



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

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

(Counselling Cell)

(2nd September 2025)

- 1. Title of the Programme** : Healing Therapy
- 2. Name of the Co-ordinator/s** : Dr. Sr. A. Scarlet
- 3. Date** : 02.09.2025
- 4. Number of participants** : Students: External-Internal
Faculty: External-Internal
- 5. Resource Person/s** : Sr. Elizebeth Vimala
- 6. Brief description of the event** : Enclosed
- 7. Circular / Brochure of the event** : Enclosed
- 8. Photos (Minimum 2geotagged to
be attached)** : Enclosed
- 9. List of participants** (Scanned list of participants with their signs): 190

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PERIYAKULAM
Counselling Cell**

HEALING THERAPY – REPORT

A Healing Therapy session was organized at the hostel premises of JAC on 2nd September 2025 from 6.30 p.m. to 7.30 p.m. by Sr. Elizebeth Vimala. The session emphasized relaxation, inner peace, and emotional well-being. Through simple yet effective practices, Sr. Elizebeth Vimala guided the participants in experiencing healing and positive energy. The programme proved to be refreshing and helped students reduce stress while nurturing their mental and spiritual health. It was organized by Dr. Sr. A. Bala Mary, Member of Counselling Cell, Assistant Professor of History and Director of Hostel. A total of 160 hostel students benefited.


Vice-Principal & Coordinator
Jayaraj Annapackiam College
for Women (Autonomous)
Periyakulam - 625 601.
Theni (Dt) Tamilnadu

**JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
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Counselling Cell

CIRCULAR - 01.09.2025

The Counselling Cell is organizing “**Healing Therapy**” on 2nd September 2025 at 6:30 p.m. in the hostel for the hostel students. Sr. Elizebeth Vimala will deliver the talk.

All are invited

Vice Principal & Coordinator



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