

# ST. IGNATIUS COLLEGE OF EDUCATION (AUTONOMOUS)



Accredited by NAAC at 'A+' grade with CGPA 3.42 (Third Cycle)  
(Affiliated to Tamil Nadu Teachers Education University, Chennai)  
Palayamkottai-627 002

# WORKSHOPS

2025-26

# Harnessing the power of Breath Pranayama for inner Balance and Vitality”- 11.07.2025

On July 11, 2025, the Physical and Mental Health Club hosted a workshop, “Harnessing the Power of Breath: Pranayama for Inner Balance and Vitality,” in De Meester Conference Hall to mark International Day of Yoga. The event spotlighted the transformative impact of daily Pranayama, guiding attendees through mindful breathing techniques like Anulom Vilom, Bhramari, and Nadi Shodhana. Through practical sessions, participants explored how conscious breathwork can foster emotional stability, boost energy, and sharpen focus, essential tools for managing academic pressures and enhancing overall well-being.



# Italic Handwriting Training Programme - 09.08.2025

On August 9, 2025, the Curriculum Development Cell organised a handwriting workshop, “Graceful Expressions: Unlocking the Beauty of Italic Writing,” featuring distinguished alumnae Miss R. Jeyalakshmi, Miss K. Mahaa Lakshmi and Miss N. Vennila as expert trainers. The session offered participants hands-on guidance in chart and italic writing, with the resource persons sharing practical techniques for improving neatness, proportion and style and providing personalized feedback to help hone their handwriting skills.



# An Interactive Yoga Session on Flow into Focus Mindful Yoga for Peace & Positivity - 05.08.2025

On August 5, 2025, the Anti-Drug Club of St. Ignatius College of Education (Autonomous), Palayamkottai, hosted a Wellness Training Programme at Child Jesus Higher Secondary School. Titled “Flow into Focus: Mindful Yoga for Peace and Positivity,” the event was led by B.Ed. Second-year student teachers, Miss S. Poornima (Physical Science), Miss A. Lutgard Archana (Mathematics), Miss S. Sakthi Deepika (English), and Miss C. Chardict Jeba (English). The session blended mindful breathing, relaxation practices, and gentle yoga to nurture focus, tranquillity, and emotional balance. School students eagerly embraced the activities, showing enthusiasm and a readiness to weave mindfulness and yoga into their everyday life.



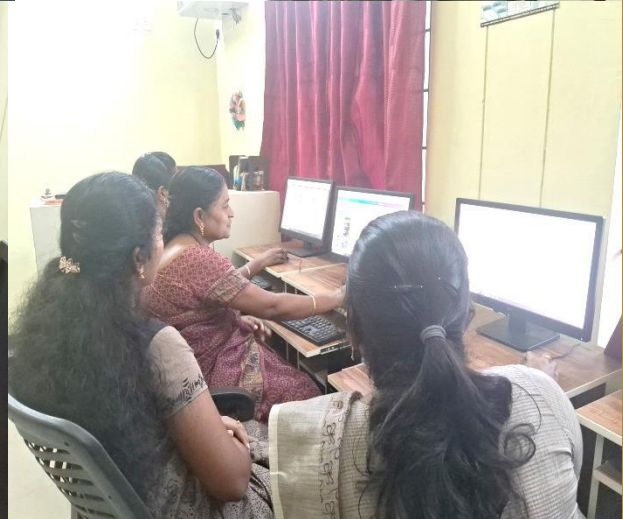
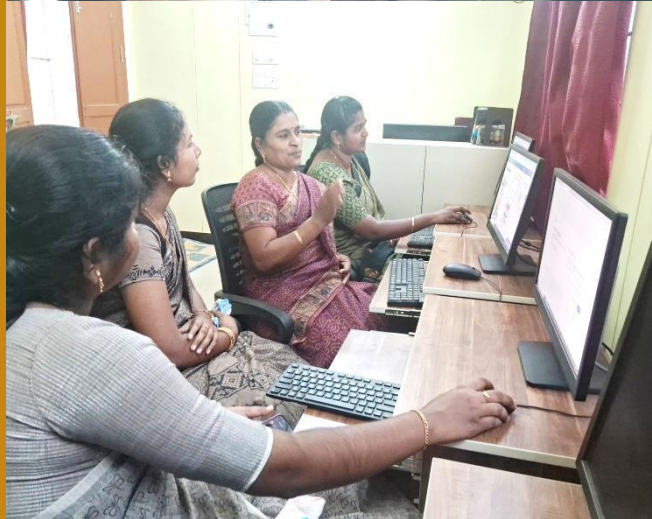
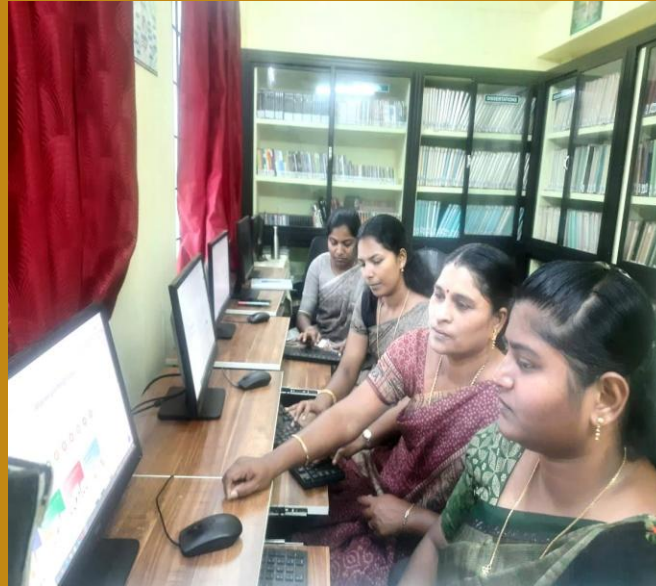
# Sr. Raphaela Incubation Centre - A Creative Wool Workshop - 26.08.2025

On August 26, 2025, at 3:35 p.m., Sr. Raphaela Incubation Centre at St. Ignatius College of Education (Autonomous), Palayamkottai, hosted the Creative Wool Workshop. Led by Mrs. A. Mercy Jebathangam Pushpa, Art & Craft Instructress at SICE, the session showcased inventive wool crafting techniques. Participants engaged in hands-on activities, crafting decorative figures and small models. The highlight was a step-by-step creation of a parrot-shaped wool craft, blending artistry and patience. The interactive workshop fostered skilful exploration, with every participant gaining valuable practical experience in wool art.



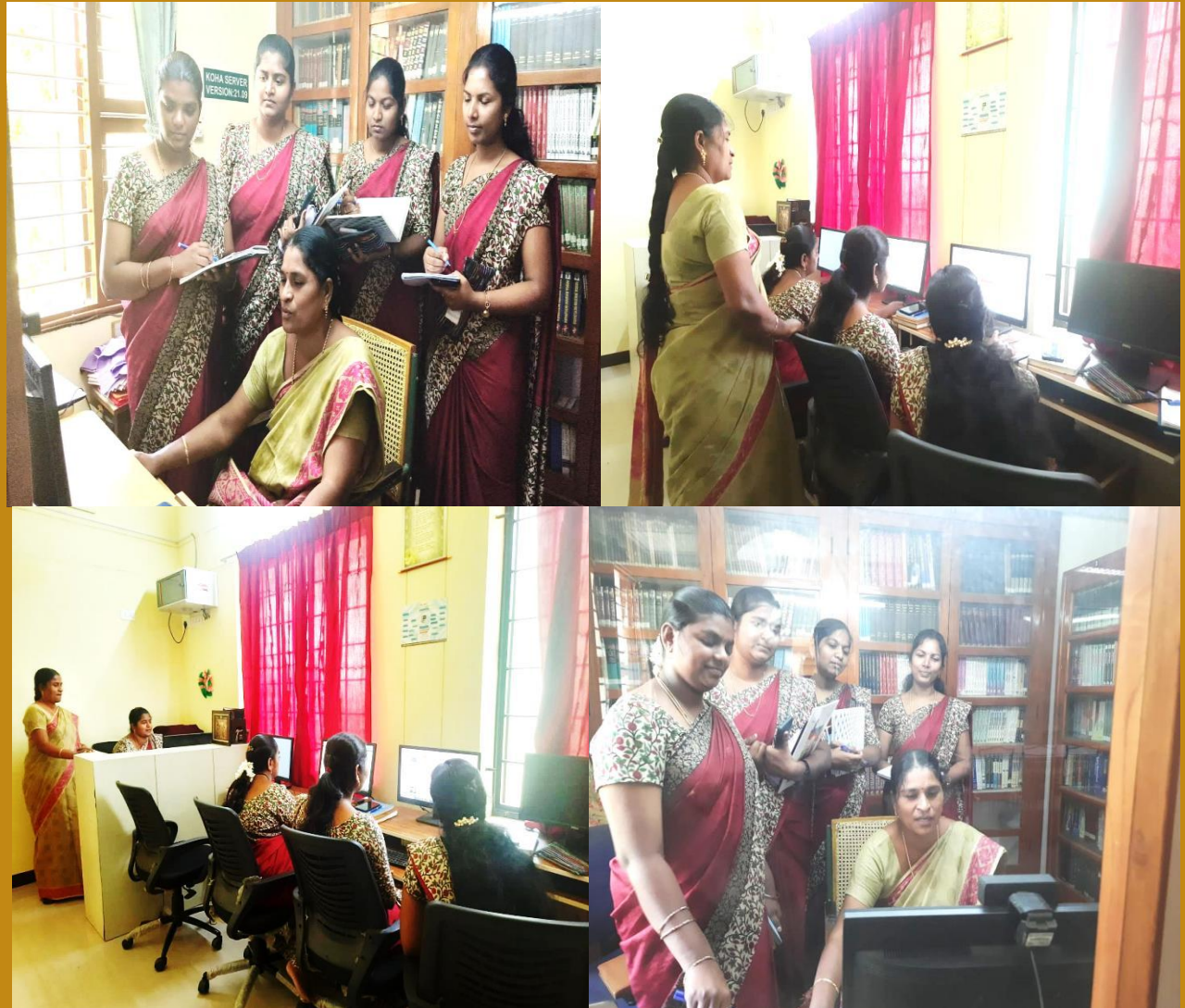
# Workshop on Design with Canva - Creativity at your Fingertips - 08.08.2025

Sr. Agnes Digital Library hosted an interactive workshop, “Design with Canva - Creativity at Your Fingertips,” for first-year M.Ed. student teachers at 2:30 p.m. in the Digital Library. Led by Dr P. Johncy Rose, Librarian at St. Ignatius College of Education, the session offered practical training in digital design for both academic and creative projects. Participants watched a live demonstration on crafting academic event posters, then applied their new skills by creating their own designs with Canva’s diverse features. The workshop fostered hands-on learning and encouraged students to experiment with Canva’s extensive free and premium resources.



# Strengthening Scholarly Practice DELNET for M.Ed. Students - 20.08.2025

Strengthening Scholarly Practice: DELNET for M.Ed. Students, on August 20, 2025. Dr. P. Johncy Rose, Librarian, led the session with a practical demonstration of DELNET's union catalogues, inter-library loan system, e-journals, and subject databases. Students participated in live searches, learned how to request materials beyond the college library, and engaged in a lively Q&A, gaining valuable skills for accessing and utilizing DELNET's academic resources.



# Workshop on ABC Jam and Amla Pickle Making - 28.10.2025

ABC Jam and Amla Pickle Making on October 28, 2025. Led by Dr. G. Esther Maragathamani, Assistant Professor of Tamil, the session opened with an engaging overview of the health benefits of apple, beetroot, carrot, and amla. She guided participants through the hands-on preparation of jam and pickle, highlighting best practices for hygiene, ingredient ratios, and preservation. Students eagerly observed, asked questions about natural preservatives, and explored affordable production techniques. The workshop not only encouraged students to experiment with these recipes at home but also sparked their interest in small-scale entrepreneurship.



# Workshop on Gamified Assessment A New Paradigm in Educational Evaluation - 11.11.2025

On November 11, 2025, a forward-thinking workshop titled “Gamified Assessment: A New Paradigm in Educational Evaluation” took place. Dr M. Gnana Kamali, Assistant Professor of Computer Science, introduced participants to the power of gamification in education, illustrating its impact through hands-on activities with Curipod AI and TED.Ed. Student-teachers from the first-year B.Ed. The Computer Science program enthusiastically designed its own gamified assessment modules and shared its insights. The event wrapped up with a lively discussion and feedback session, highlighting the participants’ engagement and growing interest in innovative evaluation methods.



# National Workshop on Smart Publishing in the Digital Age Strategies for Journal Publishing and Academic Profile Management - 15.11.2025

The workshop empowered faculty, researchers and library professionals with crucial expertise in academic publishing, journal selection and managing scholarly profiles. Principal Rev. Dr L. Vasanthi Medona's keynote spotlighted academic integrity, digital skills, global research presence and essential research tools. Dr M. Leeladharan, Associate Professor, Department of Library and Information Science, Pondicherry University, provided actionable advice on identifying reputable journals, explaining indexing standards, quality metrics and tips for avoiding predatory outlets so participants could make informed publishing choices. Dr J. Arumugam from PSG College of Technology stressed the value of cross-disciplinary collaboration and guided attendees in optimising profiles on ORCID, ResearchGate, Google Scholar and Scopus to maximise their research reach and visibility.

The image displays four screenshots from a Zoom meeting, illustrating the workshop's content and participants.

**Top Left Screenshot:** A woman in a green and white sari is speaking. The Zoom interface shows a grid of participants, including a woman in a blue sari and a woman in a pink sari. The time is 8:54 PM.

**Top Right Screenshot:** A woman in a pink sari is speaking. The Zoom interface shows a grid of participants, including a woman in a blue sari and a woman in a white sari. The time is 8:50 PM.

**Bottom Left Screenshot:** A presentation slide titled "Journal Selection for Publishing What you need to know" is displayed. The slide lists "All Indexed Journals are Peer Reviewed Journals that Not all Peer Reviewed Journals are Indexed" and "Dr M. Leeladharan" is the speaker. The Zoom interface shows a grid of participants, including a woman in a blue sari and a woman in a pink sari. The time is 10:32 AM.

**Bottom Right Screenshot:** A presentation slide titled "Effective Publication Sharing" is displayed. The slide lists "Share Open Access Versions" and "Upload open access versions of your work, including preprints, postprints, or publisher's versions where permitted. This maximizes reach and accessibility." The Zoom interface shows a grid of participants, including a woman in a blue sari and a woman in a pink sari. The time is 2:22 PM.

# Workshop on Silk Thread Jewellery - 25.11.2025

On November 25, 2025, St. Ignatius College of Education hosted a hands-on silk thread jewellery workshop. Dr. S. Josephine, Director of Physical Education, the session covered essential materials and guided students through creating bangles, earrings, chains and decorative pieces. Dr. Josephine offered expert tips on color coordination and design balance, while students actively crafted their own jewellery, asked about techniques and explored creative finishing and innovative styles with her support.



# Introducing the Teaching Learning Methodologies and VE Interventions carried out in the Special Schools - 04.12.2025

The Curriculum Development Cell at St. Ignatius College of Education, in partnership with Vision Empower Trust, IITB Bangalore, hosted a workshop on innovative teaching methods and interventions for visually impaired students in Tamil Nadu's special schools. The event began with an inaugural session and featured expert-led technical presentations on accessible learning tools, tactile resources, and subject-specific kits for Math and Science, as well as supportive digital platforms. Participants took part in hands-on activities and collaborative discussions, gaining practical experience with inclusive teaching tools. The workshop concluded with an open forum on implementation strategies and future plans, leaving attendees with greater insight and confidence in applying Vision Empower's inclusive methodologies.



# Indian Knowledge Systems Cultural Heritage and Sustainable Development - 07.01.2026

The Curriculum Development Cell at St. Ignatius College of Education hosted a workshop on “Indian Knowledge Systems: Cultural Heritage and Sustainable Development” for first-year B.Ed. students on January 7, 2026. Led by Dr. J. Maria Prema, the session explored India’s rich traditions, indigenous wisdom and their ongoing impact on sustainable living. She connected ancient practices in fields like agriculture, medicine and architecture to modern sustainability, encouraging students to weave cultural values and eco-friendly principles into their teaching. The workshop sparked active student engagement and provided valuable perspectives on blending traditional knowledge with today’s educational approaches.



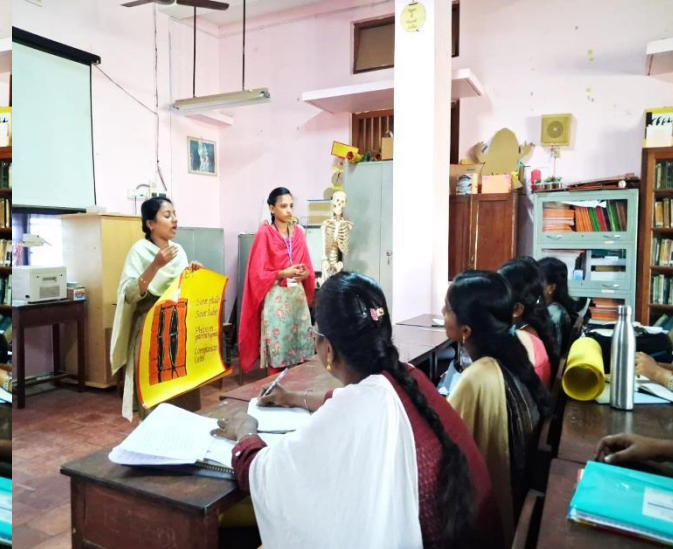
# Creative Visual Workshop on Mathematical Art through Tangram, Tessellation and Curve Stitching - 20.01.2026

Creative Visual Workshop on “Mathematical Art through Tangram, Tessellation, and Curve Stitching” on January 20, 2026. Designed to blend creativity with math, the workshop immersed student teachers in hands-on activities exploring symmetry, patterns, and geometric design through artistic methods. Guided by Mathematics faculty, participants enthusiastically crafted mathematical art models, deepening their visual and spatial understanding. The lively session fostered interactive learning and inspired student teachers to see mathematics as an engaging, creative discipline beyond the textbook.



# Innovative Teaching Materials for Diverse Learners - 20.01.2026

On January 20, 2026, the Nature Lovers Association at St. Ignatius College of Education, Palayamkottai, hosted a workshop on “Innovative Teaching Materials for Diverse Learners.” Guided by faculty and coordinated by Dr. M. Maria Saroja and Mrs. E. Michael Jeya Priya, the event empowered student-teachers to address varied learning needs through creative instructional aids. Ms. M. Hamitha and Ms. S. Suganyu, second-year student-teachers, showcased adaptable teaching tools and engaged participants in lively demonstrations and discussions on inclusive strategies. The workshop fostered peer learning, sparked creativity, and encouraged student-teachers to design and adapt materials for all types of learners.



# Making of Washing Powder and Phenol - Kabaliparai - 26.01.2026

St. Ignatius College of Education, Palayamkottai, conducted a Skill Training Programme on making washing powder and phenyl in Kabaliparai village on January 26, 2026, as part of the RRGSA project. Designed to promote self-employment and sustainable livelihoods, the session was led by Dr. S. Josephine and Mrs. A. Maria Rose Mary, who demonstrated affordable, practical methods for producing household cleaners with easily available materials. Emphasizing hygiene, safety, and proper packaging, they guided participants through each step and provided take-home kits to support continued practice and empowerment.



# Making of Washing Powder and Phenoil- Manapadaiveedu - 26.01.2026

St. Ignatius College of Education hosted a Skill Training Programme on making washing powder and phenyl at Manapadaiveedu village on January 26, 2026, as part of the RRGSA Project. Led by Dr. J. Maria Prema and Mrs. S. Arockia Reena, the hands-on session taught participants how to prepare affordable cleaning products, covering ingredients, safety and storage. The workshop encouraged active participation, addressed doubts and highlighted opportunities for small-scale entrepreneurship and sustainable livelihoods, boosting attendees' confidence and practical know-how.



# Workshop on Pot Painting - 27.01.2026

The Sr. Raphaela Incubation Centre and Socio-Economically Disadvantaged Group Cell of St. Ignatius College of Education, Palayamkottai, hosted a Pot Painting Programme on January 27, 2026, to nurture creativity and artistic flair among student teachers. Led by Mrs A. Mercy Jebathangam Pushpa, the session began with a warm welcome and an introduction to the value of art in fostering creativity and emotional well-being. Mrs Pushpa demonstrated pot painting techniques from surface prep and colour selection to pattern design and finishing touches, guiding participants through each step. Student teachers eagerly experimented with vibrant colours, traditional motifs, and unique patterns, benefiting from hands-on practice and individual feedback that inspired their artistic confidence.



# Effective Use of DELNET for Teaching, Learning and Research - 05.02.2026

On February 5, 2026, Sr. Lily Pushpam Library and Sr. Agnes Digital Library at St. Ignatius College of Education, Palayamkottai, held a workshop on “Effective Use of DELNET for Teaching, Learning and Research” for first-year student teachers. Led by Dr. P. Johncy Rose, the session introduced participants to DELNET’s vast digital resources, including e-books, journals and research articles. She demonstrated search techniques and inter-library loan options, making the workshop both interactive and practical. Student teachers engaged enthusiastically, gaining valuable skills to enhance their academic and research pursuits.



# A Workshop on Creative Canvas - Art Painting - 24.02.2026

On February 24, 2026, the Sr. Raphaela Incubation Centre and the Socio-Economically Disadvantaged Group Cell at St. Ignatius College of Education hosted the “Creative Canvas: Art Painting” workshop. Guided by Mrs. A. Mercy Jebathangam Pushpa, participants explored foundational canvas painting techniques, color blending and composition. The hands-on session encouraged students to experiment with their own artwork, fostering creativity and dynamic interaction. The workshop underscored the value of art in teaching and inspired student teachers to incorporate creative expression into classroom learning.



# A Demonstration Session on Meditation - The Key to Inner Peace - 16.03.2026

The Physical and Mental Health Club of St. Ignatius College of Education, Palayamkottai, held a demonstration on “Meditation: The Key to Inner Peace” for second-year M.Ed. students on March 16, 2026. Led by Dr. S. Josephine, Director of Physical Education, the session highlighted meditation’s role in stress management, emotional balance and mental clarity. Students learned practical meditation techniques to incorporate into their routines, gaining valuable tools for enhancing focus and well-being.



# A Hands-on Session on Reliability Testing of Research Tools - 17.03.2026

The Inigo Club at St. Ignatius College of Education hosted a practical session on “Reliability Testing of Research Tools” for first-year M.Ed. students on March 17, 2026. Led by Mrs S. Arockia Reena, Assistant Professor of Mathematics, the workshop focused on using Excel and Jamovi to assess the consistency of research instruments. Students received step-by-step instruction in data entry, analysis and interpretation, making complex statistical concepts approachable. The hands-on activities deepened students’ understanding of reliability, highlighted best practices and addressed common pitfalls in research data analysis.



# A Demonstration Session on Surya Namaskar Practice to Enhance Physiological and Emotional Wellbeing - 11.03.2026

The Physical & Mental Health Club at St. Ignatius College of Education, Palayamkottai, held a Yoga Therapy Demonstration on “Simple Asanas and Pranayama for Stress Relief” for second-year M.Ed. students on March 11, 2026. Led by Dr. S. Josephine, the session highlighted the role of yoga in fostering physical health, emotional balance, and mental calm. Students learned easy asanas and breathing techniques to reduce stress and boost concentration, gaining practical tools for well-being and relaxation.



# Shape to Shine Instructional Aids for effective Teaching - 10.03.2026

On March 10, 2025, the Number Ninjas Club at St. Ignatius College of Education presented “Shape to Shine: Instructional Aids for Effective Teaching.” Second-year B.Ed. student-teachers showcased creative, hands-on math teaching aids from charts on shapes and symmetry to interactive models like matching boards and rotating disks for illustrating fractions and angles. The engaging demonstrations highlighted practical, low-cost tools that make mathematical concepts clearer and more accessible. Participants left with fresh ideas for making math lessons interactive and effective.

