



**VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)**

**"COLLEGE WITH POTENTIAL FOR EXCELLENCE"**

(Re-accredited with 'A' Grade by NAAC, Bengaluru & Affiliated to Bharathiar University, Coimbatore)

Thindal, Erode - 638 012, Tamilnadu.

e-mail: [principalvcw@gmail.com](mailto:principalvcw@gmail.com) \* website: [vcw.ac.in](http://vcw.ac.in)

☎ : 0424 - 2244101

Mob : 99767 51115

Fax : 0424 - 2244102

## 7.1.1. COUNSELLING

**VELLALAR COLLEGE FOR WOMEN, ERODE-12**

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**COUNSELING SESSION** : Dr.N.Maragatham,  
Dr.N.Arjana Devi,  
Mrs.K.Suganya  
Student Counseling Centre,  
Vellalar College for Women (Autonomous)  
Erode - 638012.

**TOPIC** : Stress Management

**DATE** : 03.07.2015

**VENUE** : 1-BCA Class Room

**TIME** : 11.00 AM

**ALL ARE CORDIALLY INVITED**

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**STUDENT COUNSELING CENTRE - EQUAL OPPORTUNITY CENTRE**  
**REPORT ON STRESS MANAGEMENT**

**REPORT**

03.07.2015

Student Counseling Centre organized a meeting on 03.07.2015 at 11.00 AM for I BCA students on Stress Management. Dr.N.Maragatham, Controller of Examination & Coordinator, Student Counseling Centre spoke on Physiological and immune benefits due to Stress Management. Dr.N.Anjana Devi, Associate Professor of Botany, explained about the negative consequences of the stress. Mrs.K.Suganya, Assistant Professor of History, concluded the session with vote of thanks. A Questionnaire on Stress Management was distributed to the students, collected and recorded.

  
Dr. (Mrs) N. MARAGATHAM  
M.Sc., M.Phil., Ph.D., M.A., PGDCA, D.A.P.  
Associate Professor in Biochemistry  
Dept. of Nutrition & Dietetics  
Vellalar College for Women,  
ERODE - 626 002.

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**ORIENTATION PROGRAMME**

**COUNSELING SESSION** : Dr.N.Maragatham,  
Dr.N.Anjana Devi,  
Mrs.K.Suganya.  
Student Counseling Centre,  
Vellalar College for Women (Autonomous)  
Erode - 638012.

**TOPIC** : Need for Psychological Counseling in Higher  
Education

**DATE** : 16.07.2015

**VENUE** : SCS Hall

**TIME** : 10.00 AM

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**STUDENT COUNSELING CENTRE - EQUAL OPPORTUNITY CENTER**

**ORIENTATION PROGRAMME**

**REPORT**

**16.07.2015**

An Orientation Programme on "Need for Psychological Counseling in Higher Education" was organized on 16.07.2015 at SCS Hall at 10.00 AM. The importance of Higher Education was discussed during the session. 200 students were participated and effectively took part in the programme. The Counseling Center advisor and the members interacted with the students.

  
Dr. (Mrs) **MARAGATHAM**,  
M.Sc., M.Phil., Ph.D., M.A., PGDCA, D.A.P.  
Associate Professor in Biochemistry  
Dept. of Nutrition & Dietetics  
Vellalar College for Women,  
Erode - 635 102.

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**COUNSELING SESSION** : Dr. Jayaprakash Jagadeesan,  
Director of Manathin Mayyam

**TOPIC** : Need for Counseling Training of the Trainers

**DATE** : 17.07.2015

**VENUE** : Conference Hall

**TIME** : 2.00 - 4.00 PM

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**STUDENT COUNSELING CENTRE - EQUAL OPPORTUNITY CENTRE**

**INTRODUCTORY SESSION**

**REPORT**

**17.07.2015**

An introductory session on Need for counseling, Training of the Trainers organized by ManathinMayyam Diagnosis-Counseling-Treatment at 2.00 - 4.00 P.M, on 17.07.2015. Dr. Jayaprakash Jagadeesan Director, ManathinMayyam presided over the function. He delivered a speech on various aspects of counseling such as psychological problems, stress management and working atmosphere of the family.



Dr. (Mrs) N. MARAGATHAM,  
M.Sc. - M.Phil., Ph.D., M.A., PGDCA, D.A.P.  
Associate Professor in Biotechnology  
Dept. of Nutrition & Dietetics  
Vellalar College for Women,  
ERODE - 638 102.

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**GUEST LECTURE**

**COUNSELING SESSION** : Dr.N.Maragatham  
**TOPIC** : Mental Strength and Personality Enrichment  
**DATE** : 07.08.2015  
**VENUE** : SCS Hall  
**TIME** : 2.00 PM

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**STUDENT COUNSELING CENTRE - EQUAL OPPORTUNITY CENTRE**  
**GUEST LECTURE**

**REPORT**

**07.08.2015**

To provide guidance and counseling on social and psychological aspects Guest Lecture was organized on 07.08.2015 at SCS Hall on mental strength and Personality Enrichment at 2.00 PM. Dr.N.Maragatham delivered a very interesting informative and thought provoking speech on mental strength. She stressed the importance of Personality development and emphasized the need for social, psychological and mental adjustments. Around 200 students were participated and this Lecture was highly supportive and the students were much benefited.

  
Dr.(Mrs) N. MARAGATHAM,  
M.Sc., M.Phil., Ph.D., M.A., PGDCA, D.A.P.  
Associate Professor in Home Science  
Dept of Nutrition & Dietetics  
Vellalar College for Women,  
ERODE - 638 192.

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**SPECIAL LECTURE** : Dr.J.Illavarasu,  
Ophthalmologist,  
Dr. Agarwal Eye Hospital,  
Erode

**TOPIC** : Recent Trends in Ophthalmology

**DATE** : 02.11.2015

**VENUE** : Kasthuriba Gandhi Auditorium

**TIME** : 2 PM

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☎ : 0424 - 2244101  
Mob : 99767 51115  
Fax : 0424 - 2244102

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**EQUAL OPPORTUNITY CENTRE-COUNSELING CENTRE**  
**SPECIAL LECTURE ON RECENT TRENDS IN OPHTHALMOLOGY**  
**REPORT**

To promote health education, Student Counseling Centre organized a meeting on **2.11.2015 at 2 p.m.** at Kasthurba Gandhi Auditorium for the faculty members. Dr. (Mrs.) D. Kamalaveni, Principal, presided over the meeting. Dr. (Mrs.) N. Maragatham, Controller of Examinations, welcomed the audience. **Dr.J.Illavarasu**, Ophthalmologist, **Dr.Agarwal** Eye Hospital, Erode addressed the gathering on "**Recent Trends in Ophthalmology**". He discussed the eye related disorders, visual pigments, cornea and refractive surgery, lens and analyzer and eye care education with excellent visual illustrations. Faculty members interacted with the chief guest. Dr. N. Anjanadevi, Associate Professor of Botany proposed the vote of thanks.

  
Dr. (Mrs.) N. MARAGATHAN  
M.Sc. (A.P. Health Q.), B.A. PGDCA  
Associate Professor in Biochem  
Dept of Nutrition & Dietet  
Vellalar College for Women  
ERODE - 638 102.

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**INTERACTIVE SESSION** : Dr.V.B.Rajavel,  
Diabetologist/Sonologist,  
Trust Hospital, Erode.

**TOPIC** : Work Life Balance

**DATE** : 6.11.2015

**VENUE** : Auditorium

**TIME** : 2 P.M.

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**EQUAL OPPORTUNITY CENTRE-COUNSELING CENTRE**  
**INTERACTIVE SESSION ON WORK LIFE BALANCE**  
**REPORT**

Student Counseling Centre organized a meeting on 6.11.2015 at 2 p.m. for the faculty members to excel in positive attitudes and to accept the workplace in all its environment. Dr. (Mrs.) D. Kamalaveni, Principal, presided over the function. Mrs. C. Sangeetha, Assistant Professor, Department of Commerce with Computer Application welcomed the gathering. Chief Guest **Dr. V.B. Rajavel**, M.B.B.S ; PGDHSC, Diabetologist/ Sonologist, Trust Hospital, Erode addressed the faculty members on various factors of "Work Life Balance" such as stress, tension, adjustability, acceptability, spirituality, positive and negative thoughts, physical and mental health, yoga, meditation and relaxation therapy. He quoted several snippets from his exhilarating experience. The meeting came to an end with vote of thanks proposed by Mrs. A. Jansy Isabella Rani, Assistant Professor of Biochemistry.

  
Dr. (Mrs) N. MARAGATHAM,  
M.Sc. M.Phil Ph.D. M.A. PGDCA, D.A.P.  
Associate Professor in Biochemistry  
Dept of Nutrition & Dietetics  
Vellalar College for Women,  
Erode - 638 102.

  
PRINCIPAL,  
VELLALAR COLLEGE FOR WOMEN  
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**RESOURCE PERSON**

:Dr.D.Kamalaveni,  
Principal,  
Vellalar College for Women(Autonomous)  
Erode-12

**TOPIC**

:Distribution of Counseling Study Materials  
to the students- Phase I

**DATE**

: 21.01.2016

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**STUDENT COUNSELING CENTRE - EQUAL OPPORTUNITY CENTRE  
DISTRIBUTION OF COUNSELING STUDY MATERIALS TO THE STUDENTS-  
PHASE-I**

**21.01.2016**

**REPORT**

Study materials were distributed to the students regarding the psychological aspects of adjustments towards the society, marriage and family systems. The staff members of the counselling centre emphasized the need for the social, psychological and mental adjustments among the community for academic, social & psychological well-being. Dr.D.Kamalaveni, Principal, Vellalar College for Women (Autonomous) Erode distributed the books entitled Psychological Counseling (Adjustment Psychology) to 950+ UG students on 21.01.2016



Dr. (Mrs) N. MARAGATHAM

M.Sc., M.Phil., Ph.D., M.A., PGDCA, D.A.P.  
Associate Professor in Biochemistry  
Dept of Nutrition & Dietetics  
Vellalar College for Women,  
ERODE - 638 102.

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**RESOURCE PERSON**

:Dr.P.Karthika,  
Associate Professor & Head  
Department of History  
Vellalar College for Women(Autonomous)  
Erode-12.

**TOPIC**  
the students- Phase II

: Distribution of Counseling Study Materials to

**DATE**

: 17.02.2016

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**STUDENT COUNSELING CENTRE - EQUAL OPPORTUNITY CENTRE  
DISTRIBUTION OF COUNSELING STUDY MATERIALS TO THE STUDENTS-**

**PHASE-II**

**17.02.2016**

**REPORT**

Study materials were distributed to the students regarding the psychological aspects of adjustments towards the society, marriage and family systems. The staff members of the counseling centre emphasized the need for the social, psychological and mental adjustments among the community for academic, social & psychological well-being. Dr.P.Karthika, Associate Professor & Head, Department of History, Vellalar College for Women (Autonomous), Erode, distributed the books entitled Psychological Counseling (Family and Marriage Counseling) to 850 III year UG students on **17.02.2016**

  
**Dr. (Mrs) M. MARAGATHAM,**  
M.Sc., M.Phil., Ph.D., M.A., PGDCA, D.A.P  
Associate Professor in Biochemistry  
Dept. of Nutrition & Dietetics  
Vellalar College for Women  
ERODE - 638 102.



## STUDENTS COUNSELING CENTRE EQUAL OPPORTUNITY CENTRE

The Equal Opportunity Centre facilitates a socially affable ambience for academic interface and for the development of healthy interpersonal rapport among the youngsters coming from diverse social milieu. The centre organized various programmes to groom the students ensuring equal opportunity all in the college and engender social inclusion.

Endeavoring to discover a fine world of peaceful living, the Student Counselling Centre devised various pulsating activities such as Personal Psychological Counseling (Individual Counseling, Group Counseling and Family Counseling), special meetings and awareness programmes. On 31.07.2017, a special lecture was organized on 'Perception' by Dr. N.Maragatham, Department of N & D, and Dr. N.Anjanadevi, Department of Botany. On 05.10.2017, Mrs. A.Jancy Isabella Rani, Department of Bio-Chemistry, and Mrs. M.Prema, Department of Botany, arranged special meeting on 'Health Counseling'.

A discourse on Mind Mapping Phase I and Mind Mapping Phase II were prescribed for the students and awareness programmes on "Water Conservation" were arranged on 27.10.2017, 07.08.2017 & 31.08.2017 respectively. A special meeting on "Stress, Tension and Anxiety" was conducted on 23.01.2018. Dr.N.Maragatham, Dr. K.Suganya and Dr.N.Anjanadevi, on 26.02.2018, steered awareness Programme Session I and Session II on Personal Hygiene and Healing Herbs respectively.



On Personal Hygiene



Healing Herbs - Nature's Medicine



Counseling, Academic, Social and Cognitive Development



Mind Maps Unleashed



Awareness Programme on Water Conservation

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### **Special Meeting**

**Counseling Resource Person** : Dr.M.Prema,  
Assistant Professor and Head,  
Department of Commerce (Computer Applications),  
Vellalar College for Women (Autonomous),  
Erode.

**TOPIC** : Stress Management

**DATE** : 19.12.2019

**VENUE** : T30 Hall

**TIME** : 2.00p.m to 3.45p.m

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### **Special Meeting**

**Counseling Resource Person:** Dr. P. Bharathisindhu,

Assistant Professor,

Department of Computer Applications,

Vellalar College for Women (Autonomous),

Erode.

**TOPIC** : Way to Success

**DATE** : 21.01.2020

**VENUE** : SCS Hall

**TIME** : 10.00a.m to 11.45a.m

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### **Awareness Programme**

**Counseling Resource Person:** Dr.V.Renugadevi,

Assistant Professor and Head,

PG & Research Department of Commerce,

Vellalar College for Women (Autonomous),

Erode.

**TOPIC** : POCSO Act  
**DATE** : 23.01.2020  
**VENUE** : F9 Hall  
**TIME** : 1.45p.m to 3.45p.m

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### **Zestful Refreshing Programme**

**Counseling Resource Person:** Dr.M.Prema,

Assistant Professor,

PG & Research Department of Commerce,

Vellalar College for Women (Autonomous),

Erode.

**TOPIC** : Counseling to SHGs Women

**DATE** : 30.01.2020

**VENUE** : Non-residential Hall

**TIME** : 2.45p.m to 3.45p.m

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### **Special Meeting**

**Counseling Resource Person:** Vijayadurga Devi,  
Life Skill Motivational Speaker,  
Erode.

**TOPIC** : Self Confidence  
**DATE** : 6.02.2020  
**VENUE** : Non-residential Hall  
**TIME** : 2.45p.m to 3.45p.m

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### **Special Meeting**

**Counseling Resource Person:** Dr.V.Renugadevi

Assistant Professor and Head,

PG & Research Department of Commerce,

Vellalar College for Women (Autonomous),

Erode.

**TOPIC** : Value Building is Nation Building

**DATE** : 18.02.2020

**VENUE** : SCS Hall

**TIME** : 2.45p.m to 3.45p.m

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### **Awareness Programme**

**Counseling Resource Person:** Dr. K. K. Saradha

Assistant Professor and Head,  
PG & Research Department of Commerce,  
Vellalar College for Women (Autonomous),  
Erode.

**TOPIC** : Life Skill Management

**DATE** : 20.02.2020

**VENUE** : Non-Residential Hall

**TIME** : 2.45p.m to 3.45p.m

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Mob : 99767 51115  
Fax : 0424 - 2244102

## EQUAL OPPORTUNITY CENTRE AND COUNSELING CENTRE

2019-2020

### Co-ordinator:

**Dr.V.Renugadevi,**

PG & Research Department of Commerce

A special meeting was organized by Equal Opportunity Centre and Counseling Centre for II.M.Com (Computer Applications) students on 19.12.2019 at T30 Hall. Dr.M.Prema, Assistant Professor and Head, Department of Commerce (Computer Applications) addressed students on "Stress Management". She addressed about the effects of stress over normal livelihood and also the strategies to be followed to cope up with stress. 38 students were attended and benefited.

A special meeting was organized by Equal Opportunity Centre and Counseling Centre on 21.01.2020 at SCS Hall. Dr. P. Bharathisindhu, Assistant Professor, Department of Computer Application, Vellalar College for Women, Erode addressed students on "Way to Success". Motivating students to fix goals and teach to move forward towards healthy behavior are expected outcome of this lecture. Second year BCA and B.Com Cooperation students (95) have benefited in this programme.

Equal Opportunity Centre/ Student Counseling Centre observed Girl child day on 23.01.2020. An awareness program on POCSO Act was conducted for I B.com and Final M.com students. Dr.V.Renugadevi was the resource person and enlightened the students about criminal Amendment act 2013, usage of internet with high security and how to protect in case of urgency. Totally 100 students were benefited out of this programme.



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Mob : 99767 51115  
Fax : 0424 - 2244102

The Equal Opportunity Centre and Counseling Centre organized Zestful Refreshing Programme for SHGs Women on **30.01.2020**. They are provided with physical and mental refreshment through counselling and conducting various recreation activities. They actively participated and self-motivated throughout the entire programme.

The life skill motivational speaker Vijayadurga Devi conducted programme on Feb 6 on the topic Women's by counseling cell. Her session was participated by 60 students of Biochemistry department. Nothing is more beautiful than a woman who is brave, strong and emboldened from her own life skills gathered. Speaking the truth and being bold gives the self confidence from one's inner self. Embracing flaws, celebrating wins, smiling at any situation gives the women to develop herself more. The protection includes not only the self defence like karate, martial arts, they are simplified with one's boldness and strongness from inner heart. They can be expressed by self-motivation.

A special meeting was arranged for final Botany students on **18.02.2020**. The topic lectured was Value Building is Nation Building. Dr.V.Renugadevi Co-ordinator Equal opportunity centre and Student Counseling Centre was the resource person and taught the students about the importance of ethics and morals behind life which is the base for Nation Building. 40 students attended and benefited out of this program.

On **19.02.2020** Equal Opportunity Centre and Student Counseling Centre Vellalar College for Women in association with IQAC of Sri Vasavi College organized a special program on 19.02.2020 **"Enjoy the beauty of life"**. Dr.V.Renugadevi Assistant professor & Head PG & Research department of commerce, Co-ordinator Equal opportunity centre/Student counseling centre, was the resource person. She nurtured and motivated the students to live life with our own tradition, culture and values to enjoy the beauty of life. 85students were benefited out of this programme.



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On 20.02.2020, an awareness programme on Life Skill Management was conducted to the students of I B.A. (History). Dr. K. K. Saradha, Assistant Professor & Head, Department of Economics oriented the students on the various skills that are required by the younger generation to lead their life successfully. The students were given tips to manage their basic problems.

**Dr. V. RENUKADEVI**  
B.Com., B.B.A., M.C.A., M.B.A., Ph.D.,  
Assistant Professor & Head,  
PO & Assistant Department of Economics  
Vellalar College for Women, Erode - 63.





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Mob : 99767 51115  
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Latitude: 11.221922  
Longitude: 77.675915  
Accuracy: 21.5m  
Time: 02/11/2020 14:28



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## COUNSELLING MEET FOR FIRST YEAR STUDENTS BY DEPARTMENT OF COMPUTER TECHNOLOGY



### DEPARTMENT OF COMPUTER TECHNOLOGY (IT & CT - UG)

With an exalted design to unriddle the world of technocrats, the department has organized variety of activities.

27.07.2018 - Inauguration of Association "INFOCOM" - Address on "Empowerment of Life Skills" by Dr. S. Vijayakumar, Principal, Sri Ragavendra Polytechnic College, Komarapalayam.

30.07.2018 - Counselling Meet for the first year students by Dr. N. Maragatham, Principal & Co-ordinator, Dr. N. Arjana Devi, Dr. V. Renuga Devi, Dr. K. Suganya, Ms. M. Prema and Ms. A. Jansy Isabella Rani, Members, Student Psychological Counseling Center, Vellalar College for Women, Erode.

16.08.2018 - Industrial Visit to Ani Frames College of Arts & Multimedia, Mysuru.

16.08.2018 to 18.08.2018 - Pleasure Trip to Bengaluru and Mysuru.

21.08.2018 - International Seminar on "Contemporary Techniques" - Inauguration and Technical Session I on "Green Computing" by Dr. Hemalatha Mahalingam, Professor, Department of Electrical and Computer Engineering, King Abdul-Aziz University Jeddah, Kingdom of Saudi Arabia - Technical Session II on "Machine Learning" by Dr. S. Kannimathu, Associate Professor, Department of IT, Karpagam College of Engineering, Coimbatore - Valedictory Address on "Big Data Analysis" by Dr. A. Geetha, Assistant Professor & Head, Department of Computer Science, Chikkanna Government Arts College, Tiruppur.

14.12.2018 - Workshop on "Android Programming" by Mr. M. Vijayan, Senior Application Developer, MasterMind Techno Solution, Tiruchengode.

13.02.2019 - Quiz Competition.

20.02.2019 - TECHNOVA-2K19, Technical Fest with Various events: Ingenious Ecstasy, Digi Talks, Tricky Fusion, Tech Dudes, Technophilia, Perky Pictorial, Cyber Crofts, Stripling Hoofers and Day Out.

12.03.2019 - Release of Newsletter TECH KNOW INSIGHT, Issue-4.





☎ : 0424 - 2244101  
Mob : 99767 51115  
Fax : 0424 - 2244102

**VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)**  
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Thindal, Erode - 638 012, Tamilnadu.  
e-mail: principalvcw@gmail.com \* website: vcw.ac.in

**HEALTH RELATED COUNSELING**



**Mental health awareness speech was given by Dr. Prakash and his team members**