



**Jayaraj Annapackiam College for Women (Autonomous),
Periyakulam**

Accredited with 'A+' Grade in (Cycle 4) by

Counselling Cell

2024 - 2025

Chair person : Dr. Sr. S. Jesurani

Principal

Co-ordinator : Dr. Sr. R. Fatima Mary Sylvia

Librarian

Members :

1. Dr. Sr. A. Scarlet

Associate Professor

Department of Commerce

2. Dr. G. Petricia Alphine Nirmala

Associate Professor

Department of English

3. Dr. C. Sagaya Rani

Associate Professor

Department of Zoology

4. Dr. S. Velanganni

Associate Professor

Department of Commerce

5. Mrs. Angeline Sorna

Assistant Professor

Department English

6. Dr. P.K. Santhi

Assistant Professor

Department of Maths

7. Dr. A.D. Padmasree

Assistant Professor

Department of History

8. Dr. Fr. S. Stanislaus CMF – M.Sc. Ph.D.,

Sr. P. Elizabeth - Office

Mrs. Jacintha - Teacher (Rtd.)

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN

(AUTONOMOUS)

Re-accredited with 'A+' Grade in the 4th Cycle by NAAC
(Affiliated to Mother Teresa Women's University, Kodaikanal)
Periyakulam – 625 601, Theni District.

Invitation

The Management, Principal, Staff and Students
cordially invite you for the

FACULTY DEVELOPMENT PROGRAMME

Jointly Organized by

THE COUNSELLING CELL AND IQAC OF JAC



Date
25.11.2024



Time
9.30 a.m. to
3.30 p.m.



Venue
College Auditorium

RESOURCE PERSON

Rev. Fr. Arul Edward Joseph

Director,
Anugraha Institute of Counselling,
Psychotherapy and Research,
Nochiodaipatti, Dindigul.

Your gracious presence is highly solicited.

With Regards

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN PERIYAKULAM

COUNSELLING CELL

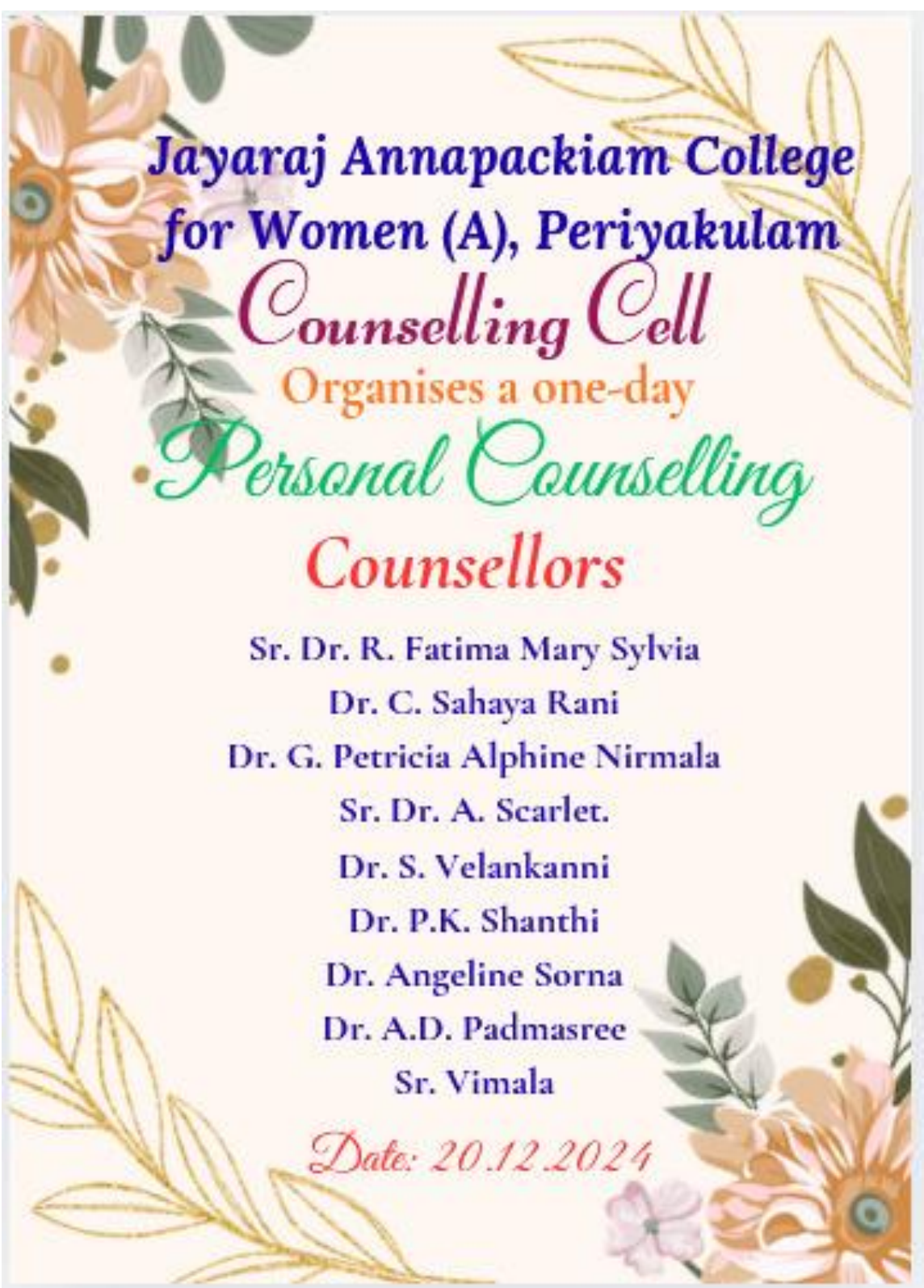
Eudaimonic Educator

Report on 25.11.2024

On 25.11.2024, the counselling Cell and the IQAC of JAC have jointly organized a Faculty Development Programme between 9.30 am and 3.30 pm. Rev.Fr. Arul Edward Joseph, Director, Anugraha Institute of Counselling, Psychotherapy and Research, Nochiadaipatti, Dindigul, served as the resource person and delivered a lecture on "Eudaimonic Educator". Dr.Sahayarani, Associate Professor of Zoology and a member of the Counselling Cell, welcomed the gathering, followed by honouring the resource person by the Principal Rev.Sr.Dr.S.Jesurani, the secretary Rev.Sr.Dr.R.Shantha Mary Joshitta, and the Mother Superior Rev.Sr.Dr.R.Fatima Mary Sylvia. The resource person, Fr. Arul Edward Joseph, addressed the staff members on Self-Care related to Counselling. He explained Self Care in the following headings: factors influencing self-care, need for self-care, and how the self-care practice help the teachers in managing and handling the students and house hold works. He also emphasized the importance of psychological balance and how the imbalance of emotions create problems and its impact on them. Father conducted many games and showed a few videos, thereby making the teachers very active. The programme came to an end with a vote of thanks proposed by Dr.M.Tamil Selvi, Assistant coordinator of IQAC and Assistant Professor of History. Totally 138 staff members attended and benefited from the FDP.


for Coordinator
Research Centre Of Community
Jayaraj Annapackiam College
For Women (Autonomous)
Periyakulam - 625 601. Tamil Nadu





Jayaraj Annapackiam College
for Women (A), Periyakulam

Counselling Cell

Organises a one-day

Personal Counselling

Counsellors

Sr. Dr. R. Fatima Mary Sylvia

Dr. C. Sahaya Rani

Dr. G. Petricia Alphine Nirmala

Sr. Dr. A. Scarlet.

Dr. S. Velankanni

Dr. P.K. Shanthi

Dr. Angeline Sorna

Dr. A.D. Padmasree

Sr. Vimala

Date: 20.12.2024

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN, PERIYAKULAM

COUNSELLING CELL

Personal Counselling

Report on 20.12.2024

On 20.12.2024, a one-day program on Personal Counselling was conducted by the Counselling Cell of JAC at Ave Maria Conference Hall from 9:30 a.m. Personal Counselling is arranged to pave the way for a peaceful and successful life for students facing various challenges. The members of the Counselling Cell Dr. Sr. R. Fatima Mary Sylvia, Librarian, Dr. C. Sahaya Rani, Associate Professor in Zoology; Dr. Velanganni, Associate Professor in Economics; Dr. Petricia, Assistant Professor in English; Dr. P. K Santhi, Associate Professor in Mathematics, Dr. Angeline, Assistant Professor in English; Dr. A.D.Padmasree, Assistant Professor in History, Sr. Vimala, Office Assistant counselled the needed students. Nearly 52 students benefited from the personal counselling session.

Sr. R. Fatima Mary Sylvia
For. Coordinator
PG & Research Centre Of Commerce
Jayaraj Annapackiam College
For Women (Autonomous)
Periyakulam - 625 601. Tamil (D)

