



PSGR  
Krishnammal College for Women




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

**Minutes of opening meeting 2022-2023**

Date of Meeting : 05.08.2022  
Venue : Open Auditorium,  
PSGR Krishnammal College for Women

Topics discussed:

1. Activities planned for 2022-2023. (Meditation video, Positive Thoughts through Good Morning Messages and Awareness posters and videos) focusing on community oriented research and sustainable developmental goals.
2. Execution of Psycho-education on various psychological topics and wellbeing using virtual facilities and physical mode (subject to the situation) to motivate and enhance mental wellness of the student community.
3. Organize and conduct Awareness programs to enhance positive thoughts, which can be executed through the students of WBC Club and Department of Psychology.
4. Spread the awareness to the students about the existence of counselling cell and support of Counseling Psychologist in the campus.

  
Signature of the Chairman  
Dr .S. Nirmala  
Principal

PSGR  
KRISHNAMMAL COLLEGE FOR WOMEN  
COIMBATORE-651 004

## Counselling Cell

### Committee Members of Counselling Cell and Counselling of Students and Extra Curricular Activities

#### Chairman

**Dr. (Mrs.) S. Nirmala, M.B.A., M.Phil., Ph.D**  
Principal  
PSGR Krishnammal College for Women  
Coimbatore – 641004  
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Name	Designation	Signature
Dr. (Mrs.) R. Padmavathi, M.A., M.Phil., Ph.D	Dean – Academic Support and Alumni Relations	
Dr. (Mr.) Jereesh K. Elias	HoD., Department of Psychology Clinical Psychologist	
Mrs. K. S. Paviyazhini, M.B.A., M.Sc.(App.Psy.), M.Phil	Assistant Professor and Counselling Psychologist	
Dr. (Ms.) J. Sheela,	Assistant Professor, Center for Women's Studies	
Dr. (Ms) M. Jayamala,	Assistant Professor, Center for Women's Studies	
Dr. (Mrs.) K. Vidyakala	H.O.D., Department of Business Administration	
Mrs. Sreejaya Mervin,	Advocate, Coimbatore	
Dr. (Mrs.) M. Renuka,	Assistant Professor, Department of Tamil	
Dr. (Mrs.) D. Nalini,	H.O.D Department of Chemistry	
Ms. Ramona Grace T	III B.Sc., Psychology (SF) Dept. Secretary, Dept. of Psychology	
Ms. Ananya A J	II B.Sc. Psychology (SF) WBC Club Joint Secretary	

Ms. Alka P Chouhan	III B.Sc. Psychology (SF) WBC Club Secretary	<i>Alka</i>
Ms. U. Subhashini	I MBA	
Mr. N. Thiyagarajan,	Senior Manager	<i>N. Thiyagarajan</i>
Mrs. Thelma Anto,	Head – HR & Placement	<i>Thelma</i>
Dr. (Mrs.) Sushil Mary Mathews	Parent	<i>Sushil</i>
Dr. (Mrs.) G. Kavitha,	Parent	<i>Kavitha</i>



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**COUNSELLING CELL  
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**Minutes of Closing Meeting 2022-2023**

Date of Meeting : 24.04.2023  
Venue : Open Auditorium  
PSGR Krishnammal College for Women

Topics discussed:

1. Online activities conducted during 2022-2023. (Meditation video, Positive Thoughts through Good Morning Messages and Awareness videos.)
2. Organized and conducted activities "Peer Presentation series" through WBC Club. The main objective of the activity was to motivate the students to focus on positive thoughts and better understanding through peer groups.
3. Awareness on various psychological wellbeing topics was given through webinar series and creating positivity and wellbeing among students was periodically conducted by the Wellbeing Club.
4. Personal Counseling and guidance was given to the students through counselling psychologist.
5. Reviewed yoga, meditation and fitness programmes and counselling is being conducted periodically to the students through WBC and yoga Club

  
Signature of the Chairman  
Dr. P. Meena  
Principal

PRINCIPAL  
PSGR KRISHNAMMAL COLLEGE FOR WOMEN  
COIMBATORE - 641 004

## Counselling Cell

### Committee Members of Counselling Cell and Counselling of Students and Extra Curricular Activities

#### Chairman

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Name	Designation	Signature
Dr. (Mrs.) R. Padmavathi, M.A., M.Phil., Ph.D	Dean – Academic Support and Alumni Relations	<i>R. Padmavathi</i>
Dr. (Mr.) Jereesh K. Elias	HoD., Department of Psychology Clinical Psychologist	<i>Jereesh K. Elias</i>
Mrs. K. S. Paviyazhini, M.B.A., M.Sc.(App.Psy.), M.Phil	Assistant Professor and Counselling Psychologist	<i>K. S. Paviyazhini</i>
Dr. (Ms.) J. Sheela,	Assistant Professor, Center for Women's Studies	<i>J. Sheela</i>
Dr. (Ms) M. Jayamala,	Assistant Professor, Center for Women's Studies	<i>M. Jayamala</i>
Dr. (Mrs.) K. Vidyakala	H.O.D., Department of Business Administration	<i>K. Vidyakala</i>
Mrs. Sreejaya Mervin.	Advocate, Coimbatore	
Dr. (Mrs.) M. Renuka,	Assistant Professor, Department of Tamil	<i>M. Renuka</i>
Dr. (Mrs.) D. Nalini,	H.O.D Department of Chemistry	<i>D. Nalini</i>
Ms. Ramona Grace T	III B.Sc., Psychology (SF) Dept. Secretary, Dept. of Psychology	<i>Ramona Grace T</i>
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Ms. Alka P Chouhan	III B.Sc. Psychology (SF) WBC Club Secretary	<i>Alka</i>
Ms. U. Subhashini	I MBA	
Mrs. V. Lalitha,	Office Superintendent (Aided)	<i>V. Lalitha</i>
Mr. N. Thiyagarajan,	Senior Manager	<i>N. Thiyagarajan</i>
Mrs. Thelma Anto,	Head – HR & Placement	<i>Thelma</i>
Dr. (Mrs.) Sushil Mary Mathews	Parent	<i>Sushil</i>
Dr. (Mrs.) G. Kavitha,	Parent	<i>Kavitha</i>