



# MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous), VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956-Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A+" Grade (4<sup>th</sup> Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

## PG DEPARTMENT OF PSYCHOLOGY

ORGANIZED


ALUMNI SEMINAR

On

HOW DO YOU HANDLE CRITICISM? THE ART OF SAYING NO


23.12.2024

INVITATION



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**  
(AUTONOMOUS)  
Vaniyambadi, Tirupattur District - 635 751

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NAAC (4th Cycle) | Permanently Affiliated to Thiruvalluvar University  
An ISO 21001:2018 Certified Institution | Supported by DST - FIST




**IVAN PAVLOV ASSOCIATION OF THE  
PG DEPARTMENT OF PSYCHOLOGY**  
Organizes  
Alumni Seminar on

**HOW DO YOU HANDLE CRITICISM? -  
THE ART OF SAYING NO**

**Date : 23.12.2024 | Time : 10.30 AM to 12.30 PM**  
**Venue : AV Hall**

**Facilitator**



**Ms. S. SWETHA**  
(Alumni – B.Sc Psychology 2019 – 2022 batch)  
M.Sc Counseling Psychology (II Year)  
PG Department of Counseling Psychology  
Sacred Heart College (Autonomous), Tirupattur.

**Dr. M. INBAVALLI, M.Sc, M.C.A, M.Phil, Ph.D.**  
PRINCIPAL  
Marudhar Kesari Jain College for Women  
Vaniyambadi-635 751

**V. Dilip Kumar Jain**  
President

**Anand Singhvi**  
Secretary

**Dr. M. Inbavalli**  
Principal

**Dr. C. Asokan**  
Dean, School of Life Sciences

**Ms. M. Ayesha Sabeen**  
HoD & Convener

## AGENDA



### MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

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Vaniyambadi, Tirupattur District

### IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY

Organizes

### ALUMNI SEMINAR

On

### HOW DO YOU HANDLE CRITICISM? - THE ART OF SAYING NO

Date : 23.12.2024

Time : 10.30 a.m - 12.30 p.m

Venue : Roop Rajat Block - AV Hall

Master of Ceremony: Ms. Sakthi Priya S & Ms. Keerthana R - III B.Sc Psychology

### AGENDA

Prayer & Tamil Thaa Vazhthu

Welcome Address

: Ms. Sumha Sameen V  
II B.Sc Psychology, MKJC

Felicitation

: 1. Dr. M.Inbavalli  
Principal, MKJC  
2. Dr.C.Asokan  
Dean, School of Life Sciences, MKJC

Resource Person Introduction

: Ms. Srimathi M, II B.Sc Psychology, MKJC

Resource Person Address

: Ms. Swetha S (B.Sc Psychology 2019 - 2022 batch)  
M.Sc Counseling Psychology  
PG Department of Counseling Psychology  
Sacred Heart College (Autonomous)  
Tirupattur

Interactive Session

: Students of Psychology

Feedback

: Students of Psychology

Vote of Thanks

: Ms. Sidra Kulsum K P  
I B.Sc Psychology, MKJC

National Anthem

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,  
PRINCIPAL

Marudhar Kesari Jain College for Women  
Vaniyambadi-635 751



## REPORT



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN  
(AUTONOMOUS), VANIYAMBADI**



### Activity Report

<b>Title</b>	<b>HOW DO YOU HANDLE CRITICISM? THE ART OF SAYING NO</b>		
<b>Organized By</b>	<b>PG Department of Psychology</b>		
<b>Type of Activity</b>	<b>Alumni Seminar</b>		
<b>Level</b>	<b>Institutional</b>		
<b>Date</b>	<b>23.12.2024</b>	<b>Time</b>	<b>10.00 a.m to 12.30 p.m</b>
<b>Venue</b>	<b>Roop Rajat Block AV Hall</b>	<b>Mode</b>	<b>Offline</b>
<b>Resource Person Details</b>	Ms. Swetha S M.Sc Counseling Psychology (II Year) PG Department of Counseling Psychology Sacred Heart College (Autonomous) Tirupattur.		
<b>Objective of the Programme</b>	1. Focus on understanding whether the criticism is constructive or destructive. 2. Maintain emotional control and avoid reacting impulsively. 3. Analyze the criticism objectively to identify if there's truth or value in the feedback and how it can aid your growth. 4. Ask questions to better understand the feedback, ensuring that any ambiguity is addressed. 5. Take actionable steps to address valid criticisms and improve, demonstrating accountability and willingness to grow.		
<b>Internal Participants Count</b>	<b>Students : 78 Faculty : 7</b>	<b>External Participants Count</b>	<b>Students : Nil Faculty : Nil</b>

#### Summary

The PG Department of Psychology, School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi organized an alumni seminar on 'How do you handle criticism? The Art of Saying No' on 23.12.2024 at Roop Rajat Block AV Hall hall at around 10.00 a.m. The program began with the prayer song followed by invocation to Mother Tamil. Ms. Sumha Sameen V of II B.Sc Psychology welcomed the gathering by proposing the welcome address. The Dean, School of Life Sciences, Dr.C.Asokan felicitated the gathering by insisting the importance of criticism in everyone's life and ways to handle it effectively. Ms. Srimathi M of II B.Sc Psychology then introduced the alumni resource person for the day. The session was then handed over to Ms. Swetha S, M.Sc Counseling Psychology, PG Department of Counseling Psychology, Sacred Heart College (Autonomous), Tirupattur.

Ms. Swetha S, the alumnae resource person gave us many insights on what is criticism, its positive approaches and negative approaches. She shared a point on whether criticism is good or bad that made the students think about it. The students gained knowledge on the types of criticism in which the positive criticism looks different that made them to think in other perspective. The examples given were really good that related counselling a criticized client. She helped the students to understand that they have to accept the criticism because sometimes it gives them a positive result. She also shared the importance of setting boundaries.

She conducted an activity, where the students were divided into two groups, one was the advertiser's team and the other team was meant to criticize the advertisement done. She motivated the students to follow assertive technique for handling criticism. She also conducted an activity whereby the participants were asked to recollect their traumatic experience and write it in a paper, which helped the students to get rid of their negative emotion and come out of traumatic experiences. She also suggested some movies and books like Inside out, Freedom Writers, Nanban, The art of saying No, Don't say yes when you want to say 'No' and I am ok, you're ok.

The students then shared their valuable feedbacks regarding the seminar. Vote of thanks was proposed by Ms. Sidra Kulsum K P of I B.Sc Psychology and the program came to an end by singing the National Anthem.

#### **Outcome of the alumni seminar**

1. Gaining insights into personal strengths and areas for improvement.
2. Building trust and respect by responding to feedback professionally and constructively.
3. Using constructive criticism as a tool for continuous learning and development.
4. Developing the ability to stay composed and confident in the face of criticism.
5. Learning to differentiate between useful feedback and unhelpful negativity.


  
Head/Co Ordinator

  
Principal  
**Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,**  
**PRINCIPAL**  
Haradhar Kesari Jain College for Women  
Belvambadi-635 751



## PHOTOS



  
**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751





Tirupathur, Tamil Nadu, India

Nh 179A, Vaniyambadi, Tirupathur, 635751, Tamil Nadu, India

Lat 12.628628, Long 78.604641

12/23/2024 12:58 PM GMT+05:30

Note : Captured by GPS Map Camera

*M. Kesari*  
**PRINCIPAL**  
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