



Sadakathullah Appa College

**An Autonomous Institution, Re-Accredited by NAAC at an 'A' Grade, * ISO 9001: 2015 Certified **

CRITERION VII

INSTITUTIONAL VALUES AND BEST PRACTICES

7.1.1

**Measures initiated by the Institution for the promotion of
gender equity during the last five years**

COUNSELLING

AGAM

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)

August 2022





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**Measures initiated by the Institution for the promotion of
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COUNSELLING

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AGAM, the centre for self-development, initiated by the College, addresses the needs and problems of the students arising out of their intrapersonal and interpersonal behaviour patterns.



AGAM

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Aim:

'AGAM' is the centre for self development. The centre addresses the needs and problems of the students arising out of their intrapersonal, interpersonal and social behaviours. It is also to help the students deal with their day to day problems, issues, crises and trauma.

Self development helps the individual to be aware of his/her full potential and guides him/her to achieve growth and success. It also helps the individual to know his/her strengths and weaknesses. By undergoing this course the student will gain in confidence and lead a refined life.

Objectives:

Some of the common issues are:

- * To analyse the problems in studies like lack of concentration, memory, attention.
- * To foster the mental health.
- * To develop strong interpersonal skill and intrapersonal skills.
- * To overcome their exam fear, anxiety, extreme fear, maladjustment, depression and addictions of various types.
- * To promote relationships in personal and family life and with social groups.

How can we verify the issues?

1. By organising several activities, training, group discussion, lecture-cum-discussion eliciting answers through questionnaire and conducting assessment tests.

2. By organizing the workshop, seminar and training for the whole students.

Description of programme:

This session involves a detailed discussion pertaining to the objectives of the programme in general.

Duration:	20 hours (weekly 2 days) - 1 hour per day
Timings:	Morning: 12.20 p.m to 1.40 p.m Evening: 1.40 p.m to 2.40 p.m

Content:

First Week:	Evaluation of Intrapersonal and Interpersonal Skills
Second Week:	Self Awareness
Third Week:	Motivation and Confidence
Fourth Week:	Managing Emotions
Fifth Week:	Communication
Sixth Week:	Leadership style / Moral Value
Seventh Week:	Character building / Discipline
Eighth Week:	Interview / Career
Ninth Week:	Goal setting / Time Management
Tenth Week:	Assessment of the outcome of the programme.

Expected Outcome :

The Students will come out with strong interpersonal skills, sound mental health and healthy life style.

Organization Structure :

Advisory Committee :	1. The Principal 2. Director of Unaided courses.
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Coordinator :	Student's counsellor
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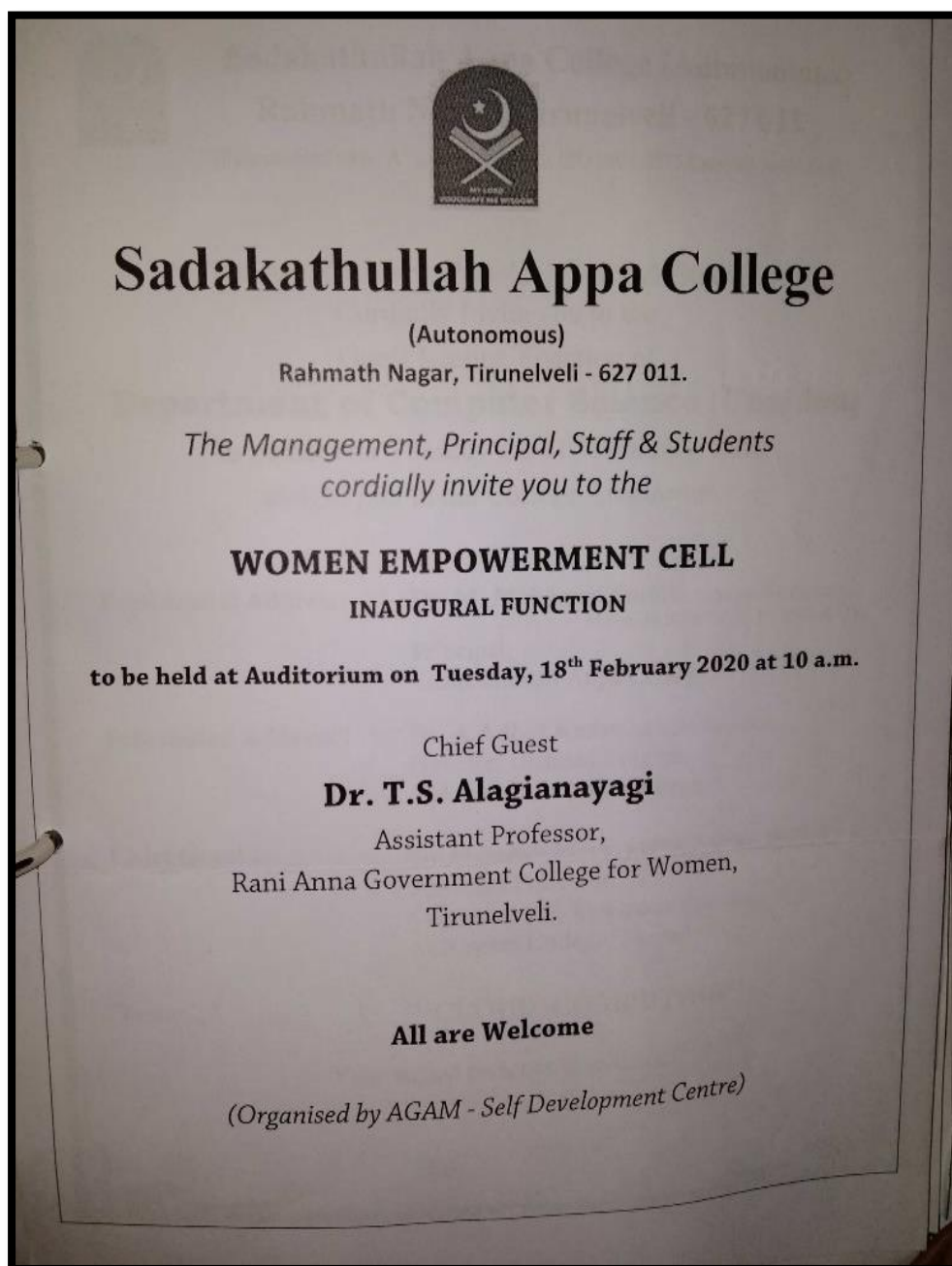
Students Committee :	All department representatives must participate.
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Organizing Committee :	1. Students Counsellor 2. Students' Council.
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Participants :	(UG & PG) willing students should participate.
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Women Empowerment Cell Inauguration:

The Women Empowerment Cell of Sadakathullah Appa College was inaugurated on 18.2.2020. Dr. Mohamed Sathik, Principal presided over the function. Dr. T. S. Alagiyanyagi, Assistant Professor, Rani Anna Government College for Women, Tirunelveli was the invited guest and addressed the students. The programme was organized by AGAM-Self Development Centre.




AGAM Inauguration:



Sadakathullah Appa College
(Autonomous)
Reaccredited by NAAC at an "A" Grade. ISO 9001 : 2015 Certified Institution
Rahmath Nagar, Tirunelveli - 627 011.

AGAM
(Actions are based on Thoughts)
SELF DEVELOPMENT CENTRE



Sadakathullah Appa College
(Autonomous)
Rahmath Nagar, Tirunelveli - 627 011.

The Management, Principal, Staff & Students
cordially invite you to

AGAM
"ACTIONS ARE BASED ON THOUGHTS"
- PROPHET MOHAMMED (PBUH)
**SELF DEVELOPMENT CENTRE
INAUGURATION**

to be held on Thursday, the 08th August, 2019
at 10.30 a.m. in the College Auditorium.

The Chief Guest
Prof. B. William Dharma Raja,
Head, Department of Education,
Manonmaniam Sundaranar University,
Tirunelveli

has graciously consented to address the students.

(Organized by Women Counselling Cell and Students' Council)

(Reaccredited by NAAC at an 'A' Grade & ISO 9001:2015 Certified Institution)
Phone : 0462-2540763, Fax : 0462-2540033
email : secretary@sadakath.ac.in. website : www.sadakath.ac.in



The Chief Guest on the Dias



Participants attending the Programme

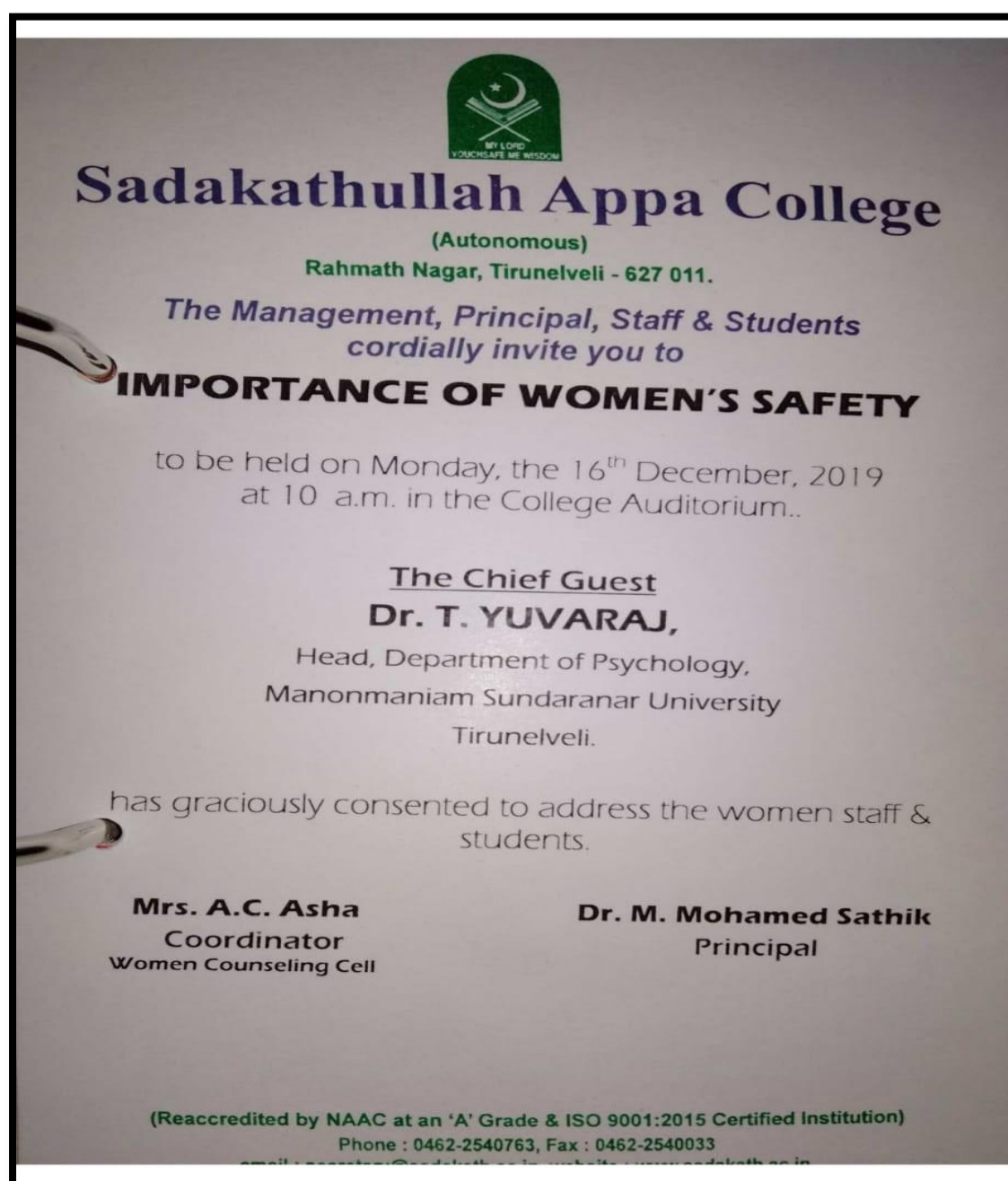
AGAM Utsav:




Felicitation by Principal

Importance of Women's Safety:

The Women's Counselling Cell of SadakathullahAppa College conducted awareness programme on the Importance of Women's Safety on 16.12.2019. Dr. Mohamed Sathik, Principal presided over the programme. Dr. T. Yuvaraj, Head, Department of Psychology, ManonmaniamSundaranar University, Tirunelveli was the chief guest and addressed the students on women's safety.



The poster is for an event at Sadakathullah Appa College. At the top center is a green logo featuring a crescent moon and star, with the text 'MY LORD YOURSAFE ME WISDOM' below it. The college's name 'Sadakathullah Appa College' is written in a large, bold, purple font. Below this, '(Autonomous)' is written in green, followed by the address 'Rahmath Nagar, Tirunelveli - 627 011.' in green. The invitation text 'The Management, Principal, Staff & Students cordially invite you to' is in purple, leading to the main title 'IMPORTANCE OF WOMEN'S SAFETY' in bold black. The event details 'to be held on Monday, the 16th December, 2019 at 10 a.m. in the College Auditorium..' are in black. The chief guest is 'Dr. T. YUVARAJ,' in bold black, with his title and affiliation 'Head, Department of Psychology, Manonmaniam Sundaranar University Tirunelveli.' in black. A line of text states 'has graciously consented to address the women staff & students.' in black. At the bottom, two names are listed: 'Mrs. A.C. Asha Coordinator Women Counseling Cell' and 'Dr. M. Mohamed Sathik Principal' in bold black. The footer contains accreditation information: '(Reaccredited by NAAC at an 'A' Grade & ISO 9001:2015 Certified Institution)' and contact details 'Phone : 0462-2540763, Fax : 0462-2540033' in green.


Sadakathullah Appa College
(Autonomous)
Rahmath Nagar, Tirunelveli - 627 011.
*The Management, Principal, Staff & Students
cordially invite you to*
IMPORTANCE OF WOMEN'S SAFETY
to be held on Monday, the 16th December, 2019
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The Chief Guest
Dr. T. YUVARAJ,
Head, Department of Psychology,
Manonmaniam Sundaranar University
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has graciously consented to address the women staff &
students.

Mrs. A.C. Asha
Coordinator
Women Counseling Cell

Dr. M. Mohamed Sathik
Principal

(Reaccredited by NAAC at an 'A' Grade & ISO 9001:2015 Certified Institution)
Phone : 0462-2540763, Fax : 0462-2540033
e-mail: principal@sadkathullahappacollege.org



The Chief Guest on the Dias



Students Performing Mime in the Stage

AGAM – Women Helpline:



The Chief Guest Displaying AGAM Helpline Number



The Chief Guest addressing the audience

Women Health Awareness Programme:



Our Principal honouring the chief guest with memento



Audience of the Programme