

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



CELL : COUNSELLING CELL

ACTIVITY : WEBINAR

YEAR : 2021 - 2022

COUNSELLING CELL

DATE	TIME	PLATFORM	MODE
16.08.2021	11:00 a.m. to 12:30 p.m.	Google Meet	Online
Nature of the Activity		Online Survey	
Title		Stress Management	
Counselling Cell Co-ordinators		Mrs.R.Lakshmi Assistant Professor of IT Mrs B. Subha Assistant Professor of Physics Ms.A. Josphine Assistant Professor of Commerce	
Resource Person		Dr (Mrs.)S.Joyce, M.S.W., M.Sc., PGDCA, Ph.D., MS Chellamuthu Institute of Mental Health and Rehabilitation, Madurai	
Collaborating Institution		MS Chellamuthu Institute of Mental Health & Rehabitation, Madurai.	
Registration Link		https://forms.gle/bx6Knj2LnwF89ebb6	
No. of Participants		Students - 153 Faculty - 3	

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

ONLINE SURVEY ON "STRESS MANAGEMENT"

Objectives:

- To understand the nature of stress and its impact on health and behaviour.
- To develop a balanced lifestyle in order to control stress in the long term.
- To acquaint with effective relaxation and stress reduction techniques.

Program Outcome:

On Successful completion of the programme,

1. Students were able to know the biological and psychological impacts of stress in an individual.
2. Students got awareness on diverse strategies to help them deal with stress and adversity in life.

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)



Online Survey

Organized by
COUNSELLING AND GRIEVANCE REDRESSAL CELL.
Date : 16.08.2021

Link: <https://forms.gle/bx6Knj2LnwF89ebb6>



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

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**b. Nominal Roll of Participants:****1. Student participants from our college:**

ONLINE SURVEY ON "STRESS MANAGEMENT" - 16.8.2021			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
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.RaniVeluNachiyar	BBA
6.	19ITA12	V.Lavanya	Information Technology
7.	19ENB46	S. SanfaSameera	English
8.	19ENB15	Durga Devi K	English
9.	19CCA11	T. EsakkiRamya	B. Com (C.A)
10.	19CGB5Q	Shahithya. R	B. Com
11.	19ENC43	N.Saranyadevi	English
12.	19MKA39	M.Sharmila	Mathematics
13.	19ENB02	S. Abinaya	English
14.	19ITA18	P.Nisha	.Information Technology
15.	19ITA32	S.R.Snega	Information Technology
16.	19ITA35	R.Subashini @Keerthana	Information Technology
17.	19CGB33	B.Parimala	<u>B.Com</u>
18.	19CGB17	A. HazeenFalila	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	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.MariyaAkalya	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)
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

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40.	19CGA09	R. P. Anuchandrika	Commerce
41.	19CGA47	G. Oyyammal@Yoglakshmi	B.Com(R)
42.	19CGA43	M.Monika	Commerce
43.	19HIA28	M.Monika	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	Mathematics
49.	19CGA41	P.Malathi	<u>B.Com</u>
50.	19CGA11	H.Azeefa	B.Com Regular
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.ShriTharaniPriya	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	B.Sc Chemistry
71.	19CSA02	M.Anusuya	Computer Science
72.	19NAD42	K.Susila Devi	Nutrition And Dietetics
73.	19NAD27	D. Roobika	Nutrition And Dietetics
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

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83.	19PHY37	S. Swedha	Physics
84.	19ENA22	J.JayaRakshanashree	English
85.	19MKA03	K.Arthy	Mathematics
86.	19MPB24	G.Kopperundevi	Mathematics
87.	19MPB21	J.Kawyasri	Mathematics
88.	19NAD31	R. ShobanaKayambeshwari	Nutrition And Dietetics
89.	19CSA47	S. Yohalakshmi	Computer Science
90.	19MPA03	K.Priyadharshini	Mathematics
91.	19ENA67	V.S.VaanampadiBharathi	English
92.	19PHY38	P.Swetha	B.Sc Physics
93.	19MKA18	R.Kanmani	Mathematics
94.	19MKA44	S. Syed Ali Fathima	Mathematics
95.	19MPB08	K. Deepa	Mathematics
96.	19PHY32	A.RiswanaBegam	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
106.	19MKA41	Sneha. S	Mathematics
107.	19MKA42	Swetha. K	Mathematics
108.	19MKA43	Swetha. P	Mathematics
109.	19MKA44	Syed Ali Fathima. S	Mathematics
110.	19MKA45	Vadivukarasi. S	Mathematics
111.	19MKA46	Vaishnavi. P	Mathematics
112.	19MKA47	Veeralakshmi. A	Mathematics
113.	19MKA48	Vijyalakshmi. K	Mathematics
114.	19CSB13	Divya Shree. G	Computer Science
115.	19CSB14	Gayathri. S	Computer Science
116.	19CSB15	Geetha. M	Computer Science
117.	19CSB16	Janani. R	Computer Science
118.	19CSB17	Karishma. E	Computer Science
119.	19CSB18	Kowsalya. G	Computer Science
120.	19CSB19	Kowsalya. M	Computer Science
121.	19CSB20	Madhumitha. R	Computer Science
122.	19CSB21	Mahabalapriyadharshini. M	Computer Science
123.	19CSB22	Manimegalai. N	Computer Science
124.	19CSB23	Meenatchi. G	Computer Science
125.	19CSB24	Meghasree. M	Computer Science
126.	19CSB25	Nagalakshmi. S	Computer Science

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127.	19CSB26	Nandhini. R	Computer Science
128.	19CSB27	Pavithra. D	Computer Science
129.	19CSB28	Ponneeshwari. V	Computer Science
130.	19ITA15	Moulika. R	Information Technology
131.	19ITA16	Niranjana. C	Information Technology
132.	19ITA17	Nisha. D	Information Technology
133.	19ITA18	Nisha. P	Information Technology
134.	19ITA19	Nithya Shri. A	Information Technology
135.	19ITA20	Nivetha. M	Information Technology
136.	19ITA21	Pandi Selvi. J	Information Technology
137.	19ITA22	Rajalakshmi. R	Information Technology
138.	19ITA23	Rajeshwari. U	Information Technology
139.	19ITA24	Ramsundari. M	Information Technology
140.	19PHY13	Durga Sri. V	Physics
141.	19PHY14	Elakkiya. L	Physics
142.	19PHY15	Gayathri. P	Physics
143.	19PHY16	Hemashalini. M	Physics
144.	19PHY18	Kavipriya. A	Physics
145.	19NAD24	Rajeshwari. P	N&D
146.	19NAD25	Rathipriya. B	N&D
147.	19NAD26	Rohini. K	N&D
148.	19BCA08	Durga Devi. K	BCA
149.	19BCA09	EshaAzhakeshwari. M	BCA
150.	19BCA10	Iswaryalakshmi. B	BCA
151.	19BCA11	Kanimozhi. T	BCA
152.	19BCA12	Karpuravalli. S	BCA
153.	19BCA13	Kayathri. P	BCA