

## E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



**CELL** : COUNSELLING CELL

**ACTIVITY** : WEBINAR

**YEAR** : 2021 - 2022

### COUNSELLING CELL

DATE	TIME	PLATFORM	MODE
19.08.2021	11:00 a.m. to 12:30 p.m.	Google Meet	Online
<b>Theme</b>	Balanced State of Mind for Peaceful and Harmonious life		
<b>Nature of the Activity</b>	Webinar		
<b>Title</b>	Webinar on "Stress Management in Pandemic"		
<b>Co-ordinators</b>	<b>Mrs.R.Lakshmi</b> Assistant Professor of IT <b>Mrs B. Subha</b> Assistant Professor of Physics <b>Ms.A. Josphine</b> Assistant Professor of Commerce		
<b>Resource Person</b>	Dr (Mrs.)S.Joyce, M.S.W., M.Sc., PGDCA, Ph.D., Guest Faculty, MS Chellamuthu Institute of Mental Health & Rehabitation, Madurai		
<b>Collaborating Institution</b>	MS Chellamuthu Institute of Mental Health & Rehabilitation, Madurai.		
<b>Registration Link</b>	<a href="https://forms.gle/y37mcU5LXXLJ3Cog8">https://forms.gle/y37mcU5LXXLJ3Cog8</a>		
<b>Programme Link</b>	<a href="https://drive.google.com/file/d/15e6LP4xINKCii1WJLGjdRnPN2dygQqHp/view?usp=sharing">https://drive.google.com/file/d/15e6LP4xINKCii1WJLGjdRnPN2dygQqHp/view?usp=sharing</a>		
<b>No. of Participants</b>	Students - 105 Faculty - 3		

**WEBINAR ON "STRESS MANAGEMENT IN PANDEMIC"**

**Objectives:**

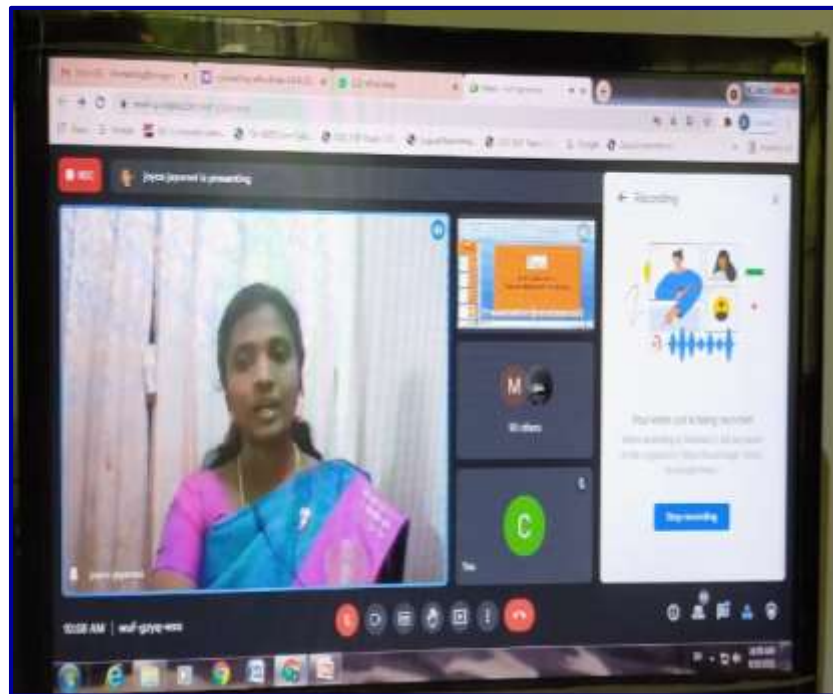
1. To educate the students about the importance of self-hygiene and self-care during pandemic period to avoid physical and mental desolation.

**Programme Outcome:**

On successful completion of the webinar,

1. Students got awareness about various self-care routines such as exercise, meditation, journaling etc. for calming the stress hormones and increase overall mental well being

**Screen shot:**



**Webinar on "Stress Management in Pandemic" - 19.08.2021**

# E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

Enclosures:

a. Invitation:



**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI-14**  
(An Autonomous Institution-Affiliated to Madurai Kamaraj University)  
(Re-accredited (3rd cycle) A+ & CGPA 3.51 Grade by NAAC)



**WEBINAR  
ON  
STRESS MANAGEMENT IN PANDEMIC**

Organized by  
**COUNSELLING CELL & GRIEVANCE REDRESSAL CELL**

**Date : 19.8.2021      Time: 11:00 a.m**



Resource Person:  
**Dr. S.JOYCE** M.Sc.W., M.Sc.PGDC., Ph.D.,  
Guest Faculty  
MS Chellamuthu Institute of  
Mental Health and Rehabilitation,  
Madurai.

*All are Cordially Invited*

## STEERING COMMITTEE

<p><b>Thiru. E.M.G.S. Pothiraja</b> President</p> <p><b>Tmt. E.M.G.S. Indirani</b> Secretary &amp; Correspondent</p> <p><b>Thiru. E.M.G.S. Pothi Gopalakrishnan</b> Governing Council Member</p> <p><b>Thiru. E.M.G.S. Arun Pothiraj</b> Governing Council Member</p> <p><b>Dr. (Mrs.) V. Pushpalatha</b> Principal (i/c) Assistant Professor, Head, Department of Commerce</p> <p style="text-align: right;"><i>Convenor</i></p> <p><small>Mrs. R.Lakshmi, Asst.Prof. In IT Mrs. B. Subha, Asst.Prof. In Physics Ms. A.Josephine, Asst.Prof. In Commerce</small></p>	<p><b>Mrs. S. Sivakamasundari</b> Vice Principal, Assistant Professor, Head, Department of English</p> <p><b>Mrs. R. Dhivya</b> Director (Self Finance) &amp; Youth Affairs</p> <p><b>Mr. V. M.Sundararajan</b> Administrative Officer</p> <p><b>Dr.(Mrs.)G.Indira Rani</b> Dean of Academic Affairs, Associate Professor, Head, Department of Zoology</p> <p><b>Mrs.C.Kamala</b> Controller of Examinations, Associate Professor, Head, Department of Chemistry</p>
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**E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE****b. Nominal Roll of Participants:****1. Student participants from our college:**

<b>Webinar on "Stress Management in Pandemic" - 19.08.2021</b>			
<b>S.No.</b>	<b>REGISTER NUMBER</b>	<b>NAME</b>	<b>DEPARTMENT</b>
1.	19CGB31	R.Muthumari	Commerce
2.	19ENB37	B.Priya	English
3.	19CGB45	J.Rupashika	<u>B.Com</u>
4.	19CGB46	M.Salini	Commerce
5.	19BBA25	S.Rani Velu Nachiyar	BBA
6.	19ITA12	V.Lavanya	Information Technology
7.	19ENB46	S. Sanfa Sameera	English
8.	19ENB15	Durga Devi K	English
9.	19CCA11	T. Esakki Ramya	B. Com (C.A)
10.	19CGB5Q	Shahithya. R	B. Com
11.	19ENC43	N.Saranyadevi	English
12.	19MKA39	M.Sharmila	Mathametics
13.	19ENB02	S. Abinaya	English
14.	19ITA18	P.Nisha	Information Technology
15.	19ITA32	S.R.Snega	It 3rd Year
16.	19ITA35	R.Subashini @Keerthana	Information Technology
17.	19CGB33	B.Parimala	<u>B.Com</u>
18.	19CGB17	A. Hazeen Falila	B. Com
19.	19BBA31	D.Sivaranjani	BBA
20.	19CGB11	V.Dhanashri	<u>B.Com</u>
21.	19ITA03	K. Bharathi	Information Technology
22.	19BBA34	K.Sudha	BBA
23.	19ITA36	M Uma Maheswari	B.Sc Information Technology
24.	19BBA18	K.Meenambigai	BBA
25.	19CCB23	R. Manorithi	Commerce
26.	19CCB17	V. Ishwarya Lakshmi	Commerce
27.	19CCB48	K.Yasotha	Commerce
28.	19BBA17	J.Mariya Akalya	BBA
29.	19CGB22	G. Kala	B. Com
30.	19CGB42	P. Raveena	B. Com
31.	19ITA08	M.Eswari	Information Technology
32.	19CGA23	R.Hemalatha	Commerce
33.	19CGA76	M.Yuva Shree Lakshmi	B.Com (R)

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34.	19CGA66	Sneha N	Commerce
35.	19CCB47	S.Visalatchi	Commerce
36.	19CCB37	R.Santhiya	B.Com(Ca)
37.	19CGA67	S. Sneha	Commerce
38.	19CGA19	M.Dhiparsana	<u>B.Com</u>
39.	19ENC42	Santhiya	English
40.	19CGA09	R. P. Anuchandrika	Commerce
41.	19CGA47	G. Oyyammal@Yoglakshmi	B.Com(R)
42.	19CGA43	M.Monika	Commerce
43.	19HIA28	M.Monika	B.A(History)
44.	19ENC52	S.Subhathra	English
45.	19CGA04	D.Abirami	Commerce
46.	19CGA68	M.Sneka Sri	Commerce
47.	19MKA20	T. Kaviya	Mathematics
48.	19MKA24	R.Mariyammal	Maths (R)
49.	19CGA41	P.Malathi	<u>B.Com</u>
50.	19CGA11	H.Azeefa	B.Com
51.	19CGA51	R.Prabha	B.Com(R)
52.	19CHE31	C.Sathiyavani	Chemistry
53.	19CHE39	N.S.Swathy	Chemistry
54.	19CHE24	K. Prabha Devi	Chemistry
55.	19MKA39	M.Sharmila	Maths
56.	19PHY08	S. Devi Abirami	Physics
57.	19NAD32	S.Shri Tharani Priya	Nutrition And Dietetics
58.	19CHE06	M.Boovika	Chemistry
59.	19PHY21	C.Madhumitha	Physics
60.	19CHE25	K.Preethi	Chemistry
61.	19CHE18	E.Kavipriya	Chemistry
62.	19CSA47	S. Yohalakshmi	Computer Science
63.	19CSB07	M.Annapoorani	Computer Science
64.	19CHE35	P.Sowmiya	Chemistry
65.	19CSB12	S.Dhivya	Computer Science)
66.	19CSA41	D. Sneka	Computer Science
67.	19CHE18	E.Kavipriya	Chemistry
68.	19CSA45	R.Vinothini	Computer Science
69.	19MKA29	R.Nithya Shree	Mathematics
70.	19CHE10	M.Devayani	Chemistry
71.	19CSA02	M.Anusuya	Computer Science
72.	19NAD42	K.Susila Devi	Nutrition And Dietetics
73.	19NAD27	D. Roobika	Nutrition And Dietetics

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74.	19ENB02	S.Abinaya	English
75.	19ENB37	B. Priya	English
76.	19PHY05	P.Archana	Physics
77.	19TAM38	K.Priya	Tamil
78.	19PHY28	V.Preethi	Physics
79.	19NAD34	N.Sneha	Nutrition And Dietetics)
80.	19MPA05	M.Saranya	Maths
81.	19MPA06	M.Subalakshmi	Maths
82.	19MPA04	M.K.Priyadharshini	Mathematics
83.	19PHY37	S. Swedha	Physics
84.	19ENA22	J.Jaya Rakshanashree	English
85.	19MKA03	K.Arthy	Maths
86.	19MPB24	G.Kopperundevi	Mathematics
87.	19MPB21	J.Kawyasri	Maths
88.	19NAD31	R. Shobana Kayambeshwari	Nutrition And Dietetics
89.	19CSA47	S. Yohalakshmi	Computer Science
90.	19MPA03	K.Priyadharshini	Mathematics
91.	19ENA67	V.S.Vaanampadi Bharathi	English
92.	19PHY38	P.Swetha	Physics
93.	19MKA18	R.Kanmani	Mathematics
94.	19MKA44	S. Syed Ali Fathima	Maths
95.	19MPB08	K. Deepa	Maths(Sf)
96.	19PHY32	A.Riswana Begam	Physics
97.	19MPB09	K. Deepa	Mathematics
98.	19PHY10	D.Dharani	Physics
99.	19PHY14	L.Elakkiya	Physics
100	19MPB50	R.Vanathi	Mathematics
101	19PHY41	T. Varshini	Physics
102	19MPB32	G.Pavithra	Mathematics
103	19MPB22	C.Keerthika	Mathematics
104	19PHY30	N.Priyanga	Physics
105	19MKA40	R.Sneha	Mathematics