WORKSHOP FACILITATOR

Jini K. Gopinath,
Assistant Professor in Psychology
Department of Psychology,
Indian Institute of Psychology and Research
Bangalore, Karnataka
&
Director, Chief Consultant Clinical Psychologist & Hypnotherapist
Mind Matters Clinical and Corporate Consultancy Services, Bangalore, Karnataka

Organising Committee

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Dr. L. P. Thangavelu, M.S., DSc., FICS, FAS (FACES)
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Mrs. S. Hemamalini, Asst. Prof.,
Mr. R. Vibeesh Kumar, Asst. Prof.,
Mrs. D. Anitha, Asst. Prof.,

REGISTRATION:
A nominal registration fee will be collected from the participants.
Rs. 150/- (For Teachers & Teacher Educators)
Rs. 100/- (For Students & Scholars)
Kindly intimate the number of participants over the phone and send the registration forms on or before 31st January 2015.

Spot Registration
9:00 am to 10:30 am at the Venue before Inauguration of the Workshop.

Address For Communication
The Principal,
PPG College of Education,
Keezhanatham Road, Saravanampatty,
Coimbatore - 641 035.

For Further Details Contact:
Mob: (0)9003928025, (0)9787730200
Email: ppcollegeofeducation@gmail.com
rpeducation23@gmail.com

PPG Group of Institutions
www.ppg.edu.in
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- PPG School of Nursing
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- Alchemy Public School

Bus Route: Gandhipuram to Vishwasapuram
45, 45C, 45D, 98, 98A, 113, 81, 81A, 102B

National Level Workshop on 'Cognitive Behavioural Therapy' for Teachers

Date: 07.02.2015
Venue: College Auditorium

PPG College of Education
Affiliated to Tamilnadu Teachers Education University
Accredited by NAAC with 'A' Grade
An ISO 9001:2008 Certified Institution
Coimbatore - 641 035. Tamilnadu
Web: www.ppg.edu.in

Fast Print, Call: 09422 208320
The Management, Principal, Faculty members and Students cordially invite you to participate in the National Level Workshop on ‘Cognitive Behavioural Therapy’ for Teachers on 07.02.2015

About the College

P.Perichi Gounder Memorial Charitable Trust (PPG Trust) was established in the year 1992 by Dr.L.P.Thangavelu M.S., D.Sc., FICS., FIAS, FIAGES with an objective to provide quality health education, cancer-care, general and professional education to the people of Coimbatore and the surrounding area. The trust with an ambition to provide teacher training to the youth established PPG College of Education in the year 2005. The Post Graduate degree course in Education (M.Ed) was started in the year 2006. Since then the college has been producing hundreds of teachers as nation builders. Today it has evolved as one of the prestigious colleges of education in Tamilnadu. The college is recognized by the Govt. of Tamilnadu, affiliated to Tamilnadu Teachers Education University and accredited with ‘A’ Grade by NAAC.

Theme of the Workshop

We at PPG College of Education take proactive steps to keep ourselves and our student-teachers abreast with newest developments in the field of education. Considering the significance of Cognitive Behavioural Therapy for budding teachers and working teacher professionals, we are proud to conduct the National Level Workshop on Cognitive Behavioural Therapy on 07.02.2015. Cognitive therapy is viewed as psychological treatment of thoughts focusing on underlying schemes. It also aims at helping individuals to identify and monitor negative ways of thinking, then to alter this tendency and think in a more realistic manner. It is a therapy that is widely used by mental health practitioners. With the help of CBT one can manage their problems by changing the way he/she think and behave.

The work place of teachers creates many problems like Severe Stress, Anxiety and Depression etc., which affects the mental health of Teachers. The Cognitive behavioral therapy enables the teachers to get relief from these problems. In order to create awareness on the importance of psychotherapies in Teacher Education and to help the teachers in their profession our college conducts this workshop.

The participants of the workshop will be given practical exposure of CBT and demonstration of therapy sessions by the workshop facilitator. The skills which will be acquired during this workshop can be used by the participants in professional life and personal life as well, in order to enhance personal growth and develop a positive attitude towards life.

Beneficiaries

Teacher educators, School and College teachers, Research scholars, B.Ed. and M.Ed. students and individuals working in organizations associated with education.