


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



PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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.

Resina Joel
Principal
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	<i>N. Jayavardhini</i>
2	Mrs.U.Visalatchi	Asst.Prof of Education	<i>U. Visalatchi</i>
3	Miss.J.Lizzie	Asst.Prof of Education	<i>J. Lizzie</i>
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	<i>M.P. Rama Priya</i>
5	Mr.A.Jayapaul	Asst.Prof of Education	<i>A. Jayapaul</i>
6	Mr.N.Mohana kannan	Asst.Prof of Education	<i>N. Mohana kannan</i>

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	<i>S. Arunchala Perumal</i>
2	Mrs.D.Jayakumari	Asst.Prof of Education	<i>D. Jayakumari</i>
3	Mrs.A. Nancy Rajathi	Asst.Prof of Education	<i>A. Nancy Rajathi</i>
4	Mr.C.Veeramanikandan	Asst.Prof of Education	<i>C. Veeramanikandan</i>
5	Mrs.G.Ponguzhali	Asst.Prof of Education	<i>G. Ponguzhali</i>
6	Mrs.D.Jothi	Asst.Prof of Education	<i>D. Jothi</i>
7	Miss.R.Subhalakshmi	Asst.Prof of Education	<i>R. Subhalakshmi</i>
8	Mrs.J.Jayanthi	Asst.Prof of Education	<i>J. Jayanthi</i>
9	Mr.R.Chandra Sekaran	Asst.Prof of Education	<i>R. Chandra Sekaran</i>
10	Mr.S.Dasaradhan	Asst.Prof of Education	<i>S. Dasaradhan</i>
11	Mrs.J.Sukanya	Asst.Prof of Education	<i>J. Sukanya</i>
12	Ms.V.Suriya	Asst.Prof of Education	<i>V. Suriya</i>

Ajay Perin
PRINCIPAL.

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



INDHIRA COLLEGE OF EDUCATION PANDUR, THIRUVALLUR - 631203

**CORDIALLY INVITES YOU ALL FOR
ORIENTATION ON EFFECTIVE
MENTORING**



Resource Person
Mrs.N.Jayavardhini
Assistant Professor
in Education

18-11-2022

Seminar Hall

Ajay Venile

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Programme Organiser
Mrs.D.Subhalakshmi
Assistant Professor

REPORT ON ORIENTATION ON EFFECTIVE MENTORING

Date: 18.11.2022

An orientation session on effective mentoring was conducted by 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.



Ajeey Periyal

**PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**

ACTIVE PARTICIPATION OF THE STAFF

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



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



Principal




PRINCIPAL

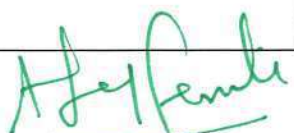
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

ATTENDANCE SHEET

NAME OF THE PROGRAMME : ORIENTATION ON EFFECTIVE MENTORING

DATE : 18-11-2022

S.NO	NAME OF THE STAFF	DESIGNATION	SIGNATURE
1.	S. Arunachalaperumal	Asst. Professor	
2.	MYS. U. VISALATCHI	Asst. Professor	U. Visalatchi
3.	Mrs. A. Nancy	Asst. Professor	
4.	N. MOHANA KANIMAN	ASSISTANT PROFESSOR	N. m.
5.	Mr. A. JAYAPAL	Asst. Professor	A. Jayapal
6.	Mr. D. JAYAKUMAR	Asst. Professor	D. Jayakumar
7.	M.P. Rajaraja	Asst. Professor	M.P. Rajaraja
8.	J. LIZZIE	Assistant Professor	


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203



Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM


Name of the Participant : Mrs. Ponguzhali
Course of Study STAFF : ASST. Prof
Name of the Program : EFFECTIVE MENTORING
Name of the Resource Person : Mrs. Ashwathi 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


PRINCIPAL
INDIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203


Signature of the participant

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.

J.R. Lakshmi

**Principal
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	<i>N. Jayavardhini</i>
2	Mrs.U.Visalatchi	Asst.Prof of Education	<i>U. Visalatchi</i>
3	Miss.J.Lizzie	Asst.Prof of Education	<i>J. Lizzie</i>
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	<i>M.P. Rama Priya</i>
5	Mr.A.Jayapaul	Asst.Prof of Education	<i>A. Jayapaul</i>
6	Mr.N.Mohana kannan	Asst.Prof of Education	<i>N. Mohana kannan</i>

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	<i>S. Arunchala Perumal</i>
2	Mrs.D.Jayakumari	Asst.Prof of Education	<i>D. Jayakumari</i>
3	Mrs.A. Nancy Rajathi	Asst.Prof of Education	<i>A. Nancy Rajathi</i>
4	Mr.C.Veeramanikandan	Asst.Prof of Education	<i>C. Veeramanikandan</i>
5	Mrs.G.Ponguzhali	Asst.Prof of Education	<i>G. Ponguzhali</i>
6	Mrs.D.Jothi	Asst.Prof of Education	<i>D. Jothi</i>
7	Miss.R.Subhalakshmi	Asst.Prof of Education	<i>R. Subhalakshmi</i>
8	Mrs.J.Jayanthi	Asst.Prof of Education	<i>J. Jayanthi</i>
9	Mr.R.Chandra Sekaran	Asst.Prof of Education	<i>R. Chandra Sekaran</i>
10	Mr.S.Dasaradhan	Asst.Prof of Education	<i>S. Dasaradhan</i>
11	Mrs.J.Sukanya	Asst.Prof of Education	<i>J. Sukanya</i>
12	Ms.V.Suriya	Asst.Prof of Education	<i>V. Suriya</i>

A. Jayanthi

PRINCIPAL

**INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR

Invites you all for the
ORIENTATION ON RESEARCH METHODOLOGY

RESOURCE PERSON
PROF. GEORGE FERNANDOS
ACADEMIC ADVISOR
BHARATHIYAR HIGHER
SECONDARY SCHOOLS

20-10-2021
SEMINAR HALL

Programme Organiser
Mrs. J. Suganya
Assistant Professor

Ajay Perin
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203

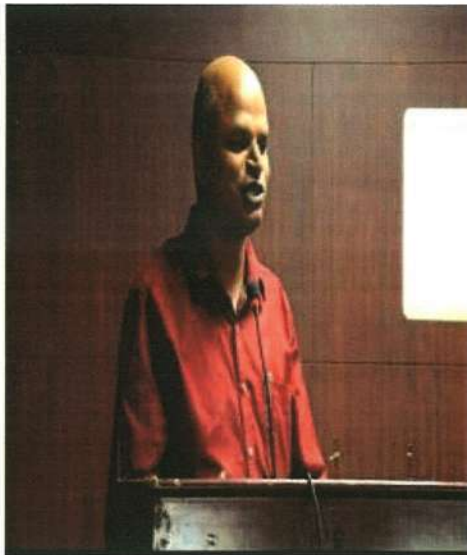
REPORT ON ORIENTATION SESSION ON RESEARCH METHODOLOGY

Date: 20-10-2021

An orientation session on research methodology was conducted by Prof. George Fernandes, 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 Fernandes 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

Ajay Permal
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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

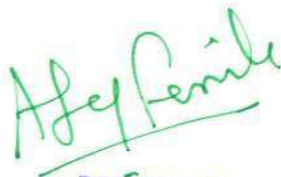
Mrs.J.Suganya

Assistant Professor



**Principal
PRINCIPAL**

**INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**



**PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**



Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant : Subhalakshmi, R
Course of Study : Asst. Prof.
Name of the Program : Research methodology
Name of the Resource Person : Prof. George Fernando S
Date : 20/10/2021

Kindly tick the relevant box as your suggestion:

S.No	ITEM	EXCELLENT	GOOD	FAIR
1	Relevancy of the topic	<input checked="" type="checkbox"/>		
2	Preparation of the topic		<input checked="" type="checkbox"/>	
3	Presentation of the subject	<input checked="" type="checkbox"/>		
4	Clarity in presentation		<input checked="" type="checkbox"/>	
5	Usefulness of the programme	<input checked="" type="checkbox"/>		

Any Suggestion for Update

Ajay Perinte

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Subhalakshmi, R
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

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. Jayavardhini
2	Mrs.U.Visalatchi	Asst.Prof of Education	U. Visalatchi
3	Miss.J.Lizzie	Asst.Prof of Education	J. Lizzie
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	M.P. Ramapriya
5	Mr.A.Jayapaul	Asst.Prof of Education	A. Jayapaul
6	Mr.N.Mohana kannan	Asst.Prof of Education	N. Mohana kannan
7	Mrs.D.Jayakumari	Asst.Prof of Education	D. Jayakumari

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	S. Arunchala Perumal
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	A. Nancy Rajathi
3	Mr.C.Veeramanikandan	Asst.Prof of Education	C. Veeramanikandan
4	Mrs.G.Ponguzhali	Asst.Prof of Education	G. Ponguzhali
5	Mrs.D.Jothi	Asst.Prof of Education	D. Jothi
6	Miss.R.Subhalakshmi	Asst.Prof of Education	R. Subhalakshmi
7	Mrs.J.Jayanthi	Asst.Prof of Education	J. Jayanthi
8	Mr.R.Chandra Sekaran	Asst.Prof of Education	R. Chandra Sekaran
9	Mr.S.Dasaradhan	Asst.Prof of Education	S. Dasaradhan
10	Mrs.J.Sukanya	Asst.Prof of Education	J. Sukanya
11	Ms.V.Suriya	Asst.Prof of Education	V. Suriya
12	Mrs.A.Janagi	Asst.Prof of Education	A. Janagi


Principal

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR



We the management invites you all for the

ORIENTATION ON MOOC



RESOURCE PERSON
MR.G.RAGAVAGIRI

ASSISTANT PROFESSOR IN ENGLISH
MANGALAM COLLEGE OF EDUCATION

DATE : 25.09.2020

VENUE : SEMINAR HALL

A. Jayaraman
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203

REPORT FOR ORIENTATION TO MOOC (2020 – 2021)

Date : 25-09-2020

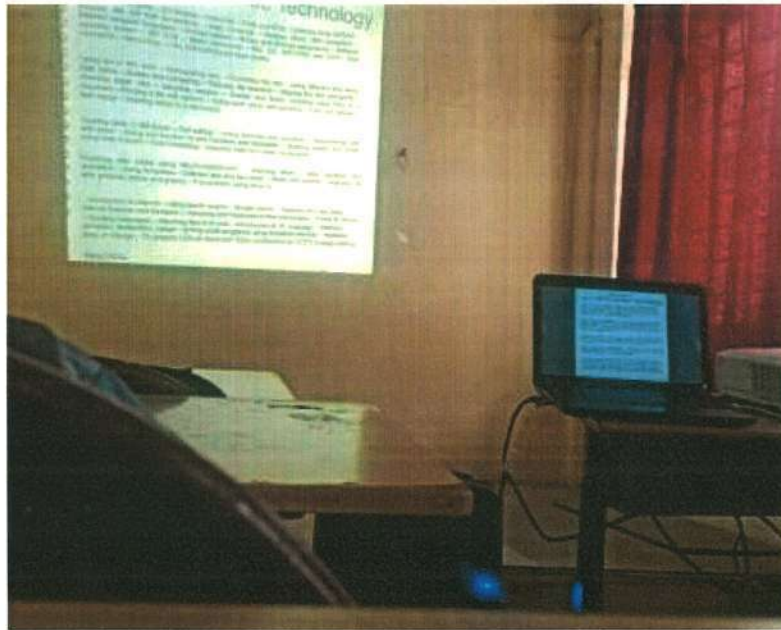
On September 25th, 2020, the Internal Quality Assurance Cell (IQAC) organized an orientation on Massive Open Online Courses (MOOC). Mr. A. Jayapaul warmly welcomed the gathering, setting a positive tone for the event. The participants were greeted with enthusiasm and encouraged to make the most of the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



A Jayapaul

**PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203**



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

PRINCIPAL
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant : Hariharan, G
Course of Study : M.Ed
Name of the Program : Orientation on Mooc
Name of the Resource Person : Mr. G. Raganajini
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

Thank you

Ajay Perinte
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Signature of the participant

Circular

Date: 20-09-2019

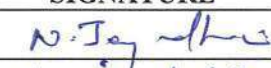
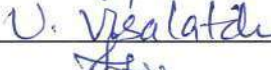

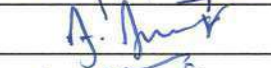


We are pleased to Orientation on "Research Article Writing " organized by Indhira College of Education will be held on 24-09-2019 in seminar hall. All are cordially invited for the same.

Thank you.


Principal

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	
2	Mrs.U.Visalatchi	Asst.Prof of Education	
3	Miss.J.Lizzie	Asst.Prof of Education	
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	
5	Mr.A.Jayapaul	Asst.Prof of Education	
6	Mr.N.Mohana kannan	Asst.Prof of Education	

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	
2	Mrs.D.Jayakumari	Asst.Prof of Education	
3	Mrs.A. Nancy Rajathi	Asst.Prof of Education	
4	Mr.C.Veeramanikandan	Asst.Prof of Education	
5	Mrs.G.Ponguzhali	Asst.Prof of Education	
6	Mrs.D.Jothi	Asst.Prof of Education	
7	Miss.R.Subhalakshmi	Asst.Prof of Education	
8	Mrs.J.Jayanthi	Asst.Prof of Education	
9	Mr.R.Chandra Sekaran	Asst.Prof of Education	
10	Mr.S.Dasaradhan	Asst.Prof of Education	
11	Mrs.J.Sukanya	Asst.Prof of Education	
12	Ms.V.Suriya	Asst.Prof of Education	


PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

**INDHIRA COLLEGE OF EDUCATION,
PANDUR, THIRUVALLUR**

**How to Write
a Research
Article?**

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**

DATE : 24.09.2019

VENUE : SEMINAR HALL

Ajay Gunde
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

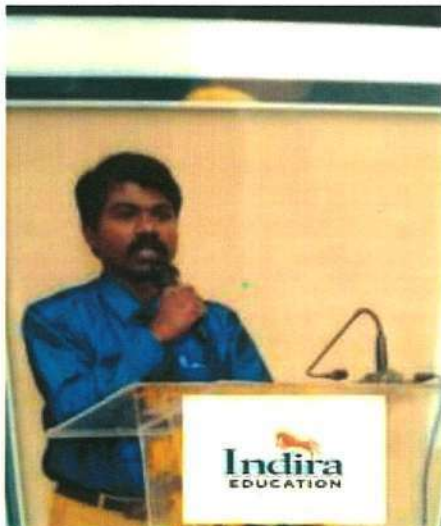
REPORT ON ORIENTATION ON RESEARCH ARTICLE WRITING

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

Aje Penile
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203


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


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203


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



Indira College of Education

Pandur, Thiruvallur-631203

FEEDBACK FORM

Name of the Participant : Mrs. A. Nancy Rajathi
Course of Study *Staff* : Assistant Professor
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		✓	

Any Suggestion for Update

Ajay Perinte
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

A. H.
Signature of the participant


Circular

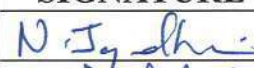

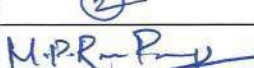

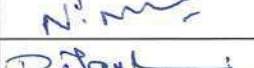


Date: 03-12-2018

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	
2	Mrs.U.Visalatchi	Asst.Prof of Education	
3	Miss.J.Lizzie	Asst.Prof of Education	
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	
5	Mr.A.Jayapaul	Asst.Prof of Education	
6	Mr.N.Mohana kannan	Asst.Prof of Education	
7	Mrs.D.Jayakumari	Asst.Prof of Education	

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	
3	Mr.C.Veeramanikandan	Asst.Prof of Education	
4	Mrs.G.Ponguzhali	Asst.Prof of Education	
5	Mrs.D.Jothi	Asst.Prof of Education	
6	Miss.R.Subhalakshmi	Asst.Prof of Education	
7	Mrs.J.Jayanthi	Asst.Prof of Education	
8	Mr.R.Chandra Sekaran	Asst.Prof of Education	
9	Mr.S.Dasaradhan	Asst.Prof of Education	
10	Mrs.J.Sukanya	Asst.Prof of Education	
11	Ms.V.Suriya	Asst.Prof of Education	
12	Mrs.A.Janagi	Asst.Prof of Education	


Principal
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

ORIENTATION ON PSYCHOLOGICAL WELL BEING

INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR - 631 203

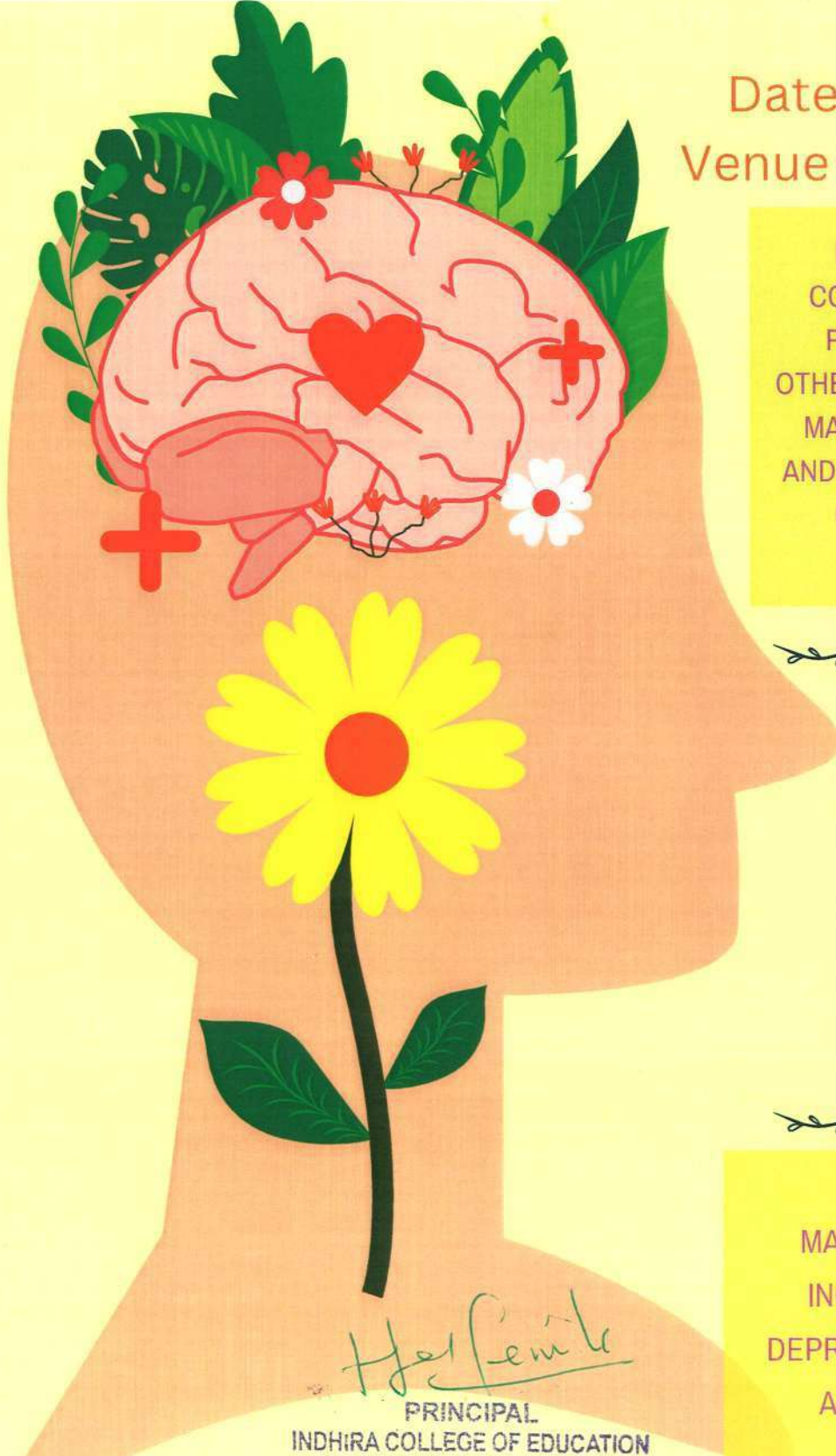
Date : 10-12-2018

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.

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.



H. J. Senthil
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



**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

A. Jayakumari
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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 mental health.


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.




Programme Coordinator

Mrs. D. Jayakumari
Assistant Professor



PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203




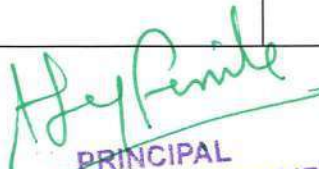
Principal
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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 Perumal	Asst. Prof	
2.	MRS. U. VISALATCHI	Assistant Professor	U. Visalatchi
3	M.P. Rama Poiga	Asst. Professor.	M.P. Rama Poiga
4	D. Jaya Kumari.	Asst. Professor.	D. Jaya Kumari
5	A. JAYAPPAUL	Asst Professor	A. Jayappa
6	A. NANCY RATATHI	Asst. Prof	A. Nancy Ratathi
7.	N. JAYAVARDHANI	Asst. Prof.	N. Jayavardhani
8	N. MOHANA KANIVAN	Asst. Professor	N. Mohana Kanivan
9	J. JAYANTHI	Asst. Professor	J. Jayanthi
10	V. SURIYA	Asst. Professor	V. Suriya
11	S. DASARATHAN	Asst. Professor	S. Dasarathan
12	R. Chandrasekaran	Asst. Professor	R. Chandrasekaran


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



Indira College of Education

Pandur, Thiruvallur-631203


FEEDBACK FORM


Name of the Participant : N. MOHANA KANNAN
DESIGNATION
Course of Study : ASSISTANT PROFESSOR
Name of the Program : PSYCHOLOGICAL 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


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203


Signature of the participant