



# *Hindusthan*

## *College of Arts & Science*

*An Autonomous College -Affiliated to Bharathiar University  
Approved by AICTE and Govt. of Tamilnadu  
Accredited by NAAC-An ISO Certified Institution*

### **Counselling Cell**

**INVITES YOU ALL**



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**SEMINAR PROGRAMME ON**

**MANAGING STRESS**

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**Date** : 26<sup>th</sup> July 2016

**Time** : 10.30am onwards

**Venue** : Seminar Hall

## REPORT ON MANAGING STRESS

The Counselling Cell organized a session on “Managing stress” on 26<sup>th</sup> July 2016. The objective of this session was to create awareness among the students on the steps for success in academics and their personal lives. The Program started with an invocation followed by brief introduction about the resource person. The session was attended by 125 students.

The resource person Dr. Punitha, Chairperson of the Counselling Cell was the resource person and she gave a brief introduction about stress in day-to-day life and how it can positively and negatively influence one’s life. She gave some important tips to reduce our anxiety especially while writing exams. At first, she started by saying while studying set up your study goals and take one step at a time. She stated the following points.

Allow yourself plenty of time to accomplish all the things you have to do before the test. Build up confidence by reviewing the material frequently, in small blocks of time each day for several days before a test.

She guided students to do Stress Busters Exercises and students followed the steps.

- Close your eyes and concentrate on the air going in and out of your lungs. Take long, deep breaths, fill your lungs and abdomen, hold your breath, and then exhale.
- Tense and relax different muscle groups. For example, if your shoulders are tense pull them back and hold them for a few seconds, then relax. This will help you to be aware of the relaxation of muscles and help you to relax more.
- Engage in guided imagery for a few minutes. Pick a scene that you find peaceful, beautiful, and natural. Think about what you see, what you hear, what you feel and what you smell while in this scene.
- Try to describe the anxiety. Focus your attention on your anxiety and think about the feelings it causes: How large is it? Where is it located in your body? What is its color, its shape, and its texture? If you can completely experience a physical sensation, it will often disappear.
- Aerobic exercise will help you to release anxiety and excess energy and, as a result, reduce body tension.
- Engage in positive self-talk. This involves: (a) thinking about rational responses to counter negative thoughts (e.g., instead of saying “I’m going to fail this test” say “I

have the ability to do this, I just need to get some help.”); (b) thoughts that help you to cope with stress and (c) thoughts that keep you on task.



Dr. M. Punitha, addressing the students

She also shared the following tips before writing exams

- Arrive early so you can sit where you are most comfortable, and avoid people who are anxious and might cause you to doubt your knowledge.
- When you receive the test look it over, read the directions twice, and then organize you time efficiently.
- Don't rush through the test, but work at a comfortable, pace and don't worry about how far along your classmates are on the test.

She concluded the session by thanking the students for their participation and insisted that they prioritize their life which will reduce their stress level.

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**HINDUSTHAN COLLEGE OF ARTS AND SCIENCE**

**Counselling Cell**

**Invites you all**



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**SEMINAR PROGRAMME ON**

**EMOTIONAL INTELLIGENCE**

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**Date : 6<sup>th</sup> February 2017**

**Time : 2.30 pm to 3.45 pm**

**Venue : Seminar Hall**

## REPORT ON EMOTIONAL INTELLIGENCE

The Counselling Cell of Hindusthan College of Arts & Science organized a session on “Emotional Intelligence” to the students on the 6<sup>th</sup> February 2017. 88 Students from various disciplines were involved in attending the session. The Chairperson of the Cell, Dr. M. Punitha greeted the resource person and introduced him to the gathering.

The resource person Dr. Daniel Victor, began the session by asking the students about what they know about Emotions and a few students responded to his queries. He stated that students’ interaction will keep the session more interesting and focused.

He stated that Emotional intelligence refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it's an inborn characteristic. The ability to express and control emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others. Imagine a world in which you could not understand when a friend was feeling sad or when a co-worker was angry.



Dr. Daniel Victor, Managing Director of Vitae International addressing students on emotional Intelligence

Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ in your overall success in life.

He further shared, the researchers suggest that there are four different levels of emotional intelligence including emotional perception, the ability to reason using emotions, the ability to understand emotions, and the ability to manage emotions.

**Perceiving emotions:** The first step in understanding emotions is to perceive them accurately. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.

**Reasoning with emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.

**Understanding emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of the person's anger and what it could mean.

The speaker concluded the session by adding that students should learn to maintain a positive attitude and keep pushing forward. Staying motivated throughout a task will increase your self-confidence and provide you with greater self-esteem, which will carry over to all areas of your life. Look for new opportunities and take initiatives. Often, you learn best by doing.

He hoped and wished that they carry home a message from the session which will be useful for them in their life. He thanked the Management of Hindusthan and the Principal and the Counselling Cell for the opportunity to share his thoughts on emotional Intelligence.

**HINDUSTHAN COLLEGE OF ARTS AND SCIENCE**  
**PG AND RESEARCH DEPARTMENT OF SOCIAL WORK**

**Invites you**



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**SEMINAR ON**

**EFFECTIVE COMMUNICATION**

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**PG AND RESEARCH DEPARTMENT OF SOCIAL WORK**

**Date** : 4<sup>th</sup> October 2017  
**Time** : 10.30am to 11.30pm.  
**Venue** : Seminar Hall

## COUNSELLING CELL

### Report on Effective Communication

The Counselling Cell conducted a session to students on behalf of the Cell on the topic “Effective Communication” which was held in the Seminar Hall at Hindusthan College of Arts and Science, on the 4<sup>th</sup> October 2017. Dr. P. Selvamani, chairperson of the Counselling Cell was the speaker of the Session and she greeted the students for the session. The number of students attended the session were 103.

She started the session by saying that Effective communication skills are fundamental to success in many aspects of life. Many jobs require strong communication skills and people with good communication skills usually enjoy better interpersonal relationships with friends and family.

The gave 10 tips to make effective communication.



Dr. P. Selvamani, addressing the participants

#### 1. Learn to Listen

Resource person said, listening is not the same as hearing; learn to listen not only to the words being spoken but how they are being spoken and the non-verbal messages sent with them. Use the techniques of **clarification** and **reflection** to confirm what the other person has said and avoid any confusion. Try not to think about what to say next whilst



listening; instead clear your mind and focus on the message being received. Your friends, colleagues and other acquaintances will appreciate good **listening skills**.

## 2. Be Aware of Other People's Emotions

She added to be sympathetic to other people's misfortunes and congratulate their positive landmarks. To do this you need to be aware of what is going on in other people's lives. Make and maintain eye contact and use first names where appropriate.

## 3. Empathize

**Empathy** is trying to see things from the point-of-view of others. When communicating with others, try not to be judgmental or biased by preconceived ideas or beliefs - instead view situations and responses from the other person's perspective. Stay in tune with your own emotions to help enable you to understand the emotions of others.

## 4. Encourage

Offer words and actions of encouragement, as well as praise, to others. Make other people feel welcome, wanted, valued and appreciated in your communications. If you let others know that they are valued, they are much more likely to give you their best. She stated to Try to ensure that everyone involved in an interaction or communication is *Learn to Communicate Effectively*

She stressed that, not to say the first thing that comes into your head but instead take a moment and pay close attention to what you say and how you say it.

## 5. Focus on the meaning of *what* you want to communicate.

Aim to increase understanding by considering how your message might be received by the other person. By communicating clearly, you can help avoid misunderstandings and potential conflict with others.

## 6. Be aware of the messages you are sending via non-verbal channels

Make eye contact and avoid defensive body language. Present information in a way that its meaning can be clearly understood. Pay particular attention to differences in

culture, past experiences, attitudes and abilities before conveying your message. Avoid jargon and over-complicated language; explain things as simply as possible. Request clarification if unclear about a message. Always avoid racist and sexist terms or any language that may cause offence.

#### 7. Use Humour

She shared that Laughing releases endorphins that can help relieve stress and anxiety; most people like to laugh and will feel drawn to somebody who can make them laugh. Don't be afraid to be funny or clever, but do ensure your humour is appropriate to the situation. Use your sense of humour to break the ice, to lower barriers and gain the affection of others. By using appropriate humour you will be perceived as more **charismatic**.

#### 8. Treat People Equally

Always aim to communicate on an equal basis and avoid patronising people. Do not talk about others behind their backs and try not to develop favourites: by treating people as your equal and also equal to each other you will build trust and respect. Check that people understand what you have said to avoid confusion and negative feelings.

#### 9. Maintain a Positive Attitude

She revealed that few people want to be around someone who is frequently miserable. Do your best to be friendly, upbeat and positive with other people. Maintain a positive, cheerful attitude to life: when things do not go to plan, stay optimistic and learn from your mistakes. If you smile often and stay cheerful, people are more likely to respond positively to you.

The session helped students to build a positive attitude and motivated them to achieve high success in life. The articulation tips provided by the mentor were helpful to improve the communication.

Dr. M. Punitha, Head, Department of Social Work thanked Dr. Selvamani for her valuable contribution to the students and appreciated the students for their presence and participation.

**HINDUSTHAN COLLEGE OF ARTS AND SCIENCE**

**COUNSELLING CELL**

**INVITES YOU TO ATTEND**



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**SEMINAR PROGRAMME ON**

**MENTAL HEALTH**

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**PG AND RESEARCH DEPARTMENT OF SOCIAL WORK**

**Date : 9<sup>th</sup> Oct 2018**

**Time : 10.30am to 12.30pm.**

**Venue : Seminar Hall**

## **COUNSELLING CELL**

### **REPORT ON MENTAL HEALTH**

The Counselling Cell commemorated World Mental Health Day on the 9<sup>th</sup> October 2018 for the benefit of students' welfare and to create awareness about maintaining a balanced and positive mental health. The session was held in MSW Class Room and the number of students attended the session were 33.

The resource person was Dr. Rajakumari, from Dept. of Psychology, Government Arts College who was invited to deliver the speech. The Principal, Dr. A. Ponnusamy greeted the resource person and introduced her and her achievements in the field of Psychology and appreciated for consenting to deliver talk on mental health.

The resource person began the session by stating that Mental health is a human right., it is no longer an option. It's time that mental health is available for all. Quality, accessible primary health care services is the foundation for universal health coverage and is urgently required as the world grapples with the current health emergency. There is a need to make mental health a reality for all, for every one everywhere.

Among the young people 15% to 29 suffer from mental illness. Ten percent of children and young people aged 5 to 16 years have clinically diagnosable health problem, yet 70 percent of children and adolescents who experience mental health problems have not yet had appropriate interventions at a sufficiently early age. Suicide is the second leading cause of death among 15 to 29 years of age. Every 10 minutes, somewhere in the world an adolescent girl dies of violence according to United Nations children's fund. So mental health is for all, boys, girls and trans genders. We have to address and increase awareness about mental health. Good mental health is an essential one.

Young people that grow up with additional stressors due to the effect of trauma, trans gender discrimination, major mental illnesses, bullying and suicide are far more likely to have mental health issues throughout their rest of their lives.



Dr. Rajakumari, Professor, from Dept. of Psychology addressing students

She further stated that, mental health funding should come from all levels from NGOs from institutions and from individual levels. The WHO recommends that the health spending allocation should be in proportion to the health burden and that there should be parity between physical and mental aspects of health care.

The resource person concluded the session by insisting that students should not hesitate to seek support of mental health professionals as when they feel they need support. She appreciated the management and Counselling Cell for caring for students' mental health and organizing such programmes for the benefit of Students. Mr. Thilip Kumar, Head, Dept. of Languages thanked the resource person for her valuable input and time given for the institution and thanked the Cell members for organizing the programme.

**Hindusthan college of Arts & Science**  
(Autonomous)

**Student Support Cell**

From  
Mrs. Agnes Febiola.X  
Chairperson of Student Support Cell &  
Assistant Professor in Social Work  
Hindusthan college of Arts & Science  
Coimbatore

2.08.2019

To  
The Head  
Department of Mathematics  
Hindusthan College of Arts & Science  
Coimbatore

Dear Sir/Madam,

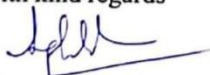
Greetings from Student Support Cell of HICAS!

Undergraduate students of first year come from various schools and from different socio-economic background. The Student Support Cell of our college provides supportive services to students in the form of counselling and referral services if needed. The cell wishes to take sessions on various mental health and common topics for the first years for an hour.

In this regard, a session is planned on "Positive Mental Health" to the I B.Sc.Maths students on the 5<sup>th</sup> August 2019 during the 5<sup>th</sup> hour. This hour is planned in coordination with Dr. Thileep of Dept. of Languages. I request you to permit me to take the session and oblige.


Thank you

With kind regards

  
Mrs. Agnes Febiola

Forwarded by

  
Dr. A. Ponnusamy  
Principal

Accepted  
  
Dr. S. ANURADHA,  
M.Sc., M.B.A., M.Phil., PGDCA., Ph.D.,  
Professor & Head,  
PG & Research Dept. of Mathematics,  
Hindusthan College of Arts & Science,  
Coimbatore - 641 028

# Hindusthan College of Arts & Science

Student Support Cell

## Report on Positive Mental Health

A session on 'Positive Mental health' to Students of **I – B.Sc Mathematics** was conducted on the 5<sup>th</sup> august 2019.

The speaker Mrs. Agnes Febiola, from the dept. of Social work began the session by introducing herself and the activities of Student Support Cell and the kind of services provided by the cell to make students aware of the existence of the cell and the counselling activities. The number of students attended the session were 24.

She began the session by stating that, mental health is defined as a state of well-being where individuals are able to:

- Realise one's own potential
- Contribute productively
- Adapt coping skills to face the normal stresses of life
- Contribute positively for the growth of the community

Mental and psychological well-being is the way you feel about yourself, also the way you deal with external situations and the quality of your relationships with your environment.

It's important to remember that positive mental health is not simply the absence of mental health issues, such as depression or anxiety. Being mentally healthy is about the presence of positive characteristics such as a feeling of purpose, contentment, maintaining fulfilling relationships and participating in life to the fullest.

Positive mental health is important to enjoy all the activities your daily life. You should be able to understand that you will go through emotionally burdening and stressful situations. Possessing positive mental health will help you to bounce back and deal with such situations more effectively.

### Three ways to foster positive mental health

#### 1. Take care of your physical needs

Mental health and your body are interconnected. The saying, 'Healthy mind, healthy body', and in many ways this is absolutely true. It's very difficult to feel mentally on point if your physical needs are not catered for. For example, it's very hard to feel good about yourself if you feel you are physically not fit or you've had nothing to eat.

When caring for yourself, you should make sure to:

- Eat nutritious meals that include all the main food groups: proteins, carbohydrates, fruits, vegetables and fats.

- Enjoy a good standard of bodily and environmental hygiene.
- Drink plenty of fluids, particularly water to avoid dehydration.
- Avoid stimulants such as caffeine and alcohol that can adversely impact your mood.
- Avoid harmful activities such as smoking or drinking to excess.
- Get enough sleep. Healthy adults need about eight hours of sleep every night.

## 2. Make time for social connection

Humans are social creatures, and even the most introverted among us find comfort in the company of like-minded people. The best type of interaction involves face-to-face connection. Having a chat with a friend or close family member also gives you the opportunity to share concerns or worries that may be weighing you down. Spending quality time with your parents and siblings is good to improve your bonding with family members.

## 3. Exercise and physical activity

Exercise is a way to help treat mental health complaints, according to research. Do physical activity, your brain releases endorphins which help to lift your mood and also give you energy. Regular exercise can also help you to sleep better and feel more at one with yourself. Simply going for a short walk or not using your two-wheeler or four wheelers to cover a short distance can elevate your heart rate and provide a good work out. The session was wound up by inviting the students to visit Student Support Cell whenever anyone finds it difficult to cope with their lives and thanked the students for their patient listening and participation.





**Hindusthan college of Arts & Science**  
(Autonomous)

**Student Support Cell**

From  
Mrs. Agnes Febiola.X  
Chairperson of Student Support Cell &  
Assistant Professor in Social Work  
Hindusthan college of Arts & Science  
Coimbatore

02.08.2019

To  
The Head  
Department of Commerce (PA) A  
Hindusthan College of Arts & Science  
Coimbatore

Dear Sir/Madam,

Greetings from Student Support Cell of HICAS!

Undergraduate students of first year come from various schools and from different socio-economic background. The Student Support Cell of our college provides supportive services to students in the form of counselling and referral services if needed. The cell wishes to take sessions on various mental health and common topics for the first years for an hour.

In this regard, a session is planned on "Positive Mental Health" to the I B.Com (PA) A students on the 7<sup>th</sup> August 2019 during the 6<sup>th</sup> hour. This hour is planned in coordination with Dr. Thileep of Dept. of Languages. I request you to permit me to take the session and oblige.

Thank you


With kind regards

  
Mrs. Agnes Febiola

*Accepted.*  
*Yohi-2019*

Head of the Department,  
Department of Commerce PA & AF,  
Hindusthan College of Arts & Science (Autonomous)  
Coimbatore - 641028

Forwarded by

  
Dr. A. Ponnusamy  
Principal

## **Hindusthan College of Arts & Science Student Support Cell**

### **Report on Positive Mental Health**

A session on 'Positive Mental health' to Students of **I – B. Com PA 'A'** was conducted on the 7<sup>th</sup> august 2019.

The speaker Mrs. Agnes Febiola, from the dept. of Social work began the session by introducing herself and the activities of Student Support Cell and the kind of services provided by the cell to make students aware of the existence of the cell and the counselling activities. The number of students attended the session were 26.

She began the session by stating that, mental health is defined as a state of well-being where individuals are able to:

- Realise one's own potential
- Contribute productively
- Adapt coping skills to face the normal stresses of life
- Contribute positively for the growth of the community

Mental and psychological well-being is the way you feel about yourself, also the way you deal with external situations and the quality of your relationships with your environment.

It's important to remember that positive mental health is not simply the absence of mental health issues, such as depression or anxiety. Being mentally healthy is about the presence of positive characteristics such as a feeling of purpose, contentment, maintaining fulfilling relationships and participating in life to the fullest.

Positive mental health is important to enjoy all the activities your daily life. You should be able to understand that you will go through emotionally burdening and stressful situations. Possessing positive mental health will help you to bounce back and deal with such situations more effectively.

### **Three ways to foster positive mental health**

#### **1. Take care of your physical needs**

Mental health and your body are interconnected. The saying, 'Healthy mind, healthy body', and in many ways this is absolutely true. It's very difficult to feel mentally on point if your physical needs are not catered for. For example, it's very hard to feel good about yourself if you feel you are physically not fit or you've had nothing to eat.

When caring for yourself, you should make sure to:

- Eat nutritious meals that include all the main food groups: proteins, carbohydrates, fruits, vegetables and fats.
- Enjoy a good standard of bodily and environmental hygiene.

- Drink plenty of fluids, particularly water to avoid dehydration.
- Avoid stimulants such as caffeine and alcohol that can adversely impact your mood.
- Avoid harmful activities such as smoking or drinking to excess.
- Get enough sleep. Healthy adults need about eight hours of sleep every night.



## **2. Make time for social connection**

Humans are social creatures, and even the most introverted among us find comfort in the company of like-minded people. The best type of interaction involves face-to-face connection. Having a chat with a friend or close family member also gives you the opportunity to share concerns or worries that may be weighing you down. Spending quality time with your parents and siblings is good to improve your bonding with family members.

## **3. Exercise and physical activity**

Exercise is a way to help treat mental health complaints, according to research. Do physical activity, your brain releases endorphins which help to lift your mood and also give you energy. Regular exercise can also help you to sleep better and feel more at one with yourself. Simply going for a short walk or not using your two-wheeler or four wheelers to cover a short distance can elevate your heart rate and provide a good work out.

The session was wound up by inviting the students to visit Student Support Cell whenever anyone finds it difficult to cope with their lives and thanked the students for their patient listening and participation.

**Hindusthan college of Arts & Science**  
(Autonomous)

**Student Support Cell**

From  
Mrs. Agnes Febiola.X  
Chairperson of Student Support Cell &  
Assistant Professor in Social Work  
Hindusthan college of Arts & Science  
Coimbatore

19.08.2019

To  
The Head  
Department of Commerce (PA) B  
Hindusthan College of Arts & Science  
Coimbatore

Dear Sir/Madam,

Greetings from Student Support Cell of HICAS!

Undergraduate students of first year come from various schools and from different socio-economic background. The Student Support Cell of our college provides supportive services to students in the form of counselling and referral services if needed. The cell wishes to take sessions on various mental health and common topics for the first years for an hour.

In this regard, a session is planned on "Impact of Substance Abuse" to the I B.Com (PA) B students on the 23rd August 2019 during the 6<sup>th</sup> hour. This hour is planned in coordination with Dr. Thileep of Dept. of Languages. I request you to permit me to take the session and oblige.

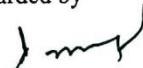
Thank you

With kind regards

  
Mrs. Agnes Febiola

*Accepted*  
*Yashini*  
Head of the Department  
Department of Commerce in  
Hindusthan College of Arts & Science (Autonomous)  
Coimbatore - 641029

Forwarded by

  
Dr. A. Ponnusamy  
Principal

# Hindusthan College of Arts & Science

## Student Support Cell

### Report on Impact of Substance abuse

A session on 'Impact of Substance abuse' to Students of I – B. Com PA 'B' was conducted on the 23<sup>rd</sup> August 2019.

The speaker Mrs. Agnes Febiola, from the dept. of Social work began the session by introducing herself and the activities of Student Support Cell and the kind of services provided by the cell to make students aware of the existence of the cell and the counselling activities. The number of students attended the session were 32.

She began the session by explaining about drugs. Drugs are chemical compounds that affect the mind and body. The exact effects vary among individuals and also depend on the drug, dosage, and delivery method. Using any drug, even in moderation or according to a medical prescription, can have short-term effects. For instance, consuming one or two servings of alcohol can lead to mild intoxication. A person may feel relaxed, uninhibited, or sleepy. Nicotine from cigarettes and other tobacco products raises blood pressure and increases alertness.

Abusing a drug, or misusing a prescription medication, can produce other short-term effects, such as:

- changes in appetite
- sleeplessness or insomnia
- increased heart rate
- slurred speech
- changes in cognitive ability
- a temporary sense of euphoria
- loss of coordination

Drug abuse can affect aspects of a person's life beyond their physical health. People with substance use disorder, for example, may experience:

- an inability to cease using a drug
- relationship problems
- poor work or academic performance
- difficulty maintaining personal hygiene
- noticeable changes in appearance, such as extreme weight loss
- increased impulsivity and risk-taking behaviors
- loss of interest in formerly enjoyable activities
- Long-term effects

- Drug abuse, especially over an extended period, can have numerous long-term health effects.

Chronic drug use can alter a person's brain structure and function, resulting in long-term psychological effects, such as:

- depression
- anxiety
- panic disorders
- increased aggression
- paranoia
- hallucinations



Long-term drug use can also affect a person's memory, learning, and concentration.

The long-term physical effects of drug use vary depending on the type of drug and the duration of use. However, experts have linked chronic drug use with the following health conditions:

### **Cardiovascular disease**

Stimulants, such as cocaine and methamphetamines, can damage the heart and blood vessels. The long-term use of these drugs can lead to coronary artery disease, arrhythmia, and heart attack.

### **Respiratory problems**

Drugs that people smoke or inhale can damage the respiratory system and lead to chronic respiratory infections and diseases.

Opioids slow a person's breathing by binding to specific receptors in the central nervous system that regulate respiration. By depressing a person's respiration, these drugs can lead to slow breathing or heavy snoring.

### **Kidney damage**

The kidneys filter excess minerals and waste products from the blood. Heroin, ketamine, and synthetic cannabinoids can cause kidney damage or kidney failure.

### **Liver disease**

Chronic drug and alcohol use can damage the liver cells, leading to inflammation, scarring, and even liver failure.

### **Misuse, abuse, and addiction**

Although there is no fixed definition, many experts believe that drug use becomes abuse when it starts to damage or impede aspects of a person's daily life, such as work or parenting.

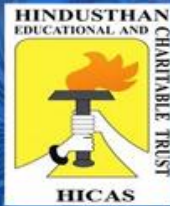
Drug abuse and drug misuse can lead to addiction. Substance use disorder occurs when a person no longer feels in control of their need to use a substance and becomes dependent on it. It is important to note that not everyone who misuses or abuses a drug will develop substance use disorder.

The speaker informed about the student support cell activities and counselling sessions offered for those facing challenging situations. She encouraged them to utilize the services provided by the cell.

# HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

(Autonomous)

Hindusthan Gardens, Behind Nava India,  
Coimbatore - 641028



## STUDENT SUPPORT CELL

*Cordially invites you for the  
Inauguration*

## INAUGURATION -2K19

*Welcome Address*

*Mrs. Agnes Febiola X*

*Asst. Professor,  
Dept of Social Work.*

*Presidential*

*Dr. A. Ponnusamy*

*Principal  
Hindusthan College Of Arts And Science.*

*Felicitation*

*Tmt. Saraswathi Khannaiyan*

*Managing Trustee,  
Hindusthan Educational And Charitable Trust.*

*Tmt. Priya Sathish Prabhu*

*Executive Trustee & Secretary,  
Hindusthan Educational And Charitable Trust.*

*Chief Guest Address*

*Dr. Parandhaman Sethupathy*

*Medical Director & Consultant Psychiatrist,  
Royal Care Hospital, Coimbatore.*

*Vote of Thanks*

*Dr. P. Selvamani*

*Asst. Professor,  
Dept of Social Work.*

**WELCOME YOU ALL**

*Date*  
26-08-19

*Venue*  
Library Seminar Hall

*Time*  
10.30 AM





# HINDUSTHAN COLLEGE OF ARTS AND SCIENCE

(Autonomous) Coimbatore - 28



**Student Support Cell**

Cordially invites you for the

**INAUGURATION - 2K19**

Chief Guest Address

**Dr. PARANDHAMAN SETHUPATHY**

*Medical Director & Consultant Psychiatrist*

*Royal Care Hospital, Coimbatore.*



**Date : 26/08/2019**

**Venue : Library Seminar Hall**

**Hindusthan College of Arts and Science  
Nava India, Coimbatore**

**Inaugural of Student Support Cell**

**Venue:** Library Seminar Hall  
a.m

**Date:** 26.08.2019 - **Time:** 10.30

The Inaugural event began with the Prayer Song. Mrs. Agnes Febiola, Asst. Professor, Department of Social Work and the Chair Person of Student Support Cell gave the welcome address. In the address, she extended greetings to Dr. P. Ponnusamy, the Principal of Hindusthan College of Arts and Science, the Chief Guest of the event Dr. Paranthaman Sethupathi, Medical Director and Consultant Psychiatrist of Royal Care Super Specialty Hospital, Coimbatore, and the members of the Student Support Cell, other Faculty members and the students. In the inaugural address she introduced the Chief Guest.

Dr. A. Ponnusamy, Principal addressing



Lighting of the Lamp ceremony was followed by the Presidential address by Dr. A. Ponnusamy. The Principal began his speech by thanking the Chief Guest for accepting the invitation and addressed the gathering on the activities of Student Support Cell. He appreciated the efforts of the Student Support Cell and stated that students should express if they face any critical situation or any matter that is of concern to them and make it a habit to take support from the cell. The Principal felicitated the Chief Guest with bouquet. The number of students attended the session were 198.

The Chief Guest Dr. Paranthaman Sethupathi, Medical Director and Consultant Psychiatrist of Royal Care super Specialty Hospital delivered his talk to the students and focused on some of the challenges and concerns of the present generation students. He mainly focused on stress faced by students and how to deal with them. He spoke about the importance of identifying the stress factors and develop the habit of completing the required tasks on time, rather than delaying and developing stress. He gave practical examples and encouraged the students to avoid risky behaviours and recommended not to even explore using any kind of drugs which will become a habit and ruin the life of students' carrier. He stressed the need for students' to choose healthy habits such as sports, yoga, spending time with friends and family. He suggested that the students should always take support of their friends and family members and if they feel that they are unable to do so they can take help from the Support Cell of the college who may be of help to their challenges. He further stated that mental illness is like any other illness and one need not take medicines life-long if he or she is diagnosed with any kind of mental illness.





The Chief Guest talk was followed by Question-and-answer session, and many students asked relevant questions relating to stress and irritability faced either by them or their friends, and shared some of the challenges faced by the employers where they worked part time and enquired ways and means of overcoming them. All the queries were addressed meaningfully by the Chief Guest.



Finally Vote of thanks was proposed by Student Support Cell member Dr. Lalitha, Assoc. Professor, Department of BCA. She thanked the management of Hinduthan Educational Institutions and the Principal of Hindusthan College of Arts and Science for his immense support and guidance in making the event a success.



She thanked the Chief Guest whose speech was very informative and educative to students and thanked all the members of the Student Support Cell who actively got involved in planning and preparing for the inaugural event and other faculty members and the students who were present for the event. The programme ended at 12.30 pm with National Anthem.

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**HINDUSTHAN COLLEGE OF ARTS & SCIENCE**  
(Autonomous)  
Hindusthan Gardens, Behind Nava India  
Coimbatore – 641 028

**STUDENT SUPPORT CELL**  
Cordially invites Students and Faculty Members  
For “World Suicide Prevention Day”

- Welcome Address** : Mrs. Agnes Febiola.X  
Asst. Professor, Dept. of Social Work, HICAS
- Presidential** : Dr. A. Ponnusamy  
Principal, Hindusthan College of Arts & Science
- Felicitation** : Tmt. Saraswathi Khannaiyan  
Managing Trustee  
Hindusthan Educational and Charitable Trust
- : Tmt. Priya Sathish Prabhu  
Executive Trustee  
Hindusthan Educational and Charitable Trust
- Chief Guest Address** : Dr. Binila Kunnoth  
Counsellor, De-Stress Counselling Centre  
Coimbatore
- Vote of Thanks** : Ms. Suhasini, I MSW Student, HICAS

**Date**  
9<sup>th</sup> September 2019

**Venue**  
Library Seminar Hall

**Time**  
10.00 AM

**HINDUSTHAN COLLEGE OF ARTS AND SCIENCE  
HINDUSTHAN GARDENS, NAVA INDIA  
COIMBATORE**

**WORLD SUICIDE PREVENTION DAY BY STUDENT SUPPORT CELL**

VENUE: LIBRARY SEMINAR HALL      TIME: 10 .15 AM TO 11.30 AM

**Introduction**

The Student Support Cell of Hindusthan College of Arts & Science commemorated World Suicide Prevention Day on the 9<sup>th</sup> September 2019. Mrs. Agnes Febiola, Asst. Professor, Dept of Social Work and the Chair Person of Student support Cell gave the Welcome Address and introduced the Resource Person, Dr. Binila Kunnoth who was invited for the programme.



## Principal Dr. A. Ponnusamy addressing during the Session



**Felicitation address** was delivered by Dr. A. Ponnusamy, Principal of Hindusthan college of Arts & science who highlighted in his address that, it is a challenging task these days to handle students. He said that now-a-days' it is hard to analyze how the students will respond for any kind of corrections and what will trigger them to attempt suicide. Students take quick decisions about suicide and hesitate to take support. He stated that the very objective of today's programme is to involve the Class Representatives to attend the programme and gain knowledge and share with other classmates and facilitate those students to take support as and when they face any difficult situations.





Dr. Rangarajan of Dept of Computer Science spoke about the need to talk to someone in whom the students have trust and not take impulsive decisions about suicide. He stated the newspapers most of the time depict violence and it is not pleasant to read it early in the morning. He encouraged students to indulge in positive activities such as yoga, sports activities etc.

Dr. Binila Kunnoth, Resource person addressing



Dr. Binila Kunnoth, Counselor who runs De-Stress Counselling Centre and having wide experience of counseling students and adults was invited to address the students on Suicide Prevention Day. Dr. Binila shared many examples from her rich experience of counseling individuals as well as student population. She stated how the excessive use of

mobile among the student population and abuse of drugs especially cannabis and cocaine are making the students dysfunctional. She insisted that the student community is a powerful community and they should develop the habit of seeking support if they face any challenges in their life.

Vote of thanks was proposed by Ms. Suhasini of I MSW, Hindusthan College of Arts and Science and the Programme ended successfully. The session was attended by 190 students from various discipline.

**HINDUSTHAN COLLEGE OF ARTS AND SCIENCE  
(Autonomous)**

**STUDENTS SUPPORT CELL**

**Identifying Behavioural & Mental Health Problems in  
Students**

**October 12, 2019**

***AGENDA***

- PRAYER SONG
- WELCOME ADDRESS
- FELICITATION ADDRESS - PRINCIPAL
- INTRODUCTION OF CHIEF GUEST
- SPECIAL ADDRESS - CHIEF GUEST
- VOTE OF THANKS
- NATIONAL ANTHEM

**VENUE: F BLOCK SEMINAR HALL**

**TIME: 10:30 A.M**

## REPORT ON

### **“IDENTIFYING BEHAVIOURAL AND MENTAL HEALTH PROBLEMS IN STUDENTS AND THE TIMELY INTERVENTIONS”**

On account of World Mental Health Day which is observed on 10<sup>th</sup> of October every year, the Student Support Cell decided to host a Talk to the Class Tutors of UG and PG courses of Hindusthan College of Arts & Science. Dr. Sheila Daniel of Centre For Well Being, SEESHA Karunya Community Hospital was invited as Resource Person to deliver the Talk. The session was held on 12<sup>th</sup> October 2019 and the number of faculty members attended were 68.

Mrs. Agnes Febiola, Chair Person of the Cell and Asst. Professor with the Dept of Social Work gave the welcome address and the resource person was honoured with a bouquet. Dr. A. Ponnusamy, Principal of HICAS, delivered the Presidential address and stressed on the importance of the mental health of students who need the support of the faculty members and the need for the teachers to be aware of students’ problems at the present scenario in colleges.

#### **Resource person Dr. Sheila Daniel felicitated by Dr. Priya, Member of the Cell**



The Chief Guest Dr. Sheila Daniel, began her talk and shared about the various challenges faced by the student population and the need for the faculties to be aware of their problems to extend timely assistance. She spoke about peer pressure, depression, eating disorders, substance abuse, positive and negative stress, absenteeism in students and those who are involved in such activities to be identified and provided counselling services. The

importance of maintaining confidentiality about students' issues was stressed by her, and it was also stated that when students are highly with suicidal thoughts and display destructive behaviour, such behaviours cannot be kept confidential and need to be attended immediately in consultation with the management.

Participants at the session



The session was followed by interaction by a few faculty members who shared that the recent trend of some of the female students who are ready to go to any heights to get expensive electronic gadgets such as mobile phones and that it's not a healthy attitude and wanted to know how they need to be tackled. Their queries were answered by the resource person.



Vote of thanks was proposed by Dr. Sekar, Assoc. Professor and Member of the Student Support Cell who thanked the Resource Person for sharing her knowledge and experience of

handling students' behaviour and also thanked all the faculties (68) who participated in the programme.

**HINDUSTHAN COLLEGE OF ARTS & SCIENCE  
HINDUSTHAN GARDENS  
NAVA INDIA, COIMBATORE**

***STUDENT SUPPORT CELL  
ORGANIZED***

**Workshop on “Emotional Well-Being with Posture-Emotion-Walk”**

Venue: C Block Seminar Hall

Timings: 11.00 – 12.45 pm

Date: 28.01.2019

**Welcome Address:**

Welcome address was delivered by Mrs. Agnes Febiola, Asst. Professor and Chair Person of Student Support Cell who extended a warm welcome to the Management of HICAS, Dr. A. Ponnusamy, Principal of HICAS and the Resource Person and her team who were present to conduct the programme for students on “Emotional Well Being”.



### **Felicitation by the Principal:**

The Principal of Hindusthan College of Arts & Science, Dr. A. Ponnusamy felicitated the resource Person and Team Mrs. Sudha of Nithya Gurukula and appreciated them for accepting our invitation. He stated that the need for students to participate in such programmes to take care of their emotional health. He further added that these days it is challenging for students to pass through adolescent stage successfully without any major untoward incidents. If a boy or a girl is able to cross the adolescent stage and shine successfully in her or his life, we can say that as a great achievement. Principal congratulated the Cell for organizing such a programme for the class representatives and asked them to pass the knowledge they gain to other students in the class.

Principal of HICAS, Dr. A. Ponnusamy Felicitating the Resource Person



Dr. Rangaraj. R Head, PG & Research Dept. of Computer Science gave a brief introduction about the resource person of Nithya Gurukula



### **Special Address by the Resource Person:**

Mrs. Sudha, the Resource Person greeted the Principal and the Management of HICAS and the students present for the programme. She explained about the programmes which are specially designed for the well-being of individuals needing support and how these programmes empower the students. The concept of emotional well-being with the right posture, emotions, and walk was explained. The sitting posture, the way we sit and our posture, with our feet grounded steadily on the floor creates lot of positivism in us. She shared that standing tall and leaning slightly forward with hands at one's side, or leaning forward over a desk with hands planted firmly on its surface-led to higher levels of testosterone and lower



levels of the stress hormone cortisol. These physiological changes are linked to better performance and more confident, assertive behavior according to recent studies.

The speaker also explained about Tai Chi and that it has value in treating or preventing many health problems. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breath and body. They assisted students to do a few activities/exercises which yield good results in reducing stress and anxiety.

Resource Person Ms. Sudha of Nithya Gurukula addressing the students



In the second session conducted by Ms. Anisha of Nithya Gurukula she explained about regulating emotions and spoke on the Holistic Model of Nithya Gurukula which speak about the six layers such as physical, emotional, cognitive, behavioural, social and spiritual and how the psychological dimension affects all other layers. She further explained that when one works towards improving one dimension, the other dimensions start improving automatically.

The importance of giving positive strokes or acknowledging others was highlighted and how it gets positive response was explained. The speaker stated that at the being level providing a negative stroke is not advisable.

Another Team member of Nithya Gurukula addressing the students



The resource person further stated that the student should slowly start practicing the techniques taught and develop a positive outlook in life and try their best to give positive strokes / positive remarks to people they meet.

Students applying one of techniques taught by the Resource Person



One of the students giving feedback about the session



**Vote of Thanks**

Dr. Lalitha, P. Associate Professor, Dept. of BCA proposed Vote of thanks and she thanked the Management of Hindusthan Charitable Trusts, Smt. Saraswathi Khannaiyan and Dr. Priya Sathish Prabhu for their support and the Dr. A. Ponnusamy, Principal of HICAS, the resource person and her team members who were present to conduct the workshop and all the faculty members and students for their support, participation and cooperation. (350 students attended the sessions.)

## **HINDUSTHAN COLLEGE OF ARTS & SCIENCE**

Behind Nava India, Coimbatore

**PG & Research Department of Social work & Student Support Cell**

Organized a webinar on

**“Turning Negative mental health into Positive Mental Health”**



**Webinar held on 18<sup>th</sup> June 2020 – 11. Am – 12 pm through Zoom app**



# Hindusthan

College of Arts & Science

An Autonomous College - Affiliated to Bharathiar University  
Approved by AICTE and Govt. of Tamilnadu  
Accredited by NAAC-An ISO Certified Institution

## PG and Research Department of Social Work and Student Support Cell

Invites you

**Webinar on**  
**Turning Negative**  
**Mental Health to**  
**Postive Mental**  
**Health**

### **Speaker**

**Mr. Jerus Albert Britto ,**  
**Counselling Psychologist ,**  
**Govt Arts College,**  
**Coimbatore.**

**Date : 18th June 2020**  
**Time : 11.00 AM**

### **Join Zoom Meeting**

**Meeting ID : 954 3794 2300**  
**Password : 7wte6B**

**HINDUSTHAN COLLEGE OF ARTS & SCIENCE, COIMBATORE**

**PG AND RESEARCH DEPARTMENT OF SOCIAL WORK & STUDENT SUPPORT CELL**

**Organized “Turning Negative Mental Health into Positive Mental Health”**

PROGRAMME AGENDA

**Date: 18<sup>th</sup> June 2020**

**Time: 11am – 12 pm**

**Welcome Address : Mrs. Agnes Febiola.X**  
**Asst. Professor,**  
**Dept. of Social Work**  
**Hindusthan College of Arts & Science**

**Resource Person : Mr. Jerus Albert Britto**  
**Counselling Psychologist**  
**Govt. Arts College**  
**Coimbatore**

**Vote of Thanks : Dr. M. Punitha**  
**Head**  
**Dept. of Social Work**  
**Hindusthan College of Arts & Science**

## PG and Research Department of Social Work & Student Support Cell

### Webinar Report on “Turning Negative Mental Health into Positive Mental Health”

18<sup>th</sup> June 2020

Time: 11 am – 12.00pm

PG & Research Department of Social Work along with the Student Support Cell of Hindusthan College of Arts & Science jointly hosted the webinar which was conducted through Zoom app and the resource person invited was Mr. Jerus Albert Britto, Clinical Psychologist and Guest Lecturer from Dept. of Psychology, Government Arts College, Coimbatore. Welcome address was given by Mrs. Agnes Febiola, Asst. Professor, Department. of Social work. Number of staff and students participated were 70.

The resource person began the session by raising a question, “How healthy is your mind?” The brain one of the vital organ in human beings controls all the parts of our body. World Health Organization states that, if you want to be a healthy individual you need to have positive mental health. Good mental health is more than just the absence of mental illness. It can be seen as a state of mental health that allows one to flourish and fully enjoy life.

The speaker highlighted the following determinants of poor mental health.

**Fear:** Though fear is a common and necessary emotion, it is related to poor mental health. Negative feelings about future is associated with poor mental health. Fear about something lay lead to a state called anxiety.

**Numbness:** The Corona virus disease has changed our life style. Students and children are found to be obsessed in online mobile games and other portals. They spend a huge volume of time and it may lead to numbness.

**Insomnia:** Sleep pattern is badly affected in students. The main cause for sleep disturbance is due to continuous usage of screens, electronic gadgets. Due to melatonnial hormone secretion sleep gets affected, and parents are facing immense stress managing their children at home due to the pandemic situation.

**Depressive symptoms:** Students display symptoms as they are unable to adapt to new situations and some of them show self-harming behaviour. Most of them aren't aware of positive mental health.



**Lack of Interest:** Many wish things to happen fast or wish to acquire the desired things or objects immediately. They want to gratify their needs at the earliest. They do not have the patience or interest to stay focused and succeed.

**Stress:** The corona pandemic has caused lot of negativism and stress among individuals. There are two kinds of stress; eustress and distress. We all know about distress. Eustress is a positive one. Students of Std X were preparing for their board exam. There was a positive stress in them to motivate them to do the exams in a better manner, that is Eustress.

**Irritability:** When things do not go the way one wants to then they get irritated. They become short tempered and throw tantrums.

Mr. Jerus Albert Britto, addressing during the session dated 18<sup>th</sup> June 2020



Factors determining positive mental health as shared by the speaker:

We need to adopt healthy life style. In earlier days there were such pandemic situations and epidemic outbreaks were there. But how the media projected such crisis situations totally differ from how they are portrayed now. The news channels delivered the heartbreaking news in a gentle manner but the current scenario is different. Information is overflowing from various sources. Our grandparents too had higher resilience to handle such situations.

**Introspection method:** Knowing about oneself and how do we respond to situations matter. SWOT analysis-checking one's cognitive domains, strengths, weaknesses, opportunities and threats is another best way to know about oneself which will enable to improve on the areas that need to be developed.

**Forming healthy habits:** Develop the habit of reading any books which will improve knowledge, spend time with family members, analyze your dreams with your careers. The speaker gave a link to check the personality type in which the results are scientifically proved. (<https://psychcentral.com/quizzes/personality-tests/>)

Other tips given by the speaker while concluding;

- Involve in mental health exercises
- Compare your past with your presence to build a better future
- Talk with old friends
- Monitor your intake, avoid junk food
- Overcome addiction, be it mobile or any other
- Jacobson exercise is good to practice to keep you calm
- Practice yoga
- Identify depression and enable treatment

Vote of Thanks was proposed by Dr. M. Punitha, Head, Dept. of Social Work and she thanked the Management and Principal of Hindusthan College of Arts & Science for their constant support and she thanked the resource person for his effective delivery of the content for today webinar and thanked the participants for their active participation.

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**HINDUSTHAN**  
COLLEGE OF ARTS AND SCIENCE



SEPTEMBER

**29**

12.00 PM TO 1.00 PM



LIVE WEBINAR

**STUDENT SUPPORT CELL INVITES YOU FOR A  
WEBINAR ON  
"WORKING TOGETHER TO PREVENT SUICIDE"**

**Resource Person**

**Dr. V.Umamaheswari MD,DNB,MRCHPsych**  
Consultant Psychiatrist  
Mind Vision Hospital and Nalavind Medical  
Center, Coimbatore.



Google Meet link

zop-ppog-jja

**WORLD SUICIDE  
PREVENTION DAY**

# ***Hindusthan College of Arts & Science***

*(Autonomous)*

*Coimbatore – 641028*

## ***Student Support Cell cordially invites you for an online Webinar on “Suicide Prevention Day”***

*Google meet*

*Time:12.00 p.m*

***Welcome Address***

***: Mrs. X. Agnes Febiola***

*Asst. Professor, Dept of Social Work.*

***Presidential***

***: Dr. A. Ponnusamy***

*Principal,*

*Hindusthan College of Arts & Science.*

***Felicitation***

***: Tmt. Saraswathi Khannaiyan***

*Managing Trustee,*

*Hindusthan Educational & Charitable Trust*

***: Tmt. Priya Sathish Prabhu***

*Executive Trustee & Secretary,*

*Hindusthan Educational & Charitable Trust.*

***Chief Guest Address***

***: Dr. Umamaheshwari***

*Nalavind Medical Center*

*Coimbatore*

***Vote of Thanks***

***: Dr. P. Sekar, Assoc.Professor***

***Dept.of Commerce***

**HINDUSTHAN COLLEGE OF ARTS & SCIENCE**  
**HINDUSTHAN GARDENS**  
**NAVA INDIA, COIMBATORE**

***STUDENT SUPPORT CELL***

*Observed*

***World Suicide Prevention Day***

Date: 29<sup>th</sup> September 2020

Google meet

Time 12 pm – 1.15 pm

**Welcome Address**

The webinar began with the welcome address delivered by Mrs. Agnes Febiola, Chair Person of Student Support Cell and Assistant Professor with the Department of Social Work, Hindusthan College of Arts & Science. She extended a warm welcome to the Chief Guest of the Programme Dr. Umamaheashwari, Consultant Psychiatrist, Mind Vision Hospital and Nalavind Medical Center, Coimbatore. She appreciated the support and encouragement received from the Principal of Hindusthan College of Arts and Science Dr. A. Ponnusamy and thanks him for his presence. She welcomed all the faculty members, members of Student Support Cell and all the students present for the Programme. The session was attended by 119 participants.

**Special Address by Principal**

The Principal of Hindusthan College of Arts and Science, Dr. A. Ponnusamy appreciated the Student Support Cell for organizing the Webinar on Suicide Prevention. He thanked the resource person for her valuable time shared with Hindusthan college. The Principal spoke on the importance of addressing the issues related to the current young generation and suicide. The student population mostly spends time in utilizing electronic gadgets which has both positive and negative influences. The negative impact it creates on the physical as well as psychological health is huge. Children are unaware and their socialization skills are decreasing.

It is challenging for the parents and the teachers also to monitor students'. He added that awareness programmes such as these would greatly benefit the student population.

### **Address by Chief Guest**

Dr. Umamaheshwari began the session by asking the participants "What is Suicide? Why should we talk about suicide?" Why only some commit suicide?" And shared an example of a client who was referred to her by a college. The student attempted suicide and came for treatment. Student's aim was to excel in her studies and shine in her career. Though initially she did not reveal about her problems, later on she revealed that she was in a relationship and could not concentrate on her studies. She needed to be on treatment. It becomes important to take support when you are in crisis or when you are in trouble which you are not able to handle alone.

The resource person shared the following statements about suicide:

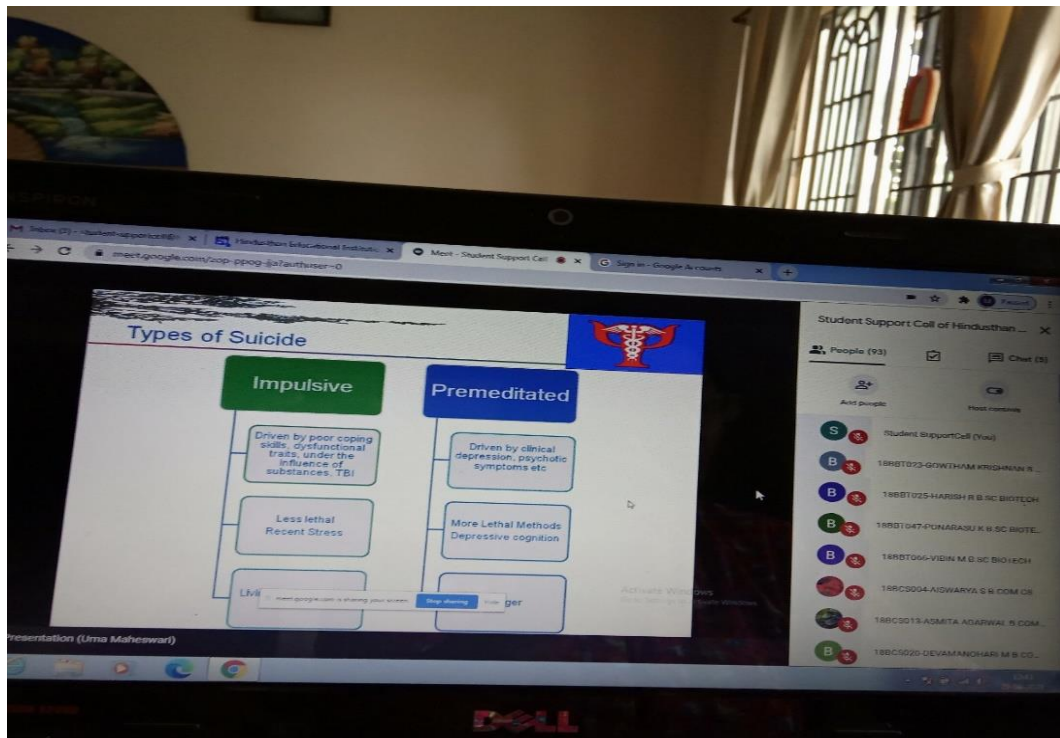
- Suicide is less common in women than men
- People talking about suicide actually do not mean it
- Once suicide is prevented the thought won't come again
- Those who have mental illness only will commit suicide
- Those who abuse substance are more likely to commit suicide
- Talking about suicide is not healthy

She added that by the end of the session the participants would understand the answers for the above statements.

Life is a balance between our expectations and the outcome. For example, NEET exams - why is that some students commit suicide? Those who commit suicides already imagine that they won't be able to perform well. From ancient time onwards suicide existed, people ended their lives. Some of the reasons are fear of failure, excessive stress which they are unable to take, physical health issues like those who are under treatment for cancer, who are on dialysis, those who use substance. People think they can come out of problems if they use substance. Whereas it only triggers depression. Those who are addicted to alcohol, under the influence of alcohol commit suicide. People who are economically burdened mix poison and end their life.

Gaming: Suicidal gaming, Blue whale addiction, the final task in those games are to end life. Scientifically there are many theories, genetic factors contribute to suicide. Egoistic suicide happens when north-east people who settle in the southern parts, when they are unable to fit in and cope with their lives, they commit suicide.

## Resource person presenting power point in online mode



The resource person further added that there are gender differences; attempted suicides are more common in females whereas completed suicides are more in males. With the increase in age men are found to commit suicide after 45 years and women above 55 years. When compared to adults, elderly commit and complete suicide. Some of the risk factors are; mental illness, substance use, addiction to alcohol, cannabis, old age and other vulnerabilities. There different types of suicides such as Para-suicide where people injure themselves but do not wish to die. Cyber suicides are where suicide pact is made between individuals who meet on the internet people Copycat suicide happens in cases when famous celebrities like Sushanth Singh committed suicide those who admire him who are vulnerable also end their life by committing suicide.

### Protective Factors:

- Strong family support / Friends support
- Skills in problem solving, conflict resolution and non-violent handling of disputes
- Personal, social, cultural and religious beliefs that discourage suicide and support self-preservation.
- Restricted access to means of suicide

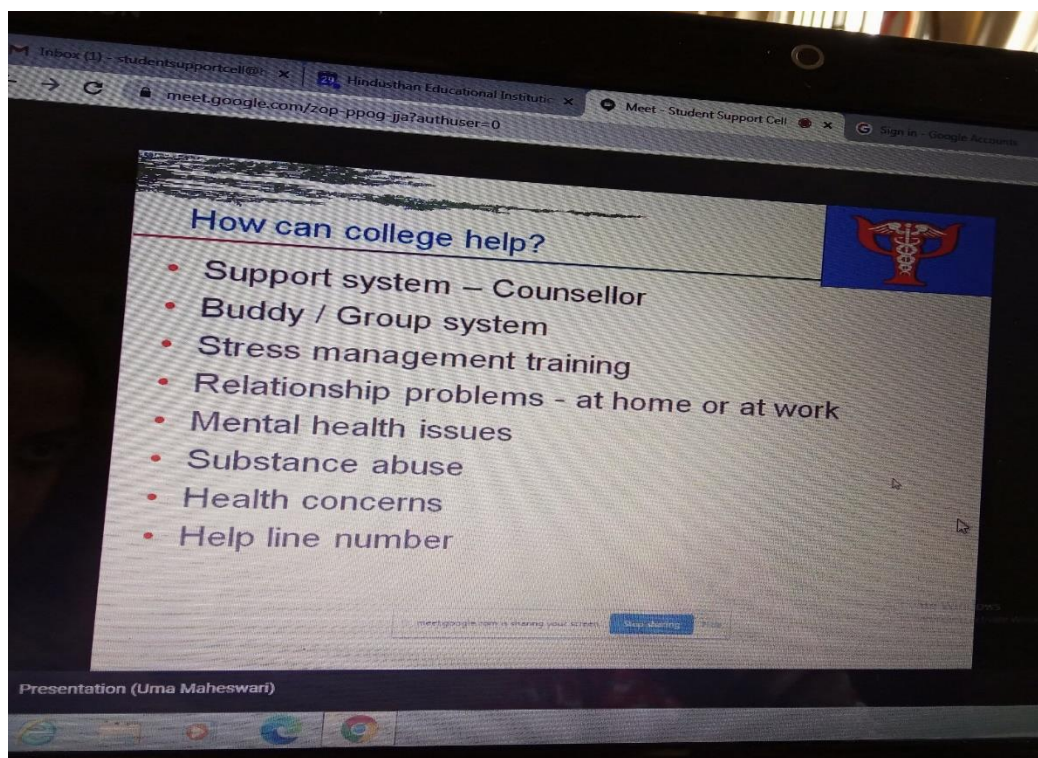
- Seeking help and easy access to quality care for mental and physical illnesses.

Extent of the problem: Suicide is the second leading cause of death and the second leading cause of how they do. Adolescence suicides are now the emerging threat to society.

Suicide evolves in an individual's mind as ideas, which becomes their thoughts and the thoughts become their intentions and then it becomes their plans and finally they decide to attempt.

The resource person concluded her talk by commenting that suicides are preventable. Interventions at community, Institutional and organizational level will bring about the needed awareness and help those who are in emotional crisis. The people who are at high risk should be identified and their concerns should be addressed appropriately.

Resource person sharing the slide through online mode



**Vote of Thanks:**

Dr. Sekar, Associate Professor of Department of commerce, proposed vote of thanks. In his thank you address, he thanked the Management for their continuous support in organizing such programmes. He thanked the Principal, Dr. a. Ponnusamy for his constant encouragement. He thanked the resource person of the event Dr. Umamaheshwari for sharing her extensive experience and thoughts and enlightening the participants. Dr. Sekar thanked all the members of Student Support Cell and the participants and the programme came to an end.





**Hindusthan**  
College of Arts & Science

An Autonomous College - Affiliated to Bharathiar University  
Approved by AICTE and Govt. of Tamilnadu  
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**Student Support Cell  
and  
PG & Research Department of Social Work**  
Jointly organizing  
**webinar  
on**

**"World Mental Health Day"**

**Resource Person :**

**Dr.K.Venkatesh Kumar**

**MBBS, MD (Psychiatry)**

**Director and Consultant Psychiatrist**

**Mind Vision Neuropsychiatric Clinic ,  
Coimbatore**

**Wednesday 12.00 PM Onwards  
14th October 2020**

**Join With Us :**



**wro-khep-ajh**

Google Meet

# ***Hindusthan College of Arts & Science***

*(Autonomous)*

*Coimbatore – 641028*

***Student Support Cell & Dept. of Social Work Jointly  
organised***

## ***World Mental Health Day Agenda***

Venue: Google meet

Time: 12 pm – 1 pm

Date: 14.10.2020

Welcome Address

: Mrs. X. Agnes Febiola

Chairperson of Student Support Cell &  
Asst. Professor, Dept of Social Work

Presidential

: Dr. A. Ponnusamy

Principal,  
Hindusthan College of Arts & Science.

Chief Guest Address

: Dr. Venkatesh

Consultant Psychiatrist and Director  
Mind Vision Neuropsychiatric Clinic,  
Coimbatore

Vote of Thanks

: Dr. P. Priya, Head

Dept. of Commerce

## **Report of World Mental Health Day**

### **Welcome Address**

The session began with a welcome address by Mrs. Agnes Febiola, Chairperson of Student Support Cell and Asst. Professor of Department of Social Work. She stated the importance of observing Mental Health Day; world mental health day for global mental health education, awareness and advocacy against social stigma. She extended a hearty welcome to the Resource Person Dr. Venkatesh, a Consultant Psychiatrist and Founder of Nalawind Mind Vision Hospital, Coimbatore. A brief introduction was given about the resource person.

Dr. A. Ponnusamy, greeted the resource person and appreciated the Students Support Cell and the Dept. of Social work for jointly organizing the programme on World Mental health Day. Sir stated that mental health is important in the current scenario where Covid pandemic is on the increase at the global level and people in general are forced to experience stress and are distressed due to various factors. Creating awareness about the importance of caring for mental health especially among the college students is of utmost importance. Sir said that the session would be more helpful to students and the faculty members and will enhance their understanding about caring for mental health.

The resource person was handed over the session. World mental health day was first celebrated in the year 1992 at the initiative of the World Federation of Mental Health, a global mental health organization with members and contacts in more than 150 countries. People in many countries hold events and use World Mental Health Day to draw attention to the importance of mental health knowing there is much to be done to increase public education and advocacy.

The theme for this year is “Mental Health for all and greater investment and greater access to mental health”. ” Why this theme? Mental health is a human right., it is no longer an option. It’s time that mental health is available for all. Quality, accessible primary health care services is the foundation for universal health coverage and is urgently required as the world grapples with the current health emergency. There is a need to make mental health a reality for all – for every one everywhere.

According to one of the WHO – 2001 statistics, about 450 million people live with mental disorders that are among the leading causes of mental health and disability worldwide. One person in every four will be affected by a mental disorder at some stage of their lives, while mental, neurological and substance abuse disorders exert a high toll on health outcomes accounting for 13% of the total global burden of disease. (WHO-2012)

Among the young people 15% to 29 suffer from mental illness. Our government spends only 45 of the GDP on mental health. 10% of children and young people aged 5 to 16 years have clinically diagnosable health problem, yet 70% of children and adolescents who experience mental health problems have not yet had appropriate interventions at a sufficiently early age. Suicide is the second leading cause of death among 15 to 29 years of age. Every 10 minutes, somewhere in the world an adolescent girl dies of violence according to United Nations children's fund. So mental health is for all, boys, girls and trans genders. We have to address and increase awareness about mental health. Good mental health is an essential one.

Young people that grow up with additional stressors due to the effect of trauma, trans gender discrimination, major mental illnesses, bullying and suicide are far more likely to have mental health issues throughout their rest of their lives.

Coming to the second part of this years' theme that is investing in mental health. First we need to plant the seed, water that and add fertilizers and nurture, then only the tree will grow. Similarly, the investment on mental health should begin from institutions, educational institutions', governments, policy makers, donors, media and so on. Inter-sectoral collaboration is very important. Psychiatrists are available at each districts. Their services should be made available for everyone.

What can health providers do?

- Respect the dignity and promote the rights of people with mental disorders.
- Ensure provision of good quality mental health care within the health care system and community.

What can individuals do?

- Promote positive attitudes, non-discrimination, and equal opportunities for people with mental health conditions.
- Educate yourself and raise awareness about mental health and human rights issues.

- Support and mobilize people in your communities to advocate for change.
- Advocate for increased funding for mental health.

Mental health funding should come from all levels from NGO's from institutions and from individual levels. The WHO recommends that the health spending allocation should be in proportion to the health burden and that there should be parity between physical and mental aspects of health care. International guidelines and evidence indicate that services for mental health conditions should aim at:

1. Caring for people in the community
2. Providing integrated services for mental illness in primary care or general hospitals.
3. Community treatment plus social support for severely affected individuals

In India health spending is more on infective disorders. It should be more on mental health disorders. According to a statistic report, in India, median spending in mental health stands at 2.0% of total government health spending, varying greatly by country.

This is the time for action and it's never too late to begin any good things in life.

## **MH and COVID 19**

What is the impact of COVID 19 on mental health?

The resource person listed the following:

- The world is experiencing the unprecedented impact of the current global health emergency due to COVID 19 that also impacted the mental health.
- The levels of anxiety, fear and isolation, social distancing and restrictions, uncertainty and emotional distress experienced have become widespread as the world struggles to bring the virus under control
- The current worldwide pandemic arose against an already dire mental health landscape that saw mental health conditions on the rise across the globe.

Therefore, fear, worry and stress are normal responses to perceived or real threats. It is normal and understandable that people are experiencing fear in the context of COVID 19 pandemic. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we take care of our mental as well as physical health.

The speaker concluded the session by further adding that, COVID 19 pandemic has led to an increase in people developing new mental health and substance use conditions as well as to a worsening or relapse in those with pre-existing conditions. Investing more in mental health can help countries to be prepared for the unexpected impacts of emergencies and disasters, which take a toll on mental health disorders.

Vote of thanks was proposed by Dr. Priya, Professor and Head, Department of Commerce. She thanked the Management, the Chief Executive Officer, Dr. Karunakaran Sir, Principal, Dr. A. Ponnusamy sir and the members of Student Support Cell, the Head of Social Work Department Dr. Piunitha, all the faculty and the student population for their patient hearing. She specially thanked the resource person for his thought-provoking speech delivered on such an important topic as mental health.

#### Snapshot of online webinar on “World Mental Health Day” held on the 14 th October 2020

The screenshot displays a Google Meet interface during a webinar. The main content area shows a presentation slide with the text: "WORLD MENTAL HEALTH DAY-OCTOBER 10, 2020" in large red letters, and "Dr Venkateshkumar, MD(PSY), Consultant Psychiatrist," below it. The top of the meeting window shows the presenter's name "Venkatesh kumar Kandappan is presenting" and a list of participants including "18BBT030-KARUNYA M B.SC BIOT..." and "18BBT051-PRİYADH...". The bottom of the window shows a Windows taskbar with various application icons and a system tray displaying the time "12:23" and date "14-10-2020".



**HINDUSTHAN COLLEGE OF ARTS AND  
SCIENCE COIMBATORE**



**INSTITUTION'S  
INNOVATION  
COUNCIL**  
(Ministry of HRD Initiative)

**PG & RESEARCH DEPARTMENT OF SOCIAL WORK  
& STUDENT SUPPORT CELL  
IN ASSOCIATION WITH VITAE INTERNATIONAL**

**ORGANIZING A SESSION ON**

**"ORDINARY TO EXTRAORDINARY - EMOTIONAL INTELLIGENCE  
- PERSONAL COMPETENCE"**

**RESOURCE PERSON :**

**Ms.Lata Daniel**

**Chief Operating Officer**

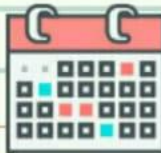
**JDPS Business Solution LLP**

**Convener :**

**Dr.M.Punitha**

**Professor & Head**

**Dept of Social Work**



**13 March 2021  
@11.00 am**



Google Meet

**kub-yasg-wdj**

**HINDUSTHAN COLLEGE OF ARTS & SCIENCE, COIMBATORE**

**PG AND RESEARCH DEPARTMENT OF SOCIAL WORK**

**IN ASSOCIATION WITH VITAE INTERNATIONAL**

Organized an online session on

***Ordinary to Extraordinary Series – “Emotional Intelligence – Personal  
Competence”***

**Programme Agenda**

**VENUE: ONLINE (ZOOM)**

**DATE: 13-03-2021**

**Welcome Address : Dr. Agnes Febiola. X**  
**Assistant Professor**  
**Dept. of Social Work**  
**Hindusthan College of Arts & Science**

**Resource Person : Ms. Lata Daniel**  
**Chief Operating Officer at JDFS Business Solutions LLP**  
**and Vice President of**  
**Vitae International Accounting Services Pvt. Ltd**  
**Coimbatore**

**Vote of Thanks : Dr. P. Natarajan**  
**Associate Professor,**  
**Dept. of Social Work**  
**Hindusthan College of Arts & Science**



## **A brief report on Emotional Intelligence – Personal Competence”**

### **INTRODUCTION**

The PG and Research Department of Social Work, Hindusthan College of Arts and Science, and Student Support Cell in association with Vitae International Pvt Ltd, Coimbatore organised a virtual session on “Ordinary to Extraordinary Series – Emotional Intelligence & Personal Competence” held on virtual mode on the 13<sup>th</sup> March 2021 through google meet. The session was planned as part of the student development programme. The resource person was Mrs. Lata Victor, Chief Operating Officer of JDFS Business Solutions. The session was attended by 87 participants.

### **Welcome Address**

The session started with the welcome address by Dr. X.Agnes Febiola, Asst. Professor of Department of Social Work, who welcomed the Management of Hindusthan College of Arts and Science, Dr. A. Ponnusamy, Principal of Hindusthan College of Arts and Science, Dr. M. Punitha, Head, and all the Faculty members of Social Work department and the students of MSW. Dr. M. Punitha, gave a brief introduction of the resource person and his various achievements.

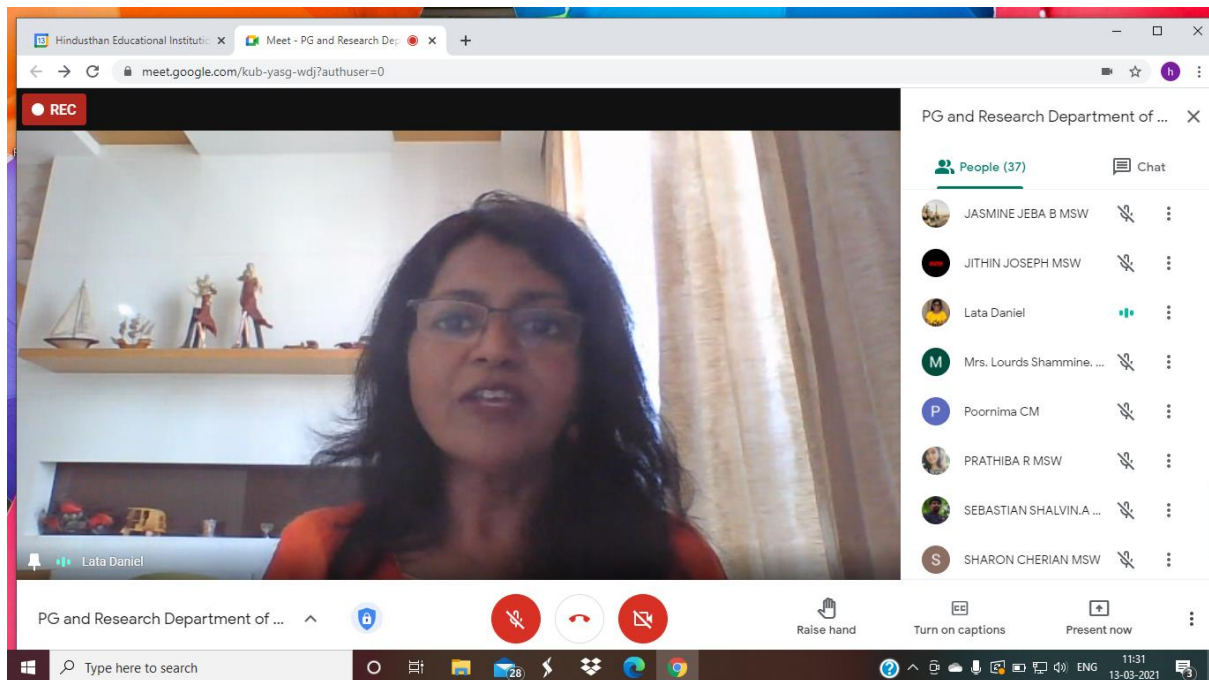
### **Address by Resource Person**

Ms. Lata Daniel, started the session by having a dialogue with the students about the pandemic situation and said she hoped to meet every one some day at Hindusthan College. She thanked the Management of Hindusthan and the Principal for consenting to give such student development Sessions.

She stated that Emotional intelligence refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it's an inborn characteristic.

The ability to express and control emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others. Imagine a world in which you could not understand when a friend was feeling sad or when a co-worker was angry.

Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ in your overall success in life.



### Resource Person addressing in the session

Researchers suggest that there are four different levels of emotional intelligence including emotional perception, the ability to reason using emotions, the ability to understand emotions, and the ability to manage emotions.

**Perceiving emotions:** The first step in understanding emotions is to perceive them accurately. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.

**Reasoning with emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.

**Understanding emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of the person's anger and what it could mean. For example, if your boss is acting angry, it might mean that they are dissatisfied with your work, or it could be because they got a speeding ticket on their way to work that morning or that they've been fighting with their partner.

Managing emotions: The ability to manage emotions effectively is a crucial part of emotional intelligence and the highest level. Regulating emotions and responding appropriately as well as responding to the emotions of others are all important aspects of emotional management.

The resource person added that when she and her learnt that her new born son was diagnosed with Cerebral Palsy they were broken. But her husband gave her hope and confidence and said to surrender to God as He will help them to take care of their son. She stated that her husband helped her to regulate her emotions and shared lot of responsibilities in raising him. They brought him up with deep understanding and love and cared for his every need. He was able to write poems on love, courage, mutilation and so on which were published in the form of books and are being used till today by many people in colleges, organizations. The family feels happy that they could contribute so much towards his development though he was unable to utter a single word.

She further shared about personal competence. Personal competencies are personal traits and abilities that affect your results in the workplace and in life. Personal competencies include self-awareness, drive, relationship skills and confidence. The sum of these skills is a good indicator of whether you will be successful as a manager or as an employee. There are ways to increase your competencies and help you to create a formula for success in nearly anything you attempt to do.

Identify competencies that you currently have. Write them down and work on strengthening them. For example, if you have excellent relationship skills, try to build on that. Be friendly to those you don't know. Do something nice for a stranger. Take part in volunteer work for the homeless. Find ways to improve upon skills you already have. She shared how her family got into helping the students facing constraints in paying the college fees are being assisted by Vitae.

Enroll in classes and seminars to help you to develop your personal competencies. Two examples are communications and ethics. Always be open for personal improvement, no matter what your age.

Maintain a positive attitude and keep pushing forward. Staying motivated throughout a task will increase your self-confidence and provide you with greater self-esteem, which will carry over to all areas of your life. Look for new opportunities and take initiatives. Often, you learn best by doing. The speaker wound up the session by stating that though the session is

happening online due to the pandemic situation, she said that all the students who are listening to her session are like her own children and she hoped and wished that they carry home a message from the session which will be useful for them in their life. She thanked the Management of Hindusthan and the Principal and the Head of the Department of Social Work for providing the opportunity to have the session for students for their improvement.

### **Vote of Thanks**

Dr. P. Natarajan, Associate Professor of Social Work, proposed vote of thanks. He thanked the Management of Hindusthan College of Arts and Science, Dr. A. Ponnusamy, for their continuous support and encouragement in organizing such student development programmes. He thanked the HOD and the faculty members of Department of Social Work, Faculty members of Student support Cell of Hindusthan College and all the student participants for attending the session.

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**Hindusthan College of Arts & Science  
(Autonomous), Coimbatore**



# **STUDENT SUPPORT CELL**

of HICAS Invites

**THE UG & PG CLASS  
REPRESENTATIVES**

*For a session on*

**"COPING WITH EMOTIONS"**

Venue: Library Seminar Hall | Date: 19.03.202 | Time: 11.30 am

**Speaker:**

**Dr. Agnes Fabiola. X**

**Asst. Professor**

**Dept. of Social Work &**

**Chairperson, Student Support Cell**

**Convenors:**

**Committee Members of Student Support Cell, HICAS**

## **Hindusthan College of Arts & Science, (Autonomous)**

### **Student Support Cell**

#### **Report on the session “Coping with Emotions” held at Library Seminar Hall**

The Student Support Cell of Hindusthan College of Arts and Science organized a session for the PG and UG class representatives on the topic “Coping with Emotions” held on 19<sup>th</sup> March, 2021. The session was attended by 107 students from all the departments. The speaker of the session was Dr. Agnes Febiola. X, Assistant Professor in Social Work and Chairperson of Student Support Cell of Hindusthan College of Arts and Science. The session began at 11.30 am and ended at 12,40 pm and was actively participated by all the students.

#### **Dr. Agnes Febiola addressing the students**



The speaker began the session by explaining about emotions and asked students their opinion and ideas on emotions. The students started sharing about the different kinds of emotions such as happiness, joy, sadness, anger, frustration, romance, break up, irritation, grief and so on. The students' knowledge about life skills was enquired and they shared some of the skills like eating, singing, driving, dancing, writing, speaking, joking, cycling etc. They were educated about the 10 Life skills and were explained about the definition given by World

Health Organization. The speaker stressed on the need for everyone to adapt to the situations life offers and the importance of having a positive outlook in life.

The speaker made the students to understand the skills through experiential learning method. A few students were asked to volunteer in the session to participate in an activity. Through the activity, they were enabled to think of various skills which they were able to identify and were helped to display in the activity. There were six male students and six female students who actively participated in the activity. They were asked to share what they learnt through the activity and they were able to come up with different answers and how they realized that the activity helped them to get to know other students, gave them more confidence to do

### **Male participants in the activity**



the activity, each person in the group is important and each plays a vital role in the given task, the leading person has important responsibility of leading the group, every one needed to work as a team etc. The participants of the activity expressed happiness and were also able to acknowledge their fears and anxiety while doing the activity. Each one of them were asked to express what they learnt by doing the activity.

## Female participants doing the activity



The speaker highlighted on primary and secondary emotions and explained how each emotion is important and how the various emotions influence the behaviour of individuals. She stated that without emotions we are like robots, very mechanical without any meaning.

Coping with emotion is an ability, which involves recognizing emotions in others and ourselves, being aware of how emotions influence behaviour and being able to respond to emotions appropriately. She shared the following and explained on each point.

- Emotions that we experience are natural
- Are caused by either pleasant or unpleasant circumstances
- Emotions are unpredictable
- Management of your emotions is our own responsibility

In order to get in touch with your feelings

- Identify the emotion without censoring it.
- Reflect on how the emotion is affecting you.
- Where in your body do you feel the sensation
- Understand what is happening to you
- Acknowledge your feelings



The speaker further raised the following questions:

1. How do you know that you are upset?
2. How do we feel when we are upset?

And shared, When we are upset.....

- Sweaty palms
- fear
- Shaky hands
- Increased heart beat
- Dry mouth
- Shaky voice
- Anger
- Sadness
- Uneasiness

The speaker made the participants do breathing exercise and lead the students to remain calm and composed. All of them did the exercise as guided.

She further shared that there are positive and negative ways of coping emotions; she told not to stay positive and not lose control of oneself, to keep calm in words and actions and accept reality. It is important to think through the possible consequences of a situation and think of alternative lines of action.

The following tips were given to express emotion safely and in a healthy manner.

- Self-distraction - listen to music/sing
- delay taking action,
- take a walk,
- express emotions through writing
- confide in a trusted friend or family member, talk to a counsellor
- Do regular exercise
- Eat a well-balanced diet
- Accept that you cannot control everything in life
- Manage your time
- Get adequate sleep

The Speaker ended the session by asking the students what are the key messages they are carrying home from the session. A few were asked to share. They expressed happiness about the session and said the session was helpful in realizing various emotions, they identified their potentials, the activity gave them confidence and prepared some of the students to take up tasks in order to develop skills in life. They said they learnt about team work and its importance and they thanked the speaker. The speaker also thanked the students for inspiring her to deliver the message and thanked every one for their presence.



Participants at the session

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To

17<sup>th</sup> August 2021

The Principal  
Hindusthan College of Arts & Science  
Coimbatore

Respected Sir,

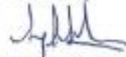
Sub: Permission to conduct an online session by Student Support Cell

On behalf of Student Support Cell, we have planned to conduct a session to II B. Com IT students. The topic of the Session is "Mental Well-being during crisis". This is planned on 19<sup>th</sup> August 2021 during the 3<sup>rd</sup> hour. The session will focus on the importance of mental well being, the need for availing counselling services and also awareness will be created about the Student Support Cell of our College.

We request you to kindly grant permission to conduct the same.

Thanking you

Yours truly



Dr. Agnes Febiola. X  
Coordinator of Student Support Cell  
HICAS

Yes  


# Hindusthan


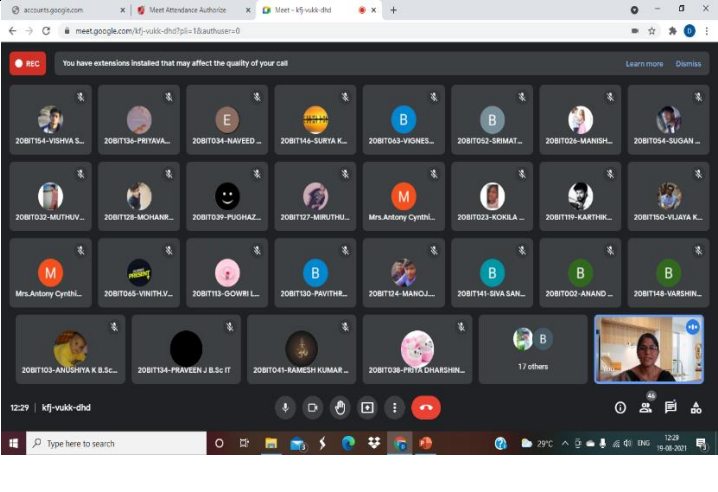
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HICAS/DCODE/No.  
Student Support Cell

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Seminar		
<b>Name of Department/ Cell/ Club</b>	Student Support Cell		
<b>Date/s</b>	<b>19.08.2021</b>	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>	Convenors – Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work, Coordinator: Dr. Anthony Cynthia, II B. Com IT		
<b>Stratum of the Event</b> (Regional, State, National, International)	Regional		
<b>Title of the Event</b>	Mental Well Being During Crisis		
<b>Venue</b>	Online mode – Google meet		
<b>Resource Person/s Details</b> (Affiliation and Designation)	Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Scope of the Event</b>	Create awareness among students about the Student Support Cell of Hicas and leave them empowered to face their lives and care for their mental well-being. Not to hesitate and take support at any crisis situations.		

<p><b>Deliberations/ Discussions</b></p>	<p>The importance of taking care of our mental health and wellbeing was discussed and strategies to be followed to maintain positive mental health were highlighted</p>	
<p><b>Outcomes of the Event</b></p>	<p>Students' participation was good.</p>	
<p><b>Remarks and Feedback on the Event</b></p>	<p>Good participation by students. They shared that the session was different from other class and that they learnt about the importance of mental health.</p>	
<p><b>Total No. of Participants</b>  (Mention Faculty count also if it is an Extension Activity)</p>	<p>45 students of II B Com IT</p>	
<p><b>Image of the Event Brochure</b></p>	<p><b>Photographs of Event</b></p>	
		

To

17<sup>th</sup> August 2021

The Principal  
Hindusthan College of Arts & Science  
Coimbatore

Respected Sir,

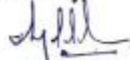
Sub: Permission to conduct an online session by Student Support Cell

On behalf of Student Support Cell, we have planned to conduct a session to II BSc CT A & B students. The topic of the Session is "Mental Well-being during crisis". This is planned on 23<sup>rd</sup> August 2021 during the 3<sup>rd</sup> hour. The session will focus on the importance of mental well being, the need for availing counselling services and also awareness will be created about the Student Support Cell of our College.

We request you to kindly grant permission to conduct the same.

Thanking you

Yours truly



Dr. Agnes Febiola. X  
Coordinator of Student Support Cell  
HICAS



# Hindusthan

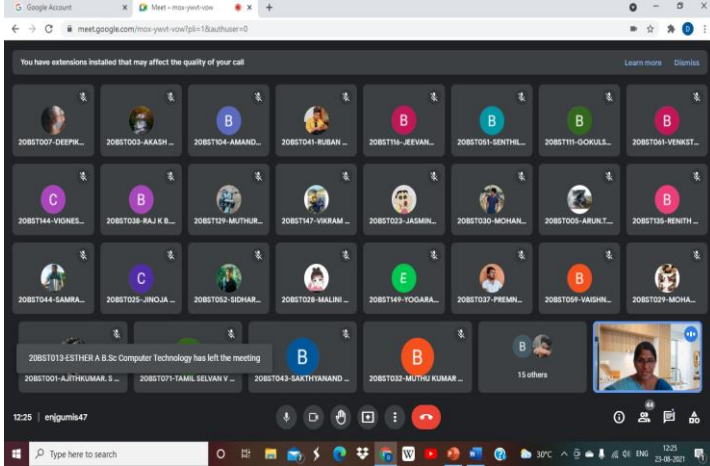
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**HICAS/DCODE/No.**  
**Student Support Cell**

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Seminar		
<b>Name of Department/ Cell/ Club</b>	Student Support Cell		
<b>Date/s</b>	23.08.2021	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>	Convenors – Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work, HICAS  Coordinator: Ms. Dhanapriya, II BSc CT		
<b>Stratum of the Event</b> (Regional, State, National, International)	Regional		
<b>Title of the Event</b>	Mental Well Being During Crisis		
<b>Venue</b>	Online mode – Google meet		
<b>Resource Person/s Details</b> (Affiliation and Designation)	Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Scope of the Event</b>	Create awareness among students about the Student Support Cell of HICAS and leave them empowered to face their lives and care for their mental well-being. Not to hesitate and take support from Student support cell.		

<b>Deliberations/ Discussions</b>	Concept of Mental Well-Being during crisis situation was explained, Characteristics of Good Mental Health and Poor Mental Health was highlighted and measures to stay mentally and physically healthy were explained
<b>Outcomes of the Event</b>	Good participation by students
<b>Remarks and Feedback on the Event</b>	Appreciated by students
<b>Total No. of Participants</b>  (Mention Faculty count also if it is an Extension Activity)	46 students of II BSc CT A & B
<b>Image of the Event Brochure</b>	<b>Photographs of Event</b>
	



To

17<sup>th</sup> August 2021

The Principal  
Hindusthan College of Arts & Science  
Coimbatore

Respected Sir,

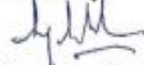
Sub: Permission to conduct an online session by Student Support Cell

On behalf of Student Support Cell, we have planned to conduct a session to II BCA students. The topic of the Session is "Coping with Emotions". This is planned on 25<sup>th</sup> August 2021 during the 2<sup>nd</sup> hour. The session will focus on the importance of handling emotions, the need for availing counselling services and also awareness will be created about the Student Support Cell of our College.

We request you to kindly grant permission to conduct the same.

Thanking you

Yours truly



Dr. Agnes Febiola, X  
Coordinator of Student Support Cell  
HICAS



# Hindusthan


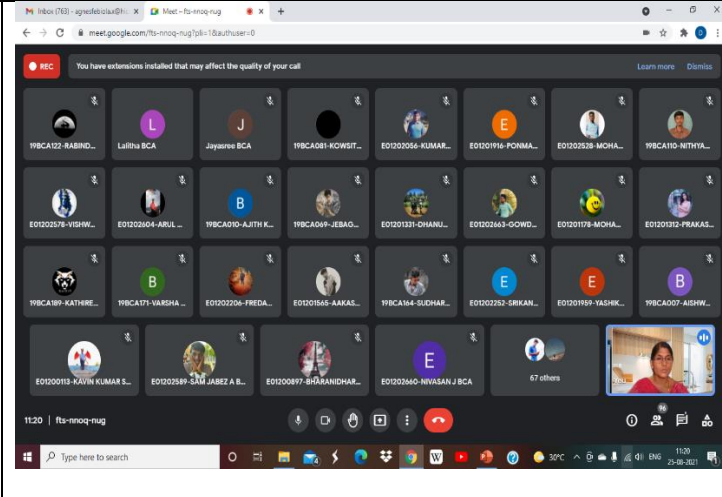
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**HICAS/DCODE/No.**  
**Student Support Cell**

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Seminar		
<b>Name of Department/ Cell/ Club</b>	Student Support Cell		
<b>Date/s</b>	<b>25.08.2021</b>	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>	Convenors – Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work, Coordinator: Dr Lalitha, Assoc. Professor, BCA		
<b>Stratum of the Event</b> (Regional, State, National, International)	Regional		
<b>Title of the Event</b>	Coping with Emotions		
<b>Venue</b>	Online mode – Google meet		
<b>Resource Person/s Details</b> (Affiliation and Designation)	Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Scope of the Event</b>	Create awareness among students about the Student Support Cell of Hicas and educate about the importance of coping with emotions.		

<p><b>Deliberations/ Discussions</b></p>	<p>The session focussed on handling emotions and to cope up with difficult or unhealthy emotions.</p>
<p><b>Outcomes of the Event</b></p>	<p>Students were left empowered with strategies to be followed in coping with emotions and were encouraged to take support from Student support Cell as and when they require support for any mental health concerns.</p>
<p><b>Remarks and Feedback on the Event</b></p>	<p>Students liked the class and appreciated</p>
<p><b>Total No. of Participants</b>  (Mention Faculty count also if it is an Extension Activity)</p>	<p>96 students (II BCA) participated in the session</p>
<p><b>Image of the Event Brochure</b></p>	<p><b>Photographs of Event</b></p>
	

To

24<sup>th</sup> August 2021

The Principal  
Hindusthan College of Arts & Science  
Coimbatore

Respected Sir,

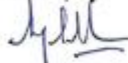
Sub: Permission to conduct an online session by Student Support Cell

On behalf of Student Support Cell, we have planned to conduct a session to II B.Sc CS students. The topic of the Session is "Coping with Emotions". This is planned on 26<sup>th</sup> August 2021 during the 3<sup>rd</sup> hour. The session will focus on the importance of handling and coping with emotions, the need for taking support during stressful situations and also awareness will be created about the Student Support Cell of our College.

We request you to kindly grant permission to conduct the same.

Thanking you

Yours truly



Dr. Agnes Febiola. X  
Coordinator of Student Support Cell  
HICAS

yes  


# Hindusthan

College of Arts & Science

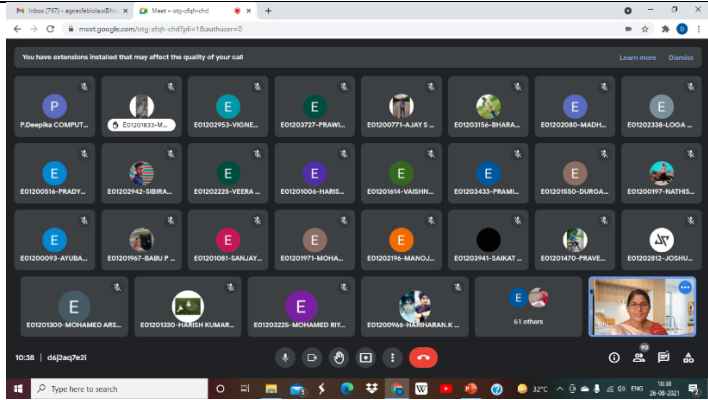
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**HICAS/DCODE/No.  
Student Support Cell**

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Seminar		
<b>Name of Department/ Cell/ Club</b>	Student Support Cell		
<b>Date/s</b>	26.08.2021	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>	Convenors – Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work, Coordinator: Ms. Deepika, Asst. Professor, Computer Science		
<b>Stratum of the Event</b> (Regional, State, National, International)	Regional		
<b>Title of the Event</b>	Coping with Emotions		
<b>Venue</b>	Online mode – Google meet		
<b>Resource Person/s Details</b> (Affiliation and Designation)	Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Scope of the Event</b>	Create awareness among students about the Student Support Cell of Hicas and leave them empowered to face their lives and care for their mental well-being. Not to hesitate and take support		

<b>Deliberations/ Discussions</b>	The session focussed on handling emotions and to cope up with emotions.
<b>Outcomes of the Event</b>	Students were left empowered with strategies to be followed in coping with emotions and were encouraged to take support from Student support Cell as and when they require support for any mental health concerns.
<b>Remarks and Feedback on the Event</b>	Students appreciated the session
<b>Total No. of Participants</b>  (Mention Faculty count also if it is an Extension Activity)	90 (II BSc Computer Science) students participated in the session

<b>Image of the Event Brochure</b>	<b>Photographs of Event</b>
	

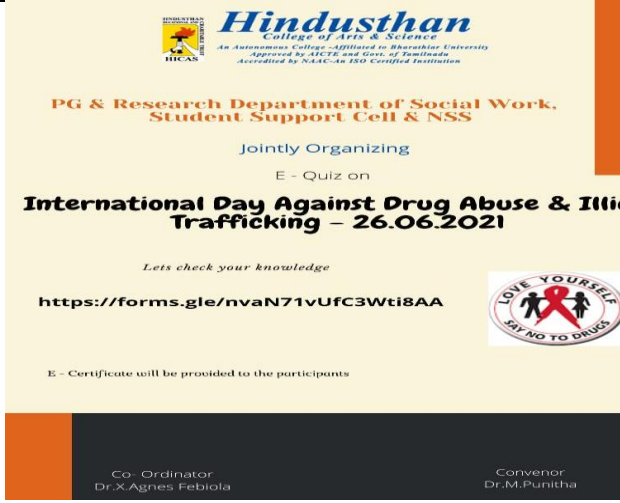
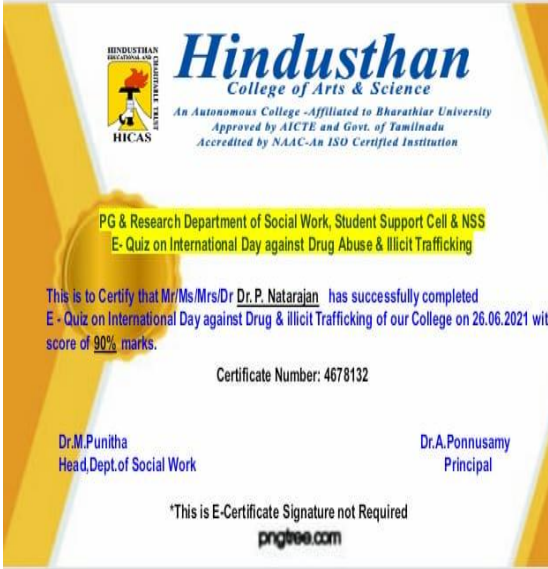


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**HICAS/DCODE/No.**

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Quiz		
<b>Name of Department/ Cell/ Club</b>	Department of Social Work, Student Support Cell & NSS		
<b>Date/s</b>	<b>26.06.2021</b>	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>	Convenors - Dr. M. Punitha, Head, Dept. of Social Work  Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Stratum of the Event</b> (Regional, State, National, International)	Regional		
<b>Title of the Event</b>	International Day against Drug Abuse and Illicit Trafficking		
<b>Venue</b>	Online		
<b>Resource Person/s Details</b> (Affiliation and Designation)	Nil		
<b>Scope of the Event</b>	Observed the day to elicit information and create awareness among student population and educate the young minds about the ill effects of abusing drugs and the long-term effects on health.		
<b>Deliberations/ Discussions</b>	Nil		

<p><b>Outcomes of the Event</b></p>	<p>Information about the importance of observing the Day against Drug abuse and illicit trafficking</p>
<p><b>Remarks and Feedback on the Event</b></p>	<p>Good participation by students as well as the faculty members</p>
<p><b>Total No. of Participants</b> (Mention Faculty count also if it is an Extension Activity)</p>	<p>288</p>
<p style="text-align: center;"><b>Image of the Event Brochure</b></p> 	<p style="text-align: center;"><b>Photographs of Event</b></p> <p style="text-align: center;"><b>Online Quiz</b></p> 



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HICAS/DCODE/No.

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Seminar		
<b>Name of Department/ Cell/ Club</b>	Student Support Cell		
<b>Date/s</b>	06.08.2021	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>	Convenors – Members of Student Support Cell & Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Stratum of the Event</b> (Regional, State, National, International)	Regional		
<b>Title of the Event</b>	Need & Importance of Counselling and Staying Positive		
<b>Venue</b>	Library Seminar Hall, Hindusthan College of Arts & Science		
<b>Resource Person/s Details</b> (Affiliation and Designation)	Dr. Agnes Febiola. X, Coordinator of Student Support Cell & Assistant Professor in Dept. of Social Work		
<b>Scope of the Event</b>	Knowledge on the need and importance of counselling is enhanced and they learn to understand and respect the emotions of students and themselves and respond appropriately		
<b>Deliberations/ Discussions</b>	Methods of counselling and the prerequisites of a counsellor were discussed. Characteristics of positive and poor mental health were highlighted. The need to develop and stay positive was shared.		

<p><b>Outcomes of the Event</b></p>	<p>Participation was good. They involved actively in the activity given and interacted well.</p>
<p><b>Remarks and Feedback on the Event</b></p>	<p>The session was appreciated by the Counselling in charges</p>
<p><b>Total No. of Participants</b>  (Mention Faculty count also if it is an Extension Activity)</p>	<p>18 Counselling in charges</p>
<p><b>Image of the Event Brochure</b></p>	<p><b>Photographs of Event</b></p>
	
	





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**HICAS/DCODE/No.**  
**Student Support Cell**

<b>Nature of the Event</b> (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)		Seminar	
<b>Name of Department/ Cell/ Club</b>		Student Support Cell	
<b>Date/s</b>	<b>12<sup>th</sup> October 2021</b>	<b>No. of Day/s</b>	One
<b>Convenor and Coordinator Details</b>		Convenor: Dr. Agnes Febiola. X, Coordinator of Student Support Cell  Coordinators: Members of Student Support Cell	
<b>Stratum of the Event</b> (Regional, State, National, International)		Regional	
<b>Title of the Event</b>		World Mental Health Day	
<b>Venue</b>		Library Seminar Hall	
<b>Resource Person/s Details</b> (Affiliation and Designation)		Ms. Sylvina Mary. C  Assistant Professor & Clinical Psychologist, Dept. of Psychology, Hindusthan College of Arts & Science	
<b>Scope of the Event</b>		Students become aware of the importance of caring for their mental health and enhance their understanding about taking support from mental health professionals without any hesitation	
<b>Deliberations/ Discussions</b>		<ul style="list-style-type: none"> <li>• Resource person explained about mental health and mental illness and shared her knowledge and experience about caring for one's mental health.</li> <li>• The ways to deal with stress, addiction and how it impacts the overall health were explained by the speaker</li> </ul>	

<p><b>Outcomes of the Event</b></p>	<ul style="list-style-type: none"> <li>• Students were given activities which they enjoyed participating and expressed their views on those activities.</li> <li>• The session helped students learn the concept of mental health and were made aware of the Student Support Cell of Hindusthan College of Arts and Science and that taking care of their mental is also their choice for which they need to take responsibility.</li> </ul>
<p><b>Remarks and Feedback on the Event</b></p>	<p>Well appreciated by the students and faculty members who attended the session. Some of them wanted such programmes to be conducted in the future as well.</p>
<p><b>Total No. of Participants</b> (Mention Faculty count also if it is an Extension Activity)</p>	<p>94</p>

<p><b>Image of the Event Brochure</b></p>	<p><b>Photographs of Event</b></p>
	



**Dr. Agnes Febiola X**  
Coordinator of Student Support Cell

**Dr. AGNES FEBIOLA X, M.A., M.Phil., Ph.D.,**  
Assistant Professor  
PG & Research Department of Social Work  
Hindusthan College of Arts and Science  
Coimbatore - 641 028.  
Ph : 99946 85357

**Dr. A. Ponnusamy**  
Principal

**PRINCIPAL**  
Hindusthan College of Arts and Science  
Hindusthan Gardens, Behind Nava India,  
Coimbatore - 641 028.