

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



CELL : COUNSELLING & GRIEVANCE REDRESSAL CELL

ACTIVITY : WEBINAR

YEAR : 2020-2021

COUNSELLING & GRIEVANCE REDRESSAL CELL

DATE(S)	TIME	VENUE	MODE
18.03.2021	11.00 a.m. to 12.30 p.m.	Conference Hall, E.M.G.Yadava Women's College, Madurai-14.	Online
Theme	Stress Management		
Nature of the Activity	Webinar		
Title	Lockdown Stress and Unlock Happiness		
Name of the Organizers	Counselling & Grievance 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	Mr.D.Bojaraj Psychotherapist and Executive Director of TOPKIDS, Madurai.		
Collaborating Agencies	TOP KIDS Psychotherapy Centre, Madurai		
Registration Link	https://forms.gle/MX2hiyki7Ja2856Y9		
Programme Link	https://drive.google.com/file/d/1uAvGHPby-8_1xo3ZxieVhRd2dXTzsfBc/view?usp=sharing		
No. of Beneficiaries	Students - 201		

Lockdown Stress and Unlock Happiness

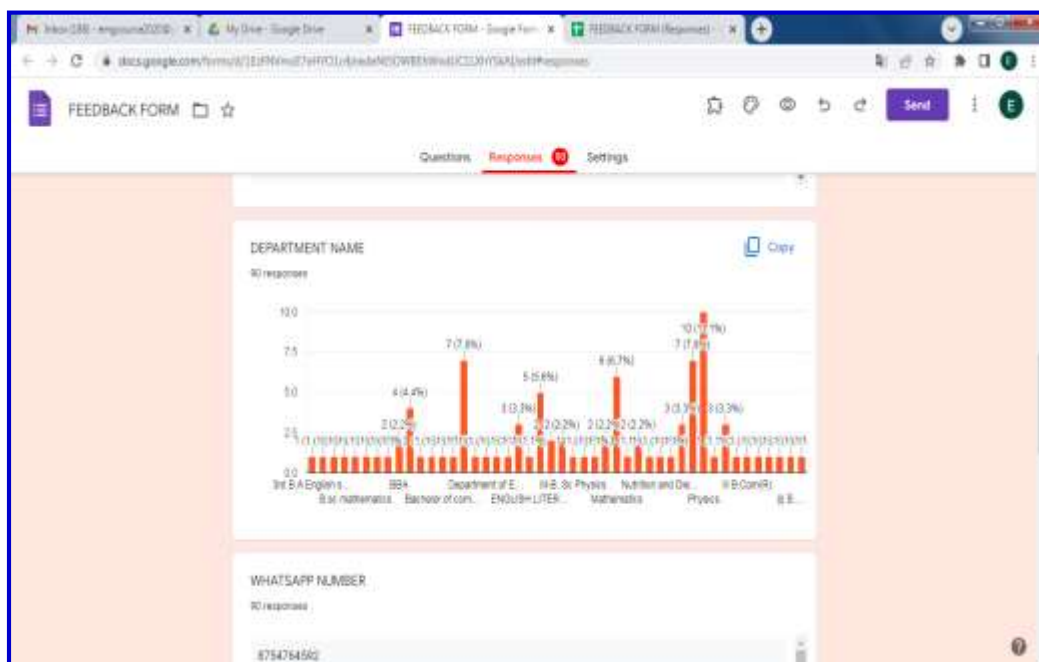
Objectives:

This study aimed longitudinally to analyse the role played by two emotional regulating strategies (cognitive reappraisal and expressive suppression), mediating its effect by engaging in pleasant activities during lockdown. Considering the changes in affective and cognitive happiness in comparison with pre-pandemic levels, participants were evaluated on emotional regulation, cognitive and affective happiness

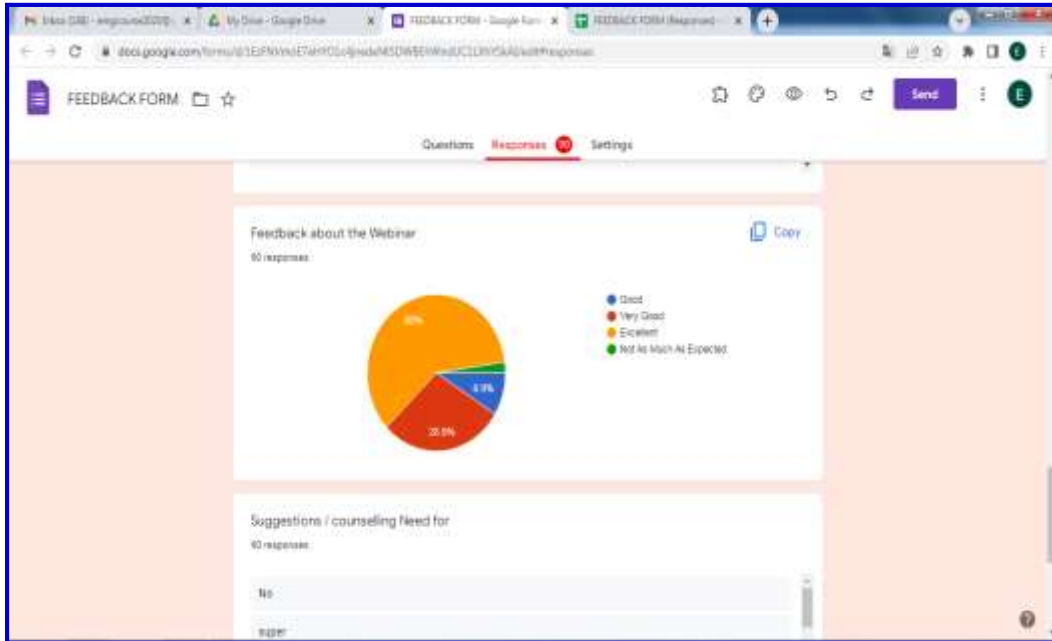
Programme Outcome:

Students were able to identify the specific tactics and strategies used in order to achieve their desired goals. Students and families were not only deprived of their academics, work, and sport activities, but also from mobility, interaction and relationship. The parents had to manage their children at home from 24 h a day and, at the same time, most of them had to start smart-working from home, apart from carrying out their children's college commitments. Students were frustrated being locked within their home. Because they were not able to talk, see, chat and play with their friends and relatives. It is easy to understand how families have been exposed to a very strong emotional and psychological stress.

Feedback:



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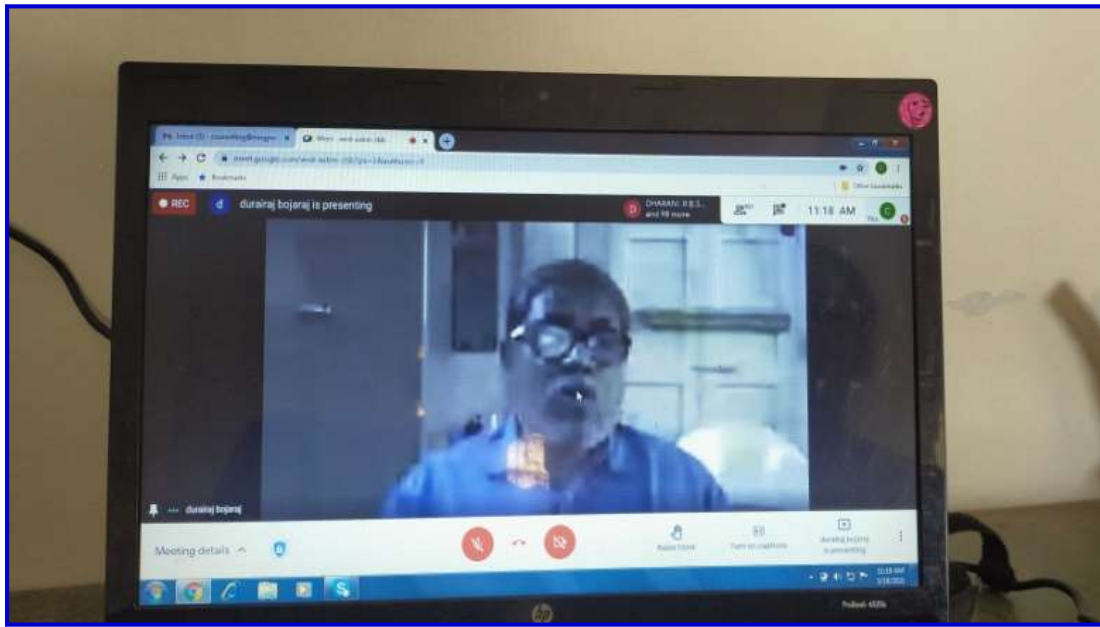


Screen shots:



Webinar on "Lockdown Stress and Unlock Happiness" - 18.03.2021

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Webinar on “Lockdown Stress and Unlock Happiness” - 18.03.2021

Enclosures:

a. Invitation:

 <p>E.M.G YADAVA WOMEN'S COLLEGE, MAIPURAI-14 (An Autonomous Institution - Affiliated to Madurai Kamaraj University) Re-accredited (9th Cycle) with Grade A+ & CGPA 1.51 by NAAC</p> <p>WEBINAR ON LOCKDOWN STRESS AND UNLOCK HAPPINESS</p> <p>Organized by COUNSELLING CELL / GRIEVANCE REDRESSAL CELL</p> <p>On March 18, Thursday, 2021, Time:11a.m</p> <p>Resource Person. Mr. D.Bojaraj, Psychotherapist and Executive Director@ TOPKIDS.</p> <p>All are cordially Welcome</p>	<p>ORGANIZING COMMITTEE.</p> <table border="0"> <tr> <td>Patron</td> <td>Steering Committee</td> </tr> <tr> <td>Tmt. E.M.G.S. Indirani Secretary & Correspondent</td> <td>Mrs. S. Sivakumarselvi Vice-Principal Head, Department of English</td> </tr> <tr> <td>Thiru. E.M.G.S. Pothiraja President</td> <td>Mrs. R. Dhivya Director (Self Finance) & Youth Affairs</td> </tr> <tr> <td>Board of director</td> <td></td> </tr> <tr> <td>Thiru. E.M.G.S. Pothi Gopalakrishnan Governing Council Member</td> <td>Mr. V. M. Sundararajan Administrative Officer</td> </tr> <tr> <td>Thiru. E.M.G.S. Ann Pothiraj Governing Council Member</td> <td>Dr. (Mrs.) G. Indira Rani Dean of Academic Affairs Associate Professor Head, Department of Zoology</td> </tr> <tr> <td>Chairman</td> <td></td> </tr> <tr> <td>Dr. (Mrs.) V. Pushpalatha Principal (i/c) Head, Department of Commerce</td> <td>Mrs. C. Kamala Controller of Examinations Associate Professor Head, Department of Chemistry</td> </tr> <tr> <td></td> <td>Governor</td> </tr> <tr> <td>Mrs. R. Lakshmi Assistant Professor Department of IT</td> <td>Mrs. H.Selva Assistant Professor Department of Physics</td> </tr> <tr> <td></td> <td>Mrs. A.Josephine Assistant Professor Department of commerce</td> </tr> </table>	Patron	Steering Committee	Tmt. E.M.G.S. Indirani Secretary & Correspondent	Mrs. S. Sivakumarselvi Vice-Principal Head, Department of English	Thiru. E.M.G.S. Pothiraja President	Mrs. R. Dhivya Director (Self Finance) & Youth Affairs	Board of director		Thiru. E.M.G.S. Pothi Gopalakrishnan Governing Council Member	Mr. V. M. Sundararajan Administrative Officer	Thiru. E.M.G.S. Ann Pothiraj Governing Council Member	Dr. (Mrs.) G. Indira Rani Dean of Academic Affairs Associate Professor Head, Department of Zoology	Chairman		Dr. (Mrs.) V. Pushpalatha Principal (i/c) Head, Department of Commerce	Mrs. C. Kamala Controller of Examinations Associate Professor Head, Department of Chemistry		Governor	Mrs. R. Lakshmi Assistant Professor Department of IT	Mrs. H.Selva Assistant Professor Department of Physics		Mrs. A.Josephine Assistant Professor Department of commerce
Patron	Steering Committee																						
Tmt. E.M.G.S. Indirani Secretary & Correspondent	Mrs. S. Sivakumarselvi Vice-Principal Head, Department of English																						
Thiru. E.M.G.S. Pothiraja President	Mrs. R. Dhivya Director (Self Finance) & Youth Affairs																						
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	Governor																						
Mrs. R. Lakshmi Assistant Professor Department of IT	Mrs. H.Selva Assistant Professor Department of Physics																						
	Mrs. A.Josephine Assistant Professor Department of commerce																						

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b. Nominal Roll of Participants:

1. Student participants from our college:

Lockdown Stress and Unlock Happiness – 18.3.2021			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1.	19NAD38	SREEMATHI.J	NUTRITION AND DIETETICS
2.	19NAD26	K.ROHINI	NUTRITION AND DIETETICS
3.	19NAD31	R. SHOBANA KAYAMBESHWARI	NUTRITION AND DIETETICS
4.	19NAD37	K.SOWMIYA	NUTRITION AND DIETETICS
5.	19NAD33	C.SINEHA	NUTRITION AND DIETETICS
6.	19CGB51	SHAHITHYA. R	B.COM(SF)
7.	19CGB36	S.PRATHIKSHA	COMMERCE
8.	19NAD07	R.BALA MUHILA	NUTRITION AND DIETETICS
9.	19NAD34	N.SNEHA	NUTRITION AND DIETETICS)
10.	19NAD29	B.SANTHIYA	NUTRITION AND DIETICIS
11.	19NAD43	B.SWETHA	NUTRITION AND DIETETICS
12.	19NAD45	P. VANMATHI	NUTRITION AND DIETETICS
13.	19PHY30	N.PRIYANGA	PHYSICS
14.	19NAD19	M.MOOKKUPILLAI	NUTRITION AND DIETETICS
15.	19NAD04	R.AKSHITHA	NUTRITION AND DIETETICS
16.	19 NAD 22	C.PAVITHRA	NUTRITION AND DIETETICS
17.	19PHY22	C.MUTHAMIL SELVI	PHYSICS
18.	19CGA45	M. NARMATHA	COMMERCE
19.	19PHY07	I.DEVA DHARSHINI	PHYSICS
20.	19PHY23	S. NANDHINI	BSC PHYSICS
21.	19PHY32	A.RISWANA BEGAM	PHYSICS
22.	19PHY07	I.DEVA DHARSHINI	PHYSICS
23.	19PHY22	C.MUTHAMIL SELVI	PHYSICS
24.	19PHY39	M. THIRUVENI	PHYSICS
25.	19CGB13	S. DHIVYA	B. COM
26.	19CCA11	T. ESAKKI RAMYA	B. COM(C.A) "A" SEC
27.	19PHY21	C.MADHUMITHA	PHYSICS
28.	19PHY37	S. SWEDHA	PHYSICS
29.	19PHY27	T.PAVITHRA	PHYSICS
30.	19CGA52	PREETHIKA.B	B.COM
31.	19CGB62	S. VINITHA	B. COM
32.	19CGB57	S. THASBIGA FATHIMA	B. COM
33.	19PHY41	T. VARSHINI	PHYSICS
34.	TAMPB	B. PANI MALAR	TAMIL
35.	19PHY08	S . DEVI ABIRAMI	PHYSICS
36.	19NAD09	S.FAHMEEDA FATHIMA	NUTRITION AND DIETETICS
37.	19PHY28	V.PREETHI	PHYSICS
38.	19PHY25	P. NISANTHI	PHYSICS)
39.	19PHY24	S.K.NANDHINI	PHYSICS

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40.	19PHY14	L.ELAKKIYA	PHYSICS
41.	19PHY13	V. DURGA SRI	PHYSICS
42.	19PHY18	A.KAVIPRIYA	PHYSICS
43.	19PHY31	N.RAGHAVI	PHYSICS
44.	19PHY11	K. DHARANI	PHYSICS
45.	19PHY15	P.GAYATHRI	PHYSICS
46.	19ENA67	V.S.VAANAMPADI BHARATHI	ENGLISH
47.	19NAD32	S.SHRI THARANI PRIYA	NUTRITION AND DIETETICS
48.	19ENA54	H.SAMEEN AFROSE BANU	ENGLISH
49.	19ZOO21	R. NANDHINI 19ZOO21	ZOOLOGY
50.	19TAM38	G.PRIYA	TAMIL
51.	19CCA02	R.AARTHI	B.COM(CA)'A
52.	19MKA39	M.SHARMILA	MATHS
53.	19ZOO20	S. MAYA SIVA SAKTHI	ZOOLOGY
54.	19ZOO03	AJITHA.M	ZOOLOGY
55.	19PHY02	D.ANITHA	PHYSICS
56.	19ENB37	B. PRIYA	ENGLISH
57.	19ENB56	B.VAISHNAVI	ENGLISH
58.	19CHE10	M.DEVAYANI	CHEMISTRY
59.	19CHE24	K. PRABHA DEVI	CHEMISTRY
60.	19CHE40	UDHAYA PRIYA. S	CHEMISTRY
61.	19ZOO05	M.BRINTHA	ZOOLOGY
62.	19CHE39	N.S.SWATHY	CHEMISTRY
63.	19CHE31	C.SATHIYAVANI	CHEMISTRY
64.	19ENA66	S.THIRISHA	ENGLISH
65.	19NAD30	K. SARMILA	NUTRITION AND DIETETICS
66.	19NAD31	R. SHOBANA KAYAMBESHWARI	NUTRITION & DIETETICS)
67.	19MKA39	M.SHARMILA	MATHS
68.	19CHE22	S. NAGALAKSHMI	CHEMISTRY
69.	19CSB06	R.ANITHA	COMPUTER SCIENCE)
70.	19PHY24	S.K.NANDHINI	PHYSICS
71.	19NAD39	M.SUJEETHA	NUTRITION AND DIETETICS
72.	19CSA47	S. YOHALAKSHMI	COMPUTER SCIENCE
73.	19CSA02	M.ANUSUYA	COMPUTER SCIENCE
74.	19CSB21	M.MAHABALAPRIYADHAR SHINI	COMPUTER SCIENCE
75.	19NAD03	S.AKSHAYA	NUTRITION AND DIETETICS)
76.	19CHE42	L.VINOTHINI	CHEMISTRY
77.	19NAD02	S.K.ABURVAA	NUTRITION AND DIETETICS
78.	19CSA44	M.THIVYA	COMPUTER SCIENCE
79.	19CSA46	S.VISHWA	COMPUTER SCIENCE
80.	19CHE04	Y.ARABIN BANU	CHEMISTRY
81.	19CSB12	S.DHIVYA	COMPUTER SCIENCE)
82.	19CSA10	P. JAYAJOTHIKA	COMPUTER SCIENCE

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83.	19CSB01	P.ABISRI YAAZHINI	COMPUTER SCIENCE
84.	19CSB15	M.GEETHA	COMPUTER SCIENCE
85.	19CHE21	B. MEENAKSHI	CHEMISTRY
86.	19CSB01	P.ABISRI YAAZHINI	COMPUTER SCIENCE
87.	19CSA36	R.SANTHIYA	COMPUTER SCIENCE
88.	19CSB08	S.BHUVANESHWARI	(COMPUTER SCIENCE)
89.	19CHE28	P.PRIYATHARSHNI	CHEMISTRY
90.	19ENA22	J.JAYA RAKSHANASHREE	ENGLISH
91.	19CSB28	V.PONNEESHWARI	COMPUTER SCIENCE
92.	19NAD28	SAIDHARSHINI.P	NUTRITION ND DIETITICS
93.	19CSA34	M. RIVIYA	(COMPUTER SCIENCE)
94.	19ZOO43	P. VARSHA	ZOOLOGY
95.	19CSA45	VINOTHINI.R	COMPUTER SCIENCE
96.	19CHE43	A.YOGESHWARI	CHEMISTRY
97.	19CSA25	K.NAGA MEENAL	COMPUTER SCIENCE)
98.	19NAD12	S.IRFANA PARVEEN	NUTRITION AND DIETETICS
99.	19CSA07	N.GOVARTHINI	COMPUTER SCIENCE
100.	19CSB16	R. JANANI	COMPUTER SCIENCE
101.	19CHE15	N.JOTHI	CHEMISTRY
102.	19CSA37	R.SERMANANDHINI	COMPUTER SCIENCE
103.	19CSB10	R.DHARANI	COMPUTER SCIENCE
104.	19ENA23	M.KARTHEESWARI	ENGLISH
105.	19CHE25	K.PREETHI	CHEMISTRY
106.	19ZOO14	A.JOTHIKA	ZOOLOGY
107.	19CHE11	M.FORJANA YASMIN	CHEMISTRY
108.	19CHE44	T.YUVANA	CHEMISTRY
109.	19CSB26	NANDHINI .R	COMPUTER SCIENCE)
110.	19CSB32	REVATHI JEYARAMAN	COMPUTER SCIENCE
111.	19CSB03	S.AKCHAYA	COMPUTER SCIENCE
112.	19CHE35	P.SOWMIYA	CHEMISTRY
113.	19CSB26	NANDHINI .R	COMPUTER SCIENCE
114.	19CSA23	NAGA JOTHI. T	COMPUTER SCIENCE)
115.	19TAM27	B.MEENAKSHI	TAMIL
116.	19CSB07	M.ANNAPOORANI	COMPUTER SCIENCE
117.	19TAM27	B.MEENAKSHI	TAMIL
118.	19ENA54	H.SAMEEN AFROSE BANU	ENGLISH
119.	19CSB34	M. SAKTHI GAYATHRI	COMPUTER SCIENCE
120.	19CSB41	M. SWETHA	COMPUTER SCIENCE
121.	19NAD27	D. ROOBICA	NUTRITION AND DIETETICS)
122.	19PHY32	A.RISWANA BEGAM	PHYSICS
123.	19ENB34	S NITHYA SREE	ENGLISH
124.	19CSB29	P.P.PRIYANKA	COMPUTER SCIENCE
125.	19CSB29	P.PRIYANKA	COMPUTER SCIENCE
126.	19CSB23	G.MEENATCHI	COMPUTER SCIENCE
127.	19CCA34	M. SHAHIN FATHIMA	COMMERCE

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128.	19CCA32	M.SAALMIYA KEISAR	COMMERCE
129.	19CSB38	R.SHALINI	COMPUTER SCIENCE
130.	19CSB24	M.MEGHASREE	COMPUTER SCIENCE)
131.	19CSB39	K.SHARMILA	COMPUTER SCIENCE
132.	19CSB31	S. RAJA ARUNA	COMPUTER SCIENCE
133.	19CSA41	D. SNEKA	COMPUTER SCIENCE
134.	19NAD10	J.GAYATHRI	NUTRITION AND DIETETICS)
135.	19CSB05	AMRIN.J	COMPUTER SCIENCE
136.	19CSA11	JAYAMALAR M	COMPUTER SCIENCE
137.	19NAD13	P.ISAIVANI	NURTITION AND DIETETICS
138.	19NAD17	S.KAMALI	NURTITION AND DIETETICS
139.	19CSB12	S.DHIVYA	COMPUTER SCIENCE)
140.	19CSA03	BAVITHRA S	COMPUTER SCIENCE
141.	19CSB43	T. VAIGAI SELVI	COMPUTER SCIENCE
142.	19CGA06	V.ABIRAMI	COMMERCE
143.	19CSB27	D.PAVITHRA	COMPUTER SCIENCE
144.	19CSB44	R. VANI	COMPUTER SCIENCE
145.	19NAD42	K.SUSILA DEVI	NUTRITION AND DIETETICS
146.	19CSA35	S. SAKTHI MAHESWARI	COMPUTER SCIENCE
147.	19CHE29	M.RAJESHWARI	CHEMISTRY
148.	19TAM06	S.AKSHAYA	TAMIL
149.	19CCA11	T. ESAKKI RAMYA	B. COM(C.A)
150.	19CSA14	K KAVIYA	COMPUTER SCIENCE
151.	19CSB35	SALMA BEGAM M	COMPUTER SCIENCE
152.	19CSB20	R.MADHUMITHA	COMPUTER SCIENCE
153.	19CSB32	REVATHI JEYARAMAN	COMPUTER SCIENCE
154.	20CHE36	S. SUBARNA	CHEMISTRY 1 YEAR
155.	19ZOO31	B.SHAMIM BANU	ZOOLOGY
156.	19CGB36	S.PRATHIKSHA	COMMERCE
157.	19ENB19	KAVIYA V	ENGLISH
158.	19CSA38	E.SHANMUGAVALLI	COMPUTER SCIENCE
159.	19ENB54	SUSEETHA.G	DEPARTMENT OF ENGLISH
160.	19CSA28	E.KARISHMA	COMPUTER SCIENCE)
161.	19ZOO20	S. MAYA SIVA SAKTHI	ZOOLOGY
162.	19CSB11	H.DHASBIHA RUCKSANA	COMPUTER SCIENCE
163.	19CGB03	M.ANANTHI	COMMERCE
164.	19CGB03	M.ANANTHI	COMMERCE
165.	19TAM05	B AKILA	TAMIL
166.	19CCA47	K.YOGALAKSHMI	BCOM CA
167.	19ENB02	S.ABINAYA	ENGLISH
168.	19CSA39	K.SHYAMINI	COMPUTER SCIENCE
169.	19MPB32	G.PAVITHRA	MATHEMATICS
170.	19MPB08	K. DEEPA	MATHS DEPARTMENT
171.	19CSA15	K. LAKSHMI PRIYA	COMPUTER SCIENCE
172.	19MPB21	J.KAWYASRI	MATHS

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173.	19MPB22	C.KEERTHIKA	MATHS
174.	19PHY32	A.RISWANA BEGAM	PHYSICS
175.	19NAD27	D. ROOBICA	NUTRITION AND DIETETICS)
176.	19CSB14	S . GAYATHRI	COMPUTER SCIENCE
177.	19MPB50	R.VANATHI	MATHEMATICS
178.	19CSB14	S.GAYATHRI	COMPUTER SCIENCE
179.	19MPB41	M.SATHYA	MATHEMATICS
180.	19MPB24	KOPPERUNDEVI.G	MATHEMATICS
181.	19MPA05	M.SARANYA	MATHS
182.	19MKA32	M.PAVITHRA	MATHEMATICS
183.	19MPA04	M.K.PRIYADHARSHINI	MATHEMATICS
184.	19MKA32	M.PAVITHRA	MATHEMATICS
185.	19MKA24	R.MARIYAMMAL	MATHEMATICS
186.	19MKA44	S. SYED ALI FATHIMA	MATHS (REGULAR)
187.	19MKA29	R.NITHYA SHREE	MATHEMATICS
188.	19MKA40	R.SNEHA	MATHEMATICS
189.	19PHY05	P.ARCHANA	PHYSICS
190.	19PHY35	S. SUBA PARVATHI	PHYSICS
191.	19MKA42	K.SWETHA	MATHEMATICS
192.	19CHE33	S.SNEGA	CHEMISTRY
193.	19ENB46	S.SANFA SAMEERA	ENGLISH
194.	19MKA04	K.ARTHY	MATHEMATICS
195.	19ENA25	A. KEERTHIBA JEYAROJINI	ENGLISH (R)
196.	19CSA43	SOWMIYA. S	(COMPUTER SCIENCE)
197.	19MPA03	K.PRIYADHARSHINI	MATHEMATICS
198.	19BCA28	SNEKA.P	BCA
199.	19PHY05	P.ARCHANA	PHYSICS
200.	18CHE08	N.DUVYADHARANI	CHEMISTRY
201.	19CSA46	S.VISHWA	COMPUTER SCIENCE