



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்
TAMILNADU TEACHERS EDUCATION UNIVERSITY

(Established under Tamil Nadu Act 33 of 2008)

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No. TNTEU/R/Estt/Teach/CBPST/2020/ 806-(A)

Date: 24.09.2020

Official Communication

Sub: TNTEU - Dr. T. Sivasakthi Rajammal, Assistant Professor & Coordinator – Centre for Capacity Building Programmes for School Teachers, Department of Educational Psychology - Permission granted to organize a National Webinar on Overcoming Stress in Personal & Professional Life on 25.09.2020 through online mode - Order issued - Reg.

Ref: 1.Requisition letter dated: 21.09.2020 Dr. T. Sivasakthi Rajammal, Assistant Professor & Coordinator – Centre for Capacity Building Programmes for School Teachers, Department of Educational Psychology, TNTEU.

In the reference 1st cited, Dr. T. Sivasakthi Rajammal, Assistant Professor & Coordinator- Centre for Capacity Building Programmes for School Teachers, Department of Educational Psychology has requested permission to organize a Webinar on Overcoming Stress in Personal & Professional Life on 25.09.2020 through online mode.

Dr. T. Sivasakthi Rajammal, Assistant Professor & Coordinator - Centre for Capacity Building Programmes for School Teachers, Department of Educational Psychology is permitted to organize a Webinar on Overcoming Stress in Personal & Professional Life on 25.09.2020 through online mode without any financial commitment on the part of the University.

U. Sivasakthi Rajammal
24.09.2020

Registrar i/c

To

Dr. T. Sivasakthi Rajammal,
Assistant Professor,
Coordinator-Centre for Capacity Building Programmes for School Teachers,
Department of Educational Psychology, TNTEU.

Copy to:

1. The Dean of faculty, TNTEU.
2. The Head of Department, Department of Educational Technology, TNTEU.
3. The Finance Officer, TNTEU.
4. PA to Vice Chancellor, TNTEU.

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U. Sivasakthi Rajammal
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**Center for Capacity Building
Programmes for School Teachers**

**TAMILNADU TEACHERS EDUCATION UNIVERSITY
Chennai-97, Tamil Nadu**

One day International Webinar On

**Overcoming stress in personal &
professional life.**

**25.09.2020
6.00 pm**



Dr Aneesa Mohamad Ali
MBBS, MRCPsych
Founder & CEO – Revivingminds
London-United Kingdom

Patron

Prof. N. Panchanatham
Vice-Chancellor, TNTEU

Co-Patron

Prof. V. Balakrishnan
Registrar i/c, TNTEU

Convener

Prof. M. Govindan
Dean of Faculty, TNTEU

Organizing Secretary

Dr. T. Sivasakthi Rajammal, Assistant Professor & Coordinator
Center for Capacity Building Programmes for School Teachers, TNTEU

Organising Members

- Dr. Joseph Catherine, Principal, Stella Matutina College of Education, Chennai
Dr. K. Mohan, Deputy Registrar, TNTEU, Chennai
Mr. K. S. Anbuselvam, B.Tech., M.B.A., CEO- EXO Charm Perungudi, Chennai
Mr. R. Thiruppathy, M.A., B.Ed., B.E.O- Arimalam Union, Pudukottai
Dr. P. Subramanian, Assistant Professor, TNTEU, Chennai
Dr. K. Ratheeswari, Assistant Professor, TNTEU, Chennai
Mr. S. Balamurugan, Assistant Professor, TNTEU, Chennai
Dr. T. Premalatha, Assistant Professor, Education (SDE), Bharathiar University, Coimbatore
Dr. S. Arockia Elizabeth Josephine, Assistant Professor, SMCE, Chennai
Dr. S. Vijayalakshmi, Alumna, TNTEU, Chennai
Mr. S. Arockiyasamy, Ph.D Scholar, TNTEU, Chennai
Mr. J.T. Augustin Jeba kumar, M.Ed. Student, TNTEU, Chennai

For registration

<https://forms.gle/YqPG6jncC7gPr6to9>

No registration fee

E-Certificate Will be Provided

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Karapakkam, Chennai-97

CENTER FOR CAPACITY BUILDING PROGRAMMES FOR SCHOOL TEACHERS

REPORT OF THE INTERNATIONAL WEBINAR

Center for Capacity Building Programmes for School Teachers, Tamil Nadu Teachers Education University, Chennai Organized a One Day Online International Webinar on “Overcoming Stress in Personal & Professional Life” on 25/09/2020 at 6.00 pm.

Center for Capacity Building Programmes for School Teachers of Tamil Nadu Teachers Education University, Chennai have Organized a One Day Online International Webinar on “Overcoming Stress in Personal & Professional Life” on 25/09/2020 at 6.00 pm. Dr. Aneesa Mohamad Ali, Founder & CEO, Revivingminds, London delivered a special lecture. The Resource Person explained about the “Overcoming Stress in Personal & Professional Life” very well and interacted with the participants actively.

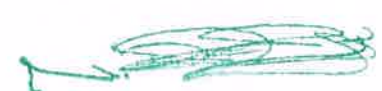
The organizing secretary of the workshop, Dr. T. Sivasakthi Rajammal, Assistant Professor, Department of Educational Psychology & Coordinator, Centre for Capacity Building Programmes for School Teachers, Tamil Nadu Teachers Education University, Chennai welcomed the honourable guests and the esteemed gathering and has been assigned to coordinate the National Webinar.

The Convener of the National Webinar, Prof. M. Govindan, Professor & Head, Department of Educational Psychology, Tamil Nadu Teachers Education University, Chennai delivered the felicitation address. Dr. P. Subramanian, Assistant Professor, Department of Educational Planning and Administration, Tamil Nadu Teachers Education University, Chennai introduced the Resource Person. Dr.T.Premalatha, Assistant Professor, Department of Education(SDE), Bharathiar University, Coimbatore proposed the vote of thanks. Dr. S.Arockia Elizabeth Josephine, Assistant


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Professor, Stella Matutina College of Education Chennai served as master of ceremony. Totally 500 participants from zoom Webinar and 600 participants participated from You Tube from different states of our country joined through the online platform and got benefited. E – Certificates were distributed to all the participants and the resource person.

T. Sivasakthi Rajammal
Coordinator 25/09/2020

**Center for Capacity Building Programmes for School Teachers,
TNTEU, Chennai-97.**

Dr. T. SIVASAKTHI RAJAMMAL
M.Sc(Zoo).,M.Sc(Psy).,M.Ed.,M.Phil.,Ph.D.
Assistant Professor,
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Overcoming Stress in Personal & Professional Life – 25.09.2020

A Zoom slide with a blue background. On the left, there is a meme of a grumpy orange cat with the text: "Hey are you getting any sleep you looked stressed out is everything ok?" Me. Below the cat is the text "I'm grumpy you know that?". On the right, the text reads: "OVERCOMING STRESS/ STRESS MANAGEMENT", "DR ANEESA MOHAMMAD ALI MBBS MRCPsych", "FOUNDER & CEO - REVIVAGUARDIAN", "FROM 25th SEPTEMBER 2020", and "TAMILNADU TEACHERS EDUCATION UNIVERSITY, CHENNAI, INDIA". A small video inset of the speaker is in the top right. The Zoom logo is in the bottom right.

A Zoom slide with a blue background. The text reads: "QUICK TIPS" and "So you mean to tell me a stress ball isn't for throwing at people who stress you out?". Below the text is a cartoon character of a red, grumpy-looking creature holding a stress ball. A small video inset of the speaker is in the top right. The Zoom logo is in the bottom right.



Attendance - Overcoming Stress in Personal & Professional Life - Responses

Timestamp	Salutation	Name	Gender	Designation	Email	Institutional with Affiliation Address	WhatsApp number
25.09.2020	Dr	Dhanaji baburao Masal	Male	Associate Professor	dhanajimasal1976@gmail.com	Shivaji University, Kolhapur	9860681638
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