



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

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

(Counselling Cell)

(27.08.2025)

- 1. Title of the Programme** : Self Awareness Programme
- 2. Name of the Co-ordinator/s** : Dr. Sr. A. Scarlet
- 3. Date** : 27.08.2025
- 4. Number of participants** : Students
- 5. Resource Person/s** : Rev. Sr. James Joseph
- 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** : 160 (Hostel Students)

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
PERIYAKULAM
Counselling Cell
SELF-AWARENESS PROGRAMME - REPORT

St. Anne's Hostel of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, organized a Personality Enrichment Programme on "Personal Growth through Self-Awareness" on 27th August 2025 from 11.00 a.m. to 1.00 p.m. at the hostel premises. The session was conducted by Rev. Fr. James Joseph, SAC, Spiritual Director and Director of the Pallottine Institute, Prabodhana, Mysore, who served as the resource person. He emphasized the importance of self-awareness in unlocking one's inner potential and achieving holistic growth. It was organized by Dr. Sr. A. Balamary, Member of Counselling Cell, Assistant Professor of History and Director of Hostel. A total of 160 hostel students benefited.

Vice Principal & Coordinator


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

Invitation

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

Government - Aided College

(A Unit of the Sisters of St. Anne of Tiruchirappalli)

DST - FIST Supported College Since 2016

Accredited with 'A' Grade in 4 Cycle by NAAC

Affiliated to Mother Teresa Women's University, Kodaikanal

PERIYAKULAM - 625 601. THENI DT.

ST. ANNE'S HOSTEL

Cordially invites you to Personality Enrichment Programme

on

PERSONAL GROWTH THROUGH

SELF - AWARENESS

27th August, 2025

11.00 a.m - 1.00 p.m

Venue: Hostel Premises

Resource Person

Rev. Fr. JAMES JOSEPH, SAC.

Spiritual Director & Director of the Pallottine Institute

Prabodhana, Mysore.

**Your gracious presence will inspire and encourage our
students to explore their inner potential and move towards
holistic growth**

