



**ST. IGNATIUS COLLEGE OF EDUCATION
(AUTONOMOUS)**

Accredited with 'A' grade by NAAC (Second Cycle)

Palayamkottai – 627 002



CELEBRATIONS

2020 - 2021

INDEPENDENCE DAY CELEBRATION



To commemorate our 74th Independence Day of our nation on 15th August 2020, we organized a webinar on “**Justice for Women: Challenges and Opportunities**” through Zoom online platform. Advocate S. Sornalatha M.A., M.L., was the chief guest.



NATIONAL SPORTS DAY

In commemoration of our Nation's National Sports Day, our college organized a National Webinar on **“Building Resilience with Physical Exercise”** on 29th August 2020. Dr. K. Jothi, Associate Professor, YMCA. College of Physical Education, Chennai, was the resource person.

ST. IGNATIUS COLLEGE OF EDUCATION (Autonomous)
(Re-accredited with 'A' Grade by NAAC)
Palayamkottai - 627 002 Tirunelveli, Tamil Nadu
(Affiliated to Teacher Education University, Chennai)

in commemoration of
National Sports Day

we cordially invite you to the National Webinar on
BUILDING RESILIENCE WITH PHYSICAL EXERCISE

Date: 29.08.2020, Saturday
Time: 10:30 am

Resource Person
Dr. K. Jothi,
M.P.E., M.Phil., Ph.D., M.Sc. (Yoga & Naturopathy), JRF, NET
Associate Professor,
YMCA College of Physical Education,
Chennai

Registration Link: <https://forms.gle/ze6jQcN4v8F77cR6>
email: ignatiuswebinar@gmail.com
No Registration Fee & e - Certificate for all the Participants

Organizing Committee

Patron	: Rev. Sr. A. Magdalene Therese, ICM Secretary
Educational Councilor	: Rev. Sr. Dr. L. Vasanthi Medona, ICM
Convener	: Dr. M. Maria Saroja Principal I/C
Organizing Secretary	: Dr. S. Josephine Director of Physical Education

Atherosclerosis
Disease is more prevalent in men than women
Complications: Stroke, Heart attack, Gangrene

Risk
Diabetes, Smoking, Vitamin B6 deficiency, Age, Obesity, Male sex

Prevention & Treatment
Exercise, Diet, Weight loss, Cholesterol, Fat

How to Calculate Your Target Heart Rate

Day 1: 62
Day 2: 65
Day 3: 63

$$\frac{62 + 65 + 63}{3} = 63.33 \rightarrow \boxed{63}$$

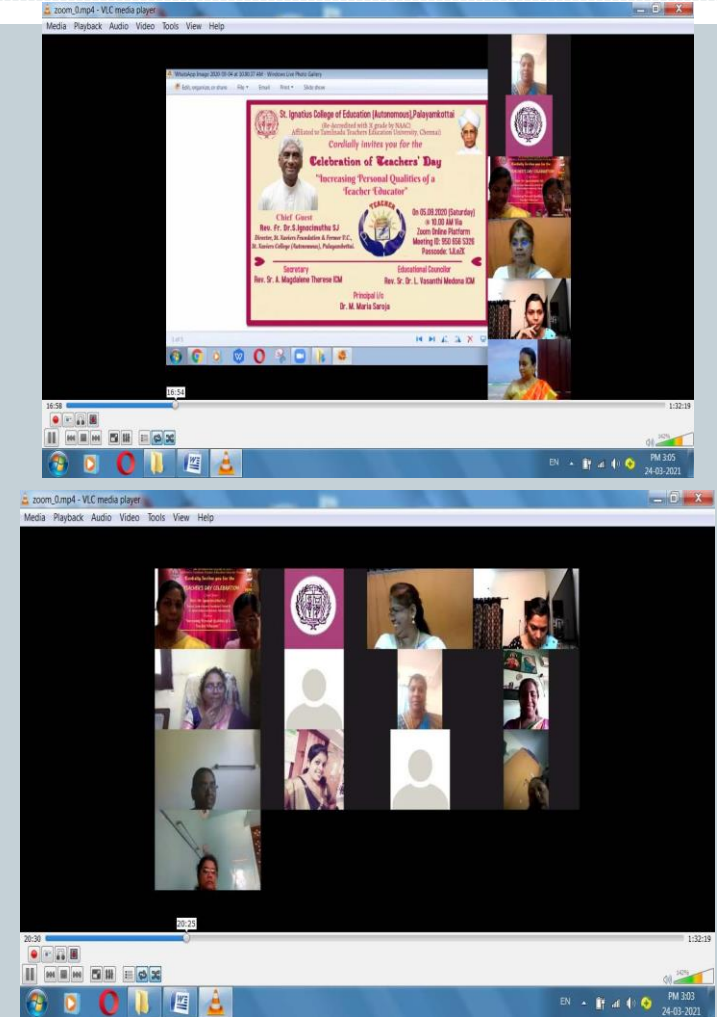
Example:
Age: 40 years old
 $220 - 40 = 180 \rightarrow$ maximum heart rate
 $180 - 63 = 117 \rightarrow$ heart rate reserve

4 WAYS EXERCISE CAN INCREASE YOUR RESILIENCE TO MENTAL STRESS

- **It's a Leg Up for your Immune System**
In moderate doses, plenty of evidence suggests that regular exercise is great for immune function.
- **It Blunts the Hormonal Stress Response.**
Just like physical stress, psychological stress starts off a whole cascade of hormones. Cortisol is probably the best-known, but there are plenty more, like norepinephrine.
- **It Changes your Gene Expression.**
Everyone is born with a certain set of genes and there's nothing any of us can do about that. But you can change the expression of your genes - basically which genes get "turned on" or "turned off." This is called epigenetics.
- **It's Anti-Inflammatory**
But in the long run, regular workouts with enough breaks to recover have been shown again and again to reduce inflammation. It's the hormesis response again: you recover from the stress and bounce back stronger.

TEACHERS' DAY CELEBRATION

On 05th September 2020, Rev.Sr.A.Magdalene Therese, Secretary of our college, organized the teacher's day celebration through an online meet. Rev. Fr. Dr. S. Ignacimuthu SJ, Director, Xavier's Research Foundation, St. Xavier's College, Palayamkottai, graced the occasion as the resource person of the day.



NATIONAL EDUCATION DAY

To commemorate the birth anniversary of India's first education minister Maulana Abul Kalam Azad. On 11th November, we organized a webinar on the topic **“Role of Azad in Modernizing Education in India.”**

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Gordially invites you

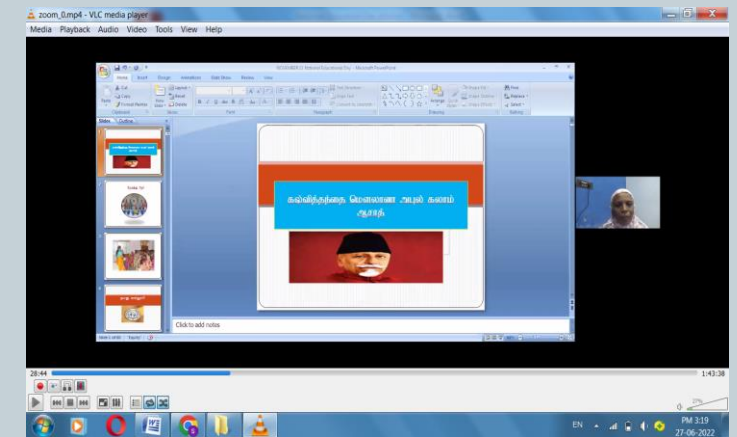
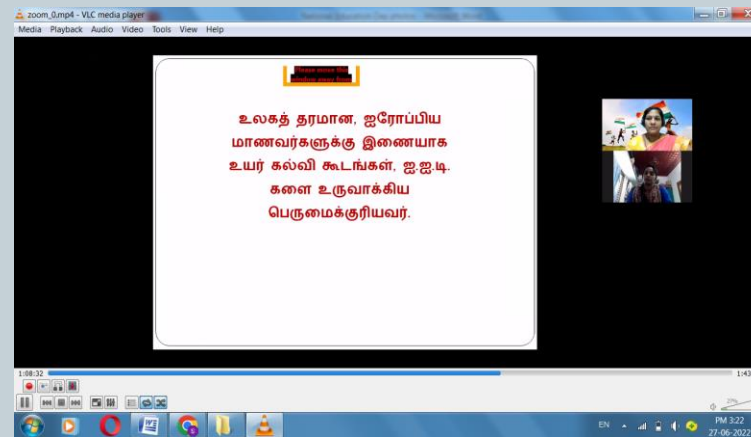
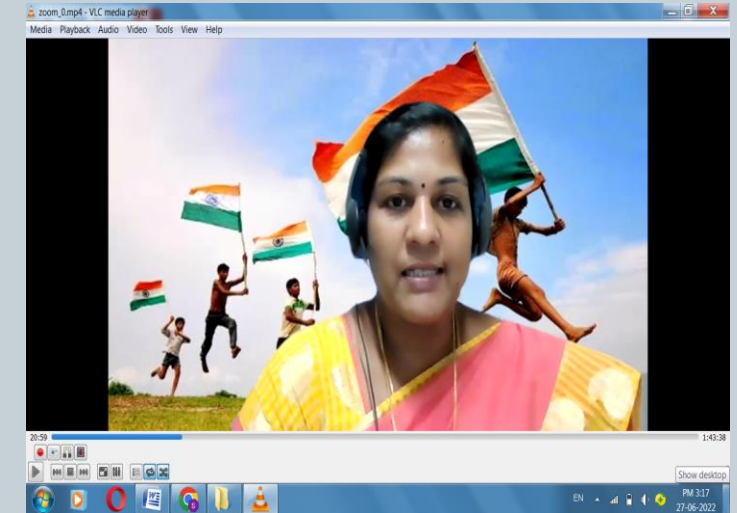
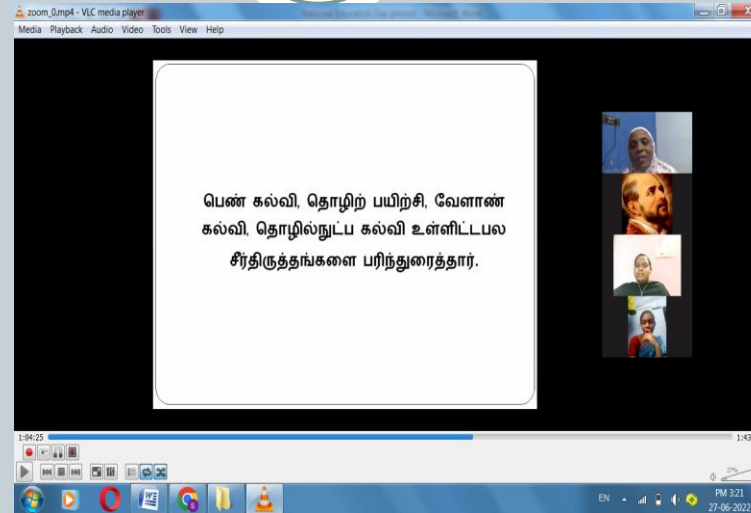
National Education Day
November 11, 2020 @ 2.30 pm

'Role of Azad in Modernizing Education in India'

Resource Person
Mrs. M. Rosa Fathimal M.A., B.Ed
Deputy Block Development Officer (Rtd)
Karaikal

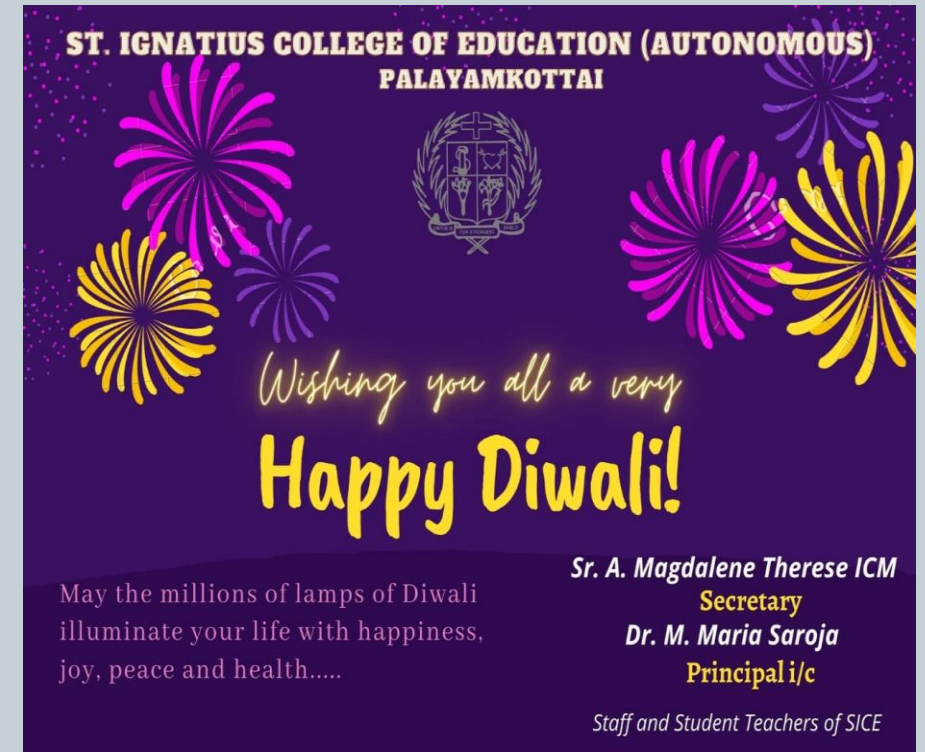
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Rev. Sr. A. Magdalene Therese ICM
Secretary
Educational Councilor
Rev. Dr. L. Vasanthi Medona ICM
Convener
Dr. M. Maria Saroja
Principal I/o
Organizing Secretaries
Dr. A. Jeya Sudha
Vice-Principal & Asst. Prof. of History
Mrs. R. Stella Raja Kumari
Asst. Prof. of Mathematics

Zoom ID: 950 656 5326
Passcode: SICE



DIWALI CELEBRATION

Diwali “***Festival of Lights***” was organized by our Student Council on 13th November 2020 through Zoom online platform. We celebrated this auspicious day with traditional Indian music and dance. Student teachers illuminated the day with dazzling rangoli, speech, and various fun games, which indulged students in the true festive atmosphere.



WOMEN'S DAY CELEBRATION

On 8th March 2021, the Women's Day celebration was organized in the college. Ms S. Jeyamary, Principal, Sarah Tucker Teacher Training Institute, Palayamkottai, was the guest of honour and gave a special address.

