



STELLA MATUTINA COLLEGE OF EDUCATION (AUTONOMOUS)

Re-Accredited (4th Cycle) by NAAC at 'A' Grade

Ashok Nagar, Chennai – 600 083

| Tel : (+91) 44-24894262 | Email : smcedn@gmail.com, info@smcedn.edu.in | Web : smcedn.edu.in |

Orientation and Tele Calling on Right to Education

Program Name	:	Orientation and Tele Calling on Right to Education
Date and Time	:	03.06.2022
Resource person	:	Mr. Gilber (Bhumi NGO)
No. of Students Involved:		165

On June 3, 2022, a workshop centered on telecalling for the Right to Education (RTE) was conducted. The session commenced with an orientation, affording students a comprehensive understanding of RTE Act 121C. Mr. Gilbert, serving as the resource person, expounded upon the pivotal role of Bhumi NGO in executing Act 121C. This legislation's primary focus is the allocation of 25% of private school seats to underprivileged children. Subsequently, a practical session ensued, where students, under the guidance of Bhumi NGO volunteers, contacted parents who had applied for RTE for their children. Responses were systematically documented on Google Sheets. The event concluded with expressions of gratitude and a photo session, deepening participants' comprehension of the RTE Act's vital mission.

Outcome of the session:

The session enabled students to understand the RTE Act's implementation and actively contribute to identifying eligible candidates for the program.





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Orientation and Tele Calling on Right to Education

Program Name	:	Orientation and Tele Calling on Right to Education
Date and Time	:	24.09.2022
Resource person	:	Mr. Gilber (Bhumi NGO)
No. of Students Involved:		100

On September 24, 2022, a comprehensive orientation was conducted, providing students with a detailed overview of the Right To Education Act 121C (RTE). Mr. Gilbert, the resource person, delivered an insightful explanation regarding the functions and objectives of Bhumi NGO in the implementation of this act. The primary focus of RTE Act 121C is the allocation of 25% of seats in private schools for the benefit of underprivileged and economically disadvantaged children.

Following this informative session on RTE, a practical phase was initiated. Bhumi NGO volunteers guided the students in the process of identifying and verifying eligible candidates for this program. The students actively engaged in the task and efficiently updated the collected information in Google Sheets.

This orientation served as a significant step in creating awareness about the RTE Act and facilitated hands-on involvement in the implementation of this crucial initiative. Students were empowered to contribute to the cause of providing quality education to disadvantaged children, fostering a sense of responsibility and social commitment.

Outcome of the session:

The session increased awareness about RTE Act 121C and enabled students to actively identify and verify eligible candidates for the program.





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Transforming Education and Citizenship

Program Name : Transforming Education and Citizenship
Date and Time : 03.06.20220
Resource person : Ms. Arya and Mr. Gilber, Bhumi NGO
No. of Students Involved: 160

On June 3, 2022, a workshop centered on telecalling for the Right to Education (RTE) was conducted. The session commenced with an orientation, affording students a comprehensive understanding of RTE Act 121C. Mr. Gilbert, serving as the resource person, expounded upon the pivotal role of Bhumi NGO in executing Act 121C. This legislation's primary focus is the allocation of 25% of private school seats to underprivileged children. Subsequently, a practical session ensued, where students, under the guidance of Bhumi NGO volunteers, contacted parents who had applied for RTE for their children. Responses were systematically documented on Google Sheets. The event concluded with expressions of gratitude and a photo session, deepening participants' comprehension of the RTE Act's vital mission.

Outcome of the session:

The session empowered students to engage in Bhumi NGO's scholarship program, fostering their commitment to assist underprivileged students in their educational pursuits.



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Ice Breaking Session

Program Name : Ice Breaking Session
Date and Time : 18.10.2022
Resource person : Mr. Gokula Kannan S, social worker, Chennai. PH:8667052369
No. of Students Involved: 137

Mr. Gokula Kannan S initiated the session with a warm welcome, emphasizing the pivotal role of effective communication in personal and professional growth. The program encompassed a diverse array of activities aimed at ice-breaking and nurturing communication skills. These included 'Name Games' where students shared personal anecdotes, fostering mutual understanding and camaraderie. 'Team-building Activities' had participants working on challenges, promoting teamwork, effective communication, and problem-solving. 'Role-playing' enabled students to communicate, empathize, and think quickly. 'Group Discussions' encouraged open dialogue and clear articulation of thoughts. Significantly, students actively engaged, showcasing a keen desire to enhance their communication skills. Mr. Gokula Kannan S's engaging approach, coupled with his social work expertise, created an inclusive and welcoming environment, fostering a constructive and enlightening session.

Outcome of the session

This session set a positive tone for future interactions among the students, fostering a sense of unity and the importance of effective communication in their lives. It served as a reminder that good communication is the key to success in various spheres, and the students left with a heightened sense of confidence in their ability to communicate effectively.



GPS Map
Camera Lite

Kamarajar Salai Rd (next to Vivekananda house, 22, Nadukupam 5th St, Naddu Kuppam, Triplicane, Chennai, Tamil Nadu 600005, India

Latitude
13.04856616°

Longitude
80.27959589°

Local 11:49:16 AM
GMT 06:19:16 AM

Altitude 9.66 meters
Tuesday, 18.10.2022





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Transformative Teachers

Program Name : Transformative Teachers
Date and Time : 20.10.2022
Resource person : . Mrs. Arockia Xavier Geetha ,BT Assistant of English at
Madras Seva Sadan Hr.Sec.School.
No.of Students Involved : 150

On October 20, 2022, a session commenced with a warm welcome, setting a positive tone for the day. Mrs. Arockia Xavier Geetha, BT Assistant of English at Madras Seva Sadan Higher Secondary School, Chetpet, took the stage as the resource person. Her topic of discussion was "Transformative Teachers."

Mrs. Arockia Xavier Geetha not only shared her extensive teaching experiences but also provided valuable insights on effectively engaging with students and their parents. She tackled the contemporary issue of teachers facing criticism on social media, engaging the trainee teachers in a constructive dialogue. Her session was a wellspring of motivation and practical knowledge for the aspiring teachers, inspiring them to become transformative educators. The event left a lasting impact, equipping the trainees with the tools to navigate the challenges of modern education and strive for excellence in their teaching journeys.

Outcome of the session:

The session empowered teacher trainees with insights into transformative teaching, effective student and parent interaction, and resilience against social media criticism.



GPS Map Camera



Google

Chennai, Tamil Nadu, India

Stella Matutina College of Education Ashok Nagar, Chennai,

Tamil Nadu 600033, India

Lat 13.042163°

Long 80.209873°

20/10/22 10:31 AM GMT +05:30



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Constitutional Values

Program Name	: Constitutional Values
Date and Time	: 21.10.2022
Resource person	: Mr. Simon Jayakumar, Advocate
No. of Students Involved	: 158

On October 21, 2022, an enlightening session titled "A Talk on Constitutional Values" was conducted from 2:15 to 3:15, with Advocate Simon Jayakumar as the resource person. The session delved into the "History of the Constitution of India," exploring the fundamental principles that underpin our nation.

Advocate Simon Jayakumar's presentation was particularly insightful, focusing on the "Preamble" and various Constitutional values. He meticulously elucidated the Preamble, breaking it down word by word. His passionate explanation ignited a sense of patriotism and a deeper appreciation for the values enshrined in our Constitution.

Through this session, participants gained a profound understanding of the historical context and the guiding principles that shape the Indian Constitution. Advocate Simon Jayakumar's expertise and engaging approach left a lasting impact, inspiring a sense of pride and responsibility towards the constitutional values that underlie our nation's governance.

Outcome of the session:

The session deepened understanding of India's constitutional values and ignited patriotism, fostering a stronger connection to the nation's foundational principles.





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Interpersonal Communication Skills Inventory

Program Name	: Interpersonal Communication Skills Inventory
Date and Time	: 26.10.2022 & 27.10.2022
Resource person	: Rev. Fr. Arul Xavier Raj, Parish Priest, St. Mathias Church.
No. of Students Involved	: 154

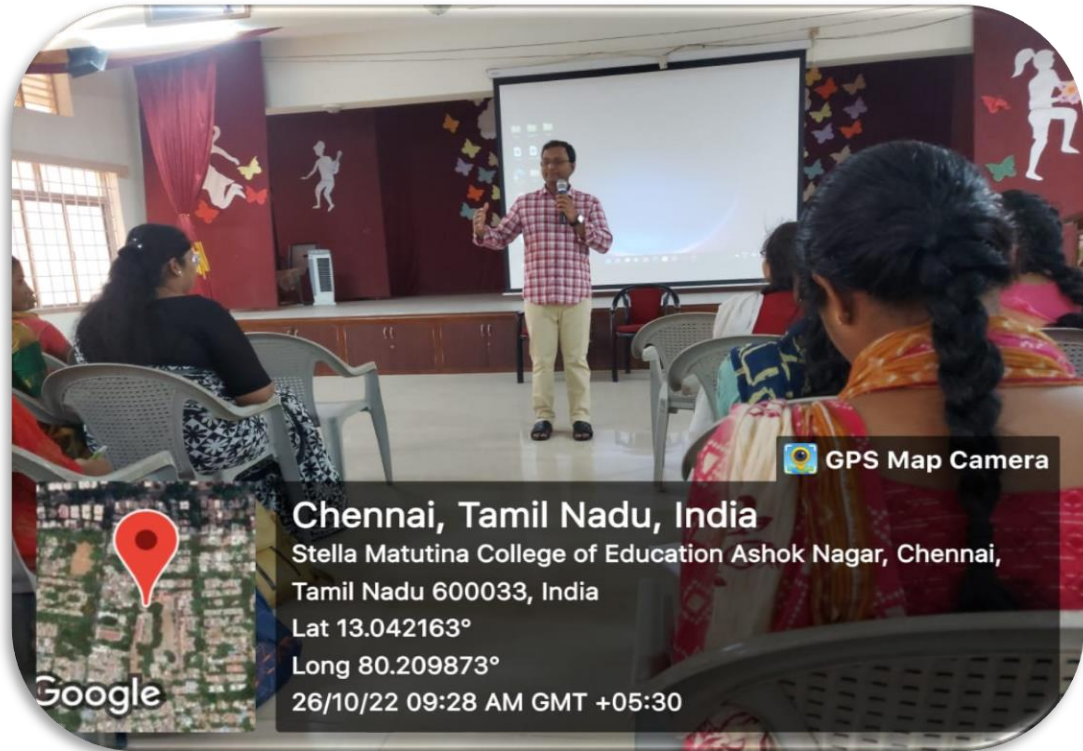
Stella Matutina College of Education is pleased to share the report of its sixth-day orientation program on "Interpersonal Communication Skills Inventory," held on October 26 and 27, 2022. The resource person, Rev. Fr. Arul Xavier Raj, Parish Priest of St. Mathias Church in Ashok Nagar, brought his expertise in counseling and psychotherapy to enlighten the participants.

The program commenced with a warm welcome, introducing Rev. Fr. Arul Xavier Raj. The first session, titled "6 Dimensions of Wellness," encouraged students to assess their "Intellectual Wellness Skills" through a set of 50 questions

Father led various engaging group activities in which all students actively participated. The activities revolved around the understanding of the laws of the mind, including the law of concentrated attention, the law of auxiliary emotion, and the rules of the mind. This orientation program provided valuable insights and practical knowledge, enhancing students' understanding of interpersonal communication skills and wellness dimensions.

Outcome of the session

The session enriched participants' awareness of communication skills and mental laws, fostering personal and interpersonal growth in wellness and understanding.





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Orientation on Sign Language

Program Name	: Orientation on Sign Language
Date and Time	: 28.10.2022
Resource person	: Ms. E. Nivethana, Assistant professor of special education, N.K.T. College of Education, Triplicane
No. of Students Involved	: 154

On October 28, 2022, Stella Matutina College of Education conducted an orientation session for the sign language course, led by Ms. E. Nivethana, an assistant professor of special education at N.K.T. College of Education. MS. E. Nivethana provided a succinct yet informative introduction to sign language during the session. She highlighted the crucial role of sign language in communication, especially for individuals with special needs. Her expertise shed light on the significance of special education, emphasizing its importance in providing support and tailored learning for children with unique requirements.

This orientation was a valuable opportunity for students to gain insight into the world of sign language and the field of special education. Ms. E. Nivethana's expertise and commitment to inclusive education left a lasting impression, inspiring students to understand and appreciate the importance of effective communication and specialized support for individuals with special needs. The session paved the way for a deeper understanding of the challenges and opportunities in the realm of special education and sign language communication.

Outcome of the session

The session prompted students to recognize the significance of sign language and the importance of special education for children with special needs.





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Awareness program on Sexual harassment - Prevention, Prohibition and Redressal

Program Name	: Awareness program on Sexual harassment - Prevention, Prohibition and Redressal
Date and Time	: 28.10.2022
Resource person	: Ms. Sunitha, Program Manager, Kyndryl, Chennai.
No. of Students Involved	: 154

The session on "Sexual Harassment Awareness," titled "Prevention, Prohibition, and Redressal," was conducted by Mrs. Sunitha Shenoy, the resource person. During this enlightening session, Ms. Sunitha Shenoy shed light on the "PoSH Act" and imparted essential knowledge about the prevention of sexual harassment.

Ms. Shenoy engaged the audience by raising thought-provoking questions and discussing various instances of sexual harassment. Her interactive approach facilitated a deeper understanding of the topic, encouraging active participation and meaningful dialogue.

Furthermore, Ms. Shenoy shared her perspective on the role of women in the current generation and addressed queries, effectively clarifying doubts raised by the attendees. Her expertise and insights left a significant impact, equipping participants with a better understanding of sexual harassment issues, awareness, and the legal provisions in place for prevention and redressal. The session served as a vital step in creating a safer and more informed environment for all.

Outcome of the session

The session increased awareness about sexual harassment, clarified doubts, and emphasized the importance of the "PoSH Act" in prevention and redressal.





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Stranger Danger in social media

Program Name	: Strange Danger in social media
Date and Time	: 29.10.2022
Resource person	: Mrs. Uma Shree, Director, Global Program Management, ATOS.
No. of Students Involved	: 170

On October 29, 2022, an enlightening session titled "Stranger Danger in Social Media" was conducted by Mrs. Uma Shree, Director of Global Program Management at ATOS in Chennai. This session provided a crucial insight into the world of social media, a topic of immense relevance for both teenagers and student teachers.

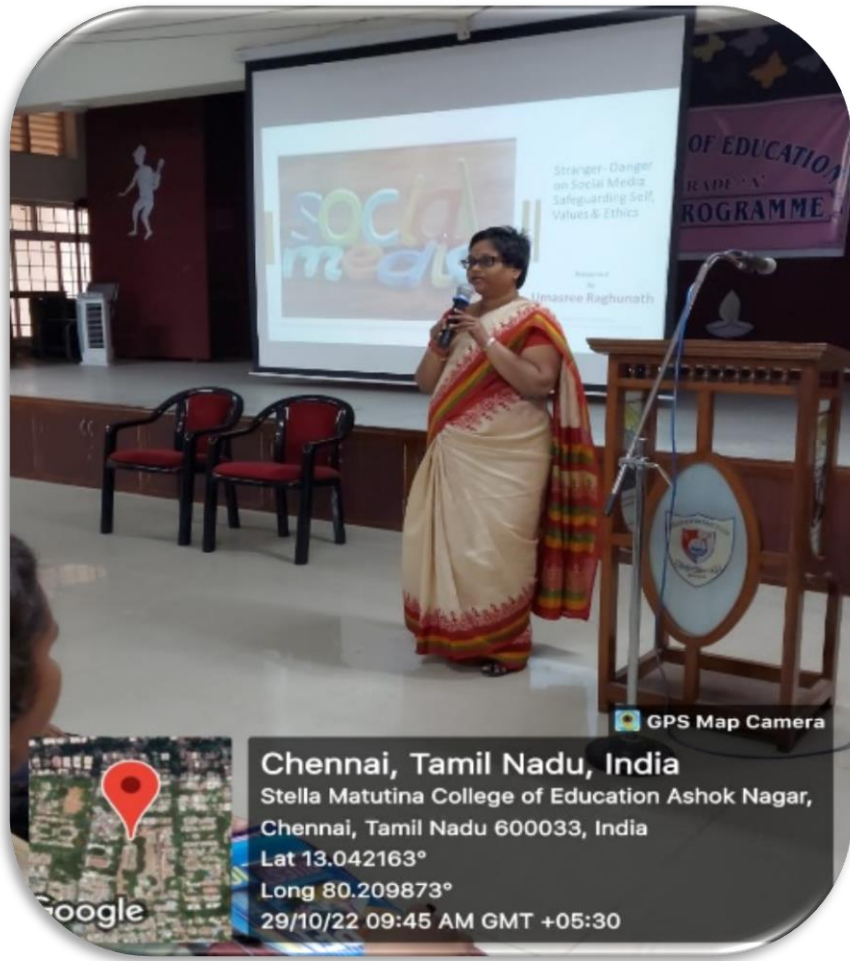
Mrs. Uma Shree's presentation served as a wake-up call, illuminating the various advantages and disadvantages of social media. She highlighted how deeply social media has permeated our lives, affecting us both positively and negatively.

One key takeaway from the session was the importance of safeguarding personal information on social media platforms to avoid potentially problematic situations. Mrs. Uma Shree's guidance on the perils of sharing sensitive data online was invaluable, emphasizing the need for responsible and safe internet practices.

This session played a vital role in raising awareness about the potential risks associated with social media and empowering the audience to use these platforms more mindfully and securely. It was indeed an eye-opening experience, equipping participants with essential knowledge about online safety in today's digital age.

Outcome of the session

The session increased awareness of social media risks and the importance of safeguarding personal information, fostering responsible online behavior.



GPS Map Camera



Chennai, Tamil Nadu, India

Stella Matutina College of Education Ashok Nagar,
Chennai, Tamil Nadu 600033, India

Lat 13.042163°

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29/10/22 09:45 AM GMT +05:30



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Become a Teacher

Program Name	: Become a Teacher
Date and Time	: 29.10.2022
Resource person	: Dr. Ugin Rositta, Assistant Professor, University of Madras.
.No. of Students Involved	: 170

On October 29, 2022, an inspiring and motivational talk titled "Become a Teacher" was delivered by Dr. Ugin Rositta, an esteemed alumna of the institution and currently an Assistant Professor at the University of Madras. Dr. Rositta shared her personal journey as an educator, recounting her experiences and the challenges she encountered.

She not only provided insights into the teaching profession but also discussed the obstacles and upcoming challenges that aspiring teachers may face. Dr. Rositta's words ignited a sense of purpose and commitment among the audience.

Her inspirational address left a profound impact, motivating attendees to aspire to be educators who could inspire and make a positive difference in the lives of students, similar to Dr. Rositta's own impactful journey. It was a moment of reflection and determination, with participants pledging to carry forward the legacy of inspiring and nurturing the next generation. The session instilled a renewed passion for teaching and a sense of responsibility towards future generations.

Outcome of the session

The session ignited a sense of purpose, inspiring participants to become teachers who can make a positive impact on students' lives.





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Demonstration on Saree Draping

Program Name	: Demonstration on Saree Draping
Date and Time	: 29.10.2022
Resource person	: Mrs. Devi, Ella's Bridal Academy, Chennai.
No. of Students Involved	: 170

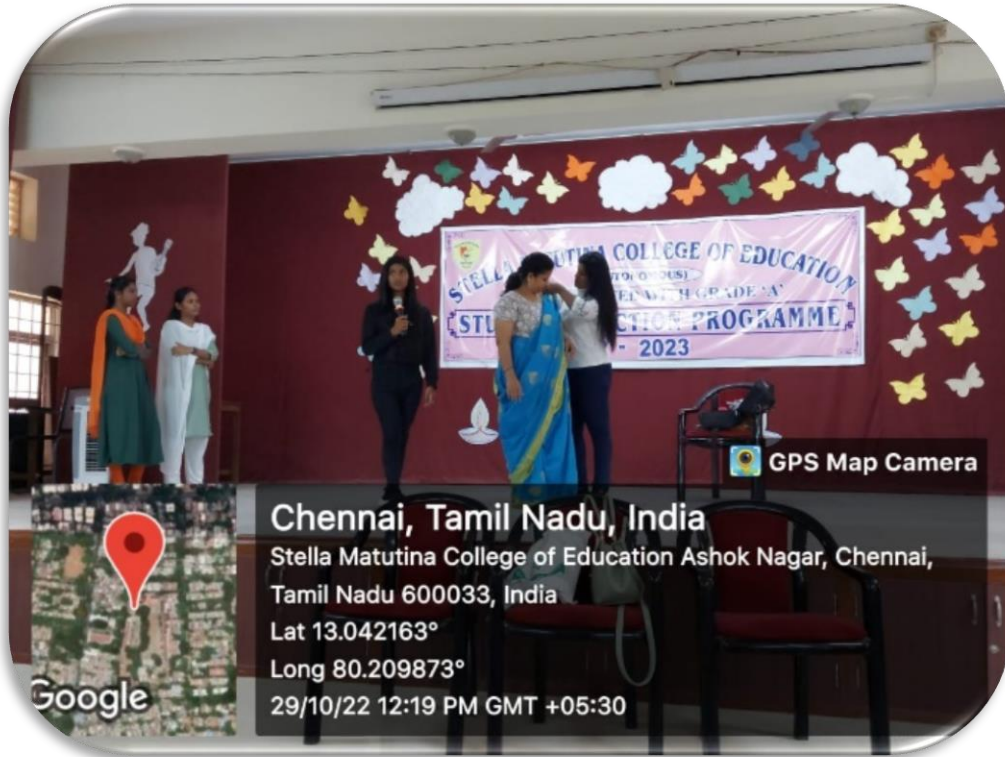
On October 29, 2022, an engaging and practical session on "Saree Draping" was conducted by Mrs. Devi from Ella's Bridal Academy in Chennai. This session was organized as part of the institution's code of conduct, aiming to instill a sense of professional attire among the student teachers. During the session, Mrs. Devi demonstrated the art of draping a saree perfectly, offering valuable tips and tricks to enhance its elegance. Participants were guided through the process, acquiring practical skills in the traditional and graceful attire.

Additionally, the session included a hands-on tutorial on creating a hair bun, with the assistance of volunteers. This segment further contributed to the students' understanding of presenting themselves professionally.

Overall, the session was both informative and practical, equipping student teachers with essential skills in saree draping and hair styling, fostering a sense of professionalism and cultural awareness. It was an interesting and useful experience that contributed to their overall development and readiness for their future roles as educators.

Outcome of the session

The session equipped student teachers with practical skills in saree draping and hair bun styling, enhancing their professionalism and cultural awareness.



GPS Map Camera

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Walk in Pink @ Namma Chennai 2022

Program Name : Walk in Pink @ Namma Chennai 2022
Date and Time : 30.10.2022
Resource person : MGM Cancer Institute- Thiru. M.A. Mohan, MLA, Anna Nagar, Chennai. Ms. Revathi, Actress, Film Directress, Social Worker.
No. of Students Involved : 15

Stella Matutina College of Education actively participated in a walkathon on October 30, 2022, in Chennai to raise awareness about breast cancer. The event aimed to educate and inform the public about this critical health issue. The program commenced with the flag hoisting by Mr. Vijayakumar, the Deputy Commissioner of Police. The walkathon kicked off with great energy, and participants were provided with health snacks and water bottles between 7:00 am and 7:30 am. The walk led to Anna Nagar Tower Park, where from 7:30 am to 8:00 am, young, talented children demonstrated silambam and skating skills. A significant part of the event included talks by Thiru M. A Mohan, MLA of Anna Nagar, Chennai, and Ms. Revathi, an actress, film director, and social worker. These sessions provided valuable insights into breast cancer awareness.

Ms. Rejini, a cancer champion, delivered a beautiful song, and felicitation was carried out by cancer champions from 8:00 am to 8:15 am. The event concluded with a lively Zumba dance by the Monday Monks, creating an energetic atmosphere.

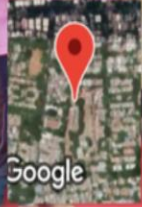
The session ended with a vote of thanks from the members of MGM Hospital, followed by the distribution of certificates to the participants. This walkathon was a meaningful and informative event, actively contributing to breast cancer awareness in the community.

Outcome of the session

The walkathon successfully raised breast cancer awareness, featuring informative talks, performances, and promoting the importance of cancer awareness.



GPS Map Camera



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Tamil Nadu 600033, India
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Field Visit to St. Louis Institute of Deaf and Blind

Program Name	: Field Visit to St. Louis Institute of Deaf and Blind
Date and Time	: 31.10.2022
Resource person	: Rev. Br. Innasi Asir, Principal, St. Louis Institute of Deaf and Blind, Adyar
No. of Students Involved	: 148

Stella Matutina College of Education is delighted to share the highlights of an event that took place on October 31, 2022. As part of our Student Induction Programme, student teachers gathered at St. Louis Deaf and Blind School in Adyar, where they had a unique opportunity to gain insights into teaching special children.

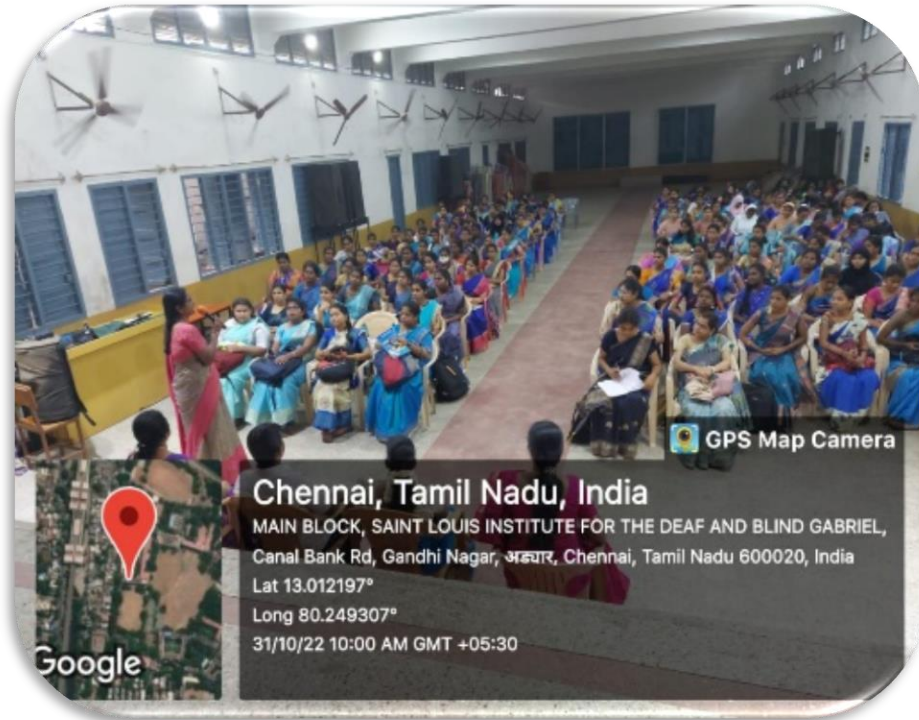
The day began with our students witnessing an assembly designed for special children, offering a fresh perspective on the role of a teacher in these unique educational settings. Brother Charles welcomed the gathering and shared the school's history. Brother John Xavier, the school's director, explained the curriculum's focus on social integration and the importance of senses for special children. The students were also treated to a moving performance by visually impaired student Vishal, who sang a song. They learned sign language from Brother Charles and explored job opportunities for special children.

The students were introduced to various devices used by special children, with demonstrations by School teachers. They then observed classes, discovering the significance of total communication, patience, and individualized placement based on knowledge rather than age. Tactile pictures were used to teach science concepts, and students engaged in activities like chess to enhance their understanding.

In the final session, Brother John Xavier shed light on disability awareness and prevention, leaving our student teachers deeply empathetic and grateful for their own blessings. We extend our gratitude to the college management for enlightening us about the transformative role of teachers in the lives of special children.

Outcome of the session

Enhanced awareness of teaching special children, emphasizing individualized, sensory-based instruction, and fostering empathy and gratitude in student teachers.





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Special Lecture on Plastic Threats

Program Name	: Special Lecture on Plastic Threats
Date and Time	: 01.11.2022
Resource person	: Ms. Arul Priya, Founder and CEO of Namba Boomi
No. of Students Involved	: 132

As part of the Wildlife Week Celebration on November 1, 2022, a special talk centered on "Plastic Threats." The event commenced with a prayer and the ceremonial lighting of a lamp to invoke blessings. A captivating welcome dance set the stage, followed by an enlightening address from the esteemed chief guest, Ms. Arul Priya, founder and CEO of Namma Boomi.

Ms. Arul Priya delivered an engaging speech that delved into the pervasive dangers of plastic. She underscored the adverse impacts of plastic on both the environment and human well-being, while advocating for practical solutions. Her insights included recommendations for reducing plastic usage in daily life, including the adoption of eco-friendly alternatives such as cloth bags, jute bags, biodegradable food packaging, and paper products.

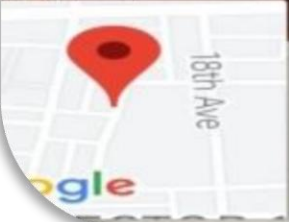
Furthermore, Ms. Arul Priya enlightened the audience about the detrimental effects of plastic food packaging on animals, particularly cows, and the ensuing toxic consequences. She emphasized the role each individual plays in bringing about change and raising awareness about this critical issue, leaving the audience with a deep sense of responsibility.

Outcome of the session

Increased awareness of the harmful impact of plastic on the environment, animals, and human health, prompting a call for action.



Chennai, Tamil Nadu, India
73-33, 73-33, 86th St, Sector 10, Sivalingapuram
Ashok Nagar, Chennai, Tamil Nadu 600033, In
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01/11/22 11:10 AM GMT +05:30



GPS Map C



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Special Lecture on Goodness on Millets

Program Name	: Special Lecture on Goodness on Millets
Date and Time	: 3.11.2022
Resource person	: Ms. M. Seethalakshmi, Organic Farmers Market, Chennai.
No. of Students Involved	: 169

On November 3, 2022, a special lecture on "The Goodness of Millets" featured Ms. Seethalakshmi, an esteemed guest with 15 years of expertise as an Organic Farmers Market Yoga practitioner and herbal medicine specialist. Ms. Seethalakshmi shared valuable insights into the health benefits of millets, including major types like pearl millets and jowar, as well as minor millets such as thinai, saamai, varagu, panivaragu, and guthiraivali. Emphasizing the importance of organic and millet-based diets, she advocated for a health-conscious lifestyle.

The session concluded with a delightful touch—a serving of herbal tea in biodegradable bagasse cups made from sugarcane stalks. This eco-friendly choice reflected the commitment to sustainability, offering a fitting end to a session focused on the goodness of millets and holistic well-being.

Outcome of the session

Heightened awareness of millets' health benefits and the importance of organic, sustainable choices for personal well-being and environmental impact.



Organic Farmers Market - OFM

- ஆர்கானிக் எண்ணெய் எண்ணெய்? வாங்குதலின் உ.எண்ணெய்
கொழுப்பு: எண்ணெய் - முதுகு - அறுமடி - பருத்தி - எண்ணெய் -
- எண்ணெய் - எண்ணெய்
- உ.முதுகு - எண்ணெய் - எண்ணெய்
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- எண்ணெய் - எண்ணெய், எண்ணெய் - எண்ணெய், எண்ணெய் -
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Special Lecture on Financial Literacy and Awareness

Program Name	: Special Lecture on Financial Literacy and Awareness
Date and Time	: 09.11.2022
Resource person	: Mr. Francis Felix Joseph, Financial Educational Counselor, ICICI Foundation for Inclusive Growth.
No. of Students Involved	: 61

A "Financial Literacy and Awareness" was conducted on November 9, 2022, resource person was Mr. Francis Felix Joseph, a distinguished Financial Educational Counsellor. The lecture aimed to boost financial literacy and responsible financial management. Mr. Joseph covered key topics, starting with an introduction to financial literacy's importance. Practical aspects of budgeting, investment basics, debt management, and retirement planning were discussed, providing attendees with valuable insights and strategies. The session concluded with an interactive Q&A, allowing participants to seek personalized advice. Mr. Joseph's expertise left participants empowered to make informed financial decisions, contributing to a financially savvy and responsible community. The event successfully enhanced financial literacy, inspiring attendees towards improved financial well-being and decision-making. reframe with 120 words

Outcome of the session

Student Teachers gained financial literacy, practical tools, and empowerment for responsible financial decisions, contributing to improved financial well-being.





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Safe and Economical usage of petroleum for Domestic workshop

Program Name	: Safe and Economical usage of petroleum for Domestic workshop
Date and Time	: 09.11.2022
Resource person	: Prof. Ravichandran, PCRA Rtd.,
No. of Students Involved	: 48

On November 9, 2022, the "Safe and Economical Usage of Petroleum for Domestic Workshop" featured Prof. Ravichandran, a retired principal of Vidyasagar school and former professor at Gurunanak College, as the resource person. The session, organized by the Physical Science department, aimed to promote responsible consumption of LPG. Prof. Ravichandran emphasized the conservation of LPG, discouraging the use of kerosene due to its expense and health implications. He shared 13 secrets for efficient LPG consumption, covering aspects like planning, pressure cooker usage, and flame control. The interactive and humorous session concluded with participants receiving certificates for active engagement. The workshop, hosted by the Petroleum Conservation Research Association (PCRA), left student teachers pledging to use LPG sensibly in their daily lives.

Outcome of the session

Enhanced awareness and commitment to economical LPG usage through interactive learning, fostering responsible consumption for a sustainable future.





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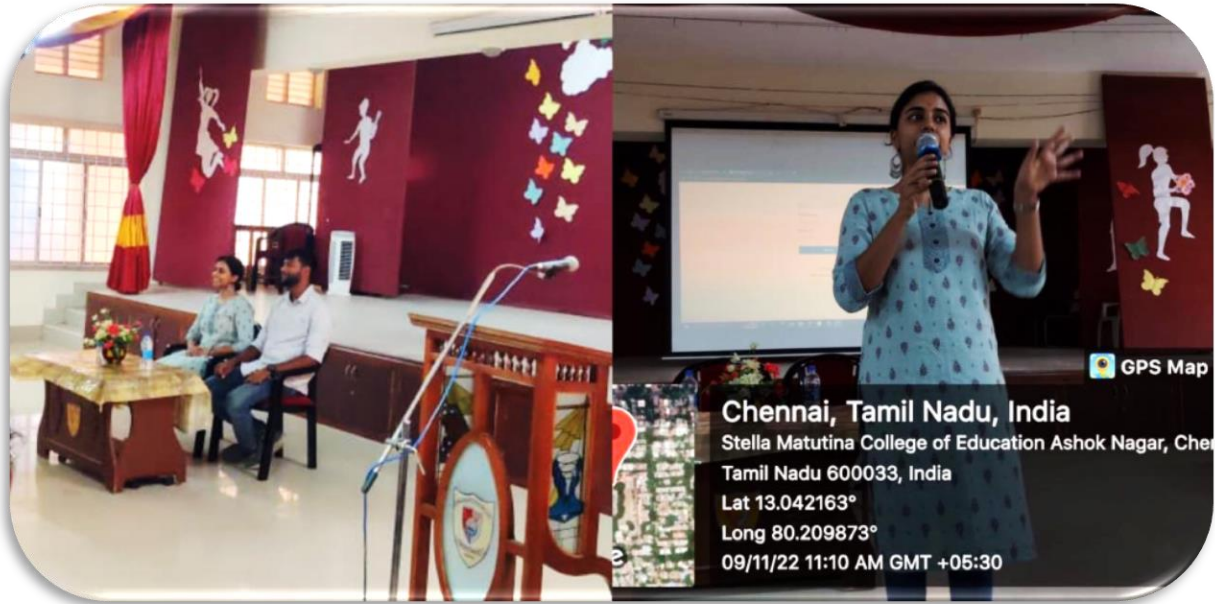
Transforming Education and Citizenship

Program Name	: Transforming Education and Citizenship
Date and Time	: 09.11.2022
Resource person	: Miss. Arya and Mr. Jilbert, Bhumi NGO Volunteer.
No. of Students Involved	: 172

Stella Matutina College of Education is thrilled to share the report on the workshop titled "Transforming Education and Citizenship," conducted by volunteers from Bhumi NGO's Scholarship Program by Cognizant on November 9, 2022. The session focused on the overarching theme of "Transforming Education and Citizenship." The resource persons highlighted various initiatives, including Urban Slum Learning Centers, supplemental education in shelter homes, Bhumi Fellowship, and civic initiatives, aimed at supporting students in need of scholarships in schools and colleges. Bhumi clubs were introduced to promote leadership activities. The scholarship plan, initiated in 2013, employs the crucial concept of "Bricks Miles," involving five steps: Nomination, Data Collection, Verification, Scholarship Disbursement, and Documentation. The partnership between Bhumi and Cognizant was emphasized, focusing on the 11th grade and Under Graduation students. The practical session involved creating Volunteer-Cognizant accounts to contribute actively to Bhumi's scholarship process, fostering a sense of satisfaction and commitment among student teachers to aid those in need of educational support.

Outcome of the session

Enhanced awareness and commitment to volunteering for Bhumi NGO's scholarship program, empowering students in need of educational support.



Chennai, Tamil Nadu, India

Stella Matutina College of Education Ashok Nagar, Chennai
Tamil Nadu 600033, India

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Long 80.209873°

09/11/22 11:10 AM GMT +05:30

GPS Map



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Awareness Programme on "Post office savings, Bank Insurance scheme"

Program Name : Awareness Programme on "Post office savings and Bank Insurance scheme"

Date and Time : 24.11.2022 and 25.11.2022

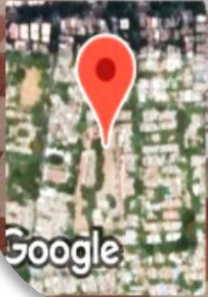
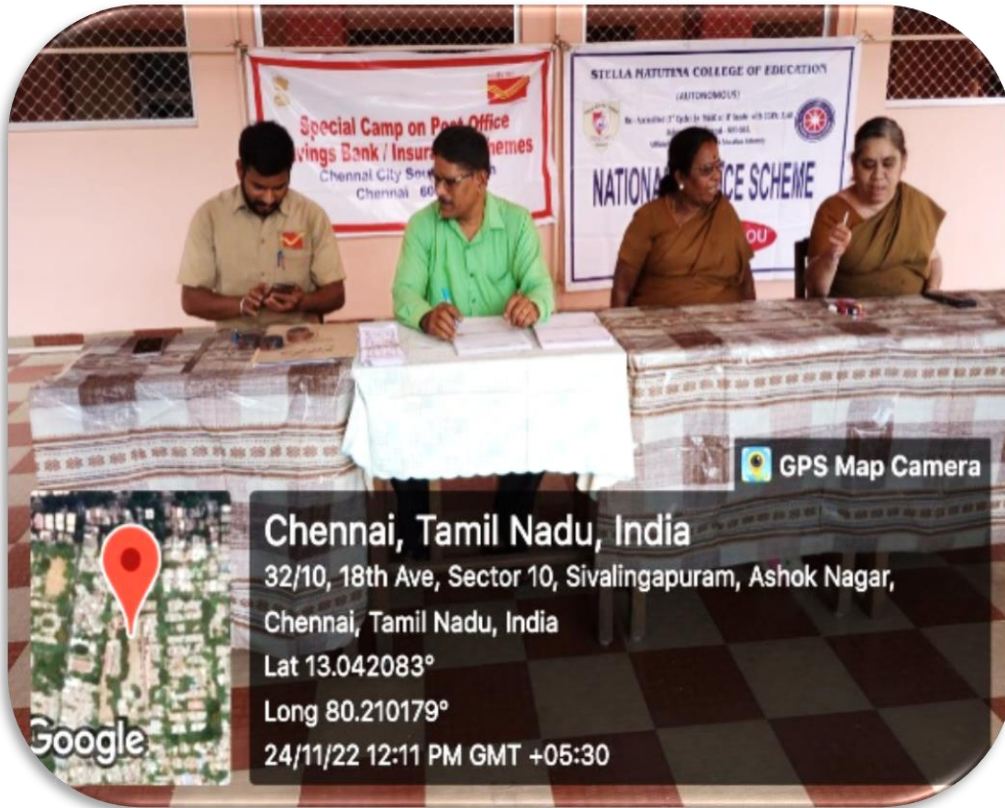
Resource person : Post Master Mr. Lakshmipathy and Asst., Post Master. Mrs. Gomathi.

No. of Students Involved : 70

Stella Matutina College of Education, Ashok Nagar, Chennai, organized an awareness program and special camp on November 24 and 25, 2022, focusing on "Post Office Savings Bank/Insurance Schemes." On November 24, Assistant Post Master Mrs. Gomathi and Mr. Karthick from Ashok Nagar Post Office provided insights into postal savings schemes, including recurring deposit, fixed deposit, senior citizen savings scheme, Sukanya Samridhi account, Public Provident Fund (PPF), and Prime Minister Insurance Schemes. They introduced the "India Post Payment Bank (IPPB)" app, highlighting its benefits to students. On November 25, Post Master Mr. Lakshmipathy, along with Post Man Mr. Rajkumar and Post Woman Mrs. Gecxey and Mrs. Prema Sakthivel, conducted a special camp. SMCE students clarified doubts and opened accounts using the digital app "IPPB" with their assistance.

Outcome of the session

Empowered students with knowledge on Post Office savings and insurance schemes, fostering financial literacy and facilitating account openings.



Chennai, Tamil Nadu, India
32/10, 18th Ave, Sector 10, Sivalingapuram, Ashok Nagar,
Chennai, Tamil Nadu, India
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Awareness Programme on Climate Change

Program Name	: Awareness Programme on Climate Change
Date and Time	: 25.11.2022
Resource person	: Mr. P. Natarajan, Leader and Founder of PUVI Earth Care Solutions.
No. of Students Involved	: 172

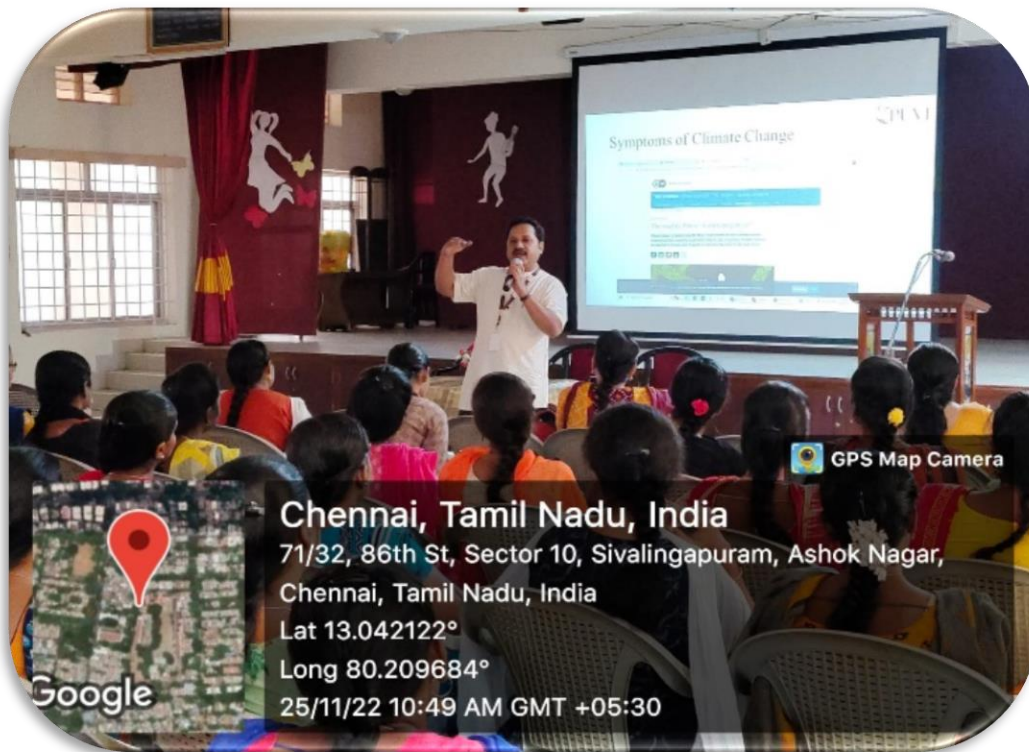
Stella Matutina College of Education's Eco Club organized a program on "Rehabilitation of Planet Earth - Role of Youth" on November 25, 2022, featuring Mr. P. Natarajan, Leader & Founder of PUVI Earth Care Solutions, as the resource person.

Mr. Natarajan began with a poignant clip highlighting drought relief initiative and the impact of climate change on rivers, wildlife, and populations worldwide. He emphasized the alarming consequences of a 1.5-degree Celsius temperature rise, leading to wildfires, heatwaves, and heavy rain.

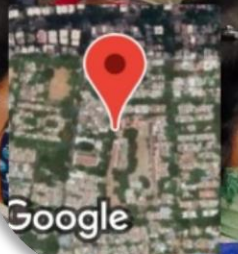
Future implications for Indian cities, including Chennai, Mumbai, Kolkata, Visakhapatnam, Mangalore, and Tuticorin, drowning were discussed. The primary causes of climate change, such as CO₂ emissions, deforestation, and waste mismanagement, were outlined. Mr. Natarajan stressed the importance of restoration, rehabilitation, and individual actions like avoiding single-use plastics, practicing the 3R (Refuse, Reduce, Reuse), and adopting sustainable lifestyle choices.

Outcome of the session

Inspired the student teachers to combat climate change through awareness, emphasizing individual actions, and promoting sustainable practices for environmental rehabilitation and preservation.



GPS Map Camera



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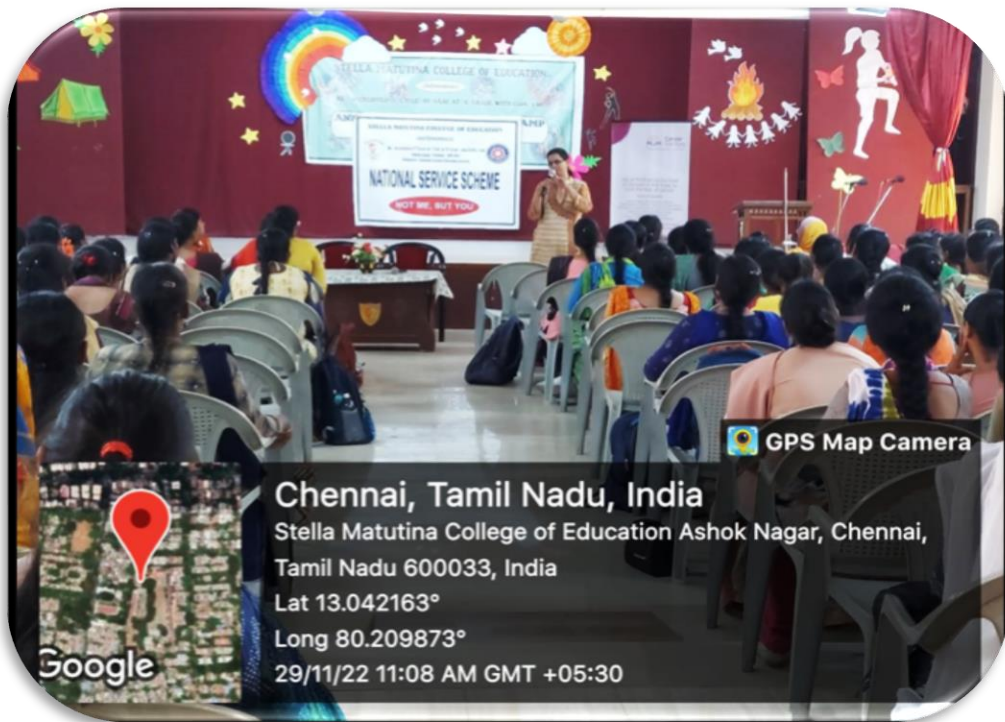
Awareness programme on Breast Cancer

Program Name	: Awareness programme on Breast Cancer
Date and Time	: 29.11.2022
Resource person	: Dr. Veda Padmapriya, Senior Consultant, Breast Oncology, MGM Cancer Institute
No. of Students Involved	: 180

On November 29, 2022, Stella Matutina College of Education's Women Cell Committee conducted an impactful breast cancer awareness program, featuring Dr. Veda Padmapriya, a senior consultant in breast oncology from the MGM Cancer Institute. Dr. Padmapriya led engaging discussions covering breast cancer intricacies, from signs and symptoms to modifiable/non-modifiable risk factors. Emphasizing a balanced diet, she encouraged a rainbow diet rich in antioxidants, known for immune-boosting properties against cancer. The session culminated with crucial insights into breast self-examination and the pivotal role of mammography. This comprehensive knowledge equipped SMCE students with a profound understanding of breast cancer, empowering them in awareness, prevention, and proactive health measures for a healthier future.

Outcome of the session

Enhanced awareness and preparedness among students regarding breast cancer, emphasizing prevention, early detection, and adopting proactive health measures.



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Field visit to B.M. Birla Planetarium

Program Name : Field visit to B.M. Birla Planetarium

Date and Time : 01.12.2022

No. of Students Involved : 180

On December 1, 2022, student-teachers convened at the Birla Planetarium, Chennai, for an enriching experience. The solar system and planetary show offered a captivating visualization of the universe, providing real pictures and insightful information. A subsequent water-themed presentation deepened our understanding of Earth's water dynamics on a globe screen, delivering realistic visuals. The exploration extended to the mathematics lab, featuring derivations and models that enhanced our learning. A visit to the specimen's section expanded our knowledge of animal anatomy. Further exploration encompassed space, aircraft, magical mirrors, and illusions. This field trip, filled with excitement and camaraderie among student-teachers and faculty, proved to be a delightful opportunity to delve into the realms of space and scientific wonders.

Outcome of the Field Visit

The field trip resulted in enriched knowledge of space, water dynamics, mathematics, biology, and fostered a memorable and enjoyable learning experience.



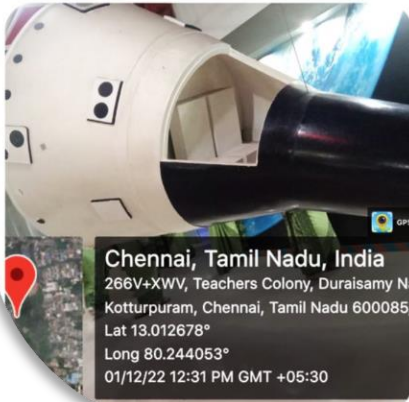
Chennai, Tamil Nadu, India
266V+H6 Child Playing Park, Duraisamy Na
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Long 80.243118°
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266V+XWV, Teachers Colony, Duraisamy Na
Nagar, Kotturpuram, Chennai, Tamil Nadu
600085, India

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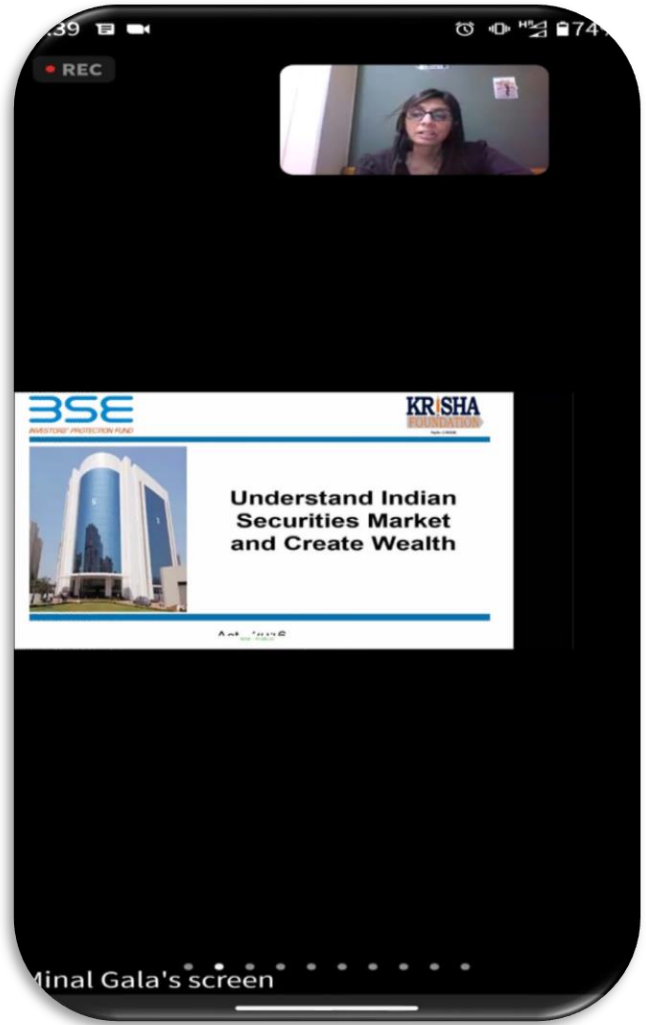
Ignite Minds and Awaken Hearts

Program Name	: Ignite Minds and Awaken Hearts
Date and Time	: 13.12.2022
Resource person	: Prof. Minal Gala, Teaching Faculty for Bachelor of Financial Markets, Krisha Foundation.
No. of Students Involved	: 165

The session on “Ignite Minds and Awaken Hearts,” this was conducted by Krisha Educare, a learning solutions company in BFSI and corporate readiness, commenced with a warm welcome for Prof. Minal Gala. Prof. Gala, an experienced educator and equity research professional, covered diverse topics in financial markets during the session, emphasizing technical analysis, investment banking, and risk management. With qualifications from esteemed institutions, including the University of Surrey, UK, Prof. Gala shared insights from her roles in equity research and trading. The session's primary focus was enhancing financial literacy, aiming to empower students against financial pitfalls. Encouraging student participation, the session covered investment processes, key terms, financial goal planning, risk profiling, and strategies to combat inflation, offering valuable knowledge for informed financial decision-making.

Outcome of the session

The session enriched students with financial literacy, empowering them to make informed investment decisions and safeguard themselves from financial pitfalls.





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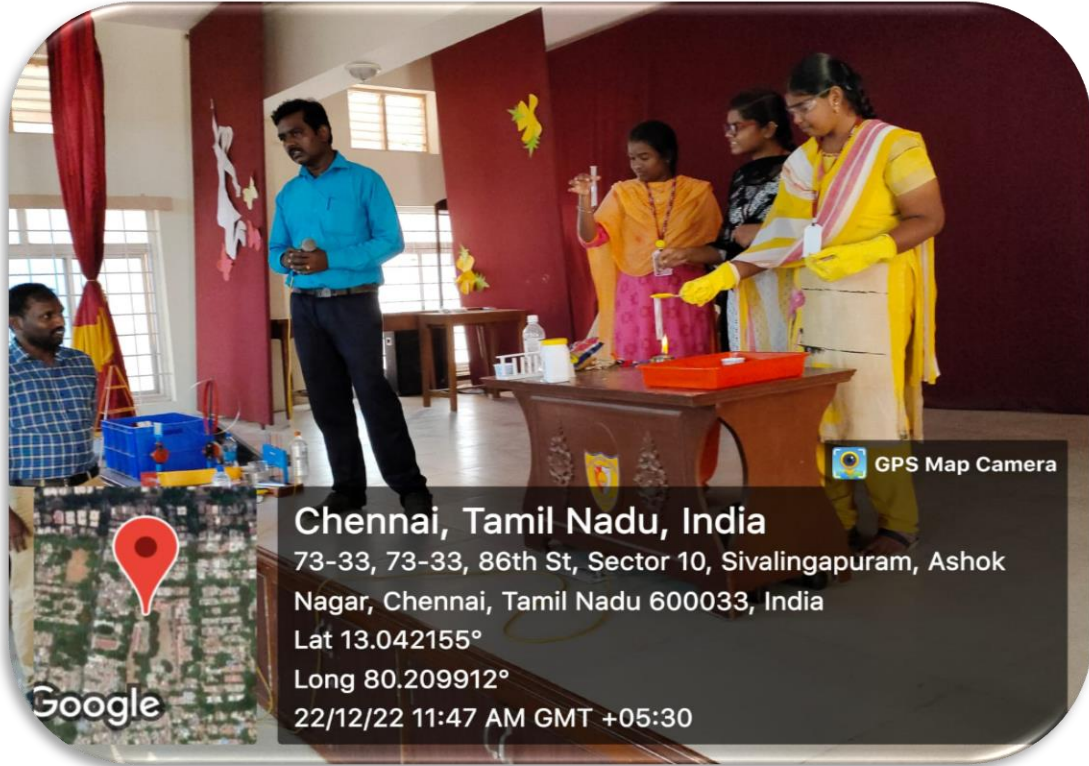
Orientation on Teaching Aids

Program Name	: Orientation on Teaching Aids
Date and Time	: 22.12.2022 at 11.AM
Resource person	: Agastya International Foundation
No. of Students Involved	: 159

Stella Matutina College of Education conducted an insightful workshop titled "Orientation on Teaching Aids" on December 22, 2022, from 11 AM to 12 PM, featuring Agastya International Foundation as the resource provider. The workshop aimed to educate student teachers on conducting activity and experiment-based classes. The resource person emphasized the effective use of teaching aids in teaching. The session began with a motivating story emphasizing the importance of effort in teaching. It was highly interactive, with questions and hands-on activities. Demonstrations, especially in mathematics, illustrated how teachers can make learning engaging. The importance of using learning aids and real-life examples for enhanced understanding was also stressed.

Out come of the session:

The session empowered student teachers with innovative methods using teaching aids and hands-on experiences to make learning engaging and effective.



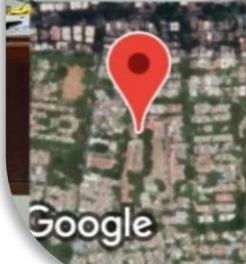
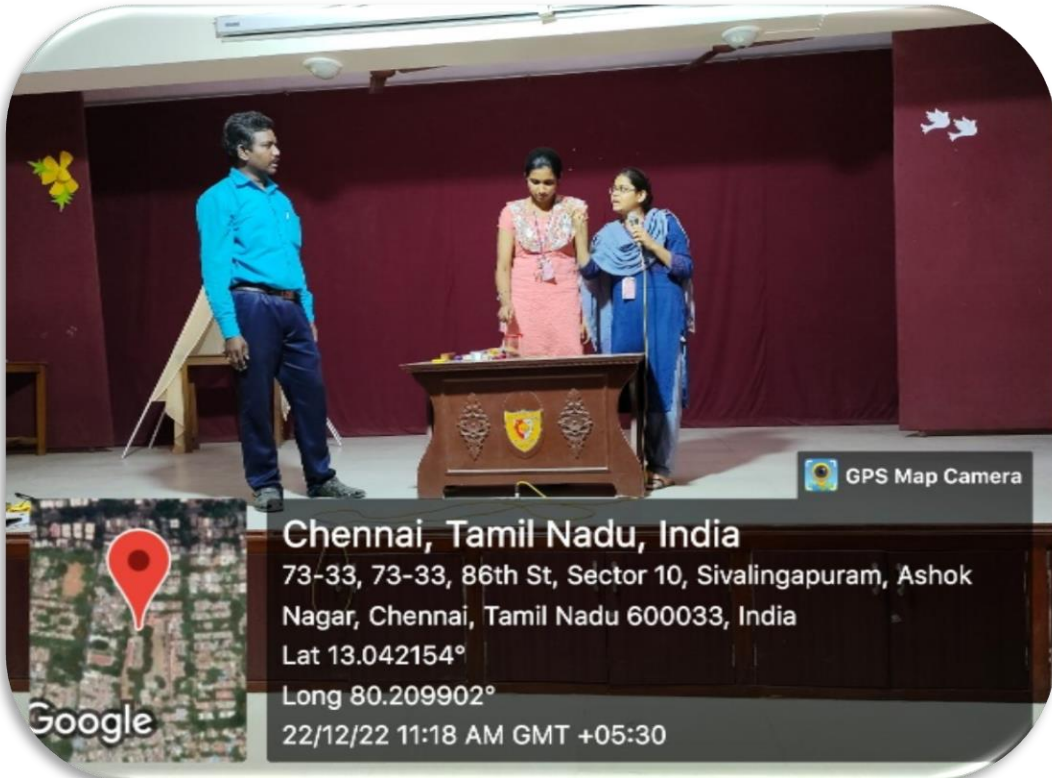
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Long 80.209912°

22/12/22 11:47 AM GMT +05:30



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Field Visit to Dakshinchitra Heritage Museum

Program Name : Field Visit to Dakshinchitra Heritage Museum
Date and Time : 06.01.2023
No. of Students Involved : 320

On January 6, 2023, B.Ed. I and II-year students embarked on an enriching field trip to Dakshina Chitra, a dynamic living museum in Chennai, India, dedicated to preserving and showcasing the rich cultural tapestry of South India. The museum's 18 historical houses, each representing a unique architectural style, offered a captivating journey through time. The contextual exhibitions within provided insights into South Indian customs and daily life. The emphasis on traditional craftsmanship and live performances of music, dance, and theater added vibrancy to the experience. This educational excursion fostered a deeper understanding of cultural diversity, equipping future educators with a broader perspective for inclusive teaching. Dakshina Chitra's immersive approach exemplifies the significance of incorporating cultural heritage into education, making the trip invaluable for B.Ed. students' professional development. Special thanks to Dakshina Chitra for this enlightening opportunity.

Outcome of the Field Visit

The Dakshina Chitra visits enriched B.Ed. students, offering cultural insights, architectural appreciation, and a deeper understanding for future educators.





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Professional Ethics

Program Name	: Professional Ethics
Date and Time	: 19.01.2023
Resource person	: Mr. V.R. Rago0 BRUNO, Secretary of the National Union of Facilitators (NUF)
No. of Students Involved	: 180

Mr. V.R. Rago0 BRUNO, Secretary of the National Union of Facilitators (NUF), delivered a thought-provoking program on professional ethics on January 19, 2023. This event was designed to provide invaluable insights to both students and teachers. Mr. Rago0 BRUNO's message centered on the pivotal role of professional ethics in one's career and personal life. He passionately stressed the significance of integrity, honesty, and ethical conduct in all professional pursuits. His engaging presentation left a profound impact on the audience, especially on the aspiring educators, who recognized the importance of instilling these values as they embark on their teaching journeys. This session successfully deepened the understanding of ethics in the professional world, making it a resounding success for all participants.

Outcome of the Program

The program enhanced awareness of professional ethics, inspiring attendees, particularly future educators, to uphold integrity and values in their careers.





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Workshop on Visual Art

Program Name	: Workshop on Visual Art
Date and Time	: 23.1.2023 to 25.1.2023
Resource person	: Mrs. Jayashree Narayanan, Fevicryl Certified Specialist
No. of Students Involved	: 181

The Visual Art Workshop for B.Ed. Curriculum, held from January 23 to January 25, 2023, was a transformative experience, guided by Mrs. Jayashree Narayanan, a Fevicryl Certified Specialist. Teacher trainees explored diverse visual art forms, fostering creativity in fabric painting, glass painting, mural creation, pot painting, and jewelry making. These techniques were tailored to enhance the development of innovative teaching materials. Mrs. Narayanan's guidance encouraged creative thinking, allowing participants to incorporate visual art into lesson plans, creating unique teaching aids. The workshop fostered collaboration among trainees from various disciplines, emphasizing the significant role of art integration in education. This success underscores the potential to inspire future educators toward impactful and innovative teaching practices.

Outcome of the Program

Elevated creativity, integration of diverse visual arts into teaching materials, fostering collaborative and innovative teaching practices for future educators.





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Guest Lecture on Issues of Transgender

Program Name	: Guest Lecture on Issues of Transgender
Date and Time	: 23.1.2023 to 25.1.2023
Resource person	: Ms. Nalina, an LGBTQ activist and actress
No. of Students Involved	: 170

On February 9, 2023, Ms. Nalina, an LGBTQ activist and actress, delivered a compelling guest lecture on transgender issues to student teachers. The session aimed to raise awareness about the basic physical and psychological needs of transgender individuals, particularly focusing on the changes occurring during adolescence. By providing insights into gender transition, the lecture equipped future educators to understand and support students undergoing such transformations. Emphasizing an inclusive classroom ideology, Ms. Nalina inspired the student teachers to become agents of positive change in society. The session fostered a deeper appreciation for diversity, preparing the educators to offer guidance and create inclusive environments in their future classrooms.

Outcome of the Program

The program heightened awareness on transgender issues, fostering inclusivity and preparing student teachers to support diverse students with understanding and empathy.



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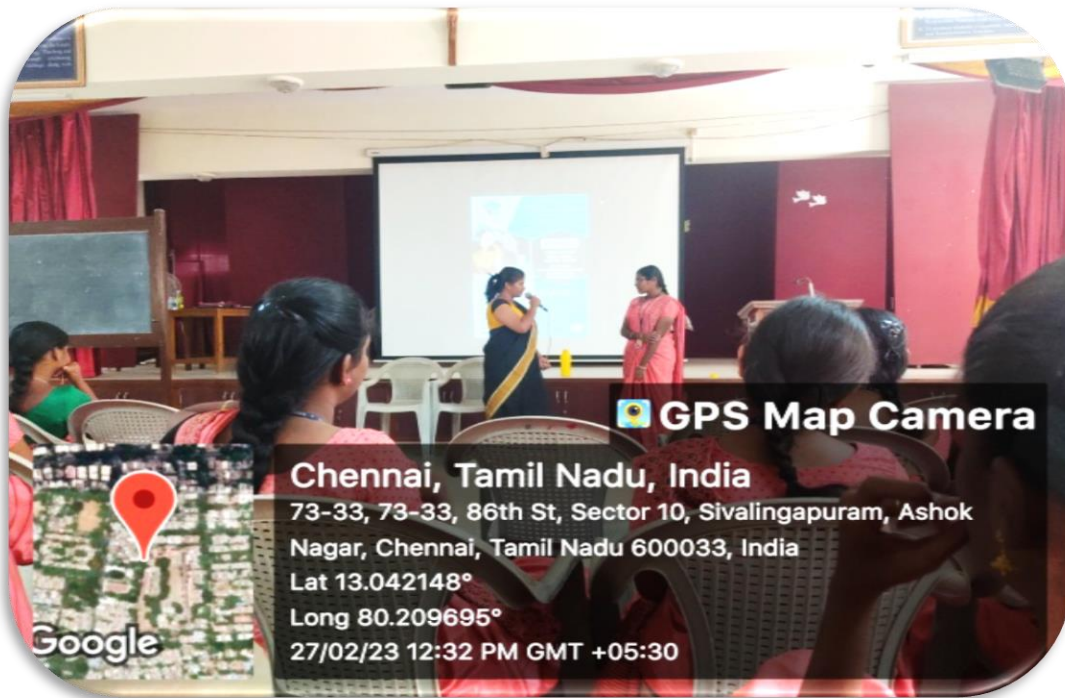
Career Development Program on Montessori Education

Program Name	: Career Development Program on Montessori Education
Date and Time	: 23.1.2023 to 25.1.2023
Resource person	: Mrs. Shobana Manikandan, Entrepreneur, EIS, Edification Plus, UK.
No. of Students Involved	: 170

On February 27, 2023, the Career Development Program commenced with Mrs. Shobana Manikandan, Entrepreneur of ELS EDIFICATION PLUS, UK, as the resource person. Mrs. Shobana introduced the Montessori Method and provided a comprehensive overview of the ELS EDIFICATION PLUS program. Exploring the program's design and curriculum, she emphasized its alignment with the Maria Montessori method, offering training and support. Mrs. Manikandan guided students on initiating and implementing a business platform, elucidating the courses available for starting a kindergarten school post-degree. Engaging activities, including rhymes and storytelling, enhanced students' understanding of entrepreneurship. The session concluded with valuable insights, resources, and opportunities for interested students, leaving a lasting impact.

Outcome of the Program

The program equipped students with insights into the Montessori Method and entrepreneurship, fostering understanding and interest in implementing the program.





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Special Lecture on Herbal Plants and Terrace Garden

Program Name	: Special Lecture on Herbal Plants and Terrace Garden
Date and Time	: 14.02.2023
Resource person	: Dr. Rathi, Entrepreneur and Specialist in herbal terrace gardening
No. of Students Involved	: 175

On February 14, 2023, Dr. Rathi, a distinguished entrepreneur and herbal terrace gardening specialist, led a captivating lecture on herbal plants and terrace gardening. Commencing with the benefits of herbal plants, she enlightened students on their day-to-day applications for a healthier lifestyle. The interactive session delved into diverse topics, including remedies for headaches, colds, and herbal alternatives for menstrual pain. Dr. Rathi also provided a detailed exposition on terrace gardening, stressing essential practices to thwart pest attacks. Emphasizing the use of earthworm fertilizers, "panchakavya" for pest control, sunlight exposure, and regular watering, she aimed to cultivate in student teachers an appreciation for natural medicine and gardening as a fulfilling hobby, envisioning their role in passing on this knowledge to future generations.

Outcome of the Program

The program empowered student teachers with knowledge of herbal plants, terrace gardening, and natural medicine, fostering a lifelong passion for gardening.



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Special Lecture on Script Writing

Program Name	: Special Lecture on Script Writing
Date and Time	: 16.02.2023
Resource person	: Dr. T . Karthikeyan, Educator and Writer
No. of Students Involved	: 89

On February 16, 2023, Mr. Karthikeyan conducted an insightful session on script writing for teacher trainees. Emphasizing the teacher's role as a catalyst in classroom management, he highlighted key aspects for effective script writing. The session emphasized delivering content appropriately, harnessing the power of words, incorporating positive language, setting clear goals, and balancing humor with seriousness. Mr. Karthikeyan encouraged the integration of script writing techniques in teaching, empowering trainees to conduct engaging and successful classes. The interactive session addressed students' queries, ensuring clarity. By instilling the value of script writing in core subjects, Mr. Karthikeyan equipped teacher trainees with a valuable tool for innovative and impactful teaching, garnering positive feedback from the participants.

Outcome of the Program

The session empowered teacher trainees with effective script writing skills, enhancing their ability to deliver engaging, successful, and impactful lessons.





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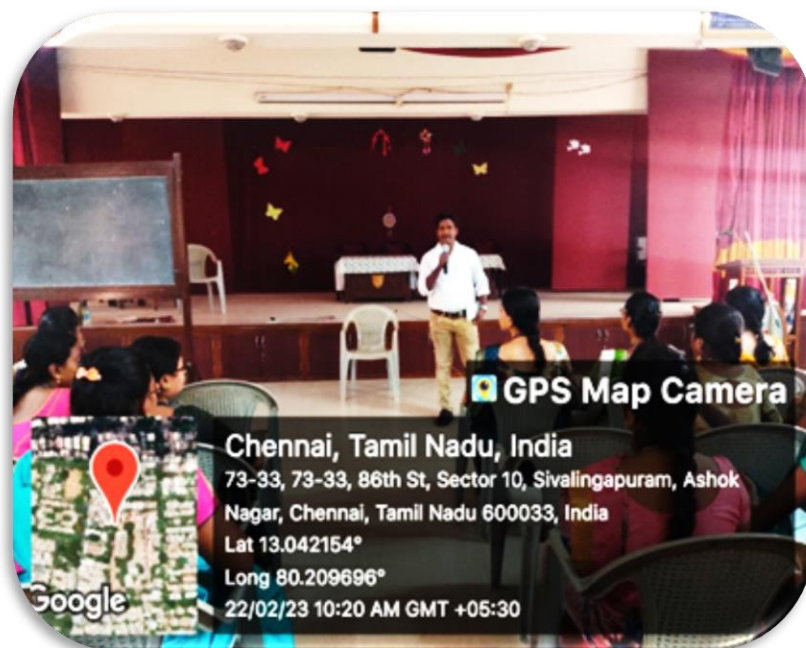
Special Lecture on Homeopathy system of Medicines

Program Name	: Special Lecture on Homeopathy system of Medicines
Date and Time	: 22.02.2023
Resource person	: Dr. Rajasekar, Homeopathy Medicines
No. of Students Involved	: 89

The session started by talking about homeopathy, which uses natural substances diluted to remove harmful effects. Dr. Rajasekar explained the philosophy, focusing on treating the whole person, not just symptoms. He gave examples of how homeopathy helps with allergies, asthma, arthritis, depression, anxiety, and digestive issues. Dr. Rajasekar emphasized that homeopathy works well with regular medicine. The Q&A session let students ask about health concerns. The session was a good mix of information and interaction, giving student teachers a solid understanding of homeopathy's principles and uses in healthcare.

Outcome of the Program

The program deepened student teachers' understanding of homeopathy, emphasizing holistic healthcare and its complementary role alongside conventional medicine.





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Special Lecture on Ayurvedic Medicines and its Benefits

Program Name	: Special Lecture on Ayurvedic Medicines and its Benefits
Date and Time	: 23.02.2023
Resource person	: Dr.M.Radhika,Medical Officer,Department of Ayurvedha,Aringar Anna Govt.Hospital
No. of Students Involved	: 89

Mrs. Radhika provided a comprehensive overview of Ayurvedic medicine, highlighting its benefits through a comparison with allopathy. Ayurveda, she emphasized, focuses on holistic wellness, prioritizing overall health. Stressing the significance of Ayurveda's natural remedies—herbs, minerals, and metals—alongside lifestyle changes, she advocated for balance and harmony in the body.

Mrs. Radhika delved into the division of Ayurvedic medicine into Vata, Pitta, and Kapha, each with unique characteristics and imbalances. Treatment, she explained, is personalized based on the patient's dosha and specific health concerns. The session concluded with insights into Ayurvedic treatments for various conditions, including digestive disorders, anxiety, depression, and skin problems. This informative session left attendees with a deeper understanding of Ayurveda's holistic approach to promoting health and well-being.

Outcome of the Program

The program enhanced understanding of Ayurveda, emphasizing its holistic approach to wellness and personalized treatments for diverse health conditions.





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Siddha Medicine for Teachers Work Life Balance

Program Name	: Siddha Medicine for Teachers Work Life Balance
Date and Time	: 24.02.2023
Resource person	: Dr. Rajalakshmi, Siddha Doctor, Assistant Medical officer, Government Institute of Rehabilitation Medicine
No. of Students Involved	: 89

The session commenced with an exploration of Siddha medicine's origin and history, followed by insights into diagnostic methods, eight-fold diagnostic tools, and treatment procedures. Aimed at promoting the Siddha system's benefits for teachers, key highlights included addressing common health issues, advocating specific food habits, and introducing yogic practices for concerns like varicose veins and back pain. The session also provided relief tips for tinnitus caused by loud sounds, guidance on vocal care, and mental health tips for teachers. The guest concluded with the quote "Alavaana Aagaram Noyilla Vazhvin Aadharam," emphasizing the importance of a balanced and healthy life.

Outcome of the Program

The program enriched teachers with Siddha medicine insights, promoting holistic health practices for common issues, fostering a balanced professional and personal life.





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Special Lecture on Flower Medicine and its benefits

Program Name : Special Lecture on Flower Medicine and its benefits

Date and Time : 03.03.2023

Resource person : Dr. Krishnamoorthi, Doctor, Flower Medicine

No. of Students Involved : 89

Dr. Krishnamoorthy provided a concise overview of flower medicine, also known as flower essence therapy. Originating from Dr. Edward Bach in 1930, this therapy employs flower essences to enhance emotional, mental, and spiritual well-being. Emphasizing the impact of emotions and thoughts on health, flower essence therapy addresses underlying imbalances, supporting the body's natural healing. Dr. Krishnamoorthy highlighted the importance of flower medicine, noting limited scientific evidence. He cautioned against using it as a substitute for conventional medical care, ensuring a balanced understanding of its role in promoting holistic well-being.

Outcome of the Program

The program heightened awareness of flower essence therapy, emphasizing its role in emotional well-being, while acknowledging limited scientific evidence.



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Eye Donation Awareness Programme

Program Name	: Eye Donation Awareness Programme
Date and Time	: 27.2.2023
Resource person	: Dr. Ganesh, Eye Specialist.
No. of Students Involved	: 158

"Enlighten Lives: Donate Your Eyes," advocates eye donation to brighten the lives of two blind individuals, guiding them from darkness to a colorful existence. Dr. Ganesh, a distinguished eye specialist, commenced the session by elucidating the eye's anatomy and functions. An interactive quiz added an engaging element, rewarding participants for correct answers. Dr. Ganesh delved into the significance and procedure of eye donation, utilizing video clips for clarity. The initiative's overarching aim is to bestow the precious gift of sight, emphasizing the transformative impact eye donation can have on the lives of the visually impaired, thereby promoting the noble cause of illuminating the world through vision.

Outcome of the Program

The program promoted eye donation awareness, inspiring participants to contribute to the noble cause of restoring sight and transforming lives.





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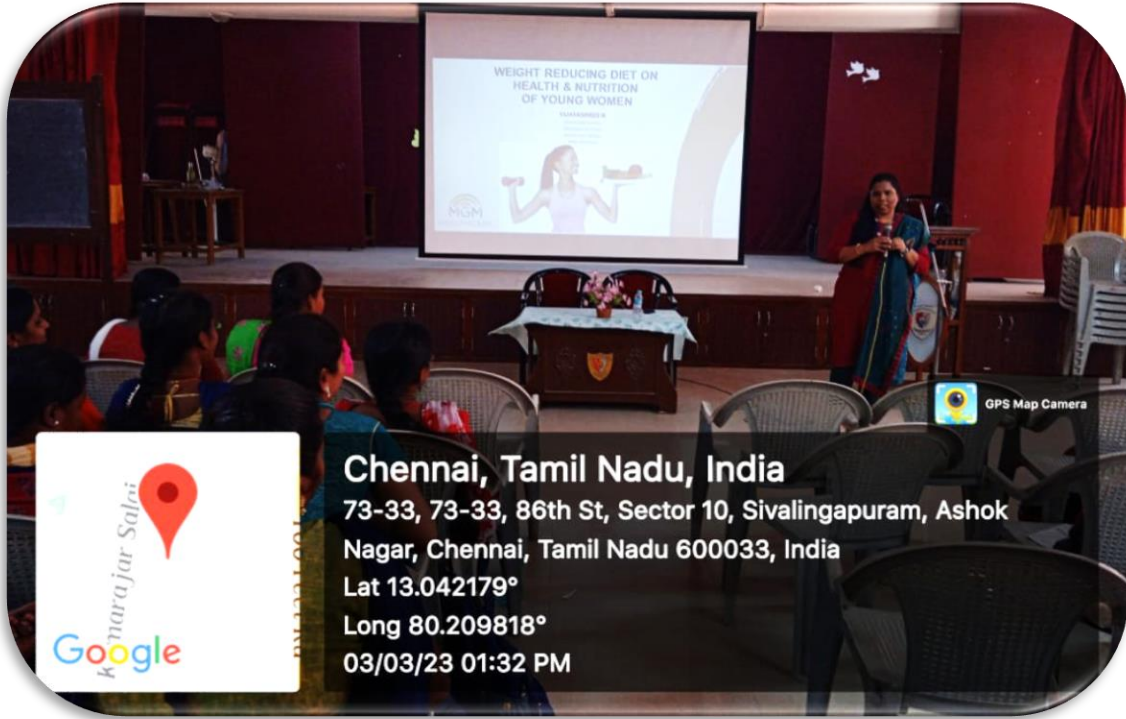
Weight Loss Diets - How it affecting the Nutrition of the Youngsters

Program Name	: Weight Loss Diets - How its affecting the Nutrition of the Youngsters
Date and Time	: 03.03.2023
Resource person	: N. Vijayashree, Head and Chief dietitian, MGM Health care.No.
of Students Involved	: 165

Stella Matutina College of Education hosted a session on the impact of weight loss diets on youngsters' nutrition, featuring N. Vijayashree, Head and Chief Dietitian from MGM Healthcare. She initiated the discussion with a question raised in "The Times of India" regarding the desire for health and fitness. Addressing nutritional deficiencies prevalent in Indian women, she explored solutions. Topics included the pitfalls of weight loss diets, risks of fad dieting, healthy eating habits, the importance of a balanced diet, stress management, and problem-solving without compromising health. The session concluded with insights on leading a happy life, providing valuable guidance for overall well-being.

Outcome of the Program

The program raised awareness about nutritional deficiencies, risks of fad diets, and emphasized healthy lifestyles for overall well-being among participants.



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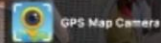
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Talk on Violence Against Women

Program Name	: Talk on Violence Against Women
Date and Time	: 06.03.2023
Resource person	: Mrs. C. Kala, Inspector of Police, All Women Police Station, Vadapalani, Chennai
No. of Students Involved	: 369

Stella Matutina College of Education organized an awareness talk on violence against women on March 6th, 2023, featuring Mrs. C. Kala, Inspector of Police at the All Women Police Station in Chennai. As the chief guest, Mrs. Kala commenced her speech by quoting renowned Tamil poets, advocating for women's empowerment. She shared impactful firsthand accounts of child abuse, guiding the audience on rescue procedures, with a focus on the teacher's crucial role. The session was enlightening, providing student teachers with valuable insights. Mrs. Kala recommended the SOS Kavalan app for women's safety, concluding the program with a call to action for enhanced societal awareness and safety measures.

Outcome of the Program

The program heightened awareness on violence against women, empowered teachers with child abuse intervention knowledge, and promoted women's safety initiatives.





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Orientation on Teaching Skills

Program Name	: Orientation on Teaching Skills
Date and Time	: 28.03.2023
Resource person	: Fr. T. Antony peter OFM Cap, M. Sc. Counselling and psychotherapy.
No. of Students Involved	: 369

The session, led by Fr. T. Antony Peter OFM Cap, aimed to motivate student teachers by exploring teaching skills, qualities, and challenges. Commencing with engaging videos, he highlighted vital teacher attributes like communication, creativity, leadership, and patience. Stressing the teacher's pivotal role in both school and society, the afternoon session incorporated lively action songs, fostering active student participation. Fr. Antony Peter continued the discourse on teacher competencies, delving into Information and Communication Technologies (ICT) competencies, focusing on tool usage, technical skills, and knowledge transfer. The session provided valuable insights, energizing student teachers for their future profession.

Outcome of the Program

The session inspired student teachers, fostering awareness of essential qualities, skills, and challenges, preparing them for the teaching profession.





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Bridge Course

Program Name : Bridge Course
Date and Time : 17.10.2022 to 24.11.2022
No. of Students Involved: 165

Stella Matutina College of Education conducted a Bridge Course for its first-year B. Ed students spanning from October 17th to November 24th, 2022. This comprehensive program saw participation from students of diverse academic backgrounds. The course was spearheaded by a team of dedicated faculty members, including Dr. Sr. M. Irudhaya Mary, Dr. Mangai Kumaran, and Mrs. C. Sasikala, all serving as resource persons.

The Bridge Course primarily aimed at enhancing the students' English language communication skills, encompassing both oral and written proficiency. Additionally, it provided orientation on vital aspects of a teacher's role, emphasizing values, ethics, principles, and discipline. The curriculum covered phonetic sounds, diction, lexis, syntax intricacies, semantics, sentence structures, various sentence types, and parts of speech.

To foster confidence and competence, students were organized into small groups for practice and interaction. The core objective of this program was to empower students to transcend language barriers and equip them for a successful and impactful teaching profession.

Outcome of the program

The program improved students' English language skills, instilled teaching values, and boosted confidence for effective teaching careers.





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Enhancing Communication Skills

Program Name	: Enhancing Communication Skills
Date and Time	: 18.10.2022
Resource person	: Mrs. Shirley, B.T.Asst., English, Dr. K. K. Nirmal Hr. Sec. School.
No. of Students Involved	: 137

On the 18th of October, 2022, an enlightening session titled "Enhancing Communication Skills" was conducted by Mrs. Shirley N, a distinguished English teacher at Dr. K.K. Nirmala Girls Higher Secondary School in Ashok Nagar, Chennai. This bridge course aimed to equip students with valuable insights into the pivotal role that communication skills play in the field of education.

Mrs. Shirley's expertise shone through as she shared a wealth of knowledge, offering essential tips and rules that are crucial for educators to follow. Her guidance was not only practical but also inspirational, as she demonstrated the significance of effective communication in the teaching profession.

Throughout the session, students absorbed a deeper understanding of the importance of communication skills in the context of education. Mrs. Shirley's passion and expertise left a lasting impact, motivating students to strive for excellence in their communication abilities, which are fundamental in not only imparting knowledge but also fostering meaningful connections in the classroom.

Outcome of the session

The session empowered students with insights and motivation to enhance their communication skills, fostering effective teaching and meaningful classroom connections.





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Value of Communication

Program Name	: Value of Communication
Date and Time	: 28.10.2022
Resource person	: Vimal Thiagarajan, Founder & Managing Director, Be Positive Training Academy, Chennai.
No. of Students Involved	: 154

On October 28, 2022, Stella Matutina College of Education organized an orientation session on the "Value of Communication" and "Development of the English Language." Led by Mr. Vimal Thiagarajan, a distinguished figure and founder of Be Positive Training Academy, the session highlighted the crucial role of effective communication and English language development. Mr. Thiagarajan's passionate discourse, coupled with interactive discussions on success and the teaching profession, left a profound impact on attendees. He further encouraged students to enroll in a free certificate program focused on "good English communication," spanning 17 Saturdays in hybrid and offline modes, aiming to enhance language fluency and proficiency for their professional growth. The orientation provided valuable insights and inspiration for students.

Outcome of the session

The session inspired students to recognize the importance of effective communication, fostering enthusiasm for English language development and professional growth.





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Workshop on Yoga

Program Name	: Workshop on Yoga
Date and Time	: 19.10.2022
Resource person	: Mrs. Kamatchi, Yoga Trainer, Chennai.
No. of Students Involved	: 142

On October 19, 2022, Mrs. Kamatchi, a yoga trainer, conducted a practical yoga session emphasizing its significance for a balanced life, both physically and mentally. Beyond teaching basic asanas like Sukasana and Balasana, she incorporated essential poses such as Badhakonasana (Butterfly pose) and Surya Namaskar. These practices go beyond physical fitness, promoting mental well-being crucial for maintaining work-life balance. The session aimed to equip students with tools for a peaceful life, instilling the importance of incorporating yoga into their daily routines. Mrs. Kamatchi's guidance underscored the holistic benefits of yoga, emphasizing its role in fostering harmony and equilibrium in both personal and professional spheres.

Outcome of the session

The program enhanced physical and mental well-being through yoga, emphasizing its role in achieving a balanced and peaceful life.





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Workshop on Aerobics

Program Name	: Workshop on Aerobics
Date and Time	: 29.11.2022
Resource person	: Dr. K. Jothi, Asst., Professor, YMCA College of Physical Education
No. of Students Involved	: 180

On November 29, 2022, an invigorating aerobic session, energizing student teachers for upcoming events. Led by Dr. K. Jothi, Associate Professor at YMCA College of Physical Education, the session aimed not only to enhance physical well-being but also foster professional growth. Dr. Jothi guided the participants through various exercises applicable in their daily lives. This session served as a holistic approach, promoting physical fitness crucial for the demanding nature of teaching. Beyond its physical benefits, the aerobic session instilled a sense of teamwork and enthusiasm, contributing to the overall well-being and professional readiness of the student teachers. The enjoyable experience left a positive impact, aligning with the broader goal of preparing educators for both the physical and professional aspects of their roles.

Outcome of the session

The program enhanced physical fitness, instilled teamwork, and fostered enthusiasm, contributing to holistic well-being and professional readiness for student teachers.



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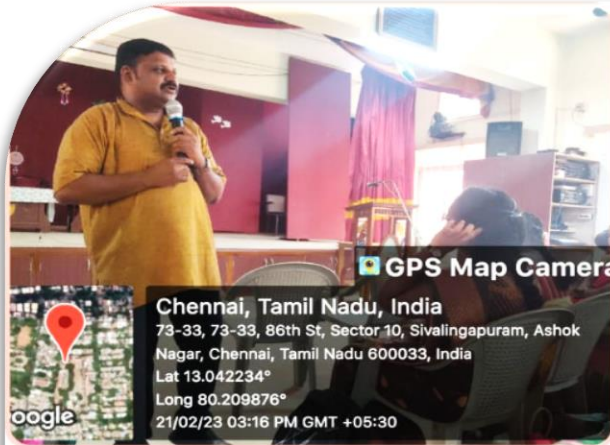
Modern way of teaching Technology in Education

Program Name	: Modern way of teaching Technology in Education
Date and Time	: 20.02.2023 and 21.02.2023
Resource person	: Dr. T. Karthikeyan (Educationist, Writer)
No. of Students Involved	: 89

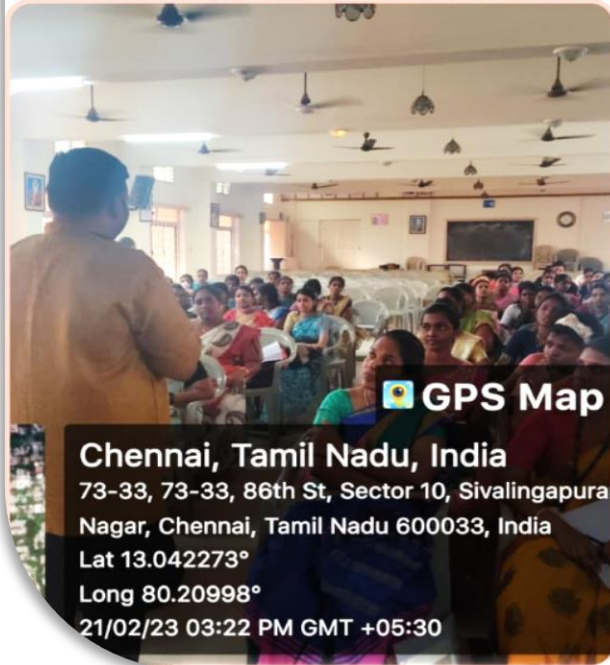
Dr. T. Karthikeyan, an educationist and writer, led a session on the significance of anthropology in teaching. He recommended books like "Men Are from Mars and Women Are from Venus" and "Eat That Frog" to enhance teaching competence. The session delved into video recording techniques, emphasizing the use of apps like Kin Master and InShot, proper audio equipment, and landscape mode. Key insights included scripting with positive language, goal-setting, and incorporating motivation and humor. Dr. Karthikeyan addressed student queries on earning potential, higher studies, and effective teaching methods. He underscored the importance of classroom management, concluding with the reminder that teachers should act and think like leaders.

Outcome of the session

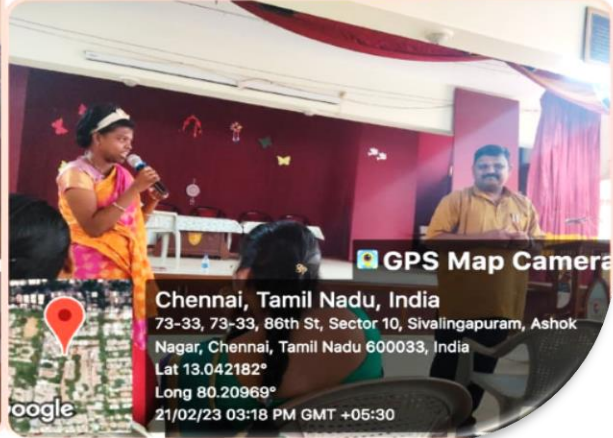
The program equipped student teachers with valuable insights into anthropology, video recording techniques, and effective classroom management, enhancing their teaching competence.



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Teaching Competencies in Technology

Program Name	: Modern way of teaching Technology in Education
Date and Time	: 15.02.2023
Resource person	: Mr. Aravind Bharathi,HR
No. of Students Involved	: 89

Mr. Aravind Bharathi, an HR professional, conducted a session on the challenges teachers face in their work life, differentiating between pedagogy and andragogy. The interactive session engaged students, emphasizing the significance of technology in education and introducing AI apps like CHATGPT. A hands-on experience with the AI app DALE E allowed students to explore innovative teaching methods. The session heightened awareness about the importance of technological proficiency for career growth. It concluded with a reminder that teachers should acquire diverse skills beyond their subjects to stand out. Mr. Bharathi's insights equipped students with a broader perspective on the evolving role of technology in education and its impact on their future careers.

Outcome of the session

The program enlightened students on teaching challenges, technology's role in education, and the importance of acquiring diverse skills for career growth.





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Report on Workshop for Correlational Analysis using SPSS

Date: October 18, 2022

Time: 9.30am to 12.30 PM

Resource Person: Dr. Alma Juliet Pamela, Associate Professor of Education, Dean of Academics and Research, Stella Matutina College of Education

The workshop aimed to achieve the following objectives:

- To provide participants with a comprehensive understanding of correlational analysis as a statistical technique.
- To introduce participants to the practical application of SPSS software for conducting correlational analyses.
- To equip participants with the skills necessary to interpret and report correlational findings effectively.
- To provide a platform for participants to interact with a seasoned expert in the field and address any queries or concerns related to their research work.

Key Highlights of the Work Shop

Dr. Alma Juliet Pamela commenced the workshop by providing an overview of correlational analysis and its significance in educational research. She delved into the types of correlation (positive, negative, zero), the concepts of correlation coefficient (Pearson's r), and its interpretation.

The resource person then conducted hands-on sessions where participants were guided through the process of using SPSS software to perform correlational analyses on sample datasets. The practical exercises allowed the participants to gain first-hand experience in data entry, analysis, and the interpretation of correlation results.

The interactive Q&A sessions enabled participants to clarify doubts and discuss specific research challenges they were facing. Resource person shared valuable insights and research tips, making the workshop highly engaging and informative.

Outcome of the Programme

The workshop on correlational analysis using SPSS software, was a resounding success. It not only enhanced the participants' knowledge of statistical analysis but also boosted their confidence in utilizing SPSS software for their research projects. The event fulfilled its objectives by equipping our M.Ed students and research scholars with the essential skills needed for their academic and research pursuits. We believe that the knowledge and skills gained by the participants will significantly contribute to the quality of research conducted at Stella Matutina College of Education.

Catherine .
Principal
Stella Matulina College
of Education
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Report on Workshop for Basics of Data Analysis using SPSS Software

Date/ Time: 24th July 2022, 9.30 am to 12.30 pm.

Location: Stella Matutina College of Education

Resource Person: Dr. Alma Juliet Pamela, Associate Professor of Education, Dean of Academics and Research, Stella Matutina College of Education

On 24th July 2022, a workshop on the theme "Basics of Data Analysis using SPSS Software" was conducted at Stella Matutina College of Education. This workshop was organized for M.Ed students and Research Scholars with the aim of enhancing their understanding of data analysis techniques, particularly utilizing the Statistical Package for the Social Sciences (SPSS) software. The workshop was facilitated by Dr. Alma Juliet Pamela, an esteemed expert in the field of data analysis and statistics.

Workshop Objectives:

1. To introduce participants to the fundamentals of data analysis.
2. To familiarize participants with the SPSS software and its basic functions.
3. To provide hands-on experience in data entry, cleaning, and analysis.
4. To empower M.Ed students and Research Scholars with the skills necessary for conducting high-quality research.

The workshop commenced at 9:30 AM with an engaging introduction by the resource person on the importance of data analysis in research and its relevance to education. The following were the key highlights of the workshop:

The resource person elaborated on the significance of data analysis in research. She explained different types of data, scales of measurement, and the steps involved in the data analysis process. The participants were given an overview of the SPSS software, including its

features, interface, and functionalities. The Resource Person provided a step-by-step guide on how to navigate the software.

A significant portion of the workshop was dedicated to data entry and cleaning. Participants learned how to input data into SPSS, check for errors, and clean the dataset to ensure accuracy. Resource Person demonstrated how to compute and interpret descriptive statistics, including measures of central tendency and dispersion. This was followed by practical exercises where participants computed these statistics using sample datasets. The workshop also covered inferential statistics, introducing concepts such as hypothesis testing and p-values.

Participants had the opportunity to run various statistical tests in SPSS, including t-tests and ANOVA. Throughout the workshop, participants were encouraged to follow along and practice the concepts learned. They were provided with sample datasets to work on, promoting a hands-on learning approach, the resource person actively engaged with the participants, addressing their questions and clarifying doubts at various intervals during the workshop.

The workshop ended with a vote of thanks for the valuable session on basics of data analysis and to the college administration for their support in organizing the event. The participants left with a stronger foundation in data analysis and a renewed enthusiasm for their research projects.

Outcome of the programme

The workshop on the Basics of Data Analysis using SPSS Software conducted by SMCE was a resounding success. Participants gained valuable insights into data analysis, developed proficiency in using the SPSS software, and honed their research skills. The knowledge and experience gained in this workshop will undoubtedly benefit the M.Ed students and Research Scholars in their academic and research endeavours.

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