

# GANESAR COLLEGE OF ARTS & SCIENCE

Melaisivapuri

Pudukottai Dist – 622 403

**IQAC- WOMEN CELL**

Place : Palaniyappar Annamalayar Hall

Date & Time : 16.10.2019, 11a.m

Prayer : Students

Welcome Address :Dr. M.Tamilselvi  
Assistant Prof, Dept of Tamil

Presidential address :Dr. M. Selvarasu,  
Principal (IC)

Felicitation : Ms.Sivasakthi Rajammal  
Assistant professor, Dept of Educational  
Psychology  
Tamil Nadu Teachers Education University

Title : “ How to Handle Strees and Depression”

Vote of thanks : Dr. S. Brindha,  
Women Cell Co-ordinator.

**All are cordially welcome.**

Place: Melaisivapuri,

With regards,

Date: 16.10.2019

Management, Principal, Teaching and

Non- teaching faculties & Students.

1. A session on ' How to handle Stress and Depression' was conducted on , 16.10.2019 for all the girl students of the college from 11 to 12p.m. Ms. Sivasakthi Rajammal Assistant prof in education dept, conducted the discussion on the causes of stress and depression, how they impact daily life, and when to get treatment. She also discussed the subject of suicide. All things considered, it was a useful session.



2. International Women's Day was celebrated in a grand way on 8 March 2020. Students took part in various competitions such as debate, poetry recitation, drawing, rangoli and mime. Fun games also conducted to motivate them to take part in all the events.

