

Recognized by NCTE / Affiliated to the TamilNadu Teachers Education University Re-Accredited by NAAC

College Code - 12306

Key Indicator – 1.1 Curriculum Planning

Metric No. 1.1.3 — While planning institutional curriculum, focus is kept on the Programme Learning Outcomes (PLOs) and Course Learning Outcomes (CLOs) for all programmes offered by the institution, which are stated and communicated to teachers and students through



Teacher Orientation Programmes

Circular

Date: 14-11-2022

We are pleased to conduct an Orientation on "Effective Mentoring " organized by Indhira College of Education will be held on 18-11-2022 in seminar hall. All are cordially invited for the same.

Thank you.

INDHIRA COLLEGE OF EDUCATION TIRUVALLUR-631 203

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	N. Juchi.
2	Mrs.U.Visalatchi	Asst.Prof of Education	U. Visalateli
3	Miss.J.Lizzie	Asst.Prof of Education	thizie
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	M.P. fena prig
5	Mr.A.Jayapaul	Asst.Prof of Education	A. Kurping
6	Mr.N.Mohana kannan	Asst.Prof of Education	N. m.

B.Ed Staff

M.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	Bons.
2	Mrs.D.Jayakumari	Asst.Prof of Education	D. Janton
3	Mrs.A. Nancy Rajathi	Asst.Prof of Education	A New figure
4	Mr.C.Veeramanikandan	Asst.Prof of Education	G. Wermankal
5	Mrs.G.Ponguzhali	Asst.Prof of Education	a. los others.
6	Mrs.D.Jothi	Asst.Prof of Education	D. John
7	Miss.R.Subhalakshmi	Asst.Prof of Education	R. Sall sheding
8	Mrs.J.Jayanthi	Asst.Prof of Education	J. Jarathi
9	Mr.R.Chandra Sekaran	Asst.Prof of Education	R dednfeten
10	Mr.S.Dasaradhan	Asst.Prof of Education	B. dang
11	Mrs.J.Sukanya	Asst.Prof of Education	Thehong
12	Ms.V.Suriya	Asst.Prof of Education	V Root

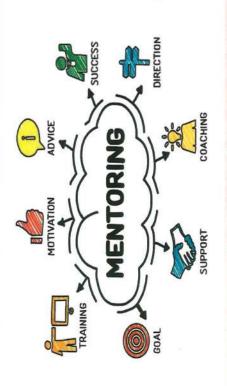


NOLLY COLLEGE OF EDUCATION THIRUVALLUR - 631203

CORDIALLY INVITES YOU ALL FOR CRIENTATION ON EFFECTIVE MENTORING Mrs.N.Jayavardhini Assistant Professor in Education

18-11-2022

Seminar Hall



INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

Programme Organiser Mrs.D.Subhalakshmi Assistant Professor



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

REPORT ON ORIENTATION ON EFFECTIVE MENTORING

Date: 18.11.2022

An orientation session effective mentoring was conducted on Mrs. Ashwathi Sathish, Guest Lecturer from Madras University, aimed at acquainting staff members with the principles and practices of successful mentoring. The session provided valuable insights into the significance of mentorship in professional development and offered guidance on how to become effective mentors.

Mrs. Ashwathi Sathish commenced the session by introducing the concept of effective mentoring and its importance in fostering growth and development among colleagues. She emphasized the role of mentors in providing guidance, support, and encouragement to mentees, thereby facilitating their success in their professional endeavours.

Key Topics Covered:

Understanding the Role of a Mentor: The orientation focused on delineating the responsibilities and qualities of an effective mentor. Mrs. Ashwathi Sathish elucidated on the importance of building trust, establishing clear communication channels, and providing constructive feedback to mentees.



PRINCIPAL
INDHIRA COLLEGE OF EDUCATION ACTIVE PARTICIPATION OF THE STAFF

PANDUR, TIRUVALLUR-631 203

Communication and Relationship Building: Effective communication lies at the heart of successful mentoring relationships. Participants were guided on how to establish rapport with their mentees, actively listen to their concerns, and foster a supportive and nurturing environment conducive to growth and development.

Goal Setting and Action Planning: The session emphasized the significance of setting clear goals and developing action plans to support the professional growth of mentees. Mrs. Ashwathi Sathish provided guidance on how to collaboratively establish SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and monitor progress towards their attainment.

Support and Encouragement: Mentoring involves providing both emotional and professional support to mentees. Participants were encouraged to empathize with their mentees' challenges, celebrate their successes, and provide guidance and encouragement throughout their journey.

Vote of Thanks:

Mrs. D. Subhashini extended her sincere gratitude to Mrs. Ashwathi Sathish for her insightful orientation on effective mentoring. She expressed appreciation for Mrs. Ashwathi Sathish expertise and dedication in guiding staff members towards becoming effective mentors. Mrs. Subhashini acknowledged the importance of mentorship in fostering a supportive and collaborative work environment and reiterated the institution's commitment to nurturing the professional growth and development of its staff.

In conclusion, the orientation on effective mentoring conducted by Mrs. Ashwathi Sathish served as a valuable opportunity for staff members to gain insights into the principles and practices of successful mentorship. It equipped participants with the knowledge and skills necessary to support and empower their colleagues in their professional endeavours, thereby contributing to a culture of continuous learning and growth within the institution.

Programme Organiser

Mrs. D. Subhalakshmi Assistant Professor Hy Cinile

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203 Restre Toe

Principal
PRINCIPAL
INDHIRA COLLEGE OF EDUCATIO
PANDUR, TIRUVALLUR-631 203



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

ATTENDANCE SHEET

NAME OF THE PROGRAMME: ORIENTATION ON EFFECTIVE MENTORING

DATE : 18-11-2022

S.NO	NAME OF THE STAFF	DESIGNATION	SIGNATURE
1.	S. Amnachala perumal	Asst. Arofessor	The state of the s
9.	MYS. U. VISALATCHI		U. Visalatela.
3.	Mes. A. Nancy	<u> </u>	1 1 1 .
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5.	Mr. A. Jayapau	Als) - Professor	J. J.S.
6.	Mr. D. JAYAKUMAR		D. Jagakum
7.	M.P.P. Paiya	Asst. Professor	H.P.R.P.
8.	J- LIZZIE	Assistant broders	4
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Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant : MYS. Ponguzhali

Course of Study STAFF : ASST. Prof

Name of the Program

: EFFECTIVE MENTORING

Name of the Resource Person: MYS. AShwath Sathish.

Date

: 18.11.2022

Kindly tick the relevant box as your suggestion:

S.No	ITEM	EXCELLENT	GOOD	FAIR
1	Relevancy of the topic			(
2	Preparation of the topic			
3	Presentation of the subject			
4	Clarity in presentation			
5	Usefulness of the programme			~

Any Suggestion for Update

Thank you for Conducting

Circular

Date: 10-10-2021

We are delighted to announce an Orientation Program on "Research Methodology" hosted by Indhira College of Education. The event will take place on October 20 2021, at the seminar hall. We extend a warm invitation to all interested individuals to join us for this informative session.

Thank you.

Principal

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

M.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	N. Juhi-
2	Mrs.U.Visalatchi	Asst.Prof of Education	U. Visalatch
3	Miss.J.Lizzie	Asst.Prof of Education	Thinse
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	Mil. Remaky
5	Mr.A.Jayapaul	Asst.Prof of Education	111
6	Mr.N.Mohana kannan	Asst.Prof of Education	41:000

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	3-1.
2	Mrs.D.Jayakumari	Asst.Prof of Education	D. Torenton
3	Mrs.A. Nancy Rajathi	Asst.Prof of Education	A Navy Perit
4	Mr.C.Veeramanikandan	Asst.Prof of Education	Greenen
5	Mrs.G.Ponguzhali	Asst.Prof of Education	a Pasarla
6	Mrs.D.Jothi	Asst.Prof of Education	1 Teste
7	Miss.R.Subhalakshmi	Asst.Prof of Education	2 mh som
8	Mrs.J.Jayanthi	Asst.Prof of Education	J. Jevethi
9	Mr.R.Chandra Sekaran	Asst.Prof of Education	R. chadre Jeken
10	Mr.S.Dasaradhan	Asst.Prof of Education	A danci
11	Mrs.J.Sukanya	Asst.Prof of Education	J. who
12	Ms.V.Suriya	Asst.Prof of Education	IC Assa



Invites you all for the

ORIENTATION ON RESEARCH METHODOLOGY

RESOURCE PERSON ROF.GEORGE FERNANDOS

> ACADEMIC ADVISOR BHARATHIYAR HIGHER SECONDARY SCHOOLS

20-10-2021 SEMINAR HAV

> Programme Organiser Mrs.J.Suganya Assistant Professor



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

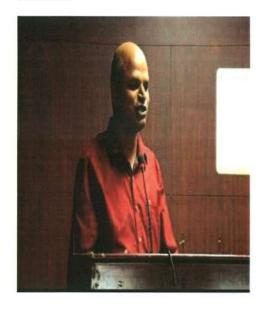
REPORT ON ORIENTATION SESSION ON RESEARCH METHODOLOGY

Date: 20-10-2021

An orientation session on research methodology was conducted by Prof. George Fernandos, Advisor in Bharathiyar Higher Secondary Schools, on October 20, 2021. The session aimed to provide staff members with an overview of the basics of research methodology, equipping them with essential knowledge and skills for conducting research effectively.

Session Overview:

During the session, Prof. George Fernandos highlighted the fundamental concepts and principles of research methodology. Key topics such as research design, data collection methods, sampling techniques, and data analysis were covered to familiarize the staff with the research process. Through interactive discussions and illustrative examples, participants gained insights into various research methodologies and their applicability in different contexts.





RESEARCH METHODOLOGY ORIENTATION GIVEN TO STAFF

Program Coordinator's Reflection:

Mrs. Suganya, the program coordinator, reflected on the session with heartfelt appreciation. She commended Prof. George Fernandos for her informative and engaging presentation, which effectively elucidated the intricacies of research methodology. Mrs. Suganya expressed her satisfaction with the session, noting that it successfully achieved its objectives of acquainting the staff with the essentials of research.

The orientation session on research methodology conducted by Prof. George Fernandos served as a valuable learning opportunity for the staff. Participants gained a foundational understanding of research principles and techniques, empowering them to embark on research endeavors with confidence. Mrs. Suganya's positive feedback further underscored the session's success in fulfilling its objectives and contributing to the professional development of the staff.

This session lays the groundwork for future research initiatives within the institution, fostering a culture of inquiry and scholarly engagement among the staff.

Programme Coordinator

Mrs.J.Suganya

Assistant Professor

J. R. Lebely

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

ATTENDANCE SHEET

NAME OF THE PROGRAMME: ORIENTATION ON RESEARCH METHODOLOGY

DATE : 20-10-2021

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S.NO	NAME OF THE	DESIGNATION	SIGNATURE
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2.	Mrs. U. VISALATEHI	Assk Protessor	U. Visalateli.
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A.	Mrs. A. Nancy (Nest Professor	XHL
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Ь.	N. MOHANA KANAN	ASSISTANT PROFESSE	N.M.
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Indira College of Education

Pandur, Thiruvallur-631203

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FEEDB	А	CK	FU	KIVI

Name of the Participant : Subhalakshni, R

Course of Study ASS I Prof:

Name of the Program : Research nethodology

Name of the Resource Person : Prof. George Februardo &

Date : 20/10/202)

Kindly tick the relevant box as your suggestion:

S.No	ITEM	EXCELLENT	GOOD	FAIR
1	Relevancy of the topic	M		
2	Preparation of the topic		1	
3	Presentation of the subject	1		
4	Clarity in presentation		1	
5	Usefulness of the programme			

Any Suggestion for Update

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

Signature of the participant

Circular

Date: 21-09-2020

We are delighted to announce an Orientation on "MOOC" hosted by Indhira College of Education. The event will take place on 25 - 09 - 2020, at the seminar hall. We extend a warm invitation to all interested individuals to join us for this informative session.

Thank you.

Principal AL

M.Ed Staff

IDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	N. Fyrsachi
2	Mrs.U.Visalatchi	Asst.Prof of Education	C). Visabutch
3	Miss.J.Lizzie	Asst.Prof of Education	The
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	M. P. Ranafrita
5	Mr.A.Jayapaul	Asst.Prof of Education	Mr.
6	Mr.N.Mohana kannan	Asst.Prof of Education	D. m.
7	Mrs.D.Jayakumari	Asst.Prof of Education	D. Japakani

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	but.
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	A. Wany Light
3	Mr.C.Veeramanikandan	Asst.Prof of Education	6 verancitad
4	Mrs.G.Ponguzhali	Asst.Prof of Education	G Rogheli
5	Mrs.D.Jothi	Asst.Prof of Education	D. Jahr
6	Miss.R.Subhalakshmi	Asst.Prof of Education	P. Shipselandhi
7	Mrs.J.Jayanthi	Asst.Prof of Education	J. Jayathi
8	Mr.R.Chandra Sekaran	Asst.Prof of Education	R. Chandra Setan
9	Mr.S.Dasaradhan	Asst.Prof of Education	D. Bagari
10	Mrs.J.Sukanya	Asst.Prof of Education	T. Muhada
11	Ms.V.Suriya	Asst.Prof of Education	V. Ruye
12	Mrs.A.Janagi	Asst.Prof of Education	De Fari

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR



We the management invites you all for the

ORIENTATION ON MOOC



ASSISTANT PROFESSOR IN ENGLISH MANGALAM COLLEGE OF EDUCATION MR.G.RAGAVAGIRI

Course

MOHIRA COLLEGE OF EDUCATION DATE: 25.09.2020

VENUE SEMINAR HALL



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

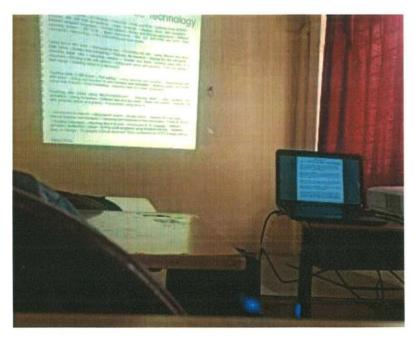
REPORT FOR ORIENTATION TO MOOC (2020 - 2021)

Date: 25-09-2020

On September 25th, 2020, the Internal Quality Assurance Cell (IQAC) organized an orientation on Massive Open Online Courses (MOOC). Mr. A. Jayapaul warmly welcomed the gathering, setting a positive tone for the event. The participants were greeted with enthusiasm and encouraged to make the most of the learning opportunity ahead.

Following the welcoming address, Mr. S. Ragavagiri took the stage to deliver a comprehensive presentation on MOOC. He elaborated on the significance of MOOC in modern education, highlighting its accessibility, flexibility, and the diverse range of courses available. Mr. Ragavagiri's presentation provided valuable insights into how MOOC can enhance learning experiences and contribute to personal and professional development.





Subsequently, Mr. N. Mohanakanna extended a sincere vote of thanks to all attendees, speakers, and organizers for their contributions to the event's success. His gratitude encapsulated the collaborative spirit of the occasion, emphasizing the importance of collective efforts in promoting learning initiatives.

The event culminated with the principal expressing appreciation for the initiative and emphasizing its importance in fostering a culture of continuous learning and skill development. His words underscored the institution's commitment to providing innovative learning opportunities to its community members.

Overall, the orientation on MOOC organized by IQAC served as an insightful platform for participants to delve into the world of online learning, with engaging presentations and thoughtful discussions paving the way for future educational endeavors.

PROGRAMME ORGANISER

Mr.N.MOHANA KANNAN

Assistant Professor

INDH

PRINCIPAL PRINCIPAL COLLEGE OF EDUCATION

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

ATTENDANCE SHEET

NAME OF THE PROGRAMME: ORIENTATION ON MOOC

DATE : 25-09-2020

S.NO	NAME OF THE STAFF	DESIGNATION	SIGNATURE
1.	Mrs. D. Jayakumoni	Aust. Professor.	D. Jayl
ዺ.	MMS-U. VISALATCHI	Asst profesor	U. Vizalateu
2.	S-Annachala Penmal	Asst. Profesion	89
4.	Mrs & Nancy		S.AL
5.	N. Wolfford bornon	A	N. NO
6	J. LIZZIE		A. C.
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INDHIRA COLLEGE OF EDUCATION



Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant

: Hlarihoran, G

Course of Study

: M. Ed

Name of the Program

: Orientation on Mooc

Name of the Resource Person : Mr. G. Roganogiri

Date

: 25-09-2020

Kindly tick the relevant box as your suggestion:

S.No	ITEM	EXCELLENT	GOOD	FAIR
1	Relevancy of the topic	~		
2	Preparation of the topic			
3	Presentation of the subject	_	_	
4	Clarity in presentation			
5	Usefulness of the programme			-

Any Suggestion for Update

INDHIRA COLLEGE OF EDUCATION

Signature of the participant

Circular

Date: 20-09-2019

We are pleased to Orientation on "Research Article Writing" organized by Indhira College of Education will be held on 24-09-2019 in seminar hall. All are cordially invited for the same.

Thank you.

Principa

M.Ed Staff

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203.

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	N. Jag Mhu
2	Mrs.U.Visalatchi	Asst.Prof of Education	U. Visalatali
3	Miss.J.Lizzie	Asst.Prof of Education	750
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	M.P.R.P.
5	Mr.A.Jayapaul	Asst.Prof of Education	A. Just
6	Mr.N.Mohana kannan	Asst.Prof of Education	N. M.

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	Roy
2	Mrs.D.Jayakumari	Asst.Prof of Education	D. Toryl:
3	Mrs.A. Nancy Rajathi	Asst.Prof of Education	Down fi
4	Mr.C.Veeramanikandan	Asst.Prof of Education	Co- ireamente
5	Mrs.G.Ponguzhali	Asst.Prof of Education	a Donashi
6	Mrs.D.Jothi	Asst.Prof of Education	0.741
7	Miss.R.Subhalakshmi	Asst.Prof of Education	R. Colobe la Ma
8	Mrs.J.Jayanthi	Asst.Prof of Education	T Toyo Al
9	Mr.R.Chandra Sekaran	Asst.Prof of Education	Lichadre Soken
10	Mr.S.Dasaradhan	Asst.Prof of Education	& A+IIi
11	Mrs.J.Sukanya	Asst.Prof of Education	J. Sukana
12	Ms.V.Suriya	Asst.Prof of Education	10 C. W.

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR

How to Write a Research Article?

DATE: 24.09.2019

We the management invites you all for the

ORIENTATION ON RESEARCH ARTICLE

RESOURCE PERSON

MR.D.RAJESH

ASSISTANT PROFESSOR IN ENGLISH
NAZARETH ARTS AND SCIENCE COLLEGE

VENUE: SEMINAR HALL



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

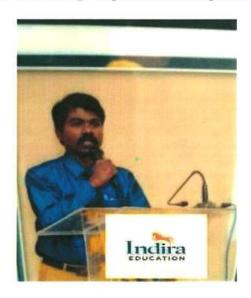
REPORT ON ORIENTATION ON RESEARCH ARTICLE WRITING

Date: 24-09-2019

On September 24, 2019, an orientation session on research article writing was conducted by Mr.D.Rajesh, Assistant Professor in Nazereth Arts and Science College, Avadi. The session aimed to familiarize staff members with the process of writing research articles, including aspects such as procedure, referencing, plagiarism, and selecting reputable journals with high impact factors. Mrs. D. Poonguzhali proposed a vote of thanks at the end of the session.

Session Overview:

Mr.D.Rajesh led an enlightening session, providing staff members with valuable insights into the intricacies of research article writing. She discussed the step-by-step procedure involved in crafting a research article, from conceptualization to publication. Emphasis was placed on the importance of proper referencing to avoid plagiarism and maintain academic integrity. Additionally, Mr.D.Rajesh provided guidance on identifying and selecting suitable journals with high impact factors for publication.





RESOURCE PERSON SHARING HIS EXPERTISE ON RESEARCH ARTICLE WRITING

Staff Motivation:

The orientation session served to motivate and empower staff members to embark on the journey of preparing research articles. Mrs. Lizzie's informative presentation and engaging delivery style inspired confidence among the attendees, encouraging them to actively pursue publication opportunities in reputable journals. Participants expressed enthusiasm and eagerness to apply the knowledge gained from the session in their research endeavours.

Expression of Appreciation:

At the conclusion of the session, Mrs. D. Poonguzhali extended her heartfelt appreciation to Mr.D.Rajesh on behalf of all the participants. She acknowledged Mrs. Lizzie's efforts in organizing and conducting the orientation session, emphasizing the invaluable guidance provided. Mrs. Poonguzhali expressed gratitude for the enlightening session, highlighting its significance in equipping staff members with essential skills for research publication.

The orientation session on research article writing conducted by Mr.D.Rajesh was a resounding success, providing staff members with comprehensive knowledge and practical guidance on the intricacies of academic publishing. Mrs. D. Poonguzhali's vote of thanks underscored the appreciation and gratitude of all attendees for the enriching and motivating session. Moving forward, staff members are poised to apply their newfound knowledge and embark on successful research publication journeys.

Programme Organiser Mrs.D.Poonguzhali Assistant Professor

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

Principal



INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

ATTENDANCE SHEET

NAME OF THE PROGRAMME: ORIENTATION ON RESEARCH ARTICLE WRITING

DATE : 24-09-2019

S.NO	NAME OF THE STAFF	DESIGNATION	SIGNATURE
1	MYS. U. VISALATCHI	ASSE Profesior	U. visalatein.
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3,	Mas. A Nancy	Olech Profess	d. Al
4.	N. MOHANA KANAN	ASSISTANT PROFESSOR	N
5	J. LIXXIE	Assistant poofern	- Carrier
6.	M.P. Rama Peiga.	Asst. Professor	Pg-
7.	D. Jaya Kumani.		
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Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant	:	Mrs. A. Nancy Rajalhi
Course of Study Staff	:	Mrs. A. Nancy Rajathi Assistant Prefessor
Name of the Program	:	Orientation on Research Article
Name of the Resource Person	:	Mr.D. Rajesh
Date	:	24.09.2019

Kindly tick the relevant box as your suggestion:

S.No	ITEM	EXCELLENT	GOOD	FAIR
1	Relevancy of the topic			
2	Preparation of the topic			
3	Presentation of the subject	~		×
4	Clarity in presentation			
5	Usefulness of the programme			<u> </u>

Any Suggestion for Update

Given a vivid picture about Conceptualization to corpublication.

Signature of the participant

PRINCIPAL INDHIRA COLLEGE OF EDUCATION

PANDUR, TIRUVALLUR-631 203

Circular

Date: 03-12-2018

We are delighted to announce an Orientation on "Psychological Well Being" hosted by Indhira College of Education. The event will take place on 10-12-2018, at the seminar hall. We extend a warm invitation to all interested individuals to join us for this informative session.

Thank you.

M.Ed Staff

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	N Ja Shi
2	Mrs.U.Visalatchi	Asst.Prof of Education	1) Visalati
3	Miss.J.Lizzie	Asst.Prof of Education	- ET -
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	M.P.RP.
5	Mr.A.Jayapaul	Asst.Prof of Education	J. July.
6	Mr.N.Mohana kannan	Asst.Prof of Education	Ni mi
7	Mrs.D.Jayakumari	Asst.Prof of Education	Difay!

B.Ed Staff

NAME	DESIGNATION	SIGNATURE
Mr.S.Arunchala Perumal	Asst.Prof of Education	A
Mrs.A. Nancy Rajathi	Asst.Prof of Education	I Atla
Mr.C.Veeramanikandan	Asst.Prof of Education	Chis
Mrs.G.Ponguzhali	Asst.Prof of Education	a floorgoshed
Mrs.D.Jothi	Asst.Prof of Education	Doples
Miss.R.Subhalakshmi	Asst.Prof of Education	Q8_
Mrs.J.Jayanthi	Asst.Prof of Education	A.
Mr.R.Chandra Sekaran	Asst.Prof of Education	Re
Mr.S.Dasaradhan	Asst.Prof of Education	Jami'
Mrs.J.Sukanya	Asst.Prof of Education	J. Sulan
Ms.V.Suriya	Asst.Prof of Education	Very
Mrs.A.Janagi	Asst.Prof of Education	Leulan
	Mrs.A. Nancy Rajathi Mr.C.Veeramanikandan Mrs.G.Ponguzhali Mrs.D.Jothi Miss.R.Subhalakshmi Mrs.J.Jayanthi Mr.R.Chandra Sekaran Mr.S.Dasaradhan Mrs.J.Sukanya Ms.V.Suriya	Mr.S.Arunchala Perumal Mrs.A. Nancy Rajathi Mr.C.Veeramanikandan Mrs.G.Ponguzhali Mrs.D.Jothi Miss.R.Subhalakshmi Mrs.J.Jayanthi Mrs.J.Jayanthi Mrs.Chandra Sekaran Mrs.D.Dasaradhan Mrs.J.Sukanya Ms.V.Suriya Asst.Prof of Education Asst.Prof of Education

NULIKA SELECTION PANDUR, TINUVALLUR-631 203

PSYCHOLOGICAL WELL BEING

INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR - 631 203

Date: 10-12-2018

Venue: Seminar Hall

PSYCHOLOGICAL WELL-BEING
CONSISTS OF SELF-ACCEPTANCE,
POSITIVE RELATIONSHIPS WITH
OTHERS, AUTONOMY, ENVIRONMENTAL
MASTERY, A FEELING OF PURPOSE
AND MEANING IN LIFE, AND PERSONAL
GROWTH AND DEVELOPMENT.

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PSYCHOSOCIAL WELL-BEING IS A
SUPERORDINATE CONSTRUCT THAT
INCLUDES EMOTIONAL OR
PSYCHOLOGICAL WELL-BEING, AS
WELL AS SOCIAL AND COLLECTIVE
WELL-BEING [1,2]. THE TERM "QUALITY
OF LIFE" IS SIMILAR TO PSYCHOSOCIAL
WELL-BEING IN THAT IT INVOLVES
EMOTIONAL, SOCIAL AND PHYSICAL
COMPONENTS



MAJOR PSYCHOSOCIAL ISSUES
INCLUDED FAMILY PROBLEMS,
DEPRESSION, ANXIETY, SUBSTANCE
ABUSE, SEXUAL ABUSE, AND
VIOLENCE.





INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR-631203

REPORT ON ORIENTATION ON PSYCHOLOGICAL WELL-BEING

Date: 10-12-2018

On the 10th of December 2018, an orientation session on Psychological Well-Being was conducted, featuring Dr. Vatchala, Principal, Indhira College of Nursing as the resource person and Mrs. D. Jayakumari as the programme coordinator. The session aimed to provide insights into understanding and promoting mental health among participants.

Dr. Vatchala, an esteemed expert in the field, commenced the session by elucidating the significance of psychological well-being in contemporary society. She emphasized the importance of mental health awareness and de-stigmatization. Participants were introduced to various dimensions of psychological well-being, including emotional, social, and cognitive aspects.





SPECIAL ADDRESS ON PSYCHOLOGICAL WELL BEING

DHIRA COLLEGE OF EDUCATION

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The session encompassed interactive discussions and informative presentations, allowing participants to engage actively in understanding the intricacies of mental health. Dr. Vatchala highlighted the role of resilience, coping mechanisms, and self-care practices in fostering psychological well-being. Practical strategies for managing stress, anxiety, and depression were also shared, empowering participants with tangible tools for enhancing their

Furthermore, Mrs. D. Jayakumari facilitated group activities aimed at promoting peer support and solidarity among participants. These activities fostered a conducive environment for open dialogue and sharing of personal experiences related to mental health challenges.

The orientation session concluded with a question and answer segment, providing participants with the opportunity to seek clarification and further insights from the expert. Participants expressed gratitude for the enriching experience and expressed eagerness to implement the knowledge gained in their personal and professional lives.

x

INDHIRA COLLEGE OF EDUCATION

PANDUR, TIRUVALLUR-631 203

Programme Coordinator

Mrs. D. Jayakumari Assistant Professor

mental health.

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ATTENDANCE SHEET

NAME OF THE PROGRAMME: ORIENTATION ON PSYCHOLOGICAL WELL BEING

DATE : 10-12-2018

S.NO	NAME OF THE FACULTY	DESIGNATION	SIGNATURE
1.	S. Arunachala permal	Asst Prof	50
9	Mrs. O-VISALATCHI	Assirtant protesa	U. Visalalli,
3	M.P. PamaPriya	Asst Pegenor.	N.P.R. Part
4	D. Jaya kamori.	Asit Professor	D. Jayl:
5	A. JAYAPAUL	ASSI PROFESSOR	TAS.
6	A. NANCY RAJATHI	dest- Prof	d- H
7.	N. JAYAVARDHINI	Aut. Prof.	N. Jank
8	N. Mo Homa KANNON	ALST. Professor	N. m.
9	J. JAYANTHS	Arst. Profissor	J. Japable
10	V. SURIYA	ALST. PROFESSON	V. Sunje.
11	S. DASA RATHON	ARSA. Roberra	D- formi
12	R. Chardra Sekerin	Alst . Professor	P. cherdrebelen
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Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant

: N. MOHANA KANDA

Course of Study

: ASSISTANT PROFESSOR

Name of the Program

PSYCHILOGICAL WELL BEING

Name of the Resource Person:

Dr. VATCHALA DEVI

Date

: 10-12-2018

Kindly tick the relevant box as your suggestion:

S.No	ITEM	EXCELLENT	GOOD	FAIR
1	Relevancy of the topic			
2	Preparation of the topic			
3	Presentation of the subject			
4	Clarity in presentation			
5	Usefulness of the programme			

Any Suggestion for Update

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Signature of the participant

y.m.