

Date - 15-5-2023

Venue - AV Room

Resource Person - Sheril Rani Thomas

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Topic - How Life Happens To you

Time 10' am to 1' pm

1.	Sumina Thomas	<u>Sumina</u>
2.	Ayona Achu Liju	<u>Ayona</u>
3.	Divya Mary Sam	<u>Divya</u>
4.	Shiby Varghese	<u>Shiby</u>
5.	Bindu Radhakrishnan	<u>Bindu</u>
6.	Priya . A	<u>Priya</u>
7.	Susan Isaac	<u>Susan</u>
8.	Mareema Joseph	<u>Mareema</u>
9.	Raymol Alex	<u>Raymol</u>
10.	Beena Suresh	<u>Beena</u>
11.	Craymol. A.C.	<u>Craymol</u>
12.	Ana David	<u>Ana</u>
13.	Sweepus Kumari	<u>Sweepus</u>
14.	Sindhu Verghese	<u>Sindhu</u>
15.	Mercy Shibu	<u>Mercy</u>
16.	Sreedekha. V	<u>Sreedekha</u>
17.	Bincy Mathew	<u>Bincy</u>
18.	SHARON SUSAN SAM	<u>Shari</u>
19.	Rinu Mariam Kurian	<u>Rinu</u>
20.	Leena George	<u>Leena</u>
21.	Raji R Nair	<u>Raji</u>
22.	Elizabeth Varghese	<u>Elizabeth V</u>
23.	Somya Mathew	<u>Somya</u>
24.	Varsha. S	<u>Varsha</u>
25.	Asha Mathew	<u>Asha</u>
26.	Asha Antony	<u>Asha</u>
27.	Chippy John	<u>Chippy</u>
28.	Raji Sra Joseph	<u>Raji</u>
29.	Monsha George	<u>Monsha</u>
30.	Annie George	<u>Annie</u>
31.	Lakshmi R. Nair	<u>Lakshmi</u>
32.	Reena Johnson	<u>Reena</u>

33.	NERTHU NANKAL	<i>[Signature]</i>
34.	ASHA DANDHARAN	<i>[Signature]</i>
35.	Smitha P. Anny	<i>[Signature]</i>
36.	Preethy N.V.	<i>[Signature]</i>
37.	ALISHA P	<i>[Signature]</i>
38.	SEENA G	<i>[Signature]</i>
39.	Elizabeth Zachariah	<i>[Signature]</i>
40.	Jenny Thomas	<i>[Signature]</i>
41.	Boyd John	<i>[Signature]</i>
42.	Jenny Varghese	<i>[Signature]</i>
43.	Nisha Anish	<i>[Signature]</i>
44.	REKHA GEORGE	<i>[Signature]</i>
45.	Mary George	<i>[Signature]</i>
46.	ANNIE ENDS	<i>[Signature]</i>
47.	Binda Mathan	<i>[Signature]</i>
48.	Asla Alex	<i>[Signature]</i>
49.	Cyrenel George	<i>[Signature]</i>
50.	GISHA SUSAN GEORGE	<i>[Signature]</i>
51.	Sheja Shajer Jhulla	<i>[Signature]</i>
52.	Malini N	<i>[Signature]</i>
53.	Bindu Rajor	<i>[Signature]</i>
54.	T.V. THOMAS	<i>[Signature]</i>
55.	Shana Anna	<i>[Signature]</i>
56.	Rincy Sebastian	<i>[Signature]</i>

An orientation programme on "Empowerment Skills and Stress Management" was conducted on 15th May 2023. A total of '55' teachers attended the session.

Ms. Sheela Rani Thomas (Counsellor at Zeechea) was the resource person. It was an interactive session with lots of activities.

Topics like :

- How life happens to you.
- Art of Affirmations.
- Love yourself.
- Quality thinking.
- Types of learning.
- Importance of reprogramming yourself, concluded and the session ends by "I pro".