

Lunch - 1.30pm - 2.30pm

Session III - 2.30pm - 3.30pm

Topic: "Rolling and Unrolling the Iceberg"

By

Rev.Dr.Sr.S.Francis Pauline,
Counsellor, Fatima College.

Valediction - 3.30pm - 4.30pm

Valedictory address -

Rev.Dr.Sr.M.Francisca Flora,
Secretary, Fatima College.

Registration Details

Participants should send the duly filled registration form to the below address. Registration fees can be given on the day of the workshop. Registration is from 8.30 am to 9.30 am. Lunch, tea and certificates will be provided for the participants. Participants should bring their college ID Card.

For further details please feel free to contact:

Dr.Mrs.M.Meenakumari,

Head and Assistant Professor,
Department of Sociology and Social Work
Fatima College, Mary Land
Madurai - 625 018.
Mobile No : 9894611838

One day Workshop
On
"Keeping the Spark Alive"
At
Fatima College
February 07, 2019

Participant's Name :

Designation with Institution Address:

Mobile No:

Email Id :

Signature of the Participant



The Department of Sociology and
Social Work
And

The Guidance and Counseling Cell
Fatima College (Autonomous)
Madurai- 625 018

Invite you to a
One day Workshop
On

"KEEPING THE SPARK ALIVE"

On
07.02.2019

at Jubilee Hall
Fatima College

Rev.Dr.Fr.Sundar Wilson.OFM Cap
Director of Anugraha
Capuchin Institute for Counselling and
Psychotherapy, Dindigul.
Will be the Lead Speaker

**"Let's come together and unlock
the secret of Happiness"**

About the college

Fatima College (Autonomous), Mary Land, Madurai, is a Post Graduate and Research Institution for Women affiliated to Madurai Kamaraj University. It is a Catholic Minority institution established and run by St. Joseph's Society of Madurai (of the Congregation of the Sisters of St. Joseph of Lyons, France) The College was started with 63 students in 1953. It was upgraded into a Post Graduate College in 1964; Autonomous in 1990 and a Research Institute in 2004. The College now offers 20 Undergraduate Courses, 14 Postgraduate Courses, 2 Professional Courses, 5 M.Phil. Programmes and 6 Departments have become Research Centres.

About the Department

Department of Sociology was started in 1960 keeping Women Studies, Social Gerontology, as main thrust areas. In 1995, the course was vocationalized with UGC sponsorship for computer course. PG course on Social Work was introduced in the year 2005 with Community Development, Medical and Psychiatric and Human Resource Development as specialization.

Guidance and Counseling Cell

To promote a healthy psychological atmosphere, the college has instituted Guidance and faculty members. The staff members were trained in counseling techniques and in turn they offer their services.

Guidance and Counseling Cell provides assistance to the individuals to enhance their personal, social, emotional and intellectual development. The major intention is to help individuals become self-sufficient, self-dependent, self directed and to adjust themselves effectively for a better and meaningful life.

Why this Workshop?

“In this world of ours, every believer must be a spark of light, a center of love, a vivifying ferment for the mass; and it will be that all the more as, in the depths of his being, he lives in communion with God.”

Pope John XXIII

This workshop provides an ample forum to discuss the magnitude of keeping our spark alive in the midst of present scenario.

The one-day workshop provides a prelude to the Art of maintaining Relationship which is the need of the hour in the society to curb family and social problems. The workshop engrosses an interactive process that encourages the active involvement of the participants. The main aim of the workshop is to create awareness towards Psychological wellbeing.

Highlights of the Workshop:

To improve interpersonal communication and nurture healthy relationships.

To manage one's anger and stress effectively.

To manage distractions and increase daily productivity.

To cultivate positive emotions and promote mental health and well being.

Also the participants will gain experience in developing and value the sustainable relationship.

Inaugural Session - 9.30am - 10.30am

Inaugural Address -

Rev. Dr. Sr. G. Celine Sahaya Mary,
Principal, Fatima College.

Keynote Address -

Rev. Dr. Fr. Sundar Wilson. OFM Cap

Director,

Anugraha,

Capuchin Institute for Counselling and
Psychotherapy, Dindigul.

Session I - 11.15am - 12.15pm

Topic: “Art of Relationship”

By

Mr. Nicholas Francis,

Motivational Author and Human Resource Mentor,
Madurai.

Session II - 12.30pm - 1.30pm

Topic: “Igniting the Inner Treasure”

By

Rev. Sr. Emily Joseph, Counsellor,

Fatima College.