



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

Accredited by NAAC with "A" Grade An ISO 21001:2018 Certified Institution



PG DEPARTMENT OF PSYCHOLOGY ORGANIZED ALUMNI WEBINAR ON "TEAM BUILDING & IMPACT ON MENTAL HEALTH IN ACADEMICS" ON 27.01.2024

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

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PG DEPARTMENT OF PSYCHOLOGY ALUMNI WEBINAR



Ms. R. HEMA

BATCH : 2020 - 2023

M.Sc APPLIED PSYCHOLOGY

TOPIC - TEAM BUILDING



Date: 27-01-2024 @ 2.00 P.M

Mode - Online



Ms. S. SONIYA

BATCH : 2020 - 2023

M.Sc APPLIED PSYCHOLOGY

TOPIC - IMPACT ON MENTAL HEALTH IN
ACADEMICS



Sri. C. LICKMICHAND JAIN
SECRETARY

Dr. M. INBAVALLI
PRINCIPAL

Ms. M. PRITHI
HOD




PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

AGENDA

DATE: 27.01.2024

TIME: 10:00 AM

- **Prayer Song**
- **Welcome Address : Ms. M. ARCHANA,**
ASSISTANT PROFESSOR,
DEPARTMENT OF PSYCHOLOGY
- **Introduction of the Chief Guest: Ms. M.Archana,**
ASSISTANT PROFESSOR,
DEPARTMENT OF PSYCHOLOGY
- **Guest Speakers : MS.HEMA & MS. SONIYA**
- **Vote of Thanks: Ms. S.POOJA**
I MSC APPLIED PSYCHOLOGY
- **National Anthem**


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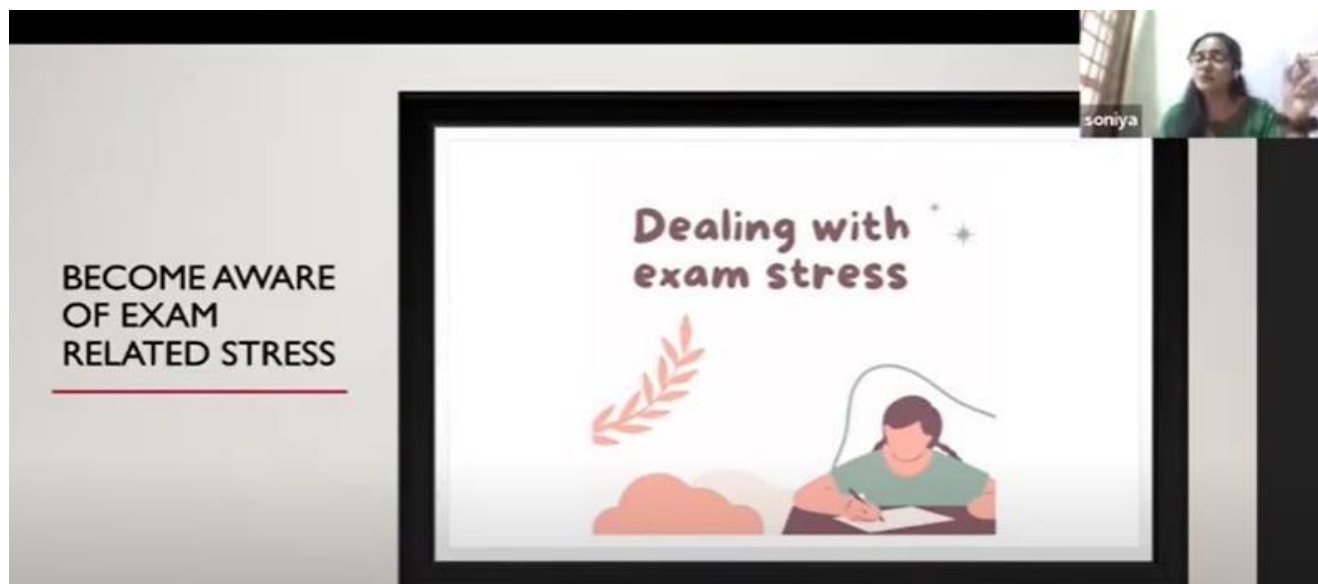
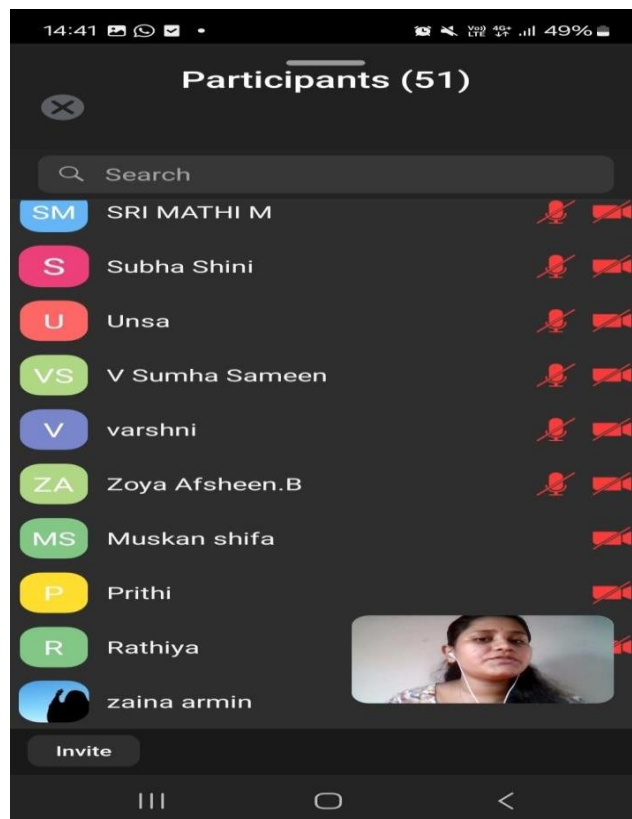
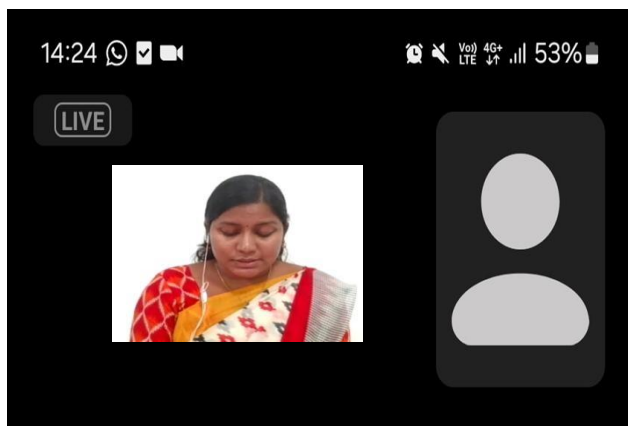
REPORT

The PG Department of Psychology organized an Alumni Webinar on Team building & Impact on Mental Health in Academics on 27" January 2024. The aim was to provide current students with valuable insights and practical strategies for fostering effective teamwork & mental health in academics drawing from the experiences and expertise of successful alumni. Ms. R. Hema & Ms. S. Soniya conducted a session about Team building & Impact on mental health in academics. The webinar commenced with an engaging introduction by the moderator, setting the stage for an enriching discussion. The chief guest alumni, Ms. R. Hema, who has excelled in their respective fields, shared personal anecdotes and professional insights on the significance of teamwork in achieving collective goals. They highlighted the role of effective leadership in fostering a conducive team environment and shared strategies for resolving conflicts constructively. Followed by our beloved alumni Ms. S. Soniya, highlighted various factors contributing to mental health challenges among students, such as academic pressure, social isolation, and the stigma associated with seeking help for mental health issues. They shared personal anecdotes and experiences to underscore the importance of prioritizing mental well being and adopting coping strategies to manage stress effectively. Overall, the Alumni Webinar Program provided a platform for alumni to share valuable insights and experiences, shedding light on the importance of prioritizing mental health in educational settings. Overall, 95 students participated in this program.

Head of the Department

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PHOTOS



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