



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.

Training and Placement Cell


Organised

PLACEMENT TUTELAGE WORKSHOP: 2025


INPUT SESSION 3 WELLNESS AND WELLBEING

Report

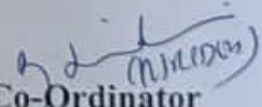
Date: 13.02.2025


Secretary

Secretary
Loyola College of Education
Loyola College Campus
Chennai-600 034


Principal

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


Co-Ordinator

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

INVITAION CARD



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THE TRAINING AND PLACEMENT CELL

organizes

PLACEMENT TUTELAGE WORKSHOP '25

Session 3

Wellness & Well-being

Resource Person

Dr. H.A. Anbu Selvi

Assistant Professor, Pedagogy of Commerce,
Loyola College of Education, Chennai



Date: 13/02/2025

Time: 1.15 p.m. - 2.00 p.m.

Venue: Arrupe Auditorium

Patron
Rev. Dr. D. Thomas Alexander, SJ
Secretary

Organizing Secretary
Ms. R. Sridevi
Placement Cell Coordinator

Convenor
Dr. L. Kulandai Theresal
Principal

Organizing Members
Dr. V. Mary Hilda
Mrs. S. Catherene Nithya
Dr. M. Venmani
Mr. E. Jaikumar



Loyola College of Education, Chennai - 34

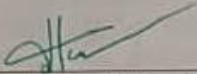
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PLACEMENT TUTELAGE WORKSHOP: 2025 INPUT SESSION 3

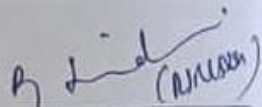
"WELLNESS AND WELLBEING"

| Details of the Programme | |
|--|--|
| Name of the Programme | Wellness and Wellbeing |
| Date of the Programme | 13.02.2025 |
| Time of the Programme | 1.15 p.m. |
| Target Audience of the Programme | II Year Student-Teachers, LCE |
| Number of Students Attended | 104 |
| Objective of the Programme | <ul style="list-style-type: none">• Develop self-care habits• Improve mental health literacy• Foster resilience and positivity• Promote healthy relationships• Understand the importance of work-life balance• Develop a wellness action plan: Create a personalized plan to prioritize and maintain wellness |
| Name of the Resource Person | Dr. H.A. Anbuselvi |
| Brief note about the Resource Person | <ul style="list-style-type: none">• Assistant Professor• Pedagogy of Commerce• Loyola College of Education, Chennai-34 |
| Few insights given by the Resource Person (in 2 lines) | <ul style="list-style-type: none">• Wellness is holistic• Self-care is essential• Mindfulness matters |
| Learning outcomes of the Programme | <ul style="list-style-type: none">• Develop a positive attitude towards wellness and self-care.• Recognize the importance of seeking help when needed.• Cultivate a growth mind-set and be open to learning and growth.• Develop empathy and understanding for others' wellbeing struggles. |

| Feedback Analysis | | Effectiveness of the session in percentage |
|--|--|--|
| SNo. | Parameters | |
| 1 | Usefulness of the Input Session 3 | 89.0 |
| 2 | Clarity of the Content Delivered By The Resource Person | 88.8 |
| 3 | Level of Knowledge Gaining from the Session | 87.3 |
| 4 | The Ability of the Resource Person to Retain the Attention of the Participants | 90.1 |
| 5 | Interaction of the Resource Person With Participants for Clarification | 90.3 |
| Total Effectiveness of the Session in percentage | | 89.1 Very Good |


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

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 TRAINING AND PLACEMENT CELL
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LOYOLA COLLEGE OF EDUCATION, CHENNAI – 34
TRAINING AND PLACEMENT CELL
PLACEMENT TUTELAGE WORKSHOP: 2025
Session 3: Wellness and Wellbeing

DATE: 13.02.2025

TIME: 1.15 p.m

