

Loyola College (Autonomous)
Chennai - 600 034.
Motto: "Shine from Within"
ANNUAL REPORT (2016 – 17)

For this academic year 2016-2017, AURA club was officially inaugurated by Dr. Fatima Vasanth, Deputy Principal, Loyola College, during a function held at YD hall on 26 November 2016. During her address, she invited students to have hope at all times as hope can bring in joy and peace in their lives and to strengthen their relationships with people around them starting with their family.

At the beginning of the function, God's blessings were invoked by the Club Choir by singing the hymn "Count your many blessings". While Ms. Yazhini (Counsellor, Loyola College) welcomed the Chief Guest, Dr. Fatima Vasanth at the start of the function, Mr. J. Prince (Counsellor, Loyola College) introduced the theme for this year, "From Human Being to Being Human" and Ms. Christina (Counsellor, Loyola College) took the participants on a journey on what they would be learning at the subsequent sessions in form of a power point presentation. The club seniors namely, Augustus, Nallasivam, Mohammed and Hemnath gave their testimonials on how they have been enriched by being members of this AURA club by their role-play and activity which were very innovative.

The students who have enrolled for AURA club from various departments from both Shift-1 and Shift-2 participated in the function.

Ms. Yazhini welcoming the participants for this function



AURA club choir invoking God's blessings



Ms. Christina felicitating the Chief Guest, Dr. Fatima Vasanth



Mr. J. Prince introducing the Theme of this Year



Senior club student Mohammed conducting the proceedings of the programme



Chief Guest, Dr. Fathima Vasanth addressing the gathering



Club seniors' symbolic lighting of the candle



Club senior, Augustus lighting the candle of first student



AURA CLUB SESSIONS

Regular weekly sessions were conducted for the members of the AURA Club and information was disseminated on various topics:

Topic 1: WHO AM I?

A journey into the inner self helps the students understand themselves. Before reaching out to others, they are helped to know who they are first.

Topic 2: INTRODUCTION TO EMOTIONS

Emotions are within us for a purpose. To help students become aware of the various emotions that they experience and how to enrich one's life by making the best use of them.

Topic 3: HANDLING EMOTIONS EFFECTIVELY

When emotions are not recognized and mishandled we may lose our harmony within and with others. In this session, the students are taught with skills and techniques to handle emotions in an effective way.

Topic 4: FOCUS ON YOUR STRENGTHS

While everyone has their own share of weakness, positive psychology teaches that focusing more on positives, assets or in other words strengths first transforms a person and gives him additional power to work on his liabilities. How this can be made possible is taught to the students this session. An assignment to help them to realize their strengths was given as a follow up measure.

Topic 5: FAMILY ROLES

No man is an island. No one is bereft of a family. We are all connected to each other. But then we take different roles within our biological families or within the close bonds we have grown up with. How have we taken those roles? Of our own free will, or were they forced upon us? If we had taken them, did we consciously or unconsciously? An insight...

Topic 6: NANNIE

This is an acronym for the skills involved in a helping profession. Knowing this primes the students on the essentials required to become a peer guide.

Topic 7: LOVE LANGUAGES

We all have had our own love languages but may not have known distinctly what they are. This is an exploratory session for students to understand their primary love language and also about those of others within their family and friends circle.

Topic 8: ERPR

This is an abbreviation for the four primary responses that are used by a helper. The students are given various examples on how to use their responses effectively. Demo sessions are conducted and students are made to role play in their dyads.

Topic 9: REFLECTIVE LISTENING

This is a continuation of the previous session where students are taught to avoid giving vague messages even in their everyday life but to be clear, concise while they express their feelings. This helps them to become natural helpers and better communicators.

Topic 10: SUBSTANCE ABUSE

A full day session is organized where professionals from the field on substance abuse address the students on the various aspects of substance abuse and how they can help those around them.

PICTURES



ACTIVITIES CONDUCTED DURING A SESSION



CLUB FACULTY ADDRESSING THE STUDENTS



ROLE PLAY SESSION



STUDENTS ACTIVELY PARTICIPATING IN ROLE PLAYS



GROUP DISCUSSION IN PROGRESS

A ONE DAY PROGRAM ON “DISEASE AND DISORDER” – a glimpse
A one day program was conducted in LS hall Hall on 26 Feb 2017



Prayer by Ms. Yazhini





ADDICTION IS A DISEASE – REV. FR. FRANCIS JEYAPATHY S.J



AURA CLUB 2016-2017 BATCH



THERAPY – CHILD ABUSE



PAPER GAME – ON THEMES

