

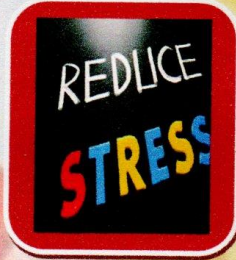


NADAR MAHAJANA SANGAM
SERMATHAI VASAN COLLEGE FOR WOMEN

(Accredited with 'B' Grade)
Avaniyapuram, Madurai-625012.



Faculty Development Programme
STRESS RELIEVING STRATEGIES FOR TEACHERS



Mr.K.S.P.JanardhanBabu,
Director- Programmes,
M.S.Chellamuthu Trust &
Research Foundation, Madurai.



DATE: 13.09.2022

TIME: 11.30 A.M

WELCOME

T.Mohan
President

M.Jeyakumar, B.E.,
Secretary & Correspondent

A.C.C.Pandian
Treasurer

T.Kulanthai Vel
Vice President

T.Ramu
Vice President

G.Ganesan
Vice President

V.K.V.Balaguru
Joint Secretary

Dr.G.Maris Kumar, M.A., M.Phil., M.T.M., Ph.D.,
Advisor

G.Karikolraj
General Secretary, Nadar Mahajana Sangam

D. Karthiga Rani, M.Sc., M. Phil., (Ph.D.),
Principal (i/c)



N.M.S.SERMATHAI VASAN COLLEGE FOR WOMEN

MADURAI -12

Faculty Development Programme
STRESS RELIEVING STRATEGIES FOR TEACHERS

AGENDA

Date : 13.09.2022

Time:10.30 a.m.

Venue: Library Conference Hall

- **Prayer song**
- **Lighting Kuthuvilakku**
- **Welcome Address** : **Mrs.M.Pushpa Rani.,** M.Com., M.Phil., D.G.T., (Ph.D)
Head, Department of Commerce (CA) & IQAC
Co-ordinator.
- **Presidential Address** : **Dr. G. Mariskumar.,**M.A.,M.Phil.,M.T.M.,Ph.D.,
President.
- **Felicitation** :**Thiru. G.Karikolraj**
Secretary.
: **Thiru. M.Jeyakumar.,B.E.,**
Correspondent.
: **Thiru. D.Nallathambi.,B.A.,B.L.,**
Treasurer.
: **Mrs. D. Karthiga Rani.,**M.Sc.,M. Phil., (Ph.D)
Principal i/c.
- **Chief- Guest Address** : **Mr.K.S.P.JanardhanBabu,**
Director- Programmes,
M.S.Chellamuthu Trust & Research Foundation, Madurai.
- **Vote of Thanks** : **Mrs.M.Thenmozhi,**M.Com.,M.Phil.,M.B.A.,D.G.T.,
Head, Department of BBA & IQAC Joint Co-ordinator
- **National Anthem**





Nadar Mahajana Sangam
SERMATHAI VASAN COLLEGE FOR WOMEN, Madurai

Accredited with "B" Grade by NAAC

Madurai-12



Faculty Development Programme
STRESS RELIEVING STRATEGIES FOR TEACHERS
Report

N.M.S.Sermathai Vasan College for Women, Madurai-12. Internal Quality Assurance Cell (IQAC) organized Faculty Development Programme on the topic "Stress Relieving Strategies for Teachers" on 13.09.2022 at 11.30 A.M. in the college premises. The Programme was started with a prayer song. The Welcome Address was delivered by Mrs. M. Pushpa Rani, Head & Assistant Professor Department of commerce(CA), IQAC Co-ordinator. President Mr. G. Maris Kumar M.A., M.Phil., M.T.M., Ph.D., delivered the presidential address. The programme was felicitated by Secretary Mr. G. Karikolraj, Correspondent Mr. M. Jeyakumar B.E., Treasurer Mr. D. Nallathambi B.A., B.L., Mrs. Sugajeevitha Prabhakaran Women Committee Member, Mrs. D. Karthika Rani, Principal. The Resource person was Mr. K. S. P. Janardhanbabu, Director Programmes, M.S. Chellamuthu Trust of Research foundation, Madurai. He spoke on the topic "Stress Relieving Strategies for Teachers". He highlighted the process of education through preparing students for life, Person's involvement, teacher in the last era via electronic age, understanding student's problem and their characteristics physical symptoms about stress, psychological symptoms to manage stress better. This programme was highly motivated to the faculties. Nearly 84 faculties enthusiastically attended the programme. Finally Vote of Thanks was delivered by Mrs. M. Thenmozhi, Head, Department of BBA, IQAC Joint Coordinator. The program came to an end with the National Anthem.

M. Pushpa Rani
IQAC Coordinator

[Signature]
Signature of the Principal