



St. Joseph's College of Arts and Science for Women

(Affiliated to Periyar University, Salem)
An ISO 9001:2015 Certified Institution
Recognised U/s 2(f) and 12(B) of the UGC Act
Mookandapalli, SIPCOT, Hosur - 635 126

2018-2019(Teaching Staff)

year	Name of the participant	Designation	Title of the FDP /MDP/ professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
2018-2019	Mrs. Dr. P.EZHILARASI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. A.KALA RANI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. A.VIYANI JENITA MARY	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. B.DEEPA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. B.K.JALEESHA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. BANU PRIYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. C.A.UMA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. C.HEMALATHA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. C.MAGILA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. C.SUGANTHI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. D.BHUVANA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. DHINA SURESH	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. Dr. K.LAVANYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. E.KAVITHA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. G.AMAL REDGE	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. G.ASWINI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. G.RAJESHWARI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. I. ANUSHA PREM	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. L.ANJALIN MARY	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. L.JENNIFER	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. M.ADLIN MARY	Physical Directress	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018



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2018-2019	Mrs. M.GEETHANJALI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. M.MEENAKSHI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. M.PRIYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. M.RASHMI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. M.SUGUNA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. MARGRET KANIMOZHI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. N. MAGESWARI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
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2018-2019	Mrs. S. PAVANA SWETHA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. S.BOBBI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. S.I.ANTO RAMYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
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2018-2019	Mrs. T.MAHALAKSHMI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. V. SENGAMALAM	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. V.ESWARI BAI	Librarian	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. V.S. GLADIO SHILPA VINCE	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Mrs. VADIVU	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. A.KAMATCHI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. A.KULANDAI THERESA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018




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2018-2019	Ms. B.NITHYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
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2018-2019	Ms. K.SARANYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. L.MANJULA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. M.SHOBANA PRIYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. P.JANCY MAGDALENE	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. R. SOMIYAJAYARANJINI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. R.NITHYA RATHNA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. R.S.KARUNYA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. S.RABIYA ALEEN	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	Ms. V.MANJULA	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	SR. AROKIA VALAN RANI	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018
2018-2019	SR. SAGAYA MARY	Assistant Professor	FDP-Technology and Mental Health	11-06-2018 to 11-06-2018




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**Faculty Development Programme On
Technology and Mental Health**

June 11, 2018

Venue:St.Francis Auditoriam

RESOURCE PERSON

Rev.Fr.Ignatius

Administrator ,

Fountain Institute,

Sundampatti,Krishnagiri.

Guest of Honor

Prinicipal

Rev.Sr.Dr.ArockiaRani





Report for Faculty Development Program on “Technology and Mental Health”

St. Joseph's College of Arts and Science for Women, organized a faculty Development Programme on “Technology and Mental Health” at 11-06-2018. There are 60 Staff members participated in FDP. Resource person Rev.Fr.Ignatius, Administrator, Fountain Institute for training counselors and Psychotherapists, Sundampatti,Krishnagiri, has authored Faculty Development Programme (FDP) on “Technology and Mental Health” delved into the pivotal role of technology in shaping student well-being while acknowledging its potential drawbacks. Through insightful discussions and interactive sessions, faculty members gained a comprehensive understanding of how various technological tools and platforms can impact student mental health positively or negatively. The programme emphasized leveraging technology to foster student well-being by incorporating digital resources for stress management, mindfulness exercises, and mental health awareness campaigns into academic settings.



Faculty participants explored strategies for integrating technology in course delivery to enhance student engagement and facilitate peer support networks. Furthermore, they were equipped with techniques to utilize online platforms for delivering mental health resources, providing virtual counseling services, and promoting digital wellness practices among students.

Moreover, the FDP highlighted the importance of maintaining a balanced approach to technology use, emphasizing the need for faculty to be mindful of potential negative impacts such as digital addiction, social isolation, and cyberbullying. Faculty members were encouraged to promote responsible technology usage and to create inclusive learning environments that prioritize students' mental health and well-being.

Overall, the FDP empowered faculty members to harness the potential of technology to support student mental health effectively while navigating the associated challenges with awareness and sensitivity.





The Faculty Development Programme (FDP) for psychotherapists aimed to equip them with effective strategies for supporting student mental health. Psychotherapists received training on understanding student psychology, recognizing signs of distress, and providing appropriate interventions. They learned techniques for fostering resilience, promoting self-care, and creating supportive therapeutic environments conducive to student well-being.



The FDP emphasized the importance of cultural sensitivity and ethical practices in counseling students. Overall, the FDP empowered psychotherapists with the skills and knowledge necessary to effectively address the diverse mental health needs of students in educational settings.

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St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
FDP on "Technology and Mental Health"-11/06/2018

Attendance Sheet

S.NO	NAME	FEEDBACK	SIGNATURE
1	Mrs. Dr. P.EZHILARASI	Very Informative	
2	Mrs. C.HEMALATHA	Useful	
3	Mrs. E.KAVITHA	useful	
4	Mrs. N.KANIMOZHI	Useful Session	
5	Mrs. Dr. K.LAVANYA	Informative session	
6	Mrs. L.JENNIFER	Useful Session	
7	Mrs. PANSYEVANGELINE VICTOR	Informative	
8	Ms. R. SOMIYAJAYARANJINI	useful	
9	Ms. E.VINODHINI	Useful Session	
10	Ms. R.NITHYA RATHNA	Good	
11	Mrs. L.ANJALIN MARY	Interesting	
12	Mrs. V.S. GLADIO SHILPA VINCE	Informative	
13	Ms. K.SARANYA	useful session	
14	Mrs. DHINA SURESH	Informative session	
15	SR. SAGAYA MARY	Good	
16	SR. AROKIA VALAN RANI	good	
17	Mrs. S.I.ANTO RAMYA	Nice	
18	Mrs. S.BÖBBY	Informative	
19	Mrs. S.ZINDHU	Good	
20	Mrs. G.AMAL REDGE	Very Interesting session	
21	Mrs. G.ASWINI	Interesting	
22	Mrs. P.JAYANTHI	Useful	
23	Mrs. I. ANUSHA PREM	Informative	
24	Mrs. N. MAGESWARI	Useful	
25	Mrs. M.SUGUNA	Useful Session	
26	Mrs. M.GEETHANJALI	Very informative	
27	Mrs. C.MAGILA	Good	
28	Mrs. C.A.UMA	very informative	
29	Mrs. C.SUGANTHI	It was usefull	
30	Mrs. MARGRET KANIMOZHI	good	



31	Mrs. B.NITHYA	good.	Nithya.
32	Mrs. S.RABIYA ALEEN	Useful Session.	S. Rabiya
33	Mrs. P.JANCY MAGDALENE	Useful	P. Jancy
34	Mrs. REENA RAJ	nice.	Reena
35	Mrs. A.VIYANI JENITA MARY	Useful Session Thank You	A. Viyani
36	Mrs. S.KAVITHA	good.	S. Kavitha
37	Mrs. M.PRIYA	Good.	M. Priya
38	Mrs. G.RAJESHWARI	Good.	G. Rajeshwari
39	Mrs. BANU PRIYA	Very useful	B. Priya
40	Mrs. B. RUHITHA PARWESH	useful to all.	B. Ruhitha
41	Mrs. V. SENGAMALAM	good.	V. Sengamalam
42	Mrs. VADIVU	Informative	V. Vadivu
43	Mrs. D.BHUVANA	very useful.	D. Bhuvana
44	Ms. L.MANJULA	Informative	L. Manjula
45	Ms. V.MANJULA	very useful.	V. Manjula
46	Mrs. B.K.JALEESHA	Informative & Useful	B. K. Jaleesha
47	Mrs. T.MAHALAKSHMI	Very useful	T. Mahalakshmi
48	Mrs. S. PAVANA SWETHA	Nice	S. Pavana Swetha
49	Ms. R.S.KARUNYA	Very useful.	R. S. Karunya
50	Ms. A.KULANDAI THERESA	Informative and useful	A. Kulandai
51	Mrs. M.MEENAKSHI	Informative Session	M. Meenakshi
52	Ms. M.SHOBANA PRIYA	Useful & Informative	M. Shobana
53	Mrs. B.DEEPA	Good	B. Deepa
54	Mrs. A.KALA RANI	Good	A. Kalarani
55	Ms. C.SUGANYA	Nice.	C. Suganya
56	Mrs. M.RASHMI	Informative Session.	M. Rashmi
57	Mrs. P.INDUMATHI	good.	P. Indumathi
58	Ms. A.KAMATCHI	Very Good.	A. Kamatchi
59	Mrs. M.ADLIN MARY	Learned a lot about mental health	M. Adlin Mary
60	Mrs. V.ESWARI BAI	Very good.	V. Eswari Bai


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Signature of the Principal



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ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. Dr. PEZHILARASI, Assistant Professor

of **St. Joseph's College of Arts and Science for Women, Hosur**

HAS PARTICIPATED IN FDP- "Technology and Mental Health"

on 11/06/2018

L. Arockiarani
Rev. Sr. Dr. Arockia Rani
Principal



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Mrs. A. KALA RANI, Assistant Professor

of **St. Joseph's College of Arts and Science for Women, Hosur**

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Mrs. A.VIYANI JENITA MARY, Assistant

Professor

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Mrs. DHINA SURESH, Assistant Professor

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Mrs. M.ADLIN MARY, Physical Directress

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN FDP- "Technology and Mental Health"

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Mrs. M.SUGUNA, Assistant Professor

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN FDP- "Technology and Mental Health"

on 11/06/2018

L. Arockia Rani

Rev.Sr.Dr.Arockia Rani
Principal



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. MARGRET KANIMOZHI, Assistant

Professor

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN FDP- "Technology and Mental Health"

on 11/06/2018

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Principal



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THIS IS TO CERTIFY THAT

Mrs. N. MAGESWARI, Assistant Professor

of St. Joseph's College of Arts and Science for Women, Hosur

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Mrs. N.KANIMOZHI, Assistant Professor

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S. Arockiarani

Rev.Sr.Dr.Arockia Rani
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CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. P.INDUMATHI, Assistant Professor

of St. Joseph's College of Arts and Science for Women, Hosur

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Mrs. P.JAYANTHI, Assistant Professor

of St. Joseph's College of Arts and Science for Women, Hosur

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CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mrs. PANSYEVANGELINE VICTOR, Assistant
Professor

of St. Joseph's College of Arts and Science for Women, Hosur

HAS PARTICIPATED IN FDP- "Technology and Mental Health"

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Mrs. REENA RAJ, Assistant Professor

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Mrs. S. PAVANA SWETHA, Assistant Professor

of St. Joseph's College of Arts and Science for Women, Hosur

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Mrs. S. BOBBY, Assistant Professor

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THIS IS TO CERTIFY THAT

Mrs. V.ESWARI BAI, Librarian

of St. Joseph's College of Arts and Science for Women, Hosur

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Mrs. V.S. GLADIO SHILPA VINCE, Assistant

Professor

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SR. AROKIA VALAN RANI, Assistant Professor

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SR. SAGAYA MARY, Assistant Professor

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