



ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN THOOTHUKUDI

IQAC organizes a Special Address on

Emotional Wellbeing- An Important Prerequisite for Efficient Teachers

Date: 19-05-2023

Time: 2 p.m.

Resource Person



Dr. S.Jeyabharathi

Head of the Department of Psychology

St.Mary's College (Autonomous)

Thoothukudi

Mr. S. Muralidharan
SECRETARY

Dr. A. Joycilin Shermila
PRINCIPAL

Dr. R. Suryakala
IQAC COORDINATOR

ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN

THOOTHUKUDI

Academic Year 2022- 2023

Special Address on “Emotional Wellbeing: An Important Prerequisite for Effective Teachers”- Report

The IQAC of the institution organized a Special Address on “Emotional Wellbeing: An Important Prerequisite for Effective Teachers” on 19-05-2023 for the B.Ed. students. The Special Address was organized to emphasize the importance of emotional wellbeing for the personal and professional life of teachers. Dr. S. Jeyabharathi, Head of the Department of Psychology, St. Mary’s College (Autonomous), Thoothukudi served as the resource person.

The presentation by Dr. S. Jeyabharathi covered the following aspects:

- Emotional Wellbeing
- Theories
- Components of Emotional Wellbeing
- Benefits
- Strategies to Enhance Emotional Wellbeing
- Emotional Wellbeing and Teachers

The presentation was followed by an interaction of the resource person with the students. The session provided students the ways to ensure their wellbeing. The session ended with a formal vote of thanks.



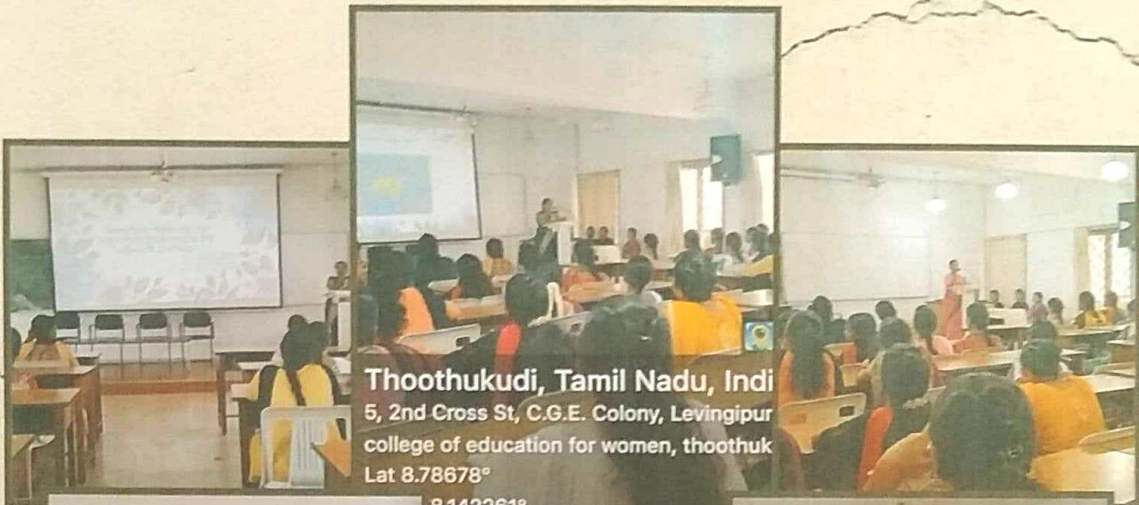
R. SURYAKALA

IQAC COORDINATOR



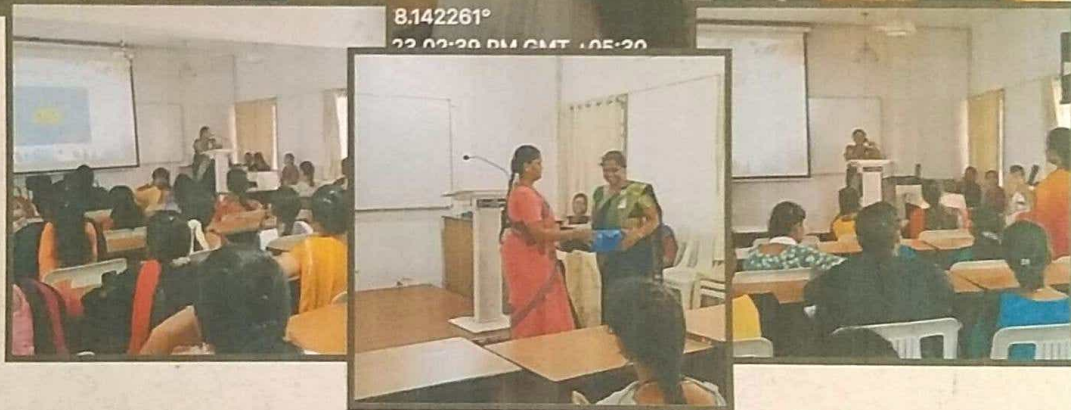
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ANNAMMAL COLLEGE
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THOOTHUKUDI-628 003

Special Address on "Emotional Wellbeing: An Important Prerequisite for Effective Teachers"
19-05-2023



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