Professional ethics programme for Non Teaching under Capacity building and Skill development Activities



Fatima College (Autonomous)

Internal Quality Assurance Cell (IQAC)



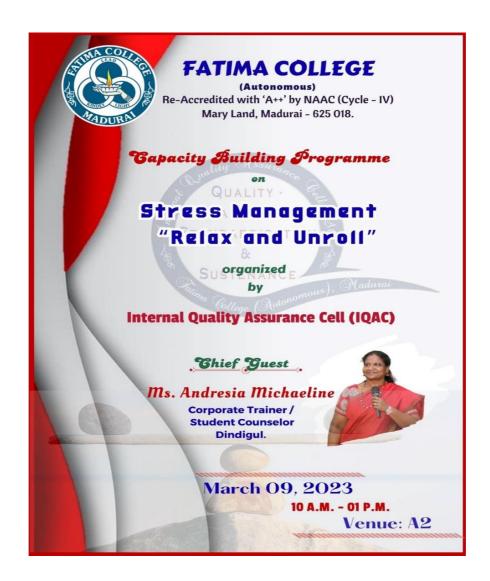
Organizes a
Capacity Building Programme

on

Stress Management - "Relax and Unroll"

For the Non-Teaching Staff

Venue: A2 Date: March 09, 2024



Programme Schedule

AGENDA

❖ Prayer Song : Ms. V. Ebenezar Vimala Rani

Lab Assistant, Fatima College, Madurai

Welcome Address
: Mrs. L. Shanthi

Office Assistant, Fatima College, Madurai

Resource Person
Mrs. Andresia Michaeline

Corporate Trainer /

Student Counselor

Dindigul.

Vote of Thanks
: Mrs. A. Sahaya Josphine

Assistant Librarian, Fatima College, Madurai.

FATIMA COLLEGE (AUTONOMOUS), MADURAI CAPAPCITY BUILDING PROGRAMME ON

STRESS MANAGEMENT "RELAX AND UNROLL"

Date: March 09, 2024; Venue: A2

OBJECTIVE

The session aimed to equip participants with practical tools and strategies to effectively manage stress in their daily lives.

RESOURCE PERSON

Mrs. Andresia Michaeline, , Corporate Trainer and Students Counselor

KEY - POINTS OF THE PROGRAMME

The IQAC of Fatima College organized a capacity building programme for the non teaching staff on March 09, 2024. The programme focused on managing stress through the techniques of relaxing and unrolling. The session started off with a prayer. The IQAC coordinator Dr. Rosemary Euphrasia welcomed the gathering.

Introduction to Stress: Mrs. Andresia Michaeline began by defining stress and explaining its physiological and psychological effects on the body and mind. She emphasized the importance of understanding one's individual stressors.

Identification of Stressors: Participants engaged in an interactive activity to identify their personal stressors. They shared common sources of stress such as work pressure, financial concerns, and relationship issues.

Understanding Stress Responses: Mrs. Andresia Michaeline explained the fight-or-flight response and its impact on the body. She discussed the role of cortisol and adrenaline in stress reactions, highlighting their short-term benefits and long-term consequences.

Cognitive Strategies: Participants learned cognitive-behavioral techniques to challenge negative thought patterns and reframe stressful situations. The facilitator emphasized the power of positive self-talk and encouraged participants to practice mindfulness.

Stress Reduction Techniques: Various relaxation techniques were demonstrated, including deep breathing exercises, progressive muscle relaxation, and guided imagery. Participants actively engaged in these practices to experience immediate stress relief.

Time Management: She introduced effective time management strategies to prioritize tasks, set realistic goals, and avoid procrastination. Participants learned the importance of creating a balance between work, leisure, and self-care activities.

Healthy Lifestyle Habits: The session concluded with a discussion on the role of diet, exercise, yoga and sleep in stress management. She emphasized the significance of maintaining a healthy lifestyle to enhance resilience against stressors.

Feedback and Conclusion:

Participants expressed gratitude for the valuable insights and practical techniques shared during the session. Many found the interactive nature of the workshop engaging and appreciated the opportunity to connect with others experiencing similar stressors.

In conclusion, the stress management workshop provided participants with a comprehensive toolkit to effectively cope with stress in their daily lives. Mrs. Andresia Michaeline encouraged ongoing practice and integration of these strategies into their routines to promote overall well-being and resilience.

PHOTOS

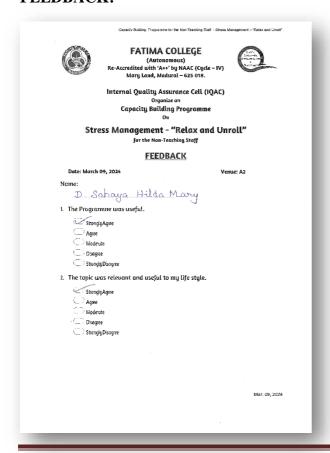








FEEDBACK:



Capacity Building Programme for the Non Teaching Staff - Stross Management - "Relax and Unroll"	
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programme.	
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Moderate	
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4. I like the Programme because of the following reasons:	ш
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5. Suggestion (s)/ Any other comments:	
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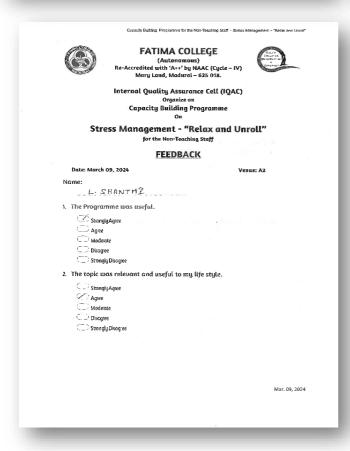
Mar. 09, 2074	

Attendance:

S. No.	Name of the Staff	Signature
17.	Mrs. P. Jeya	P. Jeyr
18.	Mr. M. Jeyakumar	ABSENT
19.	Mr. P. Palanikumar	R Doenn
20.	Mrs. R. Leema Mary	Leeny
21.	Mr. R. Gomathinathan	ABSENT
22.	Mrs. P. Nirmala	P. xlirmala
23.	Mr. R. Boominathan	R. Roomination
24.	Mr. G. Sai Sankar	a. 7.3-por
25.	Mr. R. Loyola Prince	ABSENT
26.	Mrs. P. Shanthi Reka	The second
27.	Mr. V. Venis	V. U. de.
28.	Mrs. P. Senthil Vadivu	P. Senthil Vadivu
29.	Mrs. A. Maria Pushpam	A - Maria Freshpero
30.	Mr. P. Gell Prabhaharan Henry	Pin 10
31.	Mrs. A. Kamali Ruby Rajakumari	A. Kamali
32.	Mrs. V. Saratha	V. Santin,
33.	Mrs. S. Muthu Meenal	5. Mutha ml.
Self -	Financing:	
S. No.	Name of the Staff	Signature
1.	Mrs. S. Sathya Kala	S. Saltur dula
2.	Mrs. S. Meenakumari	B. Meendoumari
3.	Mrs. S. Florence Sylvia	S. House Il
4.	Mrs. A. Sahaya Josphine	A. Sahaya Tarphia
5.	Mrs. J. Sylvia Vaiz	J. Sylvia Voily
6.	Mrs. R. Selva Ambika	00

Capacity Butleting Programme for the Non-Tenching Staff - Stress Management - "Relax and Unxell"
I gained knowledge about the Stress Management through the programme.
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StronglyAgree
☐ Agree
Moderate
C' Disagree
C Strongly Disagree
4. I like the Programme because of the following reasons:
* Time Scheduled.
a Compara to others
5. Suggestion (s)/ Any other comments:
working Days amongement

Mar. 09, 2024



S. No.	Name of the Staff	Signature
7.	Mrs. C. Mahalakshmi	Loyein
8.	Mrs. S. Alice Mary	Anles
9.	Mrs. V. Chandra	V. Chandrae
10.	Mrs. D. Sahaya Hilda Mary	C. Isla
11.	Mrs. M. Kavitha	ABSENT
12.	Mrs. G. Sangeetha	Gr. Sans Ha
13.	Mrs. Mu. Abiraami	Mrs. Deinaanij
14.	Mrs. K. Kalyani	a. acy
15.	Mrs. R. Maria Chitra	R. Clean Chile
16.	Mrs. V. Nivetha	VNS1.
17.	Mrs. M. Suguna	M. 8- a
18.	Ms. V. Ebenezar Vimala Rani	Evinala
19.	Ms. R. Suriya	R. Surya,
20.	Mrs. A. Jeyalakshmi	3.8-L
21.	Ms. R. Bavithra	R. Brither
22.	Mrs. P. Jansi Rani	P. Tansi Paul
23.	Mrs. P. Kavitha	Shufter
24.	Mrs. M. Deepitha	M Deepitha
25.	Mrs. V. Menaka	ABSENT
26.	Mrs. D. Minsala Barveen	DONG LEAVE
27.	Mrs. P. Vanaja	Polant
28.	Ms. Caroline	ABSEN7
	S. Azul mozhi.	14
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	A. Michael James	At .

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Capacity Building Programme

Stress Management - "Relax and Unroll"

For the Non-Teaching Staff

Aided:

S. No.	Name of the Staff	Signature
1.	Mrs. A. R. Jacintha	S.R. Ja cirotta
2.	Sr. F. Arockia Mary	U U
3.	Sr. S. Stell Arul Mary	S. Shu
4.	Mr. T. Antony Dhanasekeran	T.C. Thousan
5.	Mrs. V. Elizebeth Rani	V. SlizabIt Ri
6.	Mrs. J. Mary Clarabai	J. clan
7.	Mrs. R Sundari	R. Sandini
8.	Mr. T. Appavu	J. APPANL
9.	Mrs. M. Magdaline Manonmani	M. Magdali
10.	Mrs. S. Emelda Daisy	ABSENT
11.	Mrs. M. Ahila	poshili
12.	Mrs. P. Kala Devi	P. Kala L.
13.	Mr. I. Francis Xavier	ABSENT
14.	Mrs. S. Mahilprabha	5 Mchlorolle
15.	Mrs. K. Jeyabalaji	ABSENT
16.	Mrs. L. Shanthi	L. Smith:



Fatima College

(Autonomous)

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Mary Land, Madurai - 625018.



Date: March 09, 2024

Time: 10.00 a.m.- 12.00 noon.

Skill Development Programme

on

Cottage Healthy Food Products

For the Sub-Staff

AGENDA

Prayer

Welcome Address
: Dr. C. Sujatha

Librarian

Resource Person : Dr. M. Angel

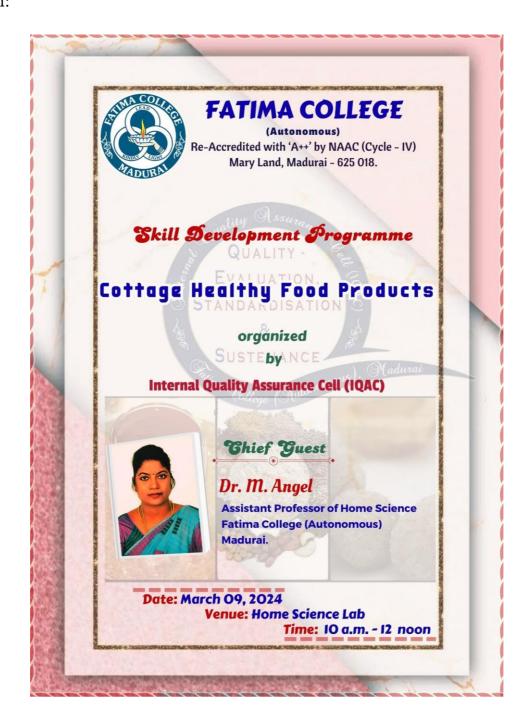
The Research Centre of Home Science

Fatima College (Autonomous), Madurai.

Vote of Thanks
: Mrs. Anthoniyammal

Sub- Staff, Fatima College (Aut.), Madurai

Invitation:



FATIMA COLLEGE (AUTONOMOUS)

INTERNAL QUALITY ASSURANCE CELL (IQAC) SKILL DEVELOPMENT PROGRAMME FOR SUPPORT STAFF COTTAGE HEALTHY FOOD

March 9, 2024

VENUE: Home Science Lab

Time: 10 a.m. - 12 Noon

The Internal Quality Assurance Cell (IQAC), Fatima College (Autonomous), organised Skill Development Programme for Support staff on "Cottage Healthy Food Products" in Home Science Lab on March 9, 2024 from 10 am to 12 noon. Dr. M. Angel, Assistance Professor of Home Science, Fatima College (Autonomous) was the Chief Guest. On the whole 22 support staff members participated in the programme.

The event started with a holy prayer song. The Welcome address was delivered by Dr. Sujatha, Librarian, Fatima College (Autonomous), and she introduced the chief guest. Three various food products viz. Grapes Squash (natural food without chemicals), Health mix (can be used by all aged people), and Iron-rich nutritious health-mix balls (a supplement to cure anaemia), were prepared by the chief guest and the method of preparation was explained to the audience. The aim of choosing these three food products was to improve the health by consuming food prepared with the locally available ingredients and to eradicate malnutrition problems.

The nutritional health values of all the foods prepared were also explained the resource person. The support staff members were highly enthusiastic in the hands-on training and clarified their doubts with great interest. The prepared products were distributed to the participants to taste and to take away to their home.

The programme was a great success with positive feedback from the participants. The event ended up with the vote of thanks by one of the participants.

Photos:

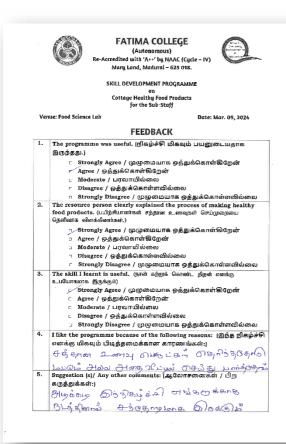








Feedback:





Attendance:



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SKILL DEVELOPMENT PROGRAMME

on Cottage Healthy Food Products for the Sub-Staff

Date: Mar. 09, 2024

FEEDBACK

	FEEDBACK
1.	Tho programme was useful. (நிகழ்ச்சி மிகவும் பயனுடையதாக இருந்தது.)
	Strongly Agree / முழுமையாக ஒத்துக்கொள்கிறேன்
	ா Agree / ஒத்துக்கொள்கிறேன்
	் Moderate / பரவாயில்லை
	□ Disagree / ஒத்துக்கொள்ளவில்லை
	L Strongly Disagree / முமுமையாக ஒத்துக்கொள்ளவில்லை
2.	The resource person clearly explained the process of making healthy
	food products, (பயிற்சியாளர்கள் சத்தான உணவுகள் செய்முறையை தெளிவாக விளக்கினர்கள்,)
	் Strongly Agree / முழுமையாக ஒத்துக்கொள்கிறேன்
	் Agree / ஒத்துக்கொள்கிறேன்
	п Moderate / பரவாயில்லை
	n Disagree / ஒத்துக்கொள்ளவில்லை
	ா Strongly Disagree / முழுமையாக ஒத்துக்கொள்ளவில்லை
3.	The skill I learnt is usoful. (நான் கற்றுக் கொண்ட நிறன் எனக்கு
	உப்போகமாக இருக்கும்)
	் Strongly Agree / முழுமையாக ஒத்துக்கொள்கிறேன்
	் Agree / ஒத்துக்கொள்கிறேன்
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	ு Strongly Disagree / முழுமையாக ஒத்துக்கொள்ளவில்லை
4.	I like the programme because of the following reasons: (劉克安 南西岭亭)
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5.	Suggestion (s)/ Any other comments: (ஆலோசனைகள் / பிற
	கருத்துக்கள்:)
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Skill Development Programme

Cottage Healthy Food Products

For the Sub-Staff

2. Mrs. Y. Catharina 3. Mrs. N. Natchammai 4. Mrs. A. Annakamu 5. Mrs. A. Lourdu Jeyam 6. Mrs. M. Pappathy, Lin Living 6 7. Mrs. S. Guruvammal 8. Mrs. M. Shanthi 9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha	S. No.	Name of the Staff	Signature
3. Mrs. N. Natchammai 4. Mrs. A. Annakamu 5. Mrs. A. Lourdu Jeyam 6. Mrs. M. Pappathy, 7. Mrs. S. Guruvammal 8. Mrs. M. Shanthi 9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 12. Mrs. P. Kavitha	1.	Mrs. S. Annamayil	ABSENT
4. Mrs. A. Annakamu 5. Mrs. A. Lourdu Jeyam 6. Mrs. M. Pappathy, 7. Mrs. S. Guruvammal 8. Mrs. M. Shanthi 9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 12. Mrs. P. Kavitha	2.	Mrs. Y. Catharina	CXXX mon
4. Mrs. A. Annakamu 5. Mrs. A. Lourdu Jeyam 6. Mrs. M. Pappathy, 7. Mrs. S. Guruvammal 8. Mrs. M. Shanthi 9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 22. Mrs. P. Kavitha	3.	Mrs. N. Natchammai	mad distant
5. Mrs. A. Lourdu Jeyam A - 到点のではらい Mrs. M. Pappathy, 山口がりまる Mrs. M. Pappathy, 山口がりまる Mrs. M. Shanthi M. よいずり Mrs. M. Anthoniyammal Mrs. J. Bagyamary Mrs. J. Bagyamary Mrs. P. Kavitha スプラン Mrs. P. Kavitha Mrs. P.	4.	Mrs. A. Annakamu	
6. Mrs. M. Pappathy, 7. Mrs. S. Guruvanmal 8. Mrs. M. Shanthi 9. Mrs. M. Anthoniyanmal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 12. Mrs. P. Kavitha	5,	Mrs. A. Lourdu Jeyam	
8. Mrs. M. Shanthi 9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 12. Mrs. P. Kanifammal	6.	Mrs. M. Pappathy,	
9. Mrs. M. Shanthi 9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 12. Mrs. P. Kavitha	7.	Mrs. S. Guruvammal	(D(no(10) to m
9. Mrs. M. Anthoniyammal 10. Mrs. J. Bagyamary 11. Mrs. P. Kavitha 12. Mrs. P. Kavitha	8.	Mrs. M. Shanthi	
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11. Mrs. P. Kavitha	10.	Mrs. J. Bagyamary	
12. Mrs. P. Kanniammal	11.	Mrs. P. Kavitha	
	12.	Mrs. P. Kanniammal	