



**BONSECOURSARTSANDSCIENCECOLLEGEFORWOMEN**  
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**FACULTYDEVELOPMENTPROGRAMMEREPORT-09.06.2025**

FDP for this academic year was organized for the staff in our college on 09.06.2025 at 9.30am in smart class room. The program started with prayer song sung by Ms. Vennila, HOD of English department and prayer was delivered by Mrs. Rasheedha Begum, HOD of Commerce department. Warm welcome address was given by Mrs. Lincy, AP of English department in presence of our new secretary Rev. Sr. Dr. Nesa Soundram and our college Principal Rev. Sr. Dr. Sirumalar along with the eminent speaker as the resource person Rev. Fr. M. Joseph Arulraj, Administrator in Don Bosco Media College, Trichy on the dias.

Our resource person took the hot topic for the academicians - "Psychological approach to be a positive person - The art of teaching and learning". The programme was functionalized as two sessions. Resource person made the staff members to form six groups in order to make us more comfortable and highly engaged each individual to participate in all activities carried out based on mental and psychological fitness. In the first session psychological approaches were related to skills to identify feelings, stress management, behavioral activation, problems solving etc., He encouraged us to follow the healthy maintenance, both physically and mentally by reading books, preplanning of scheduling the works, information sharing and healthy friendship, identify and challenge negative thoughts into positive ones by understanding self awareness, cultivate gratitude, focus and engage in positive activities, spending time in nature, doing exercise, mindfulness in meditation, foster positive relationships, surround us with positive people, practice self compassion etc. After the tea break we had game activities which made us active and sportive. He correlated the understanding capacities of students with these games by inserting in our minds that each student has a different capacity of listening and learning capacity, so we have to approach them only in a friendly manner.

After the lunch the second session was started with "What is art of teaching and learning? and how to be the effective teacher for students community?". He asked us to be effectively communicate knowledge and fostering positive environment to students, art of teaching by

creativity and innovation, practicing good values, psychological approach to students on social and emotional dimensions. By combining the art of teaching, educators could create a dynamic and engaging learning experiences that fosters both knowledge and personal growth in students.

He assisted us by giving assessment of about ten questions to self realize our selves and to think and realize what to do? and what to leave? for the betterment of ourselves and student community as good practices. He also said about classroom psychology regarding classroom behavior and management. The whole day was spread with positive vibration and this attitude to be continued throughout this academic year for the development of students, staff, college and society. Finally he appreciated the staff members for their active participation throughout the day and encouraged us by giving prizes to our staff. Vote of thanks was delivered by Mr. Amalraj, AP of English department and the programme ended at 3.30 pm by spreading positive atmosphere.

## PHOTOS

