

First Aid, Medical and counselling facilities

Ess.Doc.-23



AAA

COLLEGE OF ENGINEERING & TECHNOLOGY

(Accredited by NBA (CSE,EEE,ECE & MECH) and NAAC with 'A' Grade.

An ISO 21001: 2018 Certified Institution

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai)

Amathur, Sivakasi-626 005

An Awareness Session on 'My Life, My Responsibility'

The Department of Civil Engineering conducted an awareness session on 'My life, my responsibility' on 24/01/2024 from 10 a.m. to 12 p.m. at Sir Isaac Newton Seminar Hall, Cambridge Block, AACET. The resource person was Dr.S. Aasha, M.A. (M.Psy), M.A. (P&R), M.Phil., Ph.D., Psychological Counselor and Therapist, Zen Counseling and Therapy Centre, Madurai. Students from I Year and II year B.E. Civil Engineering Department attended the session. The resource person gave an overview on how to manage and deal with emotional conflict, stress and personal problems. She gave advice to avoid distractions which will help them shape their future journey. She also advised on how to cope with different situations they tend to face in their college life. Students actively interacted with the resource person about their problems and got suitable advice.



'My life, my responsibility' – Introduction of Counselor



Addressing the gatherings



Discussion with I year girl's students



Discussion with I year boy's students



Discussion with II-year boy's students



Discussion with I year girl's students