



A.P.C. MAHALAXMI COLLEGE FOR WOMEN -THOOTHUKUDI - 628 002.

Report of counselling cell for 2018-2019

On behalf of Counselling cell, A.P.C Mahalaxmi College for Women, an **Awareness program** was organised on the topic “ **Iron Deficiency Management**” on 19th January 2019 at 11.00 PM. Dr. Shakthika, Assistant Professor of Zoology, delivered the welcome address. It was followed by honouring the chief guest with the memento by Dr. Shakthika, Assistant Professor of History. Ms. Balasubha, MBBS, M.D (Radiodiagnosis), Topiwala Medical College, Mumbai delivered the speech on the topic” **Iron Deficiency Management** “. Under graduates students of History , Physics and Commerce were attended Dr. Sangeetha, Assistant Professor of Zoology, delivered a vote of thanks. Students gained in-depth knowledge about iron deficiency and other health issues for women. The programme ended with the National Anthem.

On behalf of Counselling cell, A.P.C Mahalaxmi College for Women, a **Guest lecture** was organised on the topic “ **Stress Management** “ on 4th January 2019 at 11.00 PM. Dr. Shakthika, Assistant Professor of Zoology, delivered the welcome address. It was followed by honouring the chief guest with the memento by Dr. Sangeetha, Assistant Professor of History. Mrs. Mani Amutha, M.A, (soc), MSW, Sahodari Family Counselling Centre, delivered the lecture on the topic **Stress Management**. Under graduates students of History and Commerce were attended and gained knowledge about “**Stress Management**”. Dr. Shakthika, Assistant Professor of Zoology, delivered a vote of thanks. The programme ended with the National Anthem.