

Event title	Mentoring and Counselling Skills for Teacher
Event Category	Three Day Professional Development Programme
Date and Duration	15.12.2025 – 17.12.2025 & Three days
Department	College Event
Co-ordinators	Dr Chitra V, Associate Professor, Mathematics Dr Jothibas M, Assistant Professor (Sl.Gr), ECE Department
Resource Person	Dr. S Renuka Devi Professor & Head Department of Education , NITTTR , Chennai Dr.P.Malliga Professor and Head Department of CSE, NITTTR, Chennai
No. of Participants	50

The Centre for Teaching–Learning Practices (CTLP), in association with the **National Institute of Technical Teachers Training and Research (NITTTR), Chennai**, organized a **Three-Day Professional Development Programme on “Mentoring and Counselling Skills”** from **15th to 17th December 2025**. The programme aimed to enhance faculty competence in mentoring, counselling, emotional well-being, and leadership skills essential for effective teaching and student support. The event was coordinated by the CTLP Coordinators, **Dr. V. Chitra**, Associate Professor of Mathematics, and **Dr. M. Jothibas**, Assistant Professor (Selection Grade), Department of Electronics and Communication Engineering

Objectives of the Programme

- To develop effective mentoring and counselling skills among faculty members
- To enhance emotional intelligence and social awareness
- To promote holistic development through experiential learning activities
- To provide practical tools for handling academic and personal challenges of students

The inaugural session commenced with a warm welcome address by **Dr. N. Saravanakumar, Principal**, who welcome the gathering by emphasizing the importance of mentoring and counselling in the present educational landscape. He highlighted the role of teachers in guiding and supporting students and stressed the need for a nurturing and supportive learning environment at PSG Institute of Technology and Applied Research. The programme was felicitated by **Dr. P. V. Mohanram, Secretary**, who underlined the significance of mentoring in shaping students’ emotional and academic growth. He emphasized how teachers should approach students with empathy and emotional sensitivity and explained how this programme would benefit faculty members in effectively handling student-related challenges.

The programme was conducted by experienced resource persons from **NITTTR, Chennai**. **Dr. S. Renuka Devi**, Professor and Head, Department of Engineering Education, shared her rich experiences, insights, and practical wisdom related to mentoring, counselling, and emotional well-being. Additionally, **Dr. P. Malliga**, Professor and Head, Department of Computer Science and Engineering, provided valuable insights into **digital well-being and cybersecurity awareness**. She explained common cybersecurity threats and demonstrated how digital wellness principles can be effectively applied in educational environments.

The sessions included a wide range of interactive and experiential activities, such as:

- Mentoring-based yoga activities to improve mental focus and emotional balance
- Japanese techniques for self-discipline, mindfulness, and productivity
- Brain gym activities to enhance cognitive abilities and coordination
- Wheel of Life activity for self-assessment of personal and professional balance
- Emotional intelligence activities to understand emotions and interpersonal relationships

- IQ level assessment activities to promote self-awareness
- Group activities to strengthen teamwork, communication, and leadership skills
- Social awareness activities focusing on empathy, responsibility, and ethical values

These activities encouraged active participation and helped participants reflect on their roles as mentors and educators. Faculty members actively participated in all sessions and activities. Group discussions, reflections, and interactive exercises created a positive and engaging learning environment. The hands-on nature of the programme enabled participants to relate the concepts to real-life academic and personal situations.

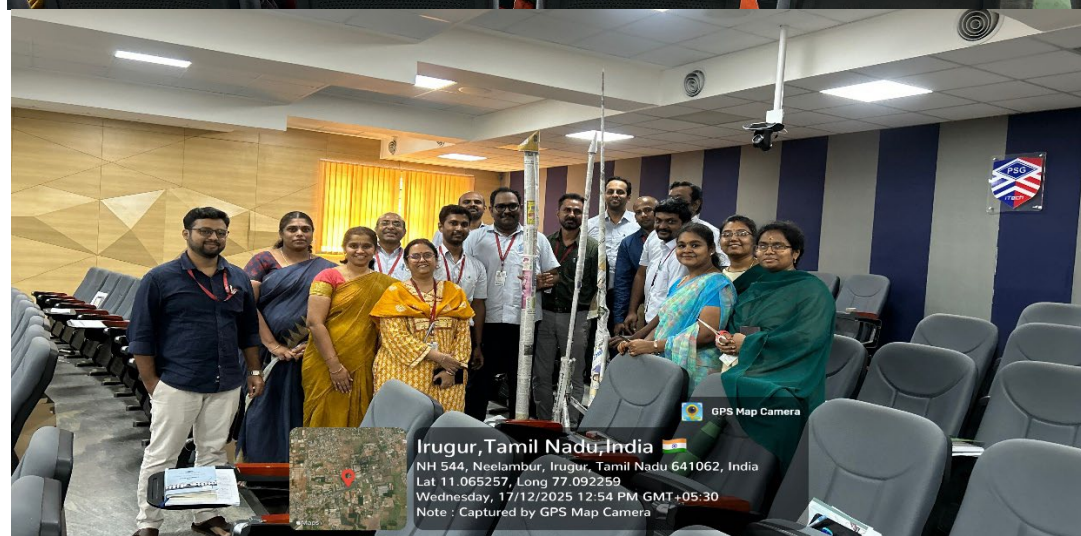
The programme yielded several positive outcomes, including:

- Improved understanding of mentoring and counselling techniques
- Enhanced emotional intelligence and communication skills
- Increased awareness of student behavioural and psychological needs
- Development of leadership and team-building skills
- Participants expressed confidence in applying the learned techniques in their professional roles

On the final day of the programme, **Dr. N. Saravanakumar, Principal**, and **Dr. P. V. Mohanram, Secretary**, addressed the participants and shared their valuable feedback. They appreciated the efforts of the resource persons and acknowledged their contributions towards strengthening mentoring and counselling skills among faculty members. They also commended the active involvement of the participants and encouraged them to apply the insights gained in their teaching practices. As a token of appreciation, **mementos were presented to the resource persons** in recognition of their valuable contributions. Participants were given the opportunity to share their feedback, reflections, and suggestions for future programmes. **Dr. M. Jothibas**, Assistant Professor, Department of ECE, and CTLP Coordinator, proposed the vote of thanks. He expressed his sincere gratitude to the PSG Management, Principal, resource persons, and all participants for their active involvement and support throughout the programme. The programme concluded on a positive note, emphasizing the importance of continuous professional development and lifelong learning in enhancing teaching effectiveness and student support.



Group Photo session with **Dr. S Renuka Devi**, Professor & Head , Department of Education, NITTTR , Chennai & **Dr. P. Malliga**, Professor and Head, Department of Computer Science and Engineering during the **Three Day Professional Development Programme on "Mentoring and Counselling Skills"** from 15th – 17th December 2025.



Group Activities by the participants during the **Three Day Professional Development Programme on "Mentoring and Counselling Skills"** from 15th – 17th December 2025.