

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



CELL : COUNSELLING CELL

ACTIVITY : PERSONAL COUNSELLING

YEAR : 2024-2025

COUNSELLING CELL

DATE	TIME	VENUE
31.01.2025	10:30 a.m. to 11.30 a.m.	E.M.G. Yadava Women's College
Theme	listens carefully and helps someone understand their problems and give comfort someone who is sad, disappointed, or upset.	
Nature of the Activity	Student Counselling 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 - 18	

PERSONAL COUNSELLING

Objectives:

1. To provide personalized and confidential counselling sessions to assist students in managing academic, personal, and emotional challenges.

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2. To address stress, anxiety, and other mental health concerns, thereby promoting students' emotional stability and overall well-being.
3. To guide students in setting realistic personal and academic goals through enhanced self-awareness and self-reflection.
4. To create a supportive, safe, and confidential environment that encourages students to openly share their concerns and seek timely professional help.

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 enabled students to better understand and manage their personal and academic challenges with confidence. The safe and empathetic environment fostered open communication, promoting self-awareness, emotional resilience, and positive coping skills. Overall, the programme contributed significantly to students' personal growth, academic focus, and holistic development.

Photograph:



The Counselling Cell of EMGYWC, organised a Students Personal Counselling - 31.01.2025

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Enclosures:

a. Circular:

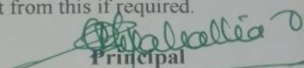
E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.

(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 31.01.2025 at Counselling Room. Kindly inform to our students are asked to obtain benefit from this if required.


Principal

DEPARTMENT	HOD SIGNATURE
History	T. Jeyaraj
English	J. Jeyaraj
Zoology	G. Indira Devi
Commerce	K. Padmavathi
Mathematics	P. Jeyaraj
B.B.A	For K. Rajini
Computer Science	N. K. Jeyaraj
Information Technology	B. Jeyaraj
Tamil	B. Panimalar
Physics	K. Jeyaraj
Nutrition and Dietetics	P. Jeyaraj
BCA & MCA	S. V. Jeyaraj
Chemistry	S. Jeyaraj

E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

b. Nominal Roll of Participants:

Student participants of EMGYWC:

PERSONAL COUNSELLING-- 09.08.2024			
S.No.	REGISTER NUMBER	NAME	DEPARTMENT
1	24CCB23	R. Nirmala	I.B.COM(CA) B
2	24CCB19	S. Mogara Priyadharsini	I.B.COM(CA) B
3	24CCC14	R. Janani	I.B.COM(CA) A
4	24CCA19	M.Shwarya	I.B.COM(R)
5	24CGA16	V.Harini	I.B.COM(R)
6	24CCB13	C.Divya Diharshini	II.B.COM(R)
7	23CCB59	V.Thetrujha	II.B.COM(R)
8	23CCC29	S.Pandiselvi	II.B.COM(CA) C
9	24CCA35	B. Muthulakshri	I.B.COM(R)
10	23CGA09	J. Deva Dharshini	I.B.COM(R)
11	24CGA40	V.N. Nethra	II B.COM (R)
12	22MKA05	R. Harshini Pandi	III BSC MATHS(R)
13	23CCC34	M. Ratheka	II.B.COM(CA) C
14	22CSB21	P. Priyadarshini	III BSC (CS)(R)
15	23ENB14	S.Kirthigha	I BA ENG (SF)
16	23ENB14	R.Janani Brija	I BA ENG (SF)
17	23CHE10	S.Kalithuskshaliha	II BSC (CHE)
18	23 CHE 21	M. Rithiga	II BSC (CHE)