



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

2021-2022(Non-Teaching Staff)

year	Name of the participant	Designation	Title of the FDP /MDP/ professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
2021-22	Mr. A. RAMESH	Driver	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. BAIRAPPA	Conductor	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. BALU	Conductor	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. CHENNERAPPA	Driver	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. G. CHANDRAPPA	Driver	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. K.VENKATESH	Conductor	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. MATHIVANAN	Watchman	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. N. BALAKRISHNAN	Admin Asst.	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. PALANISAMY	Watchman	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. PRAKASH	Conductor	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. SRINIVASAN	Driver	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. T. MADESAN	Van Driver	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr. V.MANJU	Driver	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr.RAJENDRACHARI	Conductor	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mr.SIVAJI RAO	Conductor	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. AGILA	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. AMALAPUSHPAM	Admin Asst.	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. C. SIVAKANTHA	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. G.LAKSHMI	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. G.PUTTAMMA	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. IRUDAYA MARY	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021



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2021-22	Mrs. JENI C	Lab Asst (Bio - Tech)	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. JENIFER J	Library Asst.	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. K.OBAMMA	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. KALA	Scavenger	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. MAGESHWARI	Scavenger	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. MARY JANCY RANI	Admin Asst.	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. N. CHITHRA	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. P. SULOCHANA	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. S.SUGANTHI	Admin Asst.	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. SHANTHI	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. SUMATHI	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. UNNAMALAI	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Mrs. BHAGAVATHI	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	MRS. SARASWATHY	House Keeping	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Ms. NETHRA	Lab Asst (Chem)	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Ms. V. SHRAVANI	Lab Asst (phy)	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021
2021-22	Sr. JERAL SUSAN RANI	Admin Asst.	Mindfull Faculty Empowerment	13-09-2021 to 17-09-2021



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
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Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

PERMISSION LETTER

Date: 10.09.2021

From

IQAC co-ordinator

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

Hosur- 635126.

To

The Principal,

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

Hosur- 635126.

Respected Madam,

Subject: Permission for Faculty Development Program Reg:-

We would like to request your permission to conduct **Faculty Development Program** for Non-Teaching Staff from 13/09/2021 to 17/09/2021. So, kindly grant us permission and take necessary assistance to arrange program successfully in our college .

Thank you,



Yours sincerely,

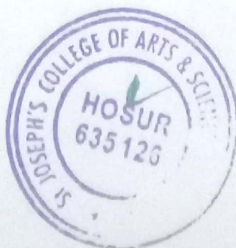


PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
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Meekandapalli, Sipcot,

HOSUR - 635 126, Krishnagiri - Dist.





St. JOSEPH'S COLLEGE OF ARTS & SCIENCE
FOR WOMEN, HOSUR

Organized by
Internal Quality Assurance Cell (IQAC)

**Five- Day Non- Teaching Staff Development Programme
on
MINDFULL FACULTY EMPOWERMENT**

13.09.2021 TO 17.09.2021

TIME: 10:00 AM

Guest of Honor

PRINCIPAL
REV. SR. DR. AROCKIA RANI

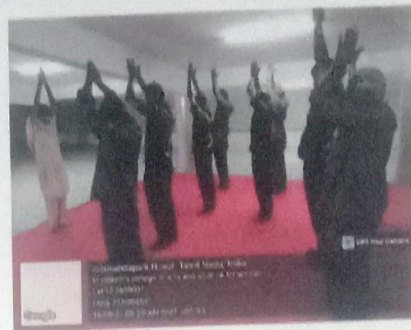




ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
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Report for Five Days Non-Teaching staff Development Program on
“Mindful Faculty Empowerment Program”

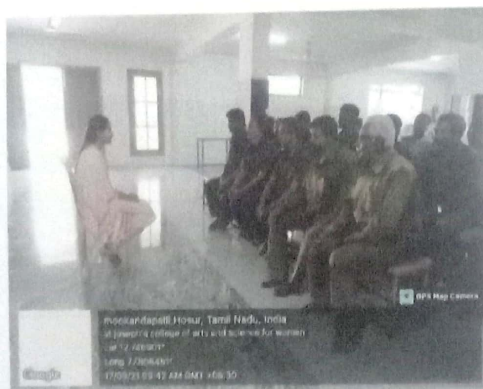
Internal Quality Assurance Cell and Research Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Non-Teaching staff faculty Development Programme on “Mindful Faculty Empowerment Program” From 13th September 2021 to 17th September 2021. . The resource person was Mrs. M. Bhuvaneeswari , M.A (Yoga) , M.Sc. M.Phil , Trainer in Arivuthirukovil , Manavalakalai mandram , Hosur.



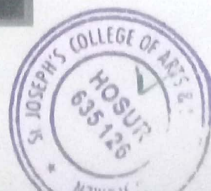
On the first two days the participants were guided on some basic yoga poses.

Yoga and meditation training have gained widespread popularity due to their numerous physical, mental, and emotional benefits. Yoga training typically involves learning various physical postures (asanas) that

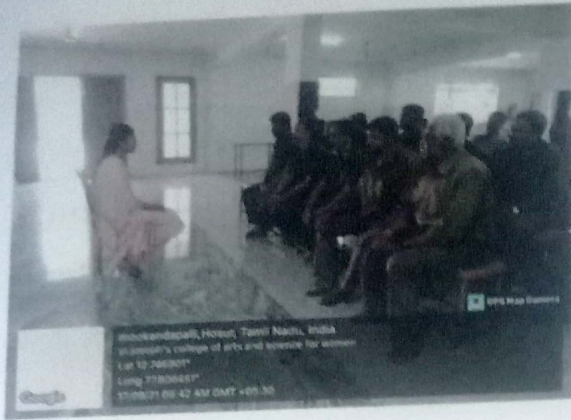
improve flexibility, strength, and balance. Participants were taught different breathing techniques (pranayama) to enhance relaxation, focus, and overall well-being. Meditation training focused on cultivating mindfulness, concentration, and inner peace through guided meditation sessions. The trainer explained the importance of various asanas.



On the final day the trainer discussed about the importance of yoga. Regular practice of yoga can improve cardiovascular health, increase flexibility, and alleviate chronic pain. Meditation enhances mental clarity, reduces stress, anxiety, and depression, promoting overall emotional balance. Both yoga and meditation techniques are effective in reducing stress levels by activating the body's relaxation response. Meditation enhances focus and concentration, leading to better productivity and cognitive performance. Yoga and meditation cultivate self-awareness and emotional resilience.



helping individuals manage difficult emotions more effectively.



The participants experienced improved strength, flexibility, and overall physical well-being. Training equipped individuals with tools to cope with daily stressors more effectively, leading to greater resilience. Practitioners develop heightened awareness

of the present moment, leading to greater appreciation of life experiences. Yoga and meditation training contribute to reduced symptoms of anxiety, depression, and other mental health disorders. Yoga and meditation training offer us a roadmap to a more balanced, vibrant, and fulfilling life. By embracing these practices, we empower ourselves to cultivate greater physical health, mental clarity, and emotional resilience. Let us embark on this journey together, with open hearts and minds, and may we all reap the abundant rewards that yoga and meditation have to offer.

Yoga and meditation training offer a holistic approach to health and well-being, addressing physical, mental, and emotional aspects of wellness. With regular practice, individuals can experience profound transformations in both their physical and psychological health, ultimately leading to a more balanced and fulfilling life.

Signature of the Principal

S. Theckiarani

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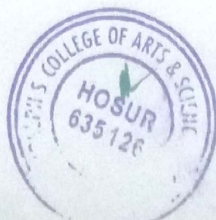
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ATTENDANCE SHEET

S.NO	NAME OF THE STAFF	13/9/2021	14/9/2021	15/9/2021	16/9/2021	17/9/2021
1	Sr. JERAL SUSAN RANI	SUSAN RANI	SUSAN RANI	SUSAN RANI	SUSAN RANI	SUSAN RANI
2	Mrs. AMALAPUSHPAM	Amal	Amal	Amal	Amal	Amal
3	Mrs. MARY JANCY RANI	Mary	Mary	Mary	Mary	Mary
4	Mr. N. BALAKRISHNAN	N Bal	N Bal	N Bal	N Bal	N Bal
5	Mrs. S.SUGANTHI	Syathi	Syathi	Syathi	Syathi	Syathi
6	Ms. V. SHRAVANI	SIVARA	SIVARA	SIVARA	SIVARA	SIVARA
7	Mrs. JENI C	JENI	JENI	JENI	JENI	JENI
8	Mrs. JENIFER J	JENIFER	JENIFER	JENIFER	JENIFER	JENIFER
9	Ms. NETHRA	NETHRA	NETHRA	NETHRA	NETHRA	NETHRA
10	Mrs. IRUDAYA MARY	Irudaya	Irudaya	Irudaya	Irudaya	Irudaya
11	Mrs. N. CHITHRA	N. Chithra	N. Chithra	N. Chithra	N. Chithra	N. Chithra
12	Mrs. K.OBAMMA	O	O	O	O	O
13	Mrs. G.PUTTAMMA	Puttamma	Puttamma	Puttamma	Puttamma	Puttamma
14	Mrs. UNNAMALAI	Unnamalai	Unnamalai	Unnamalai	Unnamalai	Unnamalai
15	Mrs. G.LAKSHMI	Lakshmi	Lakshmi	Lakshmi	Lakshmi	Lakshmi
16	Mrs. AGILA	Agila	Agila	Agila	Agila	Agila
17	Mrs. C. SIVAKANTHA	Sivakantha	Sivakantha	Sivakantha	Sivakantha	Sivakantha
18	Mrs. P. SULOCHANA	Sulochana	Sulochana	Sulochana	Sulochana	Sulochana
19	Mrs. SUMATHI	Sumathi	Sumathi	Sumathi	Sumathi	Sumathi
20	Mrs. MAGESHWARI	Mageshwari	Mageshwari	Mageshwari	Mageshwari	Mageshwari
21	Mrs. KALA	Kala	Kala	Kala	Kala	Kala
22	Mrs. SHANTHI	Shanthi	Shanthi	Shanthi	Shanthi	Shanthi



NO	NAME OF THE STAFF	13/9/2021	14/9/2021	15/9/2021	16/9/2021	17/9/2021
23	Mr. A. RAMESH	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
24	Mr. SRINIVASAN	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
25	Mr. V. MANJU	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
26	Mr. BALU	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
27	Mr. CHENNERAPPA	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
28	Mr. G. CHANDRAPPA	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
29	Mr. BAIRAPPA	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
30	Mr. K. VENKATESH	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
31	Mr. PRAKASH	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
32	Mr. RAJENDRACHARI	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
33	Mr. SIVAJI RAO	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
34	Mr. T. MADESAN	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
35	Mr. MATHIVANAN	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
36	Mr. PALANISAMY	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
37	Mrs. BHAGAVATHI	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature	Handwritten signature
38	MRS. SARASWATHY	SA	SA	a	SA	SA

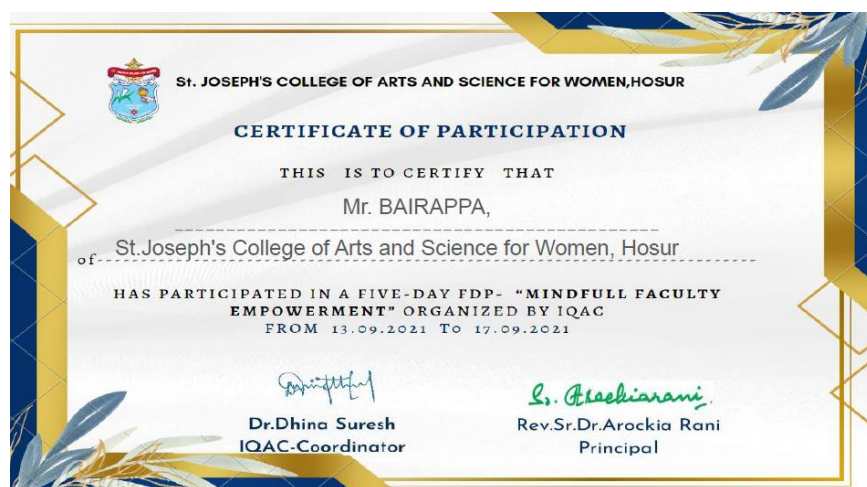
Handwritten signature of Principal

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Handwritten signature of Principal

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

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mr. CHENNERAPPA,

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

HAS PARTICIPATED IN A FIVE-DAY FDP- "MINDFULL FACULTY
EMPOWERMENT" ORGANIZED BY IQAC
FROM 13.09.2021 To 17.09.2021

Dr. Dhina Suresh
IQAC-Coordinator

Rev. Sr. Dr. Arockia Rani
Principal



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THIS IS TO CERTIFY THAT

Mr. G. CHANDRAPPA,

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Mr. K.VENKATESH,

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

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

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Mr. N. BALAKRISHNAN,

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Mr. PALANISAMY,

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THIS IS TO CERTIFY THAT

Mr. PRAKASH,

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

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Mrs. IRUDAYA MARY,

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Mrs. MAGESHWARI,

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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. MARY JANCY RANI,

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

HAS PARTICIPATED IN A FIVE-DAY FDP- "MINDFULL FACULTY
EMPOWERMENT" ORGANIZED BY IQAC
FROM 13.09.2021 To 17.09.2021

Dr. Dhina Suresh
IQAC-Coordinator

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. N. CHITHRA,

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

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Mrs. P. SULOCHANA,

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

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THIS IS TO CERTIFY THAT

Mrs. S. SUGANTHI,

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

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THIS IS TO CERTIFY THAT

Mrs. SHANTHI,

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

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Mrs. SUMATHI,

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

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Mrs. UNNAMALAI,

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

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Mrs. BHAGAVATHI,

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MRS. SARASWATHY,

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Sr. JERAL SUSAN RANI,

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