

MAHATMA GANDHI COLLEGE TRIVANDRUM

Department of Psychology
presents

TCI 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:

1. WHO handbook for Life skills Education in School.
2. 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>.
2. 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) PRATHIBHA S 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



Add-on Course in SELF ENHANCEMENT - TCT

Class Co-ordinator Prathiba S Nair P.S.N.
 Classes headed by: Sri Mathias Vengal
 Dr Rajendra Babu
 Dr Prathiba S Nair P.S.N.

Sl no.	Name	Class	Signature
1.	Rahulkannan.C	11 th DC Psychology	<u>Rahulkannan.C</u>
2.	Shifana.S	"	<u>Shifana.S</u>
3.	Varsha.M.S	3 rd DC Psychology	<u>Varsha.M.S</u>
4.	Nazeem.F	3 rd DC Psychology	<u>Nazeem.F</u>
5.	Jimcy Raj.J.L	3 rd DC Psychology	<u>Jimcy Raj.J.L</u>
6.	Safna Rafee	3 rd DC Psychology	<u>Safna Rafee</u>
7.	Aaron P Raj	3 rd DC Psychology	<u>Aaron P Raj</u>
8.	Fathimath Huameen.M	3 rd DC psychology	<u>Fathimath Huameen.M</u>
9.	Vaishnavi.B	3 rd DC psychology	<u>Vaishnavi.B</u>
10.	Aparna A.J	3 rd DC psychology	<u>Aparna A.J</u>
11.	Gopika Rajesh	3 rd DC Psychology	<u>Gopika Rajesh</u>
12.	Akhila Jayakumar	3 rd DC Psychology	<u>Akhila Jayakumar</u>
13/1	REBECCA R. JOHNSON	3 rd DC Psychology	<u>REBECCA R. JOHNSON</u>
14.	ANAMIKA.M.G	3 rd DC Psychology	<u>ANAMIKA.M.G</u>
15.	ARJUN.A	3 rd DC Psychology	<u>ARJUN.A</u>
16.	DEVANANDANA.P.NAIR	3 rd DC Psychology	<u>DEVANANDANA.P.NAIR</u>
17.	LAKSHMI HARI NAIR	3 rd DC Psychology	<u>LAKSHMI HARI NAIR</u>
18.	SIFI ANIL	3 rd DC Psychology	<u>SIFI ANIL</u>
19/19	KARTHIK S KRISHNA	3 rd DC Psychology	<u>KARTHIK S KRISHNA</u>
19/20	Harikrishnan.R	3 rd DC Psychology	<u>Harikrishnan.R</u>
20/21	Amalendher.M.S.	3 rd DC Psychology	<u>Amalendher.M.S.</u>
22.	R. Deepniga	3 rd DC Psychology	<u>R. Deepniga</u>
23.	Aishwarya.S.	3 rd DC Psychology	<u>Aishwarya.S.</u>
24.	Anura.V.R	3 rd DC psychology	<u>Anura.V.R</u>
24/5	Kiran.K	3 rd DC Psychology	<u>Kiran.K</u>
25.	Thejasree Jayaprakash	3 rd DC psychology	<u>Thejasree Jayaprakash</u>

- 26. ⁷ Niya Mol. K Muybany
- 28. Meenakshi - H.R Shi
- 29. Swin S.S Shi
- 20. Abhishek.S Abhishek
- 31. Navelua. S.A. Shi
- 32. Saiganga. G.S Shi
- 32. Gopika. J.P Gopika



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)

DEPARTMENT OF PSYCHOLOGY

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

04:10 ✓✓

30 January 2023



ADD ON COURSE - TCI WORKSHOP

www.youtube.com

<https://youtu.be/UnUFUdaregM>

09:31 ✓✓

Forwarded



Ongoing Ad 16 March 2023 n 'Enhancement of Self using TCI 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 Mathius Vengal, President RCI for TCI India and Dr Rajendra Babu, Emeritus Scientist. Next was on Personal Transformation, an allegorical session on imaginings 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 ✓✓

Forwarded

