



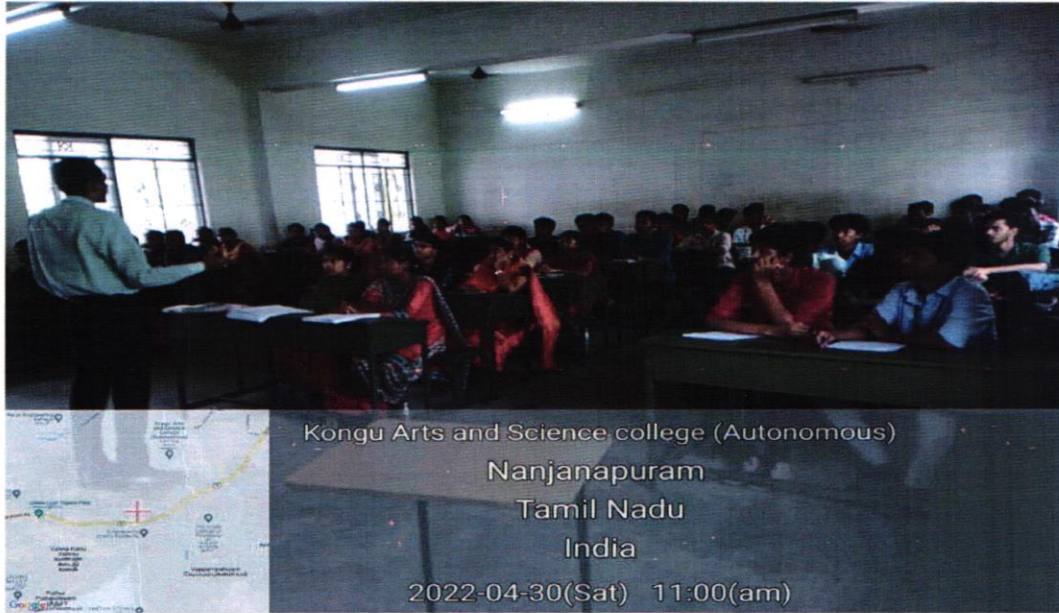
KONGU ARTS AND SCIENCE COLLEGE
(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)
ERODE – 638 107

Counselling



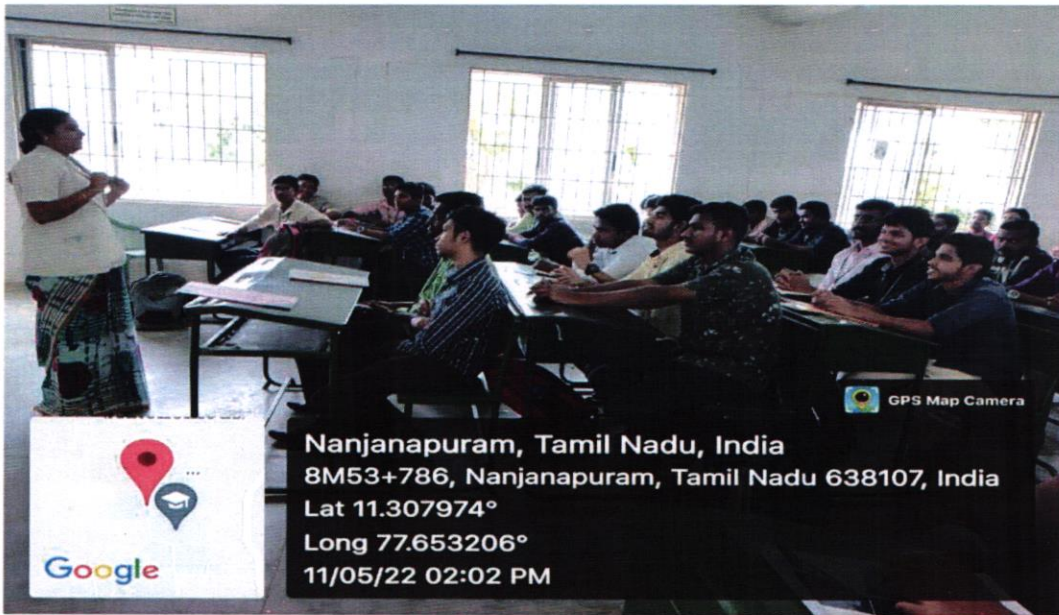
KONGU ARTS AND SCIENCE COLLEGE
(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

ERODE – 638 107



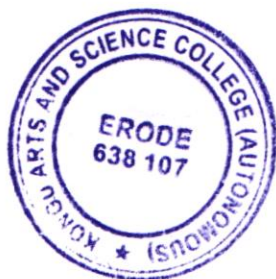
Kongu Arts and Science college (Autonomous)
Nanjanapuram
Tamil Nadu
India

2022-04-30(Sat) 11:00(am)



Nanjanapuram, Tamil Nadu, India
8M53+786, Nanjanapuram, Tamil Nadu 638107, India
Lat 11.307974°
Long 77.653206°
11/05/22 02:02 PM

Group Counselling



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



KONGU ARTS AND SCIENCE COLLEGE

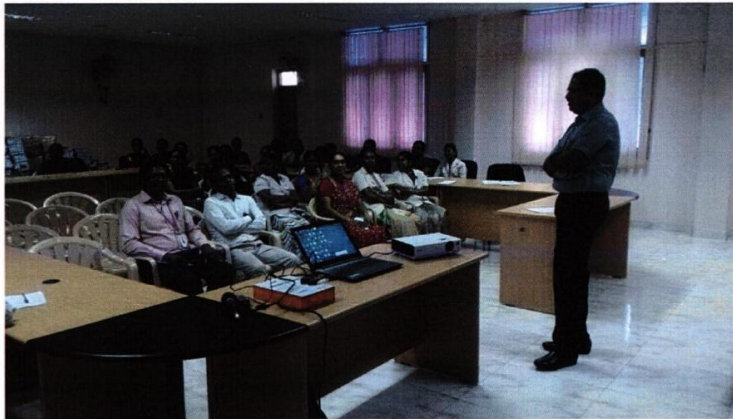
(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)


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



KONGU ARTS AND SCIENCE COLLEGE

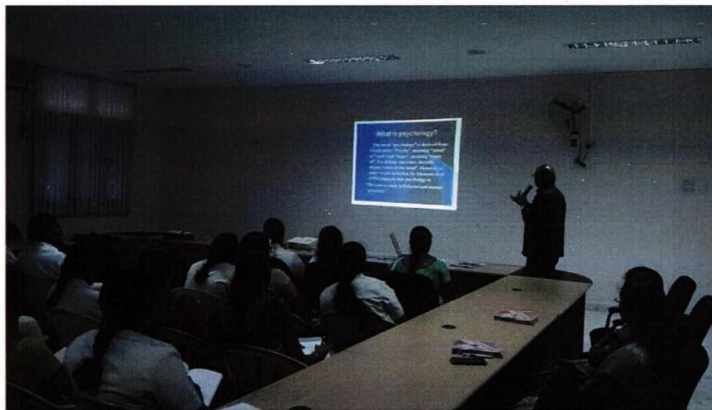
(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

ERODE - 638 107

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.



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



KONGU ARTS AND SCIENCE COLLEGE

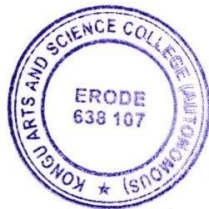
(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

ERODE – 638 107

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.




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



KONGU ARTS AND SCIENCE COLLEGE

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

ERODE – 638 107

CENTRE OF MIND

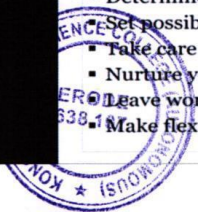


A Faculty Development Programme on 'Work Life Balance of Academicians during COVID'19 Pandemic' by Dr.J.Krithika, Associate Professor, Department of Management Studies, Rajalakshmi Engineering College, Chennai was held on 11.07.2020. This programme was intended to offer insights to faculty members to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

The collage features two main documents. On the left is a yellow flyer for the inauguration of the Centre of Mind activities for the academic year 2020-2021. It details the faculty development program on 'Work Life Balance of Academicians During Covid Pandemic' held on 11.07.2020 from 11:00 AM to 12:00 PM. The resource person is Dr. J. Krithika, Associate Professor at Rajalakshmi Engineering College, Chennai. The inauguration was presided over by Thiru. K. Palanisamy, Correspondent, and felicitated by Dr. N. Raman, Principal. The event was conducted via Zoom with ID 9470331507. On the right is a white presentation slide titled 'WORK-LIFE BALANCE FOR ACADEMICIANS DURING COVID 19 PANDEMIC' by 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



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



KONGU ARTS AND SCIENCE COLLEGE

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

ERODE – 638 107

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.

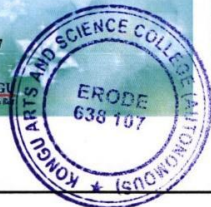
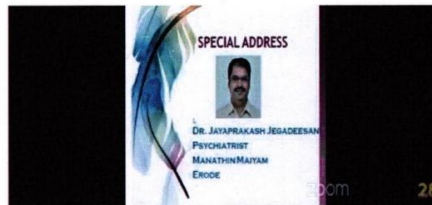
KONGU ARTS AND SCIENCE COLLEGE
(Autonomous)
Erode - 638 107, Tamilnadu.

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



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