Wellness Programme

      The Department of Computer Science, Trinity College for Women, Namakkal conducted an event titled "Wellness programme – prevention of stress and stage fear" on 02nd August 2024 in the venue of Trinity Auditorium. The main aim of the programme was to reduce stage fear, stress and increase confidence & skill development. For the purpose of reduction of anxiety and mental depression, various events like solo dance, group dance, self-speech, presentation of comedy skit, etc., were held. All the audience appreciated and applauded.

      The above students said that these events were very useful to us. Such types of activities should be conducted at least once a month. It creates positiveness and amelioration of skill development.

Details of the participants

S.No	Name of the student	Year and degree
01	Ms. M. Aniha Sherley	II B.Sc., Computer Scieence "A"
02	Ms. S. Deepadarshini	II B.Sc., Computer Scieence "A"
03	Ms. N. Deepini	II B.Sc., Computer Scieence "A"
04	Ms. S. Kiruthika	II B.Sc., Computer Scieence "A"
05	Ms. R.C. Gopika	II B.Sc., Computer Scieence "A"
06	Ms. R. Gowshika	II B.Sc., Computer Scieence "A"
07	Ms. S. Harini	II B.Sc., Computer Scieence "A"
08	Ms. R. Neena	II B.Sc., Computer Scieence "A"
09	Ms. R. Namithra	II B.Sc., Computer Scieence "A"
10	Ms. N. Vikashini	II B.Sc., Computer Scieence "B"
11	Ms. V.S. Sagana	II B.Sc., Computer Scieence "B"
12	Ms. P. Varsha	II B.Sc., Computer Scieence "B"
13	Ms. V. Moulika	III BCA
14	Ms. R. Muthulakshmi	III BCA
15	Ms. S. Gokila	III BCA
16	Ms. S. Subaranjani	III BCA
17	Ms. K. Swetha	III BCA
18	Ms. T. Dharshini Sree	III BCA
19	Ms. P. Pooja	III B.Sc., Computer Science

20	Ms. V. Monisha	III B.Sc., Computer Science
21	Ms. M. Priyadharshini	III B.Sc., Computer Science
22	Ms. S. Visali	III B.Sc., Computer Science
23	Ms. R. Preethi	III B.Sc., Computer Science
24	Ms. R. Nivashini	III B.Sc., Computer Science
25	Ms. S. Thirisha	III B.Sc., Computer Science
26	Ms. R. Sumithra	II B.Com., Computer Applications
27	Ms. S. Ragavi	II B.Com., Computer Applications

The following students have given feedback

S.No	Name of the student	Year and degree
01	Ms. B. Susmitha	II M.A., English
02	Ms. S. Laksha	II B.A., Tamil
03	Ms. S. Navapriya	II B.A., Tamil
04	Ms. M. Vithisha	I B.Com., Computer Applications
05	Ms. J. Kamarunnisha Begum	I B.Com., Computer Applications
06	Ms. R. Susmithra	II B.Com., Computer Applications

The above students said that these events were very useful to us. Such types of activities should be conducted at least once a month. It creates positiveness and amelioration of skill development. This programme was arranged by the faculty of Computer Science, Trinity College for Women, Namakkal.