

A.P.C MAHALAXMI COLLEGE FOR WOMEN, THOOTHUKUDI

Counseling Cell

Activity Report (2017-2018)

Staff In-charge:

| Staff in charge | Designation and Department |
|---------------------------------|-------------------------------------|
| Dr.K.Palani | Associate Professor of Mathematics |
| Mrs.R.Uma Sathiavathi | Assistant Professor of Commerce CA |
| Mrs. A.Agnes mary | Assistant Professor of English |
| Mrs. M.Shanthi | Assistant Professor of Commerce(sf) |
| Mrs.K.Sivagama Shunmuga Sundari | Assistant Professor of Commerce |

Office Bearers:

| | Name | Class & Major |
|-----------|-------------------------------|----------------------|
| President | M.Muthamizh Anantha Kaviarasi | III B.Sc Mathematics |
| Secretary | M.Saranya | II B.Sc Physics |

- On 21.6.2017, in connection with International Yoga Day Celebration
Trainer: Ms.P.Kowsalya and Mrs.P.Chandralekhs for Isha Yoga Centre, Thoothukudi.
Topic is :”Upa Yoga”.
- On 08.12.2017 A One-Day Workshop on Counselling For Happiness. Resource person Dr.V.Suresh (Former Professor & head, Department of Psychology, & Former Director, Centre for Yoga Studies, Annamalai University.

Workshop on Counseling For Happiness

