



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Report on Training Programme



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Tamil Nadu, India

Internal Quality Assurance Cell & Department of Psychology



Organizes Training Programme on

HIGHER EDUCATION AND SOCIETY

Resource Person: Dr. J. Komalalakshmi

Individual Trainer, JKLMNEDUCATION, Coimbatore

Dr. T.S.K. Meenakshisundaram
Managing trustee and chancellor

Dr. V. Bharathi Harishankar
Vice chancellor

Dr. H. Indu
Registrar

Dr. U. Jerinabi
Convener

Dr. S. Gayatri Devi Mrs. M. Sathya
Organisers

DAY 1 : 12/08/2024		TRAINING PROGRAMME	
Duration		Topic	
9.50 - 10.00 HRS		PRAYER	
10.00 - 11.00 HRS		PHYSICAL DEVELOPMENT	
SESSION 1			
11.00-11.15 hrs			
		TEA BREAK	
11.15 - 12.30 HRS			
SESSION 2		MENTAL DEVELOPMENT	
DAY 2 : 13/08/2024		TRAINING PROGRAMME	
Duration		Topic	
10.00 - 11.00 HRS		COGNITIVE DEVELOPMENT	
SESSION 3			
11.00-11.15 hrs			
11.15 - 12.30 HRS			
SESSION 4		HIGHER EDUCATION AND SOCIETY	

The Internal Quality Assurance Cell and the Department of Psychology organized a two-day Training Programme on “Higher Education and Society” on 12th and 13th August 2024. The program opens with a special greeting from Dr. U. Jerinabi, the IQAC Coordinator of Avinashilingam Institute for Home Science and Higher Education for Women. The Resource Person was Dr. J. Komalalakshmi, Individual Trainer, JKLMN Education, Coimbatore. The venue was Hi-Tech Seminar Hall, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

The workshop covered all phases of development, namely, physical, mental, cognitive and helped the students to develop their various aspects of their well-being. The invitation is attached herewith. The audience for the whole programme were the IQAC faculty in charges belonging to all departments.

The first session dealt with physical development. All areas of physical concepts that may contribute to one's health and well-being such as taking care of one's physical health, having an active lifestyle, practicing yoga or meditation for physical well-being were covered. The second session dealt with mental development. Psychological aspects such as dealing effectively with one's emotions and handling the emotions were effectively dealt with. The faculty participating in the sessions were very interested and asked a lot of questions, which were cleared by the resource person.

The second day began with the third session on Cognitive development. This session dealt with components of the brain and how it effects the behaviour of an individual. The final session was on Higher Education and Society, where the aspects of higher education that helps in dealing with the challenges of higher education were covered.

A few photographs of the event along with the invitation of the event are attached herewith.



Dr. U. Jerinabi , IQAC Co- Ordinators of Avinashilingam Institute for Home Science and Higher Education for Women greeting the audience



Dr. S. Gayatri Devi, Professor and Head of Department of Psychology introducing the resource person



Faculty asking questions to the resource person



The resource person addressing the audience



Presenting a memento to the resource person