

EXTENSION SERVICES DEPARTMENT

Empowering Educators. Enriching Classrooms. Transforming Futures.



VISION

The vision of ESD is to create a dynamic, empowered, and forward-thinking teaching community. Teachers gain exposure to cutting-edge teaching strategies, research practices, and classroom innovations.



MISSION

The mission of ESD is to empower educators with contemporary knowledge, practical skills, and innovative strategies that enhance teaching effectiveness and professional growth.

THE SESSIONS EMPOWER EDUCATORS TO:



Adapt to changing educational landscapes.



Foster inclusive and student-centered learning environments.



Enhance subject mastery and communication skills.



Build resilience and leadership qualities.



OBJECTIVES OF EXTENSION SERVICES DEPARTMENT

Our College organizes in-service training programs with the following objectives:



1. ENHANCE PEDAGOGICAL COMPETENCE

Enhance Pedagogical Competence and teaching methodologies across disciplines



2. PROMOTE INNOVATION IN TEACHING

Introduce creative strategies and technology-based practices to make classroom learning more engaging and effective



3. SUPPORT PROFESSIONAL GROWTH

Provide opportunities for skill upgrading, and exposure to best practices



4. ADDRESS CONTEMPORARY CHALLENGES

Equip teachers to manage stress, adapt to policy changes, integrate 21st-century skills, and respond to evolving educational trends



5. ENCOURAGE COLLABORATION AND KNOWLEDGE SHARING

Create platforms for interaction among educators, experts, and institutions to exchange ideas and experiences



6. EMPOWER EDUCATORS AS CHANGE AGENTS

Inspire teachers to embrace innovation, creativity, and lifelong learning, thereby contributing to societal progress

★ *Empowered Educators. Inspired Students. Stronger Society.* ★





MESTON COLLEGE OF EDUCATION

(Autonomous)

10/33, Westcott Road, Royapettah, Chennai – 600 014

Phone: 044 – 2841 9284, 044 – 2851 0218, Email: mestoncollegeofeducation@gmail.com

EXTENSION SERVICES DEPARTMENT

Organizes

A One-day Seminar for Tamil Teachers

You are cordially invited to attend the Seminar on

“பழக்க வழக்கம் - பண்பும் பயனும் - ஆளுமைத்திறன்”

DATE : 15th October, 2024

TIME : 10.00 a.m. - 1.00 p.m.



RESOURCE PERSON:

கவித்தென்றல் **Mrs. JAYA SELVARAJAN**, M.A., B.Ed.,

Retired Tamil Teacher, Chettinad Vidyashram, Chennai

Zone Chairperson, Zone-III

LIONS INTERNATIONAL (District 324 M)

Plz join us @

MESTON COLLEGE OF EDUCATION

10/33, Westcott Road,

Royapettah, Chennai - 600 014

CONTACT : Dr. (Mrs.) G. Jemima, E.S.D. Co-ordinator

PHONE : 99410 46690

E-MAIL : esdmestoncollege@gmail.com

Dr. (Mrs.) C. Sherine Vinoca Snehath

Principal, Meston College of Education

MESTON COLLEGE OF EDUCATION

(Autonomous)

Chennai-14

ESD REPORT

The Extension Services Department of Meston College of Education organized a one-day seminar titled "பழக்க வழக்கம் - பண்பும் பயனும் - ஆளுமைத்திறன்" on **22nd October 2024**. The seminar was specifically designed for Tamil teachers to enhance their teaching methodologies and address challenges in Tamil language education. The event was attended by Tamil teachers from various institutions.

Event Details

- Date:** 22nd October 2024
- Time:** 10:00 AM to 1:00 PM
- Venue:** Meston College of Education, Chennai
- Resource Person:** Mrs. Jaya Selvarajan, M.A., B.Ed., Retired Tamil Teacher, Chettinad Vidyashram, Chennai, and Zone Chairperson, Zone-III, LIONS INTERNATIONAL (District 324 M)
- Organized by:** Dr. (Mrs.) G. Jemima, E.S.D. Coordinator
- Participants:** Tamil teachers from neighboring schools

Seminar Highlights

The seminar began with a warm welcome address by **Dr. (Mrs.) G. Jemima**, E.S.D. Coordinator in the presence of **Dr. (Mrs.) C. Sherine Vinoca Snehath**, Principal of Meston College of Education. She emphasized the importance of preserving and promoting the Tamil language and appreciated the efforts of Tamil teachers in nurturing linguistic and cultural heritage.

Keynote Session by Mrs. Jaya Selvarajan

Mrs. Jaya Selvarajan, the resource person, delivered an engaging and informative presentation on the challenges and opportunities in Tamil language education. The key points discussed included:

- Challenges in Tamil Language Teaching:**
 - Declining interest among students in learning Tamil.
 - Lack of innovative teaching methods to engage students.

- Limited resources and materials for Tamil language education.
 - Balancing traditional teaching methods with modern educational trends.
2. **Strategies to Enhance Tamil Language Teaching:**
- **Innovative Teaching Methods:** Incorporating storytelling, drama, and multimedia tools to make Tamil lessons more engaging.
 - **Cultural Integration:** Linking Tamil language lessons with Tamil culture, history, and literature to foster a deeper connection.
 - **Use of Technology:** Leveraging digital tools and online resources to enhance learning experiences.
 - **Student-Centered Approaches:** Adapting teaching methods to cater to the diverse learning needs of students.
3. **Case Studies and Examples:**
- Mrs. Selvarajan shared successful case studies of Tamil teachers who implemented innovative methods to improve student engagement and learning outcomes.
 - She highlighted the importance of collaboration among teachers to share best practices and resources.

Interactive Session

The seminar included an interactive Q&A session where participants shared their experiences and challenges in teaching Tamil. Mrs. Selvarajan provided practical solutions and encouraged participants to experiment with new teaching methods.

Closing Remarks

The seminar concluded with a vote of thanks by **Dr. (Mrs.) G. Jemima**, E.S.D. Coordinator. She expressed gratitude to **Mrs. Jaya Selvarajan** for her valuable insights and to all participants for their active involvement.

The one-day seminar on "**பழக்க வழக்கம் - பண்பும் பயனும் - ஆளுமைத்திறன்**" was a resounding success. It provided Tamil teachers with valuable insights and practical tools to enhance their teaching methodologies and address contemporary challenges in Tamil language education. The event not only highlighted the importance of preserving the Tamil language but also inspired teachers to embrace innovation and collaboration in their teaching practices.







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EXTENSION SERVICES DEPARTMENT

Organizes

A One-day Seminar for Teachers

You are cordially invited to attend the Seminar on
"The Educator's Tool Kit: Addressing Modern Teaching Challenges"

DATE : 26th November, 2024

TIME : 10.00 a.m. - 1.00 p.m.



RESOURCE PERSON:

Mrs. SUJITHA SAMUEL,

Teacher & Co-ordinator,

Lady Andal House of Children,

T. Nagar, Chennai

*Plz join us @ **MESTON COLLEGE OF EDUCATION**
10/33, Westcott Road, Royapettah, Chennai - 600 014*

CONTACT : Dr. (Mrs.) G. Jemima, E.S.D. Co-ordinator

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Principal, Meston College of Education

MESTON COLLEGE OF EDUCATION

(Autonomous)

Chennai-14

ESD REPORT

Topic: "The Educator's Tool Kit: Addressing Modern Teaching Challenges"

Date: 26th November 2024

Introduction

The Extension Services Department of Meston College of Education organized a one-day seminar titled "**The Educator's Tool Kit: Addressing Modern Teaching Challenges**" on **26th November 2024**. The seminar aimed to equip teachers with practical strategies and tools to tackle contemporary challenges in the teaching profession. The event was attended by teachers from various institutions.

Event Details

- **Date:** 26th November 2024
 - **Time:** 10:00 AM to 1:00 PM
 - **Venue:** Meston College of Education, Chennai
 - **Resource Person:** Mrs. Sujitha Samuel, Teacher & Coordinator, Lady Andal House of Children, T. Nagar, Chennai
 - **Organized by:** Dr. (Mrs.) G. Jemima, E.S.D. Coordinator
 - **Participants:** Teachers from neighboring schools
-

Seminar Highlights

The seminar began with a warm welcome address by **Dr. (Mrs.) G. Jemima**, E.S.D. Coordinator in the presence of **Dr. (Mrs.) C. Sherine Vinoca Snehalatha**, Principal of Meston College of Education. She emphasized the importance of continuous professional development for teachers to adapt to the evolving educational landscape.

Keynote Session by Mrs. Sujitha Samuel

Mrs. Sujitha Samuel, the resource person, delivered an insightful presentation on the challenges faced by modern educators and practical solutions to address them. The key points discussed included:

Challenges Faced by Teachers:

- High burnout rates due to additional duties and staff shortages.
- Increased workloads and stress-related health issues.
- Heavy paperwork and documentation.
- Limited student cooperation and classroom interruptions.
- Changing educational trends and the challenge of technology.

Possible Solutions:

- **Building Foundations:** Strengthening core teaching skills and classroom management techniques.
- **Adapting to Technology:** Integrating technology into teaching practices to enhance engagement.
- **Self-Improvement:** Continuous professional development and upgrading teaching methods.
- **Social and Emotional Intelligence:** Developing emotional intelligence to better understand and support students.
- **Advocacy for Inclusivity:** Creating inclusive classrooms that cater to diverse learning needs.

Case Studies and Examples:

- Mrs. Samuel shared real-life examples of teachers who successfully overcame challenges through innovation and adaptability.
- She highlighted the importance of collaboration among teachers, students, and parents for effective classroom management.

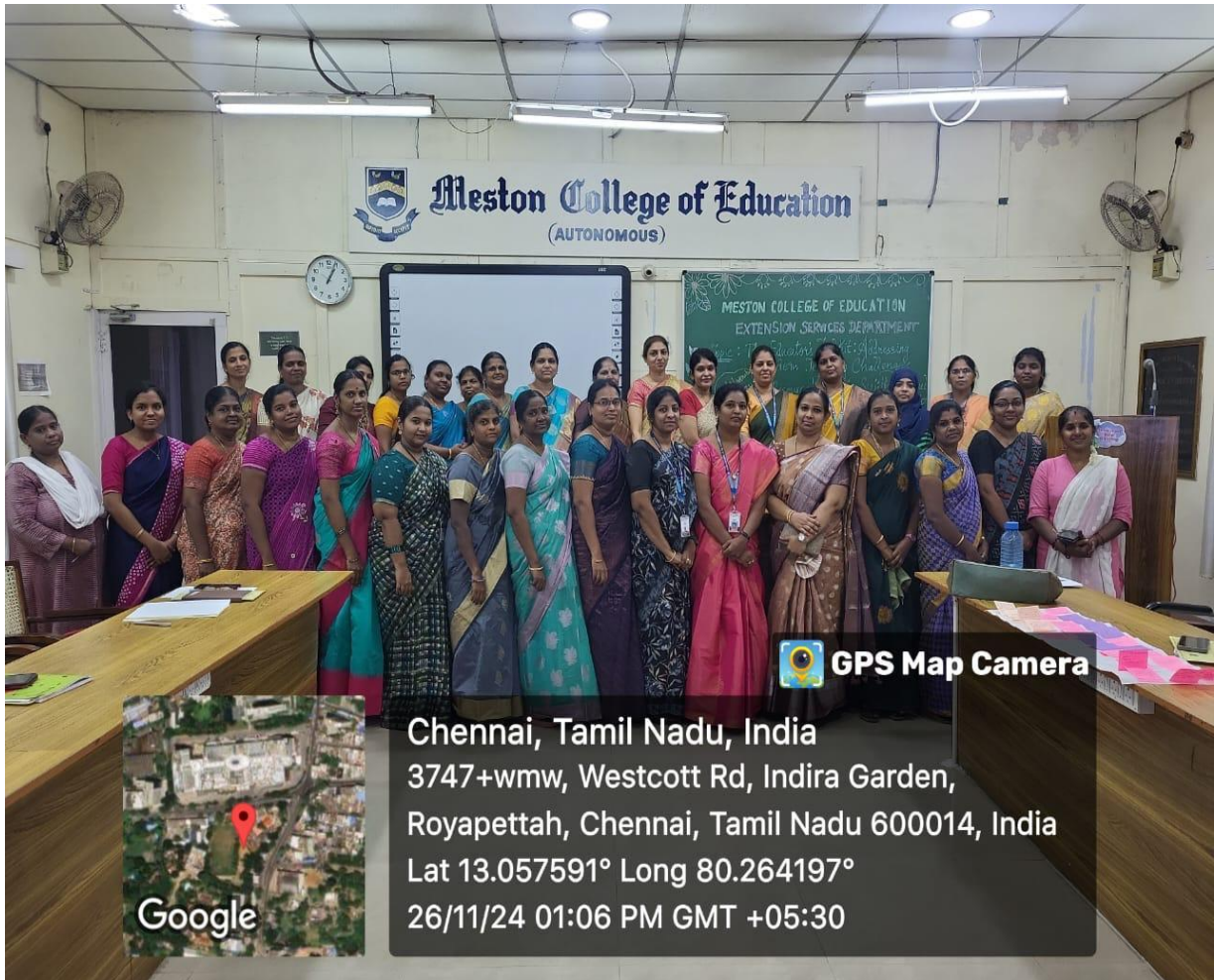
Interactive Session

The seminar included an interactive Q&A session where participants shared their experiences and sought advice on specific challenges they faced in their teaching careers. Mrs. Samuel provided practical tips and encouraged participants to adopt a proactive approach to problem-solving.

Closing Remarks

The seminar concluded with a vote of thanks by **Dr. (Mrs.) G. Jemima**, E.S.D. Coordinator. She expressed gratitude to **Mrs. Sujitha Samuel** for her valuable insights and to all participants for their active involvement.

Thus, the one-day seminar on "**The Educator's Tool Kit: Addressing Modern Teaching Challenges**" was a resounding success. It provided teachers with valuable insights and practical tools to navigate the complexities of modern education. The event not only highlighted the challenges faced by educators but also inspired them to embrace innovation and continuous learning in their teaching practices.









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EXTENSION SERVICES DEPARTMENT

Organizes

A One day International Seminar for Teachers

You are cordially invited to attend the seminar on

"Conflict Resolution for Teachers"

DATE : 09-04-2026 TIME : 10.00 a.m. - 1.00 p.m.

RESOURCE PERSON:



Mrs. REBECCA JULIET,

*Co-founder, Acasa Learning Solutions, Dubai
Employability Skill and Soft Skill Trainer, ICT Academy
Co-ordinator, Chennai Public School
Former Teaching Faculty, American School, Sharjah*

Plz join us @

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10/33, Westcott Road,
Royapettah, Chennai - 600 014***

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E-MAIL : esdmestoncollege@gmail.com

**Dr. (Mrs.) C. Sherine Vinoca Snehalatha
Principal, Meston College of Education**

Report on One Day International Seminar on “Conflict Resolution for Teachers”

The Extension Services Department of Meston College of Education organized a One Day International Seminar on “Conflict Resolution for Teachers” on 9th April 2026 from 10.00 a.m. to 1.00 p.m. at the college campus. The seminar aimed to equip teachers with effective conflict management and problem-solving skills required for maintaining a healthy and productive educational environment. The programme provided valuable insights into handling interpersonal and professional challenges in educational institutions.

The resource person for the seminar was Mrs. Rebecca Juliet, Co-founder of Acasa Learning Solutions, Dubai, Employability Skill and Soft Skill Trainer at ICT Academy, Coordinator at Chennai Public School, and former Teaching Faculty at the American School, Sharjah. During the seminar, the speaker explained the meaning, causes, types, and effects of conflict. The session highlighted that conflict is a natural part of personal and professional life and may arise due to poor communication, differences in opinions, competition, stress, and misunderstandings.

The seminar covered important topics such as:

- Causes and types of conflict
- Positive and negative effects of conflict
- Importance of conflict management
- Conflict management styles
- Communication and leadership skills
- Teamwork and relationship building

The resource person also emphasized the importance of effective communication, mutual respect, patience, and emotional balance in resolving conflicts successfully. Interactive activities and practical examples made the session lively and engaging. The participants were also introduced to various problem-solving approaches and strategies. The session focused on identifying problems, setting goals, brainstorming solutions, preparing action plans, and developing flexibility and persistence in handling challenges. The seminar greatly benefited the participants by improving their understanding of conflict resolution techniques, communication skills, and collaborative problem-solving abilities. The interactive discussions encouraged teachers to adopt positive approaches in dealing with classroom and workplace conflicts.

The programme concluded successfully with active participation and positive feedback from the attendees. The participants appreciated the informative and practical nature of the seminar. The Extension Services Department co-ordinator expressed sincere gratitude to the resource person and participants for contributing to the success of the programme.









Meston College of Education

Extension Services Department

In collaboration with



Lions Club of Chennai Yuva Bharathi

Club No:181684 / Region: 5 /Zone: 2



organises

Blood Donation & Health Camp



Lion. Rajesh M. Joshi. PMJF

First Vice District Governor, 3241 C
will Inaugurate the Camp

Ln. Abi Sankari
Region Chairperson

Ln. Ganesh Kumar
Zone Chairperson

Ln. Meenakshi Kumar
GST

Ln. M. Muthuvelan
Dc.Activities

Ln. S.Gajendran
Dc .Blood Bank

will participate



- General Check Up
- Dental Check up
- Eye Screening
- Diagnostic services
- Blood Donation



Date : 19/07/2025

Time: 10.00a.m. to 1.00.p.m.

Place: Meston College of Education, Chennai-14

Ln. E. Arunadevi
President, LC

Ln. KL.Bagavathy
Secretary, LC

Ln. Nirmaladevi
Treasurer, LC

Dr. G. Jemima
ESD co-ordinator, MCE

Dr. C. Sherine Vinoca Snehalatha
Principal, MCE

**MESTON COLLEGE OF EDUCATION (Autonomous &
Co-education)**

Royapettah, Chennai – 600 014

Report on Blood Donation and Health Camp

The Extension Services Department of Meston College of Education, in collaboration with the Lions Club of Chennai (Yuva Bharathi), organized a Blood Donation and Health Camp on 19th July 2025.

The camp was inaugurated by **Ln. Rajesh M. Joshi, PMJF**, First Vice District Governor, who emphasized the importance of community service and health awareness in building a better society.

The event was graced by several dignitaries, office bearers, and prominent members from the Lions Club, including **Ln. E. Arunadevi, Ln. KL. Bagavathy, Ln. Nirmaladevi, Ln. Abi Sankari, Ln. Ganesh Kumar, Ln. Meenakshi Kumar, Ln. M. Muthuvelan, and Ln. S. Gajendran.**

The camp offered a range of essential health services to students, such as:

- General health check-ups
- Dental examinations
- Eye screenings

A highlight of the event was the enthusiastic participation of students in the blood donation drive, reflecting their strong sense of social responsibility and service.

The programme not only promoted health awareness but also fostered the spirit of volunteerism and compassion among the student community. Both organizers and participants expressed that the camp was a meaningful and impactful initiative.

Thus, the camp offered essential health services such as general health check-ups, dental examinations and eye screenings to the students. Notably, students came forward to donate blood, reflecting their spirit of social responsibility and service.









Meston College of Education

(Autonomous & Co-Education)

10/33, Westcott Road, Royapettah, Chennai – 600 014

INTERNAL QUALITY ASSURANCE CELL & EXTENSION SERVICES DEPARTMENT

jointly organise
a Workshop for the prospective teachers
on

“Digital Transformation in Teaching”



RESOURCE PERSON:

Ms. Mathi Jeyakaran Jayaraj

IT Director

INTERNATIONAL BANK

DATE : 11th July, 2025

TIME : 10.00 a.m. – 12.30 p.m.

*Please join this hands-on-training
programme with a laptop or tab*

**MESTON COLLEGE OF EDUCATION (Autonomous &
Co-education)
Royapettah, Chennai – 600 014**

Report on AI Workshop – “Digital Transformation in Teaching”

The Internal Quality Assurance Cell, in collaboration with the Extension Services Department, organized an AI Workshop on “**Digital Transformation in Teaching**” on 11th July 2025. The workshop aimed to equip teacher trainees with the knowledge and skills to effectively integrate Artificial Intelligence tools into modern teaching practices.

The session was led by **Ms. Mathi Jeyakaran Jayaraj**, IT Director at the International Bank, who shared her expertise on the role of AI in enhancing lesson delivery, student engagement, and personalized learning. She demonstrated various AI-powered applications and digital tools that can be incorporated into classroom teaching, as well as strategies for streamlining assessment and feedback.

This programme was generously sponsored by **Dr. C. Sugantha Esther**, our proud alumna and Chairman of the Vision India Foundation, whose support made the event possible.

The workshop was well-coordinated with the assistance of volunteers **Mr. Jeremiah, Mr. Sherwin, Mr. Rishon, and Ms. Thangam**, who ensured the smooth conduct of the event.

Student-teachers actively engaged in hands-on activities, exploring AI tools relevant to lesson planning, content creation, and interactive learning. The feedback received indicated that the workshop was highly informative, inspiring teacher trainees to embrace AI as a transformative force in education.

Thus, the Internal Quality Assurance Cell in collaboration with the Extension Services Department organized an AI workshop on Digital Transformation in Teaching for teacher training student-teachers.









Meston College of Education
Extension Services Department



In collaboration with



Lions Club of Chennai Yuva Bharathi

Club No:181684 / Region: 5 /Zone: 2

organises

MENSTRUAL HYGIENE AWARENESS PROGRAMME



Project Organized By
Ln. KAVITHA RAMKUMAR

Ln. ABI SANKARI
Regional Chairperson

Ln. GANESH KUMAR
Zone Chairperson

Date : 29/11/2025

Time: 11:30 am to 1:00 pm

Place: Meston College of Education, Chennai-14

Ln. E. Arunadevi
President, LC

Ln. KL.Bagavathy
Secretary, LC

Ln. Nirmaladevi
Treasurer, LC

Dr. G. Jemima
ESD co-ordinator, MCE

Dr. C. Sherine Vinoca Snehalatha
Principal, MCE

Report on Menstrual Hygiene Awareness Programme

The Extension Services Department of Meston College of Education, in collaboration with the Lions Club of Chennai Yuva Bharathi, organized a Menstrual Hygiene Awareness Programme on 29th November 2025 at the college campus from 11:30 a.m. to 1:00 p.m.

The programme was organized with the objective of creating awareness among students about the importance of menstrual hygiene, health, and well-being. The session emphasized the need to break social stigma and encourage open discussions related to menstrual health.

The programme was organized under the guidance of Dr. G. Jemima and Ln. Kavitha Ramkumar. The distinguished guests included Ln. Abi Sankari, Regional Chairperson, and Ln. Ganesh Kumar, Zone Chairperson. The event was also supported by Ln. E. Arunadevi, President, Ln. KL. Bagavathy, Secretary, and Ln. Nirmaladevi, Treasurer of the Lions Club.

During the session, the speakers highlighted the importance of maintaining proper menstrual hygiene, using safe sanitary products, and following healthy practices during menstruation. The participants were educated on health awareness, nutrition, personal hygiene, and the physical and emotional changes experienced during adolescence.

The programme created a supportive environment where students actively interacted with the resource persons and clarified their doubts without hesitation. Informative discussions and awareness activities helped the participants gain confidence and understanding regarding menstrual health management.

The event was coordinated by Dr. G. Jemima, ESD Coordinator, under the leadership of Dr. C. Sherine Vinoca Snehalatha, Principal of Meston College of Education.

The programme was highly informative and beneficial. It successfully promoted awareness, self-care, and healthy practices among students, thereby contributing to their overall health and empowerment. The session concluded with positive feedback from the participants and gratitude to the organizers and resource persons for conducting such a meaningful programme.







Meston College of Education



(Autonomous & Co-education)
[Affiliated to the Tamil Nadu Teachers Education University,
Aided by Govt. of Tamil Nadu,
Recognized by NCTE, Re-accredited (4th Cycle) at A Grade by NAAC]
Royapettah, Chennai - 600 014

EXTENSION SERVICES DEPARTMENT

organises

Fevicryl Arts and Craft Workshop



RESOURCE PERSON:

**Ms. Kolavizhi
Vaithiyanathan**

Art Educator,
Fevicryl Certified
Professional Expert

SYLLABUS

✦ Elements of Art

✦ Colour Theory

✦ Indian Art Form

Resin Art

🎨 Fabric Painting

🎨 Bottle Art

🎨 Tie and Dye

🎨 Paper bag Making

🎨 Internal Organs

🎨 Miniature

🎨 Stencil

🎨 Canvas Painting

🎨 Painting Madhubani

🎨 Lippan Art

Date : **30th January, 2026**
Time : **9.15 a.m. – 3.15 p.m.**

Report on Art and Craft Workshop

The Extension Services Department of our college successfully organized an Art and Craft Workshop on 30th and 31st January 2026 with the objective of nurturing creativity, enhancing artistic skills, and promoting innovative learning experiences among the participants.

The workshop was conducted by Ms. Kolavizhi Vaithyanathan, Art Educator and Fevicryl Certified Professional Expert. Her expertise, interactive teaching style, and practical demonstrations made the sessions highly engaging and informative.

The workshop covered a wide range of topics and creative activities under the syllabus, including Elements of Art, Colour Theory, and various Indian Art Forms such as Resin Art, Fabric Painting, Bottle Art, Tie and Dye, Paper Bag Making, Miniature Art, Stencil Work, Canvas Painting, Madhubani Painting, and Lippan Art. Student-teachers also explored creative representations of internal organs through art activities.

The sessions provided hands-on experience and encouraged participants to explore their imagination and artistic talents. Students actively participated in the practical activities and showcased their creativity through beautifully designed artworks and crafts.

The resource person explained different techniques, colour combinations, design principles, and traditional art methods in a simple and effective manner. The workshop helped student-teachers develop patience, concentration, aesthetic appreciation, and confidence in creative expression.

The programme was highly interactive and beneficial. It inspired participants to integrate art and craft activities into teaching and learning processes, thereby making classroom experiences more joyful and engaging.

The workshop concluded successfully with positive feedback from the participants. The Extension Services Department expressed gratitude to the resource person, organizers, and participants for making the programme a grand success.





