



ST. XAVIER'S COLLEGE OF EDUCATION (AUTONOMOUS)

[Re-accredited (3rd Cycle) at 'A' Grade by NAAC with CGPA: 3.67]

PALAYAMKOTTAI – 627 002, TAMIL NADU

Report of Discernment and Leadership Programme at St. Aloysius College (Autonomous), Mangaluru – 575 003, Karnataka, India.

Five students from St. Xavier's College of Education (Autonomous), Palayamkottai, namely A. Pakiyathan, A. Lawrence, M. Augustin, K. Selvarani and S. Wincy participated in the two days programme, scheduled for 11th and 12th January 2020, at St. Aloysius College (Autonomous), Mangaluru – 575 003, Karnataka, India. We left from Tirunelveli to Tiruchirapalli on 9th evening at 7.45 pm by Nellai Express and got connected to Mangaluru Central Station by Ms Mangalore Express. We reached the Mangaluru Central Station at 10.15 pm. We were received at the station by the volunteers of the college. We got our accommodation close to the place where we had our programme.

On the first day 11th January 2020, they served breakfast at 7.30 am and invited us early to do the registration. During the registration they distributed the files along with the materials for further reflection and reference. We had official inauguration of the programme at 9 am. This was a kind of prayer, praying for the success of the programme, and for the good of the participants from different states of Jesuit's institutions in India; a welcoming note and an initiation into the programme. Fr. Denzil Lobo, Chaplin of the college led the whole inauguration ceremony along with the presence of the invited guests, Rev. Dr. Praveen Martis SJ, Principal, St. Aloysius College; Rev. Fr. Joye James SJ, Secretary, JHEASA; Rev. Fr. Felix Victor, Programme Coordinator; Rev. Fr. Dion Vas; Mr. Royal, Assistant Professor and Mr. Sonal, Assistant Programme Coordinator. After the inauguration we braked for tea at 10.15 am.

The classes started with the Ice breaker and Group dynamics by Fr. Felix Victor, intending to know and to relate with everyone. He conducted some group activities aiming to break the distance, language and culture differences and make them into one. Having achieved the goal of bringing them closer to each other, the sessions on different topics like 'Discernment for Life', 'Personality Development', 'Self Awareness and Self Esteem', 'Care for our Mother Earth', 'Inter Religious Spirituality' and 'Social Commitment' were discussed elaborately. These topics exclusively exalted the youth, the targeted group, to know the Self, to know God, and to know Freedom. It invited us to lead a purposeful life which would certainly be beneficial to the betterment of the society in which we live, move and have our entire fulfillment. It also highlighted our active participation in the social responsibility of conservation and preservation of nature. We were also indirectly or directly invited to work or collaborate in realizing the Universal Apostolic Preferences of the Jesuit's Spirituality that are

walking with the excluded, promoting discernment and the spiritual exercises, caring for our common house and journeying with youth. We were also introduced to 'Ignatian Examen' a brief running through of all the activities consciously or unconsciously happened in the recent past. It was mainly to check how well one had utilized the opportunity availed.

We salute the whole organizing team for taking every minute detail into account, addressing it with fine touch and perfection. We mean it because we were received well at the station, accommodated close to the seminar hall, arranged sumptuous mean and good tea at all times, and supported with good number of volunteers to travel along with us throughout the seminar. We cherished the Eucharistic celebration in the morning and campfire in the evening. We really enjoyed the company of each other praying, singing, dancing and joking. We too had outings on both the days to the main campus of the Aloysius College, and paid visit to it's Church, it's Swimming Pool, it's museum and a beach close to it. At the end of the second day, all were honored with the certificates. Joyfully all these came to the end. We travelled to Trivandrum Central, on the following day evening 6.10 pm by Malabar Express and the connecting train to Tirunelveli by TPJ Express. As a whole it was something cherishing and enriching experience.



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REPORT OF THE VIDEO CONFERENCE ON STRESS MANAGEMENT

14th February 2020

The third video conferencing for the academic year 2019 – 2020 was held on 14th February 2020 in the Mother Theresa Hall at 11.30 am. Dr. S. Sherlin, the programme coordinator introduced the resource person Dr. Farita Viegas, Principal, St Aloysius Institute of Education, Mangalore – 575 003 and welcomed her. The topic of this video conference was 'Stress Management'. She began with what is stress, its types, how to understand stress and its causes. Quoting Dr. Richard Lazarus from the book 'Transactional Modal of Stress', she explained three components of stress such as the situation and demands, our subjective appraisal of the situation and our perceived resources for meeting the demands. Then she explained the Physical signs of stress, Cognitive signs of stress and Emotional signs of stress. She concluded with the strategies to overcome the stress like Cognitive Strategies and Behavioural strategies. It was really an eye opener for our students as it was fully loaded with precious information. At the end of her presentation, there was an interaction session through which our students clarified their doubts. The vote of thanks was given by Mrs. M. Fathimuthu Sahira, second year B. Ed. student from the department of English. The whole programme and arrangements were done by Dr. S. Sherlin, the coordinator with the help of Mr. Nicolas Jagan our computer instructor.

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VIDEO CONFERENCING ON STRESS MANAGEMENT – 14TH FEBRUARY 2020



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