

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI
DEPARTMENT OF M.Sc. COUNSELLING PSYCHOLOGY
ACTIVITY REPORT

General Information

Type of Activity	Workshop/Seminar/Conference/Training/Events - Soft Skills/ Language and Communication Skills/Life Skills (Yoga, Physical fitness, Health, and Hygiene)/Awareness of trends in Technology/ National and International Commemorative Days
Title of the Activity	Workshop
Date/s	30.08.2022 – 05.09.2022
Time	9:00 AM – 8: 00 PM
Venue	Anugraha Capuchin Institute for Counselling and Psychotherapy, Nochiodaipatti, Dindigul - 624003, Tamil Nadu
Collaboration/Sponsor (if any)	Institutional

Speaker/Guest/Presenter Details

Name	Fr. Sundar Wilson, Fr. Suresh Raj, Fr. Sahayaraj, Fr. Matthew, Fr. Arul Edward Joseph,
Title/Position	Psychotherapist & Trainer
Organization	Anugraha Counselling Animation Centre
Title of Presentation	Healing the Inner Child

Participants Profile

Type of Participants	Student & Faculty
No. of Participants	Students – 26 Faculty - 2

Synopsis of the Activity (Description)

Highlights of the Activity	1. Facilitating knowledge of inner wounds 2. Exposure to psychotherapies
Key Takeaways	1. Accessing the unconscious 2. Releasing and expressing the inner child
Summary of the Activity	1. Introduction to the inner child and inner pilot. 2. Understanding different types of memory. 3. Acknowledgement of different types of abuse. 4. Different types of psychotherapies were conducted with the students. 5. Helping students release all their suppressed emotions 6. Students were taught to unlock their mind locks. 7. Teaching a healthy lifestyle for both men and women 8. Power of visualizing goals was taught.
Follow-up plan	Practising the techniques taught in the therapies to access the inner child, release the emotions and become a better individual.

Report prepared by:

Name of the Organiser	Department of Counselling Psychology, Loyola College, Chennai
Designation/Title	Prof. Linda M, Assistant Professor
Signature	

Deputy Principal

Vice Principal

HoD/Coordinator

Annexure:

1. Speaker Profile
2. Photos of the activity (not more than two)
3. Attendance list of participants

Healing the Inner Child

Anugraha


Date 30 Aug - 5 Sep 2022	Venue Anugraha Campus	
 Healing	 Releasing	 Dreaming
 Smiling	 Forgiving	 Serving

Heal the Hurt Child & Liberate the Joyful Child

Course Description	Major Threads
<ul style="list-style-type: none"> • Do you have high stress or addictive behaviour? • Are you having chronic sicknesses or nervous break-down? • Do you have excess anger and hatred? • Are you paralysed by fear and anxiety? • Do you have depression, lack of energy or low self-esteem, fatigue, or no life motivation? • Do worry and stress manifest as physical symptoms, insomnia, or phobia? • Are you having repeated failures and frustrations? • Are you dealing with physical challenges such as chronic pain, immune diseases, or fatigue? 	<ul style="list-style-type: none"> • Stress to flow • Sickness to health • Anger to serenity • Hatred to forgiveness • Fear to courage • Sadness to happiness • Depression to enthusiasm • Low energy to high energy • Low self-esteem to high self-esteem • Insomnia to good sleep • Addiction to liberation • Low to high motivation

Date 30 Aug - 5 Sep 2022	Covid 19 Vaccination & PCR Documents Needed	Fee ₹4,000	For Registration Visit www.anugraha.info ISO 9001: 2015 Certified
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Contact +91 94429 65496 +91 94864 86899	Anugraha Capuchin Institute for Counselling & Psychotherapy Dindigul, Tamil Nadu, India	Name: Director, Anugraha Ac/ no: 0021053000031585 IFSC: SIBL0000021 South Indian Bank, Dindigul
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Healing the Inner Child

Date: 30.08.2022 - 05.09.2022

Time: 9:00 AM - 8:00 PM

Venue: Anugraha Capuchin Institute for Counselling and Psychotherapy, Dindigul

List of attendees

SL. NO.	DEPT. NO.	STUDENT NAME
1.	22 -PCP-001	AROKIA SHELICY
2.	22 -PCP-002	A PRIYADARSHINI
3.	22 -PCP-003	NIHAYA FATHIMA N
4.	22 -PCP-004	SAHAYA JEFFINA
5.	22 -PCP-005	JENIFER
6.	22 -PCP-006	SHARMILA S
7.	22 -PCP-007	DEBBY MERLIN SYLVIA
8.	22 -PCP-008	MIRIAM SHAVON DALY
9.	22 -PCP-009	S KARTHIKEYAN
10.	22 -PCP-010	MERLIN A
11.	22 -PCP-011	SANGEETHA
12.	22 -PCP-012	BHARATHI
13.	22 -PCP-013	MISBA
14.	22 -PCP-014	SAMANTHA JOANAH
15.	22 -PCP-015	IMMACULATE
16.	22 -PCP-017	LAKSHANA S
17.	22 -PCP-018	NIVETHA S
18.	22 -PCP-019	AMANDA
19.	22 -PCP-020	JEEVANA R
20.	22 -PCP-021	A DIVYA
21.	22 -PCP-022	SUDHA RAJESWARI
22.	22 -PCP-023	RAHUL M
23.	22 -PCP-025	T HEMAROOPAN NADAR
24.	22 -PCP-026	JENNIFER J
25.	22 -PCP-027	GRACEMA D R