



LOYOLA COLLEGE OF EDUCATION

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

Recognized by NCTE & Affiliated to TNTEU

Nungambakkam, Chennai - 600 034, Tamil Nadu, India.

NSS Report on Three Day School Students Welfare Program

Details of the Programme:

Name of the Programme:	School Students Welfare Programme
Date of the Programme:	28.01.2025 – 30.01.2025
Time of the Programme:	09.30 am – 12.30 pm
Target Audience of the Programme:	School students (St. Joseph High School)
No. of participants in the Audience:	80

Objectives of the Programme:	<ul style="list-style-type: none"> ✓ To provide students with insights and guidance on various career paths. ✓ To equip students with essential skills such as time management, critical thinking, and problemsolving. ✓ To educate students on safe and responsible use of social media platforms. ✓ To foster awareness and understanding of online safety and ethical digital behavior. ✓ To raise awareness about child safety issues and empower students to protect themselves. ✓ To promote healthy habits and lifestyles, including physical and mental well-being. ✓ To encourage personal development, including self-awareness, self-confidence, and goal setting. ✓ To foster a sense of social responsibility and encourage student participation in community service. ✓ To promote teamwork and collaboration among students and teachers. ✓ To enhance the overall well-being of students by addressing their physical, mental, and emotional needs.
Name of the Resource Persons:	Session-I: Dr Mary Hilda. V, Session-II: Dr Amala Jansi .M, Session – III: Dr Pondyselvi .S, Session – IV: Dr. Anbu selvi.
	H.A, Session – V: Rev. Dr. D. Thomas Alexander S.J, Session – VI: Mr. Arul Martin. J, Session – VII: Ms. Sridevi. R
Brief note about the Resource Person:	Assistant Professors Loyola College Of Education

<p>Few insights given by the Resource Person :</p>	<p>SESSION-I: TOPIC: NAVIGATE YOUR DREAM CAREER</p> <ul style="list-style-type: none"> • To Realize their interests, strengths, and passions to choose a career that suits them. • Learn and practice important skills through studies, activities, and real-world experiences. <p>SESSION-II: TOPIC: SMART SOCIALIZING; NAVIGATING SOCIAL MEDIA SAFETY & EDUCATIONALLY</p> <ul style="list-style-type: none"> • Protect their privacy, avoid sharing personal information, and be mindful of online interactions. • Follow educational pages, join study groups, and use social media to gain knowledge and skills. <p>SESSION-III: TOPIC: SAFE CHILDHOOD, BRIGHT FUTURE</p> <ul style="list-style-type: none"> • The POCSO Act safeguards children from sexual abuse and exploitation by providing a strong legal framework with strict punishments for offenders. • Child-Friendly and Efficient Legal Process – It ensures child-friendly procedures, mandatory reporting of abuse, and speedy trials in special courts to minimize trauma and deliver justice. <p>SESSION-IV: TOPIC: HARD WORK Vs SMART WORK</p> <ul style="list-style-type: none"> • Putting in consistent effort and dedication is important for success, but it can be time-consuming. • Using the right strategies, planning efficiently, and leveraging technology can achieve better results with less effort. <p>SESSION-V: TOPIC: TOWARDS THE SUCCESSFUL LIFE</p> <ul style="list-style-type: none"> • Define what success means to you and work towards it with focus and determination. • Adapt to challenges, improve your skills, and stay positive to achieve long-term success.
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	<p>SESSION-VI: TOPIC: ZEN ZONE YOGA</p> <ul style="list-style-type: none">• Yoga helps in achieving mental peace and physical well-being through mindful movements and breathing.• Regular practice of yoga reduces stress, improves focus, and promotes a calm and positive mindset. <p>SESSION-VII: TOPIC: GERM BUSTERS: UNLEASHED! HEALTHY HABITS FOR KIDS</p> <ul style="list-style-type: none">• Wash hands regularly, keep personal items clean, and maintain good hygiene to keep germs away.• Eat nutritious food, exercise daily, and get enough rest to build a strong immune system.
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Learning Outcomes of the programme:	<ul style="list-style-type: none">• Students gained a broader understanding of different career paths and the skills required for success in those fields.• Students learned to use social media responsibly, identified online risks, and practiced safe online behavior.• Students were equipped with knowledge and strategies to protect themselves from child abuse, exploitation, and online predators.• Students developed essential life skills such as time management, critical thinking, and problem-solving.• Students learned about healthy habits, stress management techniques, and the importance of mental and emotional wellbeing.		
Feedback Analysis:	PARAMETERS	RESULTS(in %)	
	1. Usefulness of the session	90.7	
	2.Clarity of information provided by the resource persons	85.4	
	3.Time management of the sessions	82.9	
	4.Level of awareness gained through the sessions	95.4	
	5.Total effectiveness of three-day program	90	
	Total effectiveness of the programme	88.9	
The overall impact of the programme:	The NSS program effectively addressed the holistic well-being of students. Through sessions on career guidance, digital safety, child protection, and healthy habits, students gained valuable knowledge and skills. The focus on mindfulness and stress management promoted emotional well-being. By encouraging teamwork and fostering a supportive environment, the program likely enhanced students' selfesteem and confidence. Overall, the program appears to have had a positive impact on students' personal, social, and academic development.		
Any other remarks on the Programme:	It was a nice experience and students are expecting more similar programs and also the total effectiveness of the mentoring session according to the feedback received from the students is 88.9 % so the programme was very good.		

Details of the Committee which organized the event:

Name of the Committee:	National Service Scheme (NSS)
Organizing Secretary:	Dr. Pondy Selvi. S Mr. Arul Martin. J
Organizing Members:	Ms. R. Sri Devi(member) Dr. V. Mary Hilda(MEC) Dr. M. Amala Jansi(BEES) Dr. H.A. Anbu Selvi(MEC) Dr. Y. Elin Shibi(BEES) Mr. J. Antony Joesph(member) Dr. Ajantha(member)

Signature of the NSS Program Officers

1.

2.

Signature of the Principal

**LOYOLA COLLEGE OF EDUCATION
CHENNAI
NSS**

Organizes A Three-day
School Students Welfare Programme

DAY 1: 28.01.2025

SESSION I - 9.30 A.M. - 10.15 A.M.
Topic: Navigate your Dream Career
கனவு வாழ்வு செய்ப்பட...
Resource Person: Dr. V. Mary Hilda

SESSION II - 10.15 A.M. - 10.45 A.M.
Topic: Smart Socializing Navigating Social Media
Safety & Educationally
அறிநிறைந்த சமூகமயமாநல்:
சமூக ஊடகங்களை பாதுகாப்போடும்
கல்வி அறிவோடும் பயன்படுத்துதல்
Resource Person: Dr. M. Amala Jansi

SESSION III - 11 A.M. - 11.45 A.M.
Topic: Safe Childhood, Bright Future
குழந்தைகள் பாதுகாப்பு ஒளிமயமான எதிர்காலம்
Resource Person: Dr. S. Pandyselvi

DAY 2: 29.01.2025

SESSION I - 9.30 A.M. - 10.30 A.M.
Topic: Hardwork Vs Smart work
கடின உழைப்பும் புத்திசாலித்தனமான
வேலையும்
Resource Person: Dr. N. A. Anbu Selvi

SESSION II - 10.45 A.M. - 11.45 A.M.
Topic: Towards the Successful Life
வெற்றிகரமான வாழ்க்கையை நோக்கி...
Resource Person: Rev. Dr. O. Thomas Alexander

DAY 3: 30.01.2025

SESSION I - 9.30 A.M. - 10.30 A.M.
Topic: Zen Zone Yoga
தியான நிலை யோகா
Resource Person: Mr. J. Anul Martin

SESSION II - 10.45 A.M. - 11.45 A.M.
Topic: Germ Busters: Unleashed! Healthy Habits for Kids!
கிருமிகள் விலக்க! குழந்தைகளின்
ஆரோக்கியம்
Resource Person: Ms. R. Sri Devi

ORGANISING TEAM
Mr. Anul Martin (PO)
Dr. S. Pandyselvi (PO)
Ms. R. Sridevi (member)
Dr. M. Amala Jansi (BES)
Dr. V. Mary Hilda (MEC)
Dr. H.A. Anbuselvi (MEC)
Dr. Elin Shiba (BES)
Mr. Anthony Joseph (member)
Dr. Agantha (member)
Ms. Infant Atchaya (Student)
Mr. Silvester (Student)

**REV. DR. THOMAS ALEXANDER SJ
SECRETARY**

**DR. L. KULANDAI THERESA
PRINCIPAL**







