



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

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

(Counselling Cell)

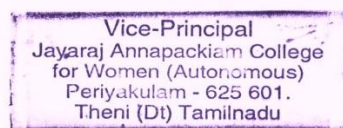
(25th September 2025)

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|--|----------------------------|
| 1. Title of the Programme | : Mental Health |
| 2. Name of the Co-ordinator/s | : Dr. Sr. A. Scarlet |
| 3. Date | : 25.09.2025 |
| 4. Number of participants | : Staff Members & Students |
| 5. Resource Person/s | : Counselling Staffs |
| 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 | : 1108 |

Jayaraj Annapackiam College For Women
Periyakulam
Counselling Cell
National Force Task For Promoting Mental Health Report

Mental health is an important factor in an individual's life. It helps a person to shape themselves into a mentally fit, physiologically balanced, emotionally equipped, and socially managed individual. Keeping all these aspects in mind, the Counselling Cell of JAC, in collaboration with the Department of Psychology, jointly framed a set of questions focused on mental health addressing the reasons for mental illness and promoting measures to improve mental well-being. The same was shared with the staff and students through the college WhatsApp group in the form of a Google Form. The survey was conducted in September 2025. A total of 123 staff members and 985 students participated in the survey.

Vice Principal & Coordinator



JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM

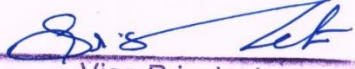
Counselling Cell

CIRCULAR

25.09.2025

All staff and students are asked to fill the google form sent by the Regional Joint Director, Madurai. It is a task assigned by the RJD of Madurai to collect the information promoting **Mental Health** of staff and students. All are asked to fill the form and send the details of the numbers completed this work on or before 03.10.2025.

Vice Principal&Coordinator


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

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN ,Periyakulam

Counselling Cell

National Task Force Form For promoting Mental Health Report

S.No	Department	Staff	IUG	II UG	III UG	IPG	II PG	Total
1.	Tamil	12	13	29	12	08	05	79
2.	English	12	09	09	17	09	08	64
3.	History T.M	13	21	05	08			46
	History E.M		02	09	03	04	06	24
4.	Commerce ®	12	18	31	43	06	14	124
	Commerce (SF)		06	26				32
5.	B.com (A&F)		10					10
6.	B.B.A	04	14	13	10			41
7.	B.com CA	06	46	40	56			148
8.	Maths	10	17	16	10	14	11	78
9.	Physics	08	15	06	17	03	08	57
10.	Chemistry	10	26	25	29	13	12	115
11.	Zoology	11	20	16	24+3	10	10	94
12.	Adv. Zoo & Biotech	02	12	01				15
13.	Comp. Science	09	20	25	15	4		73
14.	BCA	05	24					29
15.	B.voc	09	20	25	15	D- 10		79

National Task Force Students **985** staff **123** total **1108**

Vice Principal & Coordinator


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