



AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY | Affiliated to Bharathidasan University
Recognized by UGC under section 2(f) and 12(B) | ISO 9001: 2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

Internal Quality Assurance Cell (IQAC) & ARDC (AIMAN RESEARCH DEVELOPMENT CELL)

jointly Organize

2 Days Workshop on

"Holistic Wellness and Research Empowerment in Academia"

Day 1 : 28.10.2025

Mr.Siddarthan & Mr.Nithyaruban
Counseling Psychologist
Happy Mind Counseling Hub,Trichy

Title : "Wave off Your Worries"

Day 2 : 29.10.2025

Dr.P.Subburethina Bharathi
DGM-Learning & Development,
Kauvery Hospital,Trichy

Title : "Wellness in Academia"



10.00 AM



Seminar Hall

Dr.S.Kanagasundari
IQAC Co-ordinator

Dr.M.Munafur Hussaina
Principal

IQAC COORDINATOR
AIMAN COLLEGE OF ARTS &
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI-620 021.

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ARDC & INTERNAL QUALITY ASSURENCE CELL (IQAC)

CIRCULAR

Ref : ARDC/2025-2026/ODD/002

Date : 25.10.2025

Dear Staff members,

This is to inform that the **2 days Workshop** will be conducted in our college from 28.10.2025 – 29.10.2025 **10:00 a.m.** in the **Seminar Hall**. All staff members are requested to attend this valuable programme and enhance their knowledge.

Thank You

To be read all staff members.


25/10/25

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31, K.SATHAPUR, TIRUCHIRAPPALLI-620 021



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Report on Two-Day Workshop Organized by IQAC and AIMAAN Research and Development Cell (ARDC)

1. Name of the Program : "Holistic Wellness and Research Empowerment in Academia"
 2. Date of the Program : 28.11.2025 to 29.11.2025
 3. Total No. of Students Participated : Nil
 4. Total No. of Staff Participated : 65
 5. Staff Coordinators : Dr.S.Kanagasundari and Mrs. A.F. Imrana
 6. Place : Trichy
 7. Activity Type : Workshop
-

Day 1 – "Wave Off Your Worries"

The first day of the workshop commenced with the theme "Wave off Your Worries" on Day 1.

The **Welcome Address** was delivered by **Mrs. A. F. Imrana**, *Head, Department of Psychology, Aiman College of Arts and Science for Women, Trichy*.

The **Resource Persons** for the day were **Mr. Siddarthan** and **Mr. Nithyaruban**, *Counselling Psychologists, Happy Mind Counselling Hub, Trichy*. They conducted an interactive session on stress management and work-life balance. The session emphasized practical ways to identify stress triggers, apply relaxation techniques, and maintain emotional well-being in professional life. Participants appreciated the lively demonstrations and the positive energy throughout the session.

The session concluded with a **Vote of Thanks** delivered by **Ms. A. Celsiyaa**, *Assistant Professor of Psychology*.

Day 2 – "Wellness in Academia"

The second day focused on the theme "Wellness in Academia".

The session began with a **Welcome Address** by **Dr. S. Kanagasundari**, *Librarian and IQAC Coordinator*.

The **Chief Guest Address** was delivered by **Dr. M. Munafur Hussaina**, *Principal, Aiman College of Arts and Science for Women, Trichy*, who highlighted the importance of maintaining wellness and balance within the academic environment.

The **Resource Person** for the day was **Dr. P. Subbrethina Bharathi**, *Deputy General Manager, Learning and Development, Kauvery Hospital, Trichy*.



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Her insightful presentation covered essential aspects of academic life, including effective student handling, developing professional competence, and strategies for continuous career development.

The session ended with a **Vote of Thanks** by **Dr. A. Vidhya**, *Assistant Professor*, appreciating the informative and motivational talk delivered by the resource person.

A **feedback session** followed, where participants expressed appreciation for the practical and informative nature of the workshop.

Outcome of the Workshop

The three-day workshop successfully combined **mental wellness** and **research empowerment**, encouraging both personal and professional growth among faculty and research scholars. Participants gained valuable insights into stress management, holistic wellness, and the effective use of digital tools for research enhancement.

The joint effort of IQAC and the Aiman Research and Development Cell contributed significantly to fostering a balanced, innovative, and research-oriented academic environment.

Conveners

IQAC COORDINATOR
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Principal

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REPORT – DAY 1 ACTIVITY PHOTOS



Tiruchirappalli, Tamil Nadu, India
10, Sundar Nagar, K K Nagar, Tiruchirappalli, Tamil Nadu
620021, India
Lat 10.749525° Long 78.685888°
Tuesday, 28/10/2025 10:24 AM GMT +05:30

Psychology Related Competition



Tiruchirappalli, Tamil Nadu, India
10, Sundar Nagar, K K Nagar, Tiruchirappalli, Tamil Nadu
620021, India
Lat 10.74953° Long 78.685879°
Tuesday, 28/10/2025 10:01 AM GMT +05:30

Guest- Motivation talk



Tiruchirappalli, Tamil Nadu, India
10, Sundar Nagar, K K Nagar, Tiruchirappalli, Tamil Nadu
620021, India
Lat 10.749533° Long 78.685839°
Tuesday, 28/10/2025 10:00 AM GMT +05:30

Participation – Queries



Group Photo



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REPORT – DAY 2 ACTIVITY PHOTOS



Principal- Chief Guest Address



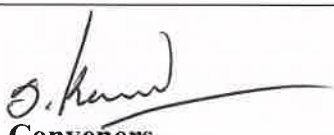
Welcome Address



Motivation Talk



Group Photo


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Two-Day Workshop - "Holistic Wellness and Research Empowerment in Academia"

FEEDBACK FORM

Date: 28/10/25 & 29/10/2025

S. No	Name of the Staff & Qualification	Department	Designation	Feedbacks	Signature
1	Dr.M.Munafur Hussaina, M.Sc.,M.Phil.,Ph.D	C.Sc	Principal & HOD	28.10.2025 & 29.10.2025 Excellent	28/10/25
2	Mrs.P.Fahameda Thabaseem, MCA., M.Phil., D.Tech.	BCA	Director & HOD	Excellent/Useful session	B. Thabaseem 28/10/2025
3	Mrs.M.Jasmin Uhanitha M.Sc., M.Phil., SET, NET	N&D	Vice Principal & HOD	Keep Going Excellent	28/10/25
4	Ms.O.M.Jumana Haseen M.A.,M.Phil.,NET	English	Assistant Professor	Excellent	28/10/25
5	Mrs.B.Farhan M.A., MBA.,	English	Assistant Professor	Excellent	28/10/25
6	Mrs. A.Jawahar Nisha M.A.,M.Phil.,	English	Assistant Professor	Medical Leave	
7	Ms. N. Prasanna Devi M.A., D.T.Ed, M.Phil., TET	English	Assistant Professor	Excellent & fun	Prasanna D.
8	Mrs.A.Jannathul Firdows M.A.,M.PHIL.,	English	Assistant Professor	Medical Leave	
9	Dr. B.Sowmiya M.A., M.Phil., Ph.D.,	English	Assistant Professor	Wonderful Session	Sowmiya
10	Ms.S.Swini M.A., M.Phil.,	English	Assistant Professor	Informative session	S. Swini
11	Ms.S.Jermina Rose M.A., M.Phil., M.Ed.,	English	Assistant Professor	Good	S. Jermina
12	Mrs.Grace Sofia M.A., B.Ed., NET	English	Assistant Professor	Excellent session	S. Grace
13	Dr.A.Rajeswari M.A.,M.Phil.,Ph.D.,	English	Assistant Professor	Useful session	A. Rajeswari
14	Ms.P.Sajana Devi M.A.,NET.,	English	Assistant Professor	Good	P. Sajana
15	Mrs.Haseenah Mariyam M.A., M.Ed.,	English	Assistant Professor	Good	H. Mariyam
16	Dr.N.Fiverose M.B.A.,M.Phil.,Ph.D	BBA	HOD	Good	N. Fiverose
17	Mrs.N.Shanthi MPA.,	BBA	Assistant Professor	Absent	Absent
18	Dr.A.Vidhya MBA, M.Phil, Ph.D	BBA	Assistant Professor	need of the hour	A. Vidhya
19	Mrs.S.Raliya Begum MBA, M.Phil.,	BBA	Assistant Professor	Nice & rejuvenating	S. Raliya
20	Mrs.A.Thasneem Zeenath M.Com., M.Phil., MBA, B.Ed.,	Commerce	HOD	Good	A. Thasneem

21	Ms.M.Sahanaz M.Com., M.Phil	Commerce	Assistant Professor	Good	Agar
22	Ms. A. Bowjiya Banu M.Com., M.Phil.,	Commerce	Assistant Professor	Good	Abi
23	Ms. P. Sudha M.Com., M.Phil.,	Commerce	Assistant Professor	Good	Praveen
24	Mrs.R.Annapoorani M.Com, M.Phil.,	Commerce	Assistant Professor	Good	R. Anand
25	Dr.Alam Jahaan M.Sc.,M.Phil.,Ph.D	B.Com-CA	HOD	8/11/25 Stress busting programme	John
26	Ms.Abinaya M.Com (CA)	B.Com-CA	Assistant Professor	Excellent	A. Anand
27	Mrs.R.Mobeen M.Com., M.Phil,	B.Com-CA	Assistant Professor	Excellent seminar	Dr. Ravi
28	Mrs.Mageshwari M.Com., M.Phil.,	B.Com-CA	Assistant Professor	Good	Cell end
29	Ms.A.Rabiathul Basiriya M.Sc.,	BCA	Assistant Professor	Excellent, Very useful	Abi
30	Mrs.J.Shahira Begum MCA.,	BCA	Assistant Professor	Excellent	Abi
31	Mrs.Amudavalli, MCA, M.Phil.,	BCA	Assistant Professor	Excellent	Abundantly
32	Dr.R.Vasumathi M.Sc.,M.Phil., Ph.D	C.Sc	Assistant Professor	Excellent session & feedback	John
33	Mrs.Shameem Banu MCA., M.Phil	C.Sc	Assistant Professor	Good	John
34	Dr.A.Meharaj Begum MCA.,M.Phil.,SET.,NET.,Ph.D.,	C.Sc	Assistant Professor	Excellent	Amulya
35	Mrs.S.Nafeesa Begam M.Sc.,M.Phil.,	C.Sc	Assistant Professor	Absent	Absent
36	Mrs.Raazia Khathoon MCA	C.Sc	Assistant Professor	Good, Answer	Raazia
37	Ms.K.Nandhini M.Sc	AFT	HOD	Good	28/10/25
38	Ms.B.Aparna Devi M.Sc.,	AFT	Assistant Professor	Excellent	28/10/25
39	Ms.M.Suhaina M.Sc.,	AFT	Assistant Professor	Relaxing Free. Good	28/10/25
40	Ms.S.Priyadarshini M.Sc.,	AFT	Assistant Professor	Good	English
41	Mrs. H. Sabitha Begum M.Sc., M.Phil., B.Ed., SET	Maths	HOD	Excellent	H. Sabitha 29/10/25
42	Mrs.A.Pappa, MSc.,MPhil.,B.Ed.,	Maths	Assistant Professor	Excellent	29/10/25
43	Mrs.C.Priya ,MSc.,MPhil.,B.Ed.	Maths	Assistant Professor	Excellent	29/10/25
44	Ms.B.R.Backiyalashmi M.Sc., M.Phil.,	Maths	Assistant Professor	Excellent.	41
45	Ms. S.Indhumathi M.Sc.,	N&D	Assistant Professor	Excellent	S. Indhumathi
46	Ms.G.Kaleeswari M.Sc.,SET.,	N&D	Assistant Professor	Very good session	G. Kaleeswari 28/10/25

47	Mrs.Surya Suresh M.Sc.,	N&D	Assistant Professor	Excellent.	<i>[Signature]</i>
48	Ms. B. Ranjani M.Sc.,	N&D	Assistant Professor	Excellent Session	<i>[Signature]</i>
49	Mrs.S.Sabaira Farvin M.Sc.,	N&D	Assistant Professor	Good	<i>[Signature]</i>
50	Ms.S.Jaya Gayathri M.Sc.,	N&D	Assistant Professor	I thoroughly enjoy the session.	<i>[Signature]</i>
51	Mrs.A.Swetha M.Sc., NET	N&D	Assistant Professor	Excellent session	<i>[Signature]</i>
52	Ms.T.Syeda Rebiya M.Sc.,	N&D	Assistant Professor	Really Relaxing session	<i>[Signature]</i>
53	Ms.T.Nasreen Banu M.Sc.,M.Phil	Physics	Assistant Professor	Good Session.	<i>[Signature]</i>
54	Mrs.A.F.Imrana M.Sc.,	Psychology	HOD of incharge	I liked the session	<i>[Signature]</i>
55	Ms.M.Monica M.Sc.,	Psychology	Assistant Professor	Excellent Experience	<i>[Signature]</i>
56	Ms.A.Celsiyaa M.Sc.,	Psychology	Assistant Professor	Excellent Session.	<i>[Signature]</i>
57	Ms.S. Gomathi Meenakshi M.Sc.,	Psychology	Assistant Professor	Nice session	<i>[Signature]</i>
58	Mrs.M.Shajidha Benu, M.A.,M.Sc.,M.Phil.,DFA.,	Arabic	HOD	Good session	<i>[Signature]</i>
59	Mrs.Y.Ferunisha M.A, Afzal-ul-ulama	Arabic	Assistant Professor	Excellent session	<i>[Signature]</i>
60	Dr.S.Sathya.,M.A.,M.Phil.,Ph.D., NET	Tamil	HOD	Good	<i>[Signature]</i>
61	Dr.R.Vaithagi M.A.,B.Ed.,M.Phil., Ph.D	Tamil	Assistant Professor	Really relaxing & enjoyable	<i>[Signature]</i>
62	Dr.S.Kanaga Sundari M.Com., MLIS., M.Phil., Ph.D	Libray	Librarian	Excellent	<i>[Signature]</i>
63	Ms.P.Sivaranjani MLIS	Libray	Assistant Librarian	Nice Session.	<i>[Signature]</i>
64	Dr.T.Priya B.A., B.P.Ed., M.P.Ed., PGDYE., Ph.D.,	Sports	Physical Directress	Excellent session & Mind Relief	<i>[Signature]</i>
65	Dr.Ramya M.Com., M.Phil., Ph.D	Commerce	Guest Lecturer	Absent	Absent
66	Mrs. Fathimuthu Parveen M.A., M.Phil.,	English	Guest Lecturer	Nice	<i>[Signature]</i>
67	Mrs. S.Jeyamalathi M.A., M.Phil.,	English	Guest Lecturer	Good	<i>[Signature]</i>

[Signature]
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[Signature] 31/10/25
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