



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)



Recognized u/s2(f)&12(B) of UGC Act 1956 Re-Accredited with "A" Grade by NAAC (3rd Cycle)
Permanently Affiliated to Thiruvalluvar University an ISO 9001:2015 Certified Institution

CITIZEN CONSUMER CLUB ORGANIZED SEMINAR ON "IMPORTANCE OF EMOTIONAL HEALTH" ALONG WITH DEPARTMENT OF PSYCHOLOGY ON 07.04.2021


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DEPARTMENT OF PSYCHOLOGY AND CITIZEN CONSUMER CLUB CELEBRATING THE World Health Day

on 07/04/2022

Topic : Importance of Emotional Health
Special Talk is going to given by



Mr. KARTHIK LAKSHMANAN,
Senior Counsellor, IIT Madras

VENUE: NEW SEMINAR HALL

TIMING: 10 AM

Sri. C. Lickmichand Jain
Secretary

Dr. M. Inbavalli
Principal

G. Sheeba
Assistant Professor
Coordinator


PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

AGENDA



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(A Project of Sri Marudhar Kesari Jain Trust)
Marudhar Nagar, Chinnakallupalli, Vaniyambadi.

Department of Psychology & Citizen Consumer Club

Organizes

Seminar on the occasion of World Health Day

On the topic

"IMPORTANCE OF EMOTIONAL HEALTH"

Date: 07th April 2022

Time: 10.30 am – 3.30 pm

Agenda

Prayer

Welcome Address

: Ms. M. Swetha
III B.Sc. Psychology
MKJC

Felicitation

: Dr. M. Inbavalli
Principal
MKJC

Introduction of the Guest

: Ms. Fiza Illeen
II B.Sc. Psychology
MKJC


Guest Speech

: Mr. Karthik Lakshmanan
Senior Counsellor
IIT
Madras

Vote of Thanks

: Ms. P. Mageshwari
Citizen Consumer Club - Secretary
III B.Com
MKJC

All are cordially invited


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Vaniyambadi - 635 751.

REPORT



Marudhar Kesari Jain College for Women, Vaniyambadi has celebrated the World Health day on 07.04.2022. As an account of it Citizen Consumer Club and the Department of Psychology jointly organized a seminar on the topic Importance of Emotional Health. The resource person was Mr Karthik Lakshmanan, Senior Counsellor, IIT, Madras. The first session is started by 10:30 am for 1 - UG students of all departments. The second session started by 2:00pm for all the II-UG students. Ms.S.Swetha of III- B.Sc Psychology has welcomed the gathering, Ms.Fiza Illeen has introduced the guest speaker of the day Dr. M. Inbavalli. Principal Marudhar Kesari Jain College for Women has felicitated the resource person.

After the felicitation the resource person started with addressing the basic emotions of human being. He was talking about the different emotions going through by human being in different situation and how to handle it without harming the self and the environment at any cost. Resource person gave practical example of his life to convey the exact emotions to the students and it helped the students to understand the concept of emotions better. He was also gave an impact about classical moments, unfinished business, plasticity, expressing emotions. He addressed the empty chair technique that usually uses during counseling session to ensure the incomplete business of the students get completed to improvise their emotional wellbeing and to avoid issues raised by unfinished business He has also given career guidance for all the students in order to choose their career related to their skill and interest to avoid emotional distresses in their professional life and gave a clear difference between talent and interest The students were actively participated and cleared all their doubts about various emotions. Over all it was really a thought-provoking session for the students.

N. Karpagam

CO-ORDINATOR

M. Karthik
PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

PHOTOS



M. [Signature]
PRINCIPAL
Marudhar Kesari Jain College
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