

St. Charles College of Education

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Thirunagar, Madurai -625006

CHARLES COLLEGE OF EDUCATION



College Magazine 2021-22

CHARLIAN SPIRIT

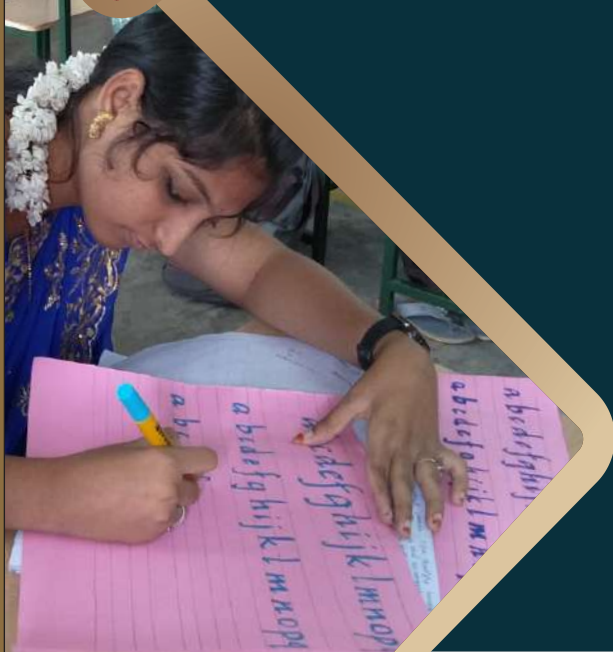
**“To do justice and to love kindness
and to walk humbly with your God”**

-Mic 6:8

**LEARN ALL THE SECRETS
BEHIND
THE SUCCESS OF SCCE**

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ST. CHARLES COLLEGE OF EDUCATION

Thirunagar, Madurai -625006.

Recognized by NCTE & Affiliated to TNTEU, Chennai.



Educational Qualification
B.A. / B.Sc. / M.A. / M.Sc. / M.Com. / B.E. / B.Tech.



Subjects offered

Tamil, English
Maths,
Physics, Chemistry
Botany, Zoology
Comp. Science, History
Commerce & Economics

Features:

- 👉 **Uniform & Record note books free**
- 👉 **Installment fees payment facilities**
- 👉 **No fees for SC/ST students**
- 👉 **Bus & Hostel facilities are available**
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EDITORIAL



EDITOR
Rev. Sr. Sabina Jose. S

Dear Readers,

We, the editorial board of St. Charles College of Education, are delighted to present the latest edition of Charlian Spirit. This magazine serves as a platform to showcase and celebrate our institution's educational, cultural, and community-based engagements. Despite the challenges posed by the pandemic and the subsequent post-pandemic recovery, we have successfully transitioned with a paradigm shift, adapting to the unpredicted realities while focusing on recovery and renewal.

The academic year 2021-2022 has been a journey of resilience and triumph. Amidst the uncertainties, we have strived for excellence and innovation, providing numerous opportunities for our stakeholders to learn, connect, and grow. Notably, our online national and international webinars, featuring renowned resource personnel, have been a testament to our commitment to knowledge dissemination. These sessions have enriched our college community by offering valuable expertise and insights.

Another cornerstone of our efforts has been the ten days of Life Skill sessions, where we have equipped our student teachers with essential skills for personal and professional development. Our holistic approach to education emphasizes not only academic growth but also the nurturing of well-rounded educators. By fostering their growth, we empower them to excel in their future roles.

Additionally, our National Seminars have brought together experts, scholars, and professionals from diverse fields, fostering intellectual discourse and idea exchange. These seminars have not only broadened our collective understanding but also highlighted our institution's dedication to research and academic excellence.

We extend our heartfelt gratitude to our Provincial Rev.Sr.Dr.Amali Anbarasi, the Principal, the teaching and non-teaching staff, and all the student teachers for their invaluable contributions. Their dedication and tireless efforts have made the release of this magazine possible. Together, we have overcome obstacles and embraced change, ensuring a nurturing environment for learning and growth.

As we continue to navigate the ever-changing landscape of education, our commitment to deliver excellence remains unwavering. Life is a collage of light and dark phases, and it is during challenging times that our true spirit shines through. With each passing year, we emerge stronger, more resilient, and ready to face whatever lies ahead.

Within the pages of this magazine, you will find stories of inspiration, achievements, and the collective spirit that defines our institution. We hope that through these words, you will gain a deeper understanding of our college's ethos, values, and unwavering commitment to education.

Once again, we express our heartfelt gratitude to everyone who has contributed to the making of this magazine. May the Charlian Spirit continue to thrive, connecting us all and serving as a beacon of light in the pursuit of knowledge and growth.



Rev. Sr. Sabina Jose. S
Secretary, SCCE



EDITORIAL MEMBERS

Dr.A. Vaiyadurai
Principal

Mr. Jeyasekaran
Asst. Professor in History Education

Sr. Supriya. M
Student Representative



CONTRIBUTING WRITERS

**Stakeholders
&
Resource persons**

**"A good teacher is also a good learner.
The day he / she stops to learn,
he/ she ceases to be an effective teacher"**
-St. Charles Borromeo

THINGS INSIDE





St. Charles Borromeo

Birth: 1538



Death: 1584

St. Charles Borromeo - An Educator:

“We teach more with our life than with our lips”, “A good teacher is a good learner. The day he/she stops to learn, he/she ceases to be an effective teacher” - **St. Charles Borromeo**

St Charles Borromeo, the patron of the congregation of Sisters of St. Charles Borromeo was an effective educator, who knew what changes education could bring in the society. He was an ardent teacher as well as a learner. He strongly believed that 'ignorance and illiteracy are the causes of individuals' and society's evil. It is our duty to strive to root them out'.

One of his famous sayings goes like this “The education of girls is more important than the education of boys since she is the queen of the house”. The roles that a woman play in the society are enormous. So, following this principle of St. Charles Borromeo, we, the sisters of St. Charles Borromeo at Madurai cater to the teacher education through St. Charles College of Education(women). Thus by dispelling the darkness in the minds of the students, as an agent of transformation.

St. Charles Borromeo, The Patron of social transformation and reformation - **Pray for us.**

OUR PATRON &
GUIDING LIGHT



Our Profile



St. Charles Borromeo

VISION

Matured women teachers enlightened, empowered and committed to educate and empower the new generation to build a secular nation.

MISSION

- To form women teachers who realize that teaching is a noble profession.
- To prepare women teachers who are empowered with knowledge, skills, values of love, compassion, integrity, service, etc.
- To be competent, committed, and creative for the development of a more just social order in an atmosphere of intellectual verve and moral integrity.
- To train and form women teachers to enlighten and empower the next generation to bring about the desired social changes.
- To train the student teachers to become relevant educators in the ever-changing techno-world of today.
- To inculcate in student-teachers an eco-friendly attitude.
- To make the college an ideal institution for forming teachers who become relevant to the present generation.

MAJOR CONSIDERATIONS

- Instilling Passion for Teaching Profession.
- Academic Excellence
- Inclusion
- Collaboration
- Technology Enabled Learning
- Essence of the Environment
- Social Responsibility
- Skills for Employability
- Focus on Rights

SCCE



Sr. Maggie Francis. SCB

Education Chairperson of Eastern Province



Dear Staff and Students,

Every educational institution has a purpose to serve, which involves imparting education and creating responsible citizens for the foreseeable future. It gives me immense joy and happiness that our College of Education is serving the purpose for fifteen years.

Over the years, our college has achieved continuing success in serving the cause of teacher education. Our college presents a happy blend of traditional and modern education where knowledge is instructed to the student teachers, so they may occupy a better place in the modern competitive world and develop all-around personalities, retaining the beauty of mind and soul.

As a teacher, I believe teaching is the most respectable and the oldest profession. The first teacher of Adam was God Himself. Therefore, it is our ardent responsibility to provide an educational experience that motivates our student teachers to discover their own hidden potentials and hopefully achieve self-realization.

Teachers are a special blessing from God. They are the ones who build a good nation and make the world a better place. I applaud the college for providing excellent service to the student teachers by sharing their wealth of knowledge and guiding them to educate people and make them better human beings. I feel proud to be an alumnus of this greatest institution.

In celebration, of its 15th anniversary, I appreciate the management and faculty for their 15 years of dedication to mould and to create great teachers for society. I wish and pray for God's abundant blessings for your continued path to success over the years to come.

May God, the Divine Teacher and St. Charles, the patron of the institution, continue to bless all.



Best wishes
Sr. Maggie Francis
Sr. Maggie Francis.



வ. பார்த்திபன்

வட்டாட்சியர்
திருப்பறகுன்றம் வட்டம்
மதுரை மாவட்டம்.



அன்னை அளவிற்கு அக்கறை காட்டிடும் ஒரு கூட்டம் உண்டு. தந்தை போல கண்டித்து நடத்திடும் ஒரு கரிசனை உண்டு. ஏணி போன்று எந்த எதிர்பார்ப்பும் இல்லாமல் ஏற்றிவிட ஒரு இனம் உண்டு. இவர்களுக்கு ஆசான், ஆசிரியர், குரு என பல பெயர்கள் உண்டு. இவர்கள் இல்லாது இருந்திருந்தால், இருந்திருக்கும் நம் எண்ணம், எழுத்து, அத்தனையிலும் ஒரு சில வெற்றிடம்! ஆம் கற்றல்-கற்பித்தல் என்பது ஆசிரியர்-மாணவர் இடையே இணக்கமான சூழ்நிலையை உருவாக்கி எண்ணத்தின் உருவான சிந்தனையை, மாணவர்களிடம் ஒளிந்துள்ள திறமைகளை வெளிக் கொணர்ந்து தலைசிறந்த மாணவர்களை உருவாக்கக்கூடிய சிறந்த ஆசான்களை உருவாக்கும் இடமாக வைத்து தமிழ் வளர்த்த மதுரையில் புனித சார்லஸ் கல்வியியல் கல்லூரி குன்றின் மேலிட்ட விளக்காய் ஒளிர்ந்து செயல்படுகிறது என்பதில் எவ்வித ஐயமில்லை.

என்னால் ஓட முடிந்தால் ஓடுவேன், நடக்க முடிந்தால் நடப்பேன், தவழத்தான் முடியுமெனில் தவழ்வேன் எப்படியானாலும் என் பயணம் முன்னோக்கி மட்டுமே செல்லும் என்னும் உயரிய கொள்கையை தன்னகத்தே கொண்டுள்ள இக்கல்லூரி வளாகத்தில் பல கல்வி கூடங்கள் இருப்பினும் இக்கல்லூரியின் இயற்கை எழில் சூழ்ந்த தூய்மையான சுற்றுப்புறத்தைக் கொண்டு, மாணவிகளின் மனதில் எவ்விதத்திலும் இனிமை மாற்றாமல் மனமகிழ்ச்சி அளிக்கும் நல்ல சிந்தனையை உருவாக்கும் சிற்பியாக இக்கல்விக் கூடம் திகழ்கிறது. அன்பு என்பது ஆழ்கடல் போன்றது. கரையில் தேடினால் சிப்பிகள்தான் கிடைக்கும். மூழ்கி தேடினால்தான் முத்து கிடைக்கும். மாதா, பிதா, குரு வரிசையில் பல குருக்களை உருவாக்கும் இக்கல்லூரியில் அன்பே உருவான கனிவுள்ளம் கொண்ட அனைத்து அருட்சகோதரிகளும் அவர்களுடைய கருணையாலும் உயரிய சிந்தனையாலும் சிறந்த பண்பாளர்களைக் கொண்டு தலை சிறந்த ஆசிரிய மாணவிகளை உருவாக்கி வருகின்றனர். நகர்ந்தால் தான் நதி அழகு, வளர்ந்தால் தான் செடி அழகு, முயன்றால் தான் மனிதன் அழகு. மூச்சு விடுபவர் எல்லோரும் மனிதர் அல்ல. முயற்சி செய்பவனே மனிதன்...! அந்தவகையில் நிர்வாக செயலர் அருட்சகோதரி சபினா ஜோஸ் முயற்சியால் இச்சமுதாயத்தை ஓர் சீர்மிகு சமுதாயமாக அடித்தளமிட்டு செயலாற்றி வருகிறார்கள். முள்ளை அகற்றினால் தான் மீனை சுவைக்க முடியும். கொட்டு வாங்கினால் தான் தேனை ருசிக்க முடியும். தோல்விகளை கடந்தால் தான் வெற்றியை ரசிக்க முடியும். ஆம் தோல்வியைக் கண்டு எப்பொழுதும் துவளாமல் வெற்றிக்காக எதிர்நீச்சல் போடும் இக்கல்லூரி நிர்வாகத்தின் அனைத்துப் பணியாளர்களுக்கும் சீர்மிகு மாணவ-ஆசிரியர்களுக்கும் என் உளம் கனிந்த நல்வாழ்த்துக்கள்.

என்றும் அன்புடன்

வ. பார்த்திபன்.



HEADSHOT

ADMINISTRATORS



Rev. Sr. Sabina Jose, S
Secretary



Dr. A. Vaiyadurai
Principal



Rev. Sr. Mary Catherine
Student Counselor

TEACHING STAFF



Sr. Jenita Mary, M
Asst. Professor in Comp. Science Edu.



Mr. Nedumaran, P
Physical Director



Mrs. K. Amuthavalli
Asst. Professor in Tamil Education



Mrs. Packiam, A
Asst. Professor in Physical Science Education



Mrs. Angel, J
Asst. Professor in Maths Edu.



Dr. S.I. Tahira Banu
Asst. Professor in English Edu.



Mrs. R. Anandhi
Asst. Professor in History Edu.



Mr. Chandran, R
Asst. Professor in Fine Arts



Mrs. Kalaiselvi, R
Asst. Professor in Fine Arts

NON-TEACHING STAFF



Mr. Vincent
Head Clerk



Mrs. Uma
Accountant



Mr. S. Malkar Batcha
Librarian



A milestone is a significant event in each one's life. It measures the scale of success, how far we have journeyed, and how far yet to travel, to reach our destiny. Here, are a few milestones that our college has trodden on the part of success.

The academic committee is responsible for imbibing the best practices to provide an improved academic system for the students. The committee is also accountable for all the practices, such as conducting academic sessions and an internship program for academic excellence.

At the beginning of this academic year, our staff members drafted the academic year plan for their respective subjects for the academic year of 2021-2022, which included academic sessions and assessment practice.

Each subject in-charge prepared the unit plan with the utmost care, which included objectives of the unit, previous knowledge checking procedures, content analysis, objectives based on the content, methodology of teaching, assessment procedures, and the number of periods needed to teach a particular content of the particular unit.

Every week work plan was prepared by the staff members before going to deliver the content. The work plan included content delivery methodologies, guidelines for getting reference materials, and completion reports for the content.

Active academic work participation of faculty members was checked every day by the chairperson through a diary maintained by the staff members.

A timetable was prepared by the academic committee and circulated among the faculty members and students. It included academic teaching classes, enhancing professional capacities like reading and reflecting on texts, drama and art education, understanding of ICT and understanding the self, subject practical classes, library skill development classes, performing arts classes, physical education classes, gardening, singing, and mentor classes.

Every academic year, a bridge course was arranged for the new students. The bridge course included Google classroom creation, teaching aid preparation, student portfolios through EDU blogs, handwriting practice, basic computer skills, YouTube media creation, library and singing skills practice, etc.

Faculty members are frequently enriched by faculty skill enrichment program like computer literacy skills, open access skills, media skills, template designing skills, calligraphy skills, painting skills, etc.

A frequent staff meeting was arranged to discuss the ground realities of classroom activities and student participation.

A National Webinar

A national webinar on "Comprehensive Skills to be an Educator Today" was organized in our college on 23rd July 2021. Fr. John Wilson, SDB, Dean of Studies, Institute of Philosophy, Yercaud, Salem, was the resource person.

Charles Herbal Inauguration

India is a treasure house of medicinal plants having the ability to cure many dreadful diseases and ailments without any side effects. India is blessed with varied agro-climatic conditions which permit the large biodiversity of medicinal plants. On the part of our college's new venture was Charles Herbal Cavern and filled with variety of herbal plants. This Charles Herbal Cavern was inaugurated by Rev. Sr. Amali Anbarasi, SCB, Provincial Superior, Eastern Province in the presence of Rev. Sr. Nirmala Williams, the correspondent of St. Charles Institutions, Madurai on 27th July 2021.

Prayer Service

Prayer service was offered to the departed soul of Mrs. Nirmala, the Teacher, St. Charles Primary School and wife of Mr. Johnny Issac, local community representative of our college IQAC, Mr. A. Duraipandi, the brother of Dr. A. Vaiyadurai, Principal, SCCE and parents, sister and aunty of Mr. Arul, Technician, SCCE on 28th July 2021, in the presence of Rev. Fr. Sagaya Rajan, SCA, Parish Priest, St. Palloti Church, Thirunagar, Madurai.

College Re-opening

College reopening for the second year students was commenced on 02.08.2021 through online mode. The regular face-to-face classes started from 1st September 2021 for second year students after Corona Pandemic second wave. The students and staffs were initiated and encouraged to get enrolled in the SWAYAM online courses.

Inauguration of cells and clubs

Inauguration of cells and clubs was held on 6th August 2021. The teacher educators and student representatives of each cell and club presented the action plan in the presence of Rev. Sr. Nirmala William, the correspondent of St. Charles Institutions, Madurai. Rev. Sr. Jenita Mary, Assistant Professor, SCCE stressed the importance of optimistic thoughts through her keynote address.

Independence Day celebration

Our college staff and students participated in the Independence Day celebration on 15th August 2021 held at St. Charles Matriculation Higher Secondary School. Rev. Sr. Nirmala Williams, the correspondent of St. Charles Institutions, Madurai hoisted the flag and delivered her Independence Day message.

An International Webinar

An International Webinar on "Application of Cognitive Approach in Teaching and Mentoring" was organized by the Department of English, SCCE, on 28th August 2021 through online mode. Mr. Saravana Pandian, Assistant Professor at Mannar College and founder of Mindful Brain Academy, Madurai, was the resource person.

A Teachers' Day Celebration

Teachers' Day was celebrated on 4th September 2021 through Zoom platform by the

student teachers for the staff members of SCCE. On the same day, the staff of all four educational institutions gathered at Sneha Illam and had a common celebration. Rev. Sr. Nirmala Williams, the correspondent of St. Charles Institutions, Madurai, wished all the staff and distributed the Teachers' Day gifts.

An International Webinar

Emotional well-being is as essential as breathing. The Guidance and Counseling Cell of St. Charles College of Education organized an International Webinar titled "Hope: A Therapeutic Target on Counseling" on 21st September 2021, through the Zoom platform and live on YouTube. Rev. Fr. Arul Edward Joseph, Psychotherapist and Research Scholar at Sigmund Freud University, Vienna, Austria, was the resource person. In addition, the Guidance and Counseling Cell administers talk therapy, group discussions, and group counseling techniques. Mentor classes are arranged every week for the betterment of student teachers and to motivate them to share their experiences.

Installation of the Student Council

Installation of the Student Council was held on 30th September 2021. Mrs. Kalaiselvi, Teacher, St. Charles Girls High School, Thirunagar, Madurai-06, was the chief guest and wished all the student teachers.

Extension Service

The Extension Service Cell organized the Elders Day Celebration at Sneha Illam on 1st October 2021. Our student teachers met some basic needs of grannies and elders during the event.

16th Batch Inauguration

SCCE inaugurated its 16th batch of B.Ed. courses on 2nd November 2021. Rev. Sr. Dr. A. Amali Anbarasi was the chief guest who presided over the function and wished the student teachers. Rev. Fr. Dr. John Joseph SAC, Rector of Pallotti Illam, was the guest of honor who blessed and delivered his speech. Rev. Sr. Nirmala Williams, Superior SCB, and Rev. Sr. Sabina Jose, Secretary of SCCE, felicitated the gathering.

Workshop on Sewing

Being creative is not a hobby, but a way of life. The workshop on sewing and embroidery was organized on 20th November 2021. Mrs. Mary Josephine, a sewing teacher at Pallotti High School in Madurai, was the resource person. She demonstrated embroidery skills through an exhibit and motivated the student teachers who participated.

Prayer Room

The college set up a prayer room befitting the educational and moral philosophy. This prayer room was inaugurated by Rev. Sr. Dr. Amali Anbarasi, Provincial Superior, Eastern Province, and implored God's blessings on 25th November 2021.

Education Commission Visit

On 1st December 2021, the Education Commission of the Eastern Province visited our college. Rev. Sr. Maggie, Chairperson of the Education Commission, and Rev. Sr. Cynthia, Vice Principal of St. Charles Arts and Science College, visited our college. Dr. A. Vaiyadurai, Principal of SCCE, presented the activities of the college through a PowerPoint Presentation. The Chairperson and sisters appreciated all activities and congratulated the students and staff.

Installation of the Student Council

The installation of the 16th Batch Student Council was held on 11th December 2021. Miss Logarubluni, Assistant Professor, Department of Commerce, Madura College, Madurai, was the chief guest. She wished all the student teachers success in their future endeavors.

Workshop on calligraphy

The workshop on calligraphy was held on 18th December 2021. Rev. Sr. Sabina Jose, Secretary of SCCE, was the resource person. Sister trained the students to write in different styles.

School Visit by Staff

The school visit was scheduled from 3rd January 2022 to 8th January 2022. In this visit, teacher educators were instructed to observe the teaching of each student teacher for 30 minutes and make the assessment based on the observation sheet. A video recording of the lesson taught by each student teacher was taken care of.

Seminar on Life Skills

The seminar on Life Skills was held from 1st February 2022 to 11th February 2022 for 09 days in our college for student teachers. Our staff members were the resource persons, and they presented on the following topics:

TNTEU Board Exam

S. No.	Date	Resource Person	Life Skill
1	01.02.2022	Dr. S. I. Thahira Banu	Self Esteem
2	02.02.2022	Mrs. K. Amudhavalli	Time Management
3	03.02.2022	Sr. A. Mary Catherine	Interpersonal Skill
4	04.02.2022	Mrs. A. Packiam	Communication Skill
5	07.02.2022	Mr. P. Nedumaran	Team Work
6	08.02.2022	Mrs. J. Angel	Stress Management
7	09.02.2022	Dr. A. Vaiyadurai	Personality Development
8	10.02.2022	Mr. Arul Moraes	Social media
9	11.02.2022	Sr. S. Sabina Jose	Meditation for Holistic Well-Being

TNTEU Board exam for the first year held from 10th to 17th February 2021, for the 2020–2022 Batch. TNTEU Board exam for the first semester held from 28th February 2021 to 4th March 2021 for 2021–2023 Batch students. It was conducted online for the student teachers.

A national seminar

A national seminar was organized in our college on February 14th, 2022, titled "Challenges to be Transformers." **Rev. Fr. Jefferson Suresh, SDB**, Rector of the Don Bosco Boys Home in Pondicherry, served as the resource person.

Thanks Giving Mass

Special thanks giving mass for the 16th Anniversary of our college held on 14th February 2022. **Rev. Fr. Jefferson Suresh, SDB**, Rector of the Don Bosco Boys Home in Pondicherry presided over the Holy Mass to implore God's blessings and solemnized an exclusive message for the staff and student teachers.

Campus Interview

A campus interview was organized by Swami Vivekananda Vidyamandir CBSE School, Madurai, for our second-year student teachers on February 18th, 2022. Four of our students were selected by their respective management.

Carolina Day

The College celebrated Women's Day as Carolina Day on 8th March 2022. The fine arts competitions like Essay Writing, Drawing, Extempore, Clay Modeling, Collage, Art from Waste, Creating Logo, Solo Song, Solo Dance, Juice Making, Vegetable Salad, and Vegetable Carving competitions were conducted for our student teachers. Finally, a grand finale of Carolina 2022 was held. Mrs. A. Sasikala, Coordinator and teacher of St. Mary of Leuca School, Madurai was the chief guest and she enlightened everyone with her stimulating speech. Ms. Kiruba, Department of Bio-Science, was crowned as Miss Carolina 2022 by Mrs. Princy James Judi, Miss Carolina title holder of the year 2020.

Plant Sapling

Our college, with the volunteers of Thirunagar Pakkam, planted saplings at our college campus to mark the celebration of Women's Day on 8th March 2022.

The Calligraphy Training

The student teachers were taken to the Maryland school, Thirunagar on 10th March 2022 and get trained in Calligraphy fonts by the Principal of Maryland School.

Paper Valuation

TNTEU B.Ed. Board Exam first and second year student teachers' paper valuation was held in our college on 16th & 17th of March 2022.

Practical Examination

TNTEU B.Ed. Practical Examination was conducted on 31st March and 1st April 2022. Gandhian Thought CGT and DGT examinations were conducted in our college from 20th to 21st March 2022.

AICUF An Awareness Program

Our college organized an awareness program on April 28th, 2022, titled "Constitution of India," in collaboration with the AICUF Jesuits of Chennai Province. The Rev. Fr. Wilson was the resource person. AICUF members insisted on the importance of constitutional rights through street play, song, and speech, making us aware of our constitutional rights to become responsible citizens.

An Educational Tour

An educational tour offers students of all classes an opportunity for a rich immersion experience and great fun. Student -Teachers of our college both first year and second year went to Kodaikanal on 13th May 2022. Student teacher's socialization with fellow students broadened their perspective of self, others, and the nature.

Seminar on "Career Guidance"

A one-day seminar on "Career Guidance" was arranged for June 1st, 2022. Mr. Ruban Thomas, an alumnus, was the resource person. Our student teachers benefitted a lot from this seminar, and he also taught them how to earn money using modern technology.

TET Crash Course

The TET crash course was conducted from June 13th through June 22nd, 2022, at SCCE in collaboration with Blossom Academy for six days. Mrs. Victoria from Blossom Academy was the trainer.



Intercollegiate

Charlian Cultural Fest

May 2022

MUSIC





Our college proudly hosted the Intercollegiate Charlian Cultural Fest on 6th May 2022, an event designed exclusively for the vibrant student communities of various Arts and Science colleges. The fest aimed to provide a dynamic platform for students to showcase their creativity, talents, and cultural expressions through a series of competitions that tested their skills, spontaneity, and artistic abilities.

The fest was inaugurated with great enthusiasm and grace. We were honoured to have Mr. Ruban Thomas, Managing Partner of Market Pro, Madurai, as the Chief Guest for the inaugural session. His presence and inspiring words set a spirited tone for the day's events.

The cultural fest witnessed enthusiastic participation from five esteemed institutions:

1. St. Charles Arts and Science College, Eraiyur
2. Fatima College, Madurai
3. Mannar Thirumalai Nayakar College, Madurai
4. Mother Teresa Women's University, Keelakuyilkudi, Madurai
5. Madura College, Madurai

A total of **eleven competitions** were organized, encouraging students to display their multiple talents across different domains. The events included: **Role Play, Group Dance, Quiz, Solo Singing, Hairdo, Turn Coat, Face Painting, Cooking Without Fire, Vegetable Carving, Photography, and Mime**. Each event drew active participation, healthy competition, and the true spirit of cultural camaraderie.

The **valedictory ceremony** was graced by **Mr. Ilangovan Karmegam**, popularly known as Kathaisolli, who appreciated the efforts of the participants and encouraged them to continue nurturing their talents alongside their academic pursuits.

Among the participating colleges, **Fatima College** emerged as the overall champion, securing the highest points across events and proudly lifting the **Overall Winner's Shield**. **The Overall Runner-Up Shield was awarded to St. Charles Arts and Science College, Eraiyur**, acknowledging the commendable performances of our students across various categories.

Below are the highlights of the prize winners in each competition:

Turn Coat Competition:

- o Winner: **K. Delesia**, Fatima College, Madurai
- o Runner: **A. Abinaya**, Mother Teresa Women's University, Madurai

Role Play Competition:

- o Winner: **Hanareena Therasika**, Fatima College, Madurai

Hairdo Competition:

- o Winner: **M. Tharasri** and **Kalitha Lakshmi**, Fatima College, Madurai
- o Runner: **K.N. Divya** and **S. Kiruthika**, Madura College, Madurai



Hairdo





Face Painting Competition:

- o Winner: **T. Sujitha** and **A. Natchiammai**, Madura College, Madurai
- o Runner: **A. Anshika Ruby** and **Jessi Akshrya**, St. Charles Arts and Science College, Eraiyr

Face Painting



Solo Singing Competition:

- o Winner: **A. Monica**, St. Charles Arts and Science College, Eraiyur
- o Runner: **A. Abinaya**, Mother Teresa Women's University, Madurai.

Vegetable Carving Competition:

- o Winner: **M. Haripriya**, Fatima College, Madurai
- o Runner: **R. Sandhiya**, Mannar Thirumalai Nayakar College, Madurai.

Vegetable Carving



Quiz Competition:

- o Winner: **S. Mahalaksmi** and **S. Kowsalya**, Mother Teresa Women's University, Madurai
- o Runner: **J. Judiya Christy Mary** and **S. Divya**, St. Charles Arts and Science College, Eraiyur

Quiz



Photography Competition:

- o Winner: **M. Prema**, Mother Teresa Women's University, Madurai
- o Runner-up I: **S. Kowsalya**, Mother Teresa Women's University, Madurai
- o Runner-up II: **S. Kowsiga Priya**, Fatima College, Madurai

Mime Competition:

- o Winner: **R. Sneha, M. Dhansika, C. Sindhu, M. MuthuAbinaya, M. ThahiraThasleema, P. Pretha, P. Soniya, and P. Ponmeenakshi**, Fatima College, Madurai
- o Runner: **J. Nisha, K. Suganya, V. Mary, M. Swathiga, L. LeemaRoslin, A. AnandaSelvi, S. ArockiaRoslin, and P. Saleth Mary Saiga**, St. Charles Arts and Science College, Eraiyyur.

Mime



Cooking Without Fire Competition:

- o Winner: **S. Iswarya**, Mannar Thirumalai Nayakar College, Madurai
- o Runner: **K. Evangeline Judy**, St. Charles Arts and Science College, Eraiyyur

Cooking Without Fire



Group Dance Competition:

o Winner: I. Sabana, S. Deepalakshmi, K. Preethi, C. Shree Priyanka, M. Mariya Catherine, K. Chitra, St. Charles Arts and Science College, Eraiyyur.

Group Dance



The fest was not only a competition but also a celebration of creativity, teamwork, and youthful energy. It provided a perfect stage for students to express themselves and learn from their peers in a spirit of healthy competition and cultural exchange.

Our college extends its heartfelt congratulations to all the winners and participants for their outstanding performances and thanks all the faculty, student coordinators, and volunteers whose dedicated efforts made this fest a grand success. We look forward to hosting many more such enriching events in the future, fostering a spirit of talent and togetherness among students.



**Congratulations to
the Achievers**



FIRST PLACE



Theory



Sr.Mallavarapu Supriya

Physical Science

1130/1300



Practical

SECOND PLACE

THIRD PLACE



Ms.S.Naseem Fathima

Mathematics

1123/1300



Ms. A. Meenakshi

Mathematics

1123/1300



Ms. Kiruthika Devi

Mathematics

1118/1300



Life Skills

A skill is a learned ability.. Life skills are those competencies that assist people in functioning well in the environments in which they live. Life skills have been defined by the World Health Organization as the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. Life skills include psycho social abilities and interpersonal skills that help people to take decisions, solve problems, think critically, communicate effectively, build healthy relationships, empathize with others and cope with stress and strain of life in a healthy and productive manner.

INTERPERSONAL SKILLS



Sr. Mary Catherine.A

Student Counselor, SCCE

Interpersonal skills are the behaviours and tactics a person uses to interact with others effectively. In the business world, the term refers to an employee's ability to work well with others. Interpersonal skills range from communication and listening to attitude and deportment. Interpersonal skills help us to interact with others effectively, on the job, and in the larger world. Some people are born with such skills but everyone can improve them with practice. Expressing appreciation, resolving disputes, and listening well are all interpersonal skills worth practicing. Interpersonal skills are sometimes referred to as social skills, people skills, soft skills, or life skills. However, these terms can be used both more narrowly and more broadly than 'interpersonal skills'. The ability to use effective 'Interpersonal

Skills' help you build not just better relationships with others but make working with them more enjoyable.

Teachers or the educators play a very important role in the lives of students starting from kindergarten to the university. They must have a variety of skills, to impart knowledge to their students such as communication, empathy, positive motivation, effective and positive body language, and humour. A teacher may be well versed in her subject if she is not able to communicate the message, her teaching will not be effective. He/she will not be regarded as a good teacher. Expressing appreciation, resolving disputes, and listening well are all interpersonal skills worth practicing with teachers.



Mrs. J. Angel

Asst. Professor of Mathematics Education



Stress is a complicated phenomenon of the body's reaction as a form of survival when faced with harm. Activities in daily life can cause stress. Stress management gives the right techniques to deal with these activities properly.

"It's not stress that kills us; it is our reaction to it."

-Hans Seyle

Stress is a physiological and psychological reaction to a threat that a person lacks the resources to handle. Everyone comes across many stressor-like exams, losing a loved one to death, relocation, and loss of a job. Stress-inducing stimuli also include things like illness, the death of a loved one, and relocating to a new house.

Our bodies and emotions can be affected by stress in many ways. Symptoms include biological changes, increased gland activity, high blood pressure, increased heart rate, heart pounding sensation, dilation of the pupil, dry mouth, increased perspiration, especially on the palms, muscle tension, fast shallow breathing, fatigue, boredom, and difficulty in sleeping.

There are several reasons why people experience stress. Conflict, depression, an inability to deal with uncertainty, rigid thinking, chronic disease, emotional problems, never-ending workloads, financial troubles, interpersonal issues, character flaws, etc. are a few of them.

Some of the things students commonly cite as causes of stress includes examinations, deadlines for given tasks, poor time management, career path, family problems, and difficulty in organizing work.

But learning to effectively manage stress can increase one's chance of doing well in their academics, and later in life as well.

This offers a range of strategies to help an individual to better deal with stress and difficulty in one's life to improve everyday functioning.

- 1) Meditation is an effective stress management tool, bringing with it inner peace. It can produce a deep state of relaxation and a tranquil mind.
- 2) Better sleep helps people to manage their stress better, more active people typically have greater amounts of deep "slow wave" sleep, which helps the body and brain heal.
- 3) Breathing exercises help to improve both physical and mental well-being by releasing bodily stress and clearing the mind.
- 4) A balanced diet can increase immunity, balance the mind, and reduce blood pressure, in addition to reducing the negative impacts of stress.
- 5) A hobby is an activity or interest that is pursued for pleasure or relaxation, and it offers a segment of our calendar that is free from work and obligations.
- 6) Spending time in nature can help relieve stress and anxiety, improve mood, and boost feelings of happiness and well-being.

The greatest weapon against stress is the ability to choose one thought over another. Effective stress management helps one to break the hold of stress to live a happier and healthier life.





Mrs.A. Packiam
Asst. Professor in Physical Science Education

COMMUNICATION SKILLS



Human survival mostly depends on communication with oneself, others, and the environment. Communication aids in the development of interpersonal interactions, and the dissemination of knowledge. It provides a development strategy that works well for individuals and groups. As a result of the conversation, people become more united and intimate. Communication is crucial and closely related to all other managerial tasks. Effective communicators pay close attention to others' opinions and talk and write effectively. Communication serves a variety of purposes, including informing, expressing feelings, imagining, influencing, and conforming to social standards. Each of these goals is represented by a form of communication.

In the modern world, effective communication abilities are essential for fostering interpersonal relationships and managing human resources. People around us will understand one another. It is essential for fostering self-confidence and raising spirits while enlisting their participation.

We rely on communication to send each other signals because we are unable to directly access the thoughts and feelings of other individuals. Communication is more than just speaking to one another through the medium of language. There are different ways of communicating. Examples of communication include verbal, nonverbal, interpersonal, intra-personal, public, and mass communication.



Effective communicators tailor their messages to the audience they are speaking to. Through successful communication in the classroom, the teacher can establish a secure environment, encourage teamwork, practice active listening, and make sure to provide constructive criticism. As an educator, communication skills are required to communicate successfully, establish eye contact with a wide range of students and use a diversified vocabulary. It enables us to speak to our audience appropriately, listen effectively and express our thoughts effectively. When we teachers convey our messages must remember to keep the students in mind. Students at all educational levels should be able to effectively communicate and exercise leadership, which is a key quality of a strong leader.

The communication skills that students learn at school are fully transferable and essential across all aspects of life. Teacher-student relationships positively impact class participation, engagement, and ultimately a student's achievements. When teachers communicate with good communication skills, it can help build a student's confidence and create a good rapport and supportive environment. By using teachers' good communication skills, students can create an environment where they can freely discuss, speak, and engage in their learning process. Perhaps the broadest category and arguably, the most important soft skill for teachers is communication. Thus, teachers need to learn the art of interacting and communicating with the student, especially in this digital world, as "The art of Communication is the language of leadership"

- James Humes



Every human being is a part of the all-pervading divine being who is the originator of the entire creation. We are all one and also of the same origin. Meditation is coming in touch with this unending divine source within and allows one's vision to be transformed in to the divine. Meditation has been a spiritual and healing practice in many parts of the world for more than 5000 years. These religious or spiritual traditions hold some type of spiritual growth, enlightenment, personal transformation, and transcendental experience. The student teachers at St. Charles College of Education begin the academic sessions every day with a few minutes of meditation. They are introduced to the process and benefits of meditation through videos on meditation.

Reasons to meditate daily

1. Meditation facilitates decision making
2. Meditation helps to foster and maintain positive relationships.
3. Meditation helps to sleep better.
4. Meditation helps to focus better.
5. Meditation unleashes creativity.
6. Meditation improves performance at school and work.
7. Meditation increases self-awareness.
8. Meditation keeps oneself happy.
9. Meditation is good for the overall health of an individual.
10. Meditation increases life span.

Brain stimulation during meditation

- The frontal lobe, which plans and reasons switches off during meditation, helps the person to detach and relax.
- The thalamus, which relays motor and sensory signals to the cerebral cortex, slows down its activity, enabling it to keep calm.
- The parietal lobe, which gives a sense of time also slows down, helping to lower stress and anxiety levels.
- The reticular keeps the brain alert and helps to respond to situations. During meditation, the reticular activity slows down, allowing one to keep calm and be peaceful.

Brain waves during Meditation

Alpha waves – It calms the nervous system. They lower blood pressure and heart rate. The waves lower the production of stress hormones and promote relaxation.

Beta waves – It creates awareness and improves concentration. They increase logical thinking and develop conversational abilities.

Theta waves – It provides a positive mental state and encourages creativity. They improve problem-solving skills and increases memory. The waves improve focus and keep calm and balanced.

Gamma waves – It decreases anxiety and fear and increases positive emotions. They reduce depressive feelings and symptoms.

Delta waves - It increases the production of two anti-aging hormones, DHEA – dehydroepiandrosterone and melatonin. They help promote deep compassion and empathy for others, improve social intelligence, and avoid conflict. The waves facilitate quick healing.

Benefits of Meditation

<u>Physical Health</u>	<u>Mental Health</u>	<u>Spiritual Health</u>
o Reduces heart disease risk	o Fights depression	o Increases happiness
o Fights chronic pain	o Fights anxiety	o Heightened self-awareness
o Reduces rheumatoid arthritis	o Fights memory loss	o Better self-acceptance
o Helps irritable bowel disease	o Helps to regulate emotions	o Unity with consciousness
o Slows HIV progression	o Improves academic performance	o Realization of eternal truth
o Improves sleep	o Fights PTSD- Post traumatic stress disorder	o Deep experience of peace
o Lessons cold and flu effects		o More compassion, and forgiveness
o Aids in weight loss		

We live in prisons of our likes and dislikes; cravings and aversions; fears and phobias; habits and tendencies; hatred and animosity; passion and attachments; consumerism and greed. Certainly, we are all prisoners whether we believe it or not. Meditation can give a silent escape to freedom bringing holistic well-being.

Personality Development



Dr. A. Vaiyadurai, Ph.D.
Principal

"To be a great inspiration, a teacher needs a great personality."

Personality development happens because of the ongoing interaction that takes place between individuals, taking into account their temperament and character as well as their surrounding environment.

Teachers, professors, lecturers, and all who are in the teaching profession are considered pioneers in shaping the lives of all students who interact with them to gain knowledge. Being children, we have learned a lot from our parents, teachers, peers, environment, and society a set of knowledge that has proven to be useful even today. When it comes to a teacher's personality, not everyone has an attractive and disciplined personality. So, it's high time that teachers understand the importance of personality development in shaping the future of their students. Teachers play an important role in constructing worthy character in learners.

So the personality development of teachers needs to be given due importance, as they are going to be the ones who are responsible for the personality development of the students whom they will teach. They need to interact with the parents of the students to give an update, on how they are doing in class and what improvements are needed. So having a good personality is a must for the students.

Five simple crucial tips for teachers

1. Confidence

Confidence is the key to the overall development of any child, and teachers should always keep in mind that their focus should be to increase confidence by creating interactive group activities in class.

2. Authenticity

The teachers should not discourage the originality of the students, as they will flourish more if they are themselves.



3. Dressing sense

Teachers should groom the students and make them aware of how to make a desirable impression.

4. Body language

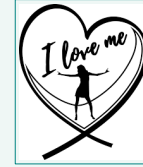
Body language is just as important as verbal language. It includes the way people walk, sit, talk, or eat, so teachers should correct the body language of the students if they are not doing it properly.

5. Opinionated thinking

Teachers should inculcate and encourage opinion formation in students by asking them about their opinions on various topics in class.

By keeping in mind the above-mentioned key aspects of personality development, teachers can help students develop a good personality and make their future brighter. In short, teachers must have a good personality to shape the future of the nation.

Teachers are our first role models; they teach us, they help us, and most importantly, they "inspire" us. Students are the creators of tomorrow and they represent the nation. So, it is very crucial to be an inspiration. To be an inspiration, one needs a great personality. Personality never becomes perfect nor develops in a day; you have to keep working on it daily, and that's why teachers have to keep developing their personalities.



Many personality theorists, such as Freud, Adler, and Erickson, noted that self-esteem, is formed during the early years of childhood and adolescence. Self-esteem is formed based on interpersonal interactions and on interpretations of those events. People tend to carry forward to the present. These interpretations reinforce or modify them based on new interpersonal contacts. Self-esteem is a construct created out of past constructs about the world. Self-esteem, as the affective component of self-concept, refers to a person's sense of value and worth, sense of competence and adequacy, and sense of self-satisfaction. It is the people's judgment of worthiness that is expressed in the attitude, the individuals hold towards themselves. Self-esteem is restricted more to the affective dimension of self-confidence.

Types of Self-Esteem

- 1. High Self-Esteem:** High self-esteem is not just having liking-ness towards us but generally affording ourselves of love, value, dignity, and respect. It means believing in our capabilities and our autonomy with things on one's own way.
- 2. Low Self-Esteem:** Low self-esteem is the condition that keeps people from realizing their full potential. People with low self-esteem feel incompetent, unworthy, and incapable. It impacts Social interactions, attention, emotional regulation, decision-making, and life satisfaction.
- 3. Worthiness-Based Self-Esteem:** The worthy individuals measure how they feel about themselves by their achievements and successes. They compensate for their lack of worth by exaggerating the importance of their successes.
- 4. Competence-Based Self-Esteem:** It's a perceived competence by denying shortcomings, minimizing failures, and surrounding themselves with people who accept.

Practical Tips on How to Increase Self-Esteem

- 1. Take a self-esteem inventory to give ourselves a baseline:** It can be as simple as writing down 10 strengths and 10 weaknesses. This will help to begin developing an honest and realistic conception of one.
- 2. Set realistic expectations.** It's important to set small,

reachable goals that are within ones power. For instance, setting an extremely high expectation or an expectation that someone else will change behavior is virtually guaranteed to make one feel like a failure through no fault of them.

3. Stop being a perfectionist: Acknowledging accomplishments and recognizing mistakes is the way to keep a positive outlook while learning from and growing from mistakes.

4. Explore ourselves: The importance of knowing oneself and being at peace with who one is I cannot be overstated. This can take some trial and error, and it will constantly learn new things about self, but it is a journey that should be undertaken with purpose and zeal.

5. Be willing to adjust self-image: Change is inevitable as one progresses with age. This invites a person for an ever-changing ourselves if one wishes to set and achieve meaningful aims.

6. Stop comparing ourselves with others: Comparing one with others is a trap that is extremely easy to fall.

Self-esteem may make people convinced that they deserve happiness. Understanding this is fundamental and universally beneficial since the development of positive self-esteem increases the capacity to treat other people with respect, benevolence, and goodwill, thus favoring rich interpersonal relationships and avoiding destructiveness. An attitude of love towards one self will be found in all those who are capable of loving others. Self-esteem allows people to face life with more confidence, benevolence, and optimism, and thus easily reach their goals and achieve self-actualization.



கால மேலாண்மை

திருமதி. க. அமுதவள்ளி

தமிழ்த்துறை, உதவி பேராசிரியர்



“காலம் தன் கடைமையை செய்யும் என்பது பழமொழி” ஆனால் அதற்கு முன் நம் கடைமையை நாம் சரியான நேரத்தில் செய்து முடித்தால் வாழ்வில் வெற்றி பெறலாம் என்பதில் எள்ளளவும் ஐயமில்லை. மேலாண்மை என்றால் குறிக்கோளை நோக்கி உழைக்கும் பலரை ஆற்றல் மிக்கவர்களாக ஆக்குவது தான் மேலாண்மை எனப்படும். அந்த வகையில் ஆற்றல் மிக்கவர்கள் நேரத்தை சரியான விதத்தில் பயன்படுத்தினால் முக்காலமும் அவர்கள் கண் முன்னே எனலாம். அது போல் தனிப்பட்ட தேவைகளுக்காக செலவிடும் நேரமும் முக்கியமான செயல்களுக்கு செலவிடும் நேரமும் மாறுபடுகிறது. நேரத்தை சரியாக கணக்கிட்டு தேவையான காரியங்களுக்கு பயன்படுத்துவது தான் அறிவை வளர்க்கும் செயலாகும்.

நேர மேலாண்மையின் பொருள்

“நேரத்தை வீணாக்கும் போது கடினாரத்தை பார்! ஓடுவது முள் அல்ல உன் வாழ்க்கை...”

என்ற சுவாமி விவேகானந்தரின் கூற்றுப்படி நேர மேலாண்மை என்ற சொல் சுய விளக்கமானது ஆகும். உங்கள் நேரத்தை நீங்கள் எப்படி நிர்வகிக்கிறீர்கள் என்று அர்த்தம் ஆகும். அதாவது நம்மை வெளிப்படுத்தக் கூடிய ஒரு சொல்லாகும். வெற்றி பெற்ற மனிதர்களின் வாழ்வை கண்ணோக்கினால் அவர்கள் முதன்மைப் படுத்தி கூறுவது நேர பயன்பாட்டை தான். நாம் அனைவரும் அறிந்த படி காலமும் அலையும் யாருக்காகவும் காத்திருக்காது. நேரத்தின் முக்கியத்துவத்தை அறிந்து நாம் அனைவரும் கால/நேர மேலாண்மைக் கலையினை கற்றுக் கொள்ள வேண்டும்.

நேரத்தின் முக்கியத்துவம்

முக்கியமான வேலைகளை செய்து முடிக்க கிடைக்கின்ற நேரத்தை பயன்படுத்த வேண்டும். கிடைக்கும் நேரத்தை நாம் எவ்வாறு செலவிடலாம் என்பதற்கு நாமே ஒரு திட்டமிடலை உருவாக்க வேண்டும். அவற்றில் சில

1. என்னென்ன வேலைகளுக்கு எவ்வளவு முக்கியத்துவம் கொடுக்கிறோம்?
2. எவ்வளவு நேரங்கள் நாம் பொழுது போக்கிற்காக செலவிடும்?
3. தேவைக்கும் குறைவாக இருக்கும் நேரங்கள் எவ்வளவு?
4. எதிர்காலத்திற்காக அல்லது எதிர்காலத் தேவைக்காக நாம் என்ன செய்கிறோம் அல்லது என்ன செய்யலாம்?
5. தன்னிடம் இருக்கும் குறைவான திறனை நாம் எவ்வாறு மேம்படுத்துகிறோம்?

போன்ற கேள்விகளுக்கான விடைகளை ஆராய்ந்தால் நேரத் திட்டமிடல் குறித்த ஒரு தெளிவான வரையறைக்குள் நாம் வரமுடியும். நம்முடைய மூளைக்குள் எப்பொழுதும் ஒரு கடிகாரம் ஓடிக்கொண்டே இருக்கும். அதுவும் நாம் எடுக்கும் முடிவுகளை செயலாற்ற தேவையான உந்துதலைக் கொடுப்பதோடு அந்த வேலையை செய்து முடிக்க வேண்டும் என்று கட்டாயப் படுத்துகிறது. எனவே நேரத்தை சரியாக கையாள முடிகின்றது. நேரத்தை சரியாக கையாண்டால் நமக்கு சுறுசுறுப்பும், மன ஆரோக்கியமும் கிடைக்கின்றது. ஆனால், காலத்தின் அருமை பெரும்பாலானவர்களுக்கு தெரிவதில்லை. நாம் உயிரோடு இருக்கும் இந்த நிமிஷம் அவ்வளவு முக்கியமானது. ஏனெனில் 2 நிமிடம் காலத்தில் ரயில் பயணத்தை கோட்டை விட்டவர்களும், ஏன் உயிரை விட்டவர்களும் உண்டு. தேர்வின் போது கால தாமதமாக சென்று பேருந்தை தவறவிட்டால் நம்மால் சரியான நேரத்திற்கு செல்ல முடியாது, தேர்வும் எழுத முடியாது. இது போன்ற செயல்கள் 95% மக்களுக்கு உண்டு.

“காற்றுள்ள போதே தூற்றிக் கொள்” என்பது தமிழில் உள்ள பழமொழி. இதற்கேற்ப தகுந்த நேரத்தில் தவறாமல் செயலாற்ற வேண்டும். அது போல் தவறு நேர்ந்தாலும் அந்த தவற்றை உணர்ந்து விழிப்புணர்வுடன் இருந்து செயலாற்றினால் வாழ்வில் வெற்றி நிச்சயம்.





Beautiful memory PHOTO GALLERY



July 25 Charles Herbal Cavern Inauguration 2021



July 28 PRAYER 2021



August 15 Independence Day 2021



August 25 National Webinar 2021



September 04 Teachers Day 2021



September 21 International Webinar 2021



September 30 Installation of Student Council 2021



October 01 Elders Day Celebration 2021



November 02 Inauguration of 16th Batch 2021



November 04 Charles Feast 2021





Beautiful memory PHOTO GALLERY



November 27 *Workshop on Herbal Soap Making* 2021



February 12 *Annual Feast* 2022



November 25 *Prayer Hall Opening* 2021



February 14 *National Webinar on Challenges to be Transformer* 2021



December 01 *ECEP Visit* 2021



March 10 *Maryland School Visit* 2022



December 18 *Workshop on Calligraphy* 2021



March 25 *Carolina Day* 2022



December 22 *Christmas Celebration* 2021



March 31 *Practical Exam* 2022





Beautiful memory PHOTO GALLERY



April 11 *MCUF* 2022



May 18 *Cultural Feast* 2022



May 13 *Educational Tour* 2022



June 01 *Career Guidance* 2022



June 13 *TET Crush Course* 2022





Beautiful memory PHOTO GALLERY



WEBINARS & SEMINARS

CHALLENGES TO BE TRANSFORMERS A Brief Review of the Seminar



A journey through transformation involves exploring uncharted ground. Transformation is a journey into the deep, including deeper relationships, learning, teaching, and knowledge. A teacher today has the difficult duty of staying tuned with recent innovations and advancements in the fields of medicine, education, science, art, and other fields. They must therefore periodically update their knowledge and abilities, which is a top priority. Teachers have an opportunity of making a huge impact on the students, but with this opportunity comes many challenges. So, as a teacher, we must be aware of what we have, how we have it, and how we present it. We need to excel in our self. The emergence of artificial intelligence and the changes we observe in technology make it urgent to break through uncharted ground by revisiting the fundamental concerns of what we teach, who our learners are, and how we engage and inspire all learners. We need to start with good facts, theory, and best practices as our cornerstone. It lays responsibility on everyone involved in

education to think critically, act bravely, and continually look for more interesting ways to bring out each child's abilities, talents, and gifts. In a sense, the teachers who have developed strategies worked for them to overcome the limitations posed by their unique socio-economic circumstances and educational settings. A broad mind and a friendly attitude on the part of the teacher will make all the difference, when it comes to knowing the students well. So let us 'Be The Change' and be MAD 'Make A Difference' in the society by facing the challenges to be a transformer. **Rev. Fr. Jefferson Suresh SDB** Rector, Don Bosco Boys Home, Pondicherry, conveyed above messages very powerfully in his sessions that held on February 14, 2022.

Compiled report of the seminar

Mrs. Packiam

Asst. Professor in Physical Science





APPLICATION OF COGNITIVE APPROACHES IN TEACHING AND MENTORING

Cognitive psychology is the scientific study of the mind as an information processor. It concerns the way we take in information from the outside world and how we make sense of that information. Cognitive psychologists try to build up cognitive models of the information processing that goes on inside people's minds, including perception, attention, language, memory, thinking, and consciousness. The cognitive approach began to revolutionize psychology in the late 1950s and early 1960s, to become the dominant approach in psychology by the late 1970s.

The cognitive hierarchy extends from simple memorization, designed to build the knowledge of learners, to creating something new based on previously-learned information. In this domain, learners are expected to progress in a linearly, beginning at "remember" and ending at "create."

Taxonomies of the Cognitive Domain include:

Remembering: It is when memory is used to produce or retrieve definitions, facts, or lists, or to recite previously learned information from memory.

Understanding: Constructing meaning from different types of functions be they written or graphic messages, or activities.

Applying: Carrying out or using a procedure through executing or implementing, where learned material is used through products like models, presentations, interviews or simulations.

Analyzing: Breaking materials or concepts into parts, determining how the parts relate to one another or how they interrelate, or how the parts relate to an overall structure or purpose which include differentiating, organizing, and attributing.

Evaluating: Making judgments based on criteria and standards through checking and critiquing. Cri-



tiques, recommendations and reports are some of the products that can be created to demonstrate the processes of evaluation.

Creating: Putting elements together to form a coherent or functional whole; reorganizing elements into a new pattern or structure through generating, planning, or producing.

A learner-centered approach views learners as active agents. They bring their knowledge, past experiences, education, and ideas – and this impacts how they take on board new information and learn. It differs significantly from a traditional instructor-centered approach.

An inspiring and thought-provoking session was given during The National Webinar on the topic "Application of Cognitive Approaches in Teaching and Mentoring" by Mr.Saravanapandian Assistant Professor, Mannar Thirumalai Naickar College, Founder- Mindful Brain Academy, on 28.8.2021, organized by St.Charles College of Education, Madurai.

Report of the Webinar compiled by
Dr.S.I.THAHIRABANU, Ph.D.
Assistant Professor in English Education

International Webinar

Hope -

A Therapeutic, Target in Counseling



Our college proudly demonstrated its unwavering commitment to mental health, holistic education, and global knowledge exchange by hosting an inspiring **International Webinar on “HOPE: A Therapeutic Target in Counseling”** on Tuesday, **21st September 2021**, from 11:00 AM to 12:30 PM IST. Conducted virtually on Zoom during the unprecedented challenges of the COVID-19 pandemic, this unique session brought together educators, student teachers, scholars, and mental health professionals from around the world to explore hope as a vital force in counseling and education.

The event opened on a warm and spiritual note with a scripture reading by **Ms. Nandini**, a first-year student teacher, who invoked Philippians 4:13 — “I can do all things with the help of Christ who strengthens me” Guided by the dedicated leadership of **Convener- Dr. A. Vaiyadurai**, Principal of the college; **Co-Convener - Rev. Sr. S. Sabina Jose SCB**, Secretary of the college; and Organizing Secretary - Rev. Sr. Catherine SCB, Student Counselor, the webinar featured **Rev. Fr. Arul Edward Joseph, Psychotherapist and Research scholar at Sigmund Freud University, Vienna, Austria**. His keynote address illuminated practical strategies and scientific insights to instill hope in counseling, inspiring all participants to embrace resilience and compassion during challenging times.

Unlocking the Power of Hope

Fr. Arul's keynote address was an enlightening blend of science, relatable anecdotes, and practical counseling wisdom. He began with a thought-provoking parable about a neglected statue near New York City that was eventually auctioned for one million dollars — reminding every participant of their immeasurable worth: *“Each one of you is of more than one million values.”*

He defined hope as *“a Snapchat of your future”* — a living vision that energizes people far beyond what intelligence alone can achieve. Citing **Pope Francis**, he described hope as *“creating memories of the future,”* empowering individuals to live out their dreams in the present. A simple story about children motivated by the promise of a picnic illustrated how hope ignites enthusiasm and creativity, a message that deeply resonated during pandemic-induced isolation.

The Science Behind Hope

Linking faith with science, **Fr. Arul** discussed how hope operates within the brain's **orbitofrontal cortex** — the reward center nears our eyes — which fuels motivation and connection. He shared research involving **231 Chinese high school students**, demonstrating that students instilled with hope outperformed their peers by 80%. He also referenced an **80-year longitudinal study** showing how hope improves heart health, strengthens relationships, and supports overall well-being, highlighting hope as a true cornerstone of mental health.

Tailoring Hope in Counseling

A significant insight from **Fr. Arul** was that hope must be tailored for each individual. He outlined four practical types of hope for counselors to adopt:

- **Realistic Hope** — Setting achievable goals within one's abilities and current environment.
- **Utopian Hope** — Inspiring collective dreams, such as motivating youth overcoming addiction to unite through team sports.
- **Chosen Hope** — Establishing short-term goals for palliative care patients to manage pain and find



meaning.

- **Transcendent Hope** — Fostering visions that lift people beyond present struggles to build lasting resilience.

He emphasized that counseling should include family or virtual support networks, especially in digital settings, to strengthen these different forms of hope.

Fr. Arul's Three-Step Hope Model

One of the most impactful contributions was **Fr. Arul's** three-step model — *Release, Restore, Relax* — a practical roadmap for instilling hope:

- **Release:** Encourage clients to express and release pain with empathy and unconditional acceptance, much like a mother's womb providing safety and nurture. Techniques included visualizing problems as bubbles that burst away pain.
- **Restore:** Guide clients to reconnect with present happiness and accept thoughts and emotions without resistance. He shared an inspiring story of a client overcoming addiction during lockdown through daily hope Journaling.
- **Relax:** Work with clients to create short-term goals and visualize hopeful futures, activating neurotransmitters like oxytocin and dopamine. He referenced **Kurt Richter's experiment**, where rats swam longer when rescued, symbolizing how hope sustains life.

Practical Strategies to Build Hope

Fr. Arul offered actionable, easy-to-apply techniques for student teachers and counselors, as follows:

- **Hope Journaling:** Daily writing to reflect on goals and dreams.
- **Hope Mapping:** Visual tools to chart progress.
- **Storytelling:** Using relatable parables like the thirsty crow to inspire.
- **Visualization:** Creating an “internal movie” of success through guided exercises.
- **Positive Affirmations:** Repeating statements like “*I am a champion*” to strengthen self-belief.

Participants even experienced a live exercises during the session, writing down hopes and visualizing a positive future — a powerful takeaway to apply in their own teaching or counseling practice.

Hope in Real-World Challenges

The session also addressed applying hope to complex, real-world scenarios. For **chronic illness**, he suggested pairing short-term goals with medication and family counseling. For **juvenile offenders**, he encouraged counselors to act as trusted peers, using music or art to channel hidden talents.

He also explained how **spirituality** and faith — such as drawing strength from scripture — can stimulate the brain's “God spot,” enhancing healing. Creative strategies for panic attacks, like planning virtual pilgrimages, were also shared. He emphasized how these tools support those struggling with **bipolar disorder, addiction, or mental health challenges**, demonstrating hope's role as a transformative force.

Interactive Dialogue and Impactful Reflections

The lively Q&A session reflected the audience's keen interest. Participants like **Sandra, Siddha, and Umarani** asked thoughtful questions about practical applications — from gratitude letters to spiritual visualization for patients. Their questions highlighted how deeply the audience engaged with the theme.

Student teachers **Pavitra, Judy Mary, and Merlin** shared sincere feedback, describing the webinar as an “eye-opener” that equipped them to inspire students with hope in a post-pandemic world.

A Lasting Legacy of Hope

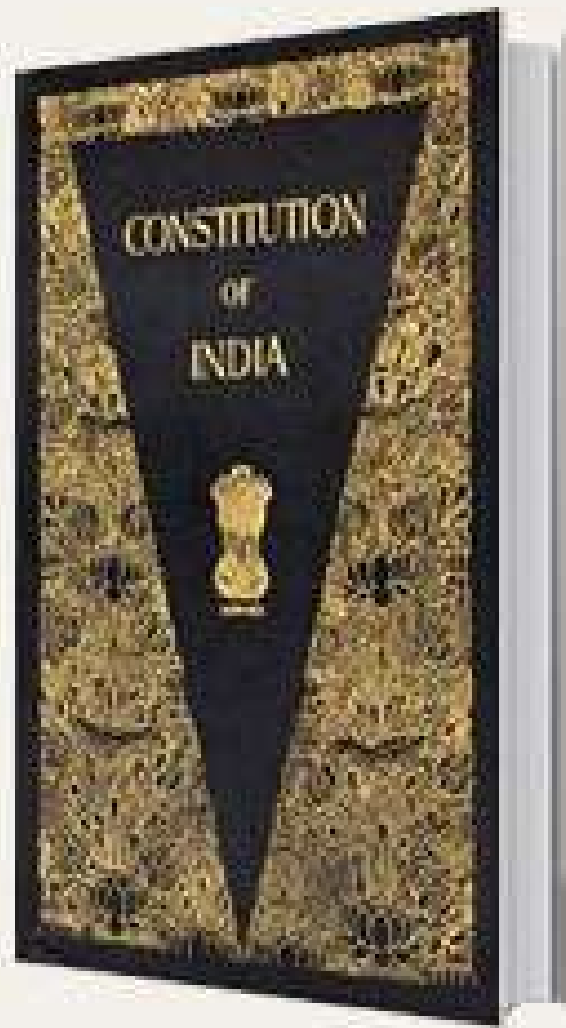
The event concluded with a heartfelt vote of thanks by **Dr. S.I. Thahira Banu**, Assistant Professor of English, who praised **Fr. Arul**, the convenors, and the technical team — **Mr. Arul** and **Mr. Prakas** — for their invaluable support in making this meaningful webinar a success. The free registration and provision of e-certificates further reflected our college's dedication to accessible, impactful mental health education.

Our International Webinar on “Hope:

A Therapeutic Target in Counseling” stands as a testament to our college's enduring mission to shape resilient, compassionate, and future-ready educators. As we continue our journey, we carry forward **Fr. Arul's** timeless reminder:

“HOPE means Hold On, Pain Ends.”

May this legacy inspire our college community to spread hope and strength in every classroom, counseling session, and community we touch.



Awareness Program on “Constitution of India”

Our college organized an impactful **Awareness Program** on **April 28, 2022**, titled **“Constitution of India”**, in collaboration with the **AICUF Jesuits of Madurai Province**. The session was graced by **Rev. Fr. Wilson SJ**, who served as the esteemed **Resource Person**, sharing valuable insights on the significance of the Indian Constitution and its pivotal role in shaping our democratic society.

The program commenced with a warm **Welcome Address** delivered by **Mrs. K. Amudhavalli**, Assistant Professor in Tamil, who emphasized the relevance of constitutional awareness among the youth in today's socio-political scenario. As a mark of respect and appreciation, all the AICUF members were honored with a **shawl** by our dedicated staff members, acknowledging their committed efforts in creating social consciousness among students.

The awareness activities unfolded vibrantly with a unique **street play**, which began with the rhythmic beats of the **Parai**, also known as **Thappattai** or **Thappu**, a traditional Tamil percussion instrument. This stirring drum performance set the tone for a series of thought-provoking acts. The **AICUF members** performed powerful awareness songs and showcased **Oyilattam**, a folk dance form, to further draw attention to the critical issues discussed.



ALL INDIA CATHOLIC UNIVERSITY FEDERATION



The core message of the entire program was encapsulated in the bold motto:

**“அநீதியான சமுதாயத்தில் பிறந்துவிட்டோம்,
அதை அப்படியே விடமாட்டோம்
மாற்றியே தீருவோம்”**

"We are born into an unjust society; we shall not leave it as it is but shall change it for the better."

The program focused on crucial constitutional principles such as **Freedom, Equality, Justice, Samadharma (Social Harmony), and Brotherhood**. These concepts were vividly illustrated through the street play, which depicted three individuals from different religious backgrounds — **Hindu, Muslim, and Christian** — offering prayers to their respective deities while standing together in unity, symbolizing the spirit of brotherhood that transcends religious divisions.

The performance courageously highlighted pressing issues that continue to challenge our nation, such as communal tensions stirred by slogans like *"India for Hindus,"* discriminatory policies like the **Citizenship Act**, and false accusations against Christian communities allegedly involved in **forced religious conversions**. The street play urged the audience to envision and work towards a **secular India**, where governance is not dictated by religious divides but anchored in the ideals of equality and justice for all.

Another striking aspect of the street play was its candid portrayal of deep-rooted social evils like **casteism, religionism, and patriarchal domination**, which continue to weaken our nation, metaphorically rendering our beloved **"Bharatha Matha"** physically challenged and unable to progress as she truly deserves.

Through powerful dialogues and symbolic acts, the performers conveyed that just as people hold their holy scriptures — be it the **Bible, Quran, or Bhagavad Gita** — in the highest regard, they must also uphold the **Constitution of India** with equal reverence. The Constitution is not merely a document; it is the cornerstone that safeguards our **freedom**, ensures **equality**, delivers **justice**, and nurtures **brotherhood**, enabling us to live as responsible and empowered citizens.

After the street play concluded, a heartfelt **Blessing Note (Vāzhthurai)** was given by **Rev. Sr. Mary Catherine**, Student Counselor, invoking divine blessings and encouraging the students to carry forward the values discussed. The **Valedictory Address** was delivered by **Mrs. Angel**, Assistant Professor in Mathematics, who summarized the key learnings and urged everyone to practice them in their daily lives. A vibrant **Feedback Session** followed, where our student teachers and students from our group of institutions enthusiastically shared their reflections and takeaways, expressing their commitment to uphold constitutional values.

This awareness program stands as a testament to our college's commitment to nurturing not just academically accomplished, but also socially conscious and constitutionally aware future citizens.

Students Articles

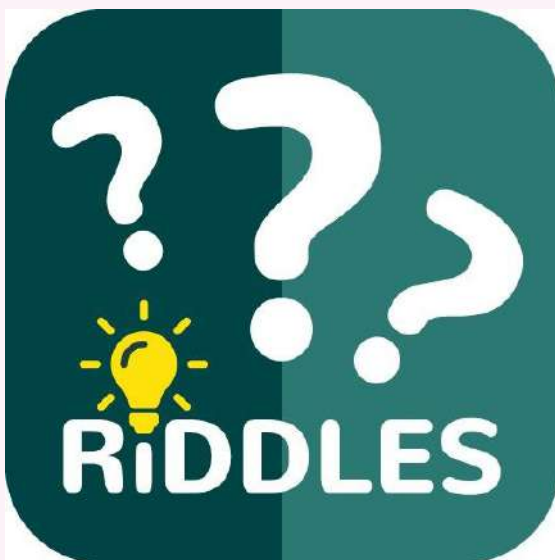
God's Creation

Nature, a true gift so divine,
In your hand, God's masterpiece, it's designed,
Behold His splendor, the beauty profound,
His love in abundance, all around.

Yet man, a threat, his ways destroy,
Raising temperatures, he takes no joy,
The protector turning into destroyer,
Selfish actions, nature to suffer.

Without change, a bleak future awaits,
Let's mend our errors before it's too late,
Preserve God's creation, for it's our duty,
To cherish and protect this wondrous beauty.

Sr. Supriya. M
II Year Student Teacher



Riddles

1. I have keys, but I can't open any locks. I have space, but you can't touch me. What am I?

Answer: Keyboard (Computer keyboard)

2. I'm tall when I'm young and short when I'm old. What am I?

Answer: Candle (A candle becomes shorter as it burns)

3. I have a heart that doesn't beat. What am I?

Answer: Artichoke (The center of an artichoke is called the "heart," but it does not beat like a human heart)

4. What has a face and two hands but no arms or legs?

Answer: Clock

5. I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?

Answer: Echo

Sr. Priyanka V
II Year Student Teacher

Real Angel

*She doesn't take any rest;
until she solves your quest;
Helping tendency is her nature;
so, she helps to shape your future;
Because of her cleverness;
you decide to walk in boldness;
you are ready to do anything;
with her truthful mind training ;
Taking you forward gives her strength;
You are led to acquire good health;
she is always ready to explain;
and ready to share our pain
she plays the role of a chief
A teacher is the "Real Angel" of my life.*

Ms. Angel
II Year Student Teacher



எனது கல்லூரி



அழகிய இளந்தென்றல் காற்றாம்,
பறந்து விரிந்த பூஞ்சோலையாம்,
எங்கும் பச்சை வண்ண நிறங்களாம்,
அதன் நடுவில் என் கல்லூரியாம்,
சிறந்த படைப்பாம் இயற்கை
அதில் எம் கல்லூரியில்
எதுவும் இல்லை செயற்கை
கல்லூரிக்கு வந்தேன்!
அதன் அழகைக் கண்டு வியந்தேன்.

அ. அபர்ணா
மாணவ ஆசிரியை இரண்டாம் ஆண்டு

TOKEN OF GRATITUDE 2021 -2022



Fr. John Wilson, SDB

Dean of Studies,
Yercard, Salem District, Tamil Nadur

A National Webinar on
"Comprehensive Skills to be an Educator Today"

Date: 23rd July 2021



Rev. Sr. Dr. Amali Anbarasi, SCB,

Provincial Superior of Sisters of
St. Charles Borromeo

"Inauguration of Charles Herbal Cavern"

Date: 25th July 2021



Rev. Sr. Jenita Mary,

Assist. Professor, SCCE.

"Inauguration of Cells and Clubs"

Date: 6th July 2021



Rev. Sr. Nirmala Williams,

Correspondent of St. Charles Institutions,
Madurai

"Independence Day Celebrations"

Date: 15th, August 2021

TOKEN OF GRATITUDE 2021 -2022



Mr.Saravanapandian

Assit. Professor,
Mannar Thirumalai Nayakar College,
Madurai,
Founder, Mindful Brain Academy

A National Webinar

"Application of Cognitive Approach in Teaching and Mentoring"

Date: 28th August 2021



All the Teachers

SCB Group of Institutions

Teachers' Day Celebration

Date: 4th September 2021



Rev.Fr. Arul Edward Joseph

Sigmund Freud University,
Vienna, Austriya

A National Webinar

"Hope- A Therapeutic Target in Counseling"

Date: 21st September 2021



Mrs.Kalaiselvi

Teacher,
St. Charles Girls Higher Secondary School

"Installation of Student Council"

Date: 30th September 2021

TOKEN OF GRATITUDE 2021 -2022



Rev. Sr. Mary Catherine
Student Counselor, SCCE

"Elders Day celebration"

Date: 21st October 2021



Rev. Fr. John Joseph SAC
Rector, Pallotti Illam

**"Inauguration of
16th batch of Student Teachers"**

Date: 5th November 2021



Mrs. Mary Josephine

Sewing Teacher,
Pallotti, Higher Secondary School, Madurai

**Workshop on
"Sewing and Embroidery"**

Date: 20th November 2021



Rev. Sr. Dr. Amali Anbarasi

Provincial Superior,
Easter Province
**Inauguration of
"Prayer Hall"**

Date: 25th November 2021

TOKEN OF GRATITUDE 2021 -2022



Sr.Suganya, SCB
St. Charles Convent

Workshop on
"Herbal Soap Making"
Date: 27th November 2021



Rev.Sr.Maggie Francis
Chair Person of Education Commission
Eastern Province



Sr.Cynthia
Vice Principal of
St. Charles Arts and Science College

"ECEP Visit"
Date: 1st December 2021



Mrs.Loga Rubini
Asst. Professor, Madura College,
Madurai.

Installation of
"Student Council"
Date: 11th December 2021



Rev.Sr.Sabina Jose. S
Secretary,
St. Charles College of Education.

Workshop on
"Calligraphy"
Date: 18th December 2021

TOKEN OF GRATITUDE 2021 -2022



Rev.Sr.Mary Catherine,SCB

Student Counselor, SCCE

Seminar on Life Skills

"Interpersonal Skills"

Date:3rd February 2022



Mrs.Packiam

Asst Professor in Physical Science Edu, SCCE

Seminar on Life Skills

"Communication Skills"

Date:4th February 2022



Mr.P.Nedumaran

Physical Director, SCCE

Seminar on Life Skills

"Team Work"

Date:7th February 2022



Mrs.Angel

Asst. Professor in Mathematics Edu, SCCE

Seminar on Life Skills

"Stress Management"

Date:8th February 2022

TOKEN OF GRATITUDE 2021 -2022



Dr.A.Vaiyadurai

Principal of SCCE

Seminar on Life Skills

"Personality Development"

Date:9th February 2022



Mr.Arul Moraes

St. Charles College of Education

Seminar on Life Skills

Social Media Skills & their Impacts on Everyday life

Date:10th February 2022



Rev.Sr.Sabina Jose. S

Secretary, SCCE

Seminar on Life Skills

"Meditation for Holistic Well Being"

Date:11th February 2022



Rev. Fr. Jefferson Suresh, SDB,

Rector, Don Bosco Boys Home, Pondicherry

A National Webinar on

"Challenges to be Transformers"

Date: 14th February 2022

TOKEN OF GRATITUDE 2021 -2022



Rev. Fr. Jefferson Suresh, SDB,

Rector, Don Bosco Boys Home,
Pondicherry

"16th Anniversary of SCCE"

Date: 14th February 2022



Mrs. A. Sasikala

Coordinator,
St. Mary Leaca Matric Higher Secondary School, Madurai.

"Carolina Day"

Date: 8th March 2022



Rev. Fr. Annaraj SJ

AICUF, St. Joseph's College, Trichy

Awareness Campaign

"Constitution of India"

Date: 28th April 2022



Mr. Ruban Thomas

Managing Partner, Market Pro, Madurai

"Charles Cultural Fest"

Date: 6th May 2022



Training Programme



"Vocational education is the best medium for the all-round development of a child."

-Mahatma Gandhi.

JSS - Certified Training Program

From December 3, 2021 to January 17, 2022, our student teachers attended, and completed 45 days certificate course on Handicrafts and carpets (traditional hand embroiderer) conducted by Jan Shikshan Sansthan (JSS), Madurai, Tamil Nadu and Skill India.

Vocational Training



Soap Making

We at SCCE took an interest in vocational education for students, by which they are skilled in some productive work or in other vocations to be capable of earning their livelihood. A vocational training program on herbal soap making was organized on November 7, 2021. **Sr. Suganya**, a Social Worker, at St. Charles Convent was the resource person. She explained the process of saponification and trained the student teachers to prepare different types of soaps using basic raw materials. In addition to that, other substances of medicinal importance like the juice of aloe vera, tulasi, neem, kuppaimeni, papaya, etc. were added as ingredients to produce medicated soaps that are beneficial and healthier for the skin.





Training Programme

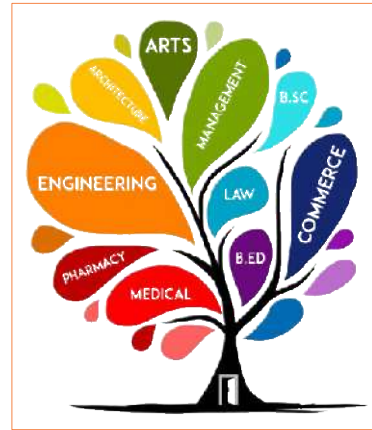
Sewing & Embroidery



On November 20, 2021, a training session on "Sewing and Embroidery" was organized to enhance the capacities of student teachers to empower them with sustainable livelihood skills. Mrs. Mary Josephine, a sewing teacher at Pallotti High School in Madurai, was the resource person. She demonstrated and trained the students, on sewing and embroidery skills using cloth, a sewing needle, and thread. The trainer assessed the participants' understanding by giving them practical work, and they exhibited their embroidery work at the end of the training.



Vocational Guidance



Vocational guidance plays a very important role in the lives of all individuals as it helps in setting future goals and choosing a career. Career guidance program was held on 1st June 2022 for our student teachers to enrich them in entrepreneurial skills. The resource person for the session was **Mr. Ruben Thomas**, Managing Partner, Market Pro, Madurai. He suggested various ways to opt for the carrier in one's life depending on capabilities and potential. He motivated to focus on the chosen career and the needed efforts to make the dream true. He explained by giving examples of various successful people and the students were highly motivated and learned about various career opportunities, and procedures to appear those careers and also understand the importance of having a goal, passion, and hard work to achieve the desired goal in their life.

Compiled by
Mrs. J. Angel
Asst. Professor of Mathematics Education



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It is a joy to be together



“As we bid farewell to this chapter of our academic journey, let us remember that every ending marks the beginning of something new. Just as we’ve grown and learned within these walls, may we continue to thrive and embrace these opportunities that lie ahead. As the Bible reminds us, ‘For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future’.

- Jer 29:11

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