



DEPARTMENT OF EDUCATION &
Maulana Abul Kalam Azad Chair
University of Calicut

One Day
National Seminar

SKILLS for Personal & Professional Development

in connection with
NATIONAL EDUCATION DAY 2023



Organized By

DEPARTMENT OF EDUCATION
University of Calicut

REPORT OF THE SEMINAR

CONVENOR & COORDINATORS

Convener & Organizing Secretary : Dr. Bindhu. C.M.
Professor & Head.

Coordinators : Dr. Reesha K
Assistant Professor.

: Dr. Jibin V.K,
Assistant Professor.

ORGANIZING TEAM

- Dr. Bindhu. C.M (Head, Dept. of Education)
- Dr. C. Naseema (Senior Professor, Dept. of Education)
- Dr. K. Abdul Gafoor (Professor, Dept. of Education)
- Dr. A. Hameed, (Professor, Dept. of Education)
- Dr. Vasumathi.T (Member Syndicate, Dept. of Education)
- Dr. Manoj Praveen. G (Associate Professor, Dept. of Education)
- Dr. Reesha Karally, Assistant Professor
- Dr. Jibin. V.K, Assistant Professor

We Owe

Department of Education and Maulana Abul Kalam Azad Chair is organizing a National Seminar on “SKILLS FOR PERSONAL AND PROFESSIONAL DEVELOPMENT” dated 10th November 2023 at the Education Department Seminar Hall, University of Calicut. The highlight of the seminar is to explore the skills necessary for the personal and professional development of teachers in the present scenario.

We place on record our sincere thanks to Hon'ble Vice Chancellor of University of Calicut Prof. M.K Jayaraj, for continuous inspiration and support especially for this seminar and all other programmes of our department. Without the involvement of teachers - Dr. C. Naseema (Senior Professor, Dept. of Education), Dr. K.Abdul Gafoor (Professor, Dept. of Education), Dr. Vasumathi.T (Member Syndicate, Dept. of Education), Dr. A. Hameed, (Professor, Dept. of Education), Dr. Manoj Praveen. G (Associate Professor, Dept. of Education), Dr.Reesha K (Assistant Professor, Department of Education), Dr. Jibin V.K (Assistant Professor, Department of Education), Research Scholars, M Ed Students and Office Staff, this seminar may not have been materialized. We express our warmest thanks to them, focusing on the theme of the seminar, we have received 6 papers for presentation, and we are thankful to all paper presenters.

Dr. Bindhu. CM
Professor & Head, Department of Education

REPORT ON INAUGURAL SESSION

The Department of Education and Maulana Abul Kalam Azad Chair, University of Calicut, organized a one-day National Seminar on "Skills for Personal and Professional Development" in commemoration of National Education Day 2023. The inaugural session commenced at 10 a.m on November 10, 2023, featuring distinguished speakers and recognitions.

Welcoming address:

Prof. (Dr.) C.M Bindhu, Head of the Department of Education, University of Calicut, delivered the welcome speech, underscoring the pivotal role of teacher education in the contemporary landscape.

Inaugural Address:

The honorable Vice Chancellor of the University of Calicut, Prof. M.K Jayaraj, took the stage to deliver the inaugural address. Prof. Jayaraj paid tribute to Moulana Abul Kalam Azad, India's first education minister, highlighting his monumental contributions to the nation. In his address, he reflected on the strides made by the state in providing affordable and inclusive education, transforming society. Prof. Jayaraj emphasized the significance of quality in higher education and shared insights into the initiation of the ITEP (Integrated Teacher Education Programme) on the campus.

Awards and Recognitions:

During the ceremony, Prof. M.K Jayaraj, Honourable Vice Chancellor of the University of Calicut, conferred honors upon Dr. P. Sasikumar KAS, an alumnus of the Department of Education. The first-ever Dr. P Usha Endowment Award was presented to the toppers of the M.Ed batch 2021-2023, namely Mr. Rohit D P and Mrs. Aiswarya P. The awards were a testament to their outstanding academic achievements.

Felicitation:

Dr. Vasumathi T, Member Syndicate, University of Calicut, extended felicitations during the event. Dr. Vasumathi underscored the importance of life skill education in shaping the success of students' lives.

The inaugural session of the National Seminar provided a platform for insightful discussions and acknowledgments, setting the tone for an enriching and informative day ahead



TECHNICAL SESSION

The technical session started by 10:40 a.m with the theme paper presented by Dr. Chandrasekhar Praveen, Adjunct Faculty of ITEP, NIT Calicut. Chandrasekhar Praveen was the Chief guest for the occasion and spoke on the topic '*Refine Your Life Skills and Boost Your Success*'. He expressed the importance of sensitizing oneself to the changes to be made for a healthy and successful life. He also discussed that in order to be self-aware, one needs to recognize their character, identify their strengths, weaknesses, likes, dislikes and desires. He also suggested that, as teachers one must make their learners think critically and explained the need of critical thinking in literacy.

Prof. (Dr.) P. Kelu, Former HoD & Dean of Education, University of Calicut, delivered a special talk on *National Education Day* followed by the felicitation of Dr. P. Usha, Professor (Rtd), Department of Education, University of Calicut.



VALEDICTORY SESSION

During Valedictory Session, Dr. Reesha Karally, coordinator of the seminar delivered the welcome speech. The certificates were distributed by Prof. Dr. C.M Bindhu, Head of the Department and towards the end of the session Dr. Jibin. V. K, coordinator of the seminar, proposed the vote of thanks.

List of papers presented

1. Dance as a strategy for stress management in retired employees
Neena. P and Prof. (Dr.) Naseema C
2. Attitude towards chemistry among secondary school students in Kerala
Sukanya Ran P and Prof. (Dr.) T. Mohammed Saleem
3. Assistive Technology in inclusive education in the 21st century: A road to be refined
Susan Jose and Subina . A
4. Emotional intelligence: How it influences leadership skills?
Soumiya. M. S and Dr. Niranjana K. P
5. An analytical survey to explore perceived teacher connectedness on academic buoyancy among 7th standard students
Anjana. P and Prof. Dr. C. M. Bindhu
6. Innovative stress management strategies for Anganwadi workers
Sreedevi. A. S and Dr. Reesha Karally



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Inauguration



Prof. M.K. Jayaraj
Hon'ble Vice Chancellor
University of Calicut

10 NOV.
2023 
09.45 A.M

Dr. Chandrasekhar Praveen
Adjunct Faculty of ITEP, NIT Calicut.



THEME PAPER

Prof. (Dr.) P. Kelu
Former HoD. & Dean of Education
University of Calicut



SPECIAL TALK

Dr. Vasumathi T
Member Syndicate,
University of Calicut



FELICITATION

 Seminar Hall,
Department of Education

www.education.uoc.ac.in



NATIONAL SEMINAR ON SKILLS FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

PROGRAMME SCHEDULE

9.00 a.m	: Registration
9.45 a.m	: Inaugural Session
Welcome	: Prof. C.M. Bindhu , Head, Department of Education
Inauguration	: Prof. M.K. Jayaraj , Hon'ble Vice Chancellor, University of Calicut. Distribution of Endowment Awards and Honouring Dr. P. Sasikumar KAS
Felicitation	: Dr. Vasumathi T. , Member Syndicate, University of Calicut.
10.30 a.m - 11.30 a.m	: Theme Paper Presentation "Refine Your LifeSkills and Boost Your Success" Dr. Chandrasekhar Praveen , Adjunct Faculty of ITEP, NIT Calicut.
11.30 a.m	: Special Talk on National Education Day Prof. (Dr.) P. Kelu , Former HoD. & Dean of Education, University of Calicut.
12.30 p.m	: Lunch Break
2 p.m - 3.30 p.m	: Parallel Sessions

VALEDICTORY SESSION

Welcome	: Dr. Reesha Karally , Co-Ordinator, National Seminar.
Distribution of Certificates	: Prof. C. M. Bindhu , Convener, National Seminar.
Votre of Thanks	: Dr. Jibin V. K , Co-Ordinator, National Seminar.

CO-ORDINATORS

Dr. Reesha K. 94 96 36 29 93
Dr. Jibin V K. 88 91 73 53 10

CONVENER

Prof. Bindhu, C.M
Head, Dept of Education