



# PSGR KRISHNAMMAL COLLEGE FOR WOMEN

## College of Excellence

(An Autonomous Institution, Affiliated to Bharathiar University)  
(Reaccredited with 'A' Grade by NAAC, An ISO 9001:2008 Certified Institution)  
Peelamedu, Coimbatore-641004



### COUNSELLING CELL AND COUNSELLING OF STUDENTS AND EXTRA CURRICULAR ACTIVITIES

#### Minutes of Opening Meeting 2018-2019

Date of Meeting : 28.06.2018  
Venue : Conference Hall,  
PSGR Krishnammal College for Women

#### Topics discussed:

1. Group activities planned for 2018-2019. (Meditation, Positive Thoughts and Awareness programs)
2. Execution of Psycho-education on Emotional Intelligence as Part of Counselling and Community Development Program focusing SDG 3.
3. Organize and conduct Awareness programs on well-being and human values, which can be executed through the students of WBC Club and Department of Psychology.

Signature of the Chairman  
Dr .S Nirmala  
Principal

PRINCIPAL  
PSGR KRISHNAMMAL COLLEGE FOR WOMEN  
COIMBATORE - 641 004.

## MEMBERS

### Chairman

**Dr. (Mrs.) S. Nirmala, M.B.A., M.Phil., Ph.D**  
Principal  
PSGR Krishnammal College for Women  
Coimbatore - 641004  
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S. Nirmala

- **Dr. (Mrs.) R.Padmavathi,**  
Dean – Academic Support and Alumni Relations
- **Mrs. K. S.Paviyazhini,**  
Counseling Psychologist
- **Dr. (Ms.) J.Sheela,**  
Assistant Professor, CWS
- **Dr. (Ms.) M.Jayamala,**  
Assistant Professor, CWS
- **Dr. (Mrs.) K.Vidyakala**  
Assistant Professor, Department of Business Administration
- **Mrs. Sreejaya Mervin,**  
Advocate, Coimbatore
- **Dr. (Mrs.) Subramanian Chitra,**  
H.O.D., Department of Chemistry
- **Dr. (Mrs.) M.Renuka,**  
Department of Tamil
- **Mrs. V.Lalitha,**  
Office Superintendent (Aided)
- **Mr. N.Thiyagarajan,**  
Senior Manager
- **Mrs. Thelma Anto,**  
Head – HR & Placement

R. Padmavathi

K. S. Paviyazhini

J. Sheela

M. Jayamala

K. Vidyakala

S. Chitra

M. Renuka

V. Lalitha

N. Thiyagarajan

Thelma Anto

- **Dr. (Mrs.) R.Sujatha,**  
Parent
- **Mrs. R.Mallika,**  
Parent
- **Ms.S.Pradeepa,**  
III BA History, President
- **Ms. B. G.Amritha,**  
III B.Com- E Com, Vice President
- **Ms. K.Asathy,**  
II BSc Maths (SF), General Secretary

*Amritha*

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### COUNSELLING CELL AND COUNSELLING OF STUDENTS AND EXTRA CURRICULAR ACTIVITIES

#### Minutes of Closing Meeting 2018-2019

Date of Meeting : 25.03.2019

Venue : Conference Hall,  
PSGR Krishnammal College for Women

#### Topics Discussed:

1. "Five minutes Mindful Meditation" and activities to spread 'Positive Thought' every week on the boards of all classroom.
2. Discussion on other group activities conducted during 2018-2019. (Counselling Report Attached herewith).
3. Feedback on "Psycho-education on emotional intelligence" and suggested to continue it in the upcoming academic year.
4. Awareness programme on drug abuse, self- defence and disaster management are conducted with the help of Aram Foundation, Vivekananda Kendra and other service organizations.
5. The students are given chances to channelize their enthusiasm through their participation in the other academic clubs for their Vertical and Horizontal Profile development.

Signature of the Chairman  
Dr .S Nirmala  
Principal

**PRINCIPAL**  
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III B.Com- E Com, Vice President
- **Ms. K.Aswathy,**  
II BSc Maths (SF), General Secretary

*Amritha*

*Mallika*

*Amritha*

*Handwritten notes and signatures in the left margin, including a signature that appears to be 'Amritha' and some illegible text.*