



Department of Data Science

St. Joseph's College (Autonomous)

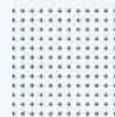
Accredited at A++ Grade (Cycle IV) By NAAC

Special Heritage Status Awarded by UGC

College with Potential for Excellence by UGC

DBT-STAR & DST-FIST Sponsored College

25th Rank in NIRF 2025



Tiruchirappalli - 620 002, Tamil Nadu, India.

organizes

A SEMINAR ON

PROACTIVE MENTAL WELL-BEING STRATEGIES FOR ACADEMIC AND PERSONAL RESILIENCE

DATE: 24 JANUARY 2026. TIME: 03.00 PM - 04.00 PM VENUE: I MSC CLASS ROOM

Resource Person

Rev. Dr. Emmanuel Arockiam SJ

Counseling Psychologist

St. Joseph's College (Autonomous)

Tiruchirappalli

Programme Coordinators

Dr. V. Arul Kumar

Dr. M. Kriushanth

Dr. A. Beatrice Dorothy

Dr. K. Loura Jency

Dr. T. Rajaretnam

Head of the Department

