








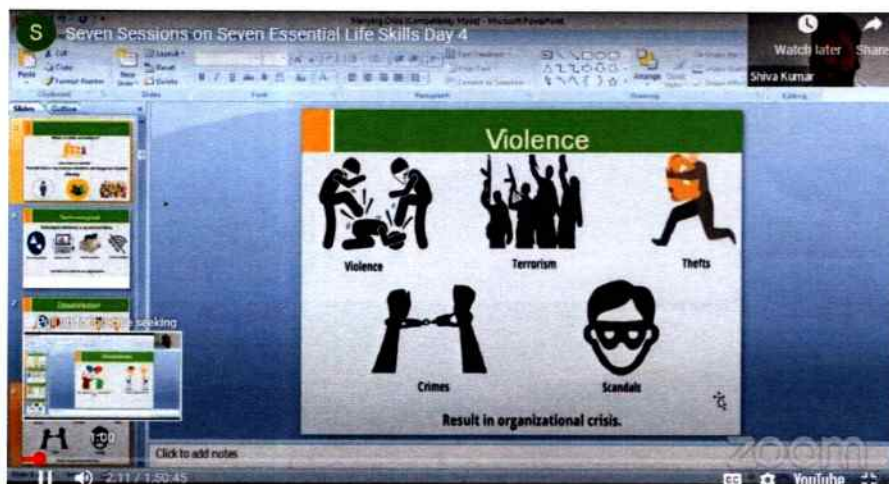


**St. Mary's College (Autonomous) Thoothukudi**  
**Report of the Webinar Series (25<sup>th</sup> April 2022 – 29<sup>th</sup> April 2022)**

**Invitation**


 <p align="center"><b>St. Mary's College (Autonomous)</b> (Re-accredited with 'A+' Grade by NAAC) Thoothukudi, Tamilnadu-628001</p>  <p align="center"><b>Department of Economics &amp; Counselling Forum</b> Jointly Organise International Webinar Series <b>SEVEN SESSIONS ON SEVEN ESSENTIAL LIFE SKILLS FOR STUDENTS</b></p> <p>Dates : 25<sup>th</sup>, 26<sup>th</sup>, 28<sup>th</sup> &amp; 29<sup>th</sup> April 2022          Time: 4.00 p.m. – 6.00 p.m. (2 Hours)          Passcode: eco@smc</p>	 <p>Date: 25.04.2022          Session : I – <a href="https://us02web.zoom.us/j/87416623402">https://us02web.zoom.us/j/87416623402</a>          Meeting ID: 87416623402          Topic- Interpersonal Skills          Resource Person: Dr. Prof Raghunath Parakkal, Psychologist, Kerala</p>
<p align="center"><b>With best wishes &amp; Blessings</b></p>	 <p>Date: 26.04.2022          Session : II – <a href="https://us02web.zoom.us/j/85939029177">https://us02web.zoom.us/j/85939029177</a>          Meeting ID: 85939029177          Topic- Leadership          Resource Person: J. Vijaya Priya, Life Coach, Chennai</p>
<p>Rev. Sr. Flora Mary, Secretary          Dr. Sr. A.S.J. Lucia Rose, Principal          Dr. Sr. S. Kulandai Therese, Deputy Principal          Rev. Sr. Josephine Jeyarani Mary, SSC Director</p>	 <p>Date: 26.04.2022          Session : III – <a href="https://us02web.zoom.us/j/85939029177">https://us02web.zoom.us/j/85939029177</a>          Meeting ID: 85939029177          Topic- Time Management          Resource Person: Mrs. Sheela Suresh, Hr Professional, Singapore</p>
<p align="center"><b>ORGANISING COMMITTEE</b></p> <p><b>PROGRAMME CONVENERS</b>          Mrs. X. Esther Vimala, Associate Professor &amp; Head          Mrs. R. Rohini, Counsellor</p> <p><b>Co-ordinators</b>          Dr. D. Amutha, Associate Professor          Dr. D. Rathi, Assistant Professor          Dr. Muthu Mahalaxmi, Assistant Professor          Ms. Alfreeda T A, Assistant Professor          Dr. A. Sudha, Assistant Professor          Dr. P. Anuradha, Assistant Professor          Dr. G. Sumathi, Assistant Professor</p>	 <p>Date: 28.04.2022          Session : IV – <a href="https://us02web.zoom.us/j/84183882072">https://us02web.zoom.us/j/84183882072</a>          Meeting ID: 841 8388 2072          Topic- Emotional Intelligence          Resource Person: Slyamala Jeyaram Sarma, Wellness coach &amp; Healer, Chennai</p>
	 <p>Date: 28.04.2022          Session : V – <a href="https://us02web.zoom.us/j/84183882072">https://us02web.zoom.us/j/84183882072</a>          Meeting ID: 841 8388 2072          Topic- Stress Management          Resource Person: R. Rohini, Counsellor, Thoothukudi</p>
	 <p>Date: 29.04.2022          Session : VI – <a href="https://us02web.zoom.us/j/84280076931">https://us02web.zoom.us/j/84280076931</a>          Meeting ID: 842 8007 6931          Topic- Crisis Management          Resource Person: Shiva Kumar, Cognitive therapist, Middle East / Asia Pacific / Africa</p>
	 <p>Date: 29.04.2022          Session : VII – <a href="https://us02web.zoom.us/j/84280076931">https://us02web.zoom.us/j/84280076931</a>          Meeting ID: 842 8007 6931          Topic – Entrepreneurial Skills          Resource Person: Dr. Sugandha Ramaswamy, Associate Professor, Lady Doak College, Madurai</p>
	<p align="center"><i>All are cordially invited.....</i></p>

**Screenshots**



S Seven Sessions on Seven Essential Life Skills Day 1

Copy link



zoom

10:16 / 1:51:00

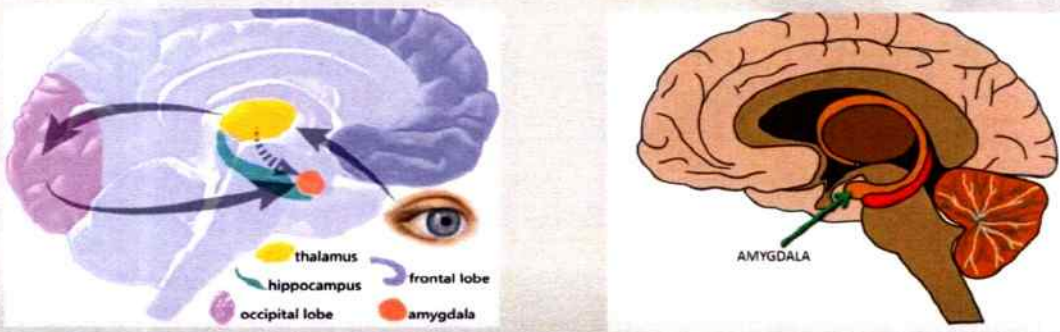
YouTube

S Seven Sessions on Seven Essential Life Skills Day 2

*The science of emotions*

Watch later Share

shyamala jaya...



thalamus  
hippocampus  
occipital lobe  
frontal lobe  
amygdala

AMYGDALA

**Amygdala**  
**Limbic system**

- **Seat of Emotions**
- **Negative and positive**

zoom

4:24 / 1:41:43

YouTube



## Certificate



## Report

An International webinar on 'Seven Sessions on Seven Essential Life Skills for Students' was held on 25.04.2022, 26.04.2022, 28.04.2022 and 29.04.2022. The sessions included interpersonal skills, Leadership, time management, emotional intelligence, stress management, crisis management and entrepreneurial skills. There were totally 7 sessions. The speakers of the different sessions are as follows:

**25. 4. 2022**

**Session- I:** Dr. Prof. Raghunath Parakkal, Psychologist, Kerala

**26. 4.2022**

**Session-II:** Ms. J. Vijaya Priya, Life Coach, Chennai

**Session-III:** Mrs. Sheela Suresh, HR Professional, Singapore

**28.4.2022**

**Session-IV:** Ms. Shyamala Jeyaram Sarma, Life & Wellness Coach/ Healer, Chennai

**Session-V:** R. Rohini, Counsellor, Thoothukudi

**29. 4. 2022**

**Session-VI:** Mr. Shiva Kumar, Cognitive therapist, Middle East / Asia Pacific/ Africa

**Session-VII:** Dr. Sugandha Ramamoorthy, Associate Professor of Economics, Lady Doak College, Madurai

There were nearly 75 to 86 participants in each session.

**Day 1: Session I – April 25, 2022 04:00 PM**

Zoom Link - <https://us02web.zoom.us/j/87416623402>

Meeting ID: 874 1662 3402

Passcode: eco@smc

YouTube link: <https://youtu.be/2y5Bm3hE5gM>

**Day 2: Sessions II & III - April 26, 2022 04:00 PM**

Zoom Link - <https://us02web.zoom.us/j/85939029177>

Meeting ID: 859 3902 9177

Passcode: eco@smc

YouTube link: [https://youtu.be/IVa0X\\_wtXt0](https://youtu.be/IVa0X_wtXt0)

**Day 3: Sessions IV & V - April 28, 2022 04:00 PM**

Zoom Link - <https://us02web.zoom.us/j/84183882072>

Meeting ID: 841 8388 2072

Passcode: eco@smc

YouTube link: [https://youtu.be/kA8D\\_ZDeqjI](https://youtu.be/kA8D_ZDeqjI)


**Day 4: Sessions VI & VII - April 29, 2022 04:00 PM**

Zoom Link - <https://us02web.zoom.us/j/84280076931>

Meeting ID: 842 8007 6931

Passcode: eco@smc

YouTube link : <https://youtu.be/p8MbrCT8gBI>

  
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