



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, 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

Re-Accredited by NAAC with "A" Grade An ISO 9001:2015 Certified Institution



**DEPARTMENT OF PSYCHOLOGY ORGANIZED
SEMINAR ON "IMPORTANCE OF EMOTIONAL HEALTH" – 07.04.2022**

INVITATION

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN,
VANIYAMBADI**

Recognized under Sec. 2(F) & 12(B) of the UGC Act, 1956 || Permanently Affiliated to Thiruvalluvar University. Re-Accredited with A Grade by NAAC (3rd Cycle) || An ISO 9001:2015 Certified Institution Marudhar Nagar, Chinnakallupalli, Vaniyambadi – 63

Department of Psychology
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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REPORT

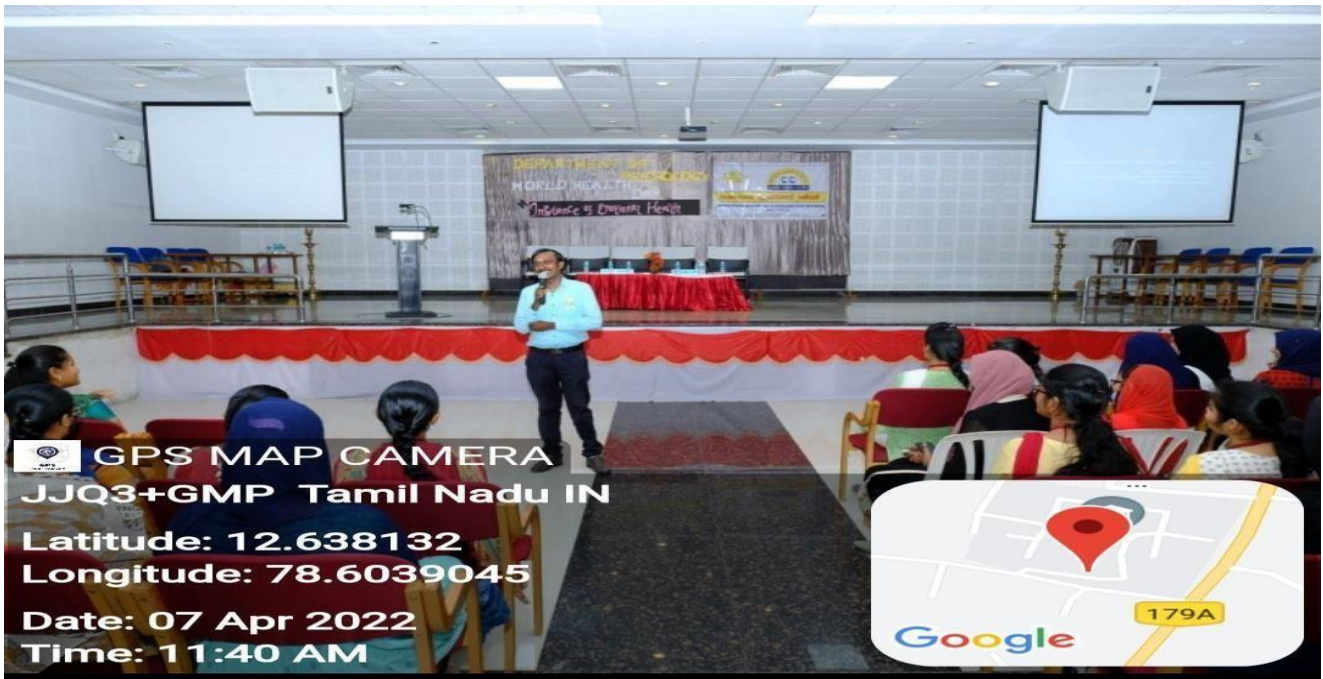
Marudhar Kesari Jain College for Women, Vaniyambadi celebrated World Health Day on 07.04.2022. On account of this, the Department of Psychology and Citizen Consumer Club jointly organized a seminar on the topic Importance of Emotional Health. Resource person Mr.Karthik Lakshmanan, Senior Counsellor, IIT,Madras. The first session started at 10:30 am for 1 –UG students of all departments. The second session started at 2:00 p.m. 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 by addressing the basic emotions of human beings. He was talking about the different emotions going through by human being shave in different situations and how to handle them without harming themselves and the environment at any cost. The resource person gave practical examples of his life to convey the exact emotions to the students and it helped the students to understand the concept of emotions better. He also had an impact on classical moments, unfinished business,plasticity, and expressing emotions. He addressed the empty chair technique that is usually used during a counseling session to ensure the incomplete business of the students gets completed to improve their emotional well-being 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. Overall, 228 students participated. They actively participated and cleared up all their doubts about various emotions. Overall, it was a thought-provoking session for the students.

Head of the Department

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PHOTOS




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