



# ARPUTHA COLLEGE OF ARTS & SCIENCE

(Affiliated to Bharathidasan University)

Arputha Nagar, Vamban - 622 303. Alangudi (T.k), Pudukkottai (Dt)

[www.arputhacollege.in](http://www.arputhacollege.in)

Date :

## COUNSELING CELL

Minutes of Inaugural Session for the year 2017-2018

Meeting Date: July 6, 2017

Location: Conference Hall, Arputha College of Arts and Science


### Agenda:

1. **Daily Meditation Session Implementation:** To initiate daily meditation sessions conducted by respective class instructors before the commencement of classes.
2. **Mental Wellbeing Awareness Programs:** To organize mental wellbeing awareness programs with the support of the College Counseling Psychologist.
3. **Counseling and Guidance Services:** To provide guidance and counseling services to students in need, facilitated by the College Counseling Psychologist.
4. **Faculty Stress Management Training:** To offer stress management training to faculty members.

### Summary of Discussion:

During the inaugural meeting for the 2017-2018 academic year, the following key topics were discussed:

1. **Implementation of Daily Meditation Sessions:** It was agreed upon that daily meditation sessions would be introduced, with each respective class instructor taking responsibility for conducting these sessions before the commencement of classes.
2. **Mental Wellbeing Awareness Programs:** The committee acknowledged the importance of well-being and committed to organizing awareness programs. These programs will be facilitated by the College Counseling Psychologist to enhance the mental health of students.
3. **Counseling and Guidance Services:** The College Counseling Psychologist will be actively involved in providing guidance and counseling services to students who require support.
4. **Faculty Stress Management Training:** Stress management training programs will be provided to faculty members to help them effectively manage stress and maintain a positive work environment.

  
CO-ORDINATOR  
Arputha College of Arts and Science  
Arputha Nagar, Vamban,  
Pudukkottai (Dt) - 622 303.



  
PRINCIPAL  
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## ARPUTHA COLLEGE OF ARTS AND SCIENCE

Affiliated to Bharathidasan University, Tiruchirappalli - 24.  
Arputha Nagar - Vamban, Pudukkottai (Dt) - 622 303

### Committee Members presented in the meeting

S.No	Name	Designation	Signature
1.	Dr. V. Bugey Mettilda	Vice Principal	
2.	Dr.G. Thilipkumar	Asst. Prof. in Computer Science	
3.	Dr. L. Ananthavalli	Head Department of Tamil	
4.	Sr. A. Arputha Sahaya Rani	Head Department of Computer Science	
5.	Dr.G.Vigneshwaran	Head Department of Business Administration	
6.	Dr.Muthaiah	Doctor	
7.	Mr.S. Thameem Ansar	Psychiatric, Social worker	
8.	Mrs. Thamil mani	Psychiatric, Social worker	

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Date :

## COUNSELING CELL

Minutes of Concluding Meeting for the year 2017-2018

Meeting Date: March 22, 2018

Location: Conference Hall, Arputha College of Arts and Science

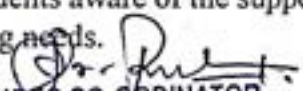
### Agenda:

1. Implementation of "Five Minutes Mindful Meditation" with the support of respective class instructors.
2. Review of other group activities conducted during 2017-2018
3. Encouragement of student participation in various academic clubs to foster vertical and horizontal profile development.
4. Raising Awareness Among Students About the Presence of the Counseling Cell and the Support Offered by Counseling Psychologists on Campus.

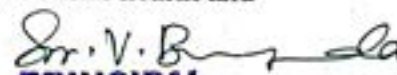
### Summary of Discussion:

During the closing meeting for the 2017-2018 academic year, the following key topics were discussed:

1. **Implementation of Mindful Meditation:** The practice of "Five Minutes Mindful Meditation" was successfully carried out with the support of respective class instructors, promoting mindfulness among students.
2. **Review of Group Activities:** An overview of various group activities conducted throughout the year was discussed, with detailed information available in the attached Counseling Report.
3. **Student Participation:** Students were encouraged to participate in academic clubs to develop both their vertical and horizontal profiles, providing them with opportunities to channel their enthusiasm effectively.
4. **Raising Awareness About the Counseling Cell:** The meeting underscored the need to ensure that students were well-informed about the presence of the counseling cell and the availability of counseling psychologists on campus. This proactive approach sought to make students aware of the support system available to address their mental health and well-being needs.

  
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Arputha Nagar - Vamban, Pudukkottai (Dt) - 622 303

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2.	Dr.G. Thilipkumar	Asst. Prof. in Computer Science	Dr. G. Thilipkumar
3.	Dr. L. Ananthavalli	Head Department of Tamil	Dr. L. Ananthavalli
4.	Sr. A. Arputha Sahaya Rani	Head Department of Computer Science	Sr. A. Arputha Sahaya Rani
5.	Dr.G.Vigneshwaran	Head Department of Business Administration	Dr. G. Vigneshwaran
6.	Dr.Muthaiah	Doctor	Dr. Muthaiah
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8.	Mrs. Thamil mani	Psychiatric, Social worker	Thamilmani

  
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Date :

## COUNSELING CELL

Inaugural Meeting for the year 2018-2019

Meeting Date: June 28, 2018

Venue: Conference Hall, Arputha College of Arts and Science

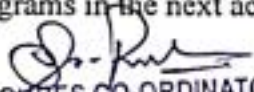
### Agenda:

1. Planning Group Activities for 2018-2019 (Including Meditation, Positive Thinking, and Awareness Programs).
2. Implementation of Psycho-education on Emotional Intelligence as an Integral Component of Counselling.
3. Organization and Execution of Well-being Awareness Programs.
4. Overview of Awareness Programs on Drug Abuse, Self-Defence, and Disaster Management.

### Summary of Discussion:

During the inaugural meeting for the 2018-2019 academic year, the following key topics were discussed:

1. **Group Activities for the Year:** The committee deliberated on the group activities planned for the academic year 2018-2019, which included activities like meditation sessions, fostering positive thinking, and conducting awareness programs.
2. **Integration of Psycho-education on Emotional Intelligence:** The committee addressed the incorporation of psycho-education related to emotional intelligence as an essential element of the counselling program.
3. **Well-being Awareness Programs:** It was decided to organize and execute awareness programs centred around well-being, aiming to enhance the overall mental and emotional health of the college community.
4. **Awareness Programs:** The meeting appreciated the successful execution of awareness programs on gratitude and brain dance. It emphasized the need to develop more innovative programs in the next academic year to further enrich the student experience.

  
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2.	Dr.G. Thilipkumar	Asst. Prof. in Computer Science	
3.	Dr. L. Ananthavalli	Head Department of Tamil	
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Date :

## COUNSELLING CELL

Minutes of Concluding Meeting 2018-2019

Meeting Date: March 25, 2019

Venue: Conference Hall, Arputha College of Arts and Science

### Agenda:

1. Implementation of "Five Minutes Mindful Meditation" and initiatives to promote 'Positive Thoughts' on classroom boards weekly.
2. Review of other group activities conducted during the academic year 2018-2019 (Counselling Report attached).
3. Feedback on the "Psycho-education on Emotional Intelligence" program and its continuation in the upcoming academic year.
4. Assessment of Awareness Programs on Drug Abuse, Self-defence, and Disaster Management conducted in collaboration with Mother Treasa Foundation,
5. Encouragement of student involvement in various academic clubs to facilitate both Vertical and Horizontal Profile development.

### Summary of Discussion:

During the concluding meeting for the 2018-2019 academic year, the following key topics were discussed:

- **Mindful Meditation and Positive Thoughts Initiative:** The committee discussed the successful implementation of "Five Minutes Mindful Meditation" and the practice of promoting 'Positive Thoughts' on classroom boards every week as part of their ongoing commitment to mental well-being.
- **Review of Group Activities:** An overview of various group activities conducted throughout the year was discussed, with detailed information available in the attached Counseling Report.



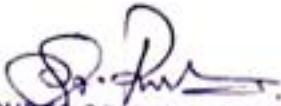


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- **Feedback on Psycho-education:** Feedback regarding the "Psycho-education on Emotional Intelligence" program was received positively, and it was decided to continue this initiative into the upcoming academic year.
- **Assessment of Awareness Programs:** Awareness programs addressing drug abuse, self-defense, and disaster management, conducted in collaboration with Mother Treasa Foundation were assessed to be fruitful in imparting valuable knowledge and skills to students.
- **Student Participation:** The encouragement of student participation in a variety of academic clubs was acknowledged as a means to facilitate both vertical and horizontal profile development, allowing students to channel their enthusiasm effectively.

  
COURSE CO-ORDINATOR  
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Date :

## COUNSELLING CELL

### Meeting Minutes - Opening Meeting 2019-2020

Date: August 01, 2019

Venue: Conference Hall, Arputha College of Arts and Science

#### Agenda:

- Discussion on Group Activities Planned for 2019-2020, including Meditation, Promoting Positive Thoughts, and Conducting Awareness Programs.
- Implementation of Psycho-education on Emotional Intelligence as an Integral Part of Counselling.
- Planning and Execution of Awareness Programs Focused on Well-being and Human Values.
- Encouraging Student Participation in Academic Clubs for Vertical and Horizontal Profile Development.
- **Summary:**

The opening meeting for the academic year 2019-2020 took place on August 01, 2019, at the Conference Hall of Arputha College of Arts and Science. The meeting revolved around three key agenda items.

- **Group Activities:** Participants engaged in a productive discussion regarding the group activities to be organized during the academic year. These activities encompassed meditation sessions, initiatives aimed at fostering positive thoughts among students and staff, and the development and execution of various awareness programs.
- **Psycho-education on Emotional Intelligence:** The meeting addressed the crucial aspect of incorporating psycho-education on emotional intelligence into the college's counseling services. This initiative aims to enhance the emotional well-being of students through counseling programs that emphasize emotional intelligence.
- **Awareness Programs:** The participants deliberated on the planning and execution of awareness programs dedicated to the themes of well-being and human values. These programs are intended to create an environment that encourages personal growth and values-driven living within the college community.





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- **Student Involvement in Academic Clubs:** The meeting encouraged students to participate in various academic clubs to enhance their vertical and horizontal profile development, allowing them to channelize their enthusiasm effectively.
- **Awareness Programs on Various Topics:** The gathering discussed the impact of awareness programs on drug abuse, self-defence, and disaster management, highlighting their importance in preparing students for real-world challenges.

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2.	Dr.G. Thilipkumar	Asst. Prof. in Computer Science	<i>Dr. G. Thilipkumar</i>
3.	Dr. L. Ananthavalli	Head Department of Tamil	<i>Dr. L. Ananthavalli</i>
4.	Sr. A. Arputha Sahaya Rani	Head Department of Computer Science	<i>Sr. A. Arputha Sahaya Rani</i>
5.	Dr.G.Vigneshwaran	Head Department of Business Administration	<i>Dr. G. Vigneshwaran</i>
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Date :

## COUNSELING CELL

Meeting Minutes - Closing Meeting 2019-2020

Date: March 11, 2020

Venue: Conference Hall, Arputha College of Arts and Science

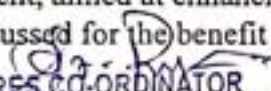
### Agenda:

- "Five Minutes Mindful Meditation" and Weekly Activities to Promote Positive Thoughts Across Classrooms.
- Review of Group Activities Conducted Throughout the Academic Year 2019-2020.
- Feedback and Future Plans for "Psycho-education on Emotional Intelligence."
- Evaluation of the Stress Management Month Initiative.
- Appreciation for Awareness Programs on Gratitude and Brain Dance and Exploration of Future Innovative Programs.

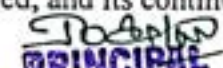
### Summary:

The closing meeting for the academic year 2019-2020 was convened on March 11, 2020, at the Conference Hall of Arputha College of Arts and Science, with a focus on the activities and initiatives carried out by the Counselling Cell.

- **"Five Minutes Mindful Meditation" and Positive Thoughts:** The meeting began with a discussion on the successful implementation of "Five Minutes Mindful Meditation" and the practice of spreading positive thoughts across all classrooms each week. These initiatives were seen as valuable in promoting mental well-being among students.
- **Review of Group Activities:** A comprehensive review of various group activities conducted during the academic year took place, highlighting their impact on student development and engagement.
- **Psycho-education on Emotional Intelligence:** Participants provided feedback on the "Psycho-education on Emotional Intelligence" program and expressed the importance of continuing it in the upcoming academic year, acknowledging its positive influence on students.
- **Stress Management Month:** The effectiveness of the Stress Management Month experiment, aimed at enhancing health and well-being, was evaluated, and its continuation was discussed for the benefit of students.

  
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Date :

## COUNSELING CELL

### Meeting Minutes - Opening Meeting 2020-2021

Date: November 25, 2020

Venue: College Auditorium, Arputha College of Arts and Science Meeting

#### Agenda:

- Review and Discussion of Online Activities Conducted and Planned for 2020-2021, Including Meditation Videos, Positive Thoughts through Good Morning Messages, and Awareness Videos.
- Execution of Psycho-education on Emotional Intelligence Using Virtual Facilities to Promote and Enhance Mental Wellness Among Students.
- Planning and Implementation of Awareness Programs to Foster Positive Thoughts.
- Raising Awareness Among Students About the Existence of the Counseling Cell and the Support of Counseling Psychologists on Campus.

**Summary:** The opening meeting for the academic year 2020-2021 was held on November 25, 2020, at the College Auditorium of Arputha College of Arts and Science, with a primary focus on the activities of the Counselling Cell.

**Online Activities:** The meeting commenced with a comprehensive review of online activities conducted and planned for the academic year, which included the dissemination of meditation videos, positive thoughts through daily Good Morning Messages, and awareness videos. These initiatives were designed to promote mental well-being and positivity among students, particularly in the context of remote learning.

**Psycho-education on Emotional Intelligence:** The meeting emphasized the importance of leveraging virtual facilities to execute psycho-education on emotional intelligence. This approach aimed to motivate and enhance the mental wellness of the student community, acknowledging the unique challenges posed by the ongoing pandemic.

**Awareness Programs:** The planning and execution of awareness programs geared towards nurturing positive thoughts were discussed. These programs were seen as a vital component in promoting a healthy and optimistic mindset among the student body.

**Raising Awareness About the Counselling Cell:** The meeting underscored the need to raise awareness among students about the presence of the counselling cell and the availability of counselling psychologists on campus. It was recognized that students should be made aware of the support system in place to address their mental health and well-being needs.

COUNSELLOR CO-ORDINATOR  
Arputha College of Arts and Science

PRINCIPAL



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Date :

## COUNSELING CELL

### Meeting Minutes - Closing Meeting 2020-2021

Date: April 26, 2021

Venue: College Auditorium, Arputha College of Arts and Science Meeting

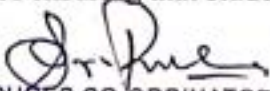
#### Agenda:

- Review and Discussion of Online Activities Conducted During 2020-2021, Including Meditation Videos, Positive Thoughts through Good Morning Messages, and Awareness Videos.
- Assessment and Outcomes of the "Reap Rewards for Positive Thoughts" Activity, Aimed at Encouraging Participants to Focus on Positive Thoughts.
- Reflecting on Efforts to Raise Awareness Among Students About the Existence of the Counseling Cell and the Availability of Counseling Psychologists.

#### Summary:

The closing meeting for the academic year 2020-2021 was held on April 26, 2021, at the College Auditorium of Arputha College of Arts and Science, with a primary focus on reviewing the activities of the Counseling Cell.

- **Online Activities:** The meeting commenced with a comprehensive review of online activities conducted throughout the academic year, including the distribution of meditation videos, daily Good Morning Messages with positive thoughts, and awareness videos. These initiatives were aimed at fostering mental well-being and positivity among students in the context of remote learning.
- **"Reap Rewards for Positive Thoughts" Activity:** An assessment was carried out to gauge the outcomes of the "Reap Rewards for Positive Thoughts" activity. The primary objective of this activity was to motivate participants to focus on positive thoughts. The meeting discussed the effectiveness of this initiative in promoting a positive mindset.
- **Raising Awareness About the Counseling Cell:** Efforts made during the year to raise awareness among students about the existence of the counseling cell and the availability of counseling psychologists on campus were reviewed. The meeting stressed the importance of ensuring that students were well-informed about the support services offered.

  
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2.	Dr.G. Thilipkumar	Asst. Prof. in Computer Science	<i>Dr. G. Thilipkumar</i>
3.	Dr. L. Ananthavalli	Head Department of Tamil	<i>Dr. L. Ananthavalli</i>
4.	Sr. A. Arputha Sahaya Rani	Head Department of Computer Science	<i>Sr. A. Arputha Sahaya Rani</i>
5.	Dr.G.Vigneshwaran	Head Department of Business Administration	<i>Dr. G. Vigneshwaran</i>
6.	Dr.Muthaiah	Doctor	<i>Dr. Muthaiah</i>
7.	Mr.S. Thameem Ansar	Psychiatric, Social worker	<i>Mr. S. Thameem Ansar</i>
8.	Mrs. Thamil mani	Psychiatric, Social worker	<i>Mrs. Thamil mani</i>

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# ARPUTHA COLLEGE OF ARTS & SCIENCE

(Affiliated to Bharathidasan University)

Arputha Nagar, Vamban - 622 303. Alangudi (T.k), Pudukkottai (Dt)

[www.arputhacollege.in](http://www.arputhacollege.in)

Date :

## COUNSELING CELL

Meeting Minutes - Opening Meeting 2021-2022

Date: August 10, 2021

Venue: College Auditorium, Arputha College of Arts and Science Meeting

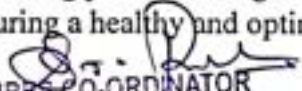
### Agenda:

- Discussion and Planning of Activities for 2021-2022, Including Meditation Videos, Positive Thoughts Through Good Morning Messages, and Awareness Posters and Videos, Emphasizing Community-Oriented Research and Sustainable Development Goals.
- Execution of Psycho-education on Various Psychological Topics and Well-being Utilizing Virtual and Physical Modes (Subject to the Situation) to Motivate and Enhance the Mental Wellness of the Student Community.
- Organizing and Conducting Awareness Programs to Foster Positive Thoughts.


### Summary:

The opening meeting for the academic year 2021-2022 was convened on August 10, 2021, at the College Auditorium of Arputha College of Arts and Science, with a central focus on outlining the activities of the Counseling Cell.

- **Activities for 2021-2022:** The meeting commenced with a discussion and planning session for activities slated for the academic year. These activities encompassed the creation and distribution of meditation videos, the dissemination of positive thoughts through Good Morning Messages, and the development of awareness posters and videos. A significant emphasis was placed on aligning these activities with community-oriented research and sustainable development goals, highlighting the college's commitment to holistic growth.
- **Psycho-education on Psychological Topics:** The meeting stressed the importance of executing psycho-education on various psychological topics and well-being. These initiatives were to be conducted using virtual facilities and, when feasible, in physical settings, with the primary aim of motivating and enhancing the mental wellness of the student community.
- **Awareness Programs:** The planning and execution of awareness programs aimed at cultivating positive thoughts were discussed. These programs were considered integral to nurturing a healthy and optimistic mindset among students.

  
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## ARPUTHA COLLEGE OF ARTS AND SCIENCE

Affiliated to Bharathidasan University, Tiruchirappalli - 24.  
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### Committee Members presented in the meeting

S.No	Name	Designation	Signature
1.	Dr. V. Bugey Mettilda	Vice Principal	
2.	Dr.G. Thilipkumar	Asst. Prof. in Computer Science	
3.	Dr. L. Ananthavalli	Head Department of Tamil	
4.	Sr. A. Arputha Sahaya Rani	Head Department of Computer Science	
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*Date :*

## COUNSELING CELL

Meeting Minutes - Closing Meeting 2021-2022

Date: April 11, 2022

Venue: Open Auditorium, Arputha College of Arts and Science Meeting

### Agenda:

- Review and Discussion of Online Activities Conducted During 2021-2022, Including Meditation Videos, Positive Thoughts Through Good Morning Messages, and Awareness Videos.
- Evaluation of the "Peer Presentation Series" Activity Aimed at Motivating Students to Focus on Positive Thoughts and Enhance Understanding Through Peer Groups.
- Reflection on the Webinar Series on Positivity and Wellbeing, Providing Awareness on Various Psychological Topics.
- Review of Personal Counseling and Guidance Provided to Students by the Counseling Psychologist.

### Summary:

The closing meeting for the academic year 2021-2022 took place on April 11, 2022, at the Open Auditorium of Arputha College of Arts and Science, focusing on reviewing the activities conducted by the Counseling Cell.

**Online Activities:** The meeting commenced with a comprehensive review and discussion of online activities carried out during the academic year. These activities included the creation and distribution of meditation videos, the sharing of positive thoughts through daily Good Morning Messages, and the development and dissemination of awareness videos. The objective was to promote mental well-being and positivity among students.

**"Peer Presentation Series" Activity:** The meeting evaluated the outcomes of the "Peer Presentation Series" activity, which aimed to motivate students to focus on positive thoughts and enhance their understanding through peer groups. This initiative encouraged students to actively engage with their peers and foster a supportive learning environment.





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**Webinar Series on Positivity and Wellbeing:** The meeting reflected on the impact of the webinar series dedicated to spreading awareness on various psychological topics. These webinars provided valuable insights into mental well-being and encouraged positive thinking.

**Personal Counseling and Guidance:** The meeting acknowledged the crucial role played by the Counseling Psychologist in providing personal counseling and guidance to students. This support system was essential in addressing individual student needs and promoting their mental health.

  
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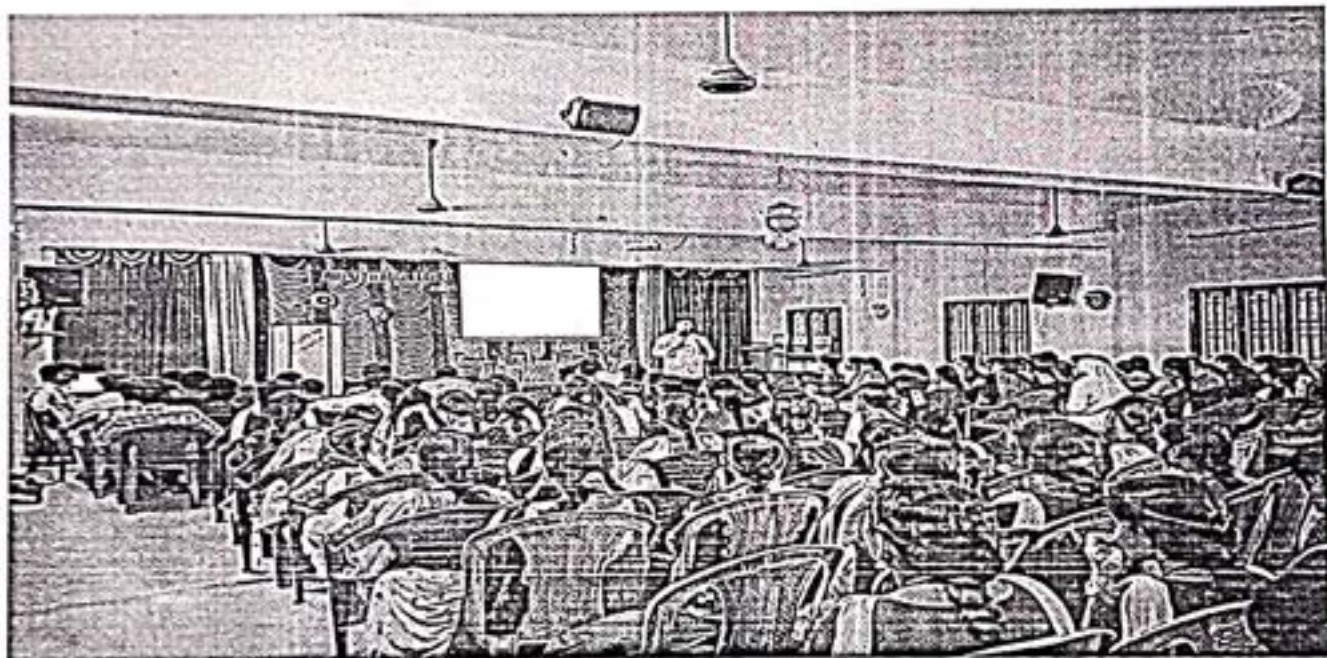
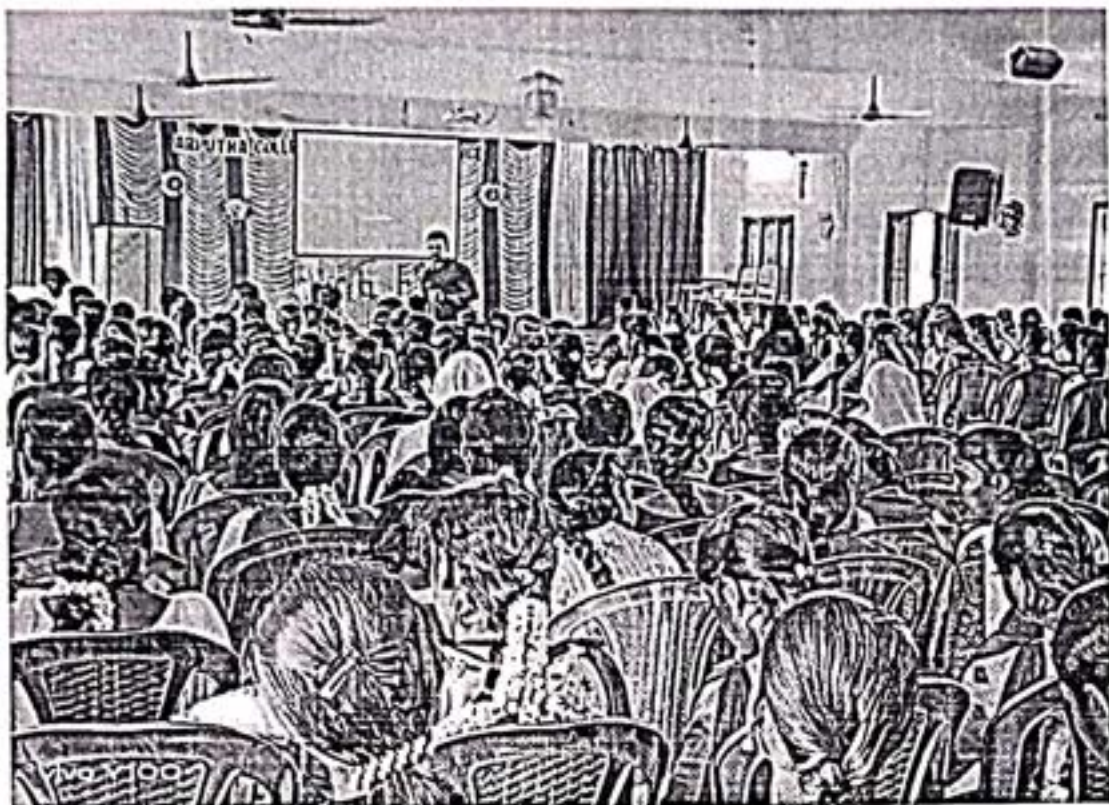
### Committee Members presented in the meeting

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