

### 3 DAY - FACULTY DEVELOPMENT PROGRAMME

#### Day 1: 27.10.2021

The Faculty of Education is extremely pleased to share the report of the first day of **Faculty Development Programme** on '**Wellness Practices**' in association with Academic Staff College held on 27.10.2021 at 11:00 a.m. The session was hosted by Dr.P.Senthamizh Pavai. It was commenced with the blessings of almighty. The virtual audience was given a convivial welcome by Ms.L.Maria Suganthi, coordinator of the FDP and the glimpse about the University was delivered by Ms.Vinoliya, Research Scholar. The gathering was inspired and motivated by the inaugural address of Dr.S.Geethalakshmi, Vice Chancellor who is always a person to ignite the minds towards learning. To lay a strong foundation and to fill the gaps in learning these FDP programs are initiated was stated in the felicitation address delivered by Dr.Malini Pande, Director, Academic Staff College, Dr.MGR ERI. The resource person was introduced by Dr.V.Anuradha,Asst.Prof. "Education is not preparation for Life. Education is life itself" with this intention the FDP was scheduled on '**Wellness Practices**'. The resource person Dr.S.Sarada, Asst. Prof., Dept. of Biochemistry, Soka Ikeda College of Arts and Science for Women, Chennai, an expert in Biomedical Research on the topic '**Therapeutic and Pharmacological Efficacy of Indian Medicinal Plants**' was useful and informative on Ayurveda, Siddha and Homeopathy. Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. Siddha system of medicine is one of the oldest systems which focuses on prevention of diseases and Homeopathy that allows a body to heal itself and triggers the body for natural response. The session had an insight on few medicinal plants that are easily available and can be used as a natural remedy to cure the diseases without any side effects. It was a need of the hour in this pandemic lifestyle. A good number of participants credited the event with 100 numbers through zoom and 244 views through you tube.The session finally came to an end with the vote of thanks proposed by Ms.Bareena, Research Scholar.

#### Day 2: 28.10.2021

We are so elated to share the report of the second day (28.10.2021) of the Faculty Development Programme on 'Wellness Practices'. The commencement of the session at 11.00 am was hosted by Ms.J.Vigneshwari, followed by a warm welcome given by MsVinolia, research scholar. The glimpse about the University was shared by Dr.P.Senthamizh Pavai,Asst. Prof., Prof.K.Vasanthi, Academic Staff College, felicitated the gathering with the inspiring and motivating words. The resource person of day 2 was introduced briefly by Ms.A.Thangam, Asst. Prof.,Dr.MGR ERI. Mrs.G.Sangeetha, Head, Department of Microbiology, Mahalakshmi women's College of arts and Science, Chennai, the resource person for the second day of Faculty Development Programme addressed on '**Towards Healthy body, Healthy mind and Healthy society**'. It had an insight on how to lead a healthy living that represents a healthy mind and healthy society. The session also highlighted the ignorance of the harmful chemicals that has been consumed in day-to-day life and how it can be replaced by the organic and herbal products.It was a thought provoking session. Finally the gratitudinal note was proposed by Ms.Bareena, research scholar. A great response

from the enthusiastic participants of 100 through zoom and more than 230 views through you tube was a good motivation for the team.

**Day 3: 29.10.2021**

We are so elated to share the report of the day three (29.10.2021) of the Faculty Development Programme on 'Wellness Practices'. The commencement of the session at 11.00 am was hosted by Ms.L.Maria Suganthi, followed a warm welcome by Ms.Thangam. The glimpse about the University was shared by Ms.Vinloiya. Prof.V.Radhika, Addl.Registrar, Phase II Campus, felicitated the gathering with the inspiring and motivating words. The resource person of day 3 was introduced by Ms.J.Vighneshwari.Dr.Sandhya Rani, Consultant Organizational and Counselling Psychologist, Chennai. The resource person for the third day of Faculty Development Programme addressed on '**Coping with Stress and Emotions**', she had a clear vision about stress and anger management and the way she conveyed her ideas was thought provoking. On the whole the three days faculty development program was fully a power packed and informative and session with lot of knowledge that was shared by our enthusiastic chief guests. Finally the gratitudinal note of the day three was proposed by Dr.P.Senthamizh Pavai. A great response from the enthusiastic participants of 100 through zoom and more than 166 views through you tube was a good motivation for the team.



**Dr. M.G.R.**  
EDUCATIONAL AND RESEARCH INSTITUTE  
DEEMED TO BE UNIVERSITY



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Pondicherry High Road, Madhavaram, Chennai 60, Tamil Nadu, India.



**FACULTY OF EDUCATION (B.Ed.)**

*in association with*

**ACADEMIC STAFF COLLEGE**

*Cordially invites you for the 3 Day 'Faculty Development Program' on*

## "WELLNESS PRACTICES"



**Dr.S.SARADA**  
Asst, Prof, Dept of Biochemistry  
Soka Ikeda College of Arts & Science for  
Women, Chennai

**Day 1**  
" Therapeutic and  
Pharmacological Efficacy of  
Indian Medicinal Plants"



**Mrs.G.SANGEETHA**  
Head & Asst.Prof, Dept of Microbiology  
Mahalashmi Women's College of Arts &  
Science, Chennai

**Day 2**  
" Towards Healthy Body,  
Healthy Minds and Healthy  
Society "



**Dr.SANDHYA RANI**  
Consultant Organizational &  
Counselling Psychologist, Chennai

**Day 3**  
" Coping with Stress and  
Emotions "



**27th, 28th, 29th**  
**October, 2021**



**11.00 AM - 12.15 PM**

**Virtual Platform**



<https://forms.gle/cRCHMWz3dbNCDaFy5>



*Click here for Registration*



















