



# LOYOLA COLLEGE OF EDUCATION

Accredited (3<sup>rd</sup> Cycle) at 'A' Grade by NAAC  
Recognized by NCTE & Affiliated to TNTEU  
Nungambakkam, Chennai, Tamil Nadu, India - 600 034

## Training and Placement Cell

Organised

**PLACEMENT TUTELAGE WORKSHOP: 2026**

**INPUT SESSION 3**

**B<sup>3</sup> : Breathe, Believe and Balance**

**Report**

**Date: 12.02.2026**

  
Co-Ordinator

THE CO-ORDINATOR,  
TRAINING AND PLACEMENT CELL  
LOYOLA COLLEGE OF EDUCATION  
NUNGAMBAKKAM,  
CHENNAI - 600 034



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**INVITAION CARD**

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THE TRAINING AND PLACEMENT CELL  
*organizes*  
**PLACEMENT TUTELAGE  
WORKSHOP '26**  
Session 3  
**B<sup>3</sup>:  
Breathe, Believe, Balance**

**Resource Person**  
*Dr. A. Jasmine Christy*  
Asst. Professor of Pedagogy of Mathematics,  
Loyola College of Education

**Date: 12/02/2026**      **Time: 02.45 p.m. - 03.30 p.m.**  
**Venue: Arrupe Auditorium**

**Patron**  
Rev. Dr. Alphonse Manickam SJ  
Secretary

**Organizing Secretary**  
Ms. R. Sridevi  
Placement Cell Coordinator

**Convenor**  
Dr. L. Kulandai Theresal  
Principal

**Organizing Members**  
Dr. V. Mary Hilda  
Mrs. S. Catherine Nithya  
Dr. M. Venmani



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## PLACEMENT TUTELAGE WORKSHOP: 2026

### INPUT SESSION 3

### **"B<sup>3</sup> : BREATHE, BELIEVE AND BALANCE"**

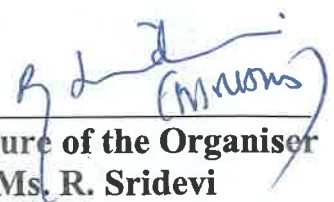
Details of the Programme	
Name of the Programme	Resume Writing
Date of the Programme	12.02.2026
Time of the Programme	2.45 p.m. to 3.30 p.m.
Target Audience of the Programme	II Year Student-Teachers, LCE
Number of Students Attended	114
Objective of the Programme	Applying EI in professional and personal settings
Name of the Resource Person	Dr. A. JASMINE CHRISTY
Brief note about the Resource Person	Working as Assistant Professor in Loyola College of Education, Chennai-34.
Few insights given by the Resource Person (in 2 lines)	Self-management and Emotional management
Learning outcomes of the Programme	<ul style="list-style-type: none"><li>• Understood the concept of Emotional Intelligence and its four components: self-awareness, self-management, social awareness, and relationship management.</li><li>• Recognized the importance of EI in personal and professional relationships, decision-making, and overall well-being.</li><li>• Developed self-awareness skills to recognize and understand emotions in oneself and others.</li><li>• Learned strategies for self-management, including emotional regulation and motivation.</li><li>• Understood how to apply EI skills in personal and professional settings to improve relationships, communication, and overall performance.</li></ul>

Feedback Analysis		
SNo.	Parameters	Effectiveness of the session in percentage
1	Usefulness of the Session	91.7
2	Clarity of the Content Delivered by the Resource Person	91.5
3	Level of Knowledge Gaining from the Session	91.0
4	The Ability of the Resource Person to Retain the Attention of the Participants	91.3
5	Interaction of the Resource Person With Participants for Clarification	91.3
Total Effectiveness of the Session in percentage		91.4 Excellent



**Signature of the Principal**  
**Dr. L. Kulandai Theresal**

**PRINCIPAL**  
**Loyola College of Education**  
**Loyola College Campus**  
**Nungambakkam, Chennai-34**



**Signature of the Organiser**  
**Ms. R. Sridevi**

**THE CO-ORDINATOR,**  
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## TRAINING AND PLACEMENT CELL PLACEMENT TUTELAGE WORKSHOP: 2026 SESSION 3: B<sup>3</sup> : Breathe, Believe and Balance Reflections in Frames

Date: 12.02.2026

Time: 2.45 p.m



