



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

Accredited by NAAC at Grade A+ with 3.42 CGPA (Third Cycle)

(Affiliated to Tamil Nadu Teachers Education University, Chennai)

Palayamkottai, Tirunelveli- 627 002

ENRICHMENT ACTIVITIES

2024-25

INNOVATE, INSPIRE, IMPACT: WOMEN DRIVING SOCIAL CHANGE

In Commemoration of National Women's Equality Day, the Sexual Harassment Prevention Committee organized an Invited Talk on “**Innovate, Inspire, Impact: Women Driving Social Change**” on 23rd August 2024. Dr. S. Jeya Mary, Principal, Ooliyasthanam Teacher Training Institute, Palayapettai served as the resource person. She emphasized the importance of education and continuous learning as fundamental tools for women's empowerment. She shared various strategies on how women can use education to gain confidence and leadership roles within their communities.



SHAKTI FOLK: TRANSFORMING WOMEN'S LIFE THROUGH THE POWER OF FOLK ARTS

On 28th October 2024, an Invited Talk on “Shakti Folk: Transforming Women’s Life through the Power of Folk Arts” was organized. Rev. Sr. Felci, Women Welfare Coordinator, Shakti Folk Cultural Centre, Dindigul shared her expertise on folk art as a tool for women’s empowerment, the power of self-expression and storytelling, and breaking societal barriers and stereotypes.



ELEVATING TEACHING ACUMEN: EXCEL IN PRACTICAL EVALUATIONS

Curriculum Development Cell organized a Motivation Session on **Elevating Teaching Acumen: Excel in Practical Evaluations** on 14th November 2024. Rev. Dr. L. Vasanthi Medona, Principal highlighted that Effective classroom management strategies during practical evaluations; Techniques for delivering impactful lessons; Managing time and handling unexpected challenges with confidence; and reflective practices for continuous improvement.



STOP VIOLENCE AGAINST WOMEN: BUILDING A FUTURE FREE FROM VIOLENCE

In Commemoration of International Day for the Elimination of Violence Against Women, the Sexual Harassment Prevention Committee organized an Invited Talk on “Stop Violence Against Women: Building a Future Free from Violence” on 25th November 2024. Mrs P. Ponmuthu, One Stop Centre, Social Welfare and Women Empowerment Department, Tirunelveli served as the resource person.



FROM FEAR TO FOCUS: SUCCESS TIPS

Amygdala Arrays organized an inspirational session on **From Fear to Focus: Success Tips** on 2nd December 2024. Rev. Dr. L. Vasanthi Medona, Principal, St. Ignatius College of Education, highlighted the techniques to reframe negative thoughts into constructive ones, and the impact of self-awareness and self-regulation on academic success and how to handle exam pressure effectively.



CRACKING CTET: SMART PREPARATION STRATEGIES

Alumni Association & Career Guidance and Placement Cell organized a Motivational Talk on **Cracking CTET: Smart Preparation Strategies** on 4th February 2025. Ms. Madhumita, BT Assistant in Chemistry, Rose Mary Matric Hr. Sec School, Palayamkottai and Ms. Giftline Jeba Yovan, PG student in Chemistry, Sarah Tucker College (Autonomous), Palayamkotti emphasized the importance of qualifying CTET for a successful teaching career and shared valuable insights on Understanding the CTET exam pattern & syllabus, time management and study planning, effective resource selection, subject wise preparation wise techniques, the significance of pedagogical knowledge and conceptual clarity.



FOSTERING DIGNITY AND SAFETY: POLICE AKKA APP AGAINST SEXUAL HARASSMENT

Sexual Harassment Prevention Committee organized an Invited Talk on **Fostering Dignity and Safety: Police Akka App Against Sexual Harassment** on 17th February 2025. Mrs. V. Paulmani, Head Police Constable, and Police Akka App Awareness Coordinator, Palayamkottai gave an insightful presentation on the Police Akka App, detailing its features such as emergency response, complaint filing, and direct access to law enforcement. She also shared real-life examples of how the app has assisted individuals in distress.



BREAKING THE STRESS CYCLE: STRATEGIES FOR A HEALTHIER LIFE

Sexual Harassment Prevention Committee organized an Invited Talk on **Breaking the Stress Cycle: Strategies for a Healthier Life** on 12th March 2025. Dr. Ashika, HIBA Women's Clinic, Vannarpettai, Tirunelveli, elaborated on the physiological and psychological effects of stress and shared practical strategies to manage and reduce it. She emphasized recognizing stress triggers, practising mindfulness, maintaining a balanced lifestyle, and seeking professional help when needed. Through real-life case studies and interactive exercises, she engaged participants and encouraged them to adopt stress-relief techniques in their daily lives.

