



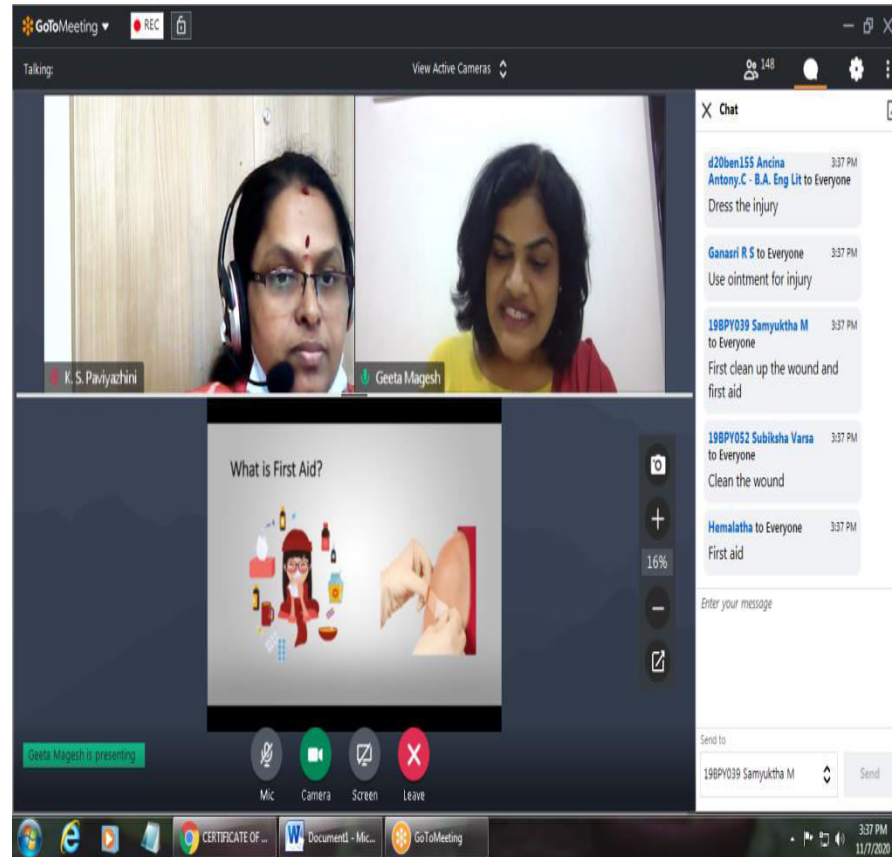
PSGR Krishnammal College for Women



UGC Certified College of Excellence Autonomous Affiliated to Bharathiar University ISO 9001: 2015  
Reaccredited with A++ Grade by NAAC Ranked 6<sup>th</sup> in NIRF 2021 by MHRD

# WELL BEING CAMPAIGNER CLUB ACTIVITIES 2020 - 2021

## POSITIVITY AND WELL BEING



Well being Club formed a team as “*Student Counseling Cell*”, consisting of K.S. Paviyazhini, Counselling Psychologist and two Faculty members, Dr.Vidhyakala and Mr.Gobinath, to guide and counsel psychological issues during lockdown among the students in GRG Institutions. As



# REAP REWARDS FOR POSITIVE THINKING

### Organizing Committee

**Chief Patron** : **Dr. R. Nandini**  
Chairperson  
PSGR Krishnammal College for Women

**Patrons** : **Dr. N. Yesodha Devi**  
Secretary  
PSGR Krishnammal College for Women

**Dr. S. Nirmala**  
Principal  
PSGR Krishnammal College for Women

**Convenor** : **Dr. Jereesh K. Elias**  
HOD., Department of Psychology  
PSGR Krishnammal College for Women

**Organizing Secretaries** : **Mrs. K. S. Paviyazhini**  
WBC Club (i/c) & Counselling Psychologist  
PSGR Krishnammal College for Women

**Mrs. Gaja Lakshmi**  
Coordinator - WBC Club & Assistant  
Professor, Department of Psychology  
PSGR Krishnammal College for Women

**Student Coordinators** : **Ms. T. Lackshana**  
Secretary - WBC Club  
PSGR Krishnammal College for Women

**Ms. C. V. Harshimitha**  
Joint Secretary - WBC Club  
PSGR Krishnammal College for Women

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### Well-Being Campaigner Club

organizes

## Reap Rewards for Positive Thinking (RRPT)

*Objective of the activity is to stimulate the habit to focus on positive thoughts in student community.*

Guidelines:

- 1) Activity period - 21 days (from 07/12/2020 to 27/12/2020)
- 2) To participate in the activity register yourself through the link.
- 3) Deposit your positive thought (self-experienced) by responding to the google-form link\* sent daily between 10.00am to 5.00pm daily for 21 days (above mentioned).
- 4) Rewards will be based on the following:
  - Consistency
  - Real time experience (positive experience of each day)
  - Maximum members from each department

FOR REGISTRATION

\* (Get it through your WBC Club Student Coordinators/respective Dept. HODs.)

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Positive thoughts were created daily through Google forms and was circulated to all the registered students through WBC Club Members for 21 days. The activity started on 07.12.2020 and ended on 27.12.2020. We received 695 registrations for the said program and out of these around 400 to 420 students' consistency recorded their positive thoughts for all 21days regularly.



## MIND MENTORS

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**Department of Psychology**

**EXCLUSIVE**  
TO PSGRKCW

**Mind Mentors**

An online initiative to address mental health queries

Launching on "World Mental Health Day 2020"  
(10 October - 10 November)

Send your queries to  
**mindmentors@psgrkcw.ac.in**

The world has changed a lot in the last few months. We're here to help.

**What it is?**

Mind Mentors is an online initiative aimed at promoting mental health advocacy and educating the students on relevant issues. Your queries will be answered by the end of each week through mail without disclosing any of the individual identification details. Though the queries will be addressed by a group of psychology students and faculty, your identification details will be accessible only for maximum 2 faculty. In effect, your identity will be kept highly confidential.

**What it is not?**

This initiative is not a substitute for your face to face therapy or online psychotherapy/ counselling. The aim of the initiative is to give information related to mental health and some practical guidance to deal with minor irritations of life. It is not a platform to discuss issues/crisis which requires immediate attention or professional intervention (ex. suicidal thoughts).

Mind Mentors is an online based peer mentoring program launched as part of World Mental Health Day, October 10<sup>th</sup>, 2020. The program was conceptualized and planned to run for a month, till 10<sup>th</sup> November, 2020. An asynchronous method of responding to stakeholders queries related to mental health issues, were adopted. Three faculty members, Counselling Psychologist constituted the supervision team and twenty two students enrolled as peer mentors.



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## WEEKEND WEBINAR SERIES 20–POSITIVITY AND WELLBEING

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**Department of Psychology  
&  
Well-Being Campaigner Club**

Jointly organizes  
**POSITIVITY AND WELL-BEING  
WEEKEND WEBINAR SERIES : 20  
BUILDING RESILIENCE**

 INSTITUTION'S  
INNOVATION  
COUNCIL  
(University of 1980 Initiative)



**Dr. HESI S. HERBERT**  
Assistant Professor, Dept. of Psychology,  
Christ (Deemed to be University),  
Bangalore.

**Join us via Go ToMeeting**

**JAN 9 3 TO 4 PM (IST)**

**Registration link** <https://docs.google.com/forms/d/e/1FAIpQLSe32lIB-YxQx7aV2YA53HJWH9EKdmu0b8BjckL3UafEW4qA/vlewform>

As part of Weekend Webinar Series on the theme Positivity and Wellbeing the 20<sup>th</sup> series was organized on 09.01.2021 on the Topic: Building Resilience. The webinar was delivered by Dr.Hesi S. Herbert, Assistant Professor, Dept. of Psychology, Christ (Deemed to be University), Bangalore.





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## WEEKEND WEBINAR SERIES 21–POSITIVITY AND WELLBEING



GRG  
Educate To Empower

PSGR Krishnammal College for Women

ACHIEVE  
ACT  
EMOTE  
SINCE 1963  
CELEBRATING WOMEN

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**Department of Psychology  
&  
Well-Being Campaigner Club**

Jointly organizes  
**POSITIVITY AND WELL-BEING**  
WEEKEND WEBINAR SERIES : 21  
**FINAL WEBINAR OF THIS SERIES**  
**ENHANCING AND SUSTAINING MOTIVATION**

 INSTITUTION'S  
INNOVATION  
COUNCIL  
Member of IIC, Bharathiar University



**Ms. Thota Lakshmi Prasanna**  
Clinical Psychologist,  
Wellness consultant at Accenture.

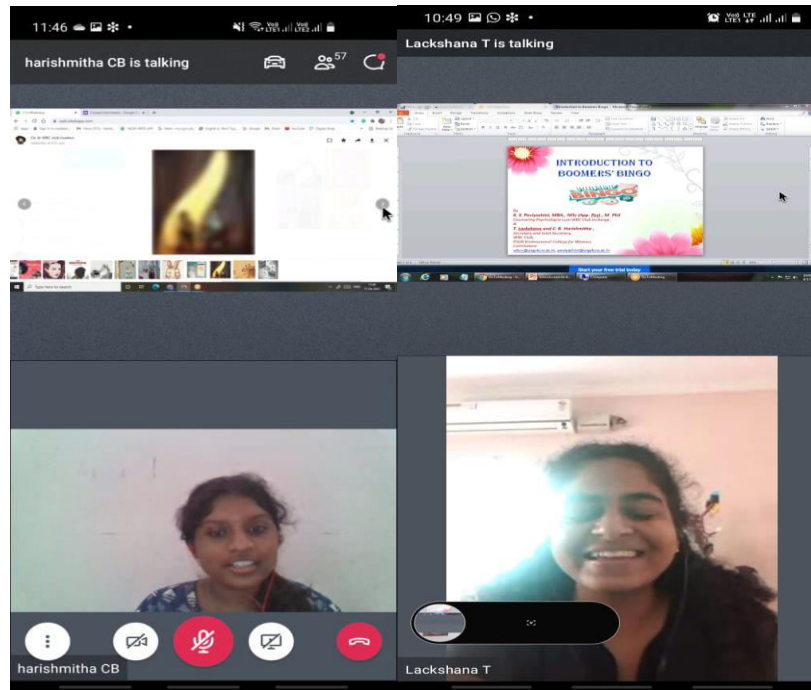
Join us via Go To Meeting

**JAN 23 3 TO 4 PM (IST)**

**Registration link** <https://docs.google.com/forms/d/19MFswEBPtO5zaT9TPQUmj2alih-RH6kZONgZV4L8BRY/edit?usp=drivesdk>

As part of Weekend Webinar Series on the theme Positivity and Wellbeing the 21<sup>th</sup> series was organized and conducted on the Topic: Enhancing and Sustaining Motivation. The webinar was delivered by Ms. Thota Lakshmi Prasanna, Clinical Psychologist and Wellness Consultant at Accenture.

## BOOMER'S BINGO



Secretary and Joint Secretary of WBC Club were trained to render a session to students studying from 6<sup>th</sup> to 12<sup>th</sup> Std. As part of the same, they rendered an activity based program to PSGR Krishnammal Higher Secondary School titled as BOOMER's BINGO on 17.04.2021.

Around 98 Students participated the program along with their grandparents. Both grandparents and students gave the feedback that it was a stress buster during lockdown period.