

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



CELL : COUNSELLING CELL

ACTIVITY : PERSONAL COUNSELLING

YEAR : 2024-2025

COUNSELLING CELL

DATE	TIME	VENUE
19.09.2025	10:30 a.m. to 11.30 a.m.	E.M.G. Yadava Women's College
Theme	Identifying solutions to the problem	
Nature of the Activity	Student counselling is conducted through trained professional counsellors.	
Title	Personal Counselling	
Convenor	Dr.(Mrs.)V.Pushpalatha Principal i/c EMGYWC	
Coordinators	Dr.(Mrs.) G.Karthiga Assistant Professor of Commerce EMGYWC Mrs.R.Lakshmi Assistant Professor of IT EMGYWC	
Resource Person	M.Rukmani Devi M.Sc., (PSY), DCA. FCED., Psychologist & Special Educator Top Kids K.Pudur, Madurai.	
Beneficiaries	Students - 11	

PERSONAL COUNSELLING

Objectives:

1. To guide students in setting realistic personal and academic goals through enhanced self-awareness and self-reflection.
2. To create a supportive, safe, and confidential environment that encourages students to openly share their concerns and seek timely professional help.

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3. To provide personalized and confidential counselling sessions to assist students in managing academic, personal, and emotional challenges.
4. To address stress, anxiety, and other mental health concerns, thereby promoting students' emotional stability and overall well-being.

Programme Outcomes:

The personal counselling session organized by the Counselling Cell of E.M.G. Yadava Women's College proved to be highly beneficial in supporting students' mental and emotional well-being. The professional guidance provided by Ms. Rukmani Devi helped students gain a deeper understanding of their personal and academic challenges and equipped them with the confidence to manage them effectively. The safe, confidential, and empathetic environment encouraged open communication, fostering self-awareness, emotional resilience, and positive coping strategies. Overall, the programme made a significant contribution to students' personal growth, academic focus, and holistic development.

Photograph:



The Counselling Cell of EMGYWC, organised a Students Personal Counselling - 19.09.2025

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Enclosures:

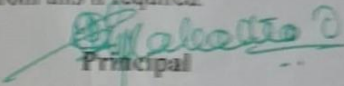
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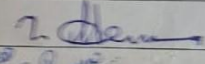
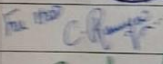
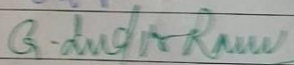
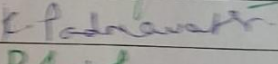
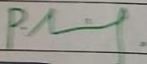
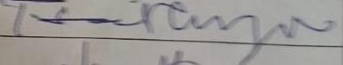
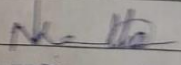
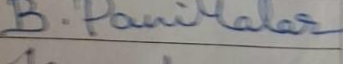
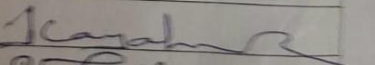
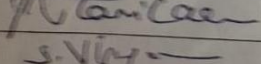
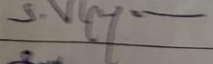
E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
(Re-accredited (3rd Cycle) with Grade A⁺ & CGPA 3.51 by NAAC)

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 19.09.2025 at Counselling Room. Kindly inform to our students are asked to obtain benefit from this if required.


Principal

DEPARTMENT	HOD SIGNATURE
History	
English	
Zoology	
Commerce	
Mathematics	
B.B.A	
Computer Science	
Information Technology	
Tamil	
Physics	
Nutrition and Dietetics	
BCA & MCA	
Chemistry	

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

b. Nominal Roll of Participants:

Student participants of EMGYWC:

PERSONAL COUNSELLING-- 19.09.2025			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1	24ITA27	Z.B.Mehrunnisha	II.B. B.SC (IT)
2	24ITA32	T.Nanthini	II.B. B.SC (IT)
3	24ITA25	P.Monimozhi	II.B. B.SC (IT)
4	24ITA09	R.Dharshini	II.B. B.SC (IT)
5	23CPA31	A.Suriyakala	II.B.COM(PA)
6	23ZOO09	G,Harini Shree	II.B.COM(PA)
7	23CPA28	M. Rizwana Burween	II.B.COM(CA)
8	23TAM23	K.Mahalakshmi	III.B.A.TAMIL
9	23TAM02	P.Abinaya	III.B.A.TAMIL
10	24BBA08	C.Dharshana	III BBA
11	24CGB20	R.Nithya	II B.COM (S.F)