

St.Mary's College (Autonomous) Thoothukudi

IQAC

➤ Invitation

St. Mary's College, (Autonomous)
Re-Accredited with A' Grade by NAAC
Thoothukudi, Tamil Nadu, India
Internal Quality Assurance Cell

Professional Progression Programme
for the Supportive Staff
24-08-2021 to 25.08.2021
An Orientation on Life Skills and Dimensions
of Well Being

Day 1
Resource Person
Rev. Dr. John Suresh
M.A., M.Sc., M.Phil, Ph.D
Professor of Psychology
St. Thomas College of Education
Title: Stress Management and
Self Help

Day 2
Resource Person
Dr. G. Nancy Angeline
MBBS, MD, DTM&H (REP)
Teaching faculty and Occupational Health Physician,
Department of Community Health,
St. John's Medical College, Bangalore
Title: Ergonomics and Menstrual Health

With Best Wishes

Rev. Sr. Flora Mary
Secretary
Convener
Dr. B. Serena Margaret
Associate Professor & IQAC Coordinator
PG & Research Department of English
Organising Secretaries
Dr. S. Beulah Jerlin
Assistant Professor & IQAC Member
Department of Botany
Ms. S.M. Rajagoo
Assistant Professor & IQAC Member
Department of History

Dr. Sr. A.S.J. Lucia Reso
Principal
Co - Convener
Dr. Sr. A. Aroshia Jenevious Alphonse
Assistant Professor & IQAC Asst. Coordinator
Department of Botany
Organising Committee
Dr. A. Nirmala Shirley
Assistant Professor & IQAC Member
Department of Physics (SSC)
Dr. C. Zacharias Divya Lobo
Assistant Professor & IQAC Member
Department of Chemistry (SSC)
Dr. E. Priyanka Thomas
Assistant Professor & IQAC Member
Department of Commerce (SSC)

➤ Photos



➤ Certificate



➤ **Report**

IQAC conducted a two-day Professional Progression Programme on “Life Skills and Dimensions of Well-being” for the Supportive Staff on 24.8.21 & 25.8.21. 60 non-teaching faculty participated in the programme. On 24.8.2021, Rev Dr. John Suresh, Professor of Psychology, St. Thomas College of Education, Thoothukudi delivered a lecture on “Stress Management and Self Help” which indicated the importance of the overall well-being and the necessity of reducing stress in family and profession with easy selfcare routine. The Resource person Dr. G. Nancy Angeline Teaching & Occupational Health Physician, St. John’s Medical College, Bengaluru on Ergonomics & Menstrual Health enunciated the impact of the negligence of women health in the midst of workplace tensions which would lead to serious depression and illness and elaborated on the measures to rectify it with the intake of nutritious food, flexible exercise and adequate rest.

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

Lucia Rose
Principal
St. Mary's College (Autonomous)
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