



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

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

(Counselling Cell)

(10th September 2025)

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| 1. Title of the Programme | : Challenges of Early Adulthood and |
| 2. | Stress Management |
| 3. Name of the Co-ordinator/s | : Dr. Sr. A. Scarlet |
| 4. Date | : 10.09.2025 |
| 5. Number of participants | : Students |
| 6. Resource Person/s | : Mr. M. P. Rajan & Mr. Alok John |
| 7. Brief description of the event | : Enclosed |
| 8. Circular / Brochure of the event | : Enclosed |
| 9. Photos (Minimum 2geotagged to
be attached) | : Enclosed |
| 9. List of participants | : 1500 |

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM

JAC Counselling Cell

Seminar Report:

Challenges of Early Adulthood and Stress Management

The college counselling cell organized a seminar on 10th September 2025 in the college auditorium, focusing on the challenges of Early Adulthood and Stress Management. The seminar was graced by the presence of Dr. Sr. Iruthaya Kalai selvam , Principal of the college. Dr. Sr. A. Scarlet, the Vice Principal, and Counselling Coordinator welcomed the gathering.

Session 1

The first session was led by **Mr. P Rajan**, Founder and Counselling Psychologist at Mind spire Foundation. Mr. Rajan introduced the concept of impulse control using the marshmallow experiment, highlighting its relevance in today's scenario. He discussed the challenges of digital screen addiction and its impact on mental health, emphasizing the importance of mindful practices. Students participated in a 10-minute meditation session, which can help reduce depression and improve mental well-being. Mr. Rajan provided solutions to rectify various addictions, suggesting three major self-management systems:

1. Physical Activities/Exercises: Engaging in physical activities to reduce screen time.
2. Mindful Practice: Practicing mindfulness to increase self-awareness.
3. Confidential Conversations: Talking to a trusted person to manage stress and anxiety, addressing issues like phantom vibration syndrome.

The seminar provided valuable insights and practical solutions for students to manage stress and challenges in early adulthood. Dr. Sahayarani,

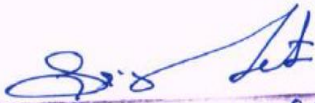
member of the Counselling Cell the College Counsellor, and Head of the Department of Zoology, proposed vote of thanks.

Session 2

The second session of the seminar was led by Mr. Alok John, Dean of National International Collaborations and Consultancy Services at Partner Women's University, Bihar. He was introduced to the audience by Dr. Petricia, member of the Counselling Cell and Dean of Arts and Management. Dr. Alok John focused on developing leadership skills among students. Mr. John emphasized the importance of setting Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) goals in life.

He categorized students' skills into six different thinking patterns: 1. Positivity, 2. Creativity 3. Rationality 4. Negativity, 5. Sensitivity 6. Clarity

Students were divided into six groups and participated in a hands-on activity of creating a stable balloon pyramid, showcasing their hidden talents and skills. The session aimed to utilize students' skills for their betterment and future development, highlighting the importance of teamwork and collaboration. Mr. John's session provided valuable insights into leadership development and goal-setting, empowering students to reach their full potential. Dr. S. Velanganni, member of the Counselling Cell and Dean of students proposed vote of thanks. All Members of the Counselling Cell took part in the seminar. All college counsellors worked together to ensure the event's success. All the students of our college benefited from this.


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

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 4th Cycle by NAAC
Affiliated to Mother Teresa Women's University, Kodaikanal.
PERIYAKULAM - 625601, THENI DT.

Counseling Cell

Organizes a Seminar
on

Challenges of Early Adulthood & Stress Management

DATE: 10.09.2025 VENUE: St. Joachim Auditorium TIME: 09.15 a.m.

Resource Person - I

Mr. P. Rajan

Founder/Counseling Psychologist
MindSpire Foundation(Reg.No.IV/10/2022)

Resource Person - II

Dr. Alok John

Dean & Assistant Professor
Patna Women's College, Patna.

Patrons



Rev. Dr. Sr. R. Shantha Mary Joshitta
Secretary



Rev. Dr. Sr. M. Rajeenal
Mother Superior



Rev. Dr. Sr. S. Iruthaya Kalai Selvam
Principal

Organizing Committee

Dr. Sr. A. Scarlet - Co-ordinator

Dr. G. Petricia Alphine Nirmala

Dr. C. Sagaya Rani

Dr. S. Velanganni

Dr. Angeline Sorna

Dr. P. K. Santhi

Dr. A.D. Padmasree

Dr. Sr. A. Bala Mary

