



SCHOOL OF ARTS AND SCIENCE

Vinayaka Mission's Chennai Campus, Paiyanoor – 603 104

THE STUDENT COUNSELLING CELL

REPORT ON MENTAL HEALTH AND WELLBEING

Title of the Event Awareness	:	Orientation Session - III on Mental Health for the faculty members
Date	:	03.02.2024 & 10:30 p.m. to 12.00 p.m.
Venue	:	Bharathiyar Block
No. of Participants	:	40

The Student Counselling Cell of the School of Arts and Science organized an orientation session - for first-year students. On February 03, 2024. The session was handled by the psychologist Ms Saranya Ganesan, who introduced the faculty members to campus counselling services and emphasised the importance of mental health awareness and the well-being of the students. Ms Saranya provided insights on how to understand the student's mental health and the significance of their mental well-being for academic excellence. Her insights on the influence of the prefrontal cortex and amygdala on students' mental health and behaviours helped the faculty members to understand student behaviour better. Further prescribed activities and exercises for the development of the prefrontal cortex and the importance of empathy encouraged open conversations about mental health to those who need it most.

The orientation session - III for the faculty members was led by the SAS Student Counselling Cell Co-ordinators Ms. Madhu Bala R, Assistant Professor of English and Dr C. Ambikavathi, Associate Professor of Computer Science. It served as an important step in promoting mental health awareness and well-being among faculty members.

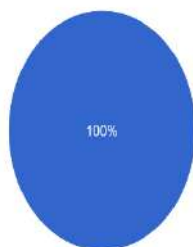
GLIMPSES OF THE SESSION



FEEDBACK OF THE PARTICIPANTS

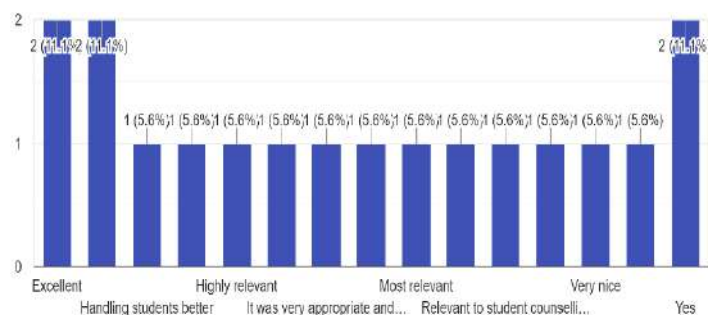
Was the session useful?

18 responses



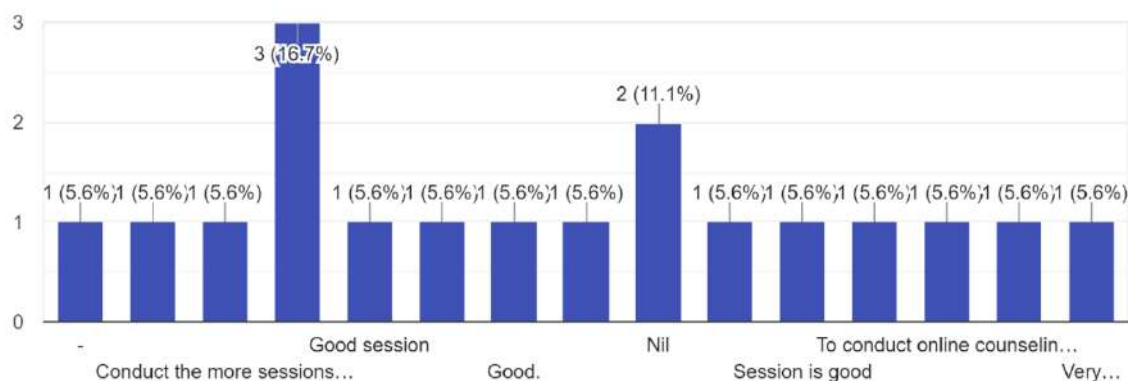
How relevant was the session?

18 responses



Any suggestions

18 responses



PARTICIPANTS ATTENDANCE

S. No.	Dr. / Mr. / Ms.	Name of the Teaching Faculty Member - Initial at end	DESIGNATION (in CAPITAL LETTERS)	SIGNATURE
DEPT: TAMIL				
1	Dr.	JAYABHARATHI P	HOD & ASSOCIATE PROFESSOR	<i>[Signature]</i>
2	Mr.	MUTHUKUMAR. A	ASSISTANT PROFESSOR	<i>[Signature]</i>
3	Mr.	PALANIAPPA S	ASSISTANT PROFESSOR	<i>[Signature]</i>
4	Dr.	K.TAMIZH	ASSISTANT PROFESSOR	<i>[Signature]</i>
5	Dr.	S.THIRUVASAGAM	ASSISTANT PROFESSOR	<i>[Signature]</i>
DEPT: ENGLISH				
6	Dr.	SARANYA S S	HOD & ASSOCIATE PROFESSOR	<i>[Signature]</i>
7	Ms.	PADMA RAGAM S	ASSISTANT PROFESSOR GRADE- II	<i>[Signature]</i>
8	Dr.	RAJA N	ASSISTANT PROFESSOR	Leave.
9	Mr.	SADAVEL K	ASSISTANT PROFESSOR	<i>[Signature]</i>
10	Mr.	M. VINCENT JOHN PAUL	ASSISTANT PROFESSOR GRADE- II	<i>[Signature]</i>
11	Ms.	R.MADHUBALA	ASSISTANT PROFESSOR	<i>[Signature]</i>
12	Dr.	S.PAVENDHAN	ASSISTANT PROFESSOR	<i>[Signature]</i>
DEPT: MATHEMATICS				
13	Dr.	ANANTHAN V	HOD & ASSOCIATE PROFESSOR	<i>[Signature]</i>
14	Mr.	LOGANATHAN S	ASSISTANT PROFESSOR (GRADE- II)	<i>[Signature]</i>
15	Ms.	TAMIL SELVI S	ASSISTANT PROFESSOR	<i>[Signature]</i>
16	Mr.	R.SHANKAR	ASSISTANT PROFESSOR	<i>[Signature]</i>

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S. No.	Dr. / Mr. / Ms.	Name of the Teaching Faculty Member - Initial at end	DESIGNATION (in CAPITAL LETTERS)	
DEPT: PHYSICS				
17	Mr.	P.THİYAGARAJAN	HOD & ASSOCIATE PROFESSOR	<i>[Signature]</i>
18	DR.	JAYASHREE ETHIRAJ	ASSOCIATE PROFESSOR	
19	DR.	N.HARIKRISHNAN	ASSISTANT PROFESSOR	<i>[Signature]</i> 03/02/24
DEPT: CHEMISTRY				
20	Dr.	AMEETH BASHA I	HOD & ASSOCIATE PROFESSOR	<i>[Signature]</i> 03/01/2024
21	Dr.	JAYAPRAKASH.R	ASSOCIATE PROFESSOR	<i>[Signature]</i>
22	Dr.	RATHAKRISHNAN S	ASSOCIATE PROFESSOR	<i>[Signature]</i>
23	Dr.	SURENDIRAN M	ASSISTANT PROFESSOR GRADE II	On Duty
24	Dr.	HARI KRISHNAN A	ASSISTANT PROFESSOR	On Duty
25	Dr.	SUGANYA J	ASSISTANT PROFESSOR	<i>[Signature]</i>
DEPT: BBA				
26	DR.	D.SHANTI REVATHI	HOD & ASSOCIATE PROFESSOR	<i>[Signature]</i> 31/2/24
27	Mr.	GOWTHAM S	ASSISTANT PROFESSOR	<i>[Signature]</i>
28	Ms.	R.KANIMOZHI	ASSISTANT PROFESSOR	<i>[Signature]</i> 3/2/24
DEPT: COMMERCE				
29	Dr.	V.MURUGAN	HOD& ASSOCIATE PROFESSOR	<i>[Signature]</i>
30	Dr.	MANIKANDAN K	PROFESSOR	<i>[Signature]</i>
31	Dr.	RAMALINGAM	ASSOCIATE PROFESSOR	<i>[Signature]</i>
32	Dr.	KRISHNAMOORTHY A	ASSISTANT PROFESSOR	<i>[Signature]</i>
33	Dr.	RAJENDHIRAN M	ASSISTANT PROFESSOR	<i>[Signature]</i>
34	Dr.	KAMARAJ R	ASSISTANT PROFESSOR	<i>[Signature]</i>

35	Ms.	NITHYAKALYANI B	ASSISTANT PROFESSOR	On Duty
36	Ms.	ABIRAMI V	ASSISTANT PROFESSOR	On Duty
37	Mr.	LENIN	ASSISTANT PROFESSOR	Leave.
38	Dr.	K.LEELAVATHY	ASSOCIATE PROFESSOR	KL 3/2/24
DEPT: COMP. SCI.				
39	Dr.	VIJAYA KUMAR .A	HOD & ASSISTANT PROFESSOR GRADE- II	AVK 3/2/24
40	Dr.	KAVITHA.S	ASSOCIATE PROFESSOR	Ksh 3/2/24
41	Dr.	SRINIVASAN B	ASSOCIATE PROFESSOR	MY 3/2/24
42	Ms.	PUSHPAVATHI K	ASSOCIATE PROFESSOR	le. Pushpa 3/2/24
43	Mr.	SENTHIL KUMAR S	ASSISTANT PROFESSOR	SP 3/2/24
44	Dr.	SUSITHA N	ASSOCIATE PROFESSOR	SP 3/2/24
45	Dr.	C.AMBIKAVATHI	ASSOCIATE PROFESSOR	SP 3/2/24
46	Ms.	J.PALANIMEERA	ASSISTANT PROFESSOR	J.P. 3/2/24



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SCHOOL OF ARTS AND SCIENCE

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University Office:
NH-47, Sankari Main Road,
Aranyancor, Salem - 636 306
Tamil Nadu, INDIA
Ph. +91 - 427 - 3987000
E-mail: vmttrust@gmail.com

College Office:
Vinayaka Nagar,
Rajiv Gandhi Road (OMR), Paliyandoor -
603 104, Chengalpattu (DI),
Tamil Nadu, INDIA
Ph. +91 - 8754541025 / 26
E-mail: directorartsandscience@avit.ac.in

Chennai Office:
Old #160, New # 213, (Behind Doshi
Towers) Poonamallee High
Road, Kilpauk, Chennai-600
010, Tamil Nadu, INDIA
Ph. +91 - 44 - 42989000
E-mail: co@vinayakamissions.com

SAS/CIR/25/2023-24/171

CIRCULAR

ACADEMIC YEAR: 2023- 24

DATE: 02.02.2024

The Student Counselling Cell is organizing an orientation session – III for all the faculty members of SAS as part of our ongoing commitment to student well-being and academic success. The orientation aims to introduce our faculty members to campus counseling services and emphasize the importance of the mental health and well-being of the students. We kindly request all the faculty members to attend the session.

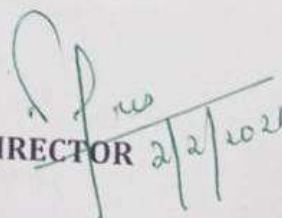
The details of the session are as follows:

Date: 3 February 2024

Time: 10:30 AM

Venue: Smart Class Room

The Student Counselling Cell Coordinators


DIRECTOR 2/2/2024

CIRCULATED	All HODs and Faculty members
	Notice Boards