



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

**Minutes of opening meeting 2019-2020**

Date of Meeting : 01.08.2019

Venue : Conference Hall,  
PSGR Krishnammal College for Women

Topics discussed:

1. Group activities planned for 2019-2020. (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

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Coimbatore - 641004

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- **Dr. (Mrs.) R.Padmavathi,**  
Dean – Academic Support and Alumni Relations

*R. Padmavathi*

- **Mrs. K. S.Paviyazhini,**  
Counseling Psychologist

*K. S. Paviyazhini*

- **Dr. (Ms.) J. Sheela,**  
Assistant Professor, Center for Women's Studies

*J. Sheela*

- **Dr. (Ms.) M. Jayamala,**  
Assistant Professor, Center for Women's Studies

*M. Jayamala*

- **Dr. (Mrs.) K. Vidyakala**  
H.O.D., Department of Business Administration

*K. Vidyakala*

- **Mrs. Sreejaya Mervin,**

Coimbatore

Advocate, C

- **Dr. (Mrs.) Subramanian Chitra,**  
H.O.D., Department of Chemistry

*S. Chitra*

- **Dr. (Mrs.) M. Renuka,**  
Department of Tamil

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- **Ms. S. R. Shruti,**  
III B.Com SF, President,

- **Ms. V. Prahalya,**  
I B.Sc. Psychology (SF), Dept. Secretary, Dept. of Psychology

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*S. Minha Fathima*

• **Ms. P.Sanjana,**  
III BA. English Literature (SF), WBC Club Secretary

*Sanjana*

• **Ms.Prajithra,**  
III B.Com CA (SF), WBC Club Joint Secretary

*Prajithra*

• **Mrs. V.Lalitha,**  
Office Superintendent (Aided)

*V. Lalitha*

• **Mr. N.Thiyagarajan,**  
Senior Manager

*N. Thiyagarajan*

• **Mrs. ThelmaAnto,**  
Senior Manager - HR & Placement

*Thelma Anto*

• **Dr. (Mrs.) G.Kavitha,**  
Parent

*G. Kavitha*

• **Dr. (Mrs.) Sushil MaryMathews,**  
Parent

*Sushil Mary Mathews*



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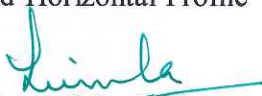
**Minutes of closing meeting 2019-2020**

Date of Meeting : 11.03.2020

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 2019-2020. (Counselling Report Attached herewith).
3. Feedback on "Psycho-education on emotional intelligence" and suggested to continue it in the upcoming academic year.
4. Stress Management Month was experimented in the month of September 2019 focusing Sustainable Development Goal 3 ensuring health and wellbeing. Around 1254 students and 96 faculties participated in the activities.
5. Appreciation for conducting Awareness programs on Gratitude and Brain Dance through WBCC Club and Department of Psychology and motivated to do more such innovative programs in the next academic year.
6. Awareness programme on drug abuse, self- defence and disaster management are conducted with the help of Aram Foundation, Vivekananda Kendra and other service organizations.
7. The students are given chances to channelize their enthusiasm through their participation in the other academic clubs for their Vertical and Horizontal Profile development.

  
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(Minha)

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