



PSGR Krishnammal College for Women



UGC Certified College of Excellence • Autonomous • Affiliated to Bharathiar University • ISO 9001:2015 Certified • Reaccredited with 'A' Grade by NAAC • Ranked 22nd in NIRF 2019 by MHRD

WELL BEING ACTIVITIES 2019-2020

PSYCHO-EDUCATION ON EMOTIONAL INTELLIGENCE TO STUDENTS AT SCHOOLS, POLYTECHNIC AND COLLEGE



133 Students from Department of Psychology and Wellbeing Campaigner's club jointly rendered Psycho-Education on Emotional Intelligence to students studying in Schools (Std 6-9) and 1st Year Polytechnic and 1st Year UG Students. Feedback given by beneficiary students were that it is very useful to them and hence it is been continuously rendered since last two years.

Brain Dance – Fit India Movement



On 29.08.2019 84 Students from Department of Psychology and WellBeing Campaigner's club jointly conducted Brain-Dance practice to all the 1st and 2nd year UG students as part of Fit India Program. Feedback given by beneficiary students were that they found it very useful helping them to relax and rejuvenate.

STRESS MANAGEMENT WEEK



During 3.9.2019 to 18.9.2019 157 Volunteer Students from Department of Psychology and Well-Being Campaigner's club jointly conducted Stress Management Week spreading the awareness on activities that rejuvenate and help students and faculty handle stressful life situations. Everyone enjoyed the events and actively participated.

GUIDANCE AND COUNSELING FOR PCOD ISSUES



5 Volunteer Students from WBCC and GCC supported the program on Guidance and Counseling for PCOD issues. The feedbacks from students were that it helped them very much in improving their psychological issues related to PCOD.

GRATITUDE AWARENESS CAMP



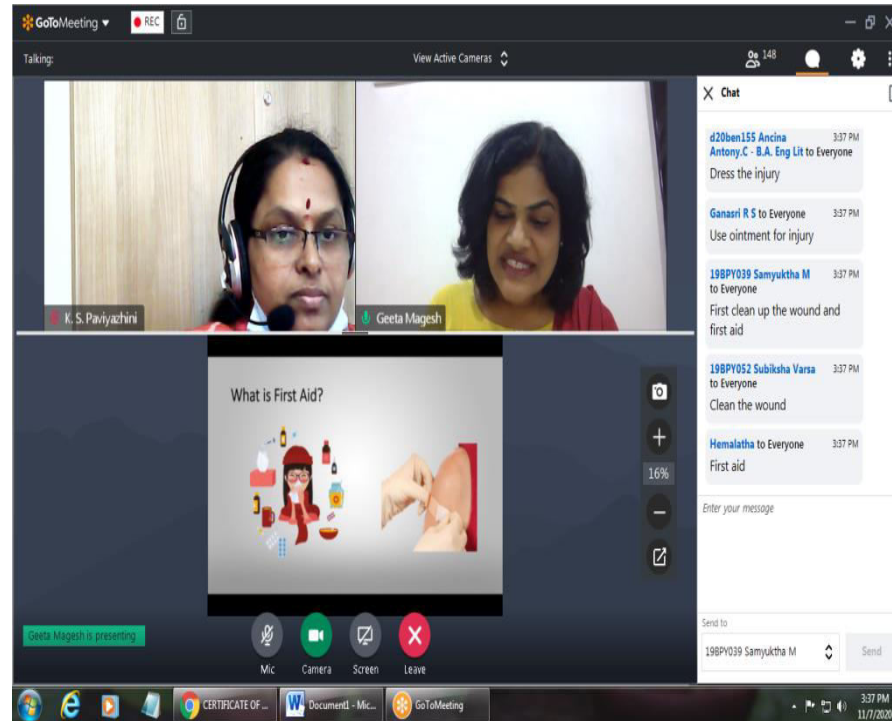
On 10th and 11th of January 2022, 127 Volunteer Students supported the activity spreading awareness on the importance of Gratitude. As part of the event all supporting staffs were honored by rendering gifts and expressing gratitude to around 518 supporting staffs in the campus.

SUNDAY STUDY ACTIVITY AT GOS AND THALIR HOMES



Students of wellbeing club on alternative basis rendered Sunday Study Activity during 2019-2020 at Two Homes for around 52 students studying in various standards. 45 Student volunteers supported the activity along with 4 faculties.

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 part of the same *motivational videos was created* in the month of March and April 2020, which was further shared in public through our websites.

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

Convener : **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 21days (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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As part of WBC Club extension activity, organized and conducted an online program on the theme “Reap Reward for Positive Thoughts” (RRPT) with the objective to stimulate the habit of focusing on positive thoughts among our student community.

MIND MENTORS

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Department of Psychology

EXCLUSIVE
FOR PSGRKW

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@psgrkw.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 10th, 2020. The program was conceptualized and planned to run for a month, till 10th November, 2020. An asynchronous method of responding to stakeholders queries related to mental health issues, were adopted.