

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



**CELL : COUNSELLING CELL**

**ACTIVITY : PERSONAL COUNSELLING**

**YEAR : 2023-2024**

### COUNSELLING CELL

DATES	TIME	VENUE	MODE
25.08.2023 & 15.03.2024	10:30 a.m. to 12:00 noon	E.M.G. Yadava Women's College	Offline
<b>Theme</b>	Enhancing Well-Being through Personal Counselling		
<b>Nature of the Activity</b>	Counselling Students through trained counsellors		
<b>Title</b>	Personal Counselling		
<b>Convenor</b>	Dr.(Mrs.)V.Pushpalatha Principal i/c EMGYWC		
<b>Organiser</b>	<b>Counselling Cell Coordinator:</b> <b>Mrs.G.Senthamarai</b> Assistant Professor of History EMGYWC		
<b>Resource Person</b>	<b>M.Rukmani Devi M.Sc., (PSY), DCA. FCED.,</b> Psychologist & Special Educator Top Kids K.Pudur, Madurai.		
<b>Beneficiaries</b>	<b>Students - 37</b>		

### PERSONAL COUNSELLING

The Counselling Cell of EMGYWC organized a personal counselling session for students, through trained professionals. The session aimed to address a variety of personal, academic, and emotional challenges that students commonly face. M. Rukmani Devi, a Psychologist and Special Educator from Top Kids, Madurai, facilitated the session, offering personalized advice and practical strategies to help students effectively manage their concerns. With a focus on creating a confidential and empathetic environment, the program encouraged students to openly discuss their issues and receive tailored guidance. The initiative was well-received, with many students expressing

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

gratitude for the professional support and the opportunity to gain valuable insights for personal growth and development.

### **Objectives:**

1. To offer personalized, private counselling sessions to help students manage academic, personal, and emotional challenges.
2. To address issues related to stress, anxiety, and other mental health concerns, promoting overall emotional and mental well-being.
3. To guide students in setting personal and academic goals, with greater self-awareness.
4. To establish a supportive and confidential space where students feel comfortable while sharing their concerns and seeking help.

### **Programme Outcomes:**

1. Students reported improved stress and anxiety management, leading to better mental health and emotional stability.
2. Participants developed effective coping strategies for dealing with personal and academic challenges.
3. Students gained increased self-awareness and clarity in setting and pursuing personal and academic goals.
4. Enhanced resilience empowered students to independently manage difficulties, contributing to academic success and personal growth.
5. Improved mental well-being resulted in better concentration and academic performance.
6. Students felt more emotionally supported, leading to a more balanced and fulfilling college experience.
7. The programme promoted students' personal development, boosting confidence and encouraging a proactive approach to well-being.

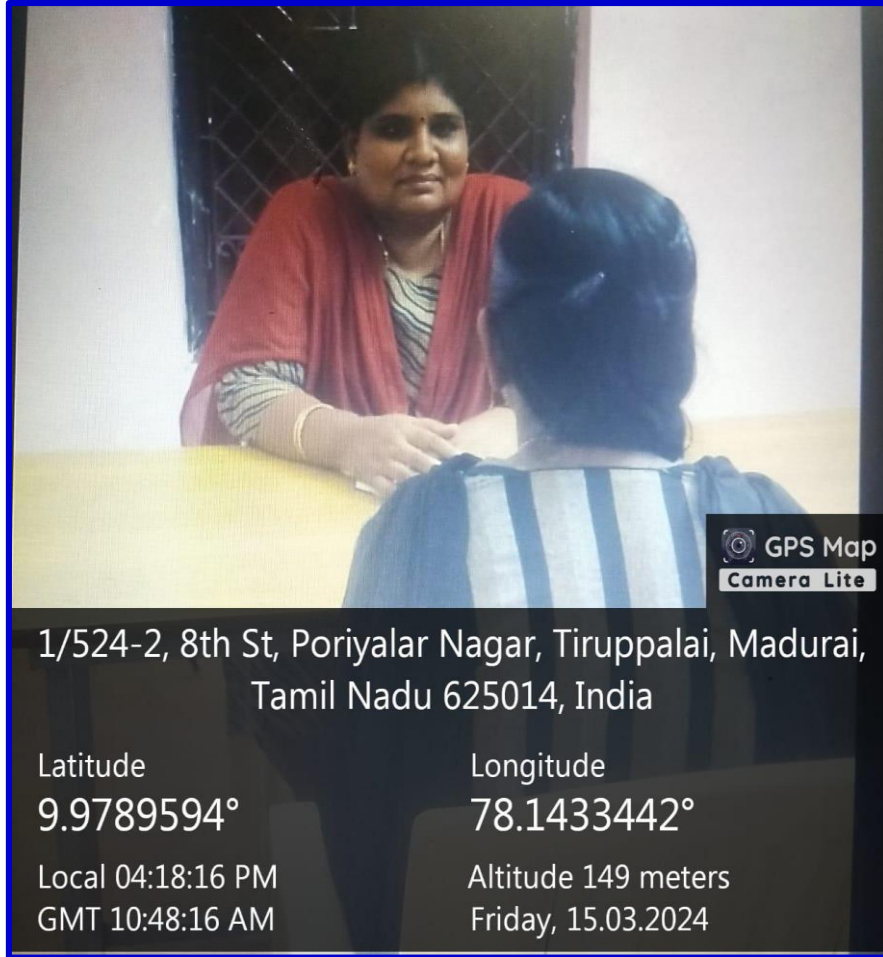
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**Photograph:**



**The Counselling Cell of EMGYWC, organised a Students Personal Counselling - 25.08.2023**

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**The Counselling Cell of EMGYWC, organised a Students Personal Counselling -  
15.03.2023**

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Enclosures:

a. Circular:

**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.**  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
(Re-accredited (3<sup>rd</sup> Cycle) with Grade A<sup>+</sup> & CGPA 3.51 by NAAC)

**COUNSELLING AND GRIEVANCE REDRESSAL CELL**

**CIRCULAR**

We are glad to inform you that Counselling and Grievance Redressal Cell arranged a "Personal Counselling" for students on 25.08.2023 at Counselling Room. Kindly inform to our students are asked to obtain benefit from this if required.

*[Signature]*  
Principal

DEPARTMENT	HOD SIGNATURE
History	<i>T. Hem</i>
English	<i>P. Srin</i>
Zoology	<i>G. Anjali</i>
Commerce	<i>K. Padmavathi</i>
Mathematics	<i>P. S. S.</i>
B.B.A	<i>T. S. Srinivasan</i>
Computer Science	<i>N. K. Srinivasan</i>
Information Technology	<i>B. Srinivasan</i>
Tamil	<i>B. Panimalar</i>
Physics	<i>S. Srinivasan</i>
Nutrition and Dietetics	<i>P. Srinivasan</i>
BCA & MCA	<i>S. V. Srinivasan</i>
Chemistry	<i>S. Srinivasan</i>

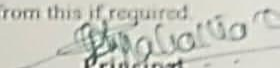
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**COUNSELLING AND GRIEVANCE REDRESSAL CELL.**

## CIRCULAR

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Principal  
PRINCIPAL VC  
E.M.G. YADAVA WOMEN'S COLLEGE  
MADURAI - 625 014

DEPARTMENT	HOD SIGNATURE
History	T. Anand
English	P. Anand
Zoology	G. Indira
Commerce	K. Padmarathna
Mathematics	Prof.
B.B.A	T. S. Anand
Computer Science	(for) Divya
Information Technology	I. B. Anand
Tamil	
Physics	K. Anand
Nutrition and Dietetics	P. Anand
BCA & MCA	S. Vijayar
Chemistry	S. Anand



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

- b. Nominal Roll of Participants:  
Student participants of EMGYWC:

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**PERSONAL COUNSELLING - 25.08.2023**


S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1.	23ENG36	M. Shobana devi	English
2.	23ENG01	V. Abical Nivethitha	English
3.	22NAD16	K. Gracy	N & D
4.	22NAD24	R. Lavanya	N & D
5.	22NAD39	P.Shobika	N & D
6.	22NAD08	P. Aruna	N & D
7.	23CGA13	S. Divyadharshini	I B.Com. (R)
8.	22HIB20	K. Praveena	History
9.	22HIB07	Indhu Mathi	History
10.	22HIB19	A. Prathipa	History
11.	23ITA16	A. Janaki	I BSc IT
12.	23ITA33	S. Priyadarshini	I BSc IT
13.	23ITA47	S. Yogavani	I BSc IT
14.	23ITA11	S. Divya shree	I BSc IT
<b>PERSONAL COUNSELLING - 15.03.2024</b>			
15.	23ITA11	S. Divya Shree	I BSc IT
16.	23BCA42	S.Srinithi	I BCA
17.	21CGB10	S.Dharani	III B.Com.
18.	21CGB67	V. Janani	III B.Com.

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19.	22ENA37	S. Selvarani	II B.A. (English) R
20.	22ENA27	N. Naga Dharshini	II B.A. (English) R
21.	22ENA12	K. Kamali	I B.A. ( English )R
22.	22MKA01	P.Aarthi	II B.SC(Maths) R
23.	22MKA20	A.Saranya Devi	II B.SC(Maths) R
24.	21CGA67	S. Vijayalakshmi	III B.Com. R
25.	21CGA18	K. Lithika	III B.Com. R
26.	23CCC01	S. Aarthi	I B.Com. (CA)
27.	23BBA22	U.Swaetha	BBA
28.	23BCA20	J.Jerolin Priya	II B.Com. R
29.	23BCA30	J.Jerolin Priya	II B.Com. R
30.	22CCC43	S.Yashwanthi	II B.Com.(CA) C
31.	22CCC11	D.Dharani	II B.Com. (CA) C
32.	23CSD20	T.Nivitha	I.BSC CS DS &A
33.	23CSD21	S.Sangeetha	I.BSc. CS DS &A
34.	23CSD16	P.Lathika	I.BSc. CS DS &A
35.	23ENA32	M. Santhiya	I B.A. (English) R
36.	23ENA42	V.Yazhilni	I B.A. (English) R
37.	23ENA06	K.Deepika	I B.A. (English) R

  
Coordinator:

  
Principal

**PRINCIPAL I/C**  
**E.M.G. YADAVA WOMEN'S COLLEGE**  
MADURAI-625 014