



Kongunadu Arts and Science College Coimbatore

“Awareness Program on Stress Management Techniques to Prevent Substantial Abuse



On the account of Alcohol awareness month Units of NSS, NCC, Youth Red Cross and Red Ribbon Club of Kongunadu Arts and Science College conducted an “Awareness Program on Stress Management Techniques to Prevent Substantial Abuse” jointly organized by the Department of Mental Health Nursing, KMCH College of nursing, Coimbatore and the Alcoholics anonymous chapter members, Coimbatore on 20.04.2023. The programme was conducted in two sessions. Dr.S.Manivannan, Assistant Professor, Department of Zoology delivered the welcome address. Dr. M. Lekeshmanasamy, Principal, KASC, delivered presidential address. Dr. S. Bhuvaneshwari, Professor, Department of Mental Health Nursing, KMCH College, spoke about Stress Management, Hypertension, Anxiety and suggested some relieving techniques. Followed by rehabilitation experience shared by a person named Mohammad Ansari working as a Marketing Executive shared about his life experience and how Alcoholics Anonymous helped him to recover from the alcoholic addiction. It was very real and helpful for students. The guests were honoured by the college faculties with Memento.

Dr.Muthukumar, Assistant Professor of Tamil, KASC, delivered the presidential address for the second session.

Ms.P.Jamuna Rani, Professor, Department of Mental Health Nursing, KMCH College of Nursing, spoke on Dopamine inducing, the Early Alcoholic addiction and the reasons for addiction. She spoke on two types of stress as Eustress (positive one) and Distress (Negative one), stress inducing chemicals and suggested some ways to overcome the addiction.

Dr.Amudha Lakshmi, Department of Mathematics, KASC delivered the vote of thanks. The awareness programme ended successfully with more than 2500 students were participated in this program.



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Examination Cell

Orientation Programme for the Academic year 2022 – 2023

An orientation programme related with the autonomous examinations was conducted by the Controller of Examinations for all the UG Freshers and Faculty members. The orientation programme was conducted for Faculty members on 09.09.2022. The same programme was conducted for all the first year Under Graduate students on 15.09.2022, 19.09.2022 and 20.09.2022. The Controller of Examinations highlighted the various procedures to be followed both by the Faculty and students during the examinations. All the UG Freshers and Faculty members understood the rules and regulations pertaining to the examinations of our college and benefited from the programme as a whole.

For Faculties:



For Students:



