



ST. XAVIER'S COLLEGE OF EDUCATION

(Autonomous)

[Re-accredited (3rd Cycle) at 'A' Grade by NAAC with CGPA 3.67]
Palayamkottai, Tirunelveli, Tamil Nadu – 627 002.

Report on Personality Development Programme

28th – 29th September 2015

All the newly admitted students of B.Ed. were asked to gather in the Auditorium at 9.15 am. Most of the students were familiar to each other from the time of Intensive English Coaching, only for the few the atmosphere seemed to be a bit bizarre. After a brief prayer Rev. Dr. S. Amaladoss Xavier, S.J., the Principal of the college initiated the orientation session. Initially, all the student teachers were asked to write their names in capital letters and associate the events, feelings that their parents might have narrated to them at time of naming ceremony. The students were brought to the awareness that they are the children of God and the parents loved them so much and as a symbol of that love they had named them.

Then he described the students an imaginative situation. He asked the students what would they hold and run for life if the house is on fire. Based on the creative answers of the students Fr. Principal engaged the session to make them think differently and effectively. Then he asked to write five names of the unique personalities who have constructively influenced their life. Most of them wrote the name former President of India Dr. A. P. J. Abdul Kalam. Through this activity he imparted information on how and what extent they have transformed the people. Then he asked the student teachers to narrate the reminiscences regarding the best teachers of their schools and colleges and the values they have learnt from them.


He puzzled the students by asking them to write down the Seven Wonders of the World. When everybody had spelt them out with lots of discussion, he surprised them by telling the following Seven Wonders of the World: 1. To see, 2. To hear, 3. To touch, 4. To speak, 5. To feel, 6. To laugh, 7. To love. Through all these units of discussions Fr. Principal emphasized the need of good teachers in the world of challenges and competitions. Then he asked to pen down the objectives and goals for these two years of studying B.Ed.

After the coffee break Rev. Dr. I. Jesudoss, S.J., the Director of the Research Department engaged the student teachers with his inputs. He taught the 50 golden points for a good teacher. Dr. Y. Daniel engaged us with the topic on the Characteristics of a Good Citizen.

September 29, 2015

Rev. Fr. John Gualbert, S.J., the Secretary of the college gave a wonderful talk on the Charism of Jesuits in their contribution on higher education. He quoted from the education stalwarts of bygone time in the Jesuit legacy regarding the integral formation.

Dr. A. Michael J Leo gave inputs on "Successful Leader: Teacher" based on the "Joe-Hari's window psychology." During the session he asked the students to draw a picture of a pig in their note book. He then explained the pattern of psychological upbringing through the manner in which they had drawn the picture. Dr. Punitha Mary enlightened the student teachers with the topic "Know Thyself". The two day Personality development programme for B.Ed trainees was concluded with Dr. Arockiasamy's input session. Dr. Arockiasamy led them into a thinking mode on how education helps to travel from ignorance to wisdom.


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Personality Development and Orientation

On

1st and 2nd August 2017.

PROGRAMME DETAILS

Date	Time	Topic
01.08.2017 Tuesday	09.30 am – 11.00 am	"Analysis of Personality" <i>Rev. Dr. S. Amaladoss Xavier, S.J.</i>
	11.00 am – 11.15 am	Break
	11.15 am – 12.45 pm	"Know Thyself" <i>Dr. A. Punitha Mary</i>
	01.45 pm – 03.00 pm	"Emotional Intelligence" <i>Dr. A. Michael J Leo</i>
	03.00 pm – 03.15 pm	Break
	03.15 pm – 04.30 pm	"Confidence in Self – The way to live" <i>Mr. A. John Lawrence</i>
02.08.2017 Wednesday	09.30 am – 11.00 am	"Team Work" <i>Mrs. A. Metilda Jasmine Shanthi.</i>
	11.00 am – 11.15 am	Break
	11.15 am – 12.45 pm	Genogram/Graphology <i>Rev. Dr. S. Amaladoss Xavier, S.J.</i>



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REPORT ON PERSONALITY DEVELOPMENT

A two day orientation programme on Personality development was conducted for the first year B.Ed. students on 1st and 2nd August 2017.

The First session was handled by Dr. Punitha Mary on how to know thyself. It helped the students to become aware of their own strengths and weaknesses and also about our opportunities and challenges.

The Second session was handled by Rev. Dr. S. Amaladoss Xavier. He made the student teachers to analyze their own character from the choices of colours, animals and fun games; thereby revealing the whole personality.


Dr. Michael J. Leo discussed on Emotional intelligence. He showed some video clippings, from that the trainees understood and learnt how to control their emotions and thoughts.

The last session of the day was handled by Mr. John Lawrence who elaborately discussed about self confidence, one must possess to face the challenges in life.

The second day session began by Mrs. Metilda Jasmine Shanthi's discussion about Team Work. She showed some videos which reflected the benefits of team work. She also differentiated the meaning of the words team and group.

In the final session Rev. Dr. Amaladoss Xavier taught the student teachers to draw a Genogram. The main advantages of Genogram is to know the personality traits inherited from genes and the influence one's blood relatives have on oneself.

The whole programme made the student teachers to become aware of their own personality.


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Personality Development Programme - I Year B.Ed - (2018-2020)

01.08.2018 (Wednesday)

09.30 a.m. - 11.00 a.m.	: Self-Awareness Rev.Dr. D. Thomas Alexander, S.J., Principal, SXCE
11.00 a.m. - 11.15 a.m.	: Tea Break
11.15 a.m. - 12.45 a.m.	: Developing Positive Attitude Dr. A. Punitha Mary, Assistant Professor, SXCE
12.45 p.m. - 01.45 p.m.	: Lunch Break
01.45 p.m. - 03.00 p.m.	: Team Work Mrs. A. Metilda Jasmine Shanthi, Assistant Professor, SXCE
03.00 p.m. - 03.15 p.m.	: Coffee Break
03.15 p.m. - 04.30 p.m.	: Time Management, Dr. Y. Daniel, Assistant Professor, SXCE

02.08.2018 (Thursday)

09.30 a.m. - 11.00 a.m.	: Self-Esteem Rev.Fr. J. Martin George, S.J., Assistant Professor, SXCE
11.00 a.m. - 11.15 a.m.	: Tea Break
11.15 a.m. - 12.45 a.m.	: Leadership Qualities Rev.Dr. G. Pushparaj, S.J., Secretary, SXCE
12.45 p.m. - 01.45 p.m.	: Lunch Break
01.45 p.m. - 03.00 p.m.	: Effective Communication Mr. A. John Lawrence, Associate Professor, SXCE
03.00 p.m. - 03.15 p.m.	: Coffee Break
03.15 p.m. - 04.30 p.m.	: Mounting Emotional Intelligence Dr. A. Michael Leo, Assistant Professor, SXCE

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Report on Personality Development Programme

“Excellence is the gradual result of always striving to do better” says Pat Riley, an American professional Basketball player. St. Xavier's College of Education is marching towards excellence by organizing a number of programmes to make the students excel in their lives. Our college organized a two day programme on personality development for the first year students on 1st & 2nd August 2018. It was indeed a great opportunity for them to discover who they are, their strengths and the areas of their growth individually. They were given more space to go deeper into themselves and share some of them with their friends. The resource persons of this programme were Rev. Dr. G. Pushparaj SJ, Rev. Dr. D. Thomas Alexander SJ, Dr. A. Punitha Mary, Dr. A. Michael J Leo, Dr. Y. Daniel, Mrs. A. Mettilda Jasmine Shanthi, Re. Fr. J. Martin George SJ and they handled the sessions on Leadership Qualities, Self-Awareness, Developing Positive Attitude, Mounting Emotional Intelligence, Time management, Team Work, Self-Esteem respectively.

Principal

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Palayamkottai-627 002



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PALAYAMKOTTAI, TIRUNELVELI, TAMILNADU-627 002.

Personality Development Programme – I Year B.Ed. – (2019 – 2021)

15.07.2019 (Monday)

09.30 a.m. – 11.00 a.m.

Self-Awareness

Rev. Dr. D. Thomas Alexander, SJ
Principal, SXCE

11.00 a.m. – 11.15 a.m.

Tea Break

11.15 a.m. – 12.45 p.m.

Developing Postive Attitude

Dr. A. Punitha Mary, Dean, SXCE

12.45 p.m. – 01.45 p.m.

Lunch Break

01.45 p.m. – 03.00 p.m.

Multiple Intelligence

Dr. S. Sherlin, Assistant Professor, SXCE

03.00 p.m. – 03.15 p.m.

Coffee Break

03.15 p.m. – 04.30 p.m.

Time Management

Dr. Y. Daniel, Vice Principal, SXCE

16.07.2019 (Tuesday)

09.30 a.m. – 11.00 a.m.

Self-Esteem

Rev.Fr. J. Martin George, SJ
Assistant Professor, SXCE

11.00 a.m. – 11.15 a.m.

Tea Break

11.15 a.m. – 12.45 p.m.

Leadership Qualities

Rev. Dr. G. Pushparaj, SJ
Secretary, SXCE

12.45 p.m. – 01.45 p.m.

Lunch Break

01.45 p.m. – 03.00 p.m.

Effective Communication

Mr. A. John Lawrence
Associate Professor, SXCE

03.00 p.m. – 03.15 p.m.

Coffee Break

03.15 p.m. – 04.30 p.m.

Emotional Intelligence

Dr. A. Michael J Leo, PRINCIPAL
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Assistant Professor, SXCE (AUTONOMOUS)



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REPORT ON PERSONALITY DEVELOPMENT PROGRAMME

15th & 16th July 2019

A two-day seminar on 'Personality Development' was organized for the first year B.Ed. students of 2019-21 batch on Monday, the 15th and Tuesday the 16th July 2019. Eight sessions with duration of one-and-a-half hours each was allotted for eight topics on the two days, having four sessions per day.


Day 1:

- Rev. Dr. D. Thomas Alexander SJ, the Principal, handled the first session of the first day on the topic 'Self-Awareness'.
- Dr. A. Punitha Mary, the Dean and the IQAC coordinator, handled the second session on 'Developing a Positive Attitude'.
- Dr. A. Sherlin, Assistant Professor in Physical Science, handled the third session on 'Multiple Intelligence'.
- Dr. Y. Daniel, Assistant Professor in Bio-Science, handled the fourth on 'Time Management'.

Day 2:

- Rev. Fr. J. Marin George SJ, Assistant Professor in Education, handled the first session on 'Self-Esteem'.
- Rev. Dr. G. Pushparaj SJ, the Secretary, handled the second session on 'Leadership Qualities'.
- Mr. A. John Lawrence, Associate Professor in English, handled the third session on 'Effective Communication'.
- Dr. A. Michael J Leo, Assistant Professor in Education, handled the last session on 'Emotional Intelligence'.

The programme was much appreciated by the prospective teachers as it sheds its light on identifying their own personalities and the ways of developing it better to make their teaching profession effective. The event was coordinated by Prof. A. John Lawrence.


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Personality Development Programme





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Workshop on Time Management and Stress Management

Date : 4 September, 2018

Venue: Mother Teresa hall

Time: 9.45 a.m



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Resource Persons

Rev. Dr. Pushparaj SJ,

Secretary

St.Xavier's College Of Education (Autonomous)
Palayamkottai



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PALAYAMKOTTAI – 627 002

Workshop on Time Management and Stress Management

Date: 4 September, 2018

Time: 9.45 a.m.

Venue: Mother Teresa Auditorium

PROGRAMME

Prayer Song

College Choir

Welcome Address

Student Teacher

Felicitation


Rev. Dr. D. Thomas Alexander, S.J.
Principal SXCE

Resource Person

Rev. Dr. Pushparaj SJ,
Secretary
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Vote of Thanks

Swarna Priya
Student teacher


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Time Management and Stress Management

(04 September 2018)

St. Xavier's College of Education provides ample opportunities for the student teachers to develop themselves to a greater position in all aspects of life. The one day workshop on **Time Management and Stress Management** was organized by **Rev. Dr. Pushparaj SJ**, the Secretary, St. Xavier's College of Education on 4th September, 2018 in Mother Teresa Hall. The College of Education has recognized the need of the hour and organized these programs to make the student teachers better utilize the available time and to manage their lives.

Time Management

He emphasized that Time Management involves proper planning and organizing our time and work in an appropriate time. Time should be properly allotted for specific activities. We need to spend more time for the difficult works and activities and less time for the easy ones. It makes our work smarter and better. It also helps us to be free of unnecessary stress.

It also raises the questions that each should ask individually.

1. How do I face or balance conflicting situation?
2. How do I deal surprises that happen to me?
3. What level commitment with which I can handle?

The resource person has given us three steps to handle the time effectively.

1. Effective Time Scheduling
2. Good Goal Setting
3. Motivation to follow both Effective Scheduling and Goal Setting.

Time should be framed in such a way that we give enough time for all the activities that we do like rest, eating, studying, working, relaxing, meeting friends, exercise, etc. We achieve our goal not only in planning but in executing exactly what we have planned. By following it strictly, it becomes a habit in our regular life.

General Principles of Time Management

1. We need to give enough time for the difficult concepts/ subjects to study.
2. Each one needs to follow the schedule regularly
3. Have to finish the work on time. If it is postponed, we have to try to complete it as soon as possible.
4. We need to be punctual for every activity. It will help us keep up the timing.
5. We can use the waiting time effectively by proper pre-planning.
6. It is better that we avoid procrastinating to the best.

These are some of the principles that will guide and help us to manage our time. If we are able to manage time, then we are going to excel in whatever we do.

Stress Management


"The greatest weapon against stress is our ability to choose one thought over another", says William James. Stress is a part and parcel of each one's life in difficult situations. It has become a common phenomenon in the present generation. We cannot avoid it but we can handle it by becoming aware of it and taking sufficient efforts. On one side the elders say that it is good to work under some stress to make it more effective while on the other side they say that it is better to work without stress. The first will give poor outcome while the latter gives effective result. So it is high time that the prospective teachers should learn the art of balancing stress and work.

When we are stressed, our pulse rate increases, we start sweating, we get high blood pressure, nervousness, etc. we not only get physical ailments by stress but also mental problems.

To Get Rid of Stress we need to do the following;

1. Sharing our emotions to at least to one of our friends / relatives / parents will give us a great relief.
2. We can get social support to relax.
3. It is the best method to spend some time in meditation.
4. Taking enough rest is one of the factors to work stress free.
5. It is good if we take things sportily whether a good or bad fortune is.

"It is not stress that kills us but our reactions" says Hans Selye. It is true that our reaction becomes worse than the real activity itself. It is a great gesture of the management of St. Xavier's College of Education to organize this course for us. I would like to thank Rev. Dr. Principal for organizing this course and Rev. Dr. Secretary who conducted the course. Swarna Priya the student teacher proposed Vote of Thanks.


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Time Management

