

# Sameeksha organises session on “Handling Adolescence”



Sameeksha, the Trainers Club of Vidya, organized a session on the theme “Handling Adolescence” on 5 January 2019 for the benefit of the faculty member of the College. As many as 63 faculty members from various departments attended the programme. Mr C K Suresh, Director, ATMA Foundation, was the resource person for the session. The session was also attended by Dr Saji C B, Principal, and Dr Latha Raj, Students Welfare and Social Projects Director.

The programme started with a prayer and a welcome address by Mr Hareesh K (AP, ME Dept and Convenor, Sameeksha). In his talk, Shri C K Suresh remarked that life is a lifelong celebration and it is we who control our lives. Our belief system affects our actions. A teacher needs to understand all perspectives of a student and it is not enough that he/she just focuses on their academics alone. He remarked that teachers needed to understand that students lived in a different world, a world much different from reality. In the

fantasy world in which students live, they usually get more acceptance and hence they get more and more attracted to it. A teacher's role is to make the students understand the difference between fantasy and reality. If a teacher can make a change in at least one child, that is itself a great thing.

The programme came to an end with vote of thanks by Ms Divya Radhakrishnan (AP, Humanities Dept and Joint Convenor, Sameeksha).

### **Release of book authored by Dr S Swapna Kumar**

Prior to the session on "Handling Adolescence", there was a brief ceremony to release a book titled "LaTeX- A beginner guide to professional documentation", authored by Dr S Swapnakumar (Head, ECE Dept) and published by M/S Lakshmi Publications, New Delhi. Dr Saji C B, Principal, handed over the first copy of the book to Shri C K Suresh and Mr C K Suresh formally released the book.

