

SREE NARAYANA TRAINING COLLEGE



NEDUNGANDA, VARKALA, THIRUVANANTHAPURAM - 695307, KERALA

(Affiliated to University of Kerala and Recognized by NCTE, Re- Accredited by NAAC)

with 'B' Grade, Recognized by UGC under 2(f) & 12 (B))

E-mail: sntcned@gmail.com, Web: sntrainingcollege.edu.in

Internal Quality Assurance Cell (IQAC)

Intelligentia Beyond Disciplines

- Cross Disciplinary Collaboration in Education

Webinar Series - Part 2

National Webinar on Life Skills

Topic

The Art of Mindfulness

- means to foster Self Empowerment

Resource Person



Dr. GIBY GEEVARUGHESE

Associate Professor,

Mar Theophilus Training College,

Thiruvananthapuram, Kerala

25th May, Tuesday, 2021

@ 10.30 a.m.



Programme Schedule

Compering	: Ms. Silpa Vijayan
Prayer	: Ms. Karthika S.
Welcome Address	: Dr. Smitha S. (Assistant Professor & IQAC Coordinator)
Presidential Address	: Dr. Sheeba P. (Principal)
Introduction of Resource Person	: Dr. Sangeetha N.R. (Assistant Professor)
Felicitations	: Ms. Neelima P. (Assistant Professor)
Resource Talk	: Dr. GIBY GEEVARUGHESE
Reflection & Interaction	
Vote of Thanks	: Ms. Reshma R.B.
National Anthem	
Reporter	: Ms. D. Deepti Babu



Dr. Sheeba P., Principal

Dr. Smitha S., IQAC Coordinator

Organizing Team

Sri. Praveen R., Associate Professor, SNTC

Dr. Pramod G. Nair, Associate Professor, SNTC

Dr. Reetha Ravi H., Assistant Professor, SNTC

Sri. Amjith S., Assistant Professor, SNTC

Dr. Sangeetha N. R., Assistant Professor, SNTC

Smt. Chitra S., Assistant Professor, SNTC

Dr. Rani K.V., Assistant Professor, SNTC

Dr. Viji V., Assistant Professor, SNTC

Dr. Dhanya B. Chandran, Assistant Professor, SNTC

Ms. Neelima P., Assistant Professor, SNTC

Student-Teachers 2020-'21 Batch