

**THIAGARAJAR COLLEGE: MADURAI - 09**

**(Re-Accredited with 'A++' Grade by NAAC)**

**Internal Quality Assurance Cell (IQAC)**

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**MEETING / PROGRAMME / SEMINAR / WORKSHOP / CONFERENCE / WEBINAR  
REPORT**

**Date of submission:**

- 1. Name of the Department: Career Guidance Cell and TECA Forum**
- 2. Meeting / Programme / Seminar / Workshop / Conference / Webinar:  
Seminar**
- 3. Department / College / State / National / International :College**
- 4. Venue & Date : Diamond jubilee Hall & 27/02/2025**
- 5. Title : The Dark side of success: Mental health during Exam Preparation**
- 6. Name & Designation of the Chief Guest / Resource Person: Mr. N. Vinoth  
Kumar MSW, PGDC, Mental Health Counsellor, Madurai.**
- 7. Details:**

S. No.	Category	No. of Participants	
		Our College	Other College
	-		172

**7A. Participant Details:**

<b>Staff Participation</b>
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Sl.No	Name of the Staff	Designation
1	Dr. P. Uma Rani	Co- Ordinator, Career Guidance Cell
2	Mr. Dhakshna Moorthy	Co- Ordinator, TECA Forum

Student Coordinators		
Sl.No	Name of the Student	Designation
1	G. Hema Harini	II BBA (Aided)
2	S. Bavatharani	II BBA (Aided)
3	R. Kalieshwaran	II BBA (Aided)

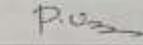
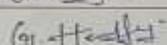
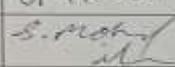
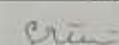
**STUDENT DETAILS AS DISCLOSED:**

**THIAGARAJAR COLLEGE :: MADURAI - 09**  
(Re-Accredited with 'A++' Grade by NAAC)

**Career Guidance Cell & TECA Forum**

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Theme & Title: The Dark Side of Success: Mental health during Exam preparation.  
Venue & Date: Diamond Jubilee Hall & 27/02/2025

Sl. NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1	N VINOTH KUMAR	Mental Health Counselor, Int/C	
2	K. DHAKSHNA MOORTHY	AP, Dept of Tamil	
3	Dr. P. Uma Rani	AP, Dept of Business Admn	
4	S. Bavatharani	II - BBA (23UBA46)	
5	G. Hema Harini	II - BBA (23UBA48)	
6	S Mohamed Ibrahim	I - BBA (24UBA24)	
7	K. Srinivas	I - BBA (24UBA40)	

SL NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1)	M. Beenuka	24UBA48 I <sup>st</sup> year BBA (Aided)	M. Beenuka
2)	R. Ancharadevi	24UBA47 I <sup>st</sup> year BBA (Aided)	R. Ancharadevi
3)	V. Yogapriya	24UBA12 I <sup>st</sup> year BBA (Aided)	V. Yogapriya
4)	I. Kavitha	24UBA56 I <sup>st</sup> year BBA (Aided)	I. Kavitha
5)	C. Tharanipriya	24UBA69 I year BBA (Aided)	C. Tharanipriya
6)	M. Jeyakalimenachi	24UBA54 I year BBA (Aided)	M. Jeyakalimenachi
7)	S. Savetha	24UBA67 I year BBA (Aided)	S. Savetha
8)	G. Savetha	24UBA68 I year BBA (Aided)	G. Savetha
9)	K. Vaidha	24UBA71 I year BBA (Aided)	K. Vaidha
10)	R. DhanaLakshmi	24UBA49 I year BBA (Aided)	R. DhanaLakshmi
11)	N. Marasha	24UBA60 I year BBA (Aided)	N. Marasha
12)	V. Praveen	24UBA64 I year BBA (Aided)	V. Praveen
13)	T. Petchi	24PTA19 I year MA (Aided)	T. Petchi
14)	D. Divya	24PTA11 I year MA (Aided)	D. Divya

SL NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
	Chamekesh - S	24UBA12 / BBA - A 1 <sup>st</sup> year	Chamekesh - S
	R. Paramasivam	24UBA33 BBA - A 1 <sup>st</sup> year	R. Paramasivam
	J. Deva Prakash	24UBA13 BBA - A 1 <sup>st</sup> year	J. Deva Prakash
	R. Kirthik	24UBA21 BBA - A 1 <sup>st</sup> year	R. Kirthik
	P. Mutharasu	24UBA28 BBA - A 1 <sup>st</sup> year	P. Mutharasu
	A. Anandharaj	24UBA25 BBA - A 1 <sup>st</sup> year	A. Anandharaj
	S. Mukesh	24UBA27 BBA - A 1 <sup>st</sup> year	S. Mukesh
	V. Thanga Pradi	24UBA42 BBA (A) 1 <sup>st</sup> year	V. Thanga Pradi
	O. Balomusugan	24UBA11 BBA (A) 1 <sup>st</sup> year	O. Balomusugan
	A. Surya	24UBA41 BBA (A) 1 <sup>st</sup> year	A. Surya
	J. Adhisankaravignesh	24UBA01 BBA (A) 1 <sup>st</sup> year	J. Adhisankaravignesh
	B. Rupa Khan	24UBA36 BBA (A) 1 <sup>st</sup> year	B. Rupa Khan
	E. Divya	24UBA15 BBA (A) 1 <sup>st</sup> year	E. Divya

SL NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1	R. GunaSelokan	24PTA03	R. Guna
2	S. Geemulogesh	23UBA10	S. Geemulogesh
3	K. Vishwa	23UBA39	K. Vishwa
4	B.S. Danik Pankumar	23UBA07	B.S. Danik Pankumar
5	S.V. Viveka Raj	23UBA40	S.V. Viveka Raj
6	K. Achiah Kiran	23UBA04	K. Achiah Kiran
7	P. Vishnu Vandhan	23UBA38	P. Vishnu Vandhan
8	T.H. Naufal Ahmed	23UBA02	T.H. Naufal Ahmed
9	S. Ramareesh	23UBA25	S. Ramareesh
10	S. Veerankumar	23UBA35	S. Veerankumar
11	R. Kalichandran	23UBA14	R. Kalichandran
12	M. Harin	23UBA12	M. Harin
13	P. Gobalakrishnan	23UBA08	P. Gobalakrishnan

SL NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1	M. Abinaya	23PTA11 & II M.A Tamil	M. Abinaya
2	P. Ponnarasi	23PTA34 & II M.A Tamil	P. Ponnarasi
3	B. Manimala	23PTA24 & II M.A Tamil	B. Manimala
4	S. Nagalakshmi	23PTA30 & II M.A Tamil	S. Nagalakshmi
5	R. LakshmiPriya	23PTA25 & II M.A Tamil	R. LakshmiPriya
6	K. Fatima Siddika	23PTA19 & II M.A Tamil	K. Fatima Siddika
7	K.S. Vaishnavi	23PTA44 & II M.A Tamil	K.S. Vaishnavi
8	S. Rishagana	23PTA40 & II M.A Tamil	S. Rishagana
9	R. Preema	23PTA36 & II M.A Tamil	R. Preema
10	R. Abisami	23PTA12 & II M.A Tamil	R. Abisami
11	G. Muthupappa	23PTA29 & II M.A Tamil	G. Muthupappa
12	K. Bala murugan	24UBA10 I BBA Aided	K. Bala murugan
13	P. Praveen Anshu	24UBA35 I BBA Aided	P. Praveen Anshu

SL NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1	R. Prabhakaran	23UBA24 - II - BBA	R. Prabhakaran
2	K. Srinivas Kumar	23UBA26 - I - BBA	K. Srinivas Kumar
3	D. Srinivas Kumar	23UBA31 - II BBA	D. Srinivas Kumar
4	S. N. Surya	23UBA32 - I BBA	S. N. Surya
5	M. Harish Kumar	23UBA11 - I BBA	M. Harish Kumar
6	L. S. Karthick Babu	23UBA16 - II BBA	L. S. Karthick Babu
7	M. Arasu Nathan	23UBA03 - IInd BBA	M. Arasu Nathan
8	J. Sasi Kumar	23UBA08 - IInd BBA	J. Sasi Kumar
9	M. P. Gopinath	23UBA09 - IInd BBA	M. P. Gopinath
10	M. U. Abhishek	23UBA02 - IIInd BBA	M. U. Abhishek
11	A. Thiruman	23UBA33 - IIInd BBA (Aided)	A. Thiruman
12	K. Mahesh Prakash	23UBA19 - IInd BBA (Aided)	K. Mahesh Prakash
13	B. Sankar Kumar	23UBA03 - IIInd BBA Aided	B. Sankar Kumar

SL NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1	B. Mahalakshmi	23SUPS23, II B.Sc Psychology	B. Mahalakshmi
2	P. Rujalini	23SUPS30, II B.Sc Psychology	P. Rujalini
3	G. Pooja	23SUPS28, II B.Sc Psychology	G. Pooja
4	B. Shanmugasobya	23SUPS35, I B.Sc Psychology	B. Shanmugasobya
5	N. Divya Dhansini	23SUPS17, I B.Sc Psychology	N. Divya Dhansini
6	J. Karthick Roshini	23SUPS20, II B.Sc Psychology	J. Karthick Roshini
7	H. Madhavi	24PTA14, I MA TAMIL	H. Madhavi
8	M. Bharathi	24PTA09, I MA TAMIL	M. Bharathi
9	A. Anbukkavasi	24PTA07, I MA TAMIL	A. Anbukkavasi
10	S. Charuparkavi	24PTA10, I MA TAMIL	S. Charuparkavi
11	G. Senthil	24PTA03, I MA TAMIL	G. Senthil
12	K. V. Revathi	24PTA01, I MA TAMIL	K. V. Revathi
13	K. Jayalaxmi	24PTA13, I MA TAMIL	K. Jayalaxmi
14	V. Prasadharshini	24PTA06, I MA TAMIL	V. Prasadharshini

Sl. NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
1.	G. Lakshmi Unnikrishnan	(23PTA07) B.A. POLITICAL SCIENCE 23PTA07	M. Manjula
2.	B. Srinivasan	(23PTA05)	B. Srinivasan
3.	H. Srinivasan	(23PTA01)	H. Srinivasan
4.	J. Sankesh	(24UBA07) BBA (Aided)	J. Sankesh
5.	G. Alex Paul	(24UBA03) BBA (Aided)	G. Alex Paul
6.	H. Srinivasan	(24UBA10) BBA (Aided)	H. Srinivasan
7.	K. Palanikumar	(24UBA32) BBA (Aided)	K. Palanikumar
8.	R. Sathishkaran	(24UBA02) BBA (Aided)	R. Sathishkaran
9.	S. Srinivasan	(24PTA01) B.A. POLITICAL SCIENCE 24PTA01	S. Srinivasan
10.	S. Srinivasan	(24PTA04)	S. Srinivasan
11.)	A. Anandharaj	(24UBA04) BBA (A)	A. Anandharaj
12.)	A. MURUGESH KANNAN	24UBA26 BBA (A)	A. MURUGESH KANNAN
13.)	S. Arish	24UBA055 BBA (A)	S. Arish
14.)	S. Karthikeyan	24UBA20 BBA (A)	S. Karthikeyan

Sl. NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
	B. S. Rubika	23UBA59 BBA (Aided) - II <sup>nd</sup> year	B. S. Rubika
	N. Akshaya	23UBA43 BBA - Aided - II <sup>nd</sup> year	N. Akshaya
	S. Jothi	23UBA50 BBA - Aided - I <sup>st</sup> year	S. Jothi
	K. Nuthupandi	24UBA01 BBA - Aided - I <sup>st</sup> year	K. Nuthupandi
	M. Shakthi	23UBA60 BBA - Aided - II <sup>nd</sup> year	M. Shakthi
	S. Vaishnavi	23UBA62 BBA - Aided - II <sup>nd</sup> year	S. Vaishnavi
	V. Anura	23UBA45 BBA - Aided - I <sup>st</sup> year	V. Anura
	S. Jeevashrini	23UBA44 BBA (Aided) - II <sup>nd</sup> year	S. Jeevashrini
	S. yegameenakshi	23UBA63 BBA (Aided) - I <sup>st</sup> year	S. yegameenakshi
	A. Deepa	23UBA47 BBA (Aided) - I <sup>st</sup> year	A. Deepa
	A. S. Anurupa	23UBA42 BBA (Aided) - II <sup>nd</sup> year	A. S. Anurupa
	M. Thejaswini	24UBA70 BBA (Aided) - I <sup>st</sup> year	M. Thejaswini
	S. Harini	24UBA53 BBA (Aided) - I <sup>st</sup> year	S. Harini
	R. Kalajamini	24UBA55 BBA (Aided) - I <sup>st</sup> year	R. Kalajamini

Sl. NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
	K. Namayani	பொதுமொழி அறிவுறுத்தல் துறை	K. Namayani
	M. Deepa	தமிழ்மொழி அறிவுறுத்தல் துறை	M. Deepa
	S. Jeevitha Raji	பொதுமொழி அறிவுறுத்தல் துறை	S. Jeevitha Raji
	D. Shanmuga Priya	தமிழ்மொழி துறை அறிவுறுத்தல்	D. Shanmuga Priya
	S. Pariventa	தமிழ்மொழி துறை அறிவுறுத்தல்	S. Pariventa
	C. Jeevitha	தமிழ்மொழி துறை அறிவுறுத்தல்	C. Jeevitha
	B. Maniya Jeevitha	தமிழ்மொழி துறை அறிவுறுத்தல்	Maniya Jeevitha
	M. Aishwarya	தமிழ்மொழி துறை அறிவுறுத்தல்	M. Aishwarya
	M. Parthi Lalvi	தமிழ்மொழி துறை அறிவுறுத்தல்	M. Parthi Lalvi
	P. Santhamaprabha	தமிழ்மொழி துறை அறிவுறுத்தல்	P. Santhamaprabha
	S. Seethalakshmi	தமிழ்மொழி துறை அறிவுறுத்தல்	S. Seethalakshmi
	M. Naga Jothika	தமிழ்மொழி துறை அறிவுறுத்தல்	M. Naga Jothika
	N. Nametha	தமிழ்மொழி துறை அறிவுறுத்தல்	N. Nametha
	M. Praveena	தமிழ்மொழி துறை அறிவுறுத்தல்	M. Praveena

Sl. NO	Name	For Students: Reg. No & Class / Staff: Designation	Signature
	A. Siva Pandi	24UBA08, BBA I <sup>st</sup>	A. Siva Pandi
	M. Jeyabharathi Pandi	24UBA19, I <sup>st</sup> BBA	M. Jeyabharathi
	S. Jakeshwaran	24UBA22, I BBA (Aided)	S. Jakeshwaran
	S. Harish Kumar	24UBA18, I <sup>st</sup> BBA	S. Harish Kumar
	S. Sivamsharan	24UBA39, I-BBA (Aided)	S. Sivamsharan
	M. Athitharan	24UBA09, I-BBA	M. Athitharan
	K. Sakanthi	23PTA01 - II - MA Tamil	K. Sakanthi
	K. Uthaya Kumar	24UBA43 - I BBA (Aided)	K. Uthaya Kumar
	T. Deepa	24UBA14 - I BBA (Aided)	T. Deepa
	K. Harish	24UBA17 - I BBA (Aided)	K. Harish
	C. Arun	24UBA06 - I BBA (Aided)	C. Arun
	M. MURUSH	24UBA20 - I BBA (Aided)	M. MURUSH

B. no	Name	For students / Reg no X class / Staff: designation	Signature
1.	P. Madhus	24UBA23 / BBA-(A) 1 <sup>st</sup> year	P. Madhus
2.	M. Nagarjun	24UBA 29 / BBA-(A) 1 <sup>st</sup> year	M. Nagarjun
3.	K. Naveen	24UBA 30 / BBA-(A) 1 <sup>st</sup> year	K. Naveen
4.	P. Anitha	23PTA16 / II MA TAMIL	P. Anitha
5.	K. J. Hemavathi	23PTA20 / II MA TAMIL	K. J. Hemavathi
6.	M. Kiruthika	23PTA23 / II MA TAMIL	M. Kiruthika
7.	K. Roobana devi	23PTA 48 / II MA TAMIL	K. Roobana devi
8.	A. N. Dhana shree	23SUPS15 / I BSC psychology	A. N. Dhana shree
9.	D. Niya	23SUPS26 / I BSC psychology	D. Niya

## **THE DARK SIDE OF SUCCESS: MENTAL HEALTH DURING EXAM PREPARATION**

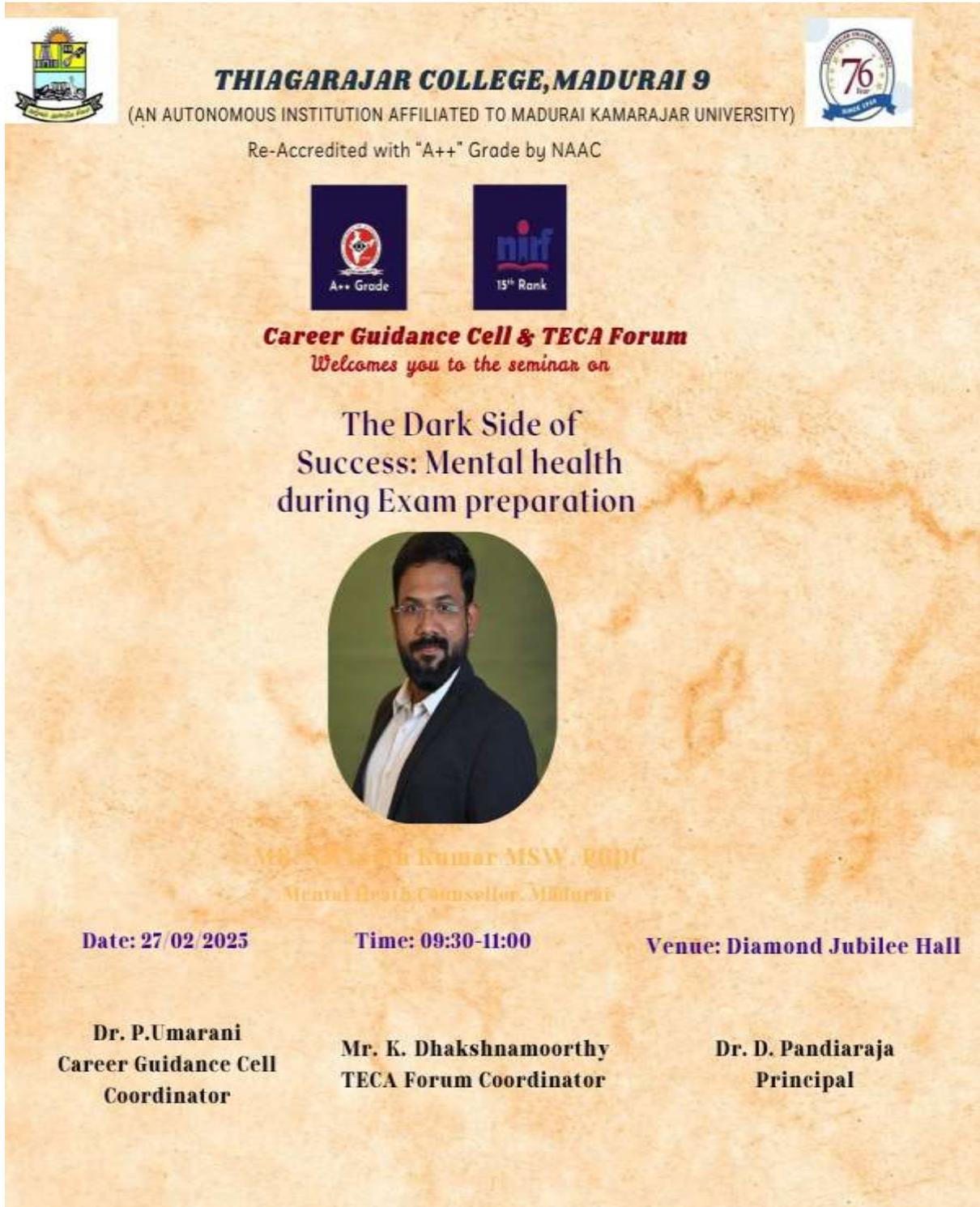
**Career Guidance Cell & TECA Forum** organized a special lecture on “**The Dark Side of Success: Mental Health during Exam preparation**” on 27.02.2025 with **Mr. N. Vinoth Kumar MSW, PGDC, Mental Health Counselor**, as the resource person. The program began with a welcome address by **Dr. P. Umarani, Career Guidance Cell Coordinator**. Following this **Mr. B. Saranraj, II BBA**, introduced the chief guest to the audience. Following this, the chief guest was then honored with a memento and a shawl by **Mr. K. Dhakshnamoorthy, TECA Forum Coordinator**. **Mr. N. Vinoth Kumar** explained the students about different kinds of stress and their causes, what are the strategies available to reduce stress during exam preparation, what are the

improvements & benefits of doing meditation. Between that he interacts with students, related to their stress during their exam times and he conduct some meditation and exercise activities those are helpful for reducing mental stress level during exam preparation. After these activities he also gives counseling to some students for their mental health issues. The session proved to be enriching and useful to the students to easily prepare for their exams without getting lot of stress. The vote of thanks was delivered by **Ms. G. Hema Harini, II BBA**. The session then ended with National Anthem.

**Attachments:**

**1. Invitation**

**2. Photos**



The poster features a textured, parchment-like background. At the top left is the college's crest, and at the top right is a circular logo celebrating 76 years since 1949. The central text is in a serif font, and the speaker's photo is in a circular frame. Logos for NAAC and NIRF accreditation are placed above the speaker's name.

**THIAGARAJAR COLLEGE, MADURAI 9**  
(AN AUTONOMOUS INSTITUTION AFFILIATED TO MADURAI KAMARAJAR UNIVERSITY)

Re-Accredited with "A++" Grade by NAAC

**A++ Grade**      **15<sup>th</sup> Rank**

**Career Guidance Cell & TECA Forum**  
*Welcomes you to the seminar on*

**The Dark Side of  
Success: Mental health  
during Exam preparation**



**Mr. K. Dhakshnamoorthy**  
Mental Health Counsellor, Madurai

**Date: 27/02/2025**      **Time: 09:30-11:00**      **Venue: Diamond Jubilee Hall**

**Dr. P.Umarani**  
Career Guidance Cell  
Coordinator

**Mr. K. Dhakshnamoorthy**  
TECA Forum Coordinator

**Dr. D. Pandiaraja**  
Principal





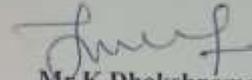


**PROGRAM COORDINATORS:**



**Dr. P. Uma Rani,**

**Career Guidance Cell Coordinator**



**Mr. K. Dhakshnamoorthy**

**TECA Forum Coordinator**

**Student Coordinators:**

1. G. Hema Harini – II BBA

*G. Hema Harini*

2. S. Bavatharani – II BBA

*S. Bavatharani*

3. R. Kalieshwaran – II BBA

*R. Kalieshwaran*