

AURA CLUB Annual Report 2018 -19

“Shine From Within”

About the Club:

The term Aura indicates the invisible radiations around a person acting as strength and shield. AURA club with the motto, “Shine from within” was started in 2014, as part of the academic activity by Loyola Counseling Centre. The objective of the club is to equip the students to help themselves and others at the Intrapersonal, Interpersonal and Social level by

1. Exploration, Awareness , Development and Potentiating of the self
2. Peer Guidance & Counselling
3. Referral Channels

Methods:

- Indoor & Outdoor Activities, Games
- Training Programs, Workshops, Campaigns, Rallies
- Input Sessions & Discussions
- Demos & Practical Sessions
- Sharing Feedback & Follow Ups
- Referral Channels

Topics:

Nannie method, Structure of the mind ,Self-awareness, Handling emotions ,Body language, Love language ,Family roles, Abuses, Imprinting ,TA, Men vs women – brain differences ,Handling relationships, Social initiatives and motivation ,Addiction, Listening skills, Counselling skills, Counselling demonstration.

Outcome:

- Students are benefitted personally, interpersonally and socially.
- Able to extend counselling services within the students comfort zone.
- Large number of students are covered.
- Changing perceptions - as more approachable & accessible, normal remedial measure.
- Stigma about counselling has been reducing.

