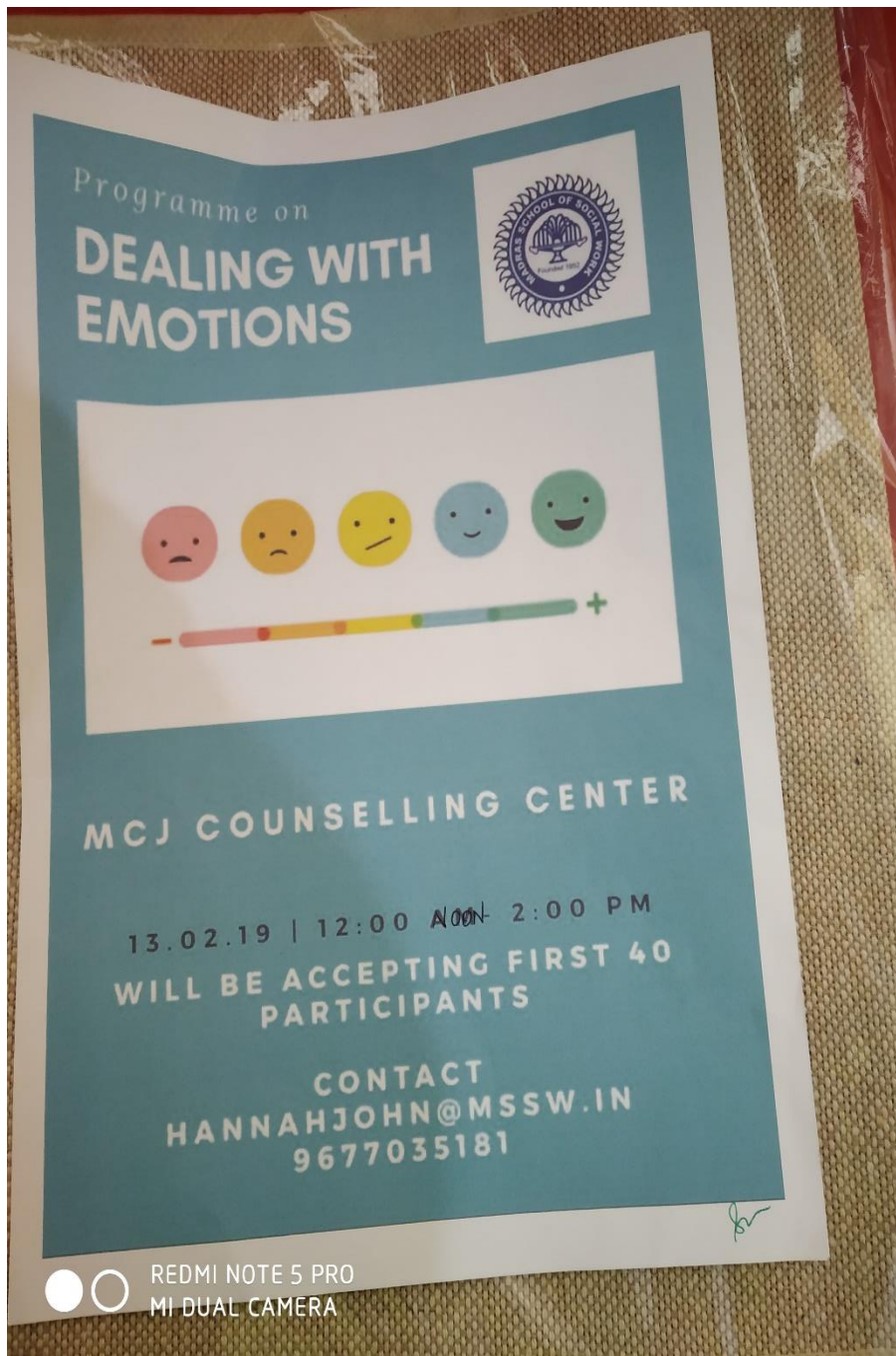


Program on dealing with emotion.



The program dealing with emotion was organised in the campus for the benefit of students as there was a need among students for understanding the emotions and handling them well. MCJ counselling centre organized 2 hours of training program for student on “Dealing with

Emotion” as it is evolved as a need of the hour. The program held on 13th Feb 2019 from 12 noon to 2 pm. The resource person was Mr Veerapandian psychotherapist, Asst. Professor BALM addressed 52 students including 2 outside participants in the program. Throughout the program the students were guided by using therapeutic components of TA. The programme started with games related to expression of emotion and followed by discussion on emotional management. Follow up program is to be planned in the month of July 2019.

Some of the pictures of the programme “Dealing with Emotion.”

