

**LADY WILLINGDON INSTITUTE OF ADVANCED STUDY IN EDUCATION
TRIPLICANE, CHENNAI-05.**

7.2.1. Describe at least two institutional best practices (as per NAAC format given on its website)

Best Practice – I

1. Title of the Practice – Vaasagar Vattam – An online book review programme.

2. The context that required the institution of the practice – Reading, which is important throughout the lifespan, contributes to growth and development by helping individuals to understand their personal and social worlds. Researches have shown that there is value in helping student teachers become a reading role models for the pupils they teach. Hence reading habit should be developed as an integral part of teacher training. Student teachers, who read books can share their thoughts to their students in school internship, in turn encourage children to read more. Benefits of reading books are acquisition of knowledge, an exercise for brain, improve concentration, improves memory, develop one's capacity to understand others, improves communication skills and vocabulary. Prospective teacher's reading interest and habits are crucial if they are to serve as role model for children and adolescents. Therefore, identifying the reasons that prospective teachers read and understanding their views on reading can contribute to improvements in reading programs. In this context, we provided an opportunity for our student teachers to read a book and give review on that book in online mode; same will be streamed in our institution YouTube channel.

<https://www.youtube.com/@ladywillingdoniase9371/streams>

3. Objectives of the Practice

- To shape the intellect, refines emotions and prepare student teachers for social, cultural and political life through book reading and review programme.
- To acquire strong literacy skills, larger vocabularies, improve writing ability, better spelling and grammatical knowledge by reading books.
- To build the responsibility of student teachers to encourage their school students to read.
- To develop a personal identity, organize their lives, relax and experience enjoyment and happiness among the student teachers.

4. The Practice

Vaasagar Vattam – is a online book review programme, we are conducting every Saturday. Duration of the programme is around one hour and thirty minutes. Our Principal Dr.M.S. Thillainayagi is the director of the Programme and Our college Librarian Dr.I.Sasireka, and our Faculty Dr.R.Muthulakshmi are the co-ordinators of the programme. In each programme one teaching faculty and two/three student teaches, share their review on a book they read. Our Principal also participated and reviewed very good books related to education, teacher etc., Usually the programme starts with welcome address, faculty/chief guest introduction, review of book by each members and vote of thanks. Every week the programme is live streamed in our institution YouTube Channel, with the help of Streamyard- a live stream recording studio. Approximately, we received 1000 views for each programmes. In this programme all types of books are introduced including, education, self-help, health, motivation, science, spiritual, biography, anthology, psychology, auto-biography etc., Objective of doing this

programme is cultivate reading habits among the student teachers, it helps them to use texts creatively and impart knowledge.

5. Evidence of the success

1. Our Insitution YouTube Channel Address -

<https://www.youtube.com/@ladywillingdoniase9371/streams>

The screenshot shows a YouTube channel page for 'lwiase'. The navigation bar includes Home, Videos, Live, Playlists, Community, Channels, and About. The main content area displays a grid of video thumbnails. Each thumbnail includes a title, a date, and a duration. The titles are in Tamil and mention 'புத்தக மதிப்புரைக்கூட்டம்' (Book Review Session). The dates range from 5 months ago to 7 months ago. The durations range from 50:46 to 1:42:30. The left sidebar shows the channel's profile, including the name 'lwiase' and a search bar. Below the grid, there are subscription options for 'Polimer News' and 'BehindwoodsTV'.

2. List of Date, name of the members participated, title of the book reviewed, total number of YouTube reviews etc, are furnished in the attached excel/pdf file.

6. Problems encountered

- Poor internet facility to live streams the programme.
- Time constrain to conduct programmes, particularly during examinations.
- Technical problems while conducting programme.
- Language ability of the students.

7. Resource required

- Required free student wifi
- Ensure availability of library books in various types.
- Resources to improve communication skills.

8. About the Institution

Name of the institution : Lady Willingdon Institute of Advanced Study in Education (A)

Year of accreditation: 2005

Address : Kamarajar salai, near vivekanandhar illam, Triplicane, Chennai-05.

Grade awarded by NAAC – “B”

Email – principallwiase@yahoo.co.in

Contact person for further details: Dr.M.S.Thillainayaki, Principal,

7.2_Best Practices

1. VAASAGAR VATTAM – ONLINE BOOK REVIEW PROGRAMME

WEEK : 01_DATE : 08.05.2021

 <p>புத்தக மதிப்புரை கூட்டம் -1 2.5K views · Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.M.S. Thillainayaki, Principal, LWIASE	Ithu Yaarudaiya Vagupparai	Aysha Natarajan
	D.Rubi, B.Ed., Student	Wings of fire	A P J Abdul kalam and Arun Tiwari
	Kalpana, B.Ed., Student	Aysha	R. Natrajan
	H.Afrose Fathima B.Ed., Student	Stay Hungry Stay Foolish	Rashmi Bansal
https://www.youtube.com/watch?v=cB2Y8na4qxw		2.5K views	

WEEK : 02_DATE : 15.05.2021

 <p>புத்தக மதிப்புரை கூட்டம் -2 2.2K views · Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr. Sarah Manickaraj, Associate Professor, LWIASE.	Who Moved My Cheese	Spencer Johnson
	R.Sudha B.Ed., Student	Padippathu Sugame	V. Iraiyanbu I.A.S.,
	Jananiy M B.Ed Student	The Alchemist	Paulo Coelho
	Leelavathi A B.Ed Student	Velu Nachiyar: Penmaiyyin Pearaanmai	Seyon
https://www.youtube.com/watch?v=FqhzdOenFAM		2.2K views	

WEEK : 03_DATE : 22.05.2021

 <p>புத்தக மதிப்புரை கூட்டம் -3 2.3K views · Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr. D. Hemalatha Kalaimathi Assistant Professor, LWIASE.	Endorphins	Dr. Ajith Mandad
	K. Padhmavathi B.Ed., Student	Ullaga Pen Vinganigal	R. Natarajan
	G.Lakshmi B.Ed Student	Pen Yean Adimaiyanal	Thanthai Periyar
	https://www.youtube.com/watch?v=rBZKB6HnOIY		2.3K views

WEEK : 04 DATE : 29.05.2021

 <p>புத்தக மதிப்புரை கூட்டம் - 4 3K views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.M.S. Thillainayaki, Principal, LWIASE</p>	<p>NAME OF THE BOOK</p> <p>Nam Kuzhanthai Bathiram</p>	<p>AUTHOR OF THE BOOK</p> <p>A.Sankaralingam</p>
	<p>Bavadharani S. J B.Ed., Student</p>	<p>Manalum Nuraium</p>	<p>Kalil Gipran</p>
	<p>S.Nivedha B.Ed., Student</p>	<p>Short story- Mari</p>	<p>Prapanchan</p>
	<p>Arthi B.Ed., Student</p>	<p>Ikigai</p>	<p>Hector Garcia and Frances Miralles</p>
<p>https://www.youtube.com/watch?v=S89EnYwKrAc</p>		<p>3K views</p>	

WEEK : 05 DATE : 05.06.2021

 <p>புத்தக மதிப்புரை கூட்டம் - 5 1.6K views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.T.Subhashini Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Vetrikku vazhikaati</p>	<p>AUTHOR OF THE BOOK</p> <p>K.Venkatram</p>
	<p>Mohana priya B.Ed., Student</p>	<p>Indru oru thagaval</p>	<p>Ilasai sundharam</p>
	<p>S.Girivarthini B.Ed., Student</p>	<p>Three Thousand stitches</p>	<p>Sudha Murthy</p>
	<p>C.Reshma B.Ed., Student</p>	<p>Chicken Soup for the Soul</p>	<p>Jack Canefield</p>
<p>https://www.youtube.com/watch?v=wKf1R7otFdI</p>		<p>1.6K views</p>	

WEEK : 06 DATE : 12.06.2021

 <p>புத்தக மதிப்புரை கூட்டம் - 6 802 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr. Rita Rani Mandal. Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Gandhi on personal Leadership</p>	<p>AUTHOR OF THE BOOK</p> <p>Anand Kumarasamy</p>
	<p>S.Ganga B.Ed., Student</p>	<p>Who will cry when you die?</p>	<p>Robin Sharma</p>
	<p>Sanchanashree R B.Ed., Student</p>	<p>The Secrete</p>	<p>Rhonda byrne</p>
	<p>Krishnaveni B.Ed., Student</p>	<p>The Story of My Life</p>	<p>Helen Keller</p>
<p>https://www.youtube.com/watch?v=3lh2nyrrhRg</p>		<p>802 views</p>	

WEEK : 07 DATE : 19.06.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 7 645 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr. S.Rama Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Enathu Payanam</p>	<p>AUTHOR OF THE BOOK</p> <p>Swami Vivekanandhar(tamil translator - C. Kanagaraasan</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>Dhanalakshmi. P B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>Nan Irukiren</p>	<p>AUTHOR OF THE BOOK</p> <p>Jayakanthan</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>L. Poovizhi Meena B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>Maram ondru kanikal moondu</p>	<p>AUTHOR OF THE BOOK</p> <p>Kalaimani. Doctor. S.Sarojababu</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>Mathangi B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>The Power of Your Subconscious Mind</p>	<p>AUTHOR OF THE BOOK</p> <p>Joseph Murphy</p>
	<p>https://www.youtube.com/watch?v=IHPV-DPI6Ak</p>		<p>645 views</p>

WEEK : 08 DATE : 26.06.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 8 424 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.S.Vetrivel Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Manamadhu Sevaiyaanal</p>	<p>AUTHOR OF THE BOOK</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>Muneeshwari B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>Thannilai Uyarthu</p>	<p>AUTHOR OF THE BOOK</p> <p>Thirunavukarasu IPS</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>M.Jananiy B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>Velvadh Urudhi</p>	<p>AUTHOR OF THE BOOK</p> <p>V.Iraiyambu IAS</p>
	<p>https://www.youtube.com/watch?v=ZiYKkuMzPT4</p>		<p>424 views</p>

WEEK : 09 DATE : 03.07.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 9 653 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.S.Komalavalli Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Melae, Uyarae, Uthiyelae</p>	<p>AUTHOR OF THE BOOK</p> <p>V.Iraiyambu IAS</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>A.Ar.Akalvizhi B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>Stop Over Thinking: 12simple Habits to stop over thinking everything</p>	<p>AUTHOR OF THE BOOK</p> <p>Kamala Adhya</p>
	<p>NAME OF THE BOOK REVIEWER</p> <p>C.Yamini B.Ed., Student</p>	<p>NAME OF THE BOOK</p> <p>Mao : En Pinnal Vaa</p>	<p>AUTHOR OF THE BOOK</p> <p>Marudhan</p>
	<p>https://www.youtube.com/watch?v=Al_oyn6mLU</p>		<p>653 views</p>

WEEK : 10 DATE : 10.07.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 10 640 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Ms.S.Arumbumozhi Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Vanthargal Ventrargal</p>	<p>AUTHOR OF THE BOOK</p> <p>Madhan</p>
	<p>S.Nandita B.Ed., Student</p>	<p>The Monk Who Sold His Ferrari</p>	<p>Robin Sharma</p>
	<p>P.Isaimozhi B.Ed., Student</p>	<p>The Things you can see only when you slow down.</p>	<p>Haemin Sunim</p>
	<p>https://www.youtube.com/watch?v=PD-abyz0NA</p>		<p>640 views</p>

WEEK : 11 DATE : 17.07.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 11 681 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Mr.R.Selvaraj Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Perunthalivar Kamarajar</p>	<p>AUTHOR OF THE BOOK</p> <p>S.K.Murugan</p>
	<p>S.Saranya B.Ed., Student</p>	<p>The Power of Habit</p>	<p>Charles Duhigg</p>
	<p>R.Akshaya B.Ed., Student</p>	<p>Vaasipahi Eppadi?</p>	<p>Selventhiran</p>
	<p>https://www.youtube.com/watch?v=S-43D-mwV50</p>		<p>681 views</p>

WEEK : 12 DATE : 24.07.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 12 1.7K views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.S.Santhi Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Kanavu Aasiriyar</p>	<p>AUTHOR OF THE BOOK</p> <p>K.Thuzhasidhasan</p>
	<p>R.Manju B.Ed., Student</p>	<p>Man's Search for Meaning</p>	<p>Victor E.Frankyl</p>
	<p>K.Anusha B.Ed., Student</p>	<p>Ennangal</p>	<p>Dr.M.S.Udhayamurthy</p>
	<p>https://www.youtube.com/watch?v=pK5XM7z0Je4</p>		<p>1.7K views</p>

WEEK : 13 DATE : 31.07.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் -13 1K views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p>	<p>NAME OF THE BOOK</p>	<p>AUTHOR OF THE BOOK</p>
	<p>Dr.J.Anitha Christopher Assistant Professor, LWIASE.</p>	<p>Nijangal</p>	<p>Joy Issac</p>
	<p>S.Girivanthini B.Ed., Student</p>	<p>Poonachi or The Story of a Black Goat</p>	<p>Perumal Murugan</p>
	<p>K.Padmavathi B.Ed., Student</p>	<p>Anilaadum Mutril</p>	<p>N.Muthukumar</p>
<p>https://www.youtube.com/watch?v=CLcZV3CWLW4</p>	<p>1K views</p>		

WEEK : 14 DATE : 07.08.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 14 774 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p>	<p>NAME OF THE BOOK</p>	<p>AUTHOR OF THE BOOK</p>
	<p>Mrs.J.Radhamani Assistant Professor, LWIASE.</p>	<p>Itliyaaga Irungal</p>	<p>So.Ma.Valliappan</p>
	<p>K.Irudhayamari B.Ed., Student</p>	<p>Ganharvanin Sirugathaigal</p>	<p>Ganharvan</p>
	<p>K.Sindhuja B.Ed., Student</p>	<p>Thanikural</p>	<p>Dr.Jeyamohan</p>
<p>https://www.youtube.com/watch?v=9I5qp27lc7E</p>	<p>744 views</p>		

WEEK : 15 DATE : 14.08.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 15 678 views • Streamed 1 year ago</p>	<p>NAME OF THE BOOK REVIEWER</p>	<p>NAME OF THE BOOK</p>	<p>AUTHOR OF THE BOOK</p>
	<p>Mrs.V.Deepa Assistant Professor, LWIASE.</p>	<p>Vaagai Soodum Sinthanai</p>	<p>Riyo Okava</p>
	<p>Suganthi.G B.Ed., Student</p>	<p>Sellatha Panam</p>	<p>Imayam</p>
	<p>Sudha.R B.Ed., Student</p>	<p>Assiriyargalukku</p>	<p>Swami Ranganathananthar</p>
<p>https://www.youtube.com/watch?v=NZ6r_AVNq1s</p>	<p>678 views</p>		

WEEK : 16 DATE :21 .08.2021

 <p>வினிகடன் சிமட்டி வாசகர் வட்டம் வழங்கும் புத்தக மதிப்புரைக் கூட்டம் -16 திறப்பாளர்: ம.ச.தில்லை நாயகி நாள்: 21.08. நேரம்: 10.30</p> <p>திருமதி ஆர் கவிதா உதவிப் பேராசிரியர் - கல்விநியல் துறை, வினிகடன் சிமட்டி கல்விநியல் மேம்பாட்டு நிறுவனம். நம் மாணவியர்கள்: செல்வி.ஆ.சரண்யா & செல்வி.நா.போ.சனந்தி கருத்தரங்க இயக்குநர் முனைவர் ம.ச.தில்லை நாயகி கல்வூரி முதல்வர்</p> <p>ஒருங்கிணைப்பாளர்கள் முனைவர் இ.ச.சிவேலா திருமதி.வி.சுஜிதா முனைவர் கல்வூரி நூலகர் கூ.த.க.க.வி. இயக்குநர் கே.எ.ர.க.க. கல்வூரி YouTube தளத்தின் வழியாக பங்கேற்க அன்புடன் அழைக்கிறோம்</p> <p>1:34:17</p> <p>புத்தக மதிப்புரைக் கூட்டம் - 16 : 1.5K views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=s3SanNif8bY</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Mrs.K.Kavitha Assistant Professor, LWIASE.	Kaalam Ungal Kaaladiyil	So.Ma.Valliappan
	V.Vasunthara B.Ed., Student	The Kite Runner	Robin sharma
	K.Suganthi B.Ed., Student	The 5 am Club	Robin sharma
		1.5K views	

WEEK : 17 DATE : 28.08.2021

 <p>வினிகடன் சிமட்டி வாசகர் வட்டம் வழங்கும் புத்தக மதிப்புரைக் கூட்டம் -17 திறப்பாளர்: ம.ச.தில்லை நாயகி நாள்: 28.08.2021 நேரம்: 10.50-12.20</p> <p>முனைவர் ம.ச.தில்லை நாயகி கல்வூரி முதல்வர் நம் மாணவியர்கள்: செல்வி.ஆ.சரண்யா & செல்வி.நா.போ.சனந்தி கருத்தரங்க இயக்குநர் முனைவர் ம.ச.தில்லை நாயகி கல்வூரி முதல்வர்</p> <p>ஒருங்கிணைப்பாளர்கள்</p> <p>47:08</p> <p>புத்தக மதிப்புரை கூட்டம்-17 809 views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=9dO5j_lPIEQ&t=10s</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.M.S.Thillainayaki Principal LWIASE	Manasukul Varalama	Abirami
		809 views	

WEEK : 18 DATE : 04.09.2021

 <p>வினிகடன் சிமட்டி வாசகர் வட்டம் வழங்கும் புத்தக மதிப்புரைக் கூட்டம் -18 திறப்பாளர்: ம.ச.தில்லை நாயகி நாள்: 04.09.2021 நேரம்: 10.50-12.20</p> <p>திரு.ச.மணிகண்டன் உதவிப் பேராசிரியர் - கல்விநியல் துறை, வினிகடன் சிமட்டி கல்விநியல் மேம்பாட்டு நிறுவனம். நம் மாணவியர்கள்: செல்வி.ஆ.சரண்யா & செல்வி.நா.போ.சனந்தி கருத்தரங்க இயக்குநர் முனைவர் ம.ச.தில்லை நாயகி கல்வூரி முதல்வர்</p> <p>ஒருங்கிணைப்பாளர்கள்</p> <p>1:38:14</p> <p>18வது புத்தக மதிப்புரை கூட்டம் 866 views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=llg2FRJTq50&t=15s</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Mr.S.Manikandan Assistant Professor, LWIASE.	Child Development	Laura E.Berk
	N.Y.Shanandhi B.Ed., Student	Unnodu Oru Nimisham	V.Iraiyambu IAS
A.Saranya B.Ed., Student	Man and Superman	George Bernard Shaw	
		866 views	

WEEK : 19 DATE : 11.09.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 19 1K views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.J.Anitha Guest Lecturer, LWIASE.	Iyntha Nimida Thuzhigal	N.Ganesan
	Jesima Mehar Banu M B.Ed., Student	Manimegalai	Cheethalai Chathanaar
	V.Priyadharshini B.Ed., Student	Yaanai doctor	Jeyamohan
https://www.youtube.com/watch?v=tPklvp7KYfg		1K views	

WEEK : 20 DATE :18.09.2021

 <p>புத்தக மதிப்புரைக் கூட்டம்-20 748 views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.R.Venkatesan Guest Lecturer, LWIASE.	Thanthai Periyar	
	R.Sanchanashree B.Ed., Student	Rich Dad and Poor Dad	Robert Kiyosaki, Sharon Lechter
	R.Brindha B.Ed., Student	The Boy, The Mole, The Fox and The Horse	Charlie Mackesy
https://www.youtube.com/watch?v=n4HK_FWjPRs		748 views	

WEEK : 21 DATE :25.08.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 21 802 views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.M.Nadhiya Guest Lecturer, LWIASE.	Enakuriya Idam Engae?	S.Maadasami
	L.Poovizhi Meena B.Ed., Student	Thamilar Naagarigamum	Munaivar A. Dhatchimoorthi
	A.M. Vijayasi B.Ed., Student	Nagaram	Sujatha
https://www.youtube.com/watch?v=IUFMk1dd998		802 views	

WEEK : 22 DATE : 02.10.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் -22 திரைப்படம் வந்தது</p> <p>நாள்: 02.10.2021 நேரம்: காலை 10.30</p> <p>முனைவர் சி. நளினி கௌரவ விருந்தினர் - கல்வியியல் துறை விடுதலை சிமட்டி கல்வியியல் மேம்பாட்டு நிறுவனம். நம் மாணவியர்கள்: செல்வி.கா அனிதாபிரியா & செல்வி.ர ஐஸ்வர்யா கருத்தரங்க இயக்குநர் முனைவர் ம.ச.தில்லை நாயகி கல்லூரி முதல்வர் ஒருங்கிணைப்பாளர்கள் முனைவர் இ.சசிவேகா சிமட்டி.வி.கவிதா முனைவர் ச.மகாலட்சுமி</p> <p>புத்தக மதிப்புரை கூட்டம் 22 548 views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=iEGnnoKkzuU</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.S.Nalini Guest Lecturer, LWIASE.	The Power of Your Subconscious Mind	Dr.Joseph Morphy
	K. Anithapriya B.Ed., Student	Biryani	Santhosh eetchikaanam - Aasiriyar
Aishwarya.R B.Ed., Student	Life's amazing Secrets	Gaur Gopal Das	
https://www.youtube.com/watch?v=iEGnnoKkzuU		548 views	

WEEK : 23 DATE : 09.10.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் -23 திரைப்படம் வந்தது</p> <p>நாள்: 09.10.2021 நேரம்: காலை 10.30</p> <p>முனைவர் ம. ச. திழ்முதி கௌரவ விருந்தினர் - கல்வியியல் துறை விடுதலை சிமட்டி கல்வியியல் மேம்பாட்டு நிறுவனம். நம் மாணவியர்கள்: திருமதி ர.அருள்மொழி & செல்வி ஜே. சந்திரா கருத்தரங்க இயக்குநர் முனைவர் ம.ச.தில்லை நாயகி கல்லூரி முதல்வர் ஒருங்கிணைப்பாளர்கள் முனைவர் இ.சசிவேகா சிமட்டி.வி.கவிதா முனைவர் ச.மகாலட்சுமி</p> <p>23வது புத்தக மதிப்புரை கூட்டம் 892 views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=qGIZPWKU224</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.B.Tamilarasi Guest Lecturer, LWIASE.	Uzhaipom Uyarvom	Nerwin
	R.Arulmozhi B.Ed., Student	Uyirvodu Ulagil Vazhalam	R.Shanmugam
J.Sandhiya B.Ed., Student	Wings of Thought	Yuva Shakthi	
https://www.youtube.com/watch?v=qGIZPWKU224		892 views	

WEEK : 24 DATE : 15.10.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் -24 திரைப்படம் வந்தது</p> <p>நாள்: 15.10.2021 நேரம்: காலை 10.30</p> <p>திருமதி. ப. கவிதா கௌரவ விருந்தினர் - கல்வியியல் துறை விடுதலை சிமட்டி கல்வியியல் மேம்பாட்டு நிறுவனம். நம் மாணவியர்கள்: செல்வி.ந.நிழல் & செல்வி.செல்வி.ர. அபிநயா கருத்தரங்க இயக்குநர் முனைவர் ம.ச.தில்லை நாயகி கல்லூரி முதல்வர் ஒருங்கிணைப்பாளர்கள் முனைவர் இ.சசிவேகா சிமட்டி.வி.கவிதா முனைவர் ச.மகாலட்சுமி</p> <p>24வது புத்தக மதிப்புரை கூட்டம் 560 views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=M6xyLajjtj8</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Mrs.P.Sunitha Guest Lecturer LWIASE.	Learning how to fly life lesson for youth	A.P.J. Abdulkalam
	T.Tamilselvi B.Ed., Student	Oyintheruka lagathu Kalvi sirukathaigal (Engal Teacher)	Sudha Ramasami
R.Abinaya B.Ed., Student	Atomic Habits	James clear	
https://www.youtube.com/watch?v=M6xyLajjtj8		560 views	

WEEK : 25 DATE : 23.10.2021

 <p>25வது புத்தக மதிப்புரை கூட்டம் 766 views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
Dr.R.Muthulakshmi Guest Lecturer LWIASE.	Than Pokishathai Vittra Thuravi	Robin Sharma	
M.Manoranjini B.Ed., Student	Potoson-Jannalil oru Sirumi	Tetsukokuroyanak hi	
https://www.youtube.com/watch?v=BWwRpVtZiSc&t=12s		766 views	

WEEK : 26 DATE : 30.10.2021

 <p>26வது புத்தக மதிப்புரை கூட்டம் 981 views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
Dr.J.Muthukumari Guest Lecturer, LWIASE.	Panpaatu Asaivugal	K.Paramisivam	
T.Sailaja B.Ed., Student	Tiding Waves	Gopinathan Sadasivam	
S.Keerthika B.Ed., Student	Nalliravil Suthanthiram	Dominique Lapierre & Larry collinse (Translated in Tamil)	
https://www.youtube.com/watch?v=SYXC1YSqoe0&t=24s		981 views	

WEEK : 27 DATE : 06.11.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 27 1.3K views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
K.V.Kanimozhi Guest Lecturer, LWIASE.	On Education	Ramakrishnan	
Naagarani B.Ed., Student	Tamarin Veeram	R.P.Sethupillai	
B.Akshaya B.Ed., Student	R.Brain	David Eagleman	
https://www.youtube.com/watch?v=vuLTX7kplHc		1.3K views	

WEEK : 28 DATE : 13.11.2021

 <p>28வது புத்தக மதிப்புரை கூட்டம் 1.7K views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.I.Sasireka Guest Lecturer, LWIASE.	Guruvasam	Jaiguruji
	R.Sudha B.Ed., Student	Nalla Natpu	Kuzhanthai Arul.R
	V.Akalya B.Ed., Student	Muthal Mathiou Edukavendum Magazhe	N.Muthunilavan
https://www.youtube.com/watch?v=900hi71-O4w	1.7K views		

WEEK : 29 DATE : 20.11.2021

 <p>29வது புத்தக மதிப்புரைக் கூட்டம் 1.8K views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Mrs.V.Sujitha Physical Education Director, LWIASE.	Mahakavi Bharathiyar	Dinamani Naazhithal
	R.Kavitha B.Ed Student	How to Win Friends and Influence People	Dale Carnegie
	P.Akalya Devi B.Ed., Student	The Mountain is You	Brianna Wiest
https://www.youtube.com/watch?v=xaMzm8ctY1k	1.8K views		

WEEK : 30 DATE : 27.11.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 30 926 views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Ms.V.Shyamala Assistant Professor, LWIASE.	Helen Keller	Elango
	A.Aarthi B.Ed., Student	Idliyaga Irungal	Soma Valliappan
	V.Abinaya B.Ed., Student	Attitude is everything	Jeff Keller
https://www.youtube.com/watch?v=sg-XkIEIOcc	926 views		

WEEK : 31_DATE : 04.12.2021

 <p>31வது புத்தக மதிப்புரை கூட்டம் 1.1K views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
Dr.M.S.Thillainayaki Principal, LWIASE	Thannambikai vizhuthugal, why be Sad?	Apachi Sababathi, J.B. Miswani	
T.Akshara B.Ed., Student	Thirraikathai Ezhuthuvathu Eppadi?	Sujatha	
V.Ezhilarasi B.Ed., Student	The richest man in Babylon	George S Clason	
https://www.youtube.com/watch?v=qbESgJ0dRJU	1.1K views		

WEEK : 32_DATE : 11.12.2021

 <p>புத்தக மதிப்புரைக் கூட்டம் - 32 747 views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
Dr. Sarah Manickaraj Assistant Professor, LWIASE.	The seven habits of effective people	Stephen Covey	
S.Arulkani B.Ed., Student	Gandhiyin kalvi sindhanigal	A.Annamalai	
K.Akshaya B.Ed., Student	Ambedhkar varalaru	Kowthoor mani	
https://www.youtube.com/watch?v=o8ZztYzXfaw	747 views		

WEEK : 33 DATE : 18.12.2021

 <p>33வது புத்தக மதிப்புரை கூட்டம் 1K views • Streamed 1 year ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
Dr.D.Hemalatha Kalaimathi Assistant Professor, LWIASE.	The Power of Positive Thinking	Norman Wilson Peel	
N.Rajalakshmi B.Ed., Student	Mozhiyae vazhvu	Dhooyamariyanai A.M.Pillai	
S.Bhuvaneshwari B.Ed., Student	Veedillaputhakangal	S.Ramakrishnan	
https://www.youtube.com/watch?v=xaUlokIsLs	1K views		

WEEK : 34 DATE : 24.12.2021

 <p>வினியோக சமூக வளர்ச்சி வட்டம் வழங்கும் புத்தக மதிப்புரைக் கூட்டம் - 34 சிறப்புரை வழங்குபவர்</p> <p>நாள்: 24.12.2021 நேரம்: 3 - 4 pm</p> <p>முனைவர்.ம.ச.தில்லை நாயகி கல்வாரி முதல்வர் & நம் மாணவியர்கள் செவியா திவ்யாஜி & செவியா இலக்ஷியா</p> <p>கருத்தரங்க இயக்குநர் முனைவர்.ம.ச.தில்லை நாயகி கல்வாரி முதல்வர் ஒருங்கிணைப்பாளர்கள்</p> <p>1:12:02</p> <p>34வது புத்தக மதிப்புரை கூட்டம்</p> <p>661 views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=iDbfyRoumo4</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.M.S.Thillainayaki Principal, LWIASE	Ithu Nam Kuzhanthaigalin Vagupparai	Thiru.S.Ramakrishnan
	B.Divya Bharathi B.Ed., Student	Hyper focus- How to more productive in a world of distraction	Chris Bailey
Elakkiya B.Ed., Student	VAgupparaikku Veliye	R.Dhakshinamoorthy	
https://www.youtube.com/watch?v=iDbfyRoumo4		661 views	

WEEK : 35 DATE : 31.12.2021

 <p>வழங்கும் புத்தக மதிப்புரைக் கூட்டம் -35 சிறப்புரை வழங்குபவர்</p> <p>நாள்: 31.12.2021 நேரம்: 10.30-11.30</p> <p>முனைவர். சி. வெற்றிவேல் உதவிப் பேராசிரியர் - பொதுநலநிதியல் கல்வியியல் துறை, வினியோக சமூக வளர்ச்சி வட்டம் மேல்பாட்டு திருவனாமலை & நம் மாணவியர்கள் துஷ்யா காதம்பரி & S.K.பவானி</p> <p>கருத்தரங்க இயக்குநர் முனைவர்.ம.ச.தில்லை நாயகி கல்வாரி முதல்வர் ஒருங்கிணைப்பாளர்கள்</p> <p>1:22:07</p> <p>35வது புத்தக மதிப்புரை கூட்டம்</p> <p>1.2K views • Streamed 1 year ago</p> <p>https://www.youtube.com/watch?v=W46utwqCag</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	DR.S.Vetrivel Assistant Professor, LWIASE.	Paakkuthottam	Paavanan
	Akshaya Kathambari.B B.Ed., Student	No Problem	Sibi K Solomon
R.K. Bhavani B.Ed., Student	Sir.c.V.Raman – Oliyiyalin Thanthai	Siva Bharathi	
https://www.youtube.com/watch?v=W46utwqCag		1.2K views	

WEEK : 36 DATE : 10.01.2022

 <p>வழங்கும் புத்தக மதிப்புரைக் கூட்டம் -36 சிறப்புரை வழங்குபவர்</p> <p>நாள்: 10.01.2022 நேரம்: 10.30-11.30am</p> <p>முனைவர்.ச.சுமர, உதவிப் பேராசிரியர் - கணிதவியல் கல்வியியல் துறை, வினியோக சமூக வளர்ச்சி வட்டம் மேல்பாட்டு திருவனாமலை & நம் மாணவியர்கள் பொதுநலநிதியல் & சி.அன்முரளி</p> <p>கருத்தரங்க இயக்குநர் முனைவர்.ம.ச.தில்லை நாயகி கல்வாரி முதல்வர் ஒருங்கிணைப்பாளர்கள்</p> <p>1:21:45</p> <p>36 வது புத்தக மதிப்புரை கூட்டம்</p> <p>1.4K views • Streamed 11 months ago</p> <p>https://www.youtube.com/watch?v=ZRgm9S9IbNM</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.S.Rama Assistant Professor, LWIASE.	You can win	Thitucalar Shivkhara
	S.Annapoorani B.Ed., Student	The invisible man	H.G.Wells
Kumari Deepika B.Ed., Student	Think and Grow Rich	Napoleon Hill	
https://www.youtube.com/watch?v=ZRgm9S9IbNM		1.4K views	

WEEK : 37_DATE : 21.01.2022

 <p>புத்தக மதிப்புரைக் கூட்டம்-37 1.6K views • Streamed 11 months ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.S.Komalavalli Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Vizhippunarvu</p>	<p>AUTHOR OF THE BOOK</p> <p>Osho</p>
<p>புத்தக மதிப்புரைக் கூட்டம்-37 1.6K views • Streamed 11 months ago</p>	<p>V.Mahalakshmi B.Ed., Student</p>	<p>Think Big</p>	<p>Rhyuo Okava</p>
<p>https://www.youtube.com/watch?v=b1VIKTZ_BNA</p>		<p>1.6K views</p>	

WEEK : 39_DATE : 05.02.2022

 <p>புத்தக மதிப்புரைக் கூட்டம்-38 1.6K views • Streamed 11 months ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Mr.R.Selvaraj Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Dr.Ambedhkar</p>	<p>AUTHOR OF THE BOOK</p> <p></p>
<p>39வது புத்தக மதிப்புரைக் கூட்டம் 1.6K views • Streamed 11 months ago</p>	<p>S.Monica Jency B.Ed., Student</p>	<p>Kaalam Kathirukkaathu</p>	<p>Ponni</p>
<p>https://www.youtube.com/watch?v=ARAP5qBcZ3U</p>	<p>1.6K views</p>		

WEEK : 40_DATE : 12.02.2022

 <p>புத்தக மதிப்புரைக் கூட்டம்-40 1.7K views • Streamed 10 months ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Mr.S.Manikandan Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Journey of Civilization</p>	<p>AUTHOR OF THE BOOK</p> <p>R.Balakrishnan</p>
<p>40வது புத்தக மதிப்புரைக் கூட்டம் 1.7K views • Streamed 10 months ago</p>	<p>B.Geetha B.Ed., Student</p>	<p>Annai Teresa</p>	<p>R.Muthukumar</p>
<p>https://www.youtube.com/watch?v=McJmwUFeczg</p>	<p>1.7K views</p>		

WEEK : 41 DATE : 26.02.2022

	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
<p>41வது புத்தக மதிப்புரைக் கூட்டம்</p> <p>1K views • Streamed 10 months ago</p>	Ms.S.Arumbumozhi Assistant Professor, LWIASE.	Sattamethai Ambedhkar	Aranka N.Peruman
	B.Sudha B.Ed., Student	Eating in the light of the moon	Dr.Anitha Johnston
	P.Siva Priya B.Ed., Student	The Power of Positive Thinking	Norman Vincent Peale
https://www.youtube.com/watch?v=EV4YBWD4bh8		<p style="text-align: right;">1K views</p>	

WEEK : 42 DATE : 05.03.2022

	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
<p>42வது புத்தக மதிப்புரைக் கூட்டம்</p> <p>1.6K views • Streamed 10 months ago</p>	Mrs.J.Radhamani Assistant Professor, LWIASE.	Panmuga Arivu Thirangal	M.Suchithra
	A.Preetha B.Ed., Student	Tuesdays with Morrie	Mitch Alborn
	M. Arshiya Fathima B.Ed., Student	Digital Minimalism	Cal Newport
https://www.youtube.com/watch?v=uuCJ76w3Mkw		<p style="text-align: right;">1.6K views</p>	

WEEK : 43 DATE : 26.03.2022

	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
<p>43வது புத்தக மதிப்புரைக் கூட்டம்</p> <p>1.5K views • Streamed 9 months ago</p>	Dr.J.Anitha Christopher Assistant Professor, LWIASE.	Vaiya Thalaimaikol	V.Iraiyambu
	R.Abiyal B.Ed., Student	Yedharthathal vasithalum ezhuthuthalum	Kamalalaiyan
	Mekha Anandhi B.Ed., Student	Desandhari	S.Ramakrishnan
https://www.youtube.com/watch?v=XXc4AU7iRVo		<p style="text-align: right;">1.5K views</p>	

WEEK : 44 DATE : 04.04.2022

 <p>44வது புத்தக மதிப்புரைக் கூட்டம் 3.1K views • Streamed 9 months ago</p> <p>https://www.youtube.com/watch?v=MKkxTSgdYBE</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Mrs.V.Deepa Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Thalaivargal Thevai</p>	<p>AUTHOR OF THE BOOK</p> <p>Munaivar N.Sankararaman</p>
	<p>V.Devi B.Ed., Student</p>	<p>Valluvar Mozhi Sollum Asiriyargal, Valluvar Vazhi Sellum Manavargal</p>	<p>Gokila Thangasamy</p>
	<p>P.Akshaya B.Ed., Student</p>	<p>I dare</p>	<p>Parmesh Dangwal</p>
	<p>3.1K views</p>		

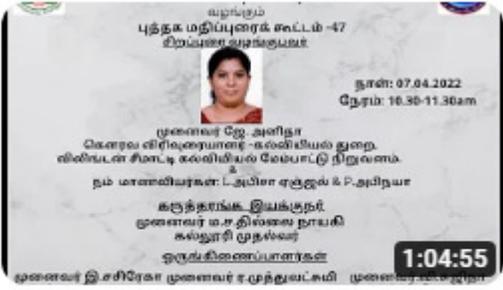
WEEK : 45 DATE : 09.04.2022

 <p>45வது புத்தக மதிப்புரைக் கூட்டம் 1.3K views • Streamed 8 months ago</p> <p>https://www.youtube.com/watch?v=U0ainLUpFmo</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Mrs.R.Kavitha Assistant Professor, LWIASE.</p>	<p>NAME OF THE BOOK</p> <p>Think Like a Monk</p>	<p>AUTHOR OF THE BOOK</p> <p>Jay shetty</p>
	<p>S.Divanya B.Ed., Student</p>	<p>The Three Questions</p>	<p>Leo Tolstoy</p>
	<p>T.Hemalatha B.Ed., Student</p>	<p>Neenga than Saavi</p>	<p>Surekha</p>
	<p>1.3K views</p>		

WEEK : 46 DATE : 18.04.2022

 <p>46வது புத்தக மதிப்புரைக் கூட்டம் 922 views • Streamed 8 months ago</p> <p>https://www.youtube.com/watch?v=mPWIVVIYURk</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.R.Venkatesan Guest Lecturer LWIASE</p>	<p>NAME OF THE BOOK</p> <p>Varalatrakalin Pangu</p>	<p>AUTHOR OF THE BOOK</p>
	<p>R.Arthi B.Ed., Student</p>	<p>Silayum nee sirpiyum nee</p>	<p>Nagore Rumi</p>
	<p>M.Aiswarya B.Ed., Student</p>	<p>Kuruthipunal</p>	<p>India Parthasarathy</p>
	<p>922 views</p>		

WEEK : 47 DATE : 07.05.2022

 <p>47வது புத்தக மதிப்புரைக் கூட்டம் 932 views • Streamed 7 months ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr. J. Anitha Guest Lecturer LWIASE</p>	<p>NAME OF THE BOOK</p> <p>Vetri Nichayam</p>	<p>AUTHOR OF THE BOOK</p> <p>M.Lenin</p>
	<p>L.Abiza Angel B.Ed., Student</p>	<p>The Magic of Thinking Big</p>	<p>David.J. Schwartz</p>
	<p>R.Abinaya B.Ed., Student</p>	<p>Vazhvil vazhampera</p>	<p>Munaivar s. Innasimuthu</p>
<p>https://www.youtube.com/watch?v=bKuwBLFQ7ms</p>		<p>932 views</p>	

WEEK : 48 DATE : 14.05.2022

 <p>48வது புத்தக மதிப்புரைக் கூட்டம் 1.2K views • Streamed 7 months ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Dr.M.Nadhiya Guest Lecturer LWIASE</p>	<p>NAME OF THE BOOK</p> <p>Valkaavil irunthu gangai varai</p>	<p>AUTHOR OF THE BOOK</p> <p>Rakula Sankiruthiyaayan</p>
	<p>K.Abitha B.Ed., Student</p>	<p>Vazhvil Vazhampera</p>	<p>Munaivar s. Innaimuthu</p>
	<p>R.Gayathri B.Ed., Student</p>	<p>Yezhavadhu Arivu</p>	<p>V.Iraiyanbu IAS</p>
<p>https://www.youtube.com/watch?v=Ftv6ZcYOvYE</p>		<p>1.2 K views</p>	

WEEK : 49 DATE : 21.05.2022

 <p>49வது புத்தக மதிப்புரைக் கூட்டம் 1K views • Streamed 7 months ago</p>	<p>NAME OF THE BOOK REVIEWER</p> <p>Mrs.P.Sunitha Guest Lecturer LWIASE</p>	<p>NAME OF THE BOOK</p> <p>A Brief History of Science</p>	<p>AUTHOR OF THE BOOK</p> <p>Stephen Hawking</p>
	<p>K.Shobana B.Ed., Student</p>	<p>Sadhikka Aasaipadu</p>	<p>Pera.V.Neelamegam</p>
	<p>M.Bhuvaneshwari B.Ed., Student</p>	<p>The Strangest Secret</p>	<p>Earl Nightingale</p>
<p>https://www.youtube.com/watch?v=wctO4Kd12KU</p>		<p>1K views</p>	

WEEK : 52 DATE : 24.06.2022

 <p>52வது புத்தக மதிப்புரைக் கூட்டம் 758 views • Streamed 6 months ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.R.Muthulakshmi Guest Lecturer LWIASE	Sivappu Kazhuthudan oru pachai paravai	Ambai
	H.Afroze Begum B.Ed., Student	Uyir Koottum Unnadha Kadhaigal	G.Francis Xavier
	Kanimozhi B.Ed., Student	Stillness is the Key	Ryan Holiday
https://www.youtube.com/watch?v=o-T1aPKLhng	758 views		

WEEK : 53 DATE : 23.07.2022

 <p>53வது புத்தக மதிப்புரைக் கூட்டம் 3.4K views • Streamed 5 months ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.J.Muthukumari Guest Lecturer LWIASE	Ki Mu Ki Pi	Thiru. Madhan
	S.Thilagam B.Ed., Student	Sathikka Asaipadu	C.Sailenthirababu
	D.Pushkala B.Ed., Student	The book of Ichigo Ichie	Francesc Miralles & Hector Garcia
https://www.youtube.com/watch?v=NdjNbTXKRGQ	3.4K views		

WEEK : 54 DATE : 30.07.2022

 <p>54வது புத்தக மதிப்புரைக் கூட்டம் 521 views • Streamed 5 months ago</p>	NAME OF THE BOOK REVIEWER	NAME OF THE BOOK	AUTHOR OF THE BOOK
	Dr.I.Sasireka Librarian LWIASE	Deep work	Cal Newport
	Kavya B.Ed., Student	The Independent Mind	Osho
	Malini B.Ed., Student	Psychological Technique	M.Rajkumar
https://www.youtube.com/watch?v=4v3oLBiiRmQ	521 views		

WEEK : 55 DATE : 06.08.2022

 <p>55வது புத்தக மதிப்புரைக் கூட்டம் 522 views • Streamed 4 months ago</p>	<p align="center">NAME OF THE BOOK REVIEWER</p> <p>Mrs.K.V.Kanimozhi Guest Lecturer LWIASE</p>	<p align="center">NAME OF THE BOOK</p> <p>Yaarukaaga Azhuthen</p>	<p align="center">AUTHOR OF THE BOOK</p> <p>Jeyakanthan</p>
	<p>Aarathi B.Ed., Student</p>	<p>Thanneer</p>	<p>Ashokamithiran</p>
	<p>Mythili B.Ed., Student</p>	<p>The Miracle Nomin</p>	<p>Hal Elrold</p>
	<p>https://www.youtube.com/watch?v=K9I64r30QIg&t=6s</p>		

WEEK : 56 DATE : 13.08.2022

 <p>56வது புத்தக மதிப்புரைக் கூட்டம் 506 views • Streamed 4 months ago</p>	<p align="center">NAME OF THE BOOK REVIEWER</p> <p>Dr.V.Sujitha Physical Education Director, LWIASE</p>	<p align="center">NAME OF THE BOOK</p> <p>Thiravida Iyakka Varalaru</p>	<p align="center">AUTHOR OF THE BOOK</p> <p>R.Muthukumar</p>
	<p>V.Dhivya B.Ed., Student</p>	<p>Mathorubhagan</p>	<p>Perumal Murugan</p>
	<p>T.S.Anusuya B.Ed., Student</p>	<p>Manavargal vetrikku Swami Vivekanandhar</p>	<p>A.R.K. Sharma</p>
	<p>https://www.youtube.com/watch?v=vTEIdXZlUk&t=1s</p>		

WEEK : 57 DATE : 20.08.2022

 <p>57வது புத்தக மதிப்புரைக் கூட்டம் 519 views • Streamed 4 months ago</p>	<p align="center">NAME OF THE BOOK REVIEWER</p> <p>Ms.V.Shyamala Assistant Professor LWIASE</p>	<p align="center">NAME OF THE BOOK</p> <p>Louis Braille</p>	<p align="center">AUTHOR OF THE BOOK</p>
	<p>Hemalatha B.Ed., Student</p>	<p>Nee sathikka pirandhavan</p>	<p>Vivekanandhar</p>
	<p>Ishwarya B.Ed., Student</p>	<p>Boomiya sirukathai</p>	<p>P.Manikanan</p>
	<p>https://www.youtube.com/watch?v=hBmGjM9N6rg&t=3s</p>		

WEEK : 58 DATE : 27.08.2022

 <p>58வது புத்தக மதிப்புரைக் கூட்டம் 352 views • Streamed 4 months ago</p>	<p align="center">NAME OF THE BOOK REVIEWER</p> <p>Dr.S.Sanathi Assistant Professor LWIASE</p>	<p align="center">NAME OF THE BOOK</p> <p>Neram Nalla Neram</p>	<p align="center">AUTHOR OF THE BOOK</p> <p>Lena Tamilvanan</p>
	<p>R. Hemamalini B.Ed., Student</p>	<p>Aknipravesam</p>	<p>Jeyakanthan</p>
	<p>Gayathri, B.Ed., Student</p>	<p>Atchamthavir</p>	<p>V.Iraiyambu</p>
	<p>https://www.youtube.com/watch?v=q2I8OzAEHf4&t=340s</p>		

Best Practice – II

1. Title of the Practice : Yoga for Health and Wellness

2. The context that required the institution of the practice:

Teachers are the real builders of the nation. They are the pillars to upload the national aspirations of progress. It is the teachers who mould the future society and influence the coming generations towards successful achievement of the nation goals. If the teachers have to perform their duties with dedication and sincerity they must possess adequate mental health. Nowadays, Teachers and students work under enormous pressure to perform on teaching learning process in the present context. In order to prepare our student teachers to face this situation, we need to strengthen them in both physical and mental health. Future teachers are expected to be mentally healthy as they need to cope with so many stressful and frustrating situations. Yoga and meditation practice have a highly positive impact in the management of stress related problems. Student teachers need to adopt Yoga and Meditation in daily life. Yoga is one path to a classroom where teachers and students can relax in the face of stress. Teachers benefit most when they practice yoga alongside their students, co-teach along with a visiting yoga teacher, and integrate yoga activities in the school day. Hence we planned to provide abundant opportunities to our student teachers to practice yoga and meditation in the institution during their B.Ed and M.Ed., programme.

3. Objectives of the Practice:

Yoga education helps in self-discipline and self-control, leading to immense amount of wareness, concentration and higher level of consciousness. Objectives of student teachers practicing yoga and meditation in the institution are,

- To enable the student teachers to have good health.
- To practice mental hygiene.
- To possess emotional stability
- To integrate moral values
- To attain higher level of consciousness.

Yoga education can enhance all the activities of the students, be it academic or sport or social. Practicing yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and social activity among student teachers.

4. The Practice:

The institution provides the following opportunities to our student teachers to practice yoga and meditation.

1. We have a elective course at first Year B.Ed., in semester II - Yoga, Health and Physical Education – The course objectives related to this topic are,
 - To define and understand the concept of yoga and its practice.
 - To appreciate the benefits of Yoga and Meditation
 - To practice various asanas, surya namaskar, pranayama, and meditation.

Along with this, student teachers will submit a record on guidelines to practicing yoga in schools and its benefits and they prepare a report on their meditation experiences in a brief manner as a part of their pedagogical activity.

2. Organized and planned Three days Yoga Workshop from 11.04.2022 to 13.04.2022. 194 students of B.Ed first year were participated.

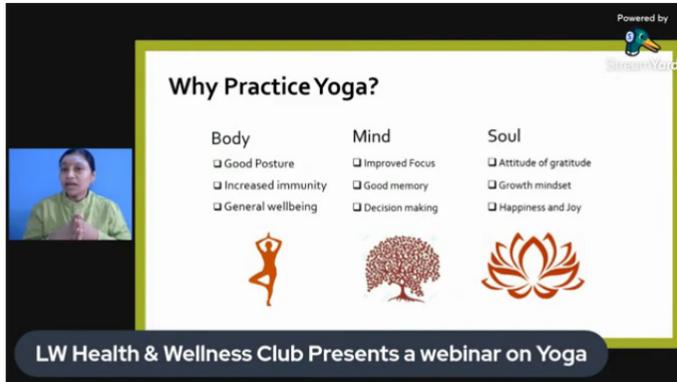
3. Visit to Vivekananda Cultural Centre is a unit of Sri Ramakrishna Math, Triplicane, Chennai. Vivekananda Cultural Centre (VCC) offers various job oriented programmes aimed at underprivileged youth to provide them with the necessary skills and empower their lives. Wellness programmes for promoting a healthy society and for a healthy nation are also conducted. Special Yoga programmes offers for men, women and kids. Our M.Ed second year students visited the Vivekanandhar illam and cultural centre. They were much realized and appreciated the photogallery depicting the life of Saint Vivekanandhar, 3Ds hall, Meditation hall, book shop and an institute that teaches Yoga and other skill development courses. The field trip was very constructive for perspective teacher educators.

4. Celebrating International Day of Yoga Celebrations in LWIASE on 21.06.2022 - Yoga day celebrations are an occasion of mass gatherings. In our Lady Willingdon Institute of Advanced Study in Education, Chennai-05, we celebrated the 8th International Day of Yoga, in a grand manner on 21.06.2022 along with our College Sports meet. Siva.V. Meyyanathan, Minister for Environment and Pollution Control, Youth Welfare and Sports developments, Tamil Nadu, graced the event as Chief Guest. 33 Student teachers of our LWIASE performed yoga.

21.06.2022 morning 77 student teachers of Lady Willingdon Institute of Advanced Study in Education, participated in the 8th International Day of Yoga Celebrations held at Raj Bhavan, Chennai, Tamil Nadu. There the participants were instructed by Yoga practitioners from Isha Yoga and The art of living to follow sequence of some Asanas. In which Thiru.R.N.Ravi, Honourable Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi participated.

5. Evidence of the success

The general feedback we received from our student teachers like, they the resource persons are well-experienced. This course makes me deepen their knowledge about the physical and mental wellness. The techniques and asana learned in the yoga class greatly helped to concentrate in their studies, handle the school students patiently, improve perseverance, strength, flexibility, helps to cope up with stress, positive interpersonal relationship with stakeholders of a school during internship.



Webinar on Yoga for Health & Wellness

Lady Willingd...
919 subscribers

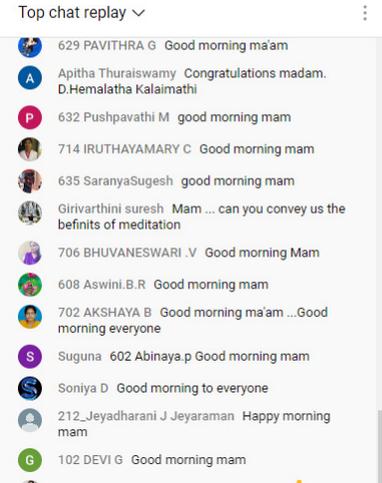
🔔 Subscribed

👍 17

💬

➦ Share

⋮



6. Problems encounters

- Student teacher find difficult to apply what they learned in the Yoga Workshop.
- Limited time duration to practice.
- Health related risks to practice yoga.

7. Resource required

- Yoga training programmes to be conducted to teaching and non-teaching staffs
- Provision of free dress, Yoga mat other needy materials to all student teachers.
- Regular Yoga trainer to the institution

8. About the Institution

Name of the institution : Lady Willingdon Institute of Advanced Study in Education (A)

Year of accreditation: 2005

Address : Kamarajar salai, near vivekanandhar illam, Triplicane, Chennai-05.

Grade awarded by NAAC – “B”

Email – principallwiase@yahoo.co.in

Contact person for further details: Dr.M.S.Thillainayaki, Principal,

Yoga for Health and Wellness

Introduction

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga asanas are beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health, the management of diabetes, respiratory disorder, hypertension, hypotension and other lifestyle related disorders. They also help to reduce depression, fatigue, anxiety disorder and stress.

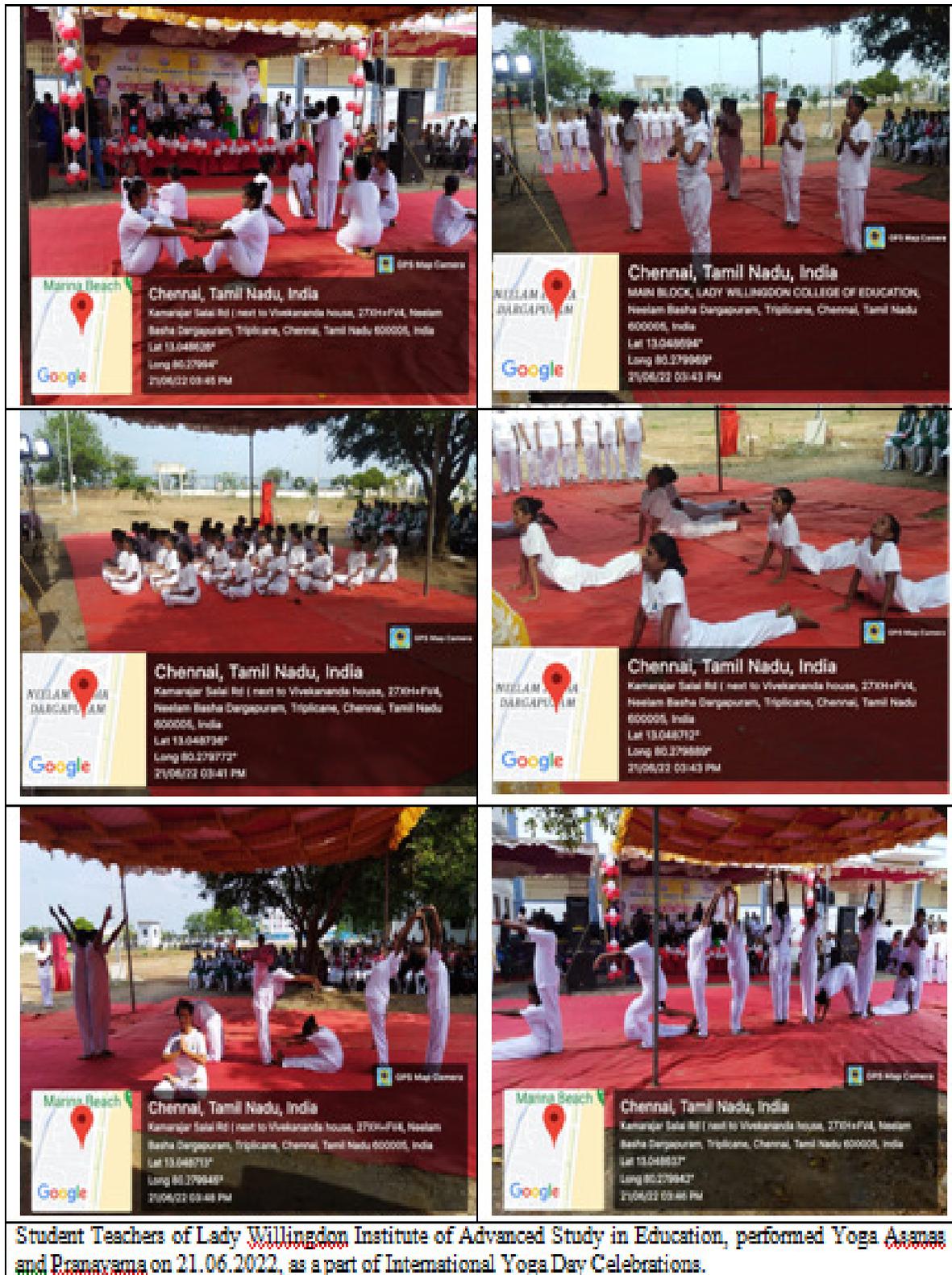
On December 11, 2014, the 193 member United Nations General Assembly passed the resolution to observe 21st June every year as “International Day of Yoga”. The day is celebrated to honour the traditional practice of yoga, which emanated in India. Yoga helps in reducing stress and anxiety, besides providing physical relaxation. The aim of International Yoga Day is to spread awareness about the benefits of yoga.

The theme of International Yoga Day 2022 is ‘Yoga for Humanity’. This theme was decided considering the importance of yoga and how it benefited the masses in keeping safe and healthy during the outbreak of coronavirus. It also focuses that there is a greater need for inculcating better health practices in our day-to-day life through yoga.

Programme 1: International Day of Yoga Celebrations in LWIASE on 21.06.2022

Yoga day celebrations are an occasion of mass gatherings. In our Lady Willingdon Institute of Advanced Study in Education, Chennai-05, we celebrated the 8th International Day of Yoga, in a grand manner on 21.06.2022 along with our College Sports meet. Siva.V. Meyyanathan, Minister for Environment and Pollution Control, Youth Welfare and Sports developments, Tamil Nadu, graced the event as Chief Guest. 33 Student teachers of our LWIASE performed yoga. The event started with Yoga Prayer, Surya Namaskar Postures, Standing and Sitting Postures, Lotus Posture and our student teachers done some formations like LWIASE, YOGA etc., Our Principal Dr.M.S.Thillainayaki, Our faculty members Dr.D.Hemalatha Kalaimathi, Assistant Professor, Department of Biological Science Education, Dr. S.Nalini, Guest Lecturer and Yoga Instructor Mrs. Kotteeswari were planned and organized the event successfully.

Photogallery



Student Teachers of Lady Willingdon Institute of Advanced Study in Education, performed Yoga Asanas and Pranayama on 21.06.2022, as a part of International Yoga Day Celebrations.

Programme 2: Our student Teachers participation in IDY celebration at Raj Bhavan, Chennai, Tamil Nadu.

On the same day 21.06.2022 morning 77 student teachers of Lady Willingdon Institute of Advanced Study in Education, participated in the 8th International Day of Yoga Celebrations held at Raj Bhavan, Chennai, Tamil Nadu. There the participants were instructed by Yoga practitioners from Isha Yoga and The art of living to follow sequence of some Asanas. In which Thiru.R.N.Ravi, Honourable Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi participated. Our Principal Dr.(Mrs.)M.S.Thillainayaki, and our faculty members Dr.S.Rama, Assistant Professor, Department of Mathematics Education, Dr. B.Tamilarasi were coordinated the students to participate in this remarkable event of International Day of Yoga Celebrations in Raj Bhavan, Tamil Nadu.

Photogallery



Thiru R.N.Ravi, Hon'ble Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi, participated in the 8th International Day of Yoga Celebrations held at Raj Bhavan, Chennai, today (21.06.2022).



Thiru R.N.Ravi, Hon'ble Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi, participated in the 8th International Day of Celebrations held at Raj Bhavan, Chennai, today (21.06.2022).

Programme 3: Yoga Day Workshop organized by IQAC of LWIASE as apart of International Day of Yoga Celebrations 2022.



**விலிங்டன் சீமாட்டி கல்வியியல்
மேம்பாட்டு நிறுவனம் (தன்னாட்சி),
சென்னை-5.**



"2022 இல் 100"
IQAC வழங்கும்
சர்வதேச யோகா தினத்தையொட்டி பயிலரங்கம்
மனவளக்கலை - யோகா
பயிற்றுவிப்பவர்கள்
Ms.கீதா சங்கர்
Ms.தீபா கார்த்திக் & Ms.லாவண்யா
கிருஷ்ணமாச்சார்யா யோகா மந்திரம்
சென்னை

இடம்: கல்லூரி
கலையரங்கம்



தேதி: 23rd ஜூன் 2022
நேரம்: 11 மணியளவில்

பயிலரங்க இயக்குனர்
கல்லூரி முதல்வர்
முனைவர்.ம.ச.தில்லைநாயகி
IQAC ஒருங்கிணைப்பாளர்
முனைவர்.தே.ஹேமலதா கலைமதி
உதவிபேராசிரியர்- உயிரியல் கல்வியியல் துறை

In connection with the International Day of yoga celebrated on 21st of June 2022, IQAC of Lady Willingdon Institute of Advanced Study in Education organised a one day Yoga Day Workshop on 23rd June 2022. Our Principal, the Programme Director Dr.M.S.Thillainayaki, IQAC coordinator Dr. D. Hemalatha Kalaimathi, Assistant Professor, Department of Biological Science Education, all the teaching and Non-teaching staff, 410 student teachers were participated. Welcome address given by our IQAC co-ordinator Dr. D. Hemalatha Kalaimathi.

Resource persons, Yoga instructors Ms. Geetha Shankar, Ms. Lavanya and Ms. Deepa Karthik were invited. The resources persons belonged to the Krishnamachariyar Yoga Mandiram Association from Chennai. The workshop held between 11.00 am and 1.00pm at college auditorium.

The Resource person emphasized the need and the importance of yoga in the daily life. Instructors demonstrated simple yoga postures to the participants. Several yoga postures like Vrikshasana, Bujangasana, SuriyaNnamaskar, Prayanama, Veerabadhrasana, Jalabasana, Thandasana, Vajrasana were demonstrated. The students also practiced the following asanas during which the instructors corrected their postures and gave feedback.

Several life coping values and Yoga as a part of life style was emphasized. The event ended Vote of thanks by Dr.V.Sujitha, Physical Director, LWIASE.

Photogallery

