



# KONGU ARTS AND SCIENCE COLLEGE

(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

ERODE – 638 107

## CENTRE OF MIND



A Group Training Session on Psychological Orientation to Staff was held on 08.08.2017 and 09.08.2017. Dr. Jayaprakash Jegadeesan, Psychiatrist, Manathin Maiyam handled a session for Faculty counselors and gave insights on stress management and on handling students' issues in an effective manner.



  
**Dr. N. RAMAN**  
PRINCIPAL,  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
NANJANAPURAM, ERODE - 638 107



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## CENTRE OF MIND



A Refresher programme was conducted by our Principal Dr.N.Raman for the newly appointed faculty members and Centre of Mind Faculty Counselors on 05.07.2018. An orientation was given to all the faculty members and guidance was offered towards students handling.



  
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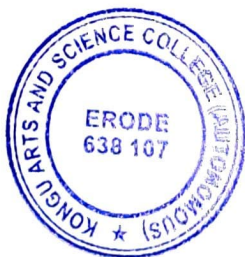
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## CENTRE OF MIND



A Group session on 'Life Skills' for all first year classes for the academic year 2019-2020 was conducted by Psychologist Ms.J.Vidhya Devi from Centre of Mind. The training facilitates and enhances their personal learning, emotional well-being and academic skills development.



  
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## CENTRE OF MIND



A Faculty Development Programme on 'Work Life Balance of Academicians during COVID'19 Pandemic' by Dr.J.Krithika, Associate Professor, Department of Management Studies, Rajalakshmi Engineering College, Chennai was held on 11.07.2020. This programme was intended to offer insights to faculty members to create harmonious work life integration by effectively coping up the demands of their career and personal life especially during this pandemic.

**KONGU ARTS AND SCIENCE COLLEGE (AUTONOMOUS) ERODE-638 107**

**INAUGURATION OF CENTRE OF MIND ACTIVITIES FOR THE ACADEMIC YEAR 2020-2021 AND FACULTY DEVELOPMENT PROGRAM ON**

**Work Life Balance of Academicians During Covid Pandemic**

DATE: 11.07.2020  
TIME: 10.00 a.m.

Resource Person  
**Dr.J.Krithika,**  
Associate Professor,  
Department of Management Studies,  
Rajalakshmi Engineering College,  
Chennai.

INAUGURATION THROUGH  
**Zoom**  
1010470331507

**Thiru.K.Palanisamy**  
Correspondent  
has graciously consented to preside over the function.

**Dr.N.Raman**  
Principal  
has kindly consented to felicitate the gathering

**KONGU**  
Advancing the Best

**WORK-LIFE BALANCE FOR ACADEMICIANS DURING COVID 19 PANDEMIC**

Dr. J.Krithika, MBA, M.Phil, MHRM, Ph.D, Ph.D

### How to balance?- Strategies

- Say –No
- Track your time
- Determine the priorities
- Set possible goals
- Take care of you
- Nurture your family
- Leave work at work
- Make flexible work plans

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## CENTRE OF MIND



### STUDENTS INDUCTION PROGRAMME

Students are the assets of the College. Their well-being with healthy mind is very crucial especially during this pandemic with offline and online mode of Education. In tune with that, IQAC of the college along with Centre of Mind organized a Students Induction Programme for First Year UG Students of all Disciplines on 15.09.2021. Dr. Jayaprakash Jegadeesan, Psychiatrist, Manathin Maiyam delivered a special lecture on the topic “Healthy Mind for Wealthy Living”. The participants were nourished with valuable ideas which would assist them in all circumstances throughout their study period.

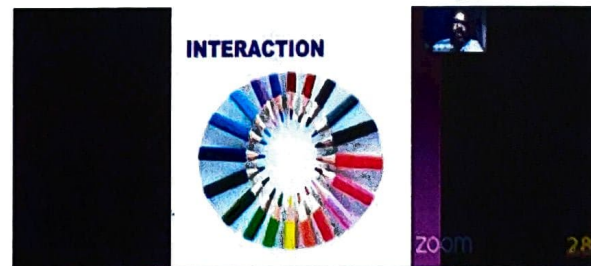
**KONGU ARTS AND SCIENCE COLLEGE**  
(Autonomous)  
Erode - 638 107, Tamilnadu.

**Centre of Mind**  
Organizes  
**Students Induction Programme**  
on  
**Healthy Mind for Wealthy Living**

Date : 15.09.2021  
Time : 2.00 PM to 3.00 PM

**Resource Person**  
**Dr. Jayaprakash Jegadeesan**  
Psychiatrist  
Manathin Maiyam  
Erode

Through : Zoom  
Zoom ID : 947 033 1507  
Passcode : kasc



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