

## CRITERIA II

### TEACHING- LEARNING AND EVALUATION

#### 2.3 Teaching-Learning Process

**2.3.7 Teaching learning process nurtures creativity, innovativeness, intellectual and thinking skills, empathy, life skills etc., among students.**

**Any other relevant information**



*Ajay Fenile*

PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

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## Life Skills Activity

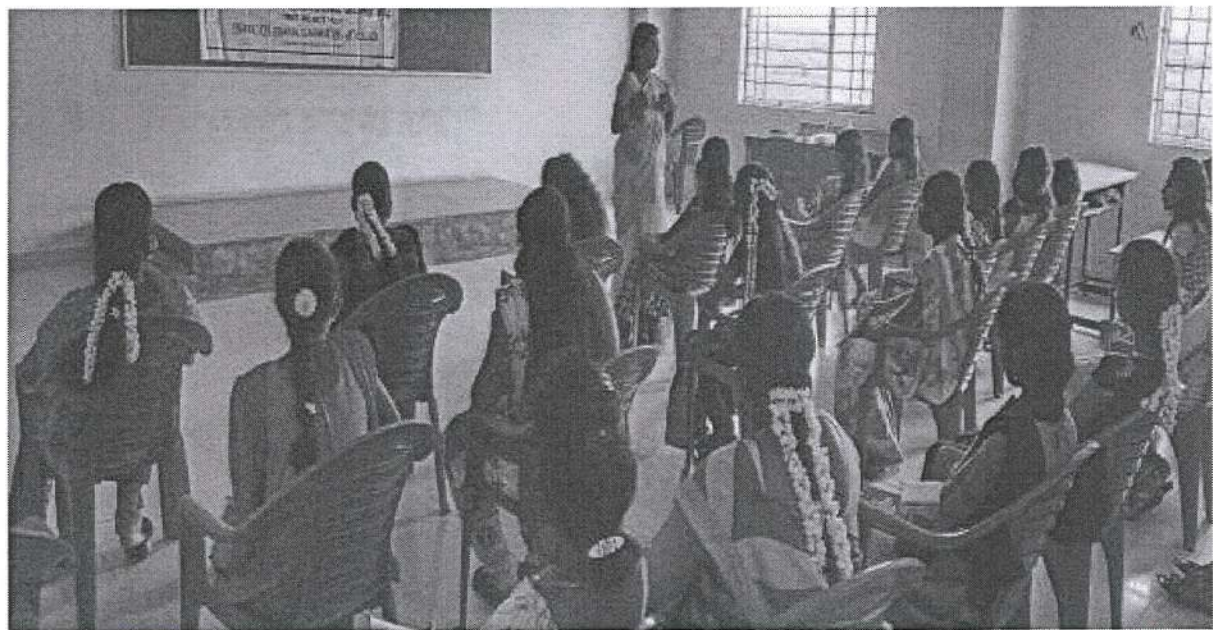
In order to cultivate self-awareness and self-motivation, it is helpful to regularly engage in reflective exercises such as journaling, meditation, or mindfulness practices. By taking the time to understand our thoughts, emotions, and beliefs, we can better identify our strengths, weaknesses, and areas of growth. Additionally, setting goals and creating actionable plans to achieve them can help boost motivation and drive towards personal development.



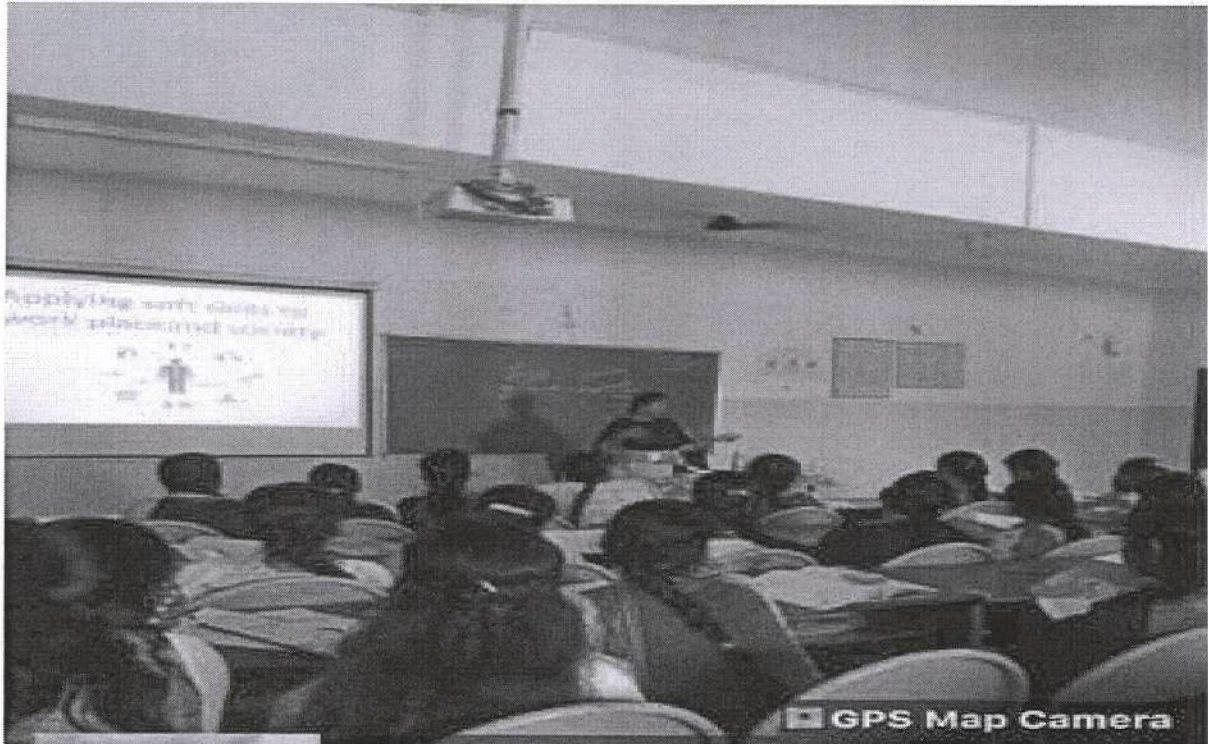
*Ajay Kumar*  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203



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



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



**Pandur, Tamil Nadu, India**

5R2X+R9J, Pandur, Tamil Nadu 602001, India

Lat 13.15224°

Long 79.848278°

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**Pandur, Tamil Nadu, India**

5R2X+R9J, Pandur, Tamil Nadu 602001, India

Lat 13.152255°

Long 79.848291°

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*Ajay Anil*

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203