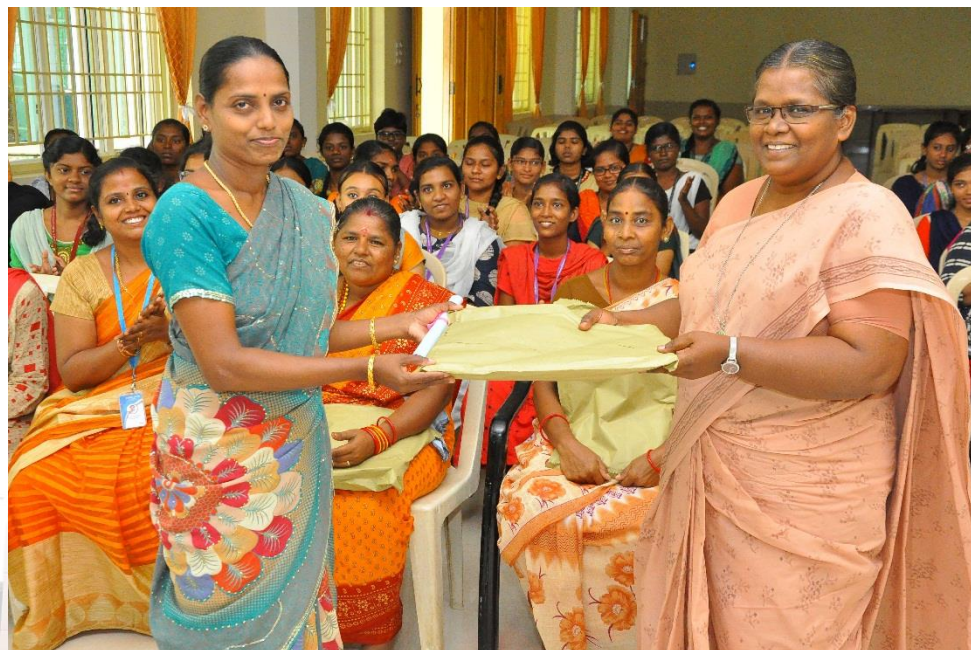
Mental Health Month

On 18th October 2020 the Department of Psychology has organized an intercollegiate art competition on the title “Lockdown Emotions”. Photographs and Pencil drawings were accepted from college students from various disciplines and Prizes were awarded to the best 3 entries from both photographs and pencil drawing

World Gratitude Day

The Psychology Department organized a program for the Sanitary Workers of the college with regard to World Gratitude Day that was celebrated worldwide on 21. 09.2019. The program was organized on 26.09.2019 at the Star Hall from 9.30am to 10.30am. SSC Director Sr. Mary Joyce Baby presided over the program and honored the sanitary workers of the college who were the chief guests. The students of the Psychology Department

performed various art forms for the chief guests. The program was a very fulfilling and heart touching event for both the organizers and the beneficiaries.



World Mental Health Day

With reference to the World Mental Health Day that is observed universally on October 10 every year, the Psychology Department in association with the Counselling Forum, organised an Awareness Program 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”. Awareness on the need for perfect mental health to lead a happy life was beautifully stressed by the resource person. Posters made by the Psychology students on Mental Health were displayed and greatly appreciated by the Resource Person



Suicide Prevention on the topic “ Nerkonda Paarvai”

The Psychology Department in association with the Counselling Forum 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 Psycho Therapist Mr. Vasantha Kumar addressed all the III UG students on the topic “Nerkonda Paarvai”. He aptly addressed the students on the value of life and how girls should courageously face life’s challenges and lead a successful life. The program was very interactive and useful for the students.



Mental Health Day

An awareness was created among the students about the necessity of mental health which can only contribute to proper physical health. The program was beautifully organized by the students of the Psychology Department wherein they did face paintings of the various positive and negative emotions and displayed themselves in the Open Air Auditorium during the morning break. It offered a choice of emotions for all the college students on the various emotions from which we have the right to choose the emotions we want. This created an awareness that mental health depended completely only the individual person and his/her choice of emotions.





Suicide Prevention Day

The Suicide Prevention Day Awareness Program was conducted on 18.9.18. The chief guest was Inspector Padmakumari, Alwarthirunagairi. The program was highly informative and useful as the chief guest addressed on not just the causes of suicide in today's world but also on the after effects of committing suicide which the youth usually don't think of. The inspector who has ample experience in this area was the right choice to address the students. The third UG and the second PG students were the audience.



Lewis Rose
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