

LRG GOVERNMENT ARTS COLLEGE FOR WOMEN – TIRUPUR-4

PG & RESEARCH DEPARTMENT OF ENGLISH

ASSOCIATION MEETING 2025

CHIEF GUEST: Mrs.ABINAYA JAGDSH, Psychologist & Hypotherapist

TOPIC : Psychology & Mental Health : A Literary Perspective

DATE & TIME : 19.03.2025 & 10.30 am

**LRG GOVERNMENT ARTS COLLEGE FOR WOMEN, TIRUPUR
PG & RESEARCH DEPARTMENT OF ENGLISH**

Cordially invites you to grace the occasion with your august presence for

THE ENGLISH LITERARY ASSOCIATION

Date: 19.03.2025

Time: 10.30 a.m.

CHIEF GUEST : Mrs.ABINAYA JAGDSH

Psychologist & Hypnotherapist
Founder - Confident Wings Trust
(Helping hands for Women & Children Welfare
Development)



**TOPIC: "Psychology & Mental Health: A Literary
Perspective"**

"Literature mirrors the mind, revealing the silent struggles of the soul—where
psychology explains, stories heal!"





The PG & Research Department of English had its Literary Association Meeting on 19.03.2025. Dr. K. Geetha, Associate Professor and Head of the Department, welcomed the gathering. Mrs. P. Amutha, Guest Lecturer, introduced the Chief Guest to the gathering. A memento was presented to our Guest, **Mrs. Abinaya Jagdish** was our Guest of Honour who is a Counselling Psychologist and Hypnotherapist. She is a Founder of Confident Wings Trust (Helping hands for Women, Children Welfare Development). She is a motivational speaker and mental health activist. She spoke on the topic "**Psychology & Mental Health: A Literary Perspective**" and encouraged the students to be bold, independent, disciplined, strong-willed and connected these things with the examples from Literature. The students enjoyed the lively and informative session. Ms. Prabha of III B.A. English proposed the Vote of Thanks.