



**KONGUNADU ARTS AND SCIENCE COLLEGE**  
**(AUTONOMOUS)**  
**Re-accredited by NAAC with A<sup>+</sup> Grade - 4<sup>th</sup> cycle,**

**College of Excellence – UGC**

Coimbatore - 641 029, Tamil Nadu, India

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**DEPARTMENT OF MATHEMATICS**

supported by

**DBT STAR COLLEGE SCHEME**

**REPORT**

Name of the Event	An Awareness Programme on “Thoughts on Stress Management and Happiness” (for supportive staff)
Date	28.10.2024
Time	11.00 AM
Resource Person With Designation	Dr. V. VALLIMURUGAN Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore - 641 046.
Venue of the Programme	C-15
Objectives of the Programme	To create awareness about mental and physical health
Outcome of the Programme	The participants can able to work and maintain stress free and happiness in the work place.
Number of Beneficiaries	20 participants others - 20

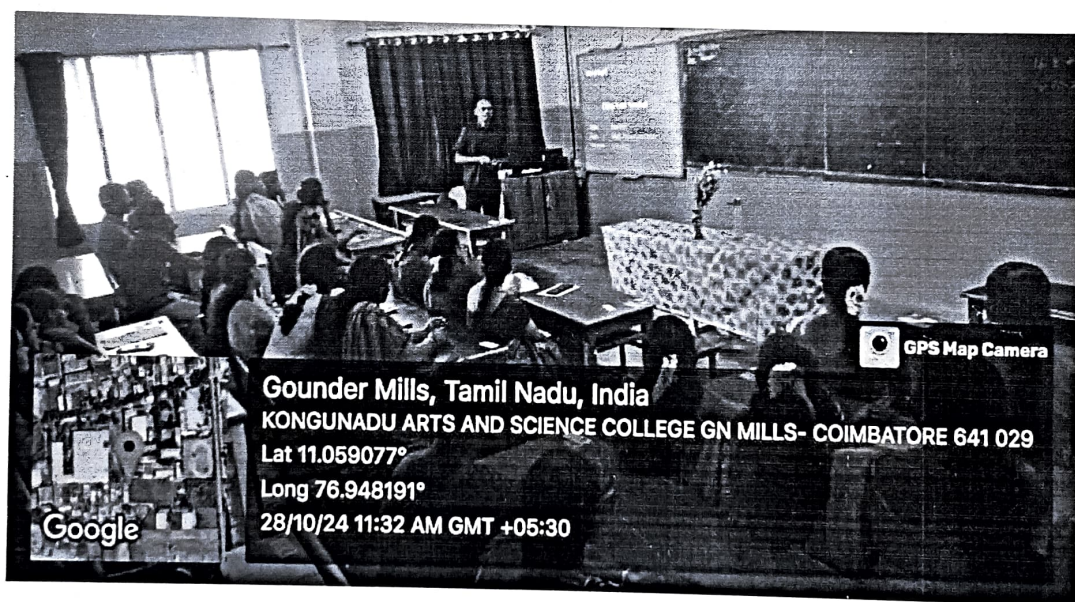
**Report of the Programme**

Dr. M. Venkatachalam, Assistant Professor of Mathematics, Kongunadu Arts and Science, Coimbatore welcomed the gathering.

Dr. V. Kokilavani, Assistant Professor and Head of Mathematics, introduce the Resource Person Dr. V. Vallimurugan, Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore - 641 046. The resource person delivered a lecture to create awareness about maintaining of physical and mental health. Also, how to work happily in the work place. Dr. E. Prakash, Assistant Professor of Mathematics, proposed the vote of thanks.



Honouring the Resource person by Dr. M. Vigneshwaran



Lecture by Dr. V. Vallimurugan, Assistant Professor

Signature of Star College Department Coordinator

**Dr. C. Ravichandran, M.Sc., M.Phil., Ph.D., PGDCA,**  
 Assistant Professor of Mathematics  
 Department Co-ordinator, DBT STAR COLLEGE SCHEME  
 Kongunadu Arts and Science College (Autonomous)  
 Coimbatore - 641 029, Tamil Nadu, India.

Head of the Department

**Dr. V. KOKILAVANI, M.Sc., M.Phil., Ph.D.,**  
 Associate Professor and Head,  
 Department of Mathematics,  
 Kongunadu Arts and Science College (Autonomous),  
**DEPARTMENT OF MATHEMATICS**