

Awareness
A report on A one-day Students Awareness Programme (SAP) on
“The road to resilience” 09.01.2020

IQAC of the college organised a one-day Students Awareness Programme (SAP) on “The Road to Resilience” for the first year students of the college on 09.01.2020. As the students are fresher, they need to know the purpose of their study, and also they need to overcome the fear of new environment. The purpose of this event was to instil brave thoughts in the young minds to achieve their goals. Ms. R. Mythili, MSW, Psychiatric counsellor and Life Skill Trainer gave her key note address on ‘The Road to Resilience’. In her speech, she listed out the supportive environment that encourages student success by: Reaffirming student’s capacity for success, providing space to allow for vulnerability and by dispelling myths that struggles aren’t part of successful stories