# Theme Centred Interaction (TCI)

TCI is an applied humanistic psychology paradigm to make the teaching learning process effective and transformative. It also facilitate holistic personal growth of individuals. TCI is a *darshan*which facilitates living learning for life enhancement. Living learning process helps individuals to internalise and grow. If the environment is conducive any bud will blossom. Ina n atmosphere of acceptance and trust, individuals feels more confident and they perform better. TCI originated in Germany in 1960s. Ruth Cohn who founded TCI was a Jewish German psychologist who survived the holocaust. We are fortunate have with us Dr.C.Thomas Abraham (formerly Head, Dept of life long Education, Mahathma Gandhi University, Kottayam) as our regular TCI consultant. He has offered more than 1000 workshops in nine countries and authored more than 20 books on TCI in English & Malayalam.

We adopted TCI as our tool for transformation for our students and staff from the academic year 2015-16. Every year we conducted TCI workshops, which enables a magical change among students and teachers. A lot of creative endeavours originated from each workshops.

We also have a working MoU with Ruth Cohn Institute International, Kottayam chapter with effect from 7th November 2016.

## Details of workshop conducted

*Academic Year 2015-16*

**One day TCI workshop**
Theme :Finding out the inner potential
Resource person :Mr. Ashraf Bin Ali P
TCI facilitator & Trainer
Malappuram
Date :19/03/2016
Number of participants : 32



*Academic Year 2016-17*

**TCI two day workshop**
Trainer :Dr.C.Thomas Abraham
(International TCI Facilitator)
Topic : We all Born to Fly; What holds us back
Date : 18th and 19th March 2017.
Number of participants : 36

**Two Day TCI Residential Workshop**
Trainer :Dr.Raju D Krishnapuram (TCI National Facilitator)
Topic : I am born to burn, Discovering the divine fire in me (first workshop)
Date : 25<sup>th</sup> and 26<sup>th</sup> march 2017
Number of participants : 40

*Academic Year 2017-18*

**TCI  two day workshop**
Trainer :Dr.C.Thomas Abraham
 (International TCI Facilitator)
Topic :Leading Myself and Leading Others
Date : 10<sup>th</sup> and 11<sup>th</sup> June 2017.
Number of participants: 39

**Two Day TCI Workshop**
Trainer :Dr.Raju D Krishnapuram
(TCI National Facilitator)
Topic :Where am I? Where do I want to be? What are my first steps?
Date : 25<sup>th</sup> and 26<sup>th</sup> June 2017
Number of participants: 30

**Two Day Editorial Workshop**
Facilitator  :Dr.C.Thomas Abraham
 (International TCI Facilitator)
Place :Thanmaya media centre
Kumaranalloor, Kottayam
Date: 8<sup>th</sup> and 9<sup>th</sup> July 2017
Number of participants: 5

Fourty participants of TCI workshops writton their learning experience and changes in personla and student life due to TCI mentoring. The articles were divided into five segments and team leaders of each segment attended editorial workshop for final planning, proof reading, editing of articles.

**TCI Learning Convention**
Facilitator :Dr.C.Thomas Abraham
 (International TCI Facilitator)
Date: 14th September 2017
Number of participants: 300





Learning convention is a special type of TCI programme meant for large number of participants. This will help to create a spark among the participants for a personal change. Normally the maximum number of participants for a TCI workshop is 30-40.

**TCI Learning Convention**
Resource person :Mr. Ashraf Bin Ali P
TCI facilitator & Trainer
Malappuram
Date: 14th September 2017
Number of participants: 300



**Two day TCI workshop**
Trainer :Dr.C.Thomas Abraham
 (International TCI Facilitator)
Topic :I am changing, my family and college is changing through me

Date :4th and 5th November 2017.
Number of participants: 40



Thirty students and ten teachers attended this workshop. This helped to create a special personal relationship and understanding between teachers and students. Positive attitude and environment created in the campus due to this workshop

*Academic year 2018-19*

**One day staff empowerment workshop**
Trainer :Dr.C.Thomas Abraham
 (International TCI Facilitator)
Topic :Leading Myself, Leading my students, Where am I?
Date :17th April  2018.
Number of participants: 40





**Butterfly workshop**
        Butterfly workshop is a adolescent empowerment programme for the skill development and attitudinal change of the adolescent population. This programme is conducted for the plus two students as a community extension programme. The programme held on 17th and

18th April 2018. The first day the workshop is facilitated by Dr Dilshad Bin Ashraf (Asst professor, Dept of psychology, mannaiyaCollge) and second day by Dr C Thomas Abraham (TCI international facilitator). Thirty five students attended the workshop.

"TCI for Human Meta Morphosis." Now a days there is a serious crisis happening at plus two level in the state. This is related to the caterpillar instincts that raise their heads in adolescent period. This is appearing in the form of drug addiction, misuse of mobile phones and lack of aim in life. Fortunately, in these adolescent children, along with the negative caterpillar instincts there are the "imaginal cells", which are responsible for the revolution called metamorphosis, happening inside the cocoon. Mannaniya is a participant in the Butterfly Campaign, which is now transforming many campuses.





**Two day TCI  workshop**
Trainer :Dr.C.Thomas Abraham
(International TCI Facilitator)
Topic : We born to fly
Date : 16th and 17th  November 2018.
No of particpants : 34

**Three day TCI workshop – Ebullience 2K19**

      This is a three day small group creative workshop facilitated by Dr Dilshad bin Ashraf (Assistant Professor, Dept of Psychology). The objective for the workshop was to plan and discuss about a campus start up. The workshop consisted of creative discussions, brain storming sessions, feasibility study, special mentoring sessions and capacity building. The final outcome of the workshop was to launch a start up in mannaniya college in the name *" Team Mulberry".* The major initiative of the team decided as mobile app development, website development and graphic designing .

The participants : Asif Muhammed, Shibin, Muflih,Ijas Khan, Jagfar Khan, Tholhath and MuhammedSha





# Evidence of Success

      The final segment of each TCI workshop is " College with a difference". In this session a creative discussion took place for some programmes or initiatives for the personal development of students. The following are some outputs of TCI workshops.

**Book release**

Two growth works released in the title "***Entepriyappetta teacher***" ( my favourite teacher) and ***"Ennenjanakkiyaenteamma"*** ( My mother who made me who I am)



## Book release

Released a book (with ISBN) named ***"ChernnuNadakkamoppamValaram"***( Let's walk together and grow together) . This book coming under the category of applied humanistic psychology. Forty students written their changes happened throughout a year due to TCI workshops.
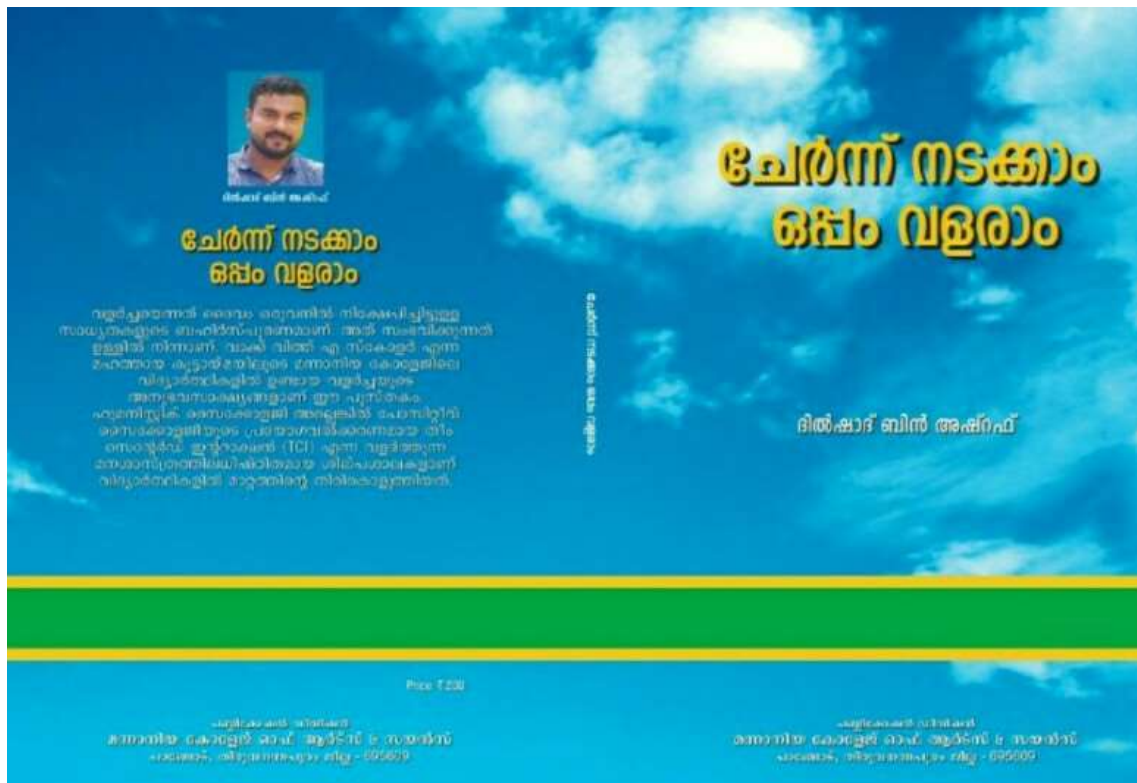
## Mannaniya Creativity Hub

Mannaniya creativity hub started on September 2017, is aimed at the holistic development of students. A counselling centre, A section in library with more than 400 personal growth books, a reading corner and a video hub are functioning in creativity hub. A lot of creative activities and skill development programs were organised such as seminars, quiz completions, elocution contests, debates, day observances, photography contest, English speaking course, pre-marital counselling course, peer counsellor course, publishing books, manuscript magazines etc. We are also extending our services to the community. We visualise to:

- Skill development of students (Goal setting, Improving communication skill, Employability)
- Building up a positive attitude towards life.
- Support schools in serving students with issues that are interfering with school functioning.
- utilize the findings of psychology and related subjects for social well-being and change
- Provide psychological services to schools, colleges, orphanages, old age homesand other marginalised groups.
- undertake researches on social problems and social phenomena and bring out the findings to the attention of the general public and the civil authorities
- develop psychological awareness in general public by publishing pamphlets, notices,journals and books
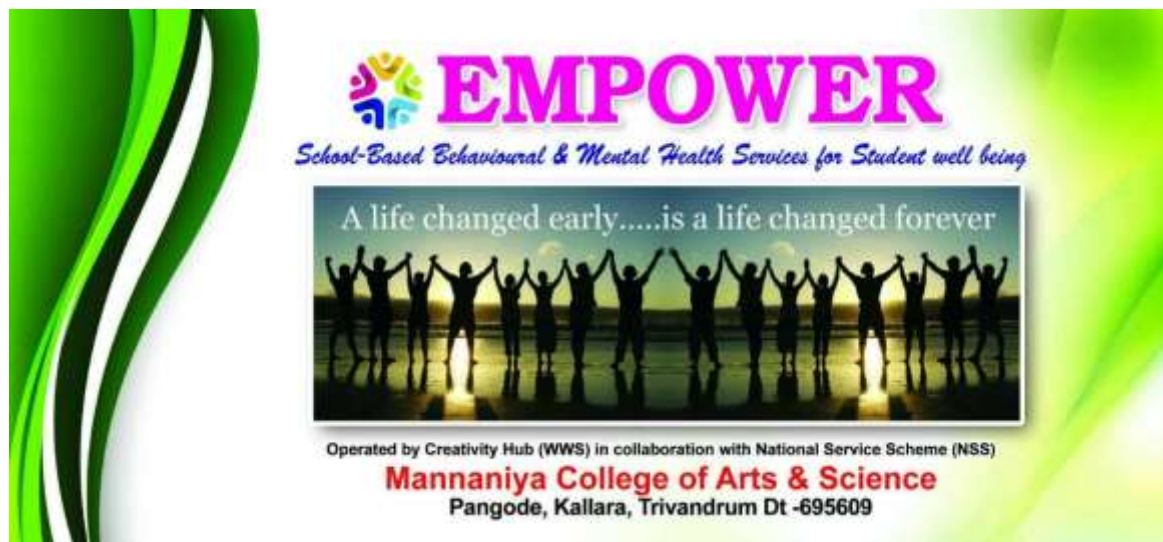
## Scholarship help desk

A team of three students offered all sort of services related to scholarship online applications. This is much helpful for the students because they can apply for scholarship very easily and with a nominal amount. In outside computer centre, the cost will be high and they have wait for long time. Students can book help desk services in the morning, the help desk members allot time for them as per the free time.

## Empower

'EMPOWER' is a school based behavioural and mental health service that collaborates with school-personnel to combine academic, behavioural and mental health supports to students in an effort to increase the likelihood of providing access to and benefits from mental health interventions. We are facilitating a range of evidence-based mental health interventions in schools of south Kerala. We aim to address the significant gap between students who need mental health support, and the students who actually receives it.

Under this scheme we conducted many counselling and mentoring programmesin many institutions nearby.We also provided skill development training (Flower making, ornament making)to the students of MannaniyaBanathorphanage, Mukkunnam, Kadakkal. The students also visited more than 30 schools nearby and contributed many positive psychology books for the students.

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**Counselling centre**

A counselling centre is actively functioning in our institution to support students and the general public by providing counselling and psychotherapy services.



| Patrons | : Sri.A.H Badrudeen (Principal i/c) |
| | : Dr.M.S.Noufal (HOD,Dept of Malayalam) |
| Coordinator | : Dilshad Bin Ashraf |
| | Asst professor, Dept of Psychology |
| Asst Coordinators | : Asseem J & Shijina A S |
| | Asst professor, Dept of Commerce |
| | NSS Programme officers |
| Supervising Faculty | : Dr.C. Thomas Abraham |
| | TCI International Facilitator & Trainer |
| | Former NSS Program Coordinator, MG University |
| Psychologists | : A team of psychologists lead by Suvrad M.T |
| Peer Counsellors | : A team of 15 peer counsellors lead by Nithya S A & Muhammed Azif |

For any services please contact : 9995354778, 7907779705

**Snehakood watsup group**

Snehakood is a social media group for sharing the living learning experiences. The watsup group comprised of TCI workshop participants from 2015-16 onwards. The main aim of the group is to share the creative works of members like articles, story, poems, drawings etc and post the book reviews and learning journal contents of each members.

**Let's talk – English Speaking Course**



A spoken English course designed and conducted by creativity Hub volunteers with the supervision of English Department. This is a 30 hour course having morning and evening batch. The students are designed the syllabus in five modules and they were the trainers. The course include group

discussions, debate and video presentations. Twenty three student completed the course in two batches.

The Resource Team:

ShahanaMol&Nouja Jalal (I BSc Chemistry)

TharunSurendran (I BCom TTM), Asif Muhammed (II BSc Chemistry)

## 5 O' Clock Club

A group of students who help together to wake up in the morning and engage in creative reading habit. The group having 23 members. The coordinator made the group in to a circular chain and a series of phone call made in that circular order to wake up. Our start up division team mulberry created a mobile app for 5 o clock club through which with a click in the app coordinator can call all the volunteers one by one.

Coordinator :Jagfar Khan (II BA Islamic History)

## Palliative care unit



It is an initiative to inculcate empathy and humanity among volunteers. The unit consisted of 15 volunteers having genuine interest in social service activities. The team visits bedridden patients and spend time with them. We are also planning to expand this activities associating with Pallium India.

Coordinators: MuhammedIjas Khan (II BCom) MuhammedSha –II BA Islamic History

## Green army for plastic free campus

We initiated a green army for the theme green campus, clean campus. The volunteers conducted one week campaign in all the classes for making our campus plastic free. The programme is a joint initiative of creativity hub, NSS and nature club.



Plastic free campaign

**Team Mulberry**

Team Mulberry is a start-up mission started in 2019. This is a group of creative students who can develop mobile app, websites, brochure and logo designing. the start-up is technology related The main aim of the team is to develop an innovative start up in our college. The team developed three mobile app.

1. Mobile App for **5 O Clock club**
2. **On time AttendanceManager –** Mobile app for attendance
3. **UniQue -**App for Kerala university question bank

Team Members    :Shibin(CEO), Asif Muhammed, , Muflih,Ijas Khan, Jagfar Khan, Tholhath and MuhammedSha
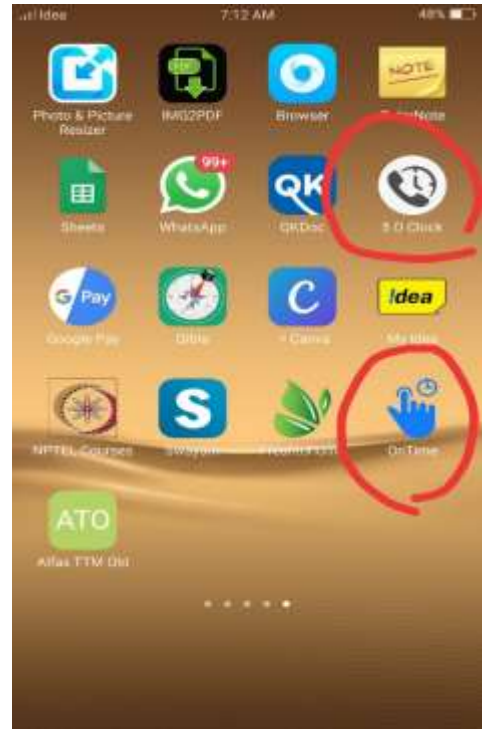
# Wall designing

Students who have artistic talent designed and painted creativity hub room and canteen



# Talent meet

Talent meet is one of the important programme organized by creativity hub. The objective of the programme is to provide an opportunity to students to interact with talented personalities in the society. It also aims to visit successful institutions and firms. The students will be motivated by hearing the life experiences, challenges faced and the pain behind their success. They may realize the need for smart work and dedication for every success. The programme scheduled first Saturday of every month.

*Manakkal Abdul Rahman*
*3rd novemebr 2018*

Manakkal Abdul Rahman is Famous agriculturist and farmer residing near to our college. He bagged award from Kerala Government for experimenting *"ottanjar krishi"* first time in Kerala. Twelve students visited his home and gained lot of knowledge regarding agriculture. At present he is actively involved in terrace farming, honey agriculture, paddy farming, duck farming, fish farming,love birds and honey bee farming, Jaiva Krishi etc..

*Mr. Ansari – Head Master – KVUPS, Pangode (Best school in Kerala)*
*5th January 2019*

      KVUPS Pangode is an aided upper primary school situated in the rural village pangode won many awards for best performance. Last year the school received the PM foundation Kerala's best school award. A group of Mannaniya students meet the Mr Ansari, HM, KVUPS pangode, he is the brain behind all these achievements. School has their own website designed and developed by students (http://kvups.in/)

*Talrop Education Pvt Ltd (First Rural Techies park in Kerala)*
*5th January 2019*

Our students visited Talrop Education Pvt Ltd, Pangode. Talrop is an Edu-Tech company established in rural village pangode and now spreading throughout Kerala. It is the first techies park established in a rural village. The interaction helped our students to know about the technological advancement and the need of skill development. The story behind the origin of Talrop is highly motivated the students. The students realized skill is more relevant for a brighter future in the present generation.

https://www.talrop.com/

***Baiju Pangode***
***2nd February 2019***

  Baiju pangode is the famous festival plot designer residing near to our college. He is an expert in designing and constructing big plots related to Hindu Mythology.

*Arun Kuttikkad*
*2nd February 2019*

Famous sculptor who won many awards in temple festivals.  In 2018 his sculpture won first prize in Kadakkal temple festival, it one of the biggest festival in south Kerala. Arun is the main artist in the festival plot workshop of Baiju Pangode

**Dr C Thomas Abraham**
**TCI Graduate Facilitator and HR Consultant**
CHIRAYIL, Villoonni P.O., Kottayam - 686 008, Kerala State, **Mob: 94471 80439**
Email: thomasabraham.tci@gmail.com

ruth cohn
institute for **TCI**
international

# Memorandum of Understanding

## Mutually entered into on 7th of November 2016

Ruth Cohn Institute International, Kottayam Chapter, and Mannaniya College of Arts & Science, Pangode, hereby enter into an understanding of collaboration in conducting TCI Workshops in the college for students, faculty and support staff. TCI is Theme Centred Interaction, an effective method for tranformative learnting is organized as a tie up programme with the two institutions.

**TCI Graduate Facilitator**
**Ripples Forum for Creative**
**Interventions Kottayam**

Principal
**Mannaniya College of Arts & Science**

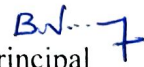Ref. No.                                    Date ...........................

07.11.2016

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