

St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

- 1. Title of the Program:** FDP on academic integrity/ importance of mental health awareness/ inculcation of value system etc.
- 2. Organizing Department/Cell :** IQAC (SXCM)
- 3. Date/ Duration:** March 7th to 13th , 2024
- 4. Number of Participants:** 35
- 5. Objective:** Enhance academic collaboration between the two institutions.
- 6. Details Description of the event:**

St. Xavier's College, Mahuadanr has organised a Five-Day Faculty Development Programme for the teaching staff of St. Xavier's College, Mahuadanr from 7th to 13th March 2024.



Day 1:

March 7th March 2024

Inaugural Session: 08:45 a.m. – 09:30 a.m.

Inaugural Ceremony: Welcome address by

Dr. Fr. M.K. Jose SJ and overview of the FDP objectives.

Keynote Address: Understanding the objectives of the FDP.

Session: 10:00 a.m.- 12.00 p.m.

Topic: Inculcation of Value System amongst Students through Education

Resource Person: Dr. Kumar Ganeshan

Inculcating values through education is a critical aspect of preparing students to become responsible, ethical, and compassionate individuals. Education provides a platform to instill and reinforce values that promote personal growth, social responsibility, and a sense of belonging to a global community. Here are ways to inculcate values through education:

- 1. Curriculum Integration:** Embed values



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education into the formal curriculum. Create lessons, activities, and projects that explicitly address core values such as honesty, respect, empathy, and integrity.

2. **Teaching by Example:** Teachers and educators should model the values they wish to instill in students. They serve as role models, and their behavior and attitudes have a significant impact on students.

3. **Character Education Programs:** Implement structured character education programs that focus on specific values and character traits. These programs can include discussions, role-playing, and real-life scenarios.

4. **Moral Dilemma Discussions:** Encourage open discussions about moral dilemmas and ethical issues. Provide a safe space for students to express their opinions and debate various viewpoints.

5. **Community Service and Volunteerism:** Incorporate community service and volunteer opportunities into the curriculum. Engaging in acts of service helps students understand the value of empathy, compassion, and giving back to society.

6. **Cultural and Diversity Education:** Teach students about cultural diversity, tolerance, and inclusivity. Promote understanding and respect for people from different backgrounds and perspectives.

Tools to inculcate values through education:

1. **Values-Based Literature and Art:** Use literature, art, and storytelling to explore values and moral lessons. Analyzing stories, poems, and art can help students reflect on ethical issues.

2. **Ethical Decision-Making Skills:** Teach students how to make ethical decisions by providing them with frameworks and strategies for evaluating the consequences of their actions.

3. **Conflict Resolution Training:** Teach conflict resolution skills, emphasizing the importance of peaceful and respectful solutions to conflicts.

4. **Peer Mentorship Programs:** Implement peer mentorship programs where older students mentor younger ones, sharing their experiences and promoting positive values.

Inculcating values through education is an ongoing process that requires collaboration among educators, parents, and the broader community. It helps students develop a strong moral compass, prepares them for responsible citizenship, and contributes to the creation of a more ethical and just society.

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Honesty, gratitude, empathy, respect, and responsibility are essential values to teach your children. Start teaching these values early to help your children grow into caring and ethical adults. Make sure to adapt your teaching to what your children need and can understand.

Day 2

9th March 2024

Session: (10:00 AM - 12:00 PM)

Topic: Importance of mental health awareness in Educational Institutions

Resource Person: Mrs. Revathi Kumar

What Is Mental Health Education?

For students, it is very crucial to understand the concepts of mental health education. Mental health education is the understanding of the emotional, social and psychological well-being of a person. In addition, imparting relevant information or knowledge related to mental health problems.

Many institutions especially focus on mental health education by promoting emotional regulation, stress management, depression etc.

What Are the Benefits of Mental Health Education in Students' Life?

Mental health education for students is indeed as important as academic education. If a child is mentally well he/she can perform better in

his/her academics. Below are the key advantages of mental health education in students' life:

Improving Academic Excellence: If a student is mentally well and good, he/she can do better in their academics. Mental health education gives a significant positive impact on students' academic excellence as well as mental well-being.

Enhancing Social Skills: Mental health education helps students enhance their social skills which is very important to socialise with different people and learn so many things from them. Learning social skills also helps you develop respectful and mutual connections with others.



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Decision-Making skills: The importance of mental health education in students' life matter a lot as it significantly enhances students' decision-making abilities through imparting relevant knowledge, self-awareness, clarity of mind, analytical thinking etc. We all know decision-making skills play a vital role in everybody's life. One should know what is better for themselves and decide things wisely.

Emotional Regulation: Managing and expressing emotions are very crucial in everyone's life. Mental health education helps students to learn and develop emotional regulation skills. It enables students to get a better understanding of their emotions and feelings. In addition, they learn how to deal with difficult emotions.

Promoting Self-Awareness: Mental health education plays an important role as it promotes self-awareness in students' life. That awareness helps students develop effective ways to navigate or tackle difficult situations.

Building Healthy Relationships:

Learning mental health education promotes building and maintaining healthy relationships among students. Mentally well-being students make many connections easily.

Reducing Stress: Understanding Mental health education encourages students to reduce their stress levels effectively and learn some coping strategies and mindfulness techniques etc.

Improving Self-Esteem: Mental health education helps in improving self-esteem as they gain confidence in their abilities to tackle challenges and difficult situations.

Decreasing Anxiety:

Mental health education reduces anxiety and depression in students by imparting self-awareness, emotional regulation skills, making new friends or connections, creating a supportive environment and so on.

Importance of Mental Health Education at Educational Institutions

Mental health education at schools plays an important role as it equips students with relevant knowledge and information to understand mental well-being. Incorporating mental health education into the school curriculum helps students gain a holistic approach to performing best in their academics as well as professionally. Parents must look for those schools which prioritise mental health education and nurture students academically and emotionally before enrolling their child in any school.

Conclusion

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In summing up, the importance of mental health education in students' life plays an important role as it helps them build new connections with others. It is important for students to be mentally fit as well as physically fit.

Day 3

11th March 2024

Session: (10:00 AM - 12:00 PM)

Topic: Academic Integrity and Plagiarism Prevention

Resource Person: Mr. Roshan Kumar



During the session of Day 3, Mr. Roshan Kumar spoke on Academic integrity and plagiarism prevention. He has highlighted on Educating faculty on academic integrity policies and promoting ethical conduct in teaching and research and explained strategies for preventing plagiarism.

Academic integrity is fundamental to maintaining the credibility and quality of education. Plagiarism prevention plays a key role in upholding academic integrity by promoting originality and ethical conduct in scholarly work. This involves educating students about proper citation practices, emphasizing the importance of attribution, and providing resources and tools to help them avoid unintentional plagiarism. Additionally, institutions often implement policies and procedures to detect and address instances of academic dishonesty, ensuring a fair and honest learning environment for all students. The participants were enriched with the informative input.

Day 4:

12th March 2024

Session: 10:00 a.m - 12:00 p.m:

Topic: Faculty Mentoring and Peer Collaboration with Important Aspects of Academic and Professional Development

Resource Person: Mrs. Surbhi Mishra



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During the session of Day 4, Mrs. Surbhi Mishra has highlighted on establishing mentoring programs, fostering peer collaboration promoting a culture of continuous improvement and harmonious communication among faculty members.

Absolutely, faculty mentoring and peer collaboration are crucial components of academic and professional development. Faculty mentoring provides guidance, support, and expertise to students, helping them navigate their academic and career paths. Peer collaboration fosters a collaborative learning environment where individuals can exchange ideas, receive feedback, and develop important skills such as communication, teamwork, and problem-solving. Together, these interactions contribute significantly to a well-rounded educational experience and prepare individuals for success in their chosen fields.

The participants were enlightened by the session and were motivated to follow the suggestions given by the resource person.

Day 5:

13th March 2024

Session 10:00 a.m - 12:00 p.m:

Topic: Sharing the College's Best Practices for the Community Development

Resource Person: Mr. Abhishek Sinha

Sharing college best practices for community development can have a significant impact on fostering collaboration and positive change beyond the campus borders. Some effective strategies for sharing these best practices include:

Hosting workshops and seminars: Organize events where college faculty, staff, and students can share successful initiatives and projects related to community development. Invite community members, local leaders, and stakeholders to participate and learn from these experiences.

Establishing partnerships: Collaborate with community organizations, government agencies, and businesses to share best



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practices and leverage resources for community development initiatives. These partnerships can help expand the reach and impact of college-led projects.

Creating online resources: Develop a website or online platform where college best practices for community development are documented and easily accessible to the public. Include case studies, reports, videos, and other materials that showcase successful projects and approaches.

Engaging in knowledge exchange programs: Facilitate exchanges between college faculty, students, and community members to share expertise, ideas, and experiences related to community development. This can involve internships, study tours, or joint research projects.

Participating in conferences and events: Present college best practices at conferences, symposiums, and other events focused on community development. This provides an opportunity to network with other professionals in the field and promote collaboration.

By actively sharing best practices, colleges can contribute to the collective effort of building stronger, more resilient communities and inspire others to adopt innovative approaches to community development. The participants were enriched by the session.

List of Participants:



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Estd:2011. Affiliated to Nilamber-Pitamber University, MedininagarNPU/R/953/11

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AISHE-C-42763

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Name of the Program: *Academic integrity/ importance of mental health awareness/ inculcation of value system*

Date: 7 to 13 March, 2024

Academic Year: 2023-2024

S. No.	Name	Signature
1	Fr. (Dr.) Joseph M.K.,S.J.	<i>[Signature]</i>
2	Asst. Prof. Md. Zafar Aqubal	<i>[Signature]</i>
3	Asst. Prof. Ajay Kumar Saw	<i>[Signature]</i>
4	Asst. Prof. Sr. Jolly K. Thomas	<i>[Signature]</i>
5	Asst. Prof. Binay Kumar Yadav	<i>[Signature]</i>
6	Asst. Prof. Anjna Ekka	<i>[Signature]</i>
7	Asst. Prof. Aaliya Nadim	<i>[Signature]</i>
8	Asst. Prof. Karishma Kujur	<i>[Signature]</i>
9	Asst. Prof. Sr. Kaslin Juliat	<i>[Signature]</i>
10	Asst. Prof. Shalini Bara	<i>[Signature]</i>
11	Asst. Prof. Shashi Shekhar	<i>[Signature]</i>
12	Asst. Prof. Jane Marian Soreng	<i>[Signature]</i>
13	Asst. Prof. Rose Alice Barla	<i>[Signature]</i>
14	Asst. Prof. Amrit Minj	<i>[Signature]</i>
15	Asst. Prof. Surabhi Sinha	<i>[Signature]</i>
16	Asst. Prof. Sr. Chandrodaya	<i>[Signature]</i>
17	Asst. Prof. Fr. (Dr.) Rajeev Kumar Tirkey	<i>[Signature]</i>

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18	Asst. Prof. Fr. (Dr.) Samir Toppo	<i>Samir</i>
19	Asst. Prof. Reema Renu Kandulna	<i>Reema</i>
20	Asst. Prof. Avay Sukut Dungkung	<i>Avay</i>
21	Asst. Prof. Dr. Mannu Kumar Sharma	<i>Mannu K S</i>
22	Asst. Prof. Dr. Pyari Kujur	<i>Pyari</i>
23	Asst. Prof. Shephali Prakash	<i>Shephali</i>
24	Asst. Prof. Dr. Md. Areful Hoque	<i>Dr. A. Hoque</i>
25	Asst. Prof. Rozy Sushmita Tirkey	<i>Rozy</i>
26	Asst. Prof. Subodh Minj	<i>Subodh</i>
27	Asst. Prof. Smita Tigga	<i>Smita</i>
28	Asst. Prof. Dibya Shobha Tigga	<i>Dibya</i>
29	Asst. Prof. Moti Deogam	<i>Moti</i>
30	Asst. Prof. Avinash Yadav	<i>Avinash</i>
31	Asst. Prof. Shilpi Junita Mary Horo	<i>Shilpi</i>
32	Asst. Prof. Maxentius Kujur	<i>Maxentius</i>
33	Asst. Prof. Ronit Marcel Xess	<i>Ronit M. Xess</i>
34	Asst. Prof. John Vinod Kujur	<i>J.V Kujur</i>
35	Asst. Prof. Khursid Alam	<i>Khursid Alam</i>