(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

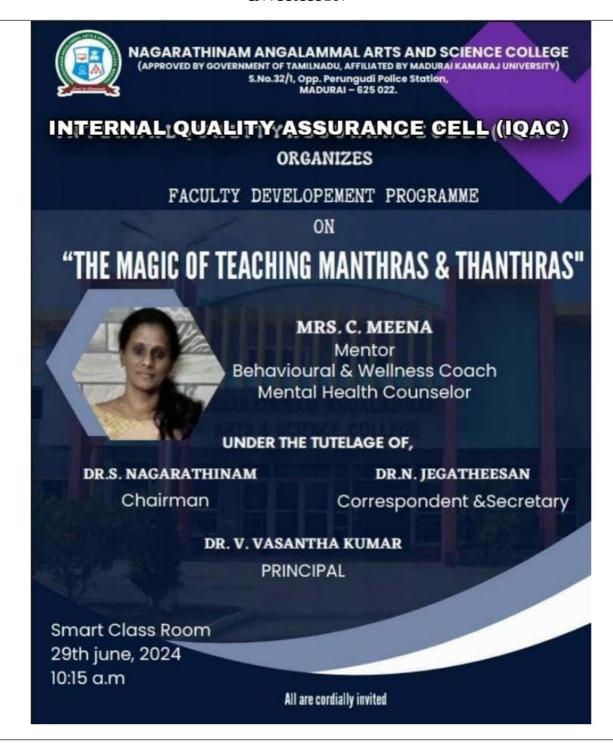
**Principal** 

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#### INVITATION





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### Agenda





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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 affliated 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 wellbeing. 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







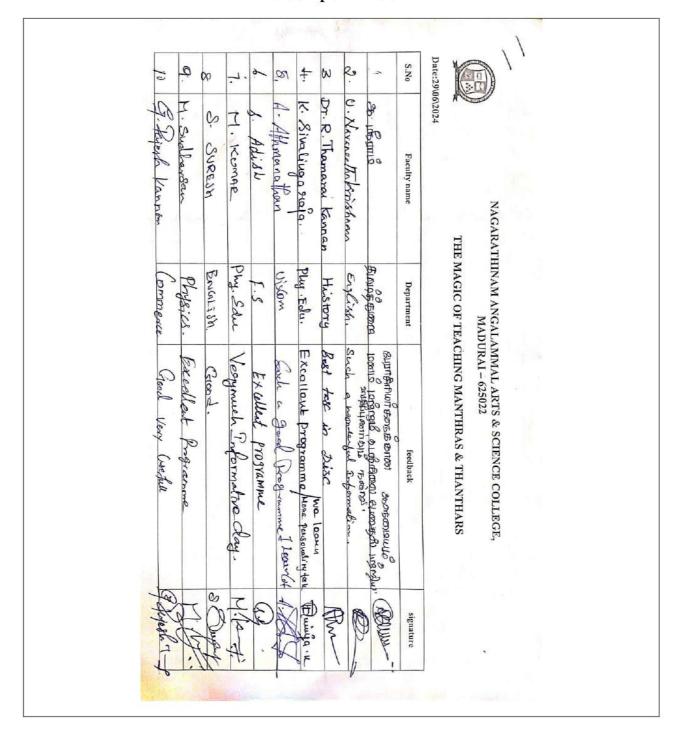






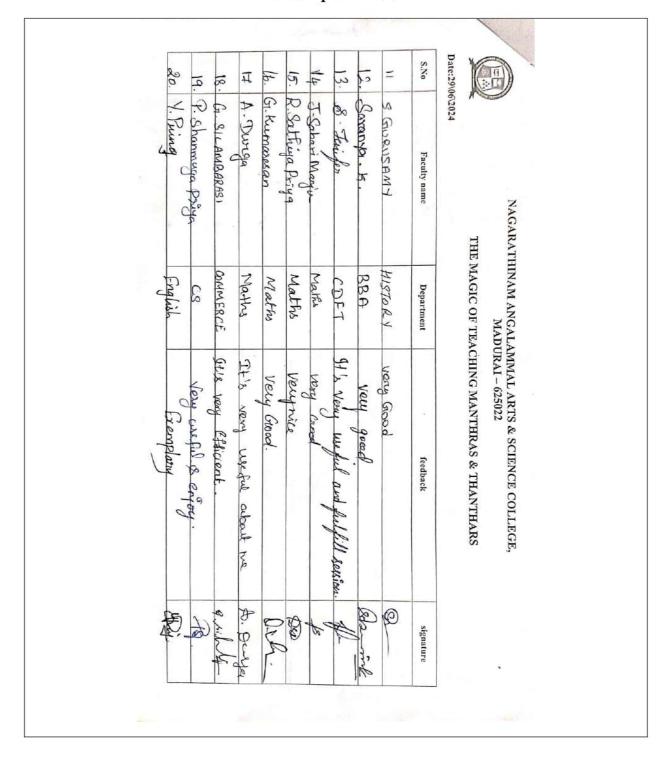
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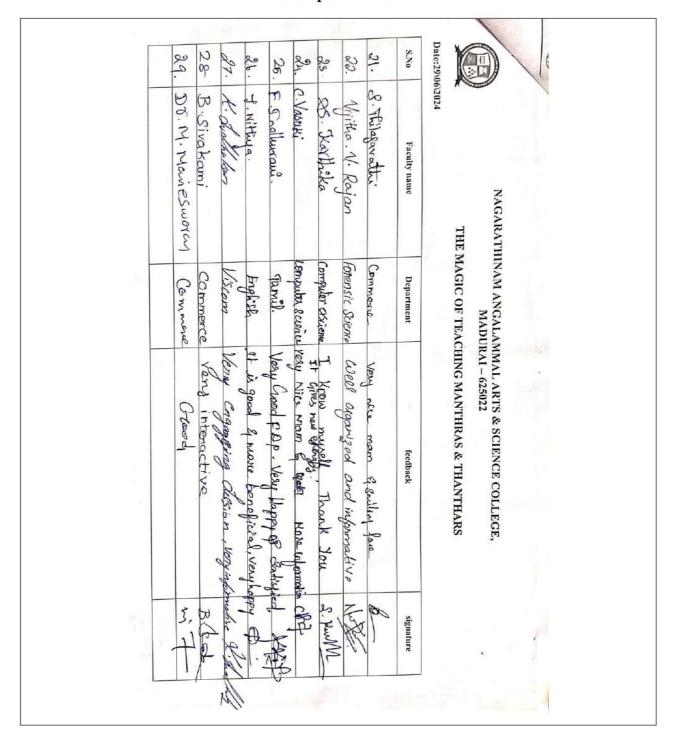
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