



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



1. Authenticated event brochures and detail reports year-wise duly certified.

S.No	Year	Teaching / Non-Teaching	Page No
1	2022-2023	Teaching	1-10
2	2022-2023	Non-Teaching	11-18
3	2021-2022	Teaching	19-33
4	2021-2022	Non-Teaching	34-41
5	2020-2021	Teaching	42-43
6	2019-2020	Teaching	44-53
7	2019-2020	Non-Teaching	54-61
8	2018-2019	Teaching	62-67

Date: 09.11.2022

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.

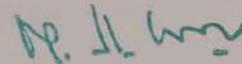
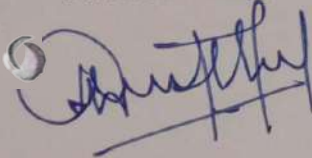
Respected Madam,

Subject: Permission for "Faculty Development Program - Teaching Staff" Reg:-

We would like to request your permission to conduct Faculty Development Program for Teaching Staff From 16.11.2022 to 20.11.2022. So, kindly grant us permission and take necessary assistance to arrange program successfully in our college.

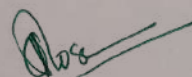
Thank you,

Yours sincerely,



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

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



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

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

(Affiliated To Periyar University, Salem)

Mookandapalli, SIPCOT, Hosur

Organized by

Internal Quality Assurance Cell (IQAC)

& Department Of Commerce

Five-Day Faculty Development Programme on "Role of Research Publications and Initiatives in Econtent towards Academic Performance"

16.11.2022 TO 20.11.2022

VENUE ST. FRANCESCO AUDITORIUM

RESOURCE PERSONS



Day1-16.11.2022- "The Art of Writing Research Paper"
Prof. Benet Rajadural
Assistant Professor of Sociology,
St. Francis De Sales College, Bangalore, Karnataka.



Day2-17.11.2022- "E-Content for Remote Learning"
Mr. Anish Motekar,
Head - R & D,
D.I.Y.A.
Chennai.



Day3-18.11.2022--"ChatGPT "
Mr. Prabakaran,
Student Success Mentor,
D.I.Y.A. Chennai



Day4-19.11.2022-" Artificial Intelligence in E-Content"
Mr. Sangeeth,
Student Success Mentor,
D.I.Y.A.
Chennai.



Day5-20.11.2022- "Innovative E-content Preparation for
Enhanced Educational Experiences"
Dr. A. Vimal Jerald,
Assistant Professor, Department of Computer Science,
St. Joseph's College, Trichy.



Rev. Sr. Dr. M. Helen

Principal

Rev. Sr. Mary Lucy Juliet

Secretary

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, SIPCOT,
HOSUR - 635 126, Krishnagiri - Dist.

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, SIPCOT,
HOSUR - 635 126, Krishnagiri - Dist.




Scanned with OKEN Scanner

Time table
For
Five-Day Faculty Development Programme on
"Role of Research Publications and Initiatives in E-content
towards Academic Performance"


Academic Year 2022 - 2023

<p style="text-align: center;">Day 1 - 16.11.2022 Topic - The Art of Writing Research Paper Resource Person - Prof. Benet Rajadurai, Assistant Professor of Sociology, St. Francis De Sales College, Bangalore, Karnataka.</p>	
Session 1 9:30 a.m. - 11:00 a.m.	Introduction to Research Writing - Importance of Research Papers in Academic Growth and Common Mistakes to Avoid in Research Paper Writing.
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Structuring a Research Paper - Tips for Writing a Compelling Abstract - Review of Case Studies and Examples
Session 3 2:00 p.m. - 3:30 p.m.	Data Collection and Analysis Techniques - Citation Styles and Referencing Tools for Checking Plagiarism
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion
<p style="text-align: center;">Day 2 - 17.11.2022 Topic - E-Content for Remote Learning Resource Person - Mr. Anish Motekar, Head - R& D, D.I.Y.A., Chennai.</p>	
Session 1 9:30 a.m. - 11:00 a.m.	Introduction to E-Content and Remote Learning - Benefits and Challenges of Remote Learning, Overview of Popular E-Learning Platforms
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Designing Effective E-Content for Students - Tools and Techniques for Interactive Content Creation, Understanding the Learner's Perspective
Session 3 2:00 p.m. - 3:30 p.m.	Adapting Content for Mobile and Web Platforms -Assessment Methods in Remote Learning, Best Practices for Content Delivery
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion
<p style="text-align: center;">Day 3 - 18.11.2022 Topic -ChatGPT Resource Person - Mr. Prabakaran, Student Success Mentor, D.I.Y.A., Chennai.</p>	
Session 1 9:30 a.m. - 11:00 a.m.	Overview of ChatGPT and AI-Powered Language Models
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Generating Content with ChatGPT
Session 3 2:00 p.m. - 3:30 p.m.	Limitations of AI in Content Creation, Integration of ChatGPT with Other E-Learning Tools, Future Trends in AI and Education
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion

Day 4 - 19.11.2022 Topic - Artificial Intelligence in E-Content Resource Person - Mr. Sangeeth, Student Success Mentor, D.I.Y.A., Chennai.	
Session 1 9:30 a.m. - 11:00 a.m.	Introduction to Artificial Intelligence in Education - Role of AI in Enhancing E-Content, Basics of Machine Learning for E-Learning
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	AI-Driven Tools for E-Content Development - Benefits of Personalization in E-Learning through AI interactive Demo of AI Tools.
Session 3 2:00 p.m. - 3:30 p.m.	Challenges of Implementing AI in Education - Ethical Issues and Data Privacy in AI Usage, Future of AI in Educational Content Development.
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion
Day 5 -20.11.2022 Topic - Innovative E-content Preparation for Enhanced Educational Experiences Resource Person - Dr. A. Vimal Jerald, Assistant Professor, Department of Computer Science, St. Joseph's College, Trichy.	
Session 1 9:30 a.m. - 11:00 a.m.	Introduction to Innovative E-Content Design - Importance of Creativity in Educational Content, Review of Successful E-Content with examples
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Workshop: Building E-Content with Available Tools
Session 3 2:00 p.m. - 3:30 p.m.	Evaluating the Effectiveness of E-Content Strategies for Continuous Improvement, Future of E-Content and Trends in Education.
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion


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




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



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur – 635126

Report for Five Days Faculty Development Program on “Role of Research Publications and Initiatives in E-content towards academic performance”

Internal Quality Assurance Cell and Research Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Faculty Development Programme on “Role of Research Publications and Initiatives in E-content towards academic performance” between 16th November 2022 and 20th November 2022. 80 Faculty members participated in the FDP.

coherence, and precision in communication, ensuring that participants learn to present their research in a compelling and scholarly manner.



On 17th November 2022 Mr. Anish Motekar, Head – Research and Development, D.I.Y.A, Chennai, presided over the session on “E-Content for Remote Learning”. The session was designed to explore and enhance the use of electronic content in the context of remote education. The session covered various aspects of creating, delivering, and managing digital content to facilitate effective learning experiences in virtual environments. Topics included the development of multimedia materials, online instructional design, strategies for engaging remote learners, and the integration of technology platforms for seamless content delivery.



Prof. Benet Rajadurai, Assistant Professor, Department of Sociology, St. Francis De Sales College, Bagalore, was the resource person on 16th November 2022. He delivered the sessions on “Art of Writing Research Papers”. The session provided the participants with valuable insights and skills essential for crafting high-quality and impactful research papers. The session covered various aspects of the research paper writing process, including choosing a research topic, conducting literature reviews, structuring the paper effectively, and adhering to proper citation and referencing conventions. Emphasis is placed on clarity,

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



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




On 18th November 2022 Mr. Prabakaran, Student Success Mentor, D.I.Y.A, Chennai, presided over the session on "ChatGPT". The session on ChatGPT provided an overview of the capabilities and applications of the ChatGPT model, a state-of-the-art language model developed by OpenAI. Participants in this session learnt about the underlying architecture of ChatGPT, and the model's ability to generate human-like text responses based on the input it receives. The speaker focused on the use cases such as natural language understanding, conversation generation, and various applications in creative writing, content creation, and problem-solving.

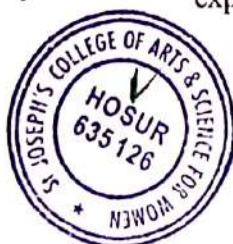
On 19th November 2022 Mr. Sangeeth, Student Success Mentor, D.I.Y.A, Chennai, presided over the session on "Artificial Intelligence in E-Content". The session explored the integration of artificial intelligence (AI) technologies into educational content creation, delivery, and


management. Participants in this session had a chance to delve into how AI can enhance the development of e-content by automating certain tasks, personalizing learning experiences, and providing adaptive solutions to cater to individual learner needs. The AI applications such as natural language processing, machine learning, and data analytics in the context of creating intelligent e-content were also discussed upon.



On 20th November 2022, Dr.A. Vimal Jerald, Assistant Professor, Department of Computer Science, St. Joseph's College, Trichy, was the resource person. He handled the session on "Innovative E-Content Preparation for Enhanced Educational Experiences". The session on "Innovative E-Content Preparation for Enhanced Educational Experiences" focused on exploring cutting-edge strategies and


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




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

techniques for creating digital educational content that went beyond traditional approaches. Participants delved into innovative methods and technologies to elevate the quality and effectiveness of e-content. The session aimed to provide educators, instructional designers, and content creators with insights into how innovation in e-content preparation could lead to more dynamic and impactful learning experiences.



Dr. J. L. Kumar
Signature of the Principal
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
 Hosur - 635 126, Krishnagiri - Dist.

Dr. J. L. Kumar
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
 Hosur - 635 126, Krishnagiri - Dist.

S.NO	NAME OF THE STAFF	16/11/22	17/11/22	18/11/22	19/11/22	20/11/22	FEEDBACK
1	Dr. P. EZHILARASI						
2	Mrs. C. HEMALATHA	P. Ezhil	P. Ezhil	P. Ezhil	P. Ezhil	P. Ezhil	Very informative
3	Mrs. E. KAVITHA	M	M	M	M	M	Nice
4	Mrs. N. KANIMOSHI	E. Kavitha	E. Kavitha	E. Kavitha	E. Kavitha	E. Kavitha	Informative & Inspiring
5	Dr. P. SANGUVATHI	N. Kanimoshi	N. Kanimoshi	N. Kanimoshi	N. Kanimoshi	N. Kanimoshi	Good
6	Dr. GEETHA S	P. Sanguvathi	P. Sanguvathi	P. Sanguvathi	P. Sanguvathi	P. Sanguvathi	Good
7	Dr. K. LAVANYA	G. S	G. S	G. S	G. S	G. S	Informative & Inspiring
8	Dr. L. JENNIFER	K. Lavanya	K. Lavanya	K. Lavanya	K. Lavanya	K. Lavanya	Nice
9	Ms. E. VINODHINI	L. Jennifer	L. Jennifer	L. Jennifer	L. Jennifer	L. Jennifer	Useful & Informative
10	Mrs. L. ANJALIN MARY	E. Vinodhini	E. Vinodhini	E. Vinodhini	E. Vinodhini	E. Vinodhini	It was useful
11	Ms. U. MONISHA	L. Anjalini Mary	L. Anjalini Mary	L. Anjalini Mary	L. Anjalini Mary	L. Anjalini Mary	Very Informative
12	Mrs. V. S. GLADIO SHILPA VINCE	U. Monisha	U. Monisha	U. Monisha	U. Monisha	U. Monisha	Informative
13	Ms. ANCILIN M R	V. S. Gladio Shilpa Vince	V. S. Gladio Shilpa Vince	V. S. Gladio Shilpa Vince	V. S. Gladio Shilpa Vince	V. S. Gladio Shilpa Vince	Informative
14	Mrs. P. VIJAYALAKSHMI	A. Ancilin M R	A. Ancilin M R	A. Ancilin M R	A. Ancilin M R	A. Ancilin M R	It was useful
15	Mrs. JULIA PERSIS S	P. Vijayalakshmi	P. Vijayalakshmi	P. Vijayalakshmi	P. Vijayalakshmi	P. Vijayalakshmi	It was interesting
16	Mrs. P. PRATHIMA SREE	J. Persis S	J. Persis S	J. Persis S	J. Persis S	J. Persis S	It was useful
17	Mrs. S. PRICILLA	P. Prathima Sree	P. Prathima Sree	P. Prathima Sree	P. Prathima Sree	P. Prathima Sree	Nice Session
18	Dr. DHINA SURESH	S. Pricilla	S. Pricilla	S. Pricilla	S. Pricilla	S. Pricilla	It was useful Session
19	SR. AROKIA VALAN RANI	D. Dhina Suresh	D. Dhina Suresh	D. Dhina Suresh	D. Dhina Suresh	D. Dhina Suresh	Excellent Session
20	Mrs. S. I. ANTO RAMYA	S. Arokia Valan Rani	S. Arokia Valan Rani	S. Arokia Valan Rani	S. Arokia Valan Rani	S. Arokia Valan Rani	Good
21	Mrs. S. BOBBY	I. Anto Ramya	I. Anto Ramya	I. Anto Ramya	I. Anto Ramya	I. Anto Ramya	Informative
22	Mrs. G. AMALREDGE	S. Bobby	S. Bobby	S. Bobby	S. Bobby	S. Bobby	Very Nice Session
23	Mrs. G. ASWINI	G. Amalredge	G. Amalredge	G. Amalredge	G. Amalredge	G. Amalredge	Informative Sessions
24	Mrs. P. JAYANTHI	G. Aswini	G. Aswini	G. Aswini	G. Aswini	G. Aswini	It was useful Session
25	Mrs. I. ANUSHA PREM	P. Jayanthi	P. Jayanthi	P. Jayanthi	P. Jayanthi	P. Jayanthi	Very Informative Session
26	Mrs. N. MAGESWARI	I. Anusha Prem	I. Anusha Prem	I. Anusha Prem	I. Anusha Prem	I. Anusha Prem	Very useful & Informative
27	Mrs. M. SUGUNA	N. Mageswari	N. Mageswari	N. Mageswari	N. Mageswari	N. Mageswari	Good
28	Mrs. M. GEETHANJALI	M. Suguna	M. Suguna	M. Suguna	M. Suguna	M. Suguna	Very Informative Session
29	Mrs. M. LOGESWARI	M. Geethanjali	M. Geethanjali	M. Geethanjali	M. Geethanjali	M. Geethanjali	Very Informative
30	Mrs. V. NIRANJANA	M. Logeswari	M. Logeswari	M. Logeswari	M. Logeswari	M. Logeswari	Very useful & interesting
31	Mrs. C. MAGILA	V. Niranjana	V. Niranjana	V. Niranjana	V. Niranjana	V. Niranjana	It was Good



PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

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

	16/11/22	17/11/22	18/11/22	19/11/22	20/11/22	
32 Mrs. C. A. UMA						Session was useful
33 Mrs. C. SUGANTHI						Good
34 Mrs. SARASWATHI D						Informative
35 Mrs. A. MARGRET KANIMOZHI						Informative
36 Ms. S. RABIYA ALEEN						Excellent
37 Ms. P. ANCY MAGDALENE						Good
38 Mrs. K. RAMYA						Informative
39 Mrs. G. Gauvery						Informative
40 Mrs. Jothi						Good
41 Dr. REENA RAJ						Informative
42 Mrs. A. VIYANI JENITA MARY						Great session useful.
43 Mrs. M. PRIYA						Good
44 Mrs. G. RAJESHWARI						Suggestive
45 Mrs. G. BANU PRIYA						Informative session
46 Ms. B. RUHITHA PARWESH						Good
47 Mrs. VADIVU						Good
48 Dr. D. BHUVANA						Very informative
49 Ms. L. MANJULA						Good
50 Mrs. R. S. SHASHIKALA						Good
51 Mrs. B. UMA MAHESWARE						Good
52 Dr. P. MAITHILI						Good
53 Ms. JAYALAKSHMI A S B						Useful sessions
54 Mrs. VASANTHI R						EXCELLENT SESSION
55 Mrs. B. SAMUNDEESWARI						Informative session
56 Mrs. S. ARUNA						Good
57 Mrs. B. K. JALEESHA						Very good.
58 Mrs. T. MAHALAKSHMI						Very useful
59 Mrs. M. MEENAKSHI						THE VERY useful for us
60 Ms. M. SHOBANA PRIYA						Good
61 Mrs. B. DEEPA						Good
62 Mrs. G. J. JEBA SELVI KAVITHA						Very useful
63 Mrs. JOAN PRINCIYA J						Good
64 Dr. THANGA MURUGESWARE V						Informative session
65 Dr. RAJESWARI S						Good



ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

PERMISSION LETTER**Date: 25/07/2022**

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.

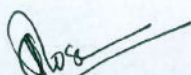
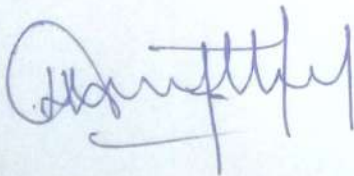
Respected Sister,

Subject: Permission for Faculty Development Program Reg:-


We would like to request your permission to conduct **Faculty Development Program** for Non-Teaching Staff from 01/08/2022 to 05/08/2022. 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
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, 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
NUTRITION FOR ENERGY AND PRODUCTIVITY**

01.08.2022 TO 05.08.2022

TIME: 10:00 AM

Guest of Honor

PRINCIPAL
REV. SR. DR. M. HELEN

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




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

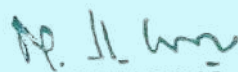
Time table
For
Five-Day Non-Teaching Faculty Development Programme on
“Nutrition for Energy and Productivity”

Academic Year 2022 - 2023


Day 1 - 01.08.2022 Topic - Introduction to Nutrition and Its Importance Resource Person - Mrs. Prailin M.Sc., M.Phil., Assistant Professor, Department of Nutrition and Dietetics, St. Joseph's College of Arts and Science for Women, Hosur	
Session 1 10.00 a.m. - 11:00 a.m.	Basics of Nutrition - importance of Nutrients for Daily Life
11:00 a.m. - 11:30 a.m.	Break to Energy Drink
Session 2 11:30 a.m. - 01:00 p.m.	The Role of Vitamins and Minerals
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Introduction to Balanced Diets - Planning Meals for Optimal Energy
Day 2 – 02.08.2022 Topic - Nutrition for Energy and Work Productivity Resource Person - Mrs. M. Monica M.Sc., NET, Assistant Professor, Department of Nutrition and Dietetics, St. Joseph's College of Arts and Science for Women, Hosur	
Session 1 10.00 a.m. - 11:00 a.m.	Nutritional Strategies for Sustained Energy Foods
11:00 a.m. - 11:30 a.m.	Break to Energy Drink
Session 2 11:30 a.m. - 01:00 p.m.	How to Avoid Sugar Crashes
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Managing Caffeine Intake - Reducing Energy Slumps after Meals
Day 3 – 03.08.2022 Topic - Diet and Lifestyle for Health and Wellness Resource Person - Mrs. M. Semmalar M.Sc., NET, Assistant Professor, Department of Nutrition and Dietetics, St. Joseph's College of Arts and Science for Women, Hosur	
Session 1 10.00 a.m. - 11:00 a.m.	Importance of Fiber and Healthy Fats
11:00 a.m. - 11:30 a.m.	Break to Energy Drink
Session 2 11:30 a.m. - 01:00 p.m.	Importance of Exercise and Balanced Diet
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Healthy Meal Planning for the Week

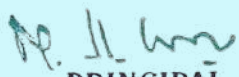

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
 Mookandapalli, Sipcot,
 HOSUR - 635 126, Krishnagiri - Dist.




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

<p align="center">Day 4 - 04.08.2022</p> <p align="center">Topic - Meal Planning and Food Safety</p> <p align="center">Resource Person – Ms. R. Shruthi, M.Sc., Assistant Professor, Department of Nutrition and Dietetics, St. Joseph's College of Arts and Science for Women, Hosur</p>	
Session 1 10.00 a.m. - 11:00 a.m.	How to Create Balanced and Nutritious Meals
11:00 a.m. - 11:30 a.m.	Break to Energy Drink
Session 2 11:30 a.m. - 01:00 p.m.	Food Safety and Hygiene in Meal Preparation
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Workshop: Creating a Weekly Meal Plan
<p align="center">Day 5 -05.08.2022</p> <p align="center">Topic -Practical Tips for Sustaining a Healthy Lifestyle</p> <p align="center">Resource Person - Mrs. Prailin M.Sc., M.Phil., Assistant Professor, Department of Nutrition and Dietetics, St. Joseph's College of Arts and Science for Women, Hosur</p>	
Session 1 10.00 a.m. - 11:00 a.m.	Building a Healthy Relationship with Food
11:00 a.m. - 11:30 a.m.	Break to Energy Drink
Session 2 11:30 a.m. - 01:00 p.m.	Encouraging Family Health and Nutrition
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Open Discussion: Personal Health Journeys - Reflection on Key Learnings of the Programme, Feedback Session and closing Remarks


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


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





ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur – 635126

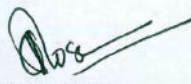
**Report for Five Days Non-Teaching staff Development Program on
“Nutrition for Energy and Productivity”**

Internal Quality Assurance Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Non-Teaching staff faculty Development Programme on “Nutrition for Energy and Productivity” From 1st August 2022 to 5th August 2022. There are 39 Non-Teaching Staff members participated in the Non-Teaching Staff FDP.

Mrs. R. Prailin, an esteemed Assistant Professor in the Department of Nutrition and Dietetics, has authored a compelling report that delves into the intricate relationship between nutrition, energy, and productivity. This comprehensive document serves as a valuable resource for individuals seeking to understand and implement dietary strategies to optimize their overall well-being.



In the introductory section of the report, Mrs. Prailin sets the stage by highlighting the increasing demands of the contemporary world, where time constraints and heightened productivity expectations necessitate a closer examination of factors influencing energy levels. This introduction serves as a foundation for the subsequent exploration of the critical role that nutrition plays in meeting these demands.

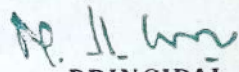

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



The first section of the report focuses on the basics of nutrition and energy, elucidating the fundamental importance of macronutrients and micronutrients in supporting the body's energy production. Mrs. Prailin emphasizes the need for a balanced diet that incorporates all essential nutrients, laying the groundwork for a holistic understanding of dietary choices.

A significant portion of the report is dedicated to the impact of carbohydrates on energy levels. Mrs. Prailin underscores carbohydrates as the primary source of energy for the body and advocates for the consumption of complex carbohydrates over simple sugars. The discussion extends to the glycemic index, with an emphasis on its implications for sustained energy release. Practical recommendations for including whole grains, fruits, and vegetables in the diet further enhance the reader's understanding of carbohydrate-related choices.

Proteins, as discussed in the report, play a crucial role in sustaining energy levels and maintaining muscle health. Mrs. Prailin provides insights into the importance of lean protein sources and


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

explores the role of amino acids in supporting cognitive function. This section not only informs the reader about the significance of protein but also offers practical guidance on incorporating it into a balanced diet.



Micronutrients, often overlooked but crucial for various metabolic processes, are a key focus of the report. Mrs. Prailin explores the role of specific vitamins and minerals, such as B-vitamins, iron, and magnesium, in supporting energy metabolism. The report offers practical dietary recommendations to ensure an adequate intake of these micronutrients, emphasizing their impact on sustained energy levels.



ment
t us

The report takes a closer look at the role of fats in nutrition, dispelling common misconceptions and highlighting the importance of healthy fats. Mrs. Prailin distinguishes between healthy and unhealthy fats, encouraging the consumption of sources like avocados, nuts, and olive oil. The discussion extends to the impact of omega-3 fatty acids on cognitive function, providing a nuanced understanding of the role fats play in overall well-being.



The report concludes with a section on practical tips for implementing a nutrition plan that enhances energy and productivity. Mrs. Prailin provides actionable advice on meal planning, mindful eating, and incorporating healthy snacks into daily routines. This concluding section serves as a guide for individuals looking to translate the theoretical insights gained from the report into tangible, real-world practices.

Handwritten signature in blue ink.

Signature of the Principal



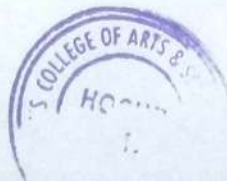
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Moolandapalli, Sipcot,
HOSUR- 635 126, Krishnagiri - Dist.

Handwritten signature in blue ink.
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Moolandapalli, Sipcot,
HOSUR- 635 126, Krishnagiri - Dist.

ATTENDANCE SHEET

S.NO	NAME OF THE STAFF	1/8/2022	2/8/2022	3/8/2022	4/8/2022	5/8/2022
1	Dr. EMILDA	Dr. Emil.	Dr. Emil.	Dr. Emil.	Dr. Emil.	Dr. Emil.
2	Mrs. AMALAPUSHPAM	Amal	Amal	Amal	Amal	Amal
3	Mrs. MARY JANCY RANI	lygo	lygo	lygo	lygo	lygo
4	Mr. N. BALAKRISHNAN	NBAL	NBAL	NBAL	NBAL	NBAL
5	Mrs. S. SUGANTHI	Sgti	Sgti	Sgti	Sgti	a
6	Ms. V. SHRAVANI	a	SIVAR	SIVAR	SIVAR	a
7	Ms. NITHRA	NETHRA	NETHRA	NETHRA	NETHRA	NETHRA
8	Mrs. MARIA BAKILAM ELIAS	MIR	MIR	MIR	MIR	MIR
9	Mrs. J. N. C	SINI	SINI	SINI	SINI	SINI
10	Mrs. H. IDAYA MARY	STUDY	STUDY	STUDY	STUDY	STUDY
11	Mrs. N. CHITHRA	N. Chitra	N. Chitra	N. Chitra	N. Chitra	N. Chitra
12	Mrs. K. GRAMMA	a	a	a	a	a
13	Mrs. S.UTTANMA	SUTTANMA	SUTTANMA	SUTTANMA	SUTTANMA	SUTTANMA
14	Mrs. UNNAMALAI	SUNAMAI	SUNAMAI	SUNAMAI	SUNAMAI	a
15	Mrs. G. AKSHMI	AKSHMI	AKSHMI	AKSHMI	a	AKSHMI
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. S. JIATHI	SUMATHI	SUMATHI	SUMATHI	SUMATHI	SUMATHI

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



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

NO. NAME OF THE STAFF	1/8/2022	2/8/2022	3/8/2022	4/8/2022	5/8/2022
20 Mrs. MAGESHWARI	V. Mageshwari	V. Mageshwari	V. Mageshwari	V. Mageshwari	V. Mageshwari
21 Mrs. KALA	Kala	Kala	a	a	a
22 Mr. A. KAMESH	A. Kamesh	A. Kamesh	A. Kamesh	A. Kamesh	A. Kamesh
23 Mr. SRINIVASAN	Srinivasan	Srinivasan	Srinivasan	Srinivasan	Srinivasan
24 Mr. V. MANJU	V. Manju	V. Manju	V. Manju	V. Manju	V. Manju
25 Mr. JAYARAM	D. Jay	D. Jay	D. Jay	D. Jay	D. Jay
26 Mr. CHENNERAPPA	Chennerappa	Chennerappa	Chennerappa	Chennerappa	Chennerappa
27 Mr. G. CHANDRAPPA	G. Chandra	G. Chandra	G. Chandra	G. Chandra	G. Chandra
28 Mr. RAIRAPPA	R.B	R.B	R.B	R.B	R.B
29 Mr. K. VENKATESH	KV	KV	KV	KV	KV
30 Mr. PRAKASH	Prakash	Prakash	Prakash	Prakash	Prakash
31 Mr. RAJENDRACHARI	M. Raj	M. Raj	M. Raj	M. Raj	M. Raj
32 Mr. SANKUMAR	Sanku	Sanku	Sanku	Sanku	Sanku
33 Mr. SIVAJI RAO	S	S	S	S	S
34 Mr. SIVAPPA	Sivappa	Sivappa	Sivappa	Sivappa	Sivappa
35 Mr. T. MADESAN	T. Mah	T. Mah	T. Mah	T. Mah	T. Mah
36 Mr. MAATHIVANAN	M. Mah	M. Mah	M. Mah	M. Mah	M. Mah
37 Mr. PALANISAMY	Uly	Uly	Uly	Uly	Uly
38 Mrs. R. Jennifer	a	Jenifer	Jenifer	Jenifer	Jenifer
39 Mrs. Anna Mary	Anna Mary	Anna Mary	Anna Mary	Anna Mary	Anna Mary

Principal
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Neeladapalli, Sripot.
HOSUR - 635 126, Krishnagiri - Dist.



Principal
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN

PERMISSION LETTER

Date: 01/09/2021

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 Sister,

Subject: Permission for Faculty Development Program Reg:-

We would like to request your permission to conduct **Faculty Development Program** for Teaching Staff from 03/09/21 to 09/09/21. 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
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



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

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



(Affiliated to periyar university,salem)
Mookandapalli,SIPCOT,Hosur

Organized by
Internal Quality Assurance Cell(IQAC)

**Five-Day Faculty Development Programme
on
"Implementing Active Learning
Strategies In Higher Education"**

03.9.2021 To 09.9.2021
Mode Online (Google meet)

Secretary
Rev.Sr.Nympha

Guest of Honor

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

C. Arockiarani

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

Principal
Rev.Sr.Dr.ArockiaRani



Resource Persons

Day 1- 03.9.2021

"Assessment Strategies for Active Learning"

Dr.D.Shanthi Jeslet M.Sc.,Mphil,Ph.D

Assistant professor

Department of computer science

MGR college ,Hosur

Day 2- 06.9.2021

"Creating Inclusive Classroom"

Dr.Jayshree ,M.SC.,Mphil

Assistant professor

Department of Mathematics

Government Arts college, Hosur

Day 3- 07.9.2021

"online Teaching Best practices"

Mr.Sakthivel,M.C.A.,Mphil

Assistant professor

Department of MCA

Adhiyaman college ,Hosur

Day 4- 08.9.2021

"Technology for Engagement"

Dr.D. Saraswathi,M.Sc.,Mphil,Ph.D

Assistant professor

Department of computer science

PSG college of arts and science coimbatore

Day 5- 09.9.2021

"Tools For Digital Era"

Dr.Nithya A A,M.SC.,Mphil,

Assistant professor

Department of Mathematics

Mercy college palakad



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



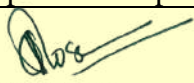
C. Arockiarani
PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.

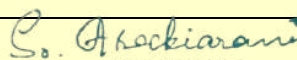
Time table
For
Five-Day Faculty Development Programme on
"Implementing Active Learning Strategies in Higher Education"

Academic Year 2021 - 2022

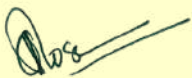
<p style="text-align: center;">Day 1 - 03.09.2021 Topic - Assessment Strategies for Active Learning Resource Person - Dr. D. Shanthy Jeslet, Assistant Professor of Computer Science, M.G.R College, Hosur.</p>	
Session 1 9:30 a.m. - 11:00 a.m.	Introduction to Active Learning and Assessment Techniques
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Developing Effective Assessment Tools
Session 3 2:00 p.m. - 3:30 p.m.	Case Studies and Real-World Applications
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion
<p style="text-align: center;">Day 2 - 06.09.2021 Topic - Creating Inclusive Classroom Resource Person Dr. Jayshree M Assistant Professor of Mathematics, Government Arts College, Hosur</p>	
Session 1 9:30 a.m. - 11:00 a.m.	Understanding Inclusivity in Higher Education
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Strategies for Inclusive Teaching
Session 3 2:00 p.m. - 3:30 p.m.	Tools to Encourage Participation of all Students
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion
<p style="text-align: center;">Day 3 - 07.09.2021 Topic -Online Teaching Best Practices Resource Person - Mr. Sakthivel, Assistant Professor of Computer Science, Adhiyamaan College of Engineering, Hosur</p>	
Session 1 9:30 a.m. - 11:00 a.m.	Essentials of Effective Online Teaching
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Engaging Students in the Virtual Classroom
Session 3 2:00 p.m. - 3:30 p.m.	Assessment and Feedback in Online Learning
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion


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

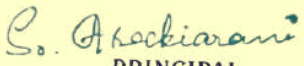



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

Day 4 - 08.09.2021 Topic - Technology for Engagement Resource Person - Dr. D. Saraswathi, Associate Professor, P.S.G College of Technology, Coimbatore.	
Session 1 9:30 a.m. - 11:00 a.m.	Leveraging Technology for Student Engagement
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Interactive Tools for Active Learning
Session 3 2:00 p.m. - 3:30 p.m.	Practical Demo of Engagement Tools
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion
Day 5 – 09.09.2021 Topic - Tools for Digital Era Resource Person - Dr. Nithya A A, Assistant Professor, Department of Mathematics, Mercy College Palakad	
Session 1 9:30 a.m. - 11:00 a.m.	Introduction to Digital Tools in Education
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Hands-On with Digital Learning Tools
Session 3 2:00 p.m. - 3:30 p.m.	Implementation Strategies for Digital Tools
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion and Certificate Distribution


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




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



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur – 635126

Report for Five Days Faculty Development Program on “Implementing Active Learning Strategies in Higher Education”

Internal Quality Assurance Cell and Research Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Faculty Development Programme on “Implementing Active Learning Strategies in Higher Education” from 3/9/2021 to 9/9/2021. 70 Faculty members participated in the FDP.

- Strategies for implementing assessment in active learning included rubric development and technology integration.
- Challenges such as resistance to change and workload management were addressed.
- Case studies highlighted successful implementation and lessons learned.
- Hands-on workshops provided practical guidance on assessment design and feedback provision.
- Assessment of the FDP involved pre- and post-assessments to gauge faculty knowledge and attitudes.
- Resources and support were provided to facilitate ongoing learning and implementation.
- The FDP concluded with encouragement for continued engagement with assessment



Day 1: Dr.D.Santhi Jeslet ,Assistant Professor, Department of Computer Science, M.G.R College,Hosur was the resource person on 3rd September 2021. He delivered the sessions on “Assessment Strategies for active Learning”.

- The FDP focused on equipping faculty with effective assessment techniques for active learning environments.
- It emphasized the importance of aligning assessment strategies with active learning principles.
- Various types of assessment, including formative and summative techniques, were explored.

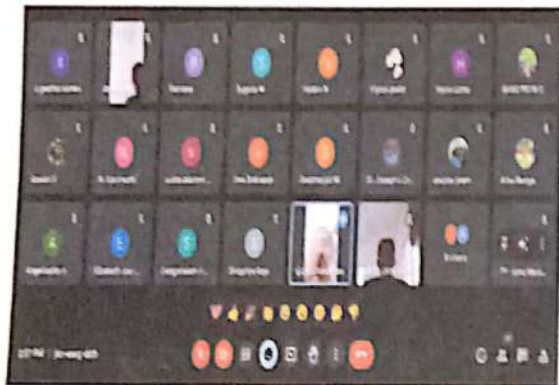
**ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN**
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.

Day2: 06.09.2021 Dr.Jayashree, Assistant Professor,Department of Mathematics,Govt College of Arts and Science,Hosur was the resource person on 6th September 2021. He delivered the sessions on “Creating Inclusive Classroom”.

- The FDP aimed to equip faculty with strategies for fostering inclusivity in the classroom.
- It emphasized the importance of creating a supportive and welcoming learning environment for all students.

C. Arockiarani
PRINCIPAL
**ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN**
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.


- Various techniques for promoting diversity, equity, and inclusion were explored.
- Strategies included implementing diverse course materials and inclusive language.
- Addressing unconscious biases and stereotypes was a key focus of the program.
- Interactive workshops provided practical guidance on inclusive teaching practices.
- The program highlighted the value of fostering respectful dialogue and open communication.
- Assessment methods were examined to ensure fairness and inclusivity for all students.
- Pre- and post-assessments were conducted to measure changes in faculty attitudes and practices.
- The FDP concluded with a call to action for ongoing commitment to inclusive teaching.



Day3:

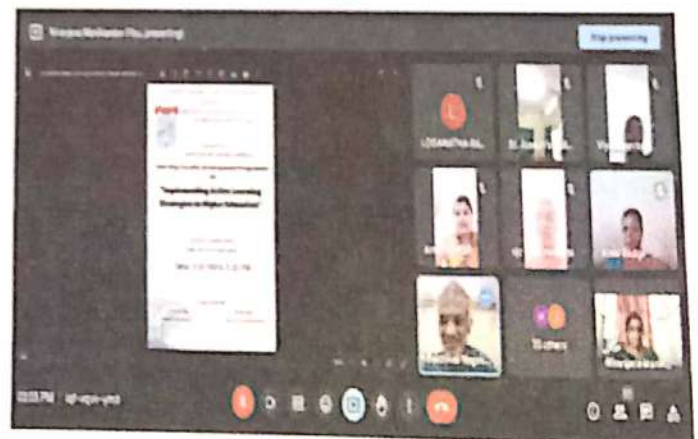
Mr.Sakthivel,M.C.A.,M.Phil,Assistant professor,Department of MCA,Adhiyaman college ,Hosur was the resource person on 7th September 2021. He delivered the sessions on "online Teaching Best practices".

- The FDP aimed to equip faculty with effective strategies for delivering high-quality online instruction.
- Emphasis was placed on creating engaging and interactive learning experiences in virtual environments.


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




- Various best practices for online teaching, including course design and facilitation, were explored.
- Strategies included leveraging multimedia resources, fostering student engagement, and promoting active learning.
- Addressing accessibility and inclusivity in online courses was a key focus of the program.
- Workshops and training sessions provided practical guidance on effective online teaching methodologies.
- The program highlighted the importance of instructor presence and communication in online environments.
- Assessment methods suitable for online learning were examined, ensuring alignment with learning objectives.
- Pre- and post-assessments were conducted to measure faculty competency and confidence in online teaching.
- The FDP concluded with recommendations for ongoing professional development and support in online instruction.

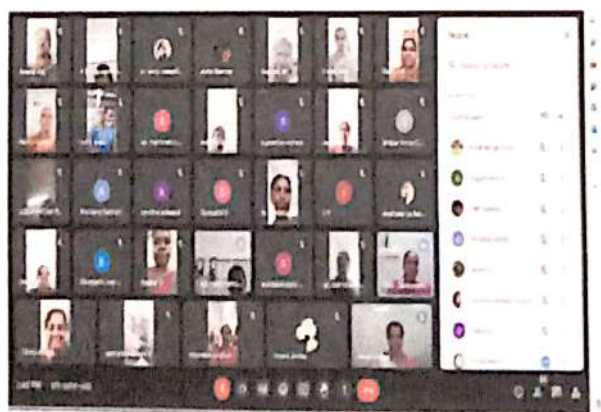



Day 4:

Dr.D.Saraswathi,M.Sc.,Mphil.,Ph.D.Assistant professor,Department of computer science,PSG college of arts and science Coimbatore was the resource person on 8th September 2021. She delivered the sessions on "Technology for Engagement".


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

- The FDP focused on exploring technology tools to enhance student engagement in teaching and learning.
- Emphasis was placed on leveraging technology to create interactive and participatory learning experiences.
- Various technology platforms and applications suitable for fostering engagement were explored.
- Strategies included incorporating multimedia content, interactive polling, and virtual collaboration tools.
- Addressing accessibility and inclusivity in technology integration was a key consideration of the program.
- Workshops and demonstrations provided hands-on experience with innovative technology tools.
- The program highlighted the importance of pedagogical alignment when selecting and using technology for engagement.
- Assessment methods suitable for technology-enhanced learning environments were discussed, ensuring meaningful evaluation of engagement.
- Pre- and post-assessments were conducted to gauge faculty proficiency and confidence in using technology for engagement.
- The FDP concluded with recommendations for ongoing exploration and integration of technology to foster engagement in teaching and learning.





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

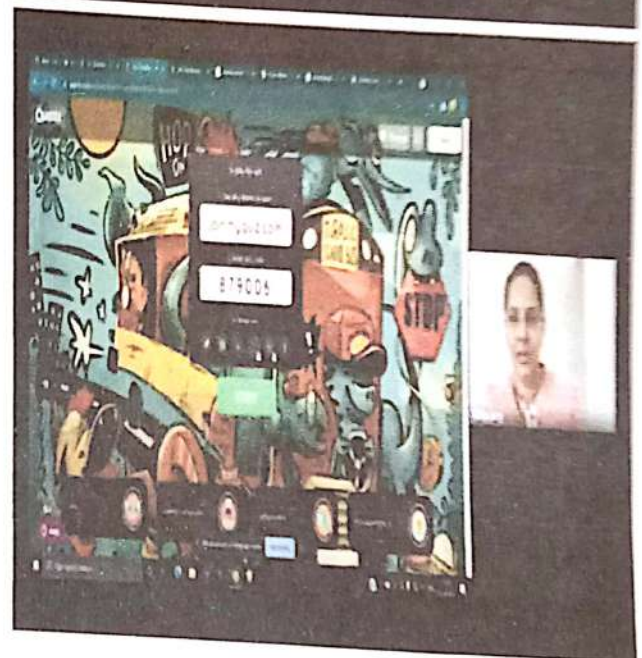
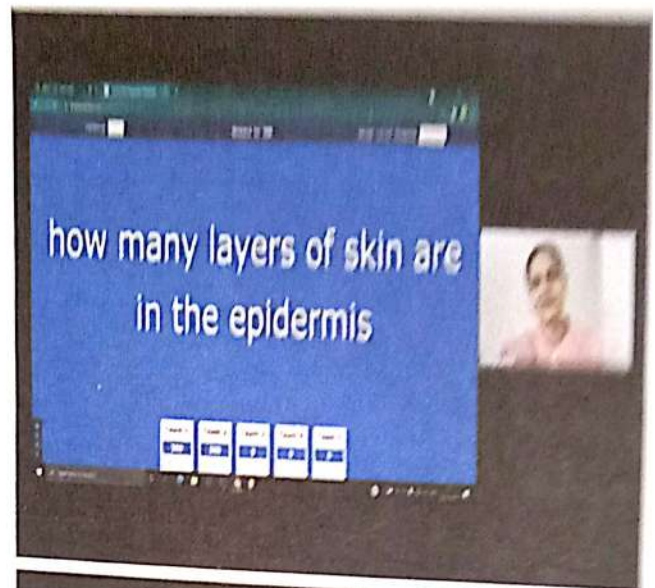
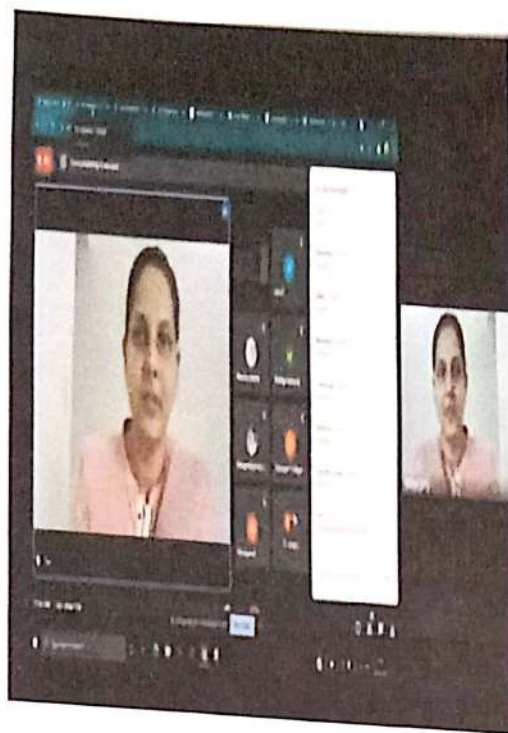


Day 5:

Dr.A.Nithya, Assistant professor, Department of Mathematics, Mercy college palakad was the resource person on 9th September 2021. She delivered the sessions on "Tools For Digital Era"

- The FDP focused on equipping faculty with digital tools essential for modern teaching.
- Various tools were explored, including multimedia creation platforms, collaboration software, and educational apps.
- Emphasis was placed on selecting tools aligned with pedagogical objectives.
- Practical workshops provided hands-on experience with digital tools.
- Faculty were trained to integrate digital tools to enhance student engagement and learning outcomes.
- Assessment methods were discussed to measure the effectiveness of tool integration.
- Pre- and post-assessments gauged faculty proficiency and confidence in using digital tools.
- The program highlighted the significance of ongoing support and resources for faculty.
- Case studies showcased successful implementation of digital tools in teaching.
- The FDP concluded with a call for continued exploration and integration of digital tools in educational practices.



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




PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
 Mookandapalli, Sincot,
 HOSUR - 635 126, Krishnagiri - Dist:

SIGNATURE OF THE PRINCIPAL:




PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
 Mookandapalli, Sincot,
 HOSUR - 635 126, Krishnagiri - Dist



Timestamp	Email Address	NAME	COLLEGE / INSTITUTE NAME	Mail ID	Whatsapp number	Day 1- 03.9.2021 "Assessment Strategies for Active Learning" How satisfied were you with the topics covered on Day 1?	Day 2- 06.9.2021 "Creating Inclusive Classroom" How satisfied were you with the topics covered on Day 2?	Day 3- 07.9.2021 "online Teaching Best practices" How satisfied were you with the topics covered on Day 3?	Day 4- 08.9.2021 "Technology for Engagement" How satisfied were you with the topics covered on Day 4?	Day 5- 09.9.2021 "Tools For Digital Era" How satisfied were you with the topics covered on Day 5?	Did you encounter any technical difficulties during the sessions?	Any final comments or suggestions for future FDPs?
9/9/2021 19:26	dhivameena@gmail.com	Meenakshi M	St. Joseph's college of arts and science for women Hosur	dhivameena@gmail.com	9.94E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	Nothing
9/9/2021 19:33	dhivameena@gmail.com	Meenakshi M	St. Joseph's college of arts and science for women Hosur	dhivameena@gmail.com	9.94E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	Nothing
9/9/2021 19:38	jenivkarthick@gmail.com	JALEESH A.B.K	St. Joseph's College of Arts and Science for Women, Hosur	jenivkarthick@gmail.com	9.49E+09	Good	Good	Highly Satisfied	Good	Good	No	Expecting r

S. A. Lakshman
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.

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

9/9/2021 19:43	reshmam ythili@gmail.com	Dr. P. Maithili	st.joseph's college of Arts and science for women	reshmam ythili@gmail.com	8.78E+09	Highly Satisfied	Good	Highly Satisfied	Highly Satisfied	Good	No	Excellent
9/9/2021 19:43	g.amalred ge@gmail.com	G. AMALRED GE	St. Joseph's College of Arts and Science for Women	g.amalred ge@gmail.com	9.89E+09	Highly Satisfied	Good	Highly Satisfied	Good	Good	No	Very informative sessions
9/9/2021 19:44	sugunane t369@gmail.com	Suguna M	St. Joseph's College of arts and science for women, Hosur.	sugunane t369@gmail.com	7.56E+09	Highly Satisfied	Good	Highly Satisfied	Highly Satisfied	Good	No	Very Informative. Ready to attend future FDPs
9/9/2021 19:45	antoramy a1@gmail.com	Anto Ramya. S.	St. Joseph's College of Arts and Science for Women, Hosur	antoramy a1@gmail.com	9.79E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Good	Highly Satisfied	No	No
9/9/2021 19:45	angelbob by2@gmail.com	S. Bobby	St. Joseph's College of Arts and Science for Women, Hosur	angelbob y2@gmail.com	9.63E+09	Good	Good	Good	Good	Highly Satisfied	No	Informative Session



S. A. Kulkarni
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

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

9/9/2021 19:49	ponbanu@gmail.com	G. Banupriya	St. Joseph's College of Arts and Science for Women Hosur	ponbanu@gmail.com	9.99E+09	Good	Highly Satisfied	Good	Good	No	N/A
9/9/2021 17:52:59 PM	niranjan@gmail.com	Mrs. V. Niranjana	St. Joseph's College of Arts and Science for Women, Hosur	niranjan@gmail.com	9.95E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Audio disconnected for a few minutes	Overall the FDP was well organised and it was useful.
9/9/2021 19:56	ruhithaparewez@gmail.com	B. Ruhitha Parwesh	St. Joseph's College of Arts and Science for Women, Hosur	ruhithaparewez@gmail.com	8.1E+09	Good	Good	Good	Good	No	To be more interactive
9/9/2021 20:31	balamozhi1999@gmail.com	Mrs. Kanimozhi N	St. Joseph's college of arts and science for women, Hosur	balamozhi1999@gmail.com	9.79E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	Yes
9/9/2021 20:35	vijiponnusamy1984@gmail.com	P. Vijayalakshmi	St. Joseph's college of Arts and Science for Women	Vijiponnusamy1984@gmail.com	8.93E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	





9/9/2021 20:47	sanguvat hi1986@ gmail.co m	Dr.P.Sang uvathi	St.Joseph' s college of arts &science for women, Ho sur.	sanguvathi 1986@gm ail.com	9.72E+09	Good	Good	Highly Satisfied	Average	Not Bad	No	Nothing
9/9/2021 21:00	suganthi ankaran7 7@gmail. com	Mrs. C. Suganthi	St. Joseph's College of Arts and Science for Women, Hosur	Suganthi ankaran77 @gmail.co m	7.71E+09	Highly Satisfied	Good	Highly Satisfied	Good	Highly Satisfied	No	It was good
9/9/2021 21:01	persis.juli a@gmail. com	Julia Persis.S	St.Joseph' s College of Arts and Science for Women, Hosur	persis.julia @gmail.co m	9.99E+09	Good	Good	Good	Good	Good	No	Nil
9/9/2021 21:04	logeswari ampt@g mail.com	LOGESW ARI M	St.Joseph' s College of Arts and Science for Women, H osur.	logeswaria mpt@gma il.com	9.75E+09	Good	Good	Highly Satisfied	Good	Good	No	No
9/9/2021 21:08	umasrilok esh88@g mail.com	C A UMA	St.Joseph' s college of arts and science for women	umasrilok esh88@g mail.com	8.25E+09	Highly Satisfied	Good	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	No



S. A. Kishan
PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

9/9/2021 21:14	sivapriya T SIVAPRIYA A aja85@gmail.com	St. Joseph's college of arts and science for women, Hosur	sivapriya ja85@gmail.com	9.79E+09	Highly Satisfied	Good	Highly Satisfied	Highly Satisfied	Good	Highly Satisfied	Highly Satisfied	Good	Noting	Recommended
9/9/2021 9:18:006 PM	reachmm T MAHALAKSHMI family@gmail.com	St. Joseph's college of arts and science for women, Hosur	reachmm family@gmail.com	9.97E+09	Highly Satisfied	Highly Satisfied	Good	Good	Good	Good	Good	Good	No	Good
9/9/2021 21:20	jenni.lourd du@gmail.com	St. Joseph's College of Arts and Science for Women, Hosur	jenni.lourd u@gmail.com	9.1E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Nil	Nil
9/9/2021 21:31	anjalin09 10@gmail.com	St. Joseph's college of Arts and Science for Women	anjalin091 0@gmail.com	9.79E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	Good
9/9/2021 21:40	geethanja lim26@gmail.com	St. Joseph's College of Arts and Science for Women, Hosur.	geethanjali m26@gmail.com	9.72E+09	Good	Good	Highly Satisfied	Highly Satisfied	Good	Highly Satisfied	Good	Average	No	Very information



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

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

9/9/2021 21:48	s.v.ishwar yachem @gmail.c om	S. V. Ishwarya	St. Joseph's College of Arts and Science for Women	s. v. Ishwaryac hem@gm ail.com	9.79E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	Good
9/9/2021 21:49	kmpriya. mani@g mail.com	M. Priya	St. Joseph's college of arts and science for. Women	kmpriya.m ani@gmail .com	9.38E+09	Highly Satisfied	Good	Highly Satisfied	Good	No	-
9/9/2021 21:50	ianushapr em@gma il.com	Anusha Prem l	St. Joseph's college of Arts and Science for Women, Hosur	ianushapr em@gmail .com	9.05E+09	Highly Satisfied	Good	Highly Satisfied	Good	No	Informative
9/9/2021 21:51	aswini083 @gmail.c om	G. Aswini	St. Joseph's College of arts and science for women Hosur	aswini083 @gmail.co m	7.37E+09	Good	Average	Good	Good	No issues	Nice
9/9/2021 21:53	jayanthi7 9p@gmai l.com	Jayanthi P	St. Joseph college of arts and science for women	jayanthi79 p@gmail.c om	9.41E+09	Highly Satisfied	Highly Satisfied	Highly Satisfied	Highly Satisfied	No	Useful


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



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

PRINCIPAL
 ST. JOSEPH'S COLLEGE OF ARTS
 & SCIENCE FOR WOMEN
 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,

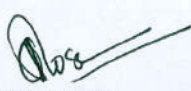
S. Arockiarani

PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN

Mookandapalli, Sipcot,

HOSUR - 635 126, Krishnagiri - Dist.


PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, 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

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



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

Time table
For
Five-Day Non-Teaching Faculty Development Programme on
Mindful Faculty Empowerment

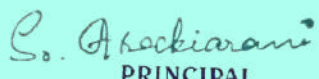
Academic Year 2021 – 2022

Resource Person - Mrs. M. Bhuvaneswari M.A(Yoga), M.Sc., M.Phil.,
Trainer in Arivuthirukovil- Manavalakai Mandram,
Hosur.


Day 1 - 13.09.2021	
Topic -Introduction to Mindfulness and Yoga Basics	
Session 1 10.00 a.m. - 11:00 a.m.	Overview of Mindfulness and its Benefits
11:00 a.m. - 11:30 a.m.	Healthy Drink Break
Session 2 11:30 a.m. - 01:00 p.m.	Introduction to Basic Yoga Practices
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Techniques to Meditation and Relaxation
Day 2 – 14.09.2021	
Topic - Building Resilience and Stress Management through Yoga	
Session 1 10.00 a.m. - 11:00 a.m.	Understanding Stress and Resilience
11:00 a.m. - 11:30 a.m.	Healthy Drink Break
Session 2 11:30 a.m. - 01:00 p.m.	Yoga Poses for Reducing Stress
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Breathing Techniques for Calming the Mind
Day 3 – 15.09.2021	
Topic - Enhancing Focus and Concentration	
Session 1 10.00 a.m. - 11:00 a.m.	Techniques to Improve Focus
11:00 a.m. - 11:30 a.m.	Healthy Drink Break
Session 2 11:30 a.m. - 01:00 p.m.	Concentration Exercises in Yoga
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Meditation to Improve Concentration


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

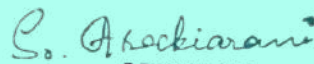



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri- Dist.

Day 4 - 16.09.2021 Topic - Physical Wellness through Yoga	
Session 1 10.00 a.m. - 11:00 a.m.	Introduction to Physical Wellness
11:00 a.m. - 11:30 a.m.	Healthy Drink Break
Session 2 11:30 a.m. - 01:00 p.m.	Yoga Postures for Physical Health
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Practical Yoga for Workplace Wellness
Day 5 -17.09.2021 Topic - Mindfulness in Daily Life and Program Conclusion	
Session 1 10.00 a.m. - 11:00 a.m.	Integrating Mindfulness into Daily Activities
11:00 a.m. - 11:30 a.m.	Healthy Drink Break
Session 2 11:30 a.m. - 01:00 p.m.	Mindful Communication and Interaction
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Review of Practices and Interaction with the Instructor


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




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



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126

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.

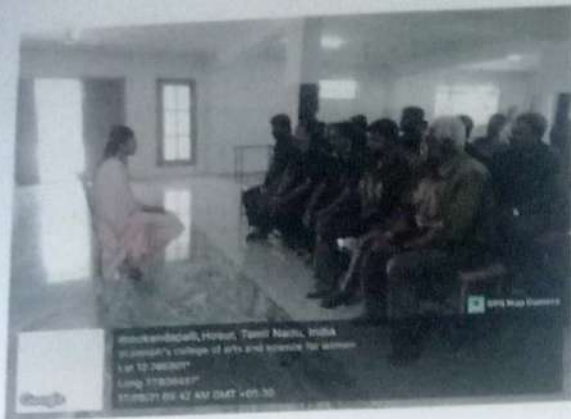
S. Arackiarani
PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.

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



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

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


[Signature]

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

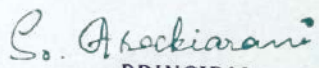


ATTENDANCE SHEET

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. Balakrishnan	N. Balakrishnan	N. Balakrishnan	N. Balakrishnan	N. Balakrishnan
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 Mary	Irudaya Mary	Irudaya Mary	Irudaya Mary	Irudaya Mary
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


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




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

NO	NAME OF THE STAFF	13/9/2021	14/9/2021	15/9/2021	16/9/2021	17/9/2021
23	Mr. A. RAMESH	<i>A. Ramesh</i>	<i>A. Ramesh</i>	<i>A. Ramesh</i>	<i>A. Ramesh</i>	<i>A. Ramesh</i>
24	Mr. SRINIVASAN	<i>S. Ramesh</i>	<i>S. Ramesh</i>	<i>S. Ramesh</i>	<i>S. Ramesh</i>	<i>S. Ramesh</i>
25	Mr. V. MANJU	<i>V. Manju</i>	<i>V. Manju</i>	<i>V. Manju</i>	<i>V. Manju</i>	<i>V. Manju</i>
26	Mr. BALU	<i>B. Balu</i>	<i>B. Balu</i>	<i>B. Balu</i>	<i>B. Balu</i>	<i>B. Balu</i>
27	Mr. CHENNERAPPA	<i>Chennerappa</i>	<i>Chennerappa</i>	<i>Chennerappa</i>	<i>Chennerappa</i>	<i>Chennerappa</i>
28	Mr. G. CHANDRAPPA	<i>G. Chandra</i>	<i>G. Chandra</i>	<i>G. Chandra</i>	<i>G. Chandra</i>	<i>G. Chandra</i>
29	Mr. BAIRAPPA	<i>R. Bai</i>	<i>R. Bai</i>	<i>R. Bai</i>	<i>R. Bai</i>	<i>R. Bai</i>
30	Mr. K. VENKATESH	<i>K. V</i>	<i>K. V</i>	<i>K. V</i>	<i>K. V</i>	<i>K. V</i>
31	Mr. PRAKASH	<i>P. Prakash</i>	<i>P. Prakash</i>	<i>P. Prakash</i>	<i>P. Prakash</i>	<i>P. Prakash</i>
32	Mr. RAJENDRACHARI	<i>M. Raj</i>	<i>M. Raj</i>	<i>M. Raj</i>	<i>M. Raj</i>	<i>M. Raj</i>
33	Mr. SIVAJI RAO	<i>S. S</i>	<i>S. S</i>	<i>S. S</i>	<i>S. S</i>	<i>S. S</i>
34	Mr. T. MADESAN	<i>T. Madan</i>	<i>T. Madan</i>	<i>T. Madan</i>	<i>T. Madan</i>	<i>T. Madan</i>
35	Mr. MATHIVANAN	<i>M. Mathi</i>	<i>M. Mathi</i>	<i>M. Mathi</i>	<i>M. Mathi</i>	<i>M. Mathi</i>
36	Mr. PALANISAMY	<i>P. Palani</i>	<i>P. Palani</i>	<i>P. Palani</i>	<i>P. Palani</i>	<i>P. Palani</i>
37	Mrs. BHAGAVATHI	<i>B. Bhagavathi</i>	<i>B. Bhagavathi</i>	<i>B. Bhagavathi</i>	<i>B. Bhagavathi</i>	<i>B. Bhagavathi</i>
38	MRS. SARASWATHY	<i>S. A</i>	<i>S. A</i>	<i>S. A</i>	<i>S. A</i>	<i>S. A</i>

[Signature]
PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Meekandapalli, Sipcet,
HOSUR - 635 126, Krishnagiri - Dist.

[Signature]
PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Meekandapalli, Sipcet,
HOSUR - 635 126, Krishnagiri - Dist.





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

2020 - 2021 (TEACHING FACULTY)

S.No	Year	Name of the Faculty	Designation	Title of the FDP	Date	Name of the Organizer
1	2020-2021	Mrs T. Mahalakshmi	Assistant Professor	FDP- Recent Trends in Applied Mathematics	02-06-2020 to 06-06-2020	SNS COLLEGE OF TECHNOLOGY, Coimbatore
2	2020-2021	Geethanjali	Assistant Professor	FDP-Python Programming	05-06-2020 to 11-06-2020	Government College for Women, Kolar
3	2020-2021	I.Anusha Prem	Assistant Professor	FDP-Moodle Learning Management System	02-06-2020 to 06-06-2020	Government Arts College for women, Salem
4	2020-2021	G.AmalRedge	Assistant Professor	FDP-Python Programming	05-06-2020 to 11-06-2020	Government College for Women, Kolar
5	2020-2021	S. I. Anto Ramya	Assistant Professor	FDP-Python Programming	05-06-2020 to 11-06-2020	Government College for Women, Kolar
				FDP-Moodle Learning Management System	02-06-2020 to 06-06-2020	Government Arts College for women, Salem
6	2020-2021	S.Bobby	Assistant Professor	FDP-Python Programming	05-06-2020 to 11-06-2020	Government College for Women, Kolar
7	2020-2021	Logeswari	Assistant Professor	FDP-Moodle Learning Management System	02-06-2020 to 06-06-2020	Government College for Women, Kolar
				FDP-Python Programming	05-06-2020 to 11-06-2020	Government Arts College for women, Salem
8	2020-2021	Niranjana	Assistant Professor	FDP-Moodle Learning Management System	02-06-2020 to 06-06-2020	National Mission on Teachers and Teaching ,IIT, Bombay
9	2020-2021	M.Suguna	Assistant Professor	FDP-Python Programming	05-06-2020 to 11-06-2020	Government College for Women, Kolar
				FDP- Multimedia and Drawing	03-06-2020 to 16-06-2020	Government First Grade College, Harihara, Karnataka
				FDP-Moodle Learning Management System	02-06-2020 to 06-06-2020	Government Arts College for women, Salem
10	2020-2021	Mrs.B.K.Jaleesha	Assistant Professor	Evolving Best Teaching and Learning Practices in the Pandemic Era 2020	15-06-2020 to 21-06-2021	Auxilium College ,Vellore



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

11	2020-2021	Dr. REENA RAJ	Assistant Professor and Head	National Education Policy: 2020 and Higher Education in India	24-05-2021 to 29-05-2021	Dr.N.S.A.M. First Grade College, Bengaluru
----	-----------	---------------	------------------------------	---	--------------------------	--

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

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



PERMISSION LETTER

Date: 05/06/2019

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 Sister,

Subject: Permission for Faculty Development Program Reg:-

We would like to request your permission to conduct **Faculty Development Program** for Teaching Staff from 10/06/2019 to 14/06/2019. So, kindly grant us permission and take necessary assistance to arrange program successfully in our college.

Thank you,

Yours sincerely,



S. Arockiarani
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.


PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, 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 Faculty Development Programme
on
**ENHANCING TEACHING EXCELLENCE AND
INNOVATION**

10.06.2019 - 14.06.2019

Guest of Honor

PRINCIPAL
REV. SR. DR. AROCKIA RANI

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




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

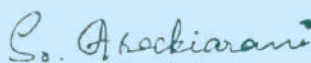
Time table
For
Five-Day Faculty Development Programme on
"Enhancing Teaching Excellence and Innovation"

Academic Year 2019 - 2020


Day 1 - 10-06-2019 Topic - Introduction to Teaching Excellence and Innovation Resource Person – Mr. Yesuraja Arockiasamy, Support Manager, Bosco Soft Technologies Pvt Ltd. Yelagiri, Tirupattur	
Session 1 9:30 a.m. - 11:00 a.m.	The Future of Teaching and Learning
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Understanding Teaching Excellence: Best Practices
Session 3 2:00 p.m. - 3:30 p.m.	Workshop: Identifying and Setting Learning Objectives
Session 4 3:30 p.m. - 4:00 p.m.	Group Activity: Case Studies on Effective Teaching Strategies
Day 2 - 11-06-2019 Topic - Innovative Teaching Methods Resource Person - Mr. Yesuraja Arockiasamy, Support Manager, Bosco Soft Technologies Pvt Ltd. Yelagiri, Tirupattur	
Session 1 9:30 a.m. - 11:00 a.m.	Leveraging Technology for Teaching Innovation
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Workshop: Interactive Learning Tools and Techniques
Session 3 2:00 p.m. - 3:30 p.m.	Hands-on Activity: Implementing Flipped Classroom Models
Session 4 3:30 p.m. - 4:00 p.m.	Panel Discussion: Challenges and Solutions in Digital Learning
Day 3 - 12-06-2019 Topic -Student Engagement and Motivation Resource Person - Mr. Yesuraja Arockiasamy, Support Manager, Bosco Soft Technologies Pvt Ltd. Yelagiri, Tirupattur	
Session 1 9:30 a.m. - 11:00 a.m.	Understanding Student Psychology and Learning Styles
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Workshop: Techniques for Increasing Student Engagement
Session 3 2:00 p.m. - 3:30 p.m.	Role-Play: Managing Dynamic Classrooms
Session 4 3:30 p.m. - 4:00 p.m.	Group Discussion: Best Practices for Motivating Students


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

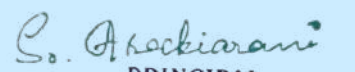



PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
 Mookandapalli, Sipcot,
 HOSUR - 635 126, Krishnagiri - Dist.

Day 4 - 13-06-2019 Topic - Assessment and Feedback Resource Person – Mr. C. Murali Development Officer, Hosur	
Session 1 9:30 a.m. - 11:00 a.m.	Designing Effective Assessments
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Workshop: Creating Rubrics for Fair and Transparent Evaluation
Session 3 2:00 p.m. - 3:30 p.m.	Hands-on Activity: Peer Review and Feedback Mechanisms
Session 4 3:30 p.m. - 4:00 p.m.	Group Activity: Developing an Assessment Strategy
Day 5 - 14-06-2019 Topic - Curriculum Development and Programme Evaluation Resource Person - Mr. C. Murali Development Officer, Hosur	
Session 1 9:30 a.m. - 11:00 a.m.	Curriculum Design for the 21st Century
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Workshop: Integrating Innovation into Curriculum
Session 3 2:00 p.m. - 3:30 p.m.	Case Study: Evaluating the Impact of Teaching Innovations
Session 4 3:30 p.m. - 4:00 p.m.	Closing Remarks and Certificate Distribution


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




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



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

(Affiliated to Periyar University, Salem)

Mookandapalli, Sipcot, Hosur – 635126

Report for Five Days Teaching staff Development Program on
“Enhancing Teaching Excellence and Innovation”

Internal Quality Assurance Cell and Research Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Teaching staff faculty Development Programme on “Enhancing Teaching Excellence and Innovation” From 10th June 2019 to 14th June 2019.

The resource persons were Mr. Yesuraja Arockiasamy , Product Support Manager , Bosco Soft Technologies Pvt Ltd , Yelagiri Hills, Tirupattur and Mr. Imran , Support Executive, Bosco Soft Technologies Pvt Ltd, Yelagiri Hills, Tirupattur.

High-grade introductions are critical in academic settings, setting the tone for fruitful engagement. The Faculty Development Program (FDP), emphasized on crafting compelling introductions enhances educators' abilities to captivate learners. It involved strategies like hooking the audience, providing context, stating objectives, and establishing credibility. High-grade introductions foster engagement, stimulate curiosity, and convey the educator's expertise. By structuring introductions effectively, educators can create an inclusive learning environment conducive to knowledge acquisition and retention. Through the program, educators refined their introduction skills, ensuring they initiate sessions with impact, ultimately enhancing the overall educational experience.

The trainer focused on equipping educators with the necessary skills and strategies to effectively integrate technology into their teaching practices. The programs emphasized the utilization of various digital tools, resources, and platforms to enhance learning experiences, engage students, and promote active participation. Through hands-on training, educators learnt how to leverage technology to deliver dynamic and interactive lessons, cater to diverse learning styles, and facilitate collaborative learning environments. The trainer also addressed the importance of digital literacy, responsible use of technology, and staying abreast of emerging trends to ensure educators remain effective and adaptable in an increasingly digital-driven educational landscape.

Training on smart board handling are indispensable for educators to optimize teaching methodologies in today's digital age. The session focused on leveraging smart board technology to enhance classroom engagement and instructional effectiveness. Participants learnt practical skills such as operating

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



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



the smart board interface, integrating multimedia content, and utilizing interactive features to enrich learning experiences.


On the subsequent days the event was headed by Mr. C. Murali, Development Officer, Jeevan Jyothi, Hosur.

The trainer emphasized the importance of effective lesson planning tailored to smart board usage, ensuring alignment with learning objectives and student needs. Educators explored various instructional techniques, including interactive presentations, real-time annotations, and collaborative activities, to foster active participation and knowledge retention among students.


The trainer highlighted strategies for troubleshooting common technical issues and maximizing the functionalities of smart boards. Educators were encouraged to experiment with different tools and applications to customize learning experiences and cater to diverse learning styles.

Through hands-on training and peer collaboration, educators gained confidence in utilizing smart boards as versatile teaching aids, facilitating dynamic and engaging classroom interactions. The program empowered educators to harness the full potential of technology in education, creating stimulating learning environments that foster student-centered learning and academic excellence.




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




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



S. Arockiarani

SIGNATURE OF PRINCIPAL:

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, SIPCOT,
HOSUR - 635 126, Krishnagiri - Dist.



[Signature]
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, SIPCOT,
HOSUR - 635 126, Krishnagiri - Dist.

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

Five-Days FDP-Teaching and Learning Techniques

S.NO	NAME OF THE STAFF	10.06.2019	11.06.2019	12.06.2019	13.06.2019	14.06.2019	FEEDBACK
1	Mrs. Dr. P. EZHILARASI	P. Ezhil	P. Ezhil	P. Ezhil	P. Ezhil	P. Ezhil	excellent
2	Mrs. C. HEMALATHA	H	H	H	H	H	Nice
3	Mrs. E. KAVITHA	E. Kavitha	E. Kavitha	E. Kavitha	E. Kavitha	E. Kavitha	Good
4	Mrs. N. KANIMOZHI	N. Kanimozhi	N. Kanimozhi	N. Kanimozhi	N. Kanimozhi	N. Kanimozhi	very useful session
5	Mrs. Dr. P. SANGUVATHI	P. Sanguvathi	P. Sanguvathi	P. Sanguvathi	P. Sanguvathi	P. Sanguvathi	useful
6	Dr. K. LAVANYA	K	A	A	K	K	Good
7	Ms. R. SOMIYAJAYARANJINI	R. Somi	R. Somi	R. Somi	R. Somi	R. Somi	Nice
8	Ms. E. VINODHINI	E. Vinodhini	E. Vinodhini	E. Vinodhini	E. Vinodhini	E. Vinodhini	Good
9	Ms. R. NITHYA RATHNA	R. Nithya	R. Nithya	R. Nithya	R. Nithya	R. Nithya	useful
10	Mrs. L. ANJALIN MARY	L. Anjalin	L. Anjalin	L. Anjalin	L. Anjalin	L. Anjalin	Excellent
11	Mrs. V.S. GLADIO SHILPA VINCE	V. Shilpa	V. Shilpa	V. Shilpa	V. Shilpa	V. Shilpa	USEFUL
12	Ms. U. MONISHA	U. Monisha	U. Monisha	U. Monisha	U. Monisha	U. Monisha	Good.
13	Ms. G. NITHYA	G. Nithya	G. Nithya	G. Nithya	G. Nithya	G. Nithya	Good.
14	Ms. M.K. NANDHINI	M. Nandhini	M. Nandhini	M. Nandhini	M. Nandhini	M. Nandhini	Good.
15	Mrs. R. DHIVYA	R. Dhivya	R. Dhivya	R. Dhivya	R. Dhivya	R. Dhivya	Useful
16	Mrs. Dr. DHINA SURESH	D. Suresh	D. Suresh	D. Suresh	D. Suresh	D. Suresh	Good.
17	SR. SAGAYA MARY	S. Sagaya	S. Sagaya	S. Sagaya	S. Sagaya	S. Sagaya	Nice
18	SR. AROCKIA VALAN RANI	A. Valan	A. Valan	A. Valan	A. Valan	A. Valan	useful
19	Mrs. S. LANTO RAMYA	S. Ramya	S. Ramya	A	S. Ramya	S. Ramya	Informative
20	Mrs. S. BOBBY	S. Bobby	S. Bobby	S. Bobby	S. Bobby	S. Bobby	Nice
21	Mrs. S. ZINDHU	S. Zindhu	S. Zindhu	S. Zindhu	S. Zindhu	S. Zindhu	Good
22	Mrs. G. AMALREDGE	G. Amal	G. Amal	G. Amal	G. Amal	G. Amal	Good
23	Mrs. G. ASWINI	G. Aswini	G. Aswini	G. Aswini	G. Aswini	G. Aswini	Good

S.NO	NAME OF THE STAFF	10.06.2019	11.06.2019	12.06.2019	13.06.2019	14.06.2019	FEEDBACK
24	Mrs. P.JAYANTHI	<i>P</i>	<i>P</i>	<i>P</i>	<i>P</i>	<i>P</i>	Excellent
25	Mrs. I. ANUSHA PREM	<i>Ans</i>	<i>Ans</i>	<i>Ans</i>	<i>Ans</i>	<i>Ans</i>	Good
26	Mrs. N. MAGESWARI	<i>Mage</i>	<i>Mage</i>	<i>Mage</i>	<i>Mage</i>	<i>Mage</i>	Nice
27	Mrs. M GEETHANJALI	<i>M. Geth</i>	<i>M. Geth</i>	<i>M. Geth</i>	<i>M. Geth</i>	<i>M. Geth</i>	Very useful information
28	Mrs. P. RUBAVATHY	<i>Ruba</i>	<i>Ruba</i>	<i>Ruba</i>	<i>Ruba</i>	<i>Ruba</i>	Excellent Session.
29	Mrs. M. LOGESWARI	<i>Loge</i>	<i>Loge</i>	<i>Loge</i>	<i>Loge</i>	<i>Loge</i>	Good
30	Mrs. C. MAGILA	<i>C. Magi</i>	<i>C. Magi</i>	<i>C. Magi</i>	<i>C. Magi</i>	<i>C. Magi</i>	Good
31	Mrs. C. SUGANTHI	<i>C. Syth</i>	<i>C. Syth</i>	<i>C. Syth</i>	<i>C. Syth</i>	<i>C. Syth</i>	Excellent
32	Mrs. MEENAKSHI KARUNANITHI	<i>Meen</i>	<i>Meen</i>	<i>Meen</i>	<i>Meen</i>	<i>Meen</i>	Good
33	Mrs. A. MARGRET KANIMOZHI	<i>A</i>	<i>A</i>	<i>A</i>	<i>A</i>	<i>A</i>	Fine
34	Ms. S. RABIYA ALEEN	<i>Rabi</i>	<i>Rabi</i>	<i>Rabi</i>	<i>Rabi</i>	<i>Rabi</i>	Good
35	Ms. P. JANCY MAGDALENE	<i>Jm</i>	<i>A</i>	<i>Jm</i>	<i>Jm</i>	<i>Jm</i>	Nice
36	Mrs. REENA RAJ	<i>Reena</i>	<i>Reena</i>	<i>Reena</i>	<i>Reena</i>	<i>Reena</i>	Excellent
37	Mrs. A. VIYANI JENITA MARY	<i>Viyani</i>	<i>Viyani</i>	<i>Viyani</i>	<i>Viyani</i>	<i>Viyani</i>	Good.
38	Mrs. S. KAVITHA	<i>S. Kavitha</i>	<i>S. Kavitha</i>	<i>S. Kavitha</i>	<i>S. Kavitha</i>	<i>S. Kavitha</i>	Nice session.
39	Mrs. M. PRIYA	<i>M. Priya</i>	<i>M. Priya</i>	<i>M. Priya</i>	<i>M. Priya</i>	<i>M. Priya</i>	Good.
40	Mrs. G. RAJESHWARI	<i>Raj</i>	<i>Raj</i>	<i>Raj</i>	<i>Raj</i>	<i>Raj</i>	Good
41	Mrs. G. BANU PRIYA	<i>G. Banu</i>	<i>G. Banu</i>	<i>G. Banu</i>	<i>G. Banu</i>	<i>G. Banu</i>	Good.
42	Ms. B. RUHITHA PARWESH	<i>Rutha</i>	<i>Rutha</i>	<i>Rutha</i>	<i>Rutha</i>	<i>Rutha</i>	Nice
43	Dr. V. SENGAMALAM	<i>V. Sengam</i>	<i>V. Sengam</i>	<i>V. Sengam</i>	<i>V. Sengam</i>	<i>V. Sengam</i>	very good
44	Mrs. VADIVU	<i>N. Vhu</i>	<i>N. Vhu</i>	<i>N. Vhu</i>	<i>N. Vhu</i>	<i>N. Vhu</i>	Informative
45	Dr. D. BHUVANA	<i>D. Bhu</i>	<i>D. Bhu</i>	<i>D. Bhu</i>	<i>D. Bhu</i>	<i>D. Bhu</i>	Good
46	Ms. L. MANJULA	<i>L. Manjula</i>	<i>L. Manjula</i>	<i>L. Manjula</i>	<i>L. Manjula</i>	<i>L. Manjula</i>	Good
47	Ms. V. MANJULA	<i>Manj</i>	<i>Manj</i>	<i>Manj</i>	<i>Manj</i>	<i>Manj</i>	Good
48	Mrs. R. S. SHASHIKALA	<i>Sh</i>	<i>Sh</i>	<i>Sh</i>	<i>Sh</i>	<i>Sh</i>	Engaging

S.NO	NAME OF THE STAFF	10.06.2019	11.06.2019	12.06.2019	13.06.2019	14.06.2019	FEEDBACK
49	Mrs. B. UMA MAHESWARE	Bm	Bm	Bm	Bm	Bm	Good
50	Mrs. B.K. JALEESHA	Shf	Shf	Shf	A	Shf	Informative.
51	Mrs. T. MAHALAKSHMI	J.m	J.m	J.m	J.m	J.m	Very useful
52	Ms. R.S. KARUNYA	R.S. Karu	R.S. Karu	R.S. Karu	R.S. Karu	R.S. Karu	Interesting and useful.
53	Ms. A. KULANDAI THERESA	A	A	A	A	A	Useful.
54	Mrs. M. MEENAKSHI	Lm	Lm	Lm	Lm	Lm	Good
55	Ms. M. SHOBANA PRIYA	Sp	Sp	Sp	Sp	Sp	Excellent.
56	Mrs. B. DEEPA	B. Deepa	B. Deepa	B. Deepa	B. Deepa	B. Deepa	Good
57	Mrs. K. KAVITHA	Karita	Karita	Karita	Karita	Karita	Useful.
58	Mrs. G.J. JEBASELVI KAVITHA	JH	JH	JH	JH	JH	Good and Interesting
59	Mrs. A. KALA RANI	Kah	Kah	Kah	Kah	Kah	Excellent
60	Mrs. K. SARADA	L	L	L	L	A	Good.
61	Mrs. M. RASHMI	MA	MA	MA	MA	MA	Interest
62	Mrs. T. SIVAPRIYA	L	L	L	L	L	Excellent
63	Mrs. A. GNANA SOUNDARI	Agg	Agg	Agg	Agg	Agg	Good -
64	Ms. M. VINITHA	Vm	Vm	Vm	Vm	Vm	Good
65	Ms. A. KAMATCHI	Kamta	Kamta	Kamta	Kam.	Kam	Useful
66	Ms. A. SUGANYA	Sug	Sug	Sug	Sug	Sug	Good
67	Mrs. V. ESWARI BAI	SS	SS	SS	SS	SS	Very Good



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

S. Arackiarani

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

PERMISSION LETTER

Date: 10/06/2019

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.

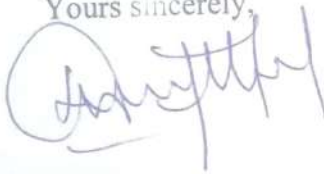
Respected Sister,

Subject: Permission for Faculty Development Program Reg:-


We would like to request your permission to conduct **Faculty Development Program** for Non-Teaching Staff from 17/06/2019 to 21/06/2019. So, kindly grant us permission and take necessary assistance to arrange program successfully in our college .

Thank you,

Yours sincerely,



S. Arockiarani
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.


PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, 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
Language Skills in Real Life Scenarios

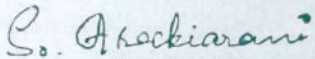
17.06.2019 TO 21.06.2019

TIME: 10:00 AM

Guest of Honor


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




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


PRINCIPAL
REV. SR. DR. AROCKIYA RANI



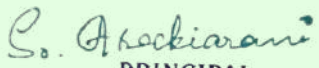
Time table
For
Five-Day Non-Teaching Faculty Development Programme on
“Language Skills in Real Life Scenarios”

Academic Year 2019 - 2020

Day 1 - 17.06.2019	
Topic - Introduction to Language Skills in Real-Life Scenarios	
Resource Person - Mrs. Anjalin M.Sc., M.Phil., Assistant Professor, Department of English, St. Joseph's College of Arts and Science for Women, Hosur	
Session 1 10.00 a.m. - 11:00 a.m.	Importance of Language Skills in Daily Communication
11:00 a.m. - 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. - 01:00 p.m.	Building Confidence in Language Usage
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Listening Skills
Day 2 – 18.06.2019 Topic - Enhancing Vocabulary for Professional Settings	
Resource Person - Ms. E. Vinodhini M.Sc., M.Phil., Assistant Professor, Department of English, St. Joseph's College of Arts and Science for Women, Hosur	
Session 1 10.00 a.m. - 11:00 a.m.	Workplace Vocabulary
11:00 a.m. - 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. - 01:00 p.m.	Email and Written Communication Skills
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Avoiding Common Language Mistakes
Day 3 – 19.06.2019	
Topic – Speaking Skills for Professional Interaction	
Resource Person - Ms. Monisha M.Sc., M.Phil., Assistant Professor, Department of English, St. Joseph's College of Arts and Science for Women, Hosur	
Session 1 10.00 a.m. - 11:00 a.m.	Pronunciation and Clarity
11:00 a.m. - 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. - 01:00 p.m.	Speaking with Confidence
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Handling Customer and Student Inquiries


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




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

Day 4 - 20.06.2019**Topic - Non-verbal communication and Body Language**


Resource Person – Mrs. Kanimozhi M.Sc., M.Phil.,
Assistant Professor, Department of Tamil,
St. Joseph's College of Arts and Science for Women, Hosur

Session 1 10.00 a.m. - 11:00 a.m.	Understanding Body Language
11:00 a.m. - 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. - 01:00 p.m.	Facial Expressions and Gestures
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Eye Contact and Personal Space

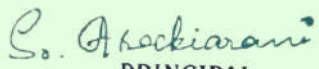
Day 5 - 21.06.2019**Topic - Practical Applications and Review**

Resource Person – Dr. Sanguvathi
Assistant Professor, Department of Tamil,
St. Joseph's College of Arts and Science for Women, Hosur

Session 1 10.00 a.m. - 11:00 a.m.	Effective Communication in Team Settings
11:00 a.m. - 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. - 01:00 p.m.	Conflict Resolution and Problem Solving
01:00 p.m. - 2:00 p.m.	Lunch Break
Session 3 02.00 p.m. - 03.30 p.m.	Summary and Feedback


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




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



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur – 635126


**Report for Five Days Faculty Development Program for Non-Teaching Staff
on "Language Skills in Real-Life Scenarios" Organized By IQAC**

Internal Quality Assurance Cell of St. Joseph's College of Arts and Science for Women, organized a five-days Faculty Development Programme for Non-Teaching Staff on "Language Skills in Real-Life Scenarios" From 17th June 2019 to 21st June 2019. There are 43 Non-Teaching Staff members participated in the Non-Teaching Staff FDP.

On June 17, 2019, Mrs. Anjalin, Assistant Professor, Department of English, St. Joseph's College of Arts and Science For Women, Hosur, conduct a faculty development program for non-teaching staff, concentrating on improving spoken English skills. The session aimed to boost participants' confidence in verbal communication through practical exercises and real-world scenarios. Mrs. Anjalin's expertise fostered a constructive learning environment, equipping staff with valuable spoken English proficiency for diverse workplace interactions.




On June 18, 2019, Ms. E.Vinodhini Assistant Professor, Department of English, St. Joseph's College of Arts and Science For


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

Women, Hosur, conducted a faculty development program for non-teaching staff, focusing on writing practice in English. The session aimed to enhance participants' written communication skills, emphasizing clarity, coherence, and professionalism in written correspondence. Practical exercises and constructive feedback were provided to empower staff in effective written communication within the workplace.



On June 19, 2019, Mrs. Monisha Assistant Professor, Department of English, St. Joseph's College of Arts and Science For Women, Hosur, spearheaded a faculty development program for non-teaching staff, focusing on communicative English. The session aimed to refine participants' ability to convey ideas effectively. Through interactive activities and discussions, Mrs. Monisha facilitated a dynamic learning experience, empowering staff with essential skills for clear and impactful communication in professional settings.


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





On June 20th 2019, Mrs. Kanimozhi, Assistant Professor, Department of Tamil, St. Joseph's College of Arts and Science For Women, Hosur, conducted a faculty development program for non-teaching staff, emphasizing spoken Tamil skills. The session aimed to enhance participants' ability to communicate effectively in the Tamil language. Through practical exercises and engaging activities, Mrs. Kanimozhi facilitated a constructive learning environment, fostering proficiency in spoken Tamil for diverse workplace interactions.



On June 21, 2019, Mrs. Sanguvathi, Assistant Professor, Department of Tamil, St. Joseph's College of Arts and Science For Women, Hosur, led a faculty development program for non-teaching staff, focusing on writing practice in Tamil. The session aimed to refine participants' written communication skills emphasizing clarity and professionalism. Through practical exercises and personalized feedback, Mrs. Sanguvathi empowered staff to enhance

their proficiency in written Tamil for effective workplace correspondence.



At the end of the session a faculty development program addressed handwriting practice in Tamil and English for non-teaching staff. The session aimed to improve legibility and presentation. Through hands-on exercises, participants honed their writing skills in both languages, fostering clear and professional communication in their daily work.



C. Arockiarani

Signature of the Principal

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sircot,
HOSUR - 635 126, Krishnagiri-Dist



[Signature]
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sircot,
HOSUR - 635 126, Krishnagiri-Dist

ATTENDANCE SHEET

S.NO	NAME OF THE STAFF	17/6/2019	18/6/2019	19/6/2019	20/6/2019	21/6/2019
1	Mrs. AMALAPUSHPAM	a	a	Amal	Amal	Amal
2	Mrs. MARY JANCY RANI	a	a	MJR	MJR	MJR
3	Mr. N. BALAKRISHNAN	N Balan	N Balan	N Balan	N Balan	N Balan
4	Mrs. G. DHANALAKSHMI	G. Dhanalakshmi	G. Dhanalakshmi	G. Dhanalakshmi	G. Dhanalakshmi	a
5	Mrs. KANCHANA	a	Kanchana	Kanchana	Kanchana	a
6	Mrs. S.SUGANTHI	Syly	Syly	Syly	Syly	Syly
7	Mrs. SIVARANJANI	SIVARAN	a	SIVARAN	SIVARAN	SIVARAN
8	Mrs. K. NETHRAVATHI	NETHRA	NETHRA	NETHRA	NETHRA	NETHRA
9	Mrs. IRUDAYA MARY	a	S. Irudaya Mary	S. Irudaya Mary	a	S. Irudaya Mary
10	Mrs. N. CHITHRA	N. Chithra	N. Chithra	N. Chithra	N. Chithra	N. Chithra
11	Mrs. K.OBAMMA	O	O	O	O	O
12	Mrs. G.PUTTAMMA	G. Puttamma	G. Puttamma	G. Puttamma	G. Puttamma	G. Puttamma
13	Mrs. UNNAMALAI	S. Unnamalai	a	S. Unnamalai	S. Unnamalai	S. Unnamalai
14	Mrs. G.LAKSHMI	G. Lakshmi	G. Lakshmi	G. Lakshmi	G. Lakshmi	G. Lakshmi
15	Mrs. AGILA	S. Agila	S. Agila	S. Agila	S. Agila	S. Agila
16	Mrs. M. PUTTAMMA	G. Puttamma	G. Puttamma	G. Puttamma	G. Puttamma	G. Puttamma
17	Mrs. C. SIVAKANTHA	C. Sivakantha	C. Sivakantha	C. Sivakantha	C. Sivakantha	C. Sivakantha
18	Mrs. A. ANNAMARY	A. Annamary	A. Annamary	A. Annamary	A. Annamary	A. Annamary
19	Mrs. P. SULOCHANA	P. Sulochana	P. Sulochana	P. Sulochana	P. Sulochana	P. Sulochana
20	Mrs. SUMATHI	V. Sumathi	V. Sumathi	V. Sumathi	V. Sumathi	V. Sumathi
21	Mrs. MAGESHWARI	V. Mageshwari	V. Mageshwari	V. Mageshwari	V. Mageshwari	V. Mageshwari
22	Mrs. KAN	Kan	Kan	Kan	Kan	Kan

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



S. Arackiarani
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri-Dist.

S.NO	NAME OF THE STAFF	17/6/2019	18/6/2019	19/6/2019	20/6/2019	21/6/2019
23	Mr. A. RAMESH	Ar	Ar	Ar	Ar	Ar
24	Mr. SRINIVASAN	SR	SR	SR	SR	SR
25	Mr. V.MANJU	Manj	Manj	Manj	Manj	Manj
26	Mr. BALU	B	B	B	B	B
27	Mr. C. HARISH	H	H	H	H	H
28	Mr. CHENNERAPPA	Ch	Ch	Ch	Ch	Ch
29	Mr. G. CHANDRAPPA	Ch	Ch	Ch	Ch	Ch
30	Mr. SHEKAR	S	S	S	S	S
31	Mr. BAIRAPPA	R.BA	R.BA	R.BA	R.BA	R.BA
32	Mr. K.VENKATESH	KV	KV	KV	KV	KV
33	Mr. PRAKASH	P	P	P	P	P
34	Mr. RAJENDRACHARI	m Raj	m Raj	m Raj	m Raj	m Raj
35	Mr. SASIKUMAR	S	Sas	Sas	Sas	Sas
36	Mr. K. GOVINDARAJ	G	G	G	G	G
37	Mr. VENKATESH	KV	KV	KV	KV	KV
38	Mr. SIVAJI RAO	S	S	S	S	S
39	Mr. SIVAPPA	Siv	Siv	Siv	Siv	Siv
40	Mr. T. MADESAN	Ma	Ma	Ma	Ma	Ma
41	MR. RAMARAJ	M	M	M	M	M
42	MR. KRISHNACHARI	Kma	Kma	Kma	Kma	Kma
43	MS.V.SHRAVANI	SHRAVANI	SHRAVANI	SHRAVANI	SHRAVANI	SHRAVANI



Principal
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

S. Anockiarani
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



**St. Joseph's college of Arts and Science
for Women
(Affiliated to periyar
university,salem)
Mookandapalli,SIPCOT,Hosur**

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

June 11, 2018

Venue:St.Francis Auditoriam

RESOURCE PERSON

Rev.Fr.Ignatius

Administrator ,

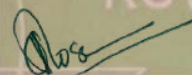
Fountain Institute,

Sundampatti,Krishnagiri.

Guest of Honor

Prinicipal

Rev.Sr.Dr.ArockiaRani



**PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.**



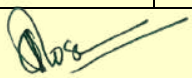


**PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.**

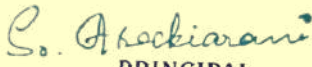
Time table
For
Faculty Development Programme on
"Technology and Mental Health "

Academic Year 2018 – 2019

11.06.2018 Topic - Assessment Strategies for Active Learning Resource Person – Rev. Fr. Ignatius, Administrator Fountain Institute for Training Counselors and Psychotherapist, Sundampatti, Krishnagiri	
Session 1 9:30 a.m. - 11:00 a.m.	Embracing Technology for Enhanced Teaching and Work-Life Balance Tools and strategies for efficient teaching using technology while maintaining personal time.
11:00- 11:30 a.m.	Tea/Coffee Break
Session 2 11:30 a.m. -1:00 p.m.	Digital Wellness: Managing Screen Time and Avoiding Burnout Understanding the impact of prolonged screen exposure on mental health and practical steps to manage it.
Session 3 2:00 p.m. - 3:30 p.m.	Mindfulness in the Digital Era: Practices for Mental Resilience Introducing mindfulness techniques and their application to reduce stress and improve focus.
Session 4 3:30 p.m. - 4:00 p.m.	Technology as a Catalyst for Collaboration and Peer Support Leveraging collaborative tools and platforms to build supportive faculty networks and reduce isolation.


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




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



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.


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




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



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.

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

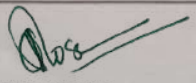


Signature of the Principal
PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.

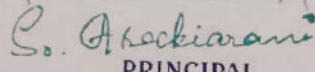
ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
FDP on "Technology and Mental Health"-11/06/2018

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	


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




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

31	Mrs. B. NITHYA	good.	Nithya.
32	Mrs. S. RABIYA ALEEN	Useful Session.	S. Rabiya Aleen
33	Mrs. P. JANCY MAGDALENE	Useful	Jancy
34	Mrs. REENA RAJ	nice	Reena
35	Mrs. A. VIYANI JENITA MARY	Useful Session Thank You	Viyani
36	Mrs. S. KAVITHA	good.	Kavitha
37	Mrs. M. PRIYA	Good.	M. Priya
38	Mrs. G. RAJESHWARI	Good.	G. Rajeshwari
39	Mrs. BANU PRIYA	Very useful	Banu Priya
40	Mrs. B. RUHITHA PARWESH	useful to all.	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 Theresa
51	Mrs. M. MEENAKSHI	Informative Session	M. Meenakshi
52	Ms. M. SHOBANA PRIYA	Useful & Informative	M. Shobana Priya
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



PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookendapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



Signature of the Principal



PRINCIPAL

ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookendapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.