



KONGU ARTS AND SCIENCE COLLEGE

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


ERODE- 638 107

CENTRE OF MIND



Centre of Mind is an outreach wing of 'Manathin Maiyam' a Comprehensive Mental Health Care Centre. Centre of Mind endeavors to increase awareness about mental health and prevention of psychological and psychiatric disorders. It plays a vital role in enriching the minds of our youth, because only a mentally healthy population will ensure a smarter and more efficient society for tomorrow.




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



CENTRE OF MIND

ACADEMIC YEAR (2020-2021)

MEMBERS:

1. Dr.C.Deepa – Co-ordinator
2. Dr.S.Manjula – Executive Member
3. Ms.C.Kiruthica – Executive Member
4. Ms.S.Poovika Nishanthini – Executive Member
5. Ms.V.Kanchana – Executive Member

FACULTY COUNSELORS:

S.No.	FACULTY	DEPARTMENT
1.	Dr.D.Dinakaran	Tamil
2.	Ms.V.Kanchana	English
3.	Ms.C.Radhamani	Maths
4.	Ms.P.K.Mangaiyarkarasi	Commerce CA
5.	Ms.M.Thangam	BBA
6.	Dr.V.G.Sumathy	MBA
7.	Dr.K.K.A.Alaguappan	CSCA
8.	Dr.G.Venugopal	CSCA
9.	Ms.J.Ghayathri	MCA
10.	Ms.S.Karthikeyeni	MCA
11.	Dr.B.Jayanthi	MCA
12.	Ms.S.Tamilselvi	BCA
13.	Mr.S.Muruganatham	CT/IT
14.	Ms.N.Renuka	CT/IT
15.	Dr.V.Krishnaveni	CS UG
16.	Ms.M.Thenmozhi	CS UG
17.	Mr.G.Karthikeyan	Bio Chemistry
18.	Mr.S.Karthikeyan	CSHM
19.	Ms.Sakthi Parameshwari	Bio Tech
20.	Dr.M.Viswanathan	BBA CA

21.	Ms.N.Rajeswari	BBA CA
22.	Ms.R.Saveetha	CS (UG)
23.	Ms.A.Deepa	Commerce
24.	Ms.N.Gomathi	BCA
25.	Ms.A.Gayathri	Bio Technology
26.	Ms.P.V.Rajalakshmi	Maths



dr
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A Faculty Development Programme on 'Work Life Balance of Academicians during COVID' 19 Pandemic' 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.

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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
ID: 9470331507

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

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

Exclusively for KASC faculty members
KONGU
Achieving the Best

WORK-LIFE BALANCE FOR ACADEMICIANS DURING COVID 19 PANDEMIC


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

zoom 28

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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