



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