



Non-Teaching Staff Orientation Program

On

**“Fostering Professional Commitment, Growth,
and Well-being”**

13th June 2025

Report

Internal Quality Assurance Cell (IQAC)

Loyola College (Autonomous)

Chennai – 34



May 12, 2025

NOTICE

- Orientation for the junior faculty (**joined service in 2023, 2024 & 2025**) will be held on 10th & 11th of June 2025.
- General Staff Orientation for the Academic Year, 2025-26 (Aided & Management) will be on 12th and 13th June 2025.
- General Orientation for the Administrative Staff will be on 13th June 2025.
- Leadership programme for Officials-HODs and Coordinators will be on 14th June 2025.
- College re-opens for the 2nd and 3rd year UG & 2nd year PG students on **16th June 2025**.


Principal



**The Loyola College Management &
Internal Quality Assurance Cell (IQAC)**

Cordially invite you to the

NON-TEACHING STAFF

Orientation

“

On

**Fostering Professional
Commitment, Growth and
Well-Being**

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Patrons

Rev.Dr.Antony Robinson, SJ
Rector

Rev.Dr.D.Thomas Alexander, SJ
Secretary & Correspondent

Rev.Dr.A.Louis Arockiaraj, SJ
Principal

Dr.J.A. Charles
Deputy Principal

12 & 13, JUNE 2025

9:00AM-04:00PM

Bertram Hall

Organisers

Mr. D. Francis Xavier
IQAC Coordinator

Dr Dorathy Pushparani
IQAC Coordinator

Loyola College (Autonomous), Chennai

Report on

One – day Non-Teaching Staff Orientation Program

Titled

“Fostering Professional Commitment, Growth, and Well-being”

Date & Time : 13 June 2025, 09.00 a.m. - 04.00 p.m.

Venue: Bertram Hall, Loyola College, Chennai.

Number of Participants: 134

A one-day **Administrative Staff Orientation Program** organized by the **Internal Quality Assurance Cell (IQAC)** of Loyola College, on the theme, *“Fostering Professional Commitment, Growth, and Well-being,”* was thoughtfully planned to address the holistic development of the administrative staff, acknowledging their vital role in the successful functioning of the institution.

Inaugural Session:

The day began with the prayer followed by a formal inauguration presided by **Rev.Dr. Thomas Alexander S.J.- Secretary & Correspondent, Rev.Dr.A. Louis Arockiaraj S.J.- Principal, and Dr.J.A. Charles- Deputy Principal**, who warmly felicitated the gathering. Their inspiring words reaffirmed the invaluable contributions of the non-teaching staff as the backbone of the institution, setting a positive and enthusiastic tone for the day.

Session 1: Institution’s Vision & Shared Mission

Resource Person: *Dr. Bernard D Sami, Coordinator, LISSTAR*

Dr. Bernard D Sami delivered his session with great professionalism and clarity. His presentation on the legacy, vision, and mission of Loyola College was insightful, connecting historical milestones with the present-day role of the staff. He effectively illustrated the relevance of **Ignatian core values** such as, *Magis, Cura Personalis, Discernment, Finding God in All Things, Men and Women for and with Others, Excellence (Competence)etc* and how all of these are moulded in our Jesuit Education system and how we as staff members should incorporate these values in our day to day work.

He traced the journey of Loyola College from its humble beginnings to becoming a century-old institution marked by remarkable historical milestones. His encapsulation of how the groundwork for Loyola College was meticulously laid by the Jesuits; their dedication, vision, and relentless hard work in shaping the institution was truly inspiring. This reflection made each one of us realise that sincere efforts and perseverance always lead to lasting rewards. The institution's century-old legacy and its continuous quest for greater glory still continues.

We felt a renewed sense of pride and belonging to this legendary institution as a result of his use of relatable and captivating examples. This makes us understand that we are the proud faces of Loyola and our works and contributions should have an impact on its continued journey to success.



Dr. Bernard D Sami shares his views on institutions vision & shared mission

Session 2: Enhancing Professional Practices & Excellence

Resource Person: Dr. Princely, Placement Officer, Loyola College

Dr. Princely's session focused on enhancing professional practices such as communication, ethical responsibility and teamwork. His delivery was crisp, systematic, and filled with real-life examples, making the concepts easy to grasp. He emphasized how **communication and character shape an individual's identity in the workplace**, a point that deeply resonated with all participants. His participatory approach in engaging the audience to interact during the session made it lively and interactive. He also shared motivational stories of individuals who overcame challenges to achieve greatness, inspiring everyone to pursue continuous self-improvement.

A short film (Rs.5) highlighting the message—*"True happiness lies not in receiving, but in the joy of giving and sharing"*—was screened, reinforcing the idea that a spirit of selflessness and service can transform not only individuals but the entire work environment into a thriving and positive community.



Dr. Princely on the title Enhancing Professional Practices & Excellence

Session 3: Sound Mind, Sound Body – Nurturing Well-being for Work and Life

Resource Person: Dr. JM Arul Kamaraj

The final session by **Dr. JM Arul Kamaraj** was refreshing and thought-provoking. He delivered complex ideas on stress management, self-care, and work-life balance in an approachable and relatable way. Practical tips, real-life scenarios and engaging activities made this session lively and impactful.

The **Positive Attribution Theory Walk** (build positive thinking, self-esteem, and constructive self-reflection), **laughter yoga exercises** (as Laughter increases the release of endorphins and helps in mental readiness of participants), and **movement-based group activities** (dance exercise to energize participants) generated a wave of positive energy among the participants. These activities, aimed at stimulating the release of "happy hormones," that served as excellent stress-busters, leaving everyone refreshed, relaxed and motivated.

The MC Ms. Jesper Daisy delivered the vote of thanks.





Dr. JM Arul Kamaraj: Sound Mind, Sound Body – Nurturing Well-being for Work and Life

Conclusion:

The entire orientation program was meticulously curated and professionally delivered. Each session was not only informative but also engaging, enjoyable, and stress-relieving. The resource persons exhibited commendable expertise and sincerity, making the learning experience truly meaningful. This resulted in the participants experiencing a holistic learning journey that integrated historical insights, professional excellence, and mental wellness.


Outcome of the Orientation Programme

The orientation programme at Loyola College successfully achieved its primary objective of aligning the staff with the institution's vision, mission, and core values while fostering professional growth and personal well-being.

Overall the staff have gained increased self-confidence to enhance both their personal well-being and professional excellence in their roles as non-teaching staff.


Prof. D. Francis Xavier
 IQAC Coordinator

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Loyola College, Chennai-34


Dr. Dorothy Pushparani
 Asst. IQAC Coordinator

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