



NAGARATHINAM ANGALAMMAL ARTS & SCIENCE COLLEGE

(APPROVED BY GOVERNMENT OF TAMILNADU, AFFILIATED BY MADURAI KAMARAJ UNIVERSITY)

S.NO.32/1, FOURWAY TRACK NEAR AIRPORT, VALAYANKULAM,

MADURAI – 625 022.

Date:

To

The Principal
Nagarathinam Angalammal Arts & Science College
Madurai

Subject: Proposal for one-day Faculty Development Programme on **29.06.2024**

Respected Sir,

I am writing to propose an event titled The Magic of teaching Mantra's and Tantra's to be held on 29.06.2024 at Smart Classroom. The purpose of this event is to motivate the faculty in the field of teaching.

Event Details:

Date: 29.06.2024

Time: 09.30 am – 03.00 pm

Venue: Smart Classroom

Target Audience: Faculty Members

Objectives:

1. To motivate the faculty in the field of teaching

Expected Outcomes:

1. Good Physical and Mental Health, Co-operation, Stress free environment.

We believe that this event will greatly benefit our college community and aligns with our institution's goals and values. We request your approval and support to make this event a success.

Thank you for considering our proposal.

Sincerely,

(Note: Be specific, clear, and concise in your proposal, and make sure to include all necessary details.)

IQAC Coordinator

Principal




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INVITATION



NAGARATHINAM ANGALAMMAL ARTS AND SCIENCE COLLEGE
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S.No.32/1, Opp. Perungudi Police Station,
MADURAI – 625 022.

INTERNAL QUALITY ASSURANCE CELL (IQAC)
ORGANIZES
FACULTY DEVELOPEMENT PROGRAMME
ON
“THE MAGIC OF TEACHING MANTHRAS & THANTRAS”



MRS. C. MEENA
Mentor
Behavioural & Wellness Coach
Mental Health Counselor

UNDER THE TUTELAGE OF,

DR.S. NAGARATHINAM Chairman	DR.N. JEGATHEESAN Correspondent & Secretary
DR. V. VASANTHA KUMAR PRINCIPAL	

Smart Class Room
29th june, 2024
10:15 a.m

All are cordially invited

IQAC Coordinator

Principal



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Agenda



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INTERNAL QUALITY ASSURANCE CELL(IQAC)
Organizes
ONE DAY FACULTY DEVELOPMENT PROGRAMME
ON
THE MAGIC OF TEACHING MANTRAS & THANTRAS

Date: **29/06/2024** Time: **10:15 AM** Venue: **Smart Classroom**

Welcome Address	Dr. V. Vasantha Kumar M.A., M.A., P.hD. Principal Nagarathinam Angalammal Arts & Science College Madurai
Inaugural Address	Dr.S.Nagarathinam Chairman Nagarathinam Angalammal Arts & Science College Madurai
Presidential Address	Dr. N. Jegatheesan M.com.,B.L.,P.hD. Secretary & Correspondent Nagarathinam Angalammal Arts & Science College Madurai
Guest Speaker	Mrs. C. Meena Mentor Behavioural & Wellness Coach Mental Health Counselor
Vote of thanks	Mr. C. Kalaiselvan IQAC Co-Ordinator Nagarathinam Angalammal Arts & Science College Madurai

Program convenor Mr. C. Kalaiselvan IQAC Co-Ordinator NAAS College	Program co-ordinator Mr. N. Ashok kumar IQAC Member NAAS College	Master of ceremony Mrs. Y. Princy Assistant Professor NAAS College
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All are cordially invited

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Chief Guest Profile



C. MEENA

9843860900

meenakanna212@gmail.com

Mentor

Behavioural and Wellness Coach

Mental Health Counselor

- Have got Rich and Passionate experience of **14 years in Training, Mentoring and counseling**
- Freelancing in **Coaching & Mentoring** since 2009 and **Mental Health Counseling** since 2014
- Completed **Post Graduation in Counseling and Psychotherapy** at TNOU in the year 2012
- Completed **Under Graduation** in Computer Science at St. Marys college, Tuticorin affiliated to Manonmaniam Sundaranar University in the year 1995
- Handling various **Life skills, Soft skills** and **Behavioral** programs for colleges and corporate
- Worked with versatile target audiences which include **college students, Faculties(schools & colleges), Parents, NGOs** and **corporate employees**
- **Trained** more than **3 lakh trainees** from various sectors over a period of 13 years
- Worked as a **Campus counselor** for few schools in Madurai
- Worked as a Resource Person with MS Chellamuthu Institute of Mental health and Rehabilitation in the year 2014
- Done many sessions across schools and colleges which pertains to **Mental health and Wellbeing**
- Indulge in many Faculty Training programs to train audience on **Stress management, Classroom Handling techniques** and **Behavior modification** of the students
- A certified **POSH** trainer who have done sessions on Prevention of Sexual Harassment for companies

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Description of the Event

The program commenced with an engaging game, "Find Your Birth Month Buddy," where faculty members had to find colleagues sharing the same birth month. Each participant was then asked, "What change would you like to bring to your life?" This icebreaker activity encouraged interaction, self-reflection, and set the tone for the program.

Section 1: Achieving Self-Love

Mr. Meena presented a thought-provoking PowerPoint presentation, exploring the importance of self-love in personal and professional growth. Key takeaways included:

- Recognizing and challenging negative self-talk
- Practicing self-compassion and mindfulness
- Embracing imperfections and celebrating strengths

Section 2: Prioritizing Ourselves

The facilitator emphasized the significance of prioritizing one's own needs and well-being. Faculty members learned how to:

- Identify and set realistic boundaries
- Practice assertive communication
- Make time for personal growth and development

Section 3: The Art of Saying No

Mr. Meena provided practical strategies for saying no without feeling guilty or apologetic. Participants learned how to:

- Recognize and challenge people-pleasing tendencies
- Use assertive language and tone
- Set healthy boundaries without compromising relationships

Outcomes and Feedback:

- Participants reported increased awareness of self-love and prioritization
- Faculty members appreciated the interactive and engaging approach
- The program received positive feedback, with requests for future sessions on related topics

Conclusion:

The faculty development program on teaching mantras and tantras, led by Mr. C Meena, was a resounding success. Participants gained valuable insights and practical strategies to enhance their personal and professional lives. The program reinforced the importance of self-care, prioritization, and effective communication in achieving overall well-being.

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Photo Evidence with Geo Tag



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Participation List



Date: 29/06/2024

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MADURAI – 625022

THE MAGIC OF TEACHING MANTHRAS & THANTHARS

S.No	Faculty name	Department	feedback	signature
11	S. GUERUSAMY	HISTORY	very Good	
12	S. Saranya. K.	BBA	very good.	
13	S. Sathya	CDET	It's Very useful and fulfill session.	
14	J. Sathya Mani	Maths	very good	
15	R. Sathya Priya	Maths	very nice	
16	G. Kumarasan	Maths	very Good.	
17	A. Durga	Maths	It's very useful about me	
18	G. S. L. AMBARASI	COMMERCE	She's very efficient.	
19	P. Shanmuga Priya	CS	very useful & enjoy.	
20	V. Priya	English	Exemplary	

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S.No	Faculty name	Department	feedback	signature
21.	S. Tilagavathi	Commerce	Very nice man & smiling face	
22.	Mithra. V. Rajan	Forensic Science	Well organized and informative	
23.	S.S. Kathirika	Computer Science	I know myself, Thank You It gives new thoughts.	S. P. M. M.
24.	C. Vasuki	Computer Science	Very Nice man & good Home Information CBT	
25.	F. Sathuram	Tamil.	Very Good F.P.P. Very happy & satisfied	
26.	J. Nithya	English	It is good & more beneficial, very happy	
27.	K. Anandhar	Vision	Very Engaging class, very informative & helpful	
28.	B. Sivakami	Commerce	Very interactive	B. Sivakami
29.	D. M. Maniswari	Commerce	Good	M. Maniswari

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S.No	Faculty name	Department	feedback	signature
1.	C. Meena	Teacher (Faculty development program)	Wonderful audience. Enjoyed every moment of having them. They were highly receptive & participative. I would like to come back again. Thank you.	[Signature of C. Meena]

Date:29/06/2024



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