

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI
DEPARTMENT OF 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 | 29/09/2022 |
| Time | 1:30 – 6:30 PM |
| Venue | CAS 03, Department of Counselling Psychology, Loyola College |
| Collaboration/Sponsor (if any) | Institutional |

Speaker/Guest/Presenter Details

| | |
|-----------------------|--|
| Name | Rev. John Britto |
| Title/Position | Catholic priest, Drama and Arts Psychotherapist, and Cultural Analyst. |
| Organization | Loyola Institute of Social Science Training and Research (LISSTAR) |
| Title of Presentation | Jung's Art therapy Workshop |

(Add/repeat above rows if there is more than 1 Speaker)

Participants Profile

| | |
|----------------------|-------------------------|
| Type of Participants | Student/Faculty |
| No. of Participants | Students - Faculty - |

Synopsis of the Activity (Description)

| | |
|----------------------------|--|
| Highlights of the Activity | <ol style="list-style-type: none"> About Identifying and Analyzing the unknown dark side of our personality. Facts and figures |
| Key Takeaways | <ol style="list-style-type: none"> Steps to identify and get an basic idea of shadow(dark side of personality) according to Jung's model. Who model |
| Summary of the Activity | <ol style="list-style-type: none"> The seminar was conducted for Ist and IInd year of PG students. The resource person also shared more information about Shadow and our past experiences could have impact on our present and future life situation. The resource person shared more information and also conducted activities which take students to think critically and analyse their shadow. |

| | |
|--|---|
| | <p>4. The activity was interesting and it gave us new insight into life. It makes us aware of deep nature of oneself, and the pros and cons of it.</p> <p>5. Facilitator tried to have very interactive session with the students and shares interesting things, which brought lot of insights for the students.</p> <p>6. During the workshop the facilitator has conducted:</p> |
| | <ul style="list-style-type: none"> • An Ice breaking session(to get deeper level of understanding) • Art therapy (to identify the shadow of people) • Dance movement therapy (to initially reach the unconscious mind) • Sand play therapy session. |

Report prepared by:

| | |
|-----------------------|---|
| Name of the Organiser | Department of Counselling Psychology, Loyola College, Chennai |
| Designation/Title | Prof. G NIRANJANA, 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





Shift II

Date: 29th September 2022

Time: 1:30 PM – 6:30 PM

Venue: CAS 03, Department of Counselling Psychology, Loyola College, Chennai

List of Attendees

I PG

| S. No | DEPT. NO | STUDENT NAME |
|-------|-------------|---------------------|
| 1 | 22-PCP-001 | AROKIYA SHEL CY |
| 2 | 22-PCP- 002 | A PRIYADARSHINI |
| 3 | 22-PCP-003 | NIHAYA |
| 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 |
| 9 | 22-PCP-009 | KARTHIKEYAN S |
| 10 | 22-PCP-010 | MERLIN A |
| 11 | 22-PCP-011 | SANGEETA BEHERA |
| 12 | 22-PCP-012 | BHARATHI |
| 13 | 22-PCP-013 | MISBA |
| 14 | 22-PCP-014 | SAMANTHA JOANAH |
| 15 | 22-PCP-017 | LAKSHANA S |
| 16 | 22-PCP-018 | NIVETHA S |
| 17 | 22-PCP-019 | AMANDA DORTHY |
| 18 | 22-PCP-020 | JEEVANA R |
| 19 | 22-PCP-021 | DIVYA A |
| 20 | 22-PCP-022 | SUDHA RAJESHWARI V |
| 21 | 22-PCP-023 | RAHUL |
| 22 | 22-PCP-025 | ROOPAN |
| 23 | 22-PCP-026 | JENNIFER J |

II PG

| SL. NO. | DEPT. NO. | STUDENT NAME |
|---------|------------|------------------|
| 1 | 22-PCP-001 | D A STEPHEN |
| 2 | 21-PCP-002 | JULIETBENITTA.E |
| 3 | 21-PCP-003 | ROSHINI A |
| 4 | 21-PCP-004 | VARSHA |
| 5 | 21-PCP-005 | HARINI K |
| 6 | 21-PCP-006 | NANDHAKUMAR X |
| 7 | 21-PCP-007 | POORNIMAA S |
| 8 | 21-PCP-008 | GOKILA G |
| 9 | 21-PCP-009 | M EESHA |
| 10 | 21-PCP-010 | L JOTHI LAKSHMI |
| 11 | 21-PCP-011 | JAI SWETHA K |
| 12 | 21-PCP-012 | MONISHA S |
| 13 | 21-PCP-013 | U KRUTHIKA |
| 14 | 21-PCP-015 | AMNA MARIYAM |
| 15 | 21-PCP-016 | K DEVI SRI |
| 16 | 21-PCP-017 | SURYA MOHAN |
| 17 | 21-PCP-018 | LAKSHMI BIJU |
| 18 | 21-PCP-019 | HASHIM HAMZA K H |

| | | |
|----|------------|---------------------|
| 19 | 21-PCP-020 | WINNIFRED.M |
| 20 | 21-PCP-021 | A MUSKAAN FATHIMA |
| 21 | 21-PCP-023 | SWETHA A |
| 22 | 21-PCP-024 | KEERTHANA RABIN RAJ |
| 23 | 21-PCP-026 | NIDA FATHIMA K |