



St. Mary's College (Autonomous), Thoothukudi

IQAC

Professional Progression Programme on Interpersonal Relationship and Organizational Effectiveness

Invitation:

 **St. Mary's College** (Autonomous)
Re-accredited with 'A+' Grade by NAAC(4th cycle)
Thoothukudi-628001, Tamil Nadu



The Internal Quality Assurance Cell
organises an
Professional Progression Programme
on
'Interpersonal Relationship and Organizational Effectiveness'

Rev. Fr. Dr. Joseph Rolington Fernando
Parish Priest
Sacred Hearts' Cathedral
Thoothukudi

Rev. Fr. Motcha Antony Jeyakar
Diocesan Family Commission Secretary
Laity Centre
Thoothukudi

Special Wishes from
Dr. Sr. C. Shibana
Secretary

Presided by
Dr. Sr. Jessie Fernando
Principal

Special Wishes from
Rev. Sr. Josephine Jeyarani
Director of SSC

Date:
10.08.2022 &
11.08.2022
Venue:
Conference Hall
Time :
9.00 a.m. - 2.00 p.m.

Organising Committee
IQAC Team

Picture:



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.

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

Lucia Rose
Principal
St. Mary's College (Autonomous)
Thoothukudi-628 001.