



St. Mary's College (Autonomous)
Reaccredited with 'A+' Grade by NAAC (Cycle IV)
Thoothukudi



**CRITERION VI - GOVERNANCE, LEADERSHIP AND
MANAGEMENT**

6.3 Faculty Empowerment Strategies
Year 2018-2023



6.3.1 The institution has performance appraisal system, effective welfare measures for teaching and non-teaching staff and avenues for career development/progression

➤ **Stress Release Programme on Restorative Mind Spa**

IQAC, Psychology and Counselling Forum jointly organised a “Restorative Mind Spa” on 19th November 2021. Psychology Department and Counselling Forum guided the entire teaching faculty to involve in various activities which freed their minds and relieved their stress which was the need of the hour. 164 faculty participated in the mind spa which elevated their spirit.



Stress Release Programme – Non-teaching staff trip to Munnar



Group Photo taken at Munnar



Louis Rose

Principal

**St. Mary's College (Autonomous)
Thoothukudi-628 001.**