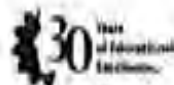




**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN,  
VANIYAMBADI  
DEPARTMENT OF PSYCHOLOGY**



**VALUE ADDED COURSE SYLLABUS 2023-2024**

**COURSE TITLE: HEALTH AND WELLBEING  
HOURS:  
CLASS: II YEAR**

**COURSE CODE: VAPSOI  
MARKS: 100**

**Learning Objectives:**

- To introduce the students to the concept of health and wellbeing and its relevance in daily life
- To introduce the students to the relation between mind-body and its relevance.
- To introduce students to health behavior and promotion of human strengths for well-being.
- To familiarize students about physical and mental health

**Course outcomes:**

- On the successful completion of this course the student will be able to: explain the concept and nature of health, wellness and its various implications
- Demonstrate adequate knowledge on well-being and promotion of healthy behavior.

**UNIT -1: INTRODUCTION OF HEALTH AND WELLBEING:**

Define and differentiate health and wellness. Importance of health and wellness Education. Local, demographic, societal issues and factors affecting health and wellness.

**UNIT-2: COMPONENTS AND CONCEPTS OF HEALTH AND WELLBEING:**

Components of health- physical, social, mental, spiritual and its relevance Concept of wellness  
Mental Health & wellness Determinants of health behaviors,

**UNIT-3: MIND – BODY AND WELL-BEING:**

Mind- Body connection in health- concept and relation, Implications of mind-body connections,  
Wellbeing- why does it matter? Digital wellbeing Understanding health beliefs.

**UNIT-4: MANAGEMENT OF HEALTH AND WELLNESS.**

Prevention and management through exercise. Spirituality and mental health. Role of Yoga, asanas and meditation in maintaining health and wellness. Role of sleep in maintenance of physical and mental health.

**UNIT-5: PROMOTING HEALTH THROUGH HUMAN STRENGTH:**

Promoting Human strengths and life enhancement. Classification of human strengths and virtues, cultivating inner strengths, Hope and optimism

### TEXT BOOKS:

- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
- Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
- Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.



COURSE TEACHER:



HOD:



**Marudhar Kesari Jain College for Women**  
**Value Added Course - 2023-2024 - Student Name List**

**Course : VAPS01 - Health & Well Being- Psychology**

| No | Roll No     | Name                   | Course                                   | Signature        |
|----|-------------|------------------------|--|------------------|
| 1  | 31822U25002 | ABINAYA S              | VAPS01 - Health & Well Being- Psychology | S. Sathya        |
| 2  | 31822U27040 | SNEHA S                | VAPS01 - Health & Well Being- Psychology | N. Mubona        |
| 3  | 31822U18056 | MUBEENA N              | VAPS01 - Health & Well Being- Psychology | B. Ananthashree  |
| 4  | 31822U27005 | ANANTHASHREE B         | VAPS01 - Health & Well Being- Psychology | P. Thiruseelvi   |
| 5  | 31822U27044 | THIRUSEELVI P          | VAPS01 - Health & Well Being- Psychology | Varshini S       |
| 6  | 31822U27047 | VARSHINI S             | VAPS01 - Health & Well Being- Psychology | Punitha V        |
| 7  | 31822U27092 | PUNITHA V              | VAPS01 - Health & Well Being- Psychology | M. Nayika        |
| 8  | 31822U27001 | AAVISHA M              | VAPS01 - Health & Well Being- Psychology | Aishwarya B      |
| 9  | 31822U27003 | AISHWARYA B            | VAPS01 - Health & Well Being- Psychology | Vijayalakshmi B  |
| 10 | 31822U18109 | VIJAYALAKSHMI B        | VAPS01 - Health & Well Being- Psychology | Deepika R        |
| 11 | 31822U18016 | DEEPIKA R              | VAPS01 - Health & Well Being- Psychology | Khalida Banu S   |
| 12 | 31822U27022 | KHALIDA BANU S         | VAPS01 - Health & Well Being- Psychology | Hajira Fathima J |
| 13 | 31822U27036 | HAJIRA FATHIMA J       | VAPS01 - Health & Well Being- Psychology | Tina Reacheal J  |
| 14 | 31822U27045 | TINA REACHEAL J        | VAPS01 - Health & Well Being- Psychology | Pooja Kawan J    |
| 15 | 31822U27031 | POOJA KAWAN J          | VAPS01 - Health & Well Being- Psychology | Yogalakshmi S    |
| 16 | 31822U27051 | YOGALAKSHMI S          | VAPS01 - Health & Well Being- Psychology | Ramya K          |
| 17 | 31822U27034 | RAMYA K                | VAPS01 - Health & Well Being- Psychology | Nadhiga P        |
| 18 | 31822U27035 | NADHIGA P              | VAPS01 - Health & Well Being- Psychology | P. Bindha        |
| 19 | 31822U15005 | BIRUNDHA R             | VAPS01 - Health & Well Being- Psychology | S. Sugitha       |
| 20 | 31822U15021 | MADHUMITHA S           | VAPS01 - Health & Well Being- Psychology | Shreya Shyama    |
| 21 | 31822U18091 | SHEEYIN SHIPANA M      | VAPS01 - Health & Well Being- Psychology | A. Anirudh       |
| 22 | 31822U15001 | ANINAYA R              | VAPS01 - Health & Well Being- Psychology | Madhu S          |
| 23 | 31822U27025 | MADUMITHA S            | VAPS01 - Health & Well Being- Psychology | Divya            |
| 24 | 31822U27011 | DIVYALAKSHMI P         | VAPS01 - Health & Well Being- Psychology | P. Sowmya        |
| 25 | 31822U18096 | SOWMYA P               | VAPS01 - Health & Well Being- Psychology | Maivizhi         |
| 26 | 31822U27027 | MAIVIZHI               | VAPS01 - Health & Well Being- Psychology | Janet J K        |
| 27 | 31822U27018 | JANET SELVA KUMARI J K | VAPS01 - Health & Well Being- Psychology | Yuvashree P      |
| 28 | 31822U27054 | YUVASHREE P            | VAPS01 - Health & Well Being- Psychology | P. Priyanka      |
| 29 | 31822U18072 | PRIYANKA D             | VAPS01 - Health & Well Being- Psychology | S. Arthi         |
| 30 | 31822U28033 | SRIDEVI V              | VAPS01 - Health & Well Being- Psychology | V. K             |
| 31 | 31822U27006 | ARTHI S                | VAPS01 - Health & Well Being- Psychology | M. Gayathri      |
| 32 | 31822U18035 | KAMALI V               | VAPS01 - Health & Well Being- Psychology | Shifa Anjum M    |
| 33 | 31822U15008 | GAYATHRI M             | VAPS01 - Health & Well Being- Psychology | V. Dharaani      |
| 34 | 31822U18092 | SHIFA ANJUM M          | VAPS01 - Health & Well Being- Psychology | P. Lakshmi       |
| 35 | 31822U27010 | DHARANI V              | VAPS01 - Health & Well Being- Psychology | P. Yamuna        |
| 36 | 31822U16025 | LOKESHWARI P           | VAPS01 - Health & Well Being- Psychology | C. Nandhini      |
| 37 | 31822U09108 | YAMUNA P               | VAPS01 - Health & Well Being- Psychology | K. K. P. S       |
| 38 | 31822U16035 | NANDHINI S             | VAPS01 - Health & Well Being- Psychology | S. Arthi         |
| 39 | 31822U27028 | KIRUTHIGA S            | VAPS01 - Health & Well Being- Psychology | S. Arthi         |
| 40 | 31822U09011 | AVANTHIKA B            | VAPS01 - Health & Well Being- Psychology | R. Nandhini      |
| 41 | 31822U09005 | AKSHAYA B              | VAPS01 - Health & Well Being- Psychology | S. K. K. K.      |
| 42 | 31822U16034 | NANDHINI R             | VAPS01 - Health & Well Being- Psychology |                  |
| 43 | 31822U09023 | RUBADHARISHINI S       | VAPS01 - Health & Well Being- Psychology |                  |

|    |             |                   |  |                    |
|----|-------------|-------------------|--|--------------------|
| 44 | 31822U27007 | ASSEIYA N         | VAPS01 - Health & Well Being- Psychology | A. Seetha          |
| 45 | 31822U16050 | SOWMIYA T         | VAPS01 - Health & Well Being- Psychology | T. Sowmya          |
| 46 | 31822U28035 | SWETHA M          | VAPS01 - Health & Well Being- Psychology | M. Swetha          |
| 47 | 31822U16017 | KASHIFA SADAF M A | VAPS01 - Health & Well Being- Psychology | M.A. Kashifa Sadaf |
| 48 | 31822U17005 | DEVIKA R          | VAPS01 - Health & Well Being- Psychology | R. Devika          |
| 49 | 31822U17010 | KANMANI G         | VAPS01 - Health & Well Being- Psychology | G. Kanmani         |
| 50 | 31822U17015 | MATHI M           | VAPS01 - Health & Well Being- Psychology | M. Mathi           |
| 51 | 31822U16024 | LITHIKA S         | VAPS01 - Health & Well Being- Psychology | S. Lithika         |
| 52 | 31822U16057 | THIRISHA T        | VAPS01 - Health & Well Being- Psychology | T. Thirisha        |
| 53 | 31822U16032 | MYTHILI D         | VAPS01 - Health & Well Being- Psychology | D. Mythili         |
| 54 | 31822U18097 | SOWMIYA PRIYA M   | VAPS01 - Health & Well Being- Psychology | M. Sowmya Priya    |
| 55 | 31822U18075 | RAKSHITHA S       | VAPS01 - Health & Well Being- Psychology | S. Rakshitha       |
| 56 | 31822U16022 | KRISHNA PRIYA S   | VAPS01 - Health & Well Being- Psychology | S. Krishna Priya   |
| 57 | 31822U18026 | HAJIRA A          | VAPS01 - Health & Well Being- Psychology | A. Hajira          |
| 58 | 31822U27036 | HEEMA R           | VAPS01 - Health & Well Being- Psychology | Long Absent        |
| 59 | 31822U18098 | SOWMIYA R         | VAPS01 - Health & Well Being- Psychology | Sowmya R.          |
| 60 | 31822U27017 | INIKAK            | VAPS01 - Health & Well Being- Psychology | Inika K            |
| 61 | 31822U18020 | GEETHANJALI A     | VAPS01 - Health & Well Being- Psychology | A. Geethanjali     |
| 62 | 31822U18021 | GNANAPRIYA A      | VAPS01 - Health & Well Being- Psychology | A. Gnanapriya      |
| 63 | 31822U18041 | KEERTHANA S       | VAPS01 - Health & Well Being- Psychology | S. Keerthana       |
| 64 | 31822U27039 | SHALINI C         | VAPS01 - Health & Well Being- Psychology | C. Shalini         |
| 65 | 31822U27050 | VINOTHINI M       | VAPS01 - Health & Well Being- Psychology | M. Vinodhini       |

class Incharge :

HOD :



**BATCH 1 / 23-24 / 2UG Health & Well Being- Psychology - Course Instructor : Ms. Athiya**

| Sl. No | Name                   | August |    |    |    |    |    |    |    |    |    | September |    |    |    |    |    |    |    |    |    | October |    |    |    |    | Hrs. Present | Hrs. Absent | Signature              |
|--------|------------------------|--------|----|----|----|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|---------|----|----|----|----|--------------|-------------|------------------------|
|        |                        | 01     | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11        | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21      | 22 | 23 | 24 | 25 |              |             |                        |
| 1      | Ashwini S              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Ashwini S              |
| 2      | Sneha S                | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Sneha S                |
| 3      | Mulamma M              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Mulamma M              |
| 4      | Ananthagayathri B      | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Ananthagayathri B      |
| 5      | Thiruvethi P           | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Thiruvethi P           |
| 6      | Vandana S              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Vandana S              |
| 7      | Purnima V              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Purnima V              |
| 8      | Aayisha M              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Aayisha M              |
| 9      | Rishwanth B            | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Rishwanth B            |
| 10     | Vijayalakshmi B        | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Vijayalakshmi B        |
| 11     | Deepika R              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Deepika R              |
| 12     | Enalita Barwick        | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Enalita Barwick        |
| 13     | Hajira Fatima J        | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Hajira Fatima J        |
| 14     | Tina Reshmal J         | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Tina Reshmal J         |
| 15     | Poojakawar J           | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Poojakawar J           |
| 16     | Vijayalakshmi S        | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Vijayalakshmi S        |
| 17     | Ramya K                | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Ramya K                |
| 18     | Rashika P              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Rashika P              |
| 19     | Bhoomika R             | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Bhoomika R             |
| 20     | Madhuvishu J           | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Madhuvishu J           |
| 21     | Shreem Shifana M       | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Shreem Shifana M       |
| 22     | Ashwini R              | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Ashwini R              |
| 23     | Madhumitha S           | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Madhumitha S           |
| 24     | Divyalakshmi P         | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Divyalakshmi P         |
| 25     | Sowmya P               | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Sowmya P               |
| 26     | Malyithi R             | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Malyithi R             |
| 27     | Janet Selva Kumari J K | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Janet Selva Kumari J K |
| 28     | Vijayalakshmi P        | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Vijayalakshmi P        |
| 29     | Pravisha D             | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Pravisha D             |
| 30     | Indira V               | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Indira V               |
| 31     | Arthi S                | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Arthi S                |
| 32     | Ramya V                | X      | X  | X  | X  | X  | X  | X  | X  | X  | X  | X         | X  | X  | X  | X  | X  | X  | X  | X  | X  | X       | X  | X  | X  | X  | 28           | 2           | Ramya V                |

[illegible]



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



**PG DEPARTMENT OF PSYCHOLOGY  
VALUE ADDED COURSE – 2023- 2024  
HEALTH AND WELLBEIGN**







  
**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambode - 835 751





**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**

**MARUDHAR NAGAR, CHINNAKALLUPALLI, VANIYAMBADI**

**SKILL ACADEMY 2023 - 2024**



# **CERTIFICATE OF COMPLETION**

**THIS IS TO CERTIFY THAT**

**AAVISHA M**

**has Successfully Completed her Value Added Course on “Health & Well Being-  
Psychology” from the Period 21/08/2023 to 05/10/2023 and Secured Grade A+  
Conducted by the Department of Psychology.**

**Dr. M. Inbavalli**  
Principal



**Dr. D. Vetrivelan**  
Coordinator



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN**

**MARUDHAR NAGAR, CHINNAKALLUPALLI, VANIYAMBADI**

**SKILL ACADEMY 2023 - 2024**



# **CERTIFICATE OF COMPLETION**

**THIS IS TO CERTIFY THAT**

**ABINAYA R**

**has Successfully Completed her Value Added Course on “Health & Well Being-  
Psychology” from the Period 21/08/2023 to 05/10/2023 and Secured Grade A+  
Conducted by the Department of Psychology.**

**Dr. M. Inbavalli**  
Principal



**Dr. D. Vetrivelan**  
Coordinator



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI.

DEPARTMENT OF PSYCHOLOGY

VALUE ADDED COURSE SYLLABUS 2023-2024

**COURSE TITLE: TRAINING AND COUNSELLING**

**COURSE CODE: VAPS02**

**MARKS: 100**

**CLASS: III YEAR**

**COURSE OBJECTIVES:**

- This course introduces the fundamental principles and practices of training and counseling.
- Students will comprehensively understand effective communication, counseling techniques, and training methodologies.
- The course explores the role of a trainer and counselor, ethical considerations, and the application of these skills in various contexts.
- They will understand how to guide clients through the process of problem-solving and decision-making.

**COURSE OUTCOMES:**

- Upon completing this course, participants will have a solid grasp of the core principles and concepts of training and counseling, including the importance of active listening, empathy, and confidentiality in the helping relationship.
- Participants will develop enhanced communication skills, enabling them to communicate clearly, respectfully, and empathetically with clients.
- By the end of the course, participants will be equipped with techniques to assist clients in identifying their issues, setting realistic goals, and creating actionable plans for personal and professional development.
- This course will foster an appreciation for ethical guidelines and cultural sensitivity in the counseling and training context.
- These course outcomes will empower participants with essential skills and knowledge to engage in effective training and counseling relationships, contributing to personal growth and positive change for both clients and themselves.



## **UNIT-1: INTRODUCTION TO TRAINING AND COUNSELING**

Understanding the concepts of training and counseling, the differences between training and counseling, Importance of effective communication in both fields.

## **UNIT-2: COMMUNICATION SKILLS**

Verbal and non-verbal communication, active listening techniques, empathy, and rapport-building.

## **UNIT-3: COUNSELING TECHNIQUES**

Basic counseling theories: person-centered, cognitive-behavioral, solution-focused, assessment and goal setting in counseling, managing resistance and difficult emotions in counseling sessions

## **UNIT-4: TRAINING METHODOLOGIES**

Adult learning principles, training needs assessment, designing training programs: objectives, content, and structure

## **UNIT-5: ETHICAL CONSIDERATIONS AND APPLICATION**

Ethical guidelines in counseling and training, confidentiality and boundaries. Case studies: Applying counseling and training skills in real-life scenarios

## **REFERENCES:**

1. "Counseling Techniques: A Comprehensive Resource for Understanding and Application" by Rosemary A. Thompson.
  2. "Training Design Basics" by Saul Carliner.
  3. "Effective Counseling Skills: The Practical Wording of Therapeutic Statements and Processes" by Daniel Keeran
  4. Online articles and case studies from reputable counseling and training organizations
- Grading

  
**COURSE TEACHER**

  
**PRINCIPAL**  
Manuchar Kesan Jain College  
for Women  
Varegaonkhedi - 422 751

  
**HOD**

**Marudhar Kesari Jain College for Women**  
**Value Added Course - 2023-2024 - Student Name List**

**Course :VAPS02 - Training and Counselling -PSYCHOLOGY**

| No | Roll No     | Name                  | Signature     |
|----|-------------|-----------------------|---------------|
| 1  | 31821U24007 | HANIYA HIRA V A       | Haniya        |
| 2  | 31821U16017 | KAVIYA M              | Kaviya        |
| 3  | 31821U24004 | DIMPLE K              | Dimple K      |
| 4  | 31821U15001 | ABIRAMI R             | Abirami       |
| 5  | 31821U18011 | ARCHANA R             | Archana       |
| 6  | 31821U08006 | ARCHITHA P            | Architha      |
| 7  | 31821U27006 | DHARSHINI S           | Dharshini     |
| 8  | 31821U27008 | HALAN SANGEETHA H     | Halani        |
| 9  | 31821U17013 | INDHUMATHI G          | G. Indhumathi |
| 10 | 31821U27013 | KALISHWARI S          | Kalishwari    |
| 11 | 31821U09042 | KIRUTHIKA V           | Kiruthika     |
| 12 | 31821U36007 | KOWSALYA P            | Kowsalya      |
| 13 | 31821U15011 | KOWSALYA S            | Kowsalya      |
| 14 | 31821U17018 | MAHA R                | Maha R        |
| 15 | 31821U27018 | MANUSHA M             | Manusha       |
| 16 | 31821U09064 | NIVETHA S             | Nivetha       |
| 17 | U152109     | KAJALAKSHMI R         | Kajalakshmi   |
| 18 | U182111     | RAKSHANA S            | Rakshana      |
| 19 | U272133     | RAMSHA KHAN           | Ramsha        |
| 20 | U272128     | REVATHI S             | Revathi       |
| 21 | U272134     | ROSHNI N              | Roshni        |
| 22 | U092138     | SAFWAA SAMIN G        | Safwa         |
| 23 | U272137     | SANDHIYA P            | Sandhya       |
| 24 | U272127     | SARANYA V             | Saranya       |
| 25 | U162136     | SHAKTHI B             | Shakti        |
| 26 | U272114     | SHOBANA E             | Shobana       |
| 27 | U152113     | SRIPRIYA V            | Sripriya      |
| 28 | U272112     | SWETHA S              | Swetha        |
| 29 | U162159     | THARANI R             | Tharani       |
| 30 | U182133     | YOGALAKSHMI N         | Yogalakshmi   |
| 31 | 31821U16032 | PATMASHRI A S         | Patmashri     |
| 32 | 31821U18006 | ALEEZA ARQAM K M      | Aleeza        |
| 33 | 31821U18013 | ASHWINI S             | Ashwini       |
| 34 | 31821U08012 | DEVADHARSHINI I       | Devadharshini |
| 35 | 31821U18058 | MAIVIZHI MALARVATHI V | Maivizhi      |
| 36 | U092130     | PAVITHRA V            | Pavithra      |
| 37 | 31821U09065 | NIVETHA S J           | Nivetha       |
| 38 | U182116     | SAVITHA D             | Savitha       |
| 39 | 31821U18063 | NADIYA SYEED H        | Nadiya        |

|    |             |                    |               |
|----|-------------|--------------------|---------------|
| 40 | U182140     | RUBINA ANJUM T     | Rubina        |
| 41 | 31821U09036 | JOTHIKA S          | Jothika S     |
| 42 | 31821U08029 | JOTHIKA B          | Jothika B     |
| 43 | 31821U08015 | GAYATHRI R         | Gayathri      |
| 44 | 31821U08013 | DEVI PREETHA R     | Devi          |
| 45 | 31821U08001 | AAISHA SIDDIQUA V  | Aisha         |
| 46 | 31821U08010 | BHUVANESHWARI K    | Bhuvaneshwari |
| 47 | 31821U08004 | AHMEDA IQRA J      | Ahmeda        |
| 48 | 31821U08018 | HAJIRA BEGUM S     | Hajira        |
| 49 | 31821U08026 | JANARANJANEE B N   | Janaranjane   |
| 50 | U082172     | SHAMILI A          | Shamili       |
| 51 | 31821U08050 | MUSTABSHIRA M F    | Mustabshira   |
| 52 | U082158     | SAYASINGH J        | Sayas         |
| 53 | U082124     | SAKTHI M           | Sakthi        |
| 54 | U082129     | SNEHA S            | Sneha S       |
| 55 | 31821U08041 | LATCHANA S         | Latchana      |
| 56 | U182158     | SADHANA M          | Sadhana M     |
| 57 | U182112     | SANDHIYA D         | Sandhiya      |
| 58 | U182169     | SENTHAMIZH P       | Senthamizh P  |
| 59 | 31821U24011 | MODLAI ZUHA MUSKAN | Modlai        |
| 60 | U242101     | URDOO FATHIMA M    | Urdu          |
| 61 | 31821U11018 | FAREENA BANU S     | Fareena       |
| 62 | U112136     | RIFA MAHEEN N      | Rifa          |
| 63 | 31821U11011 | AYSHA MARIYAM C    | Ayisha        |

  
COURSE TEACHER:

  
HOD:





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Course Teacher *[Signature]* 04/10/23

HOD (17/10/23)