

INAUGURATION OF STUDENT COUNSELLING AND YOGA CENTRE

The inauguration of Student Counseling and Yoga Centre was held on 26-8-2022 to provide free, short term and confidential counseling to students of Sree Ayyappa College for Women . The major aim is to help students meet their life goals and to help them cope with problems and life challenges. The Student Counseling and Yoga Centre was inaugurated by Dr.K.V.Jayashree, Principal,Sree Ayyappa College for Women.Prof. . Dr.Swarnalatha Raju ,Vice Chairman of Suraksha Community Centre for Family Health was present on the occasion. Dr.Swarnalatha Raju appreciated the step of having the counselling centre that helps the student to integrate thinking,feeling and behaviour into a congruent expression of the self and to develop self awareness and effective interpersonal skills among students.The counselling centre works in collaboration with Suraksha Community Centre for Family health,Nagercoil.The future activities of the counselling cell include organising special talks and interactive sessions with experts on relevant topics of psychology. The counselling cell hopes to assist the students to become self-sufficient and self-directed to make significant contributions to the society.





ONE DAY SEMINAR ON ADOLESCENT PROBLEMS AND COUNSELLING

A one day seminar on adolescent problems and counselling was organised by IQAC and Student Counselling Cell of Sree Ayyappa College for Women, Chunkankadai in collaboration with Suraksha Community Centre for Family Health on April 7, 2022. The main objective of the seminar was to identify the

problem areas or difficulties of students ,to promote the well-being of the students and empower them with life skills needed to face the challenges of this dynamic world. The resource person of the first session Mr.Dinesh Krishnan ,Committee member of Suraksha Community Centre for Family health stressed the need of counselling and said that the primary motive behind counselling is to address the emotional, social and behavioral needs of the students and to enhance the adaptive functionality of a student's mind. Prof..Dr.Swarnalatha Raju ,Vice Chairman of Suraksha Community Centre for Family health talked about sexual harassment. She stressed about the ways to sensitize the students against the sexual harassment at workplace and campus and make them aware of the policy on these issues and the support system available in the country. She also stated that there are already many laws for the welfare of women in India and better than many developing countries. She has given many examples of 'Myths and Facts' regarding sexual harassment towards the women in our society and then how the sexual harassment takes place.The resource person of the afternoon session ,Dr.Madhana, Killiyoor Primary Health Centre,Marthandam talked about stress management and the ways of managing stress. She stressed that stress and anxiety are an integral part of human nature and it is imperative to know how to deal with it and ultimately overcome it. She also emphasised about the various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. The participants of the workshop had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the sessions in which the doubts and queries of participants were resolved. The seminar sessions gave the students and the faculty members an opportunity to understand the psychological and emotional problems encountered in their daily lives and motivated the students to identify their inner strength necessary for their holistic development.



SREE AYYAPPA COLLEGE FOR WOMEN

(Reaccredited by NAAC with B grade (3rd cycle))
Chunkankadai, Kanyakumari District, Tamil Nadu

IQAC & STUDENT COUNSELLING CELL

In collaboration with

SURAKSHA COMMUNITY CENTRE FOR FAMILY HEALTH

Organises One Day Seminar on

Adolescent Problems and Counselling

DATE : 07 APRIL 2022 | TIME : 10.00 AM - 3.00 PM | VENUE : AUDITORIUM

SESSION 1 (10.30 AM - 11.45 AM)	SESSION 2 (11.45 AM - 01.00 PM)	SESSION 3 (02.00 PM - 03.00 PM)
NEED OF COUNSELLING	SEXUAL HARASSMENT	STRESS MANAGEMENT
Mr. Dinesh Krishnan, B.E., M.B.A., I.H.M., I.M.A. Committee Member, Suraksha	Prof. Dr. Swarnalatha Raju, M.A., M.Phil., P.S.D., Vice-Chairman, Suraksha	Dr. Madhana, M.D., Killiyoor PHC, Marthandam

Organizing Committee: Dr. K.V. Jayashree, Principal Dr. V.R. Anjana, IQAC Co Ordinator Members, Students Counselling Cell





தேர்வு பயத்தை சமாளிப்பது எப்படி?

அரசு பள்ளி மாணவர்களுக்கு பயிற்சி

நாகர்கோவில், ஏப்.8-
தேர்வு பயத்தை
சமாளிப்பு குறித்து
அரசு பள்ளி மாணவர்
களுக்கு பயிற்சி அளிக்
கப்பட்டது.

சுரக்கூர் கம்யூனிட்டி
சார்பில் ஸ்ரீஜயப்பாமக
னிர் கல்லூரியில் வளர்
இளம் பருவத்தினருக்
கான கருத்தரங்கம்
நடந்தது. இதில் கல்
லூரி முதல்வர் ஜெஸ்ஸி
தலைமை வகித்தார்.
சுரக்கூர் துணை தலை
வர் சுவர்ணலதா ராஜீ,
கமிட்டி உறுப்பினர்கள்
தினேஷ் கிருஷ்ணன்,
மதனா மற்றும் கவுன்
சிலர்கள் மோனிஷா
புளோர், சுபஜா உள்
பட பலர் கலந்து



கொண்டனர்.

இதேபோல, கவி
மணி தேசிக விநாயகம்
பிள்ளை மேல்நிலைப்
பள்ளியில் நடைபெற்ற
கருத்தரங்கில் பள்ளி
தலைமை ஆசிரியர்
தலைமை தாங்கினார்.
இதில் குடும்ப நல
ஆலோசகர் மோனிஷா

தேர்வு பயத்தை சமா
ளிப்பது எப்படி என்
பது குறித்து பேசினார்.
புளியந்தோப்பு குழந்
தைகள் காப்பகத்தில்
நடைபெற்ற கருத்தரங்
கில் பெண்களின் அதி
காரம் என்ற தலைப்பில்
கமிட்டி உறுப்பினர்
பிரேமா பேசினார்.