



Since 1923

Report on



Staff Enhancement and Empowerment Programme on "Neuro Linguistic Programming (N.L.P)"

01.08.2025



Organized by



Internal Quality Assurance Cell (IQAC)

ST. XAVIER'S COLLEGE (AUTONOMOUS)

(Recognized as "College with Potential for Excellence" by UGC)
(Accredited at A++ Grade with a CGPA of 3.66 / 4 in IV Cycle by NAAC)

PALAYAMKOTTAI - 627002



3 GOOD HEALTH
AND WELL-BEING



16 PEACE AND
JUSTICE





Internal Quality Assurance Cell (IQAC)
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PALAYAMKOTTAI - 627002



Staff Enhancement and Empowerment Programme on "Neuro Linguistic Programming (N.L.P)"



Date: 01.08.2025 (Friday) **Time:** 11.00 a.m. **Venue:** Prof. Peter Paradesi Hall

Programme

11.00 A.M. : Registration

INAUGURATION

11.30 A.M : Prayer Song

Welcome Address : **Dr. J. SAHAYA MARY,**
Assistant Director, IQAC

Blessing : **Rev. Fr. Dr. S. IGNACIMUTHU, S.J.,**
Rector, St. Xavier's Institutions

Felicitation : **Rev. Fr. Dr. S. LAZAR, S.J.,**
Secretary, SXC

Inaugural Address : **Rev. Fr. Dr. GODWIN RUFUS, S.J.,**
Principal, SXC

Felicitation : **Dr. A. LOURDUSAMY,**
Deputy Principal, SXC

11.40 A.M : Session – I : **"Neuro Linguistic Programming - I"**
Dr. J. ABDUL WAHAB,
N.L.P Life Coach, Chennai

12.30 P.M : Session – II : **"Neuro Linguistic Programming - II"**
Dr. A. STEPHEN,
N.L.P Trainer, Chennai

01.15 P.M : Vote of Thanks : **Ms. B. MANOHARI,**
Assistant Professor, Dept. of English, SXC

Master of Ceremonies : **Mr. S. JOSEPH JEBARAJ,**
Assistant Professor, Dept. of English, SXC





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National Institutional Ranking Framework (NIRF) - 36th Rank 2024

Palayamkottai - 627 002

Website: www.stxavierstn.edu.in

email: sxciaqc@stxavierstn.edu.in, sxc.iqac2022@gmail.com



SXC-IQAC/2025-2026/N-14, Dated: 29.07.2025

NOTICE

Dear Fathers / Professors,

The Staff Enhancement and Empowerment Programme on "Neuro Linguistic Programming (N.L.P)" for the teaching staff of Shift I and Shift II will be held on 01st August 2025, from 11:30 a.m. to 1:15 p.m. in Prof. Peter Paradesi Hall. All staff members are requested to attend the programme without fail.

Thank you for your cooperation



Principal
ST. XAVIER'S COLLEGE
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PALAYAMKOTTA



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INTERNAL QUALITY ASSURANCE CELL (IQAC)

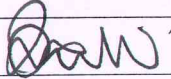
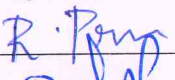
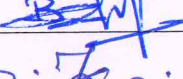
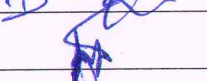
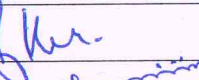
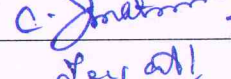
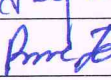
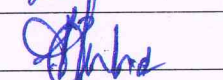
**Staff Enhancement and Empowerment Programme on "Neuro
Linguistic Programming (N.L.P)"**

Faculty List – Shift I

Day – 01.08.2025 (Friday)

Venue : Prof. Peter Paradesi Hall

S. No	Name of the Faculty	Department	Signature
1.	Dr. S.J. Idhayaraja	Tamil	
2.	Dr. S. Kanthan		
3.	Dr. S. Ravi Jesuraj	"	
4.	Dr. V. Rilbert Janarthanan	"	
5.	Dr. M. Kavitha	"	
6.	Dr. R. Antony Raj	"	
7.	Dr. A. Murugan	"	
8.	Dr. M. Murugan	"	
9.	Dr. A. Arul Selvi	"	
10.	Dr. A. John Paul	"	
11.	Dr. T. Shamila Joster	"	
12.	Dr. J. Joseph Antony Raj	Folklore	
13.	Dr. M. Peter Arockiaraj	"	
14.	Dr. S. Karmegam	"	
15.	Dr. M. Arivalagan	"	
16.	Ms. P. Beaula Bush	"	
17.	Dr. P. Devaraju	Economics	
18.	Mr. D. Antonysamy	"	
19.	Dr. S. Alphonsa	"	
20.	Dr. S. Sasikumar	"	
21.	Dr. P. Shenbagaraj	"	
22.	Dr. Justin John Stephen	"	
23.	Rev. Fr. Dr. Godwin Rufus, S.J	English	-
24.	Dr. A. Maria Ignatius	"	

S. No	Name of the Faculty	Department	Signature
25.	Dr. Lizie Williams	"	
26.	Dr. R. Princee	"	
27.	Dr. B. Soundary	"	
28.	Dr. D. Jockim	"	
29.	Dr. S. Subadhra	"	
30.	Mrs. M. Adeline Udhaya Theresa	"	
31.	Dr. S. Aloysius Albert	"	
32.	Dr. A. Arockiadass	Commerce	
33.	Dr. F.X. Robert Bellarmine	"	
34.	Dr. C. Mahimai Arul Ignatius	"	
35.	Dr. J. Jeya Ani	"	
36.	Dr. S. Prince Jebaraj	"	
37.	Dr. K. S. Arockiasamy	"	
38.	Rev. Fr. V. Lawrence Benadict,S.J	"	
39.	Rev. Fr. Berchmans	"	
40.	Dr. P. Arockia Juliet	"	

Principal



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INTERNAL QUALITY ASSURANCE CELL (IQAC)

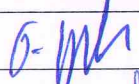
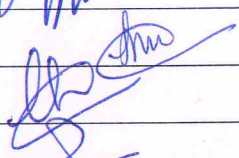
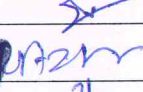
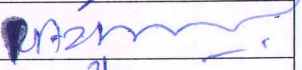
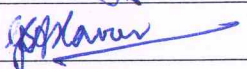
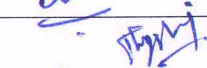
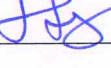
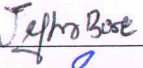
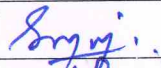
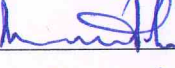
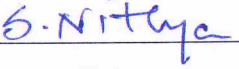
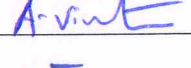
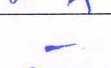
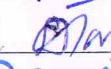
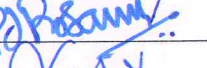
**Staff Enhancement and Empowerment Programme on "Neuro
Linguistic Programming (N.L.P)"**

Faculty List – Shift I – Science Department

Day – 01.08.2025 (Friday)

Venue : Prof. Peter Paradesi Hall

S. No	Name of the Faculty	Department	Signature
1.	Dr. S.P. Victor	Computer Science	-
2.	Dr. S. John Peter	"	-
3.	Dr. T.C. Rajakumar	"	
4.	Dr. M. Safish Mary	"	
5.	Rev. Fr. A. Leolin Arockiadass, S.J.	"	
6.	Dr. D. Prem Anand	Physics	
7.	Dr. V. Sivashankar	"	
8.	Dr. G. David Rathinavelu	"	
9.	Dr. B. Helina	"	
10.	Dr. S. Anna Venus	"	
11.	Dr. S.G. Rejith	"	
12.	Dr. V. Jeyabal	Chemistry	
13.	Dr. M.S. Selvakumar	"	
14.	Dr. S. Stanly John Xavier	"	
15.	Dr. S. Mary Jelastin Kala	"	
16.	Dr. C. Maria Magdalane	"	
17.	Dr. Y. Jaya Vinse Ruban	"	
18.	Dr. M. Baby Mariyatra	"	
19.	Dr. C. Christopher	"	
20.	Dr. A. Jeyaseeli	Zoology	
21.	Dr. J. Ronald	"	
22.	Dr. P. Selvaraj	"	
23.	Dr. J. Babila Jasmine	"	
24.	Dr. P. Raja	"	

S. No	Name of the Faculty	Department	Signature
25.	Dr. T. Pushpanathan	Zoology	
26.	Dr. S. Mabel Parimala	"	
27.	Dr. T. Elizabeth Thangamani Sunitha	"	
28.	Dr. R. Santha Kumari	"	
29.	Dr. R. Azhagu Raj	"	
30.	Rev. Fr. Dr. Y. Alex, S.J	"	
31.	Dr. G. Sahaya Anthony Xavier	Botany	
32.	Dr. M. Johnson	"	
33.	Dr. J. John Peter Paul	"	
34.	Dr. T. Leon Stephan Raj	"	
35.	Dr. M. Joe Virgin Largia	"	
36.	Dr. Y. Justin Koilpillai	"	
37.	Dr. L. Joelri Michael Raj	"	
38.	Dr. M. Johnson Gritto	"	
39.	Dr. N. Maria Francis Jeffrey Bose	"	
40.	Rev. Fr. Dr. M. Anthony Samy, S.J.	"	
41.	Dr. N. Vasanth	"	
42.	Dr. C. Caroline Selvaraj	Mathematics	
43.	Dr. Y. Therese Sunitha Mary	"	
44.	Dr. S. Nithya	"	
45.	Dr. S. Sujith	"	
46.	Dr. S. Balamurugan	"	
47.	Dr. A. Vinoth	"	
48.	Rev.Fr. Dr. S. Arul Ravi S.J.	"	
49.	Mr. J. Amal Rayan	"	
50.	Dr. P. Julia Mary	"	
51.	Dr. S. Philo	"	
52.	Mr. P. Daniel	"	
53.	Dr. P. J. Rosario Vasantha Kumar	Librarian	
54.	Dr. V. Kumar	Physical Director	

Principal



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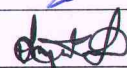
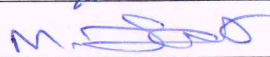
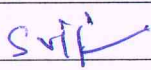
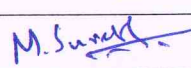
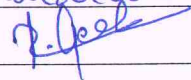
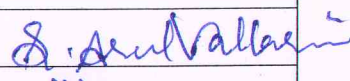
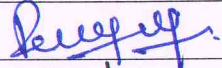
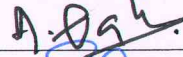
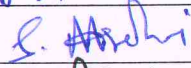
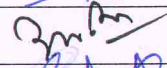
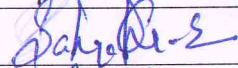
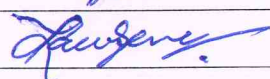
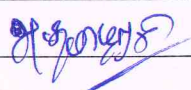
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Linguistic Programming (N.L.P)"**

Faculty List – Shift II – Science Department

Day – 01.08.2025 (Friday)

Venue : Prof. Peter Paradesi Hall

S. No	Name of the Faculty	Department	Signature
1.	Dr. S. Sethuramalingam	Mathematics	
2.	Dr. D. Kiruba Packia Rani	"	
3.	Dr. S. Sahayarajjoseph Nirmalkumar	"	
4.	Dr. J. Vinolin	"	
5.	Dr. V. Annie Vetha Joeshi	"	
6.	Mrs. A. Nilofer	"	
7.	Dr. J. Remy	Computer Science	
8.	Dr. J. Patricia Annie Jebamalar	"	
9.	Dr. J. Margaret Sangeetha	"	
10.	Dr. V. Narayani	"	
11.	Dr. S. Niraja P Rayan	"	
12.	Dr. M. Preethi	"	
13.	Dr. T. Idhaya	"	
14.	Dr. S. Kanagasankari	"	
15.	Dr. R. Mary Jenila	Physics	
16.	Dr. L. Arun Jose	"	
17.	Mr. R. Christhu Raja	"	
18.	Dr. D. E. Jain Ruth	"	
19.	Dr. S. Aron Rabi	"	
20.	Dr. L. Antony Selvam	"	
21.	Dr. M. Sheela Udhaya Roselin	"	
22.	Dr. N.K. Karthick	"	
23.	Dr. A. Anto Arockia Raj	Chemistry	
24.	Dr. U. Jeyapaul	"	

S. No	Name of the Faculty	Department	Signature
25.	Dr. A. Jerold Antony	Chemistry	
26.	Dr. D. Jayakumar	"	
27.	Dr. R. Ganesamoorthi	"	
28.	Dr. M. Jebakumar	Visual Communication	
29.	Dr. S. Vijayalakshmi	"	
30.	Rev. Fr. A. Infant Kingsley S.J.,	"	-
31.	Dr. M. Suresh	"	
32.	Dr. S. Chidambaranathan	Computer Applications	-
33.	Dr. S. Saraswathi	"	
34.	Dr. R. Geetha	"	
35.	Dr. A. Regita Thangam	"	-
36.	Ms. S. Arul Vallarasi	"	
37.	Dr. K. Joy Alfia	"	
38.	Dr. S. Athisayaraj	Physical Education	
39.	Dr. C. Selvaraja	"	
40.	Dr. P. Thanga Raj	"	
41.	Dr. A. Natarajan	Data Science	
42.	Dr. Y. Sunil Raj	"	
43.	Dr. V. Sathiya	"	
44.	Dr. G. Shunmuga Sundaram	Criminology & Forensic Science	-
45.	Mr. S. Siva Santhosh	"	
46.	Dr. S. Anantha Ambeth Selvi	"	
47.	Dr. A. Anto Kinsley	Artificial Intelligence	
48.	Dr. E. Sahaya Chithra	"	
49.	Mr. S. Shajin Yesu Raj	"	
50.	Rev. Fr. Lawrence Arockiasamy, S.J.	Counsellor	
51.	Rev. Fr. Dr. B. John Bosco, SJ	Director, Library	-
52.	Rev. Fr. Dr. S. Aruldoss, S.J.,	Vice Principal	-
53.	Rev. Fr. Dr. T. Francis Thamburaj, S.J.	Director, Centre for Yoga & Meditation	-
54.	Mrs. A. Pascal Baylon Rose Tamilarasi	Counsellor	

Principal



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Faculty List – Shift II – Arts Department

Day – 01.08.2025 (Friday)

Venue : Prof. Peter Paradesi Hall

S. No	Name of the Faculty	Department	Signature
1.	Dr. M. Balaselvi	Tamil	M. Balaselvi
2.	Dr. S. Ilango Mani	"	-
3.	Dr. J. Albert	"	J. Albert
4.	Dr. Antony Sahaya Sophia	"	Antony S. Sophia
5.	Dr. K. Daisy	"	K. Daisy
6.	Dr. S. Tamiliniyan	"	S. Tamiliniyan
7.	Dr. I. Jenifa Mary	"	I. Jenifa Mary
8.	Mr. S. Vijay	"	S. Vijay
9.	Dr. P. Vimala	"	P. Vimala
10.	Dr. F. Michael Shyni	"	F. Michael Shyni
11.	Ms. S. Gomathi	"	S. Gomathi
12.	Mr. R. Vishwa Annamalai	"	R. Vishwa Annamalai
13.	Mr. T. Muthu Valavan	"	T. Muthu Valavan
14.	Dr. M. Kalai Selvi	"	M. Kalai Selvi
15.	Ms. R. Vijaya	"	R. Vijaya
16.	Dr. X.L. Agnes Briska	"	X.L. Agnes Briska
17.	Ms. M. Karthiga	"	M. Karthiga
18.	Mr. R. Saravana Kumar	Economics	R. Saravana Kumar
19.	Dr. S. Amala Gensla	"	S. Amala Gensla
20.	Dr. M. Anto Soniya	"	M. Anto Soniya
21.	Dr. I. Antony Rajasree	English	I. Antony Rajasree
22.	Dr. S. Raja Rajeswari	"	S. Raja Rajeswari
23.	Dr. S. Veera Lakshmi	"	S. Veera Lakshmi
24.	Dr. V. Ajitha	"	V. Ajitha

S. No	Name of the Faculty	Department	Signature
25.	Dr. A. Latha	"	<i>A. Latha</i>
26.	Dr. B. Lakshmikantham	"	<i>B. Lakshmikantham</i>
27.	Ms. B. Manohari	"	<i>B. Manohari</i>
28.	Mrs. S. Modita Pal	"	<i>S. Modita Pal</i>
29.	Mr. A. Melwin	"	<i>A. Melwin</i>
30.	Ms. I. Nandhini Meena	"	<i>I. Nandhini Meena</i>
31.	Ms. H. Karthika	"	<i>H. Karthika</i>
32.	Mr. T. Mathivanan	"	<i>T. Mathivanan</i>
33.	Ms. A. Anto Crispina	"	<i>A. Anto Crispina</i>
34.	A. Linnet	"	<i>A. Linnet</i>
35.	Dr. Y. Benet	"	<i>Y. Benet</i>
36.	Ms. R. Joze Rubika	"	<i>R. Joze Rubika</i>
37.	Dr. A. Kishore	"	<i>A. Kishore</i>
38.	Mr. M. Jeffrin Swamydhas	"	<i>M. Jeffrin Swamydhas</i>
39.	Dr. R. Saradha	"	<i>R. Saradha</i>
40.	Mr. L. Infant Roshan Tony	"	<i>L. Infant Roshan Tony</i>
41.	Mr. S. Joseph Jebaraj	"	<i>S. Joseph Jebaraj</i>
42.	Ms. I. Iniya	"	<i>I. Iniya</i>
43.	Mr. R. Murugesan	BBA	<i>R. Murugesan</i>
44.	Dr. P. Stella	"	<i>P. Stella</i>
45.	Dr. N. Stella	"	<i>N. Stella</i>
46.	Mr. S.R. Venkatesh Kumar	"	<i>S.R. Venkatesh Kumar</i>
47.	Mr. R. Joe Pascal Xavier	Commerce	<i>R. Joe Pascal Xavier</i>
48.	Dr. K. Thanga Glara	"	<i>K. Thanga Glara</i>
49.	Dr. J. Sahaya Mary	"	<i>J. Sahaya Mary</i>
50.	Dr. T. U. Asma	"	<i>T. U. Asma</i>
51.	Dr. R. Arokiadoss	"	<i>R. Arokiadoss</i>
52.	Dr. P. Berline Kingcy	"	<i>P. Berline Kingcy</i>
53.	Dr. M. Siva Sankari	"	<i>M. Siva Sankari</i>
54.	Mr. E. Amala Regin	"	<i>E. Amala Regin</i>
55.	Dr. S. Arul Stephen	"	<i>S. Arul Stephen</i>
56.	Dr. V. Prabhu	"	<i>V. Prabhu</i>

S. No	Name of the Faculty	Department	Signature
57.	Dr. S. Jeya Ratna	"	
58.	Dr. M. Charlet Rosemary Vijaya	Corporate Secretaryship	M. Charlet
59.	Dr. Madona Robinston	"	
60.	Dr. M. Rex Angelo	"	
61.	Dr. N. Vijaya	"	N. Vijaya
62.	Mrs. R. Muthu	Social Work	
63.	Rev. Br. Dr. A. Mariaselvam	"	
64.	Mrs. K. Sweetly Grace	"	
65.	Dr. R. Nemorias Fernando	B.Com. Honours	
66.	Dr. J. Suresh	"	
67.	Dr. V. David Raj	"	V. David Raj
68.	Dr. P. Kandhakumar	Maritime Logistics	
69.	Dr. S. Julian Daniel	"	
70.	Dr. P. Ramesh	Archaeology	
71.	Mr. K. Dinesh Kumar	"	
72.	B. Arunraj	"	
73.	Dr. A. Martina Franciska	Banking & Finance	A. H. J.
74.	Dr. P. Ganesan	XRF	
75.	Dr. S. Mutheeswaran	"	
76.	Dr. P. Pandikumar	"	

77 Dr. R. SANKARARAJ

78. Ms. Durgalakshmi

Social work
M.S.W.
Maritime Logistics

Principal



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INTERNAL QUALITY ASSURANCE CELL (IQAC)

**Staff Enhancement and Empowerment Programme on "Neuro
Linguistic Programming (N.L.P)"**

Faculty List – Shift II –

Day – 01.08.2025 (Friday)

Venue : Prof. Peter Paradesi Hall

S. No	Name of the Faculty	Department	Signature
1.	Dr. D.X. Kalavathi	Tamil	D.X. Kalavathi
2.	Mr. A. Kalaishwaran @ Samuel	MSW	A. Samuel
3.	Mr. E. Alex Prabahar	Computer Applications	E. Alex Prabahar
4.	Mrs. J. Justus Jency	"	J. Justus Jency
5.	Ms. D. Jemima Jenifer	"	D. Jemima Jenifer
6.	Mrs. P. Arunachalavadivu	Physical Education	P. Arunachalavadivu
7.	Dr. P. Suriya	"	P. Suriya
8.	Dr. V. Kalpana	Data Science	V. Kalpana
9.	Mrs. M. Kaliammal @ Gayathri	"	M. Kaliammal
10.	Mrs. M. Sutharsana	Commerce	M. Sutharsana
11.	Ms. Mary Ann Fernandez	"	M. Mary Ann Fernandez
12.	Mr. Junapudi Vamsi	Economics	Mr. Junapudi Vamsi
13.	Mr. A. Divine Raj	VISCOM	A. Divine Raj
14.	Dr. M. Maryl Chrisho	English	M. Maryl Chrisho
15.	V. Ramya Vijaya Lakshmi	Criminology & Forensic Science	V. Ramya Vijaya Lakshmi
16.	Ms. S. Durgalakshmi	Maritime Logistics	-
17.	Mrs. M. Fathima Safana	Social Work	M. Fathima Safana
18.	Dr. P. Vanitha	Banking & Finance	P. Vanitha
19.	Dr. N. Lavanya	B.Com. Honours	N. Lavanya
20.	Dr. A. Jasmine Xavier	Assistant Placement Off.	A. Jasmine Xavier

Principal



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INTERNAL QUALITY ASSURANCE CELL (IQAC)

**Staff Enhancement and Empowerment Programme on "Neuro
Linguistic Programming (N.L.P)"**

REPORT

Day - 01.08.2025 (Friday)

Venue : Prof. Peter Paradesi Hall

The Internal Quality Assurance Cell (IQAC) of St. Xavier's College (Autonomous), Palayamkottai, organized a Staff Enhancement and Empowerment Programme on "Neuro Linguistic Programming (N.L.P)" on 1st August 2025 (Friday) at 11.00 a.m. in Prof. Peter Paradesi Hall. The programme was designed with the aim of equipping the teaching faculty with innovative techniques of personal and professional development through Neuro Linguistic Programming, a modern approach to understanding communication, behavior, and self-improvement.

The programme commenced with the registration of participants at 11.00 a.m., followed by the inaugural session at 11.30 a.m. The session opened with a prayer song, setting a serene and reflective atmosphere. Dr. J. Sahaya Mary, Assistant Director, IQAC, extended a warm welcome to the dignitaries, resource persons, faculty members, and participants. The Inaugural Address was delivered by Rev. Fr. Dr. Godwin Rufus, S.J., Principal of St. Xavier's College, who underlined the significance of Neuro Linguistic Programming as a transformative tool for enhancing communication skills, self-awareness, and productivity in the teaching profession. The session also witnessed the felicitation by Dr. A. Lourdusamy, Deputy Principal of St. Xavier's College, who expressed his appreciation for the initiative and its relevance in the present academic context.

Following the inauguration, the technical sessions of the programme began. The first session at 11.40 a.m. was conducted by Dr. J. Abdul Wahab, an eminent NLP Life Coach from Chennai, who delivered a comprehensive lecture on "*Neuro Linguistic Programming – I.*" He explained the core concepts of NLP, including its origins,

principles, and its role in reshaping thought patterns and communication styles. The session emphasized how NLP can be applied in daily interactions, classroom management, and personal development, making it a powerful resource for educators.

The second session at 12.30 p.m. was led by Dr. A. Stephen, a renowned NLP Trainer from Chennai, who spoke on “*Neuro Linguistic Programming – II.*” His session was highly engaging and practical, focusing on advanced NLP strategies, demonstrations, and case studies. Participants were introduced to effective tools for overcoming stress, building confidence, improving interpersonal skills, and fostering a positive mindset. The interactive nature of the session encouraged participants to reflect on their own practices and explore ways to integrate NLP techniques into their professional and personal lives.

The programme concluded with the Vote of Thanks delivered by Ms. B. Manohari, Assistant Professor, Department of English, who expressed heartfelt gratitude to the management, dignitaries, resource persons, organizers, and participants for their valuable contribution to the success of the event. The event was smoothly coordinated by the Master of Ceremonies, Mr. S. Joseph Jebaraj, Assistant Professor, Department of English, whose effective anchoring ensured the seamless flow of the programme.

Overall, the Staff Enhancement and Empowerment Programme on “Neuro Linguistic Programming” proved to be an enlightening and enriching experience for the faculty members. It not only provided insights into innovative methods of self-empowerment but also strengthened the collective commitment of the staff towards holistic teaching and learning. The initiative of IQAC in organizing such a relevant programme was well appreciated, as it resonated with the mission of St. Xavier’s College to empower educators with the skills necessary for excellence in higher education.

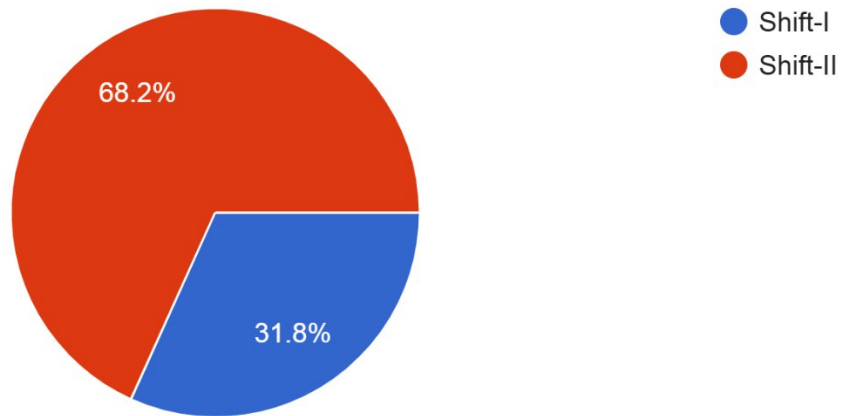


INTERNAL QUALITY ASSURANCE CELL (IQAC)

**Staff Enhancement and Empowerment Programme on "Neuro
Linguistic Programming (N.L.P)"**

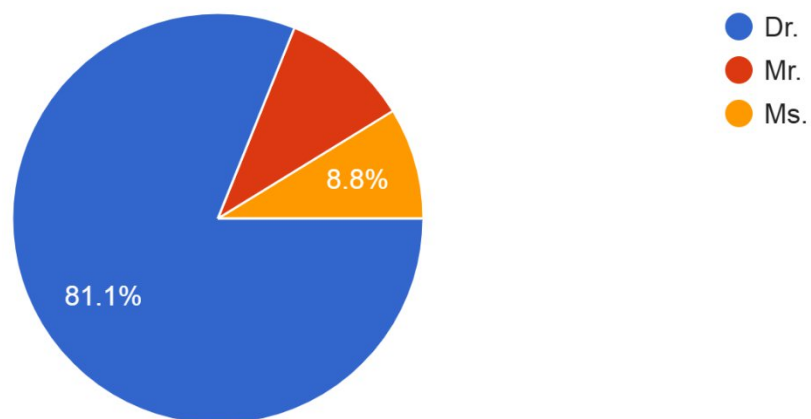
Shift

148 responses



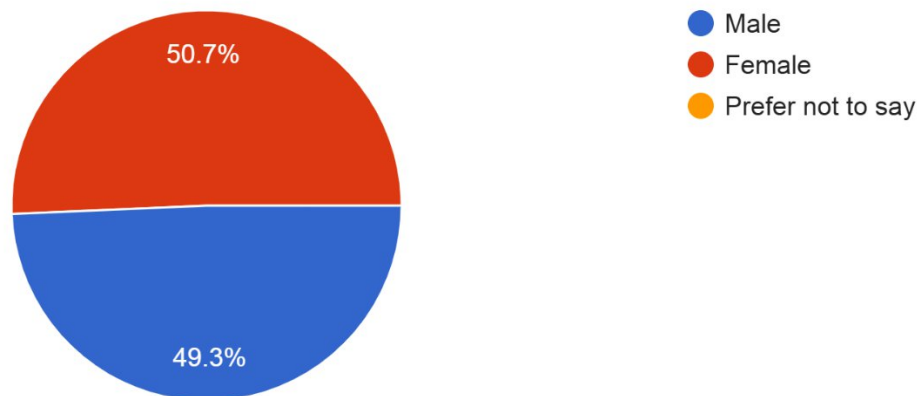
Salutation

148 responses



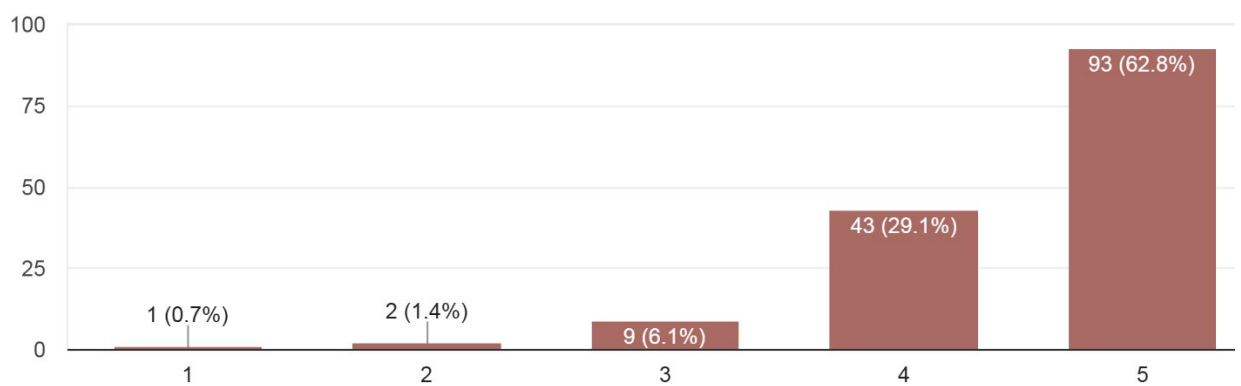
Gender

148 responses



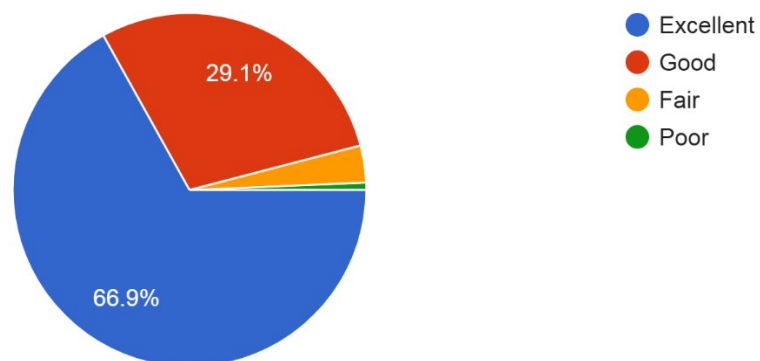
How satisfied were you with the event? [1, the lowest rating, to 5, the highest rating].

148 responses

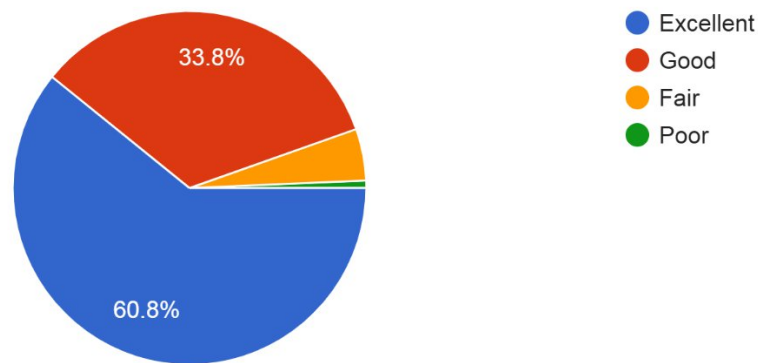


Session – I : Neuro Linguistic Programming - I Dr. J. Abdul Wahab, N.L.P Life Coach, Chennai

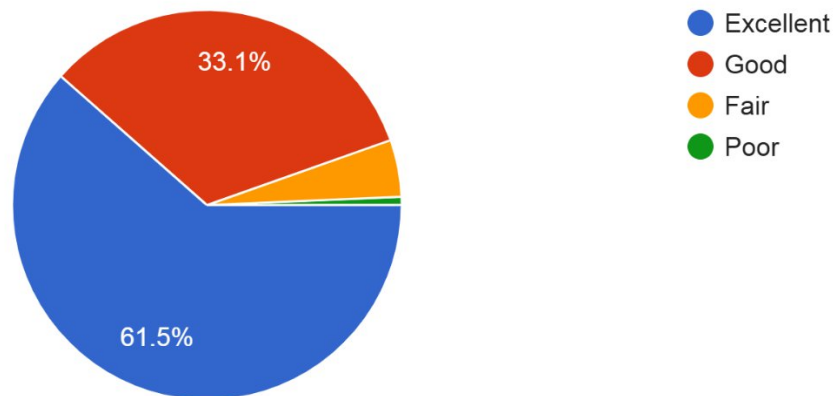
148 responses



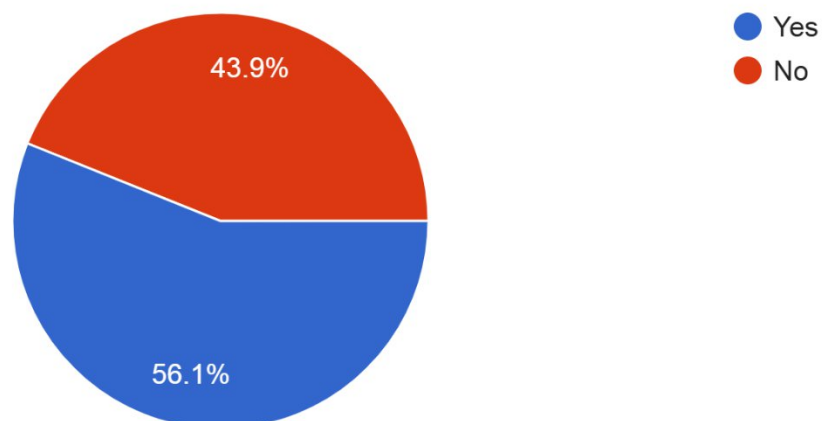
Session – II : Neuro Linguistic Programming – II Dr. A. Stephen, N.L.P Trainer, Chennai
148 responses



Overall Sessions
148 responses



Are you interested in a two-day NLP programme in the future?
148 responses



Staff Enhancement and Empowerment Programme on “Neuro Linguistic Programming (N.L.P)”

The origins of NLP

NLP was developed in the 1970s by Richard Bandler and John Grinder at the University of Santa Cruz in California. Initially, Bandler and Grinder collaborated on a project to identify the structure of influential language used by some of the great psychotherapists of the day. That study yielded not only some groundbreaking insights into the way that language can change perceptions, but also a new methodology - **modelling** - that could be used to distil the essence of the skills of any person.

There are plenty of books available that describe the early stages of the development of NLP. My purpose here is to give you an experience of the practical uses of NLP in a 21st century workplace, so rather than a history lesson, let me give you some food for thought.

What's in a name?

With a name like neuro-linguistic programming, it's not surprising that most people prefer to use the abbreviation NLP. However, the full name gives us clues to what this subject is about:

Neuro: concerning the brain and the nervous system

Linguistic: concerning language

Programming: mmm, this is where a lot of people get a bit uncomfortable. When you see 'brain' and 'programming' in the same sentence, what do you think about? Brain-washing? Mind control? I think I'd better explain.

When we talk about programming in NLP, it refers to programmes of behaviour. Habits.

Reference: Awaken The Giant Within, Author name: Anthony Robbins, the published 1992. This is the revised edition was published in 2001. Publisher: Simon & Schuster, ISBN: 9780743409384, 9780743409384



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E-mail : stxcprin@stxavierstn.edu.in

stxcprin@gmail.com

Website : www.stxavierstn.edu.in

Rev. Fr. Dr. Godwin Rufus, S.J., M.A., M.Phil., Ph.D.
Principal

To

Dr.J.Abdul Wahab,

N.L.P. Life Coach

Chennai .

Sub: Invitation to Deliver a Demo-cum-Lecture on "Neuro Linguistic Programming (N.L.P)".

Dear Sir,

You are cordially invited to deliver a demo-cum lecture on "Neuro linguistic Programming (N.L.P)" during the Staff Enhancement and Empowerment Programme (SEEP) organized for our Teachers on 01/08/2025.

We look forward to your valuable participation and contribution.

Thanking you



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Website : www.stxavierstn.edu.in

Rev. Fr. Dr. Godwin Rufus, S.J., M.A., M.Phil., Ph.D.
Principal

28/07/2025

To

Dr.A.Stephan, Ph.D
N.L.P. Trainer,
Chennai

Sub: Invitation to Deliver a Demo-cum-Lecture on "Neuro Linguistic Programming (N.L.P)".

Dear Sir,

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Rev. Fr. Dr. Godwin Rufus, S.J., M.A., M.Phil., Ph.D.
Principal

Lr. No: SXC – 2025-2026/IQAC:26, Dated: 01.08.2025

To

Dr. A. Stephan, Ph. D
N.L.P. Trainer,
Chennai

Dear Sir,

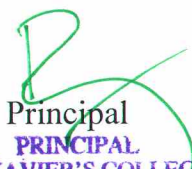
Greetings!!

I am grateful to you for your wonderful, insightful lecture and valuable suggestions and guidance during "Neuro linguistic Programming (N.L.P)" for the faculty members, held on 01st August 2025.

I look forward to your continued support and accompaniment in our academic journey.

Thanking You.




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Rev. Fr. Dr. Godwin Rufus, S.J., M.A., M.Phil., Ph.D.
Principal

Lr. No: SXC – 2025-2026/IQAC:27, Dated: 01.08.2025

To

Dr. J. Abdul Wahab,
N.L.P. Life Coach
Chennai

Dear Sir,

Greetings!!

I am grateful to you for your wonderful, insightful lecture and valuable suggestions and guidance during "Neuro linguistic Programming (N.L.P)" for the faculty members, held on 01st August 2025.

I look forward to your continued support and accompaniment in our academic journey.

Thanking You.




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14 • Dinakaran • Nelli • 2.8.2025

பாளையில் கல்லூரி பேராசிரியர்களுக்கு திறன் மேம்பாட்டு பயிற்சி முகாம்



▶ பாளை சேவியர்ஸ் கல்லூரியில் பேராசிரியர்களுக்கு திறன் மேம்பாட்டு பயிற்சி முகாம் நடந்தது.

தியாகராஜ நகர், ஆக. 2: பாளை செயின்ட் சேவியர்ஸ் கல்லூரியில் கல்லூரியின், அகத்திர உறுதி குழு சார்பில் பேராசிரியர்களுக்கான ஒருநாள் சிறப்பு பயிற்சி முகாம் நடைபெற்றது. 'நியூரோ லிங்குஸ்டிக் ப்ரோக்ராம்' என்ற தலைப்பில் சென்னை என்எல்பி,

லைஃப் கோச்சர் அப்துல் வகாப் மற்றும் பயிற்சியாளர் ஸ்டீபன் ஆகியோர் வாழ்வியல் முறைகள் மற்றும் திறன் மேம்பாடு குறித்த பயிற்சி அளித்தனர். முன்னதாக கல்லூரி முதல்வர் காட்வின் ரூபஸ் தலைமை வகித்து நிகழ்ச்சியை தொடங்கி வைத்

தார். உதவி இயக்குனர் சகாயமேரி வரவேற்றார். துணை முதல்வர் லார்து சாமி முன்னிலை வகித்தார். பேராசிரியர் அழகு ராஜ், உதவி பேராசிரியர் மனோகரி மற்றும் பலர் பேசினர். 250 பேராசிரியர்கள், விரிவுரையாளர்கள் பங்கேற்று பயிற்சி பெற்றனர்.

மகிழ்ச்சியான வாழ்க்கை நடைமுறை வாழ்வியல் பொருளாதாரத்தில் அடுத்த நிலைக்கு முன்னேறுவதற்கான முயற்சிகள் மற்றும் வாய்ப்புகள் உள்ளிட்ட பல பொருட்கள் குறித்து பயிற்சி அளிக்கப்பட்டது.

உதவி பேராசிரியர் ஜோசப் ஜெபராஜ் தொகுத்து வழங்கினார். உதவி பேராசிரியர் மனோகரி நன்றி கூறினார்.



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INTERNAL QUALITY ASSURANCE CELL (IQAC)



**Staff Enhancement and Empowerment Programme on
"Neuro Linguistic Programming (N.L.P)"**

Date: 01.08.2025 (Friday) Time: 11.00 a.m. Venue: Prof. Peter Paradesi Hall



