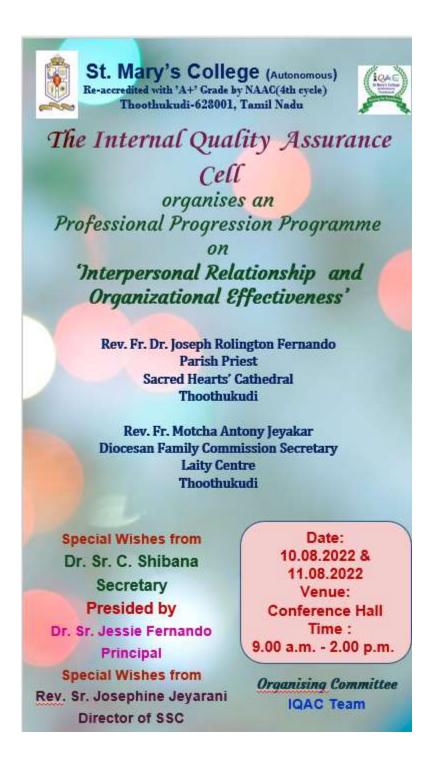
St. Mary's College (Autonomous), Thoothukudi

IQAC

Professional Progression Programme on Interpersonal Relationship and Organizational Effectiveness

Invitation:



Picture:





IQAC, St. Mary's College (Autonomous), Thoothukudi

Certificate:



Report:

IQAC organised a Two-day Professional Progression Programme for the Supportive Staff on 10.08.2022 & 11.08.2022 on "Interpersonal Relationship and Organizational Effectiveness." On 10.08.2022, Rev. Fr. Dr. Joseph Rolington Fernando, Parish Priest, Sacred Hearts' Cathedral, Thoothukudi in his session on "Know Thyself" focused on the progressive ways to learn about themselves, cultivate themselves, and bring themselves into fruition as self-sustained individuals. On 11.08.2022, Rev.Fr. Motcha Antony Jeyakar, Diocesan Family Commission Secretary, Laity Centre, Caldwell colony, Thoothukudi in his session on "A Framework for Managing Stress at the Workplace" highlighted the need to avoid the negative effects of chronic stress and burnout, the time in need to replenish and return to the pre-stress level of functioning.



