



DON BOSCO COLLEGE OF ARTS & SCIENCE, KEELA ERAL

(Accredited with 'B' Grade By NAAC)

Affiliated to Manonmaniam Sundaranar University- Tirunelveli

Keela Eral, Thoothukudi, Tamilnadu



Faculty Development Program

On **September 28, 2024**, the **Internal Quality Assurance Cell (IQAC)** of **Don Bosco College of Arts and Science** successfully organized a **Faculty Development Program** focused on *Positive Psychology to Promote Positive Mental Attitude (PMA) and Stress Management with Laughter Therapy*. The program was held in the **Conference Hall**, bringing together faculty members from various departments to engage in meaningful professional development.

The Chief Guest for the event, **Mr. Ramkumar Sethupathy**, played a pivotal role in creating an interactive and dynamic learning environment. He introduced a series of engaging activities designed to foster a positive atmosphere among participants. These activities included various games that encouraged teamwork and collaboration, as well as laughter techniques that highlighted the importance of humor in reducing stress.

Additionally, Mr. Sethupathy facilitated group discussions, allowing faculty members to share their experiences and insights on stress management and positive psychology. This collaborative approach not only promoted engagement but also enabled participants to learn from each other's perspectives, reinforcing the community spirit of the college.

The program aimed to equip faculty members with practical tools and strategies to enhance their mental well-being and foster a positive mental attitude. Participants left the session feeling revitalized, with newfound techniques to apply both in their professional roles and personal lives.

The event was graced by the esteemed presence of **Rev. Dr. P. Rajadevan** (Secretary), **Dr. M. Prabhu** (Principal I/c), and **Rev. Fr. A. Peter Arokiaraj** (Academic Coordinator). Their support and involvement underscored the importance of faculty development in enhancing the educational environment at Don Bosco College.

Overall, the Faculty Development Program was a resounding success, leaving participants inspired and motivated to integrate the lessons learned into their daily practices.

