

ST. MARY'S COLLEGE (AUTONOMOUS)

Re-Accredited with A+ Grade by NAAC

THOOTHUKUDI

SKILL DEVELOPMENT PROGRAM

DEPARTMENT OF PSYCHOLOGY

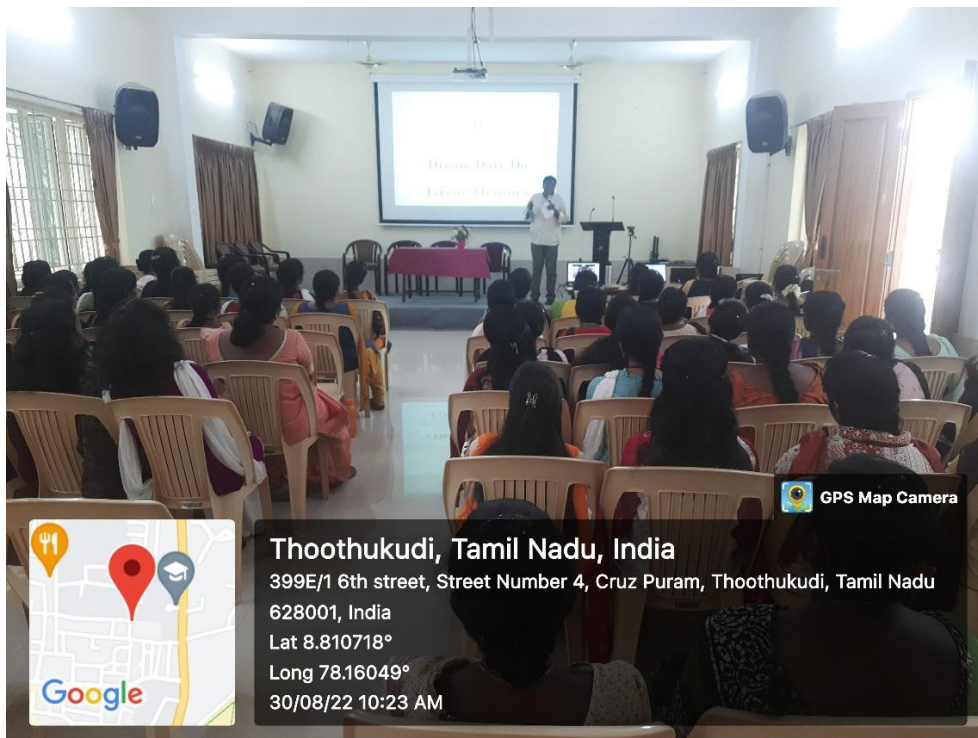
IIC MEETING REPORT

Academic year	:	2022-2023
Number of Student participants	:	60
Number of Faculty participants	:	5
Number of External participants	:	2
Expenditure amount	:	Nil
Mode of session	:	Offline
Objective	:	Developing Self Mentoring Skills
Title	:	Self Mentoring Session
Date	:	30.08.2022
Resource person	:	Rev. Fr. Dr. John Suresh Financial Administrator, TMSSS, Thoothukudi.
Benefits	:	It was an inspiring session that motivated the students on self-reliance and boosted their problem-solving skills.
Attachments:		
Video link	:	https://youtu.be/jo62CYTPO4E

Photo 1:



Photo 2:



Brochure:

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INSTITUTION'S INNOVATION COUNCIL
Ministry of Education Initiative

DEPARTMENT OF PSYCHOLOGY & IIC

JOINTLY ORGANIZES


SELF MENTORING SESSION
ON 30.8.2022 @ 10.00 AM

RESOURCE PERSON
DR. FR. JOHN SURESH
FINANCIAL ADMINISTRATOR, TMSSS, THOOTHUKUDI

WITH BEST WISHES FROM
REV. DR. SR. C. SHIBANA
SECRETARY & IIC VICE PRESIDENT
REV. DR. SR. A.S.J. LUCIA ROSE
PRINCIPAL & IIC PRESIDENT
REV. SR. JOSEPHINE JEYARANI
DIRECTOR, SSC

IIC Meeting Report:

The Department of Psychology, in association with IIC, organized a special session on Self Mentoring. The meeting was held in Offline Mode on 30.8.2022 at 10.00 am at Star Hall. The resource person of the day was Rev. Fr. Dr. John Suresh, Financial Administrator, TMSSS, Thoothukudi and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi. All the UG and PG students of the Department of Psychology were the beneficiaries. In this superfast world where each one of us are engulfed in our own problems, we hardly have any time to pause and look around to either reach out for help or to render help. This is where Self Mentoring becomes very essential. The session was a very informative one teaching the skills of self-mentoring for the students of the department of Psychology.


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