



FATIMA COLLEGE

(Autonomous)

Affiliated to Madurai Kamaraj University
Re-Accredited with 'A++' by NAAC (Cycle - IV)
Mary Land, Madurai - 625018, Tamil Nadu

GUEST LECTURE REPORT

NAME OF THE DEPARTMENT : COMPUTER APPLICATIONS (BCA)

NAME OF THE ACTIVITY : Guest Lecture-Life Skills

NAME OF THE RESOURCE PERSON : Sr. Pushpa

Student Counsellor,

Holy Family School, Madurai.

NO. OF STUDENTS PARTICIPATED : 125

DATE : 21.03.2024

INVITATION:





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AGENDA:

1. Prayer Song
2. Welcome Address
3. Session on Unlocking your Potential
4. Vote of Thanks

REPORT:

The Department of Computer Applications organized a guest lecture on "**The Right Time for Counselling: The Path to Move Forward**" on 21.03.2024. The resource person, **Sr. Pushpa**, is a renowned counselling expert with extensive experience in helping individuals cope with mental health issues. The lecture aimed to create awareness about the importance of counselling and provide insights into recognizing the right time for seeking counselling.

Sr. Pushpa began the lecture by emphasizing the significance of mental health and the importance of seeking help when needed. She explained that counselling is a process that helps individuals cope with mental health issues, relationship problems, and other challenges that affect their well-being.

The resource person then discussed the following topics:

- **Recognizing the Need for Counselling:** She explained how to identify the signs and symptoms that indicate the need for counselling, such as anxiety, depression, and relationship problems.
- **The Benefits of Counselling:** Sr. Pushpa highlighted the benefits of counselling, including improved mental health, better relationships, and increased self-awareness.
- **The Counselling Process:** She explained the counselling process, including the initial consultation, assessment, and therapy sessions.
- **Overcoming Barriers to Counselling:** Sr. Pushpa discussed the common barriers to counselling, such as stigma, fear, and lack of awareness, and provided tips on how to overcome them.

The students express their gratitude to Sr. Pushpa for delivering a highly informative and engaging lecture on "The Right Time for Counselling: The Path to Move Forward". Her



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expertise and passion for counselling have inspired many to prioritize their mental health and seek help when needed.

PHOTOS:



Welcome Address



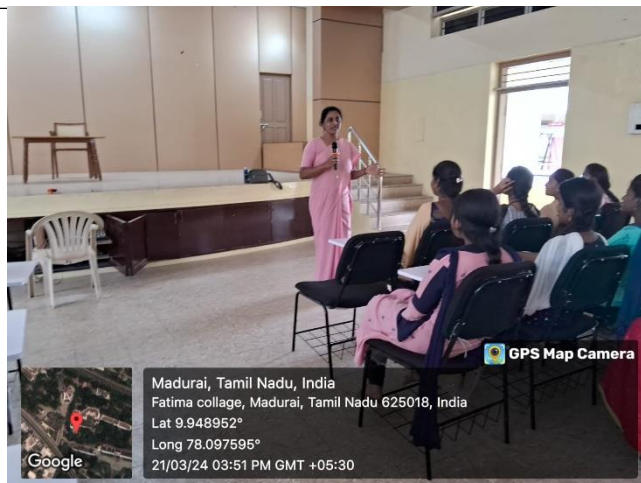
Resource Person answering to the queries



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Students actively participating in the session

BENEFICIARIES LIST:

S.NO.	REGISTER NUMBER	STUDENT NAME
I BCA		
1.	2023BC01	AARTHY JEEVITHA B
2.	2023BC02	ABINAYA R
3.	2023BC03	ADLINE SALETH REYANA P
4.	2023BC04	AKSHAYA M
5.	2023BC05	AKSHIEETHA S
6.	2023BC06	ALBERTINA SHERLIN R
7.	2023BC07	ANEESHA S
8.	2023BC08	ANGELINA P
9.	2023BC09	ANITHA C
10.	2023BC10	ASHIFA A
11.	2023BC11	ASHVIYA S
12.	2023BC12	ASWINI A
13.	2023BC13	BUJALAKSHMI B V
14.	2023BC14	DHARSHINI G



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15.	2023BC15	FREDOLINA ROSELIN S
16.	2023BC16	GANASHREE S
17.	2023BC17	GAYATHRI M
18.	2023BC18	GOKILA S
19.	2023BC19	GOWRI K
20.	2023BC20	HARANI I
21.	2023BC21	HINDUJA K
22.	2023BC22	JEYARANI J
23.	2023BC24	KAVI PRIYA R
24.	2023BC25	MAHALAKSHMI S
25.	2023BC26	MOHANA SANKARI V M S
26.	2023BC27	NEEMATH SHARFAH I
27.	2023BC28	NIVETHA S
28.	2023BC29	ORITHA EZHILARASI J
29.	2023BC30	PRIYADHARSHINI P
30.	2023BC32	RAJARAJESHWARI K S
31.	2023BC33	RAJATHIRUMAGAL M
32.	2023BC34	REEJA JESSY R
33.	2023BC35	REHANA PARVEEN J
34.	2023BC36	SAMYUKTHA S A
35.	2023BC37	SIVASRI A
36.	2023BC38	SUBBULAKSHMI P
37.	2023BC39	SUDHEEKSHA S
38.	2023BC41	THATCHANAPRIYA A
39.	2023BC42	YUVAHARINI B
40.	2023BC43	DEESHIKA M
41.	2023BC44	NANDHITHA K
II BCA		
42.	2022BC01	AGALYA B K



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43.	2022BC02	BELINDA B
44.	2022BC03	BHALA SHIVANI R
45.	2022BC04	BHARATHI R
46.	2022BC05	CECILIA MARY S
47.	2022BC06	DEEPIKA K
48.	2022BC07	DIVYADHARSHINI V M
49.	2022BC08	FAISUL RIFANA A
50.	2022BC09	FELIXYA MERLIN P
51.	2022BC10	HARINI S
52.	2022BC11	HEENA ALI J
53.	2022BC12	HERSHEL RAYEN P
54.	2022BC13	INDHUJA S
55.	2022BC14	JANANE S
56.	2022BC15	JEEVAJOTHI M
57.	2022BC16	KAMATCHI R
58.	2022BC17	KANISH RAHIMA J
59.	2022BC18	KAVIYA R
60.	2022BC19	KRISHNAPRIYA M
61.	2022BC20	LAVANYA N
62.	2022BC21	MAHALAKSHMI B
63.	2022BC22	MARI MOHANA K
64.	2022BC23	MARIA CHRISTINA JEFRIN B
65.	2022BC24	NANDHINI A
66.	2022BC25	PON DIVYA DHARSHINI A
67.	2022BC26	PRAMIKA N
68.	2022BC27	PRIYANKA S
69.	2022BC29	RUBINA ASVITHA H
70.	2022BC30	SAMEENA BEGUM K
71.	2022BC31	SAMREEN J



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72.	2022BC32	SANTHIYA C
73.	2022BC34	SIVADHARSHINI T
74.	2022BC35	SOWMIYA S
75.	2022BC36	SRINITHI K
76.	2022BC37	SUGANTHI M
77.	2022BC38	SUNDARESHWARI M
78.	2022BC39	SWETHA G
79.	2022BC40	THARSHINI PRIYA K S
80.	2022BC41	UDHAYA SRI M
81.	2022BC43	VIVEKA SRILAKSHMI K
82.	2022BC44	PREETHIGA C
83.	2022BC45	HARINI A
84.	2022BC46	DEESHIKA B
III BCA		
85.	2021BC01	AASHNA ROSHINI R
86.	2021BC03	AMALA RENITHA B
87.	2021BC04	ASNA J
88.	2021BC05	CAROLIN MERCY L
89.	2021BC06	DIVYA M
90.	2021BC07	DURGARAJESWARI R
91.	2021BC08	DURGESHWARI S
92.	2021BC09	FAZLINA Z
93.	2021BC11	INDUJA P T
94.	2021BC12	JEYA DHARSHINI J
95.	2021BC13	JEYA PRABA T
96.	2021BC14	JEYALAKSHMI R
97.	2021BC15	KANIMOZHI S
98.	2021BC16	KARTHIKA P
99.	2021BC17	KARTHIYAYENI N



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100.	2021BC18	KAVIPRIYA M
101.	2021BC19	KAVITHA K
102.	2021BC20	MAHA DHARSHINI R
103.	2021BC21	MASANI MALATHI S
104.	2021BC22	MEERA PRIYADHARSHINI S
105.	2021BC23	MIDHUNA S
106.	2021BC24	NAGAMEENA LOKCHINI P
107.	2021BC25	NARMADHADEVI M
108.	2021BC26	NIROSHINI R
109.	2021BC27	PAVITHRA J T
110.	2021BC28	PREETHI R A
111.	2021BC30	SAMYUKTHA J
112.	2021BC31	SHANMUGAPRIYA S
113.	2021BC32	SREENITHI G
114.	2021BC33	SUBATHRA B
115.	2021BC34	SWETHA K
116.	2021BC35	THILLAI INDHU T
117.	2021BC36	VINCILY MOL V
118.	2021BC37	KEERTHI M
119.	2021BC38	LINGA SNEHA M
120.	2021BC40	MATHI S
121.	2021BC41	NIVETHA R
122.	2021BC42	SOWBARNIKA M



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123.	2021BC43	SUTHANTHIRADEVI S
124.	2021BC44	GAYATHIRI M
125.	2021BC45	APARNAA K


HOD Signature

Head of the Department
Department of Computer Applications
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