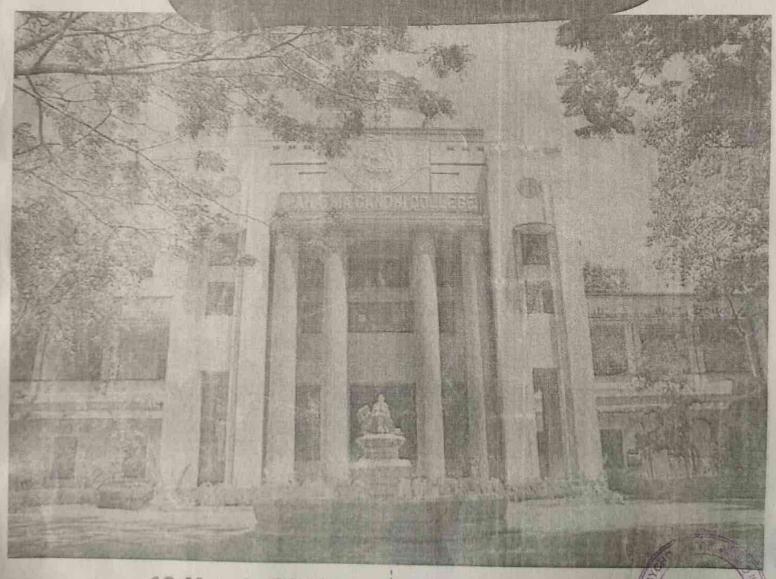
# MAHATMA GANDHI COLLEGE TRIVANDRUM

Department of Psychology presents

# ADD-ON COURSE



16 March, 2023

9:30 am - 4:30

Venue: Roomno: 305



### **ADD-ON COURSE SYLLABUS**

# COURSE TITLE: SELF ENHANCEMENT USING THEME CENTERED INTERACTION MODEL (TCI)

CS 01: Identify one's strength and weakness and use it for self enhancement,

CS 02: Explore the strength of the group in one's development through JOHARI WINDOW.

CO 03: Identify Life skills and one's skill strength and weakness.

CS 04: Experience Self enhancement in TCI workshop.

Module 1: Self Awareness, Who Am I? How Am I Here (Travel through Life). SWOT Analysis, JOHARI Window, Creativity and its Enhancement (10 hrs).

Module 2: Life skills. Self Growth Readiness to Change, Attitude Change, Balanced Growth-Physical. Emotional, Intellectual, Spiritual (10 hrs).

Module 3: TCI Model Workshop for Self Enhancement (10 hrs).

#### REFERENCES:

- L. WHO handbook for Life skills Education in School.
- Kuebel M.A (2016). Living Learning- Third Edition: Ripples Forum for Creative Interventions.

#### Web links:

- 1. Ruth Cohn Institute for TCI International. (n. d). "What is TCI". https://www.ruth-cohn-institute.org/what-is-tci.html.
- Universitat, Innsbruck.(2019). "Theme Centered Interaction (TCI)". https://www.uibk.ac.at/peacestudies/research/ecm/ecm-as-elective-working-method/theme-centerd-interaction-tci.html.en.

Corse Coordinators

1) PRATHIBHAS NAIR

2) MATIUS VENGAL

PRESIDENT RCI FOR TCI INDIA



# ADD ON COURSE DEPARTMENT OF PSYCHOLOGY SELF ENHANCEMENT AND TCI 2022-2023

**MAX MARKS:20** 

### ANSWER THE FOLLOWING

- 1. What is self awareness?
- 2. What is SWOT analysis?
- 3. What is JOHARI window?
- 4. Explain creativity and its enhancement
- 5. What are life skills?
- 6. Explain self growth readiness to change
- 7. What is attitude change?
- 8. What is balanced growth?
- 9. Explain physical and emotional balanced growth
- 10. Explain intellectual and spiritual balanced growth

2 x 10=20



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# Department of Psychology Add on Course Self Enhancement TC - I 2022-2023

SI. No.	Name of the Student	Total mark	Mark obtained
1.	Rahul Kannan C	20	18
2.	Shifana S	20	19
3.	Varsha M S	20	18
4.	Nazeeha F	20	17
5.	Jincy Raj JL	20	16
6.	Aaron P Raj	20	20
7.	Safna Raffee	20	20
8.	Fathirna Muamina	20	18
9.	Vaishnavi B	20	20
10.	Aparna A J	20	15
11.	Gopika Rajesh	20	18
12.	Akhila Jayakumar	20	17
13.	Anamika M G	20	16
14.	Arjun A	20	18
15.	Devanandana P Nair	20	19
16.	Sifi Anil	20	19
17.	Lekshmi Hari Nair	20	
18.	Karthu S Krishna	20	18
19.	Harikrishnan R	20	19
20.	Amalendhu MS	20	19
21.	R Devapriya	20	16
22.	Aiswarya S	20	18
23.	Anena U R	20	17
24.	Kiran k	20	19
25.	Thejusree Jayaprakash	20	20
26.	Niya Mol K	20	17
27.	Meenakshi H R	20	17
28.	Sujin S S	20	18



29.	Abhishek S	20	19
30.	Nandana S A	20	17
31.	Saiganga G S	20	19
32.	Gopika J P	20	18
33.	Rebecca R Johnson	20	20



## MAHATMA GANDHI COLLEGE, TRIVANDRUM



College with potential for Excellence (UGC)

(Accredited by NAAC with B+ Grade)

Certificate

This is to certify that Shri/Smt ......has completed the Add-on Course on "Self Enhancement Using Theme Centred Interaction Model (TCI)" conducted by the Department of Psychology, M.G. College, for the year ......

Head of the Department

Principal

#### REPORT OF ADD ON COURSE ON SELF ENHANCEMENT AND TCI (2022-23)

A NEW ADD-ON COURSE WAS STARTED THIS YEAR. THEME CENTRED INTERACTION (TCI) IS A HUMANISTIC PSYCHOLOGY. THIS COURSE WAS ALSO CONDUCTED IN ASSOCIATION OF SANJEEVANI BEFRIENDERS WITH WHOM MOU IS SIGNED. CLASSES WERE HANDLED BY SRI MATIUS VENGAL (PRESIDENT, RCI FOR TCI INDIA). 33 STUDENTS ENROLLED FOR THE COURSE. COURSE INCLUDED A TCI MODEL WORKSHOP FOR SELF ENHANCEMENT. COORDINATOR OF THE COURSE WAS DR PRATHIBHA S NAIR, HEAD OF THE DEPARTMENT OF PSYCHOLOGY.

#### VIDEO REPORT OF THIS COURSE IS AVAILABLE IN

https://youtu.be/gRZQxk78ET8





An add on course 'Enhancement of self using TCI' was inaugurated on 27.1.2023 by Principal Dr VM Anandakumar followed by a full day workshop as part of the course. Workshop was led by Sri. Matius Vengal (President RCI for TCI India and Director, Sanjeevani ), Dr Rajendra Babu and Dr Prathibha S Nair. The course is for Psychology students

30 January 2023



ADD ON COURSE - TCI WORKSHOP

https://youtu.be/UnUFUdaregM

09:31 //









Ongoing Ad 16 March 2023 n 'Enhancement of Self using 101 and intercollegiate interaction program

Yet another full day workshop was organised as part of the ongoing TCI workshop. In this session students from SN College Chempazhanthy also participated. First session was on Principles, axioms and postulates of TCI model by Sri Matius Vengal, President RCI for TCI India and Dr Rajendra Babu, Emeritus Scientist. Next was on Personal Transformation, an allegorical session on imaginals and butterflies by Dr Geetha Former Principal, NSS Nemmara. Afternoon sessions included a group discussion on 'Miles to go before I sleep - Decision to Grow and will to change' and Trust walk to lead and be lead with eyes blindfolded. Sessions ended with feedback where students ... Read more

20:21 //





