



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

HICAS/ Student Support
Cell/01

Nature of the Event (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)	Seminar		
Name of Department/ Cell/ Club	Student Support Cell		
Date/s	22 nd July 2022	No. of Day/s	One
Convenor and Coordinator Details	Convenor: Dr. Agnes Febiola. X, Coordinator of Student Support Cell, HICAS Coordinators: Members of the Cell		
Stratum of the Event (Regional, State, National, International)	Regional		
Title of the Event	Substances and their Complications		
Venue	Library Seminar Hall		
Resource Person/s Details (Affiliation and Designation)	Dr. S. Naveen Kumar, MD Psychiatry Agal Hospital, Karumathampatti, Coimbatore		
Scope of the Event	Students are expected to gain an understanding of substances and their complications, its causes and impact on the physical and psychological health and also get awareness about the Student Support Cell in the College.		
Deliberations/Discussions	<ul style="list-style-type: none">• Resource person shared in detail about different kinds of substances and their effects on health.• The difference between use, abuse, and addiction and how it brings about an imbalance in their body and mind.• Withdrawal symptoms due to abuse of drugs• Ways of adapting a healthy lifestyle		
Outcomes of the Event	One male and one female student from each Department from UG and PG programmes were requested to attend the session. The session was very informative and enabled students to have an understanding of the topic.		

Remarks and Feedback on the Event	It was an educative programme	
Total No. of Participants (Mention Faculty count also if it is an Extension Activity)	112 students from various departments	
Image of the Event Brochure	Photographs of Event	
 <p> Hindusthan College of Arts & Science STUDENT SUPPORT CELL Invites you all for a session on SUBSTANCE AND THEIR COMPLICATIONS Resource person Dr. S. Naveen Kumar, MD Psychiatry Agal Hospital Venue: Library Seminar Hall Date: 22.07.2022 Time: 11.30 am Convenors: Student Support Cell Patron: Dr. A. Ponnusamy </p>		


PRINCIPAL
 Hindusthan College of Arts & Science (Autonomous),
 Hindusthan Gardens, Behind **Nava India**,
 Coimbatore - 641 028.

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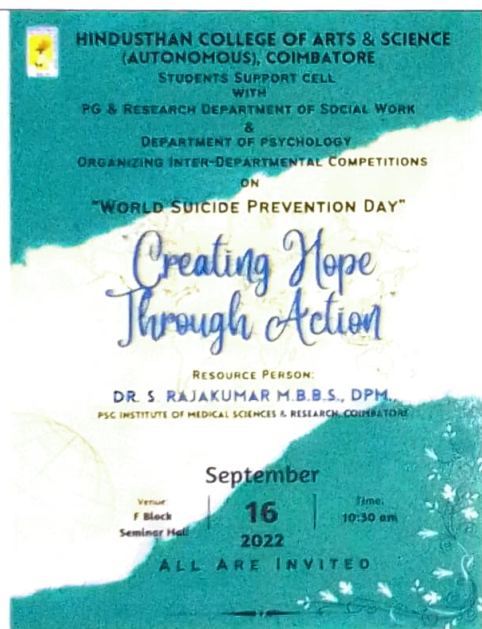
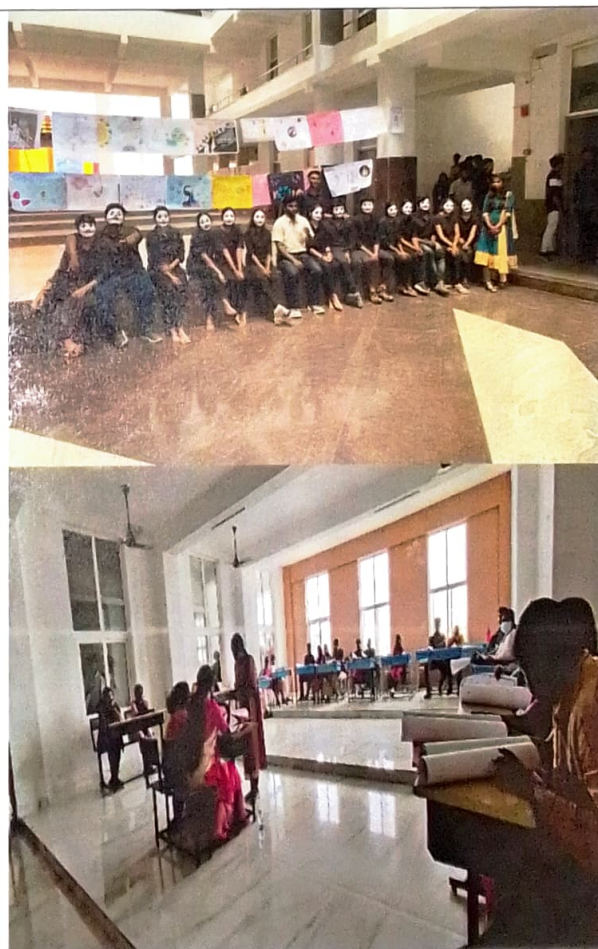
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HICAS/STUDENT SUPPORT
CELL/MSW/PSYCHOLOGY/No.2

Nature of the Event (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)		Inter-Departmental Poster Competitions	
Name of Department/ Cell/ Club		Social Work	
Date/s	16 th September 2022	No. of Day/s	One
Convenor and Coordinator Details		Convenor: Dr. M. Punitha, Head, Dept. of Social Work Coordinators: Dr. X. Agnes Febiola, Asst. Professor, Dept. of Social Work and Coordinator of Student Support Cell	
Stratum of the Event (Regional, State, National, International)		Regional	
Title of the Event		Inter-Departmental Poster Competitions on World Suicide Prevention Day	
Venue		F Block Seminar Hall	
Resource Person/s Details (Affiliation and Designation)		Dr. S. Rajakumar, M.B.B.S., DPM PSG Institute of Medical Sciences & Research, Coimbatore	
Scope of the Event		The event focused on encouraging student participation in the competitions and also spreading awareness about preventing suicide among the student population.	
Deliberations/Discussions		The resource person spoke about the importance of Life and the power everyone has to face life's challenges and shared that students should take help and support from their parents, teachers, or mental health professionals if they face any crisis situations.	
Outcomes of the Event		<ul style="list-style-type: none">• The event attracted many students to participate in the competitions who displayed their talents. They also shared their opinion about talking to others before taking such drastic decisions.• One minute silence was observed as a mark of respect for those who ended their lives losing hope.	

	<ul style="list-style-type: none"> • 12 Students participated in Mime depicting three situations where individuals decide to end their lives and conveyed that such decisions should never be taken. • Students were enabled to give a three-minute talk on preventing suicide and participated enthusiastically. • Winners of the poster competitions were given trophies and others were given participation certificates.
Remarks and Feedback on the Event	<p>The event enhanced the skills of students in many ways and the events were totally planned and executed by the students of Social Work and Psychology.</p> <p>They coordinated well with other departments and encouraged students to participate. The students appreciated the competitions which allowed them to display their skills.</p>
Total No. of Participants (Mention Faculty count also if it is an Extension Activity)	60 students participated in the Digital and Hand-made Poster Competitions.

Image of the Event Brochure

Photographs of Event




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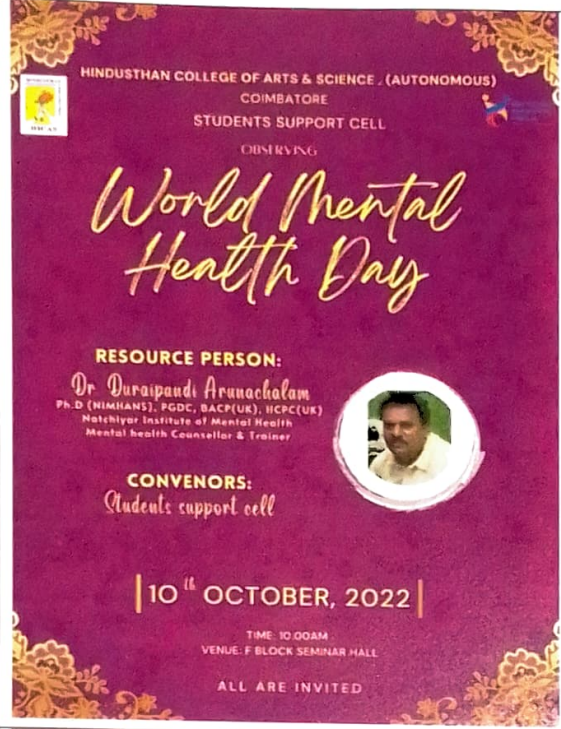
HICAS/ Student Support
Cell/No. 3

Nature of the Event (Workshop, Seminar, FDP, Extension Activities, Guest Lecture, EDP, MDP, etc.)		Guest Lecture	
Name of Department/ Cell/ Club		Student Support Cell	
Date/s	10 th October 2022	No. of Day/s	One
Convenor and Coordinator Details		Convenor: Dr. Agnes Febiola. X, Coordinator of Student Support Cell, HICAS Coordinators: Members of the Cell	
Stratum of the Event (Regional, State, National, International)		Regional	
Title of the Event		World Mental Health Day	
Venue		F Block Seminar Hall	
Resource Person/s Details (Affiliation and Designation)		Dr.Duraipandi Arunachalam Mental Health Consultant, and Trainer, Natchiyar Mental Health Institute, Coimbatore	
Scope of the Event		Students become aware of observing the importance of World Mental Health Day and why taking care of mental health is necessary. Students also understand that there are mental health services that are available inside the college and can take support from outside the college if they require further assistance.	
Deliberations/Discussions		<ul style="list-style-type: none"> • The concepts of mental health was shared and also the various mental health problems such as imbalance between thoughts, emotions and behaviour, abnormal thinking, abnormal emotional arousal and expressions, and abnormal behaviour manifestations. • The reasons for mental illnesses and its types such as psychosis and neurosis were explained. • Impact of mental health problems and the ways of managing mental health problems through various therapies and counselling shared were insightful. 	
Outcomes of the Event		The students gave feedback that the content of the session was useful to them and they responded to the queries of the resource person actively.	

Remarks and Feedback on the Event	Students shared that the session was an educative programme
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Total No. of Participants (Mention Faculty count also if it is an Extension Activity)	164 students from various departments
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Image of the Event Brochure	Photographs of Event
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