

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



CELL : COUNSELLING CELL

ACTIVITY : PERSONAL COUNSELLING

YEAR : 2022-2023

COUNSELLING CELL

DATE(S)	TIME	VENUE	MODE
16.09.2022, 24.02.2023 & 20.01.2023	10:00 a.m. to 04:00 p.m.	Counselling Room EMGYWC	Offline
Theme	Enhancing Well-Being through Personal Counselling		
Nature of the Activity	Counselling Students through trained counsellors		
Title	Personal Counselling		
Convenor	Dr.(Mrs.)V.Pushpalatha Principal i/c EMGYWC		
Organisers	Mrs.R.Lakshmi Assistant Professor of Information Technology EMGYWC Mrs B. Subha Assistant Professor of Physics EMGYWC		
Resource Person	M.Rukmani Devi, M.sc.,(PSY), DCA., FCED., Psychologist & Special Educator Top Kids K.Pudur, Madurai.		
Beneficiaries	Student - 46		

PERSONAL COUNSELLING

The Counselling Cell of EMGYWC organized a dedicated personal counselling session for students. This initiative provided students with access to trained counsellors who offered expert guidance and support. The session focused on addressing a range of personal, academic, and emotional challenges faced by students.

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The counsellor M.Rukmani Devi, Psychologist & Special Educator, from Top Kids, offered personalized advice and practical strategies to help students manage their concerns effectively. By creating a confidential and empathetic environment, the programme enabled students to openly discuss their issues and receive tailored support. The session was well-received, with many students expressing appreciation for the professional help and the opportunity to gain valuable insights into their personal development and growth.

Objectives:

- To offer one-on-one personal counselling sessions to students to help them manage academic, personal, and emotional challenges effectively.
- To address and resolve issues related to stress, anxiety, and other mental health concerns, promoting overall mental and emotional well-being.
- To equip students with practical strategies and tools for coping with difficulties, improving resilience and self-management.
- To support students in setting personal and academic goals, enhancing their self-awareness and personal development.
- To establish a confidential and empathetic space where students feel comfortable discussing their concerns and seeking guidance.

Programme Outcome:

Students reported better management of stress and anxiety, leading to enhanced overall mental health and emotional stability.

Participants developed effective coping mechanisms and strategies for handling personal and academic challenges.

Students gained greater self-awareness and clarity regarding their personal and academic goals.

Enhanced resilience and ability to manage difficulties independently, contributing to improved academic performance and personal growth.

Improved mental well-being led to increased concentration and better academic performance.

Students experienced increased emotional support, contributing to a more balanced and fulfilling college experience.

The programme supported students in their personal development journey, promoting confidence and a proactive approach to their well-being.

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Photographs:



The Counselling Cell of EMGYWC, organised a Students Personal Counselling - 16.09.2022



The Counselling Cell of EMGYWC, organised a Students Personal Counselling - 24.02.2023

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Enclosures:

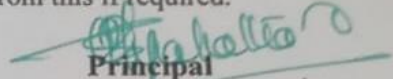
a. Circular:


E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
(Re-accredited (3rd Cycle) with Grade A* & 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 16.09.2022 at Counselling Room. Kindly inform to our students are asked to obtain benefit from this if required.


Principal

DEPARTMENT	HOD SIGNATURE
History	P. Hanu
English	for de
Zoology	Gr Indukumar
Commerce	
Mathematics	Prinif.
B.B.A	T. Senthil
Computer Science	N. K. Ito
Information Technology	B. Panimalar
Tamil	B. Panimalar
Physics	Kanahar
Nutrition and Dietetics	For K. Anu
BCA & MCA	S. Vijayar
Chemistry	for g.c.

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

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Personal Counselling - 16.09.2022			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1.	20ENA43	B.Subhasri	III B.A English(R)
2.	20ZOO36	S.Rastori	III Zoology
3.	20ZOO06	Aiswariya	III Zoology
4.	20PUY16	B.Rathika	III Physics
5.	20PHY23	N.Suvathi	III Physics
6.	20CHE03	G.Chellapetchi	III Chemistry
7.	20ZOO38	K.Santhiya	III Zoology
8.	20ZOO04	S.Abinaya Sri	III Zoology
9.	20ZOO23	R.Karthigayini	III Zoology
10.	20ZOO12	S.Deepika	III Zoology
11.	22PHI02	S.Aswehwari	I MA History
12.	22BCA07	P.Annalakshmi	I-BCA
13.	22BCA11	B.Bhasrini	I BCA
14.	22BCA17	P.Janani	I BCA
15.	22BCA25	L.Mohanapriya	I BCA
16.	20CGA74	S.Thrishlakshmi	III B.Com. (R)
17.	22ITA13	Harini.G.V	I BSC IT
18.	22ITA29	Pandeewari.P	I BSC IT
19.	20ZOO14	M.Elakkiya	III Zoology
20.	22ITA02	R.Azhageswari	I BCA
21.	20ZOO19	V.Jayasri	III Zoology
22.	22BCA18	M.Kalaivani	I BCA
23.	22BCA19	M.Karishma	I BCA

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24.	22ENB15	A.Jasmine Fathima	I BA
25.	22ENB09	A. Gracy Antonita	I BA
26.	22ITA22	Niroja	I BSc. IT
27.	22ENB27	B.Ramalakshmi	I BA
28.	20PHY26	Yoga.S	III B.Sc. Physics
29.	20PHT04	DeviBala .M	III B.Sc. Physics
30.	20PHY22	Sundra Ranjana.P	III B.Sc. Physics
31.	20PHY15	Priyadharshini	III B.Sc. Physics
32.	20PHY06	Harini Devi.R	III B.Sc. Physics
33.	20PHY18	Santhiya.G	III B.Sc. Physics
34.	20PHY24	Swatha.K	III B.Sc. Physics
35.	20PHY01	Abitha.C	III B.Sc. Physics
36.	20PHY02	Akshay .M	III B.Sc. Physics
37.	20BCA01	M.Ameerunish	III BCA
38.	20BCA12	Manonmani .P	III BCA
39.	20ITA25	S.Swedha	III-B.Sc. IT
40.	21ENG16	K.Maheema	II-BA English
Personal Counselling - 24.02.2023			
41.	20BBA57	K.Varshini	III BBA
42.	20CCA19	F.Jailani amma	III B.Com.(CA)
43.	22CCA07	T.Akshaya	I B.Com.(CA)
44.	22CCA30	M.Pandeeswari	I B.Com.(CA)
45.	20BBA33	C.Pavithra	III BBA
46.	21BBA09	T.Iswarya	II BBA

Raj
Coordinator:

[Signature]
Principal
PRINCIPAL I/C
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PERSONAL COUNSELLING-20.01.2023

S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1	20PHY26	Yoga.S	III B.Sc. PHYSICS
2	20PHT04	DeviBala .M	III B.Sc. PHYSICS
3.	20PHY22	SundraRanjana.P	III B.Sc. PHYSICS
4.	20PHY15	Priyadharshini	III B.Sc. PHYSICS
5.	20PHY06	HariniDevi.R	III B.Sc. PHYSICS
6.	20PHY18	Santhiya.G	III B.Sc. PHYSICS
7.	20PHY24	Swatha.K	III B.Sc. PHYSICS
8.	20PHy01	Abitha.C	III B.Sc. PHYSICS
9.	20PHY02	Akshay .M	III B.Sc. PHYSICS
10.	20BCA01	M.ameerunish	III BCA
11.	20BCA12	Manonmani .P	III BCA
12.	20ITA25	S.Swedha	III-B.Sc. IT
13.	21ENG16	K.Maheema	II-BA English


Coordinator:


Principal

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