



“Covid & its Impact on Mental Health” held on 18th September 2021



The Madura College (Autonomous)
(An Autonomous Institution affiliated
to Madurai Kamaraj University)
Vidhya Nagar, TPK Road, Madurai – 625 011.

National Service Scheme
Health Awareness Programme

Date : 18.09.2021

Mode of Meeting : Google Meet (Online)

Google Meet Link :
<https://meet.google.com/ncj-wejd-ppz>

Welcome Address : Ms. Pooja, NSS Volunteer

Felicitation : Dr. J. Suresh, Principal

Introducing the Chief Guest : Dr. S. Meenakshi,
NSS PO

Guest Speaker : Dr. S.C. Akshaya BDS
Dentist,
Madurai.

Topic : Covid & its impact on Mental Health

Vote of Thanks : Ms. U.J. Harsha, NSS Volunteer



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An Autonomous Institution affiliated to Madurai Kamaraj University
Re-accredited (3rd cycle) with 'A' grade by NAAC
Vidya Nagar, T.P.K. Road, Madurai – 625 011



NATIONAL SERVICE SCHEME (NSS)

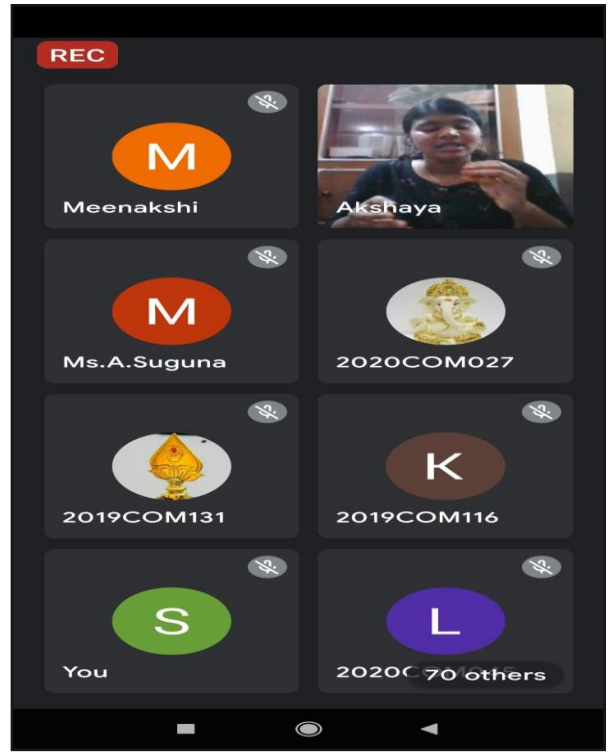
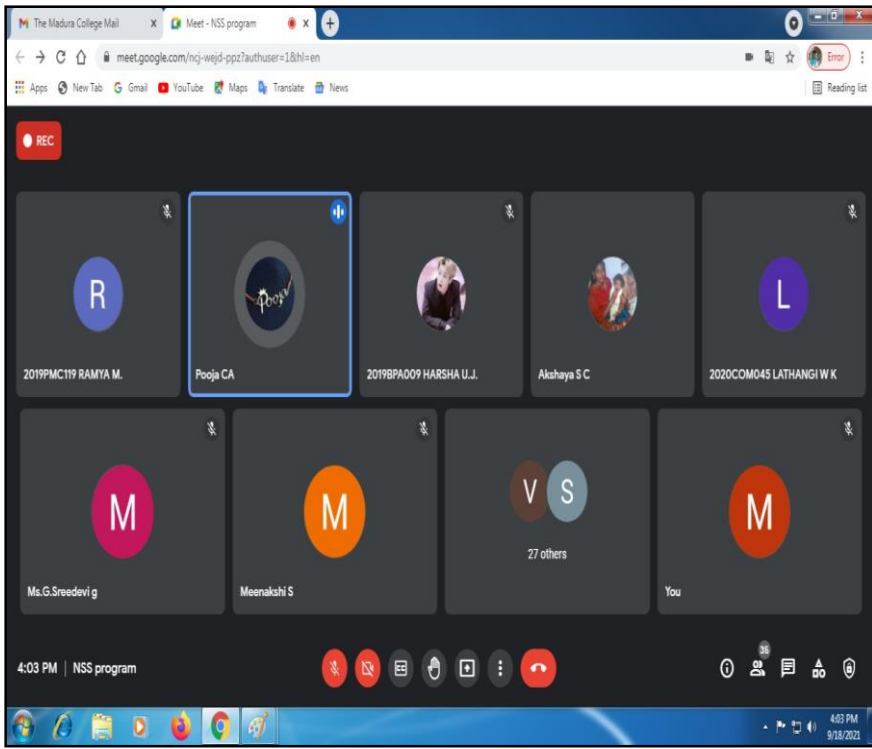
BRIEF REPORT ON PROGRAMME / EVENT ORGANISED

1. Title of the programme/event : “Covid & its Impact on Mental Health”
2. Nature of the event : Health Awareness Webinar
3. Duration : 18.09.2021
4. Venue : Google Meet (Online)
5. Google Meet Link : <https://meet.google.com/ncj-wejd-ppz>
6. Hosting Department/Cell : NSS (Girls Units)
7. Funding agency & grant (if any) : NSS (MKU)
8. Beneficiaries : NSS Girls Students
9. Number of participants : 78
10. Details of Resource person(s) :

S.No	Name and designation	Topic of Talk	Remarks
1.	Dr. S.C. Akshaya BDS Dentist, Madurai.	“Covid & its Impact on Mental Health”	Students got to know how to handle their stress (statistical data about the affected cases) during this pandemic.

11. Brief the proceedings of the programme along with some photographs

Health awareness webinar was conducted for the NSS volunteers. Ms. Pooja welcomed the gathering and Dr. S. Meenakshi, NSS PO introduced the Guest speaker Dr. S.C. Akshaya, BDS. Dr. J. Suresh, Principal felicitated the program. The Guest speaker explained the impact of Covid 19 and the steps required to improve the mental health. She suggested the volunteers to have a balanced diet to improve the mental strength. The volunteers actively interacted with the Guest speaker and Ms. U.J. Harsha proposed vote of thanks.



Volunteers Attendance List

Sl. No.	Roll No.	Name of the Volunteer
1.	2019COM045	LATHAANGI W.K
2.	2019BPA009	U.J. HARSHA
3.	2019PMC119	M. RAMYA
4.	2020COM027	S. ARCHANA
5.	2019COM116	C.S. KIRUTHIGA MAI
6.	2019COM131	P. SINEKHA
7.	2020COM020	A. HAZIFA FATHIMA
8.	2020ENG014	MANONMANI M
9.	2020ENG015	MEENUPRIYA M
10.	2020ECS004	BHARATHI S
11.	2020ECS005	DEVA THARSHINI M
12.	2020ECS013	HARINI S
13.	2020COM110	BHAVADHARINI.M
14.	2020COM111	BHUVANESHWARI.M
15.	2020COM112	DIVYAPANDI.K
16.	2020COM113	GOKULAPRIYA.S
17.	2020COM115	HARINI.C
18.	2020COM116	HARSHINI.R.P
19.	2020COM118	JAYAVARSHINI.M
20.	2020COM119	KAVITHA.K.R
21.	2020COM120	LALITHA.P
22.	2020COM121	LALITHA.S
23.	2020BCM004	DIVYA.R
24.	2020BCM007	GUNASREE.S
25.	2020BCM009	HEMAPRIYA.B
26.	2020BCM010	ISHVAREYA.C
27.	2020BCM011	ISHWARYA.G
28.	2020BCM012	KARTHIGA.G
29.	2020MPC101	ABIRAMI R
30.	2020MPC107	PRABHAVATHI R
31.	2020PMC105	JANCI K
32.	2020PMC118	THENMOZHI S
33.	2020CSC101	ABIRAMI K
34.	2020CSC104	BHAVANI C
35.	2020CSC106	DIVYA PRIYA K
36.	2020CSC107	HARINI S
37.	2020CSC109	JANANI R
38.	2020ITC002	ABINAYA M
39.	2020ITC003	ANITHA S
40.	2020LCR001	ABITHA S
41.	2020LCR007	BHUVANEESHWARI J
42.	2020LCR008	DURGA DEVI S
43.	2020LCR011	INFANT JENILA X
44.	2020RCL005	DEEPIKA S
45.	2020RCL007	HARINI M
46.	2020RCL017	MEENAKSHI M
47.	2020RCL019	MONISHAA G
48.	2020COM151	SWATHY.R

49.	2020COM152	TAMILANANTHI.V.
50.	2020COM153	THANGAMEENA.T
51.	2020COM154	UMAKUMARI.J
52.	2020COM155	VARSHINI.C
53.	2020COM156	VIJAYALAKSHMI.K
54.	2020COM157	VINITHA.D
55.	2020COM158	YAMUNA.V
56.	2020COM160	SHEEBA BANU.N
57.	2020BPA026	MITHULA .M
58.	2020BPA033	PREETHA.G
59.	2020BPA040	SAHANA J
60.	2020BPA042	SANGEETHA .N
61.	2020BPA046	SHRUTHI .R
62.	2020BPA049	SIVARANJANI.V
63.	2020BPA051	SOWMIYA B.D.S
64.	2020BPA052	SWATHY.R
65.	2020BBI044	PRIYA.P
66.	2020BBI045	RASIKA.G.J
67.	2020BBI050	SHANTHOSINI.K
68.	2020BBI051	SHIFFAYA SAFREEN .F
69.	2020BBI054	SRIHEMALATHA.A
70.	2020BBI056	SRI MEENAKSHI.V
71.	2020BBI057	SRIOVIYA.R
72.	2020BBI060	TAMILARASI.M
73.	2020BCM013	KEERTHIKA.K
74.	2020BCM015	MONIKA.M.C
75.	2020BCM020	SANDHIYADEVI.K
76.	2020BCM021	SANGAVI.S
77.	2020BCM022	SANTHIYA.G
78.	2020BCM025	SOUNDARIYALAKSHMI.V

Y. Natarajan
Dr. Y. NATARAJAN
 NCC PROGRAMME OFFICER
 THE MADURA COLLEGE (Autonomous)
 MADURAI-625 011



[Signature]
 Principal
 PRINCIPAL
 THE MADURA COLLEGE (Autonomous)
 MADURAI - 625 011