



RESEARCH AND FACULTY ENRICHMENT COUNCIL
In Association with Swami Vivekananda Cultural and
Heritage Centre

SRI RAMAKRISHNA MISSION VIDYALAYA
COLLEGE OF ARTS AND SCIENCE

COIMBATORE – 641 020

Organize a

FACULTY DEVELOPMENT PROGRAMME

'Life Skill and Life Style Management'

For Non-teaching, aided and management staff
members

On 08th to 12th & 15th to 19th, JULY 2019

Venue: Mini Auditorium

ALL ARE CORDIALLY INVITED...!

SRI RAMAKRISHNA MISSION VIDYALAYA COLLEGE OF ARTS AND SCIENCE

COIMBATORE - 641 020

RESEARCH AND FACULTY ENRICHMENT COUNCIL

LIFE SKILL AND LIFE STYLE MANAGEMENT

DATE : 08 - 12; 15 - 19 JULY 2019

VENUE : MINI AUDITORIUM

ATTENDANCE

S. No	NAME	08.07.19	09.07.19	10.07.19	11.07.19	12.07.2019	15.07.2019	16.07.2019	17.07.2019	18.07.2019	19.07.2019
1	K. MURUGAIYA										
2	R. SIVA KUMARAN					a	a				
3	R. MAHESH KUMAR				-				-		
4	N. KANAKARAJ		a				a				
	R. RAJAGOPAL					a	a	a			
5	K. BATHIRAN				a						
	D. AYYA SAMY		a	a	a			a			
8	R. MURALI THARAN		a					a			
9	A. PRAKASH										
10	D. PARTHIBAN										
11	M. KUMAR		a				a	a	a	a	
12	M. KALAIARASAN				a						
13	S. SARAVANAN		a	a				a			
14	R. JAGANATHAN			a							
15	J. SANKAR GANESH										
16	R. MADHAN KUMAR								a		
17	N. GANESH						a	a	a	a	

S. No	NAME	08.07.19	09.07.19	10.07.19	11.07.19	12.07.2019	15/07/2019	16/07/2019	17/07/2019	18/7/19	19/7/19
18	D. ANADNA KUMAR	DA	a	a	a	a	DA	DA	DA	DA	DA
19	K. PURUSOTHAMAN	DA	a	DA	DA	DA	a	a	DA	a	DA
20	D. VASANTHSA PRASANTH	DA	DA	DA	a	DA	a	DA	DA	DA	DA
21	K. KALIMUTHU	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA
22	C. DINESH KUMAR	DA	DA	DA	DA	DA	a	DA	DA	DA	DA
23	M. DUKE BALU	DA	DA	DA	DA	DA	DA	a	DA	DA	DA
24	R. MURUGADASS	DA	DA	DA	AB	DA	DA	DA	DA	DA	DA
25	V. BHARATHI						a	a	a	a	a
26	S. ARUL SUBAKAR	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA
27	N. SURESH	a	DA	DA	DA	DA	DA	DA	DA	DA	DA
28											
29	K. SASI KUMAR	DA	DA	DA	DA	DA	a	DA	DA	DA	DA
30	S. EASWARAMOORTHY	a	DA	a	DA	DA	a	a	DA	DA	DA

31. G. SANTHANAM a a a a GS GS a GS GS GS

Report of the Faculty Development Programme on “Life Skills and Life Style Management”

A Faculty Development Programme on "Life Skill and Life Style Management" was organised by Research and Faculty Enrichment Council (RFEC) in association Swami Vivekananda Cultural and Heritage Centre (SVCHC) of Ramakrishna Mission Vidyalaya for Non-teaching aided and management staff members of our college for ten days from 8th to 12th and 15th to 19th, July 2019.

Schedule of the programme:

Date	Title	Resource person
08.07.2019	Inauguration Introduction to Life skill and Self - awareness skill	Dr. K. Thirumalaisamy, Head, Department of Social Work
09.07.2019	Critical thinking skill and Creative thinking skill	Dr. A. Jayaraman, Assistant Professor, Dept. of Social Work
10.07.2019	Inter-personal relationship skill and Communication skill	Sri N. Sakthivel, Assistant Professor, Dept. of Social Work
11.07.2019	Life style management	Dr. M. Srinivasan, Assistant Professor, Maruthi College of Physical Education
12.07.2019	Physical exercises and healthy body perception	Dr. S. Sivasankar, Director of Physical Education, SRKV College of Education
15.07.2019	Emotional intelligence skill and empathy skill	Dr. J.B. Chandra Sekar, Assistant Professor, Dept. of Social Work
16.07.2019	Decision making skill and Problem solving skill	Dr. C. Elancheliyan, Assistant Professor, Dept. of Social Work
17.07.2019	Self-esteem skill and exercises for understanding life skill	Dr. K. Thirumalaisamy, Head and Dr. J.B. Chandra Sekar, Assistant Professor, Dept. of Social Work
18.07.2019	Weight Management	Dr. T. Thangamani, Assistant Professor, Maruthi College of Physical Education
19.07.2019	Nutrition, Balanced diet, Yogasana, Pranayama Valedictory	Dr. M. Srinivasan, Assistant Professor, Maruthi College of Physical Education

The inauguration of the programme was started with prayer. Dr. A. Muthusamy, Coordinator, RFEC welcomed the gathering. Dr. R. Thangavel, Principal gave an introduction about the programme and idea behind the organising of this programme. He also requested the

participants to make use of the training as it will help them in their life. Dr. Alagesan, Director of SVCHC explained the purpose of setting up of SVCHC and design of this programme. Dr. A. Muthusamy, Coordinator of the RFEC thanked the participants for their interest in participating in the training programme.



Day 1:

Dr. K. Thirumalaisamy, Head, Department of Social Work started the session with ice-breaking games. He highlighted the importance self- awareness and the techniques to improve self-awareness. The participants were made to know about their Strengths, Weaknesses, Opportunities and Threats analysis through a worksheet.



TITLE: Life Skills and Life Management
DATE: 08-07-2018
VENUE: Mini Auditorium
ORGANISER: Research And Faculty Enrichment Council
PLACE: Sri Ramakrishna Mission Vidyalaya College Of Arts And Science, Coimbatore-20



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Day 2:

Dr. A. Jayaraman, Assistant Professor, Department of Social Work handled his session on “Creative thinking skill and Critical thinking skill”. The session was started with ice-breaking games and group games. He differentiated critical and creative thinking skill and made the participants to utilise those skills through group exercises. The group was divided into four, two groups were asked to develop some creative works, and two groups were given some situations to develop their critical thinking skill.



Day 3:

Sri N. Sakthivel, Assistant Professor, Department of Social Work handled his session on “Interpersonal relationship skill and Communication skill”. The session was started with ice-breaking games. He has explained the importance of having interpersonal relationship at the working place which will eventually enhance the working climate. He also explained the need of communication and distortion of communication when there is no clarification.



Day 4:

Dr. M. Srinivasan, Assistant Professor, Maruthi College of Physical Education handled his session on “Lifestyle management”. His session started with games. He has explained lifestyle management and its components. He has specified the methods of promoting healthy behaviour. He introduced the trainees on some mobility exercises through which they can maintain a healthy lifestyle.



Day 5:

Dr. S. Sivasankar, Director of Physical Education, SRKV College of Education trained the trainees on “Physical exercises and healthy body perception through partner and group games”. He has explained various body types and presented a small video on “talk by internal organs”. He has organised many indoor and outdoor games for team building and team coordination. He specially taught an eye exercise for the benefit of the trainees and experienced an active involvement of the trainees.



Day 6:

Dr. J. B. Chandra Sekar, Assistant Professor, Department of Social Work trained the trainees on “Emotional intelligence skill and empathy skill”. His session was started with some icebreaking games. He has made the trainees to understand the concept of emotions, its types and the concept of emotional intelligence and techniques to improve emotional intelligence through participation of the trainees. He has briefly explained the skill of empathy and clarified the nature of the skill through some sample situations.



Day 7:

Dr. C. Elancheliyan, Assistant Professor, Department of Social Work contributed his expertise on “Decision making skill and Problem solving skill”. He incorporated the skills through participation of trainees with some exercises and trained the trainees on out-of-the-box thinking also. He has stated the process of decision making and problem solving and made participants to practice on it. The questions raised by the participants were clarified.



Day 8:

Dr. K. Thirumalaisamy, Head, Department of Social Work has trained the trainees on “Self-esteem”. He trained the participants on building their positive self-esteem and made them to understand the importance of having self-esteem through games. Dr. J.B. Chandra Sekar, Assistant Professor, Department of Social Work recapped the entire life skill training provided by the trainees.



Day 9:

Dr. T. Thangamani, Assistant Professor, Maruthi College of Physical Education worked with the trainees on “Weight management”. He made the participants to practice warm up physical exercises, stretching exercises, exercises for knee pain, urinal system, lower spinal card, diabetes and neck. He has trained the trainees on some sitting and standing asanas.



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Day 10:

Dr. M. Srinivasan, Assistant Professor, Maruthi College of Physical Education handled his session on “Nutrition, Balanced diet, Yogasana and Pranayama” after Ice-breaking games. He has made the participants to understand the importance of nutrition and significance of balanced diet. He has trained the trainees on Padahastasana, Trikonasana, Piraiyasana, Vajrasana, Paschimotanasana and Batmasana.



Valedictory function

The valediction function was started with prayer. Dr. R. Thangavel, Principal welcomed the gathering. Dr. Alagesan, Director of SVCHC elaborated the background of organising the programme which will enhance the participants to handle hurdles of life. He expressed his belief that the Arts of India will be safeguarded by Vidyalaya. Sri Murugaiya, Sri. Easwaramoorthy and Sri Sivakumaran, the participants of the training programme gave their feedback. Swami Nirmaleshananda, Secretary in his benedictory address stressed the participants to lead their life not in the pleasurable way but in the preferable way and urged them to practice what they have learned. Dr. A. Muthusamy, Coordinator of RFEC proposed vote of thanks.




RFEC Coordinator



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Reaccredited by NAAC with A Grade

Coimbatore -641020

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on

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This is to certify that of **Sri. K. MURUGAIYA**, Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore- 641 020 has participated in the Faculty Development Programme on **"Life Skill and Life Style Management "** held at Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore- 641 020 from 08.07.2019 to 12.07.2019 & 15.07.2019 to 19.07.2019 .

Dr. A.MUTHUSAMY

Coordinator, RFEC

Dr. R. THANGAVEL

Principal



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Dr. A.MUTHUSAMY

Coordinator, RFEC

Dr. R. THANGAVEL

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This is to certify that of **Sri. K. BATHIRAN**, Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore- 641 020 has participated in the Faculty Development Programme on **"Life Skill and Life Style Management "** held at Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore- 641 020 from 08.07.2019 to 12.07.2019 & 15.07.2019 to 19.07.2019 .

Dr. A.MUTHUSAMY

Coordinator, RFEC

Dr. R. THANGAVEL

Principal