



DEPARTMENT OF INFORMATION TECHNOLOGY
POPE'S COLLEGE (Autonomous)
SAWYERPURAM



COUNSELLING PROGRAMME

ON


STRATEGIES OF REDUCING STRESS ON COLLEGE
STUDENTS

DATE: 12-04-2022


TIME : 11:00 AM

VENUE : III B.SC IT

INVITATION





INFO - TECH ASSOCIATION
CSI - Thoothukudi - Nazareth Diocese
Pope's College (Autonomous)
Accredited by NAAC-II Cycle with 'A' Grade (CGPA 3.28)
Sawyerpuram - 628251




Department of Information Technology
Organizes

COUNSELLING PROGRAMME
ON
Strategies of Reducing Stress on
College Students

 12/04/22  11.00 AM

President : **Dr. R. Immanuel**
(Principal, Pope's College)

Resource Person : **Mrs. P. Beulah Rose Rani, M.Sc., M.Ed., M.Phil.,**
Assistant Professor of Zoology,
Pope's College (Autonomous)
Sawyerpuram



Staff & Students

PROGRAMME SCHEDULE

DEPARTMENT OF INFO – TECH

Pope's College

Accredited by NAAC – II Cycle with 'A' Grade (2016-2021)

Sawyerpuram

COUNSELLING PROGRAMME

ON

STRATEGIES OF REDUCING STRESS ON COLLEGE STUDENTS

Date: 12 -04-2022

Time: 11.00 AM

PROGRAMME SCHEDULE

1. Prayer Song
2. Welcome Address
3. Honoring the Chief Guest
4. Resource Person: Mrs. P. Beulah Rose Rani M.Sc., M.Ed., M.Phil
Assistant Professor,
Department of Zoology,
Pope's College, Sawyerpuram
5. Feedback
6. Vote of Thanks
7. Closing Prayer

PARTICIPANTS LIST

Sl. No	Reg. Number	Participant's Name	Class	Signature
1	191405102	V. Evangelin Koubha	III B.Sc (IT)	<i>[Signature]</i>
2	191405103	S. Lakshmi Prabha	III B.Sc (IT)	<i>[Signature]</i>
3	201405116	T. Sankaranarayanan	II B.Sc IT	<i>[Signature]</i>
4	201405107	T. Tebi Marlin	II B.Sc IT	<i>[Signature]</i>
5	191405104	D. Prasanth	II B.Sc IT	<i>[Signature]</i>
6	191405114	I. Jaihind Kabilan	II B.Sc IT	<i>[Signature]</i>
7	191405128	M. Sankar Cranesht	III B.Sc IT	<i>[Signature]</i>
8	201405119	K. Senthil Kumar	II B.Sc IT	<i>[Signature]</i>
9	201405114	S. Praveen Kumar	II B.Sc IT	<i>[Signature]</i>
10	201405104	A. Arundhara raja	II B.Sc IT	<i>[Signature]</i>
11	201405108	A. Joseph Emmanuel	II B.Sc IT	<i>[Signature]</i>
12	201405106	P. Devi Niranjan	II B.Sc IT	<i>[Signature]</i>
13	201405115	J. Rameesh Kumar	II B.Sc IT	<i>[Signature]</i>
14	201405120	E. Solomon Sundar raj	II B.Sc IT	<i>[Signature]</i>
15	191405107	S. Anantha Raj	II B.Sc IT	<i>[Signature]</i>
16	191405110	A. Ananya saasai Hani	II B.Sc IT	<i>[Signature]</i>
17	191405127	D. Sam Alkon	II B.Sc IT	<i>[Signature]</i>
18	191405115	C. Geeta Raj	II B.Sc IT	<i>[Signature]</i>
19	191405124	D. Prasanth	II B.Sc IT	<i>[Signature]</i>
20	201405113	A. Pravin Kumar	B.Sc IT II	<i>[Signature]</i>
21	211405108	E. Ramakrishnan	I. B.Sc IT	<i>[Signature]</i>
22	211405105	S. Karthikeyan	I. B.Sc IT	<i>[Signature]</i>
23	211405107	K. NUTHU SELVAN	I. B.Sc IT	<i>[Signature]</i>



DEPARTMENT OF INFORMATION TECHNOLOGY
POPE'S COLLEGE (Autonomous)
SAWYERPURAM



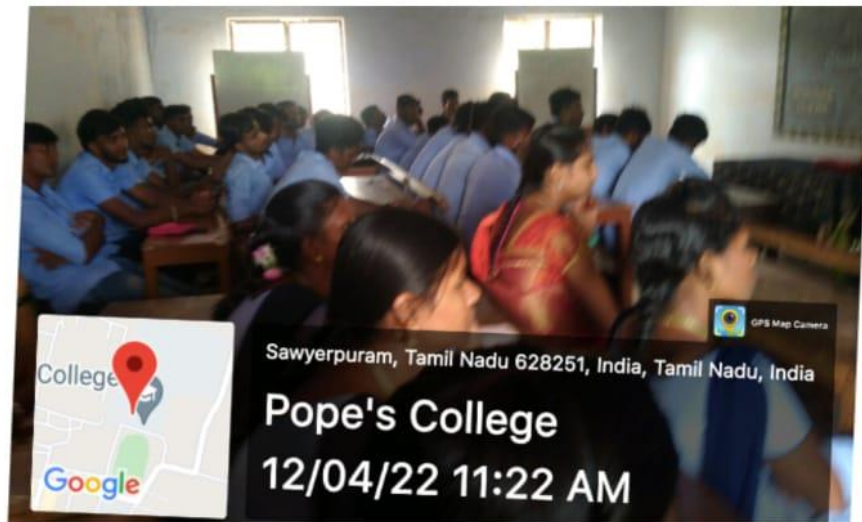
COUNSELLING PROGRAMME
ON
STRATEGIES OF REDUCING STRESS ON COLLEGE STUDENTS

Date: 12-04-2022

Sl. No	Reg. Number	Participant's Name	Class	Signature
24	191405125	S. Praveen	III B.Sc IT	S. Praveen
25	191405135	Vinay Rathan . A	II B.Sc IT	Vinay Rathan . A
26	191405129	Selva perumal . V	II B.Sc IT	Selva perumal . V
27	191405008	S. AKKINI Muthu	III B.Sc IT	S. AKKINI Muthu
28	211405103	P. Aswin	I B.Sc IT	P. Aswin
29	211405106	S. Maria Sarsai Sebastian	I. B.Sc II	S. Maria Sarsai Sebastian
30	191405126	S. San Kumar	III B.Sc IT	S. San Kumar
31	201405109	S. Jothi bharani Pragasam	II B.Sc . IT	S. Jothi bharani Pragasam
32	201405117	T. Saravanan	II B.Sc . IT	T. Saravanan
33	201405122	T. Veerachandran	II . B . Sc . IT	T. Veerachandran
34	181405139	S. Solomon Jebaraj	II B.Sc IT	S. Solomon Jebaraj
35	191405101	S. Cheryl Vedha	III B.Sc IT	S. Cheryl Vedha
36	191405105	M. Muthu Sekhi	III B.Sc IT	M. Muthu Sekhi
37	191405106	M. Siva Nandhini	III B.Sc IT	M. Siva Nandhini
38	191405104	A. Mahalakshmi	III B.Sc IT	A. Mahalakshmi
39	20 211405101	J. Jenitta	I. B.Sc. IT	J. Jenitta
40	201405103	P. Muthuseli	II BSC . IT	P. Muthuseli
41	201405101	P. Agnes Jero Smito	II BSc II	P. Agnes
42	201405102	J. Jebagaa	II BSc IT	J. Jebagaa
43	201405102	L. Kaithaeshwari	I. BSc IT	L. Kaithaeshwari
44				
45				
46				
47				

i. Bull
12/4/22

PHOTOS





CERTIFICATE

C.S.I. Thoothukudi - Nazareth Diocese
POPE'S COLLEGE
(Autonomous)
Accredited by NAAC - II Cycle with 'A' Grade (CGPA 3.28)
Sawyerpuram - 628 251.
Thoothukudi District, Tamilnadu.



DR.R.IMMANUEL, M.A.,M.Phil.,Ph.D.,
Principal
E-mail : popessym@yahoo.com Website : www.popescollege.net

Phone (off) : 04630 - 273233
Fax : 04630 - 273774

Date: 12.04.2022

CERTIFICATE

This is to certify that **Mrs. P. Beulah Rose Rani**, Assistant Professor,
Department of Zoology, Pope's College(Autonomous), Sawyerpuram, delivered a
Guest Lecture on "Strategies of Reducing Stress on College Students"
organized by the Department of Information Technology, Pope's College,
Sawyerpuram on 12th April 2022.


PRINCIPAL
POPE'S COLLEGE
(Autonomous)
SAWYERPURAM-628251



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Date: 12-04-2022

Time : 11:00 AM

REPORT

Department of Information Technology of Pope's College(Autonomous), organized a Counselling Programme on “ Strategies of Reducing Stress on College Students” on 12th April 2022 at 11:00 AM in III B.Sc Information Technology Class Room. The Resource Person is Mrs.P.Beulah Rose Rani M.Sc.,M.Ed.,M.Phil., Assistant Professor, Department of Zoology, Pope's College(Autonomous), Sawyerpuram. The programme was attended by 43 students and 3 Faculty members of Information Technology Department.

The guest speaker was heartily welcomed by Akkinimuthu of III B.Sc Information Technology & Chairman of Info-Tech Association.. The Felicitation address was given by G.Jeya Sutha Perciya, Assistant Professor of Information Technology. The session was very interactive and students participated enthusiastically. The Resource Person Mrs.P.Beulah Rose Rani gave more information about Strategies of Stress, Causes of Stress and how overcome stress. Our Resource Person asked some questions about that session. Students answered very well. They encourage the students with a small gift.

A.Mahalakshmi of III IT and J.Jebi Martin of II IT shared their feedback about this session. They told, it was very useful to all of us. The vote of thanks was given by Sankaranarayanan of II B.Sc Information Technology & Secretary of Info- Tech Association. The Programme came to an end with a closing prayer by our Resource Person Mrs.P.Beulah Rose Rani.