



**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Autonomous Institute)  
Established under Act 7 of 1982 and 1983  
CHENNAI • TAMIL NADU • INDIA



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**2021-2022**

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## **PROGRAMMES CONDUCTED FOR COUNSELLING**

### LIST OF PROGRAMMES FOR THE ACADEMIC YEAR – 2021-2022

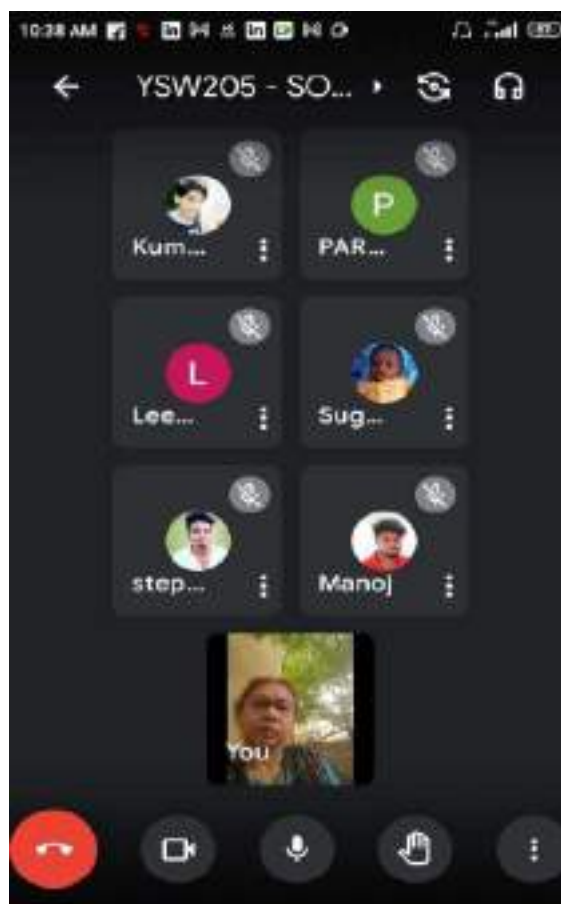
Sl. No	Date	Topic	Participants	No. of Participants		
				Female	Male	Total
1	22.06.2021	Healthy Family Relationship	I year M. S. W.	03	02	05
2	01.09.2021	Self Esteem	II. year B. Tech Aerospace Engineering.	05	02	07
3	09.11.2021	Self-Awareness	I year Computer Science & Engg., Software Engg. & Electronics and Communication Engg.	32	15	47
4	15.11.2021	Family Harmony	I year Aerospace Engg., Biotechnology, Civil and Electrical and Electronics Engg.	51	21	72
5	18.11.2021	Knowing Myself	I year M. B. A. & M. C. A.	46	46	92
6.	19.11.2021	Self Development	I year M. Sc., Software Engineering	15	05	20
7.	02.12.2021	Me verses We Attitude	I year Computer Science and Engineering.	45	10	55
8.	03.12.2021	Success Frequency	I year Bio-Tech.	25	17	42
9.	08.12.2021	Life Experience	I year Aerospace Engg., Biotechnology, Civil and Electrical and Electronics Engg.	40	09	49
10.	09.12.2021	Leadership	I year Computer Science and Engineering.	47	09	56
11.	13.12.2021	Knowing Myself	I year Electronics and Communication Engg.	22	13	35
12.	05.01.2022	Right Living	I B. Tech, Aero, Civil, EEE, Mech.	33	13	46
13.	30.01.2022	Knowledge Empowerment	I B. BioTech	-	-	14
14.	02.02.2022	Social Life	B. Tech Aero, Civil, EEE, Mech.	33	11	44
15.	09.02.2022	Creating Yourself,	I B. Tech, EEE, Mech	34	13	47

16.	10.02.2022	Recreating Myself,	I B. Tech CSE	30	08	38
17	11.02.2022	Self Affirmation	I B. Tech, ECE	18	18	36
18	14.02.2022	‘Clinical Social Work in the Contemporary Scenario with skill set,	MSW Teaching staff & Student, Thanjavur & Trichy District	05	15	20
19	23.02.2022	Team Work	I B. Tech, Aero, Civil, EEE, Mech.	33	12	45
20	26.02.2022	Gender Issues	Thanjavur Inservice Police Training Center, Thanjavur	22	18	40
21	31.03.2022	Gender Sensitization	II,& III, B. A. Eng & B. Com	49	38	87
22	08.04.2022	Focusing Examination Positively, 10 <sup>th</sup> Standard	1.Periyar centenary memorial matric higher secondary school, Trichy & 2.Periyar Maniammai girls higher secondary school, Trichy	167	44	211
23	08.04.2022	Focusing Examination Positively, 11 <sup>th</sup> Standard	1.Periyar centenary memorial matric higher secondary school, Trichy & 2.Periyar Maniammai girls higher secondary school, Trichy	188	72	260
24	08.04.2022	Focusing Examination Positively, 12 <sup>th</sup> Standard	1.Periyar centenary memorial matric higher secondary school, Trichy & 2.Periyar Maniammai girls higher secondary school, Trichy	237	37	274
25	08.04.2022	Overcoming Stress, Teaching & non-Teaching staff	1.Periyar centenary memorial matric higher secondary school, Trichy 2.Periyar Maniammai girls higher secondary school, Trichy	62	30	92
26	18.04.2022	The law of nature	I B. Com (CS)	40	07	47
27	19.04.2022	My dream	I. B.com A	40	10	50
28	20.04.2022	Focusing Examination Positively, 10 <sup>th</sup> Standard	Periyar higher secondary schools, Jeyankondam	57	53	110
29	20.04.2022	Focusing Examination Positively, 11 <sup>th</sup>	Periyar higher secondary schools, Jeyankondam	50	47	97

		Standard				
30	20.04.2022	Focusing Examination Positively, 12 <sup>th</sup> Standard	Periyar higher secondary schools, Jeyankondam	45	56	101
31	22.04.2022	Mind Matters	I M. Sc Maths	05	14	19
32	27.04.2022	Performing in the stage,	I B. Tech Bio	07	24	31
33	02.05.2022	My dream! III B.Sc, II M,Sc. Bio Tech.	Bonsacours Womens College, Thanjavur	87	-	87
34	04.05.2022	Ill effects of Tobacco	I B. Tech Bio	08	24	32
35	09.05.2022	All are Equal	B. Tech, Aero, Civil, EEE, Mech	28	12	40
36	19.05.2022	Behavioral change, Police officers	Thanjavur Inservice Police Training Center, Trichy road, Thanjavur	16	44	60
37						
	23.05.2022	Go behind a goal	B. Tech, Aero, Civil, EEE, Mech	19	11	30
38	27.05.2022	Sustained Attention	B.Tech. - First year	37	86	123
39	30.05.2022	Good Manners	B. Tech, Aero, Civil, EEE, Mech	18	09	27
40	09.06.2022	Behavioral Skills	I B. Com, & B.Com. (CS & CA)	39	145	184
41	27.06.2022	Psychological Effects of Cyber Crimes.	I B. Sc. A & B, I M. Sc Software Engg & I B. Tech CSE.	31	88	119
42	27.06.2022	Awareness on Drug Abuse.	I year B.Tech & B.Arch.	60	51	111
43	02.07.2022	Gender Issues	Police Constable Trainees, DIG Office Campus, Thanjavur.	-	227	227
44	04.07.2022	Thinking Out of Box	I B.Tech, Aero, Civil, EEE, Mech.	19	13	32

<b>Programme No.</b>	01	<b>Topic of the Programme</b>	Healthy Family Relationship
<b>Date</b>	22.06.2021	<b>Department</b>	I year Social Work

The topic was on Healthy family relationship. It was explained to the students that according to research, strong families have six qualities in common. These qualities include appreciation/affection, commitment, positive communication, time together, strong coping skills, and spiritual well-being. Conflict is inevitable in any relationship, but there are healthy ways of dealing with it. Listening and being empathetic is important. Also developing a forgiving mindset, over a period of time, will yield tremendous results.



*Counsellor taking an online lecture on 'Healthy Family Relationship'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	02	<b>Topic of the Programme</b>	Self Esteem
<b>Date</b>	01.09.2021	<b>Department</b>	II year Aerospace Engineering

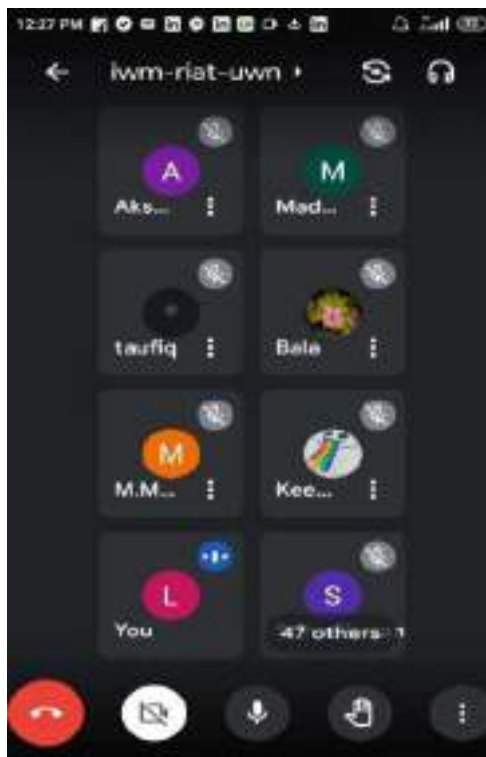
The topic was on Self-esteem. It was explained to the students that self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame. Self-esteem is important because it heavily influences our choices and decisions. In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential.



*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**

<b>Programme No.</b>	03	<b>Topic of the Programme</b>	Self Awareness
<b>Date</b>	09.11.2021	<b>Department</b>	I year Computer Science & Engg., Software Engg. & Electronics and Communication Engg.

The topic was on Self awareness. It was explained to the students that self-awareness is the ability to focus on our self and how our actions, thoughts, or emotions align, or don't align with the standards we have set, for ourselves. If we are highly sensitive, we can objectively evaluate ourselves, manage our emotions, align our behavior with our values, and understand correctly how others perceive us



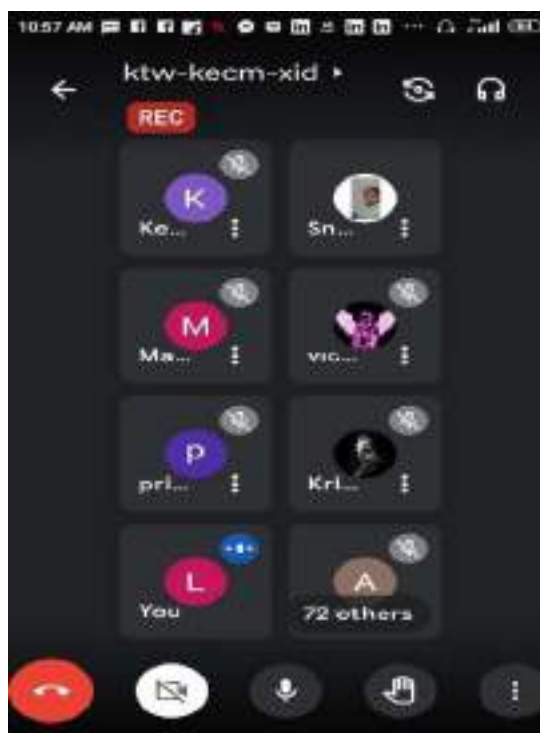
*Counsellor taking an online lecture on 'Self Awareness'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	04	<b>Topic of the Programme</b>	Family Harmony
<b>Date</b>	15.11.2021	<b>Department</b>	I year Aerospace Engg., Biotechnology, Civil Engg. and Electrical and Electronics Engg.

The topic was on Family Harmony. It was explained to the students that according to research, strong families have six qualities in common. These qualities include appreciation/affection, commitment, positive communication, time together, strong coping skills, and spiritual well-being. Conflict is inevitable in any relationship, but there are healthy ways of dealing with it. Listening and being empathetic is important. Also developing a forgiving mindset, over a period of time, will yield tremendous results.



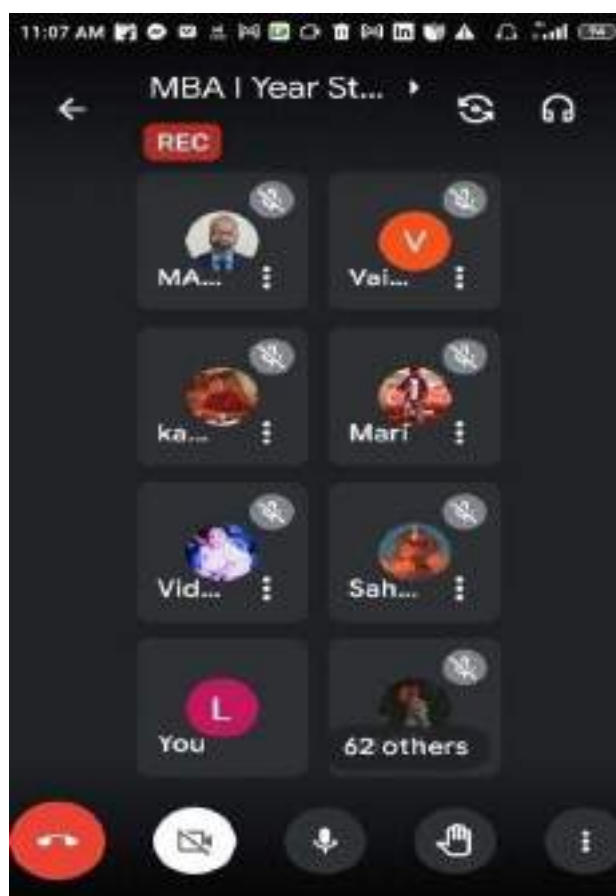
*Counsellor taking an online lecture on 'Family Harmony'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	05	<b>Topic of the Programme</b>	Knowing Myself
<b>Date</b>	18.11.2021	<b>Department</b>	I year M. B. A. & M. C. A.

The topic was on knowing Myself. It was explained to the students that this topic means understanding our own strengths and weaknesses, passions and fears, desires and dreams. Aristotle had rightly told that “Knowing myself is the beginning of all wisdom.” It also means recognizing different parts of our identity, personality, and being. The goal is not to criticize ourselves but to acknowledge all sides of our personality, strength and weaknesses. Learning new things about ourselves will help us for a better future.

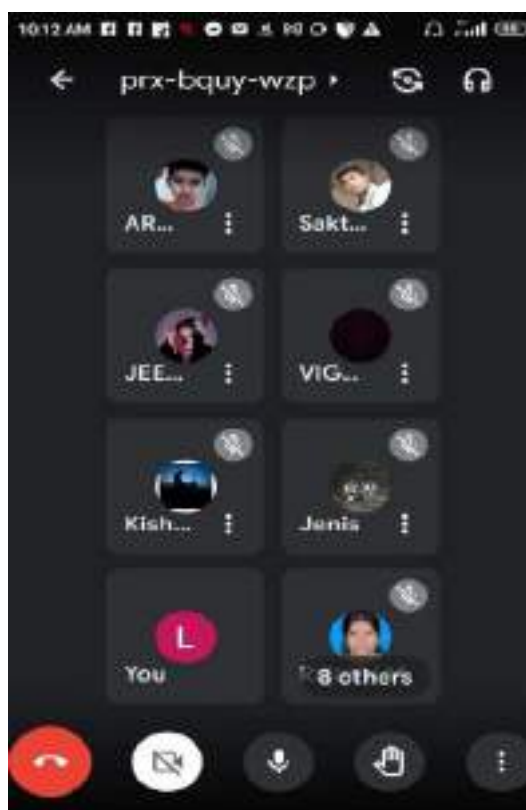


*Counsellor taking an online lecture on 'Knowing Myself'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	06	<b>Topic of the Programme</b>	Self Development
<b>Date</b>	19.11.2021	<b>Department</b>	I year Software Engineering

The topic was on Self-development. It was explained to the students that the journey of self-development is an ongoing process of constant learning. It gives us the opportunity to evaluate our strengths and build on them; and effectively overcome weaknesses. The benefits of Self-development are that we grow as a person while improving our skills and it will boost our confidence. It helps us to aim high in life and set goals.



*Counsellor taking an online lecture on 'Self Development'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	07	<b>Topic of the Programme</b>	Me verses We Attitude
<b>Date</b>	02.12.2021	<b>Department</b>	I year Computer Science and Engineering

It was explained to the students that what is a We verses Me Relationship? A “sense of we” comes when each of us accepts the other person’s needs, wants, and desires are just as important as our own. Rather than having separate goals (me first), under the same roof. Healthy collaboration based on interdependence would be an amazing tool for success



*Counsellor speaking on the topic ‘Me verses We’*

*D. A. Lilypushpam*  
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**Counsellor - PMIST**

<b>Programme No.</b>	08	<b>Topic of the Programme</b>	Success Frequency
<b>Date</b>	03.12.2021	<b>Department</b>	I year Bio Technology

The topic taken was Success Frequency. As we feel first and act second, we have to change our inner world in order to change our outer world. It all starts with the mind. What we feel on the inside will mirror on what we see on the outside. And since all situations are emotionally neutral, we can *decide* how we feel about any given situation. We have to set our goals and question; what we need to do to achieve these goals? We have to break them down the goals into smaller tasks within timeframes



*Counsellor speaking on 'Success Frequency'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	09	<b>Topic of the Programme</b>	Life Experiences
<b>Date</b>	08.12.2021	<b>Department</b>	I year Aerospace Engg., Biotechnology, Civil and Electrical and Electronics Engg.

The topic taken was on Life experiences. The lived experiences refer to a representation of the experiences and choices of a given person, and the knowledge that they gain from these experiences and choices. Personal knowledge about the world is gained through direct first hand involvements in everyday events. Life experiences teach us the right lessons for a successful life



*Counsellor speaking on the topic 'Life Experiences'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	10	<b>Topic of the Programme</b>	Leadership
<b>Date</b>	09.12.2021	<b>Department</b>	I year Computer Science and Engineering

Leadership is the art of motivating a group of people to act toward achieving a common goal. A leader's most important role is to provide clear and compelling direction. Leaders ensure that all followers understand, embrace, and work toward achieving those objectives. And they provide progress toward achieving company goals, setting new targets, and providing needed resources. *Leadership* is the potential to influence behaviour of others. It is also defined as the capacity to influence a group towards the realization of a goal



*Counsellor speaking on the topic 'Leadership'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	11	<b>Topic of the Programme</b>	Knowing Myself
<b>Date</b>	13.12.2021	<b>Department</b>	I year Electronics and Communication Engg.

The topic was on ‘knowing Myself’. It was explained to the students that this topic means understanding our own strengths and weaknesses, passions and fears, desires and dreams. Aristotle had rightly told that “Knowing myself is the beginning of all wisdom.” It also means recognizing different parts of our identity, personality, and being. The goal is not to criticize ourselves but to acknowledge all sides of our personality, strength and weaknesses. Learning new things about ourselves will help us for a better future.



*Counsellor speaking on ‘Knowing Myself’*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**



<b>Programme No.</b>	12	<b>Topic of the Programme</b>	Right Living
<b>Date</b>	05.01.2022	<b>Department</b>	Aero, Civil, EEE & Mech

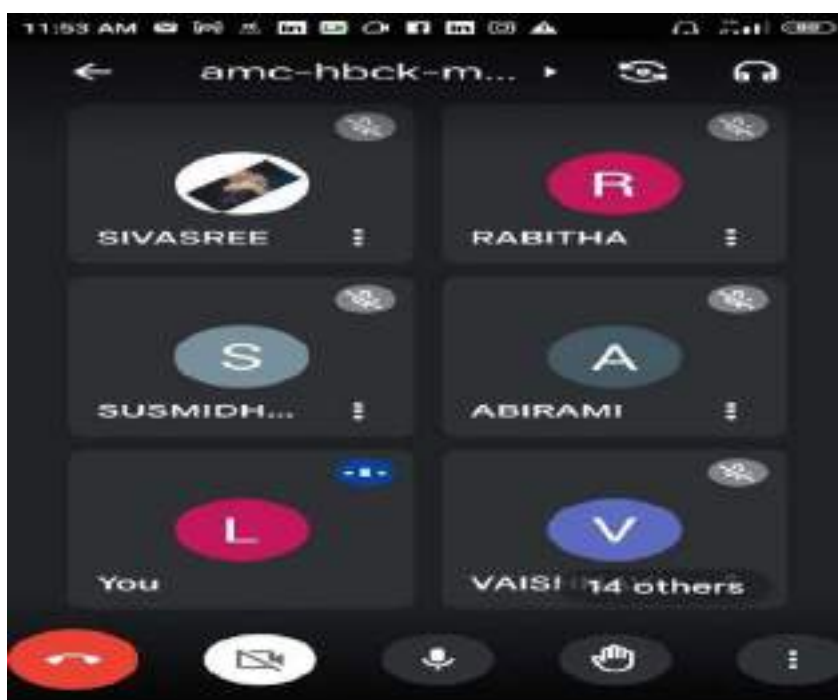
The topic taken was on Right living. Right living is a lifestyle management. It believes in holistic wellness to develop better focus, reduce sick days, manage stress better and potentiate work output. We act with integrity, take responsibility, and *live* by setting right goals. It aims to help develop a happier, healthier and more energetic life style



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**Counsellor - PMIST**

<b>Programme No.</b>	13	<b>Topic of the Programme</b>	Knowledge Empowerment
<b>Date</b>	30.01.2022	<b>Department</b>	Bio Technology

Knowledge is empowerment. The best thing we can do to change our life and change the world is to learn things. The more we know, the more capable we become to gain control over multiple aspects of our life. Knowledge is power and sharing knowledge is empowering. Increasing our *knowledge* brings many benefits in the areas of personal development, self-sustainability, competitiveness and employability.



*Counselor speaking on the topic 'Knowledge Empowerment'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	14	<b>Topic of the Programme</b>	Knowledge Empowerment
<b>Date</b>	02.02.2022	<b>Department</b>	Bio Technology

Our social life involves spending time with family members, relatives, our friends and attending social functions and parties with relatives and friends. A person's social life consists of the various bonds they form with others, such as family, friends, members of their community, and strangers. It can be measured by the duration and quality of the social interactions they have on a regular basis, both in person and online. Man is called as a social being. It helps him in his understanding & personality growth.



*Counselor speaking on the topic 'Social Life'*

*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	15	<b>Topic of the Programme</b>	Creating Yourself
<b>Date</b>	09.02.2022	<b>Department</b>	I B. Tech Aero, Civil, EEE, Mech

The words happiness and fulfillment do not appear to be associated with the concept of making a life unless it is built on the foundation of happiness and fulfillment. The meaning of our life is something we create day after day with your own actions and thoughts. Always we have to ask what we can learn and how we can move forward and stop ourselves from blaming others if things are not the way we would like them to be. What living life to the fullest is left to us.



*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	16	<b>Topic of the Programme</b>	Recreating Myself
<b>Date</b>	10.02.2022	<b>Department</b>	I. B. Tech CSE

Improving our quality of life can make us feel refreshed and renewed. One of the ways to do this is that we have to have some positive human contacts each and every day. This is especially important for all us to keep our mind focusing on our goals with a positive atmosphere. Accept what is. To recreate ourselves, we need to embrace change, find a mentor, and practice self care. The students were encouraged to have discussion on this topic.



*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	17	<b>Topic of the Programme</b>	Self Affirmation
<b>Date</b>	11.02.2022	<b>Department</b>	I. B. Tech ECE

Self-affirmations are acts that affirm one's self-worth, often by having individuals reflect on core values, which may give individuals a broader view of the self. This in turn can allow individuals to move beyond specific threats to self-integrity or self-competence. Self-affirmation theory is a psychological theory that focuses on how individuals adapt to information or experiences that are threatening to their self-concept. Claude Steele originally popularized self-affirmation theory in the late 1980. Counselor conducted the students in 'Self Affirmation'.



*Counselor conducting the students in 'Self Affirmation'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	18	<b>Topic of the Programme</b>	'Clinical Social Work in the Contemporary Scenario – The Requisite Skill set from Social Work aspirants'
<b>Date</b>	14.02.2022	<b>Department</b>	Department of Social Work, Bishop Heber College, Trichy.

A Power point presentation was done on the above topic to the participants of this workshop. It was explained to them that encouraging the students with positive words is the key factor to enable students to aspire and succeed in securing their carrier opportunities. The success stories of different students in the job placements were shared.

**U.S. & BISHOP DEPARTMENT OF SOCIAL WORK**  
Bishop Heber College (Autonomous)  
Trichy-620 017

**Engage, Enrich, Empower**  
A Three Day Outdoor Faculty Development Programme for Social Work Educators  
at Poomal College, Nagercoil  
February 11 to 13, 2022

**JIL/ST CELEBRATIONS (1982-2021)**

**SESSION I**  
13/02/2022 | Sunday | 08:00 p.m. to 05:00 p.m.  
Contemporary Challenges to Social Work  
Education  
**Prof. SUDHAKAR PANDUR** (Ph.D., D.Litt.,  
FIPSY, F.I.S.S.)  
Former Fellow (Research) in YRD, YSR  
Professor & Head,  
Department of Social Work,  
Central University of Tamil Nadu, Tirupur

**SESSION II**  
13/02/2022 | Sunday | 06:00 p.m. to 08:00 p.m.  
Human Resource Management: Requisite skill set sought in the job market  
**Dr. HARRY CHARLES DEVASAGAYAM**,  
Executive Vice President (HR),  
Telecom Company,  
Bangalore

**SESSION III**  
14/02/2022 | Monday | 10:00 a.m. to 11:30 a.m.  
Green Social Work  
**Dr. A. NELSON**  
Associate Professor & Head,  
Department of Social Work,  
Bishop Heber College (Autonomous)  
Trichy

**SESSION IV**  
14/02/2022 | Monday | 11:30 p.m. to 05:35 p.m.  
Community Development Management:  
Requisite skill set sought in the job market  
**SAN. A. GREGORY**  
Founder, AWC, Coim.  
Trichy

**SESSION V**  
14/02/2022 | Monday | 05:00 p.m. to 08:30 p.m.  
Clinical Social Work:  
Requisite skill set sought in the job market  
**Mrs. D. ANTONY LEE PUSHPAM**  
Senior & Staff Counselor,  
Private Mental Health Institute of Health &  
Technology, Pallavi, Thiruvallur

**SESSION VI**  
14/02/2022 | Monday | 08:45 p.m. to 09:00 p.m.  
Sharing of Best Practices  
**Dr. S. MANGALAMPARAN**  
Professor & Head,  
Department of Social Work,  
Marudhanthi University,  
Tamil Nadu

Visit to Bird Sanctuary | Visit to Wildlife Sanctuary | Sightseeing | Experiencing Bioherbs |  
Sharing of Best Practices | Perspective Building

For Details, Contact : 94430-76323  
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Head of the Department : **Dr. A. NELSON**  
Programme Convenor: **Dr. J. FLORENCE SHALINE**  
Co-Conveners: **Dr. A. DANIEL & Dr. B. ARUNELMAR**





*Counselor, PMIST is lecturing on the topic, 'Clinical Social Work in the Contemporary Scenario – The Requisite Skill set from Social Work aspirants'*

*D. A. Lilypushpam*

**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	19	<b>Topic of the Programme</b>	Team Work.
<b>Date</b>	23.02.2022	<b>Department</b>	I B. Tech Aero, Civil, EEE, Mech.

The process of working collectively with a group of people in order to achieve a common goal is called team work. Through teamwork, we can reach our goal in an efficient manner. There are seven teamwork skills that are essential for our academic and professional success. They are communication, time management, problem-solving, listening, critical thinking, brain storming & collaboration. Communication is the foundation of effective teamwork



*Counselor speaking on the topic 'Team Work'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	20	<b>Topic of the Programme</b>	Gender Issues
<b>Date</b>	26.02.2022	<b>Department</b>	Thanjavur Inservice Police Training Center

A power point presentation was done on the topic 'Gender Issues' to the police staff. The different types of gender issues like gender inequality, gender infanticide, gender identification, and gender harassment, psychosocial and emotional factors of L. G. B. T. were explained and discussed.



*Counselor, PMIST is lecturing on the topic 'Gender Issues'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	21	<b>Topic of the Programme</b>	Gender Sensitization
<b>Date</b>	31.03.2022	<b>Department</b>	Departments of languages & Commerce

The lecture was on Gender sensitization. The concept and meaning of gender sensitization was explained to them. It means that women and men, or girls and boys or trans- genders enjoy the same rights, resources, opportunities and protections. Gender based issues like gender inequality; gender violence, gender gap and gender policing were also explained. The students were encouraged to have discussion on this topic. They were motivated to think about these issues to bring changes in the community



*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	22	<b>Topic of the Programme</b>	Focusing Examination Positively
<b>Date</b>	08.04.2022	<b>Department</b>	1.Periyar Centenary memorial Matric Higher Secondary School 2.Periyar Maniammai Girls Hr. Sec. School. Trichy.

As students were preparing for the forth coming board examination, there was a need to strengthen them mentally and emotionally at this hour. The counselor conducted three different sessions for the students of 10<sup>th</sup> standard of both the schools combined with their respective classes. Psychological tips about being focused and positive at the time of examination was highlighted with right examples and videos



*Counselor PMIST addressing on the topic focusing examination positively*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	23	<b>Topic of the Programme</b>	Focusing Examination Positively
<b>Date</b>	08.04.2022	<b>Department</b>	1.Periyar Centenary memorial Matric Higher Secondary School 2.Periyar Maniammai Girls Hr. Sec. School, Trichy.

As students were preparing for the forth coming board examination, there was a need to strengthen them mentally and emotionally at this hour. The counselor conducted three different sessions for the students of 11<sup>th</sup> standard of both the schools combined with their respective classes. Psychological tips about being focused and positive at the time of examination was highlighted with right examples and videos.

PERIYAR GROUP OF SCHOOL						
COUNSELLING PROGRAMME 08.04.2022						
S.NO	NAME OF THE SCHOOL	STADNARD	NO.OF STUDENTS		Total	NO.OF TEACHERS
			BOYS	GIRLS		
1	PERIYAR CENTENARY MEMORIAL MATRIC HR.SEC.SCHOOL	10	44	32	269	50 (Only Teaching Staff)
2		11	72	45		
3		12	37	39		
4	PERIYAR MANIAMMAI GIRLS HR.SEC.SCHOOL	10	Nil	135	540	39 (Teaching Staff) 03(Office Staff)
5		11	Nil	188		
6		12	Nil	198		
		<b>Total</b>	<b>153</b>	<b>637</b>	<b>809</b>	<b>92</b>





*Counselor PMIST addressing on the topic focusing examination positively*

*D. A. Lilypushpam*

**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	24	<b>Topic of the Programme</b>	Focusing Examination Positively
<b>Date</b>	08.04.2022	<b>Department</b>	1.Periyar Centenary memorial Matric Higher Secondary School 2.Periyar Maniammai Girls Hr. Sec. School.

As students were preparing for the forth coming board examination, there was a need to strengthen them mentally and emotionally at this hour. The counselor conducted three different sessions for the students of 12<sup>th</sup> standard of both the schools combined with their respective classes. Psychological tips about being focused and positive at the time of examination was highlighted with right examples and videos.



*Counselor PMIST addressing on the topic focusing examination positively*

*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	25	<b>Topic of the Programme</b>	Overcoming Mental Stress
<b>Date</b>	08.04.2022	<b>Department</b>	1. Periyar centenary memorial Matric higher secondary school 2. Periyar Maniammai higher secondary school for girls, Trichy.

The topic was on mental stress. Stress and anxiety are common experiences of many people. Minimizing the chronic stress of daily life as much as possible is important for overall health. Not skipping food, regular exercise, proper rest, sleep, sharing experiences positive people, spending holidays were discussed



*Counselor PMIST addressing on the topic **Overcoming Mental Stress***

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	26	<b>Topic of the Programme</b>	The law of nature
<b>Date</b>	18.04.2022	<b>Department</b>	I B. Com CS

The topic was on the law of nature. The law is common to all of us and all of us have the same freedom and liberty to live on this earth. Natural law is the idea that they exist by themselves in nature. The first law of nature tells us to seek peace. Natural law theory is a legal theory that recognizes law and morality as deeply connected. Morality relates to what is right and wrong and what is good and bad. Natural law teaches us to live in harmony & peace. The students were encouraged to have discussion on this topic.



*Counselor speaking on the topic 'The law of Nature'*

*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	27	<b>Topic of the Programme</b>	My dream
<b>Date</b>	19.04.2022	<b>Department</b>	Departments of Commerce

The topic was on my dream. A strong eager or a desire to achieve a particular goal is called our dream. Dream is a driving force of a person to work hard and achieve success in school and later in life. Our dreams help us to reach our goals and ambitions. This goal is a major driver for personal growth and development. No one can succeed without a healthy dose of ambition. Those who wish to be more, know more, do more, give more or have more, have a purpose and a powerful internal drive that leads them to dream bigger and go further.



*Counselor speaking on the topic 'My Dream'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	28	<b>Topic of the Programme</b>	Focusing Examination Positively
<b>Date</b>	20.04.2022	<b>Department</b>	Periyar matriculation higher secondary school Jeyankondam

As students were preparing for the forth coming board examination, there was a need to strengthen them mentally and emotionally at this hour. The counselor conducted three different sessions for the students of 10<sup>th</sup> standard of both the schools combined with their respective classes. Psychological tips about being focused and positive at the time of examination was highlighted with right examples and videos



*Counselor PMIST addressing on the topic focusing examination positively*



*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	29	<b>Topic of the Programme</b>	Focusing Examination Positively
<b>Date</b>	20.04.2022	<b>Department</b>	Periyar matriculation higher secondary school Jeyankondam

As students were preparing for the forth coming board examination, there was a need to strengthen them mentally and emotionally at this hour. The counselor conducted three different sessions for the students of 11<sup>th</sup> standard of both the schools combined with their respective classes. Psychological tips about being focused and positive at the time of examination was highlighted with right examples and videos



*Counselor PMIST addressing on the topic focusing examination positively*

*D. A. Lilypushpam*

**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**



<b>Programme No.</b>	30	<b>Topic of the Programme</b>	Focusing Examination Positively
<b>Date</b>	20.04.2022	<b>Department</b>	Periyar matriculation higher secondary school Jeyankondam

As students were preparing for the forth coming board examination, there was a need to strengthen them mentally and emotionally at this hour. The counselor conducted three different sessions for the students of 12<sup>th</sup> standard of both the schools combined with their respective classes. Psychological tips about being focused and positive at the time of examination was highlighted with right examples and videos



*Counselor PMIST addressing on the topic focusing examination positively*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**

<b>Programme No.</b>	31	<b>Topic of the Programme</b>	My Mind
<b>Date</b>	22.04.2022	<b>Department</b>	Departments of Mathematics

The concept of mind-over matter is more powerful. It means from determination, to better health, to a more solid state of mind, the key to building mental will lies in slowing down and turning your focus to the now. Our mind health is a balanced mental and emotional state which allows a person to be productive during their day; contributing meaningfully to the community we live in. When the balance is disrupted, it can be difficult to function positively. The students were encouraged to have a discussion on this topic.



*Counselor speaking on the topic 'Mind matters'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	32	<b>Topic of the Programme</b>	Performing in the stage.
<b>Date</b>	27.04.2022	<b>Department</b>	I B. Tech, Bio Tech

The topic was on performing in the stage. The students were encouraged to develop their performance skills. It means the skills and abilities that an individual demonstrates they perform in the stage. The performance involves educating or entertaining an audience by doing thing such as elocution, educating, teaching, singing, dancing, or acting. We need to do repeated practices, and get the feedback before of our performance.



*Counselor speaking on the topic 'Performing in the stage'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	33	<b>Topic of the Programme</b>	My future! My dream
<b>Date</b>	02.05.2022	<b>Department</b>	Biotech., B.Sc. & M.Sc.

The topic was on my dream. A strong eager or a desire to achieve a particular goal is called our dream. Dream is a driving force of a person to work hard and achieve success in school and later in life. Our dreams help us to reach our goals and ambitions. This goal is a major driver for personal growth and development. No one can succeed without a healthy dose of ambition. Those who wish to be more, know more, do more, give more or have more, have a purpose and a powerful internal drive that leads them to dream bigger and go further



*Counselor PMIST addressing on the topic focusing My future! My dream*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**

<b>Programme No.</b>	34	<b>Topic of the Programme</b>	Ill effects of Tobacco
<b>Date</b>	04.05.2022	<b>Department</b>	I B. Tech, Bio Tech

The topic was on the ill effects of tobacco. The world health organization says that the tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 8 million people a year, including around 1.2 million deaths from exposure to second-hand smoke. Within 10 seconds of the first puff, the toxic chemicals in tobacco smoke reach the brain, heart and other organs. Smoking harms almost every part of your body and increases your risk of many diseases. As a smoker, you can affect the health of other people when they breathe in your second-hand smoke. Tobacco in any form of intake is very dangerous to health. The ill effects were explained.



*Counselor speaking on the topic 'Ill effects of Tobacco'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	35	<b>Topic of the Programme</b>	All are equal
<b>Date</b>	09.05.2022	<b>Department</b>	I B. Tech, Aero, Civil, EEE, Mech.

When we say that people are equal, we mean that they have or should have the same rights and opportunities as each other. We are equal in every way. We teach our children that everyone is equal under the law. In fact, the very first article of the UN Declaration of Human Rights states that “all human beings are born free and equal in dignity and rights.” Everybody has an idea of what equality means. It's the state of being equal in status, rights, or opportunities. It's about fairness, justice, and non-discrimination. The students were encouraged to have a discussion on this topic.



*Counselor speaking on the topic 'All are equal'*

*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	36	<b>Topic of the Programme</b>	Understanding gender Issues
<b>Date</b>	19.05.2022	<b>Department</b>	Thanjavur Inservice Police Training Center, Trichy

A power point presentation was done on the topic 'Understanding gender Issues' to the police staff. The different types of gender issues like gender inequality, gender infanticide, gender identification, and gender harassment, psychosocial and emotional factors of L. G. B. T. were explained and discussed.



*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**

<b>Programme No.</b>	37	<b>Topic of the Programme</b>	Go behind a goal
<b>Date</b>	23.05.2022	<b>Department</b>	I B. Tech, Aero, Civil, EEE, Mech.

The topic was on go behind a goal. Einstein said that if you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes. A goal is like a destination and the plan to achieve that goal is the road map that will get you there, we are all traveling somewhere in this life and in our careers. Without a defined destination and a road map to get us there, we have no way of knowing what that destination looks and if we have arrived at the right spot. People with goals succeed because they know where they are going. The students had a discussion searching for their goals.



*Counselor speaking on the topic 'Go behind a goal'*

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**

<b>Programme No.</b>	38	<b>Topic of the Programme</b>	Sustained Attention
<b>Date</b>	27.05.2022	<b>Department</b>	I B. Tech CSE, I MBA, I MCA

The speaker Mr. R. Kulothungan explained about the ability to focus on something for long periods of time without being distracted. In other words, you concentrate on time-consuming tasks by using sustained attention. There are three stages of sustained attention as paying attention when you start to focus, keeping attention when you continue to focus and ending attention when you finally stop paying attention. The speaker used proper live stories and examples for each technique. He left a home take message that focusing with a purpose will make their visions to come to pass



*Mr. R. Kulothungan, Director, Ideal Institute of HRD, Thanjavur, speaking on the topic 'Sustained Attention'*





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**A SPECIAL TALK ON**

**Sustained Attention**

**BY**  
**R Kulothungan**  
Director, Ideal HRD Institute  
902, Perumpani Block, Karambakkam, Thanjavur - 613 002

**27-05-2022 Friday 2.30 PM**  
**VALLUVAR HALL**

**COORDINATED BY**  
D. ANTONY LILYPUSHPAM (COUNSELOR), VEERAMANI MOHANA CENTRE FOR  
QUALITY OF LIFE ENGINEERING RESEARCH AND DIRECTOR(CSAS)

**Periyar Nagar, Vallam, Thanjavur - 613403,  
Tamil Nadu, India**

**Lecture series on  
Mental Health Awareness**

*D. A. Lilypushpam*

**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**

<b>Programme No.</b>	39	<b>Topic of the Programme</b>	Good Manners
<b>Date</b>	30.05.2022	<b>Department</b>	I B. Tech, Aero, Civil, EEE, Mech.

Good manners are simply respect and consideration for others or being aware of the need of others. A person with good manners shows respects towards feelings and sentiments of others living in the surroundings. Modesty, humbleness, kindness, and courtesy are the essential traits of a well-behaving person. Good manners are what make a person successful. Always using, the words like **thank you, sorry, excuse me, good morning, and good evening**, in daily life will shine our character and this will strengthen brotherhood and relations.



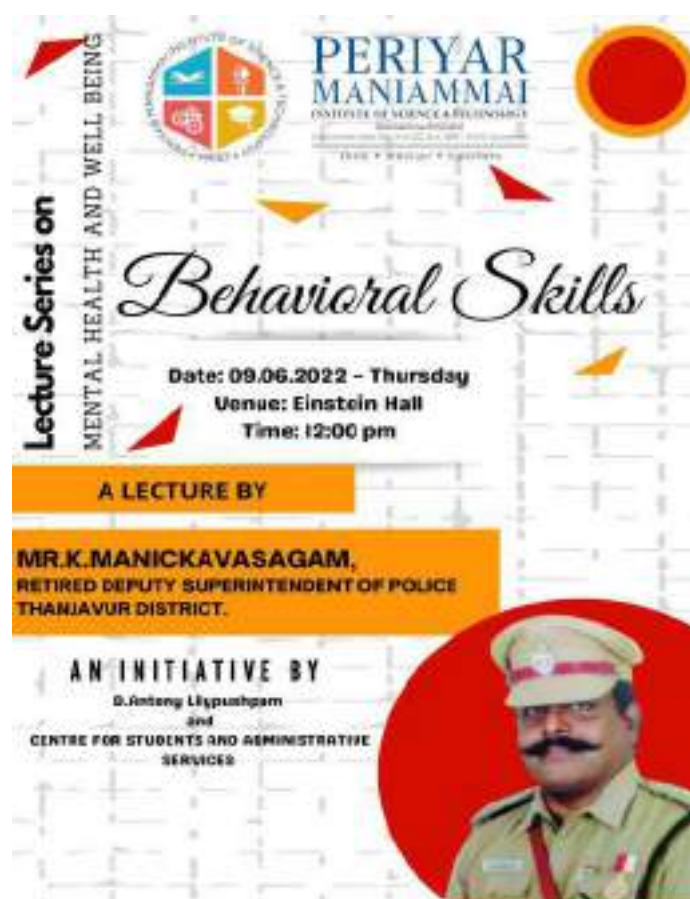
*Counselor speaking on the topic 'Good Manners'*

*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**



<b>Programme No.</b>	40	<b>Topic of the Programme</b>	Behavioural Skills,
<b>Date</b>	09.06.2022	<b>Department</b>	Department of Commerce, Director, VMCQLER & Director, CSAS

The speaker explained that the social and behavioral strengths are all about how we interact with others. The social strengths include being a good listener, a good friend, being truthful, following rules, resisting peer pressure, respecting personal space, and comforting others. It also means inculcating the habit of listening, using positive self-talk and thinking before reacting. The major behavioral skills one must imbibe on time Management, communication skills, patience self-confidence and balancing. The speaker made the session interesting by sharing right live stories





*Guest Speaker, Mr. K. Manickavasagam, Retired Deputy of Police, Thanjavur, along with our staff*



*Mr. K. Manickavasagam, Retired Deputy of Police, Thanjavur, speaking on the topic 'Behavioral Skills'*

*D. A. Lilypushpam*


**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**

<b>Programme No.</b>	41	<b>Topic of the Programme</b>	Psychological Effects of Cyber Crimes
<b>Date</b>	27.06.2022	<b>Department</b>	Department of Software Engg, Director, VMCQLER & Director, CSAS

The speaker explained that a cyber-attack can lead to a variety of consequences, ranging from theft of personal information to extortion of money or loss of valuable data or defaming an individual. He said that nearly forty six per cent of the students surveyed revealed that they were dependent addicted to their devices (phones, tablets, computers) and it affected their studies. The speech created awareness to all the listeners as to how to be vigilant in using these electronic means.



*HOD, Software Engg honoring the guest speaker*



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*Lecture Series on Mental Health Awareness*

## PSYCHOLOGICAL EFFECTS OF CYBER CRIME

Date: 27.06.2022 Time : 12 pm to 1.30 pm.  
Einstein Hall  
Dept: Software Engineering  
I M. Sc Software & I B. Sc

*By*  
**Mr. S. Karthikeyan, B. A., B. Ed.,**  
Inspector of Police,  
Cyber Crime P. S.,  
Thanjavur DL.

An initiative by  
D. ANTONY LILYPUSHPAM (COUNSELOR)  
&  
VEERAMANI MOHANA CENTRE FOR QUALITY OF LIFE ENGINEERING RESEARCH  
&  
DIRECTOR (CSAS)

Periyar Nagar, Vallam, Thanjavur - 613403, Tamil Nadu, India

*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
Counselor - PMIST

<b>Programme No.</b>	42	<b>Topic of the Programme</b>	Awareness on Drug Abuse
<b>Date</b>	27.06.2022	<b>Department</b>	I B. Arch & I B. Tech All branches

The speaker Ms. S. Brindha, deputy superintendent of police addressed the students on the dangerous consequences of drug abuse. She created awareness on the side effects and the consequences of the addiction and the treatment of the people who are already addicted. She said that it is essential to avoid the undue peer pressure in this issue. With drug addiction, there also comes mental health issue that is why drug addiction awareness is crucial.





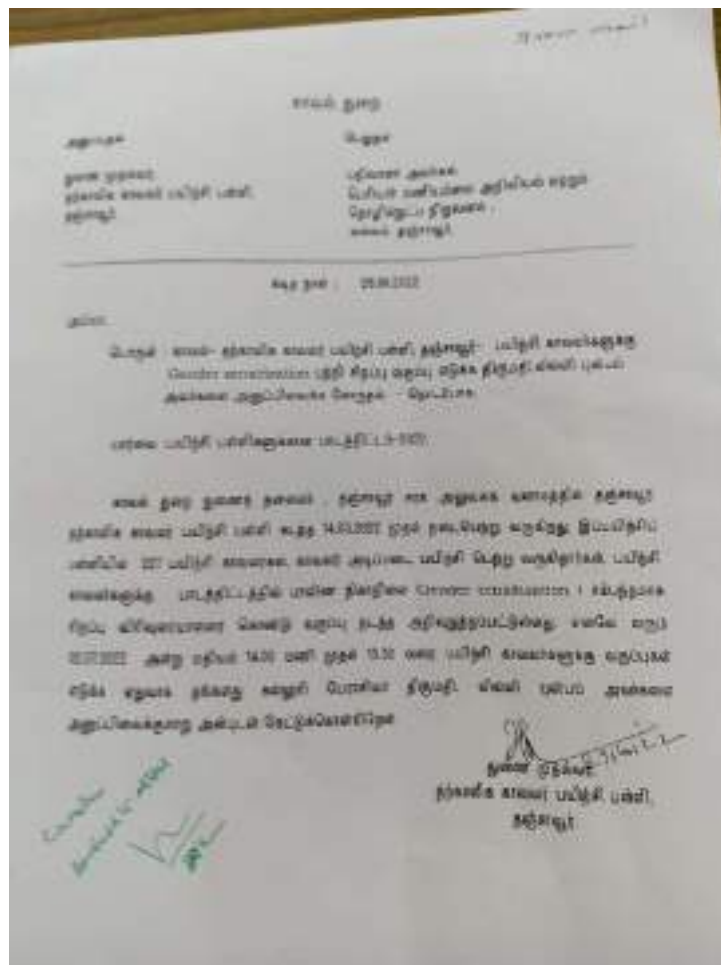


*D. A. Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counselor - PMIST**



<b>Programme No.</b>	43	<b>Topic of the Programme</b>	Gender Issues
<b>Date</b>	02.07.2022	<b>Department</b>	Police Constable Training Center, Office, DIG Office Campus, Thanjavur.

A power point presentation was done on the topic 'Understanding gender Issues' to the police staff. The different types of gender issues like gender inequality, gender infanticide, gender identification, and gender harassment, psychosocial and emotional factors of L. G. B. T. were explained and discussed





*D. A. Lilypushpam*

**Ms. D. Antony Lilypushpam**  
Counselor - PMIST

<b>Programme No.</b>	44	<b>Topic of the Programme</b>	Thinking out of box
<b>Date</b>	04.07.2022	<b>Department</b>	I B.Tech., Aero, Civil, EEE & Mechanical Engg.

It was explained to them that the meaning of this topic is to explore ideas that are creative and unusual and that are not limited or controlled by rules or tradition. Outside-the-box thinking is an ideation form where designers freely discard common problem-solving methods to find the true nature of users' problems, falsify old assumptions and to be innovative. Out-of-the-box thinking means reframing problems with a wider grasp of the design space. The interesting history of Alexander the Great breaking the Gordian knot was narrated



*Counselor speaking on the topic 'Thinking out of box'*

*D. Antony Lilypushpam*  
**Ms. D. Antony Lilypushpam**  
**Counsellor - PMIST**