



**INTERNAL QUALITY ASSURANCE CELL (IQAC)  
LOYOLA COLLEGE (AUTONOMOUS)  
INVITES QUALITY CIRCLE MEMBERS (QCM) TO THE**

**SPRINGBOARD LEADERSHIP PROGRAMME  
(2022 - 23)**

**ON  
"FINDING THE OFF SWITCH"**

**RESOURCE PERSON  
MS. KUMUD KEDIA  
(PERSONALITY DEVELOPMENT TRAINER)**

**DATE: 21/02/23  
VENUE: MRF HALL**

**BATCH 1 - SHIFT 1 (10 A.M. - 1 P.M.)  
BATCH 2 - SHIFT 2 (2 P.M. - 5 P.M.)**

**ALL ARE INVITED**

**OD WILL BE GIVEN FOR THE PARTICIPATION**

The Internal Quality Assurance Cell (IQAC) of Loyola College conducted the Springboard Leadership Programme on 21<sup>st</sup> February, 2023 at MRF Hall, Loyola College. The topic was on **“FINDING THE OFF SWITCH”**. The Quality Circle Members from all departments were present at the session to enhance their leadership qualities. The session commenced at 10:00 am with an introduction by Ms. Thevaki, which was then followed by a prayer song.





Dr. R. Ravindhran the IQAC Coordinator delivered a welcome address for the Chief Guest Ms. Kumud Kedia, Dr. P. Sagayaraj, Research Professor and Director of the Loyola Data Centre, and all the faculty members of the IQAC. He then invited Dr. P. Sagayaraj to felicitate the chief guest with a shawl & memento.

Mr. Arvind introduced the guest speaker and spoke about her role and achievements.



The lecture commenced by Ms. Kumud Kedia, trainer and facilitator. She began the session by talking on how the mind works and also how we need to pay more attention and listen to others while speaking rather than trying to speak more.

She then had a group activity splitting the team into 5 groups and asked them to draw two figures present in a garden and each member of the team had to explain what figure they are currently and what they want to be in the near future.





In addition she requested each student to blow a balloon and asked everyone to protect their balloon from the others. This activity was to understand how good their listening skills were post which the session ended with a song by the resource person.



The lecture was of great success. It helped students to understand the need to find the off switch and also become better listeners. Ms. Indhupriya ended the session with a special Vote of Thanks to the Chief Guest Ms. Kumud Kedia and everyone present.



*THANK YOU*





Loyola College (Autonomous), Chennai 600 034

Internal Quality Assurance Cell

Quality Circle Members - Shift-1

21/02/23

TOPIC " FINDING THE OFF SWITCH "

VENUE : MRF HALL TIME: (10 A.M. - 1 P.M.)

Sl.No.	Department	Name of the Student	Dept. No	Year	Signature
1	Economics	ANNA SONA PHILIP	21-PEC-036	II PG	
2		DOMINIC ASTLE JOHN	22-PEC-016	I PG	
3		BASU SIVARAJ H	20-UEC-061	III UG	<i>Basu</i>
4		AARON SALOMON	21-UEC-040	II UG	
5		NOORUL FAIZAL	22-UEC-003	I UG	<i>T. Faizal</i>
6	English	AMIRTHA VARSHINI B.M.E	21-PEL-023	II PG	
7		AURELIA FAUSTINA S	22-PEL-006	I PG	
8		FELIX CEDRIC	20-UEL-005	III UG	
9		PC LAWRENCE	21-UEL-029	II UG	
10		DEVESH KIRUBHAKARAN J	22-UEL-001	I UG	
11	History	LOWRANCE KIRUBAKARAN	20-UHT-012	III UG	
12		VISHAL S	21-UHT-011	II UG	<i>S. Vishal</i>
13		AJIN S	22-UHT-009	I UG	<i>Ajin</i>
14	Sociology	BENOIT ROSHAN	20-USO-002	III UG	<i>Benoit</i>
15		PUVICHUDAR.T	21-USO-066	II UG	<i>P. Vichudar</i>
16		GURUDHARAN.N.M.	22-USO-005	I UG	<i>Gurudharan</i>
17	Social Work	APERENA P K	21-PSW-004	II PG	<i>Aperena</i>
18		JEBE AGNES N. R	22-PSW-005	I PG	
19	Tamil	MADHAVAN J	20-UTL-041	III UG	<i>Madhan</i>
20		DHANUSH V	21-UTL-019	II UG	
21		RADHA KRISHNAN G	22-UTL-003	I UG	



22	Advanced Zoology	MONALISA SAHU	21-PZO-009	II PG	
23		MAHALAKSHMI. V	22-PZO-027	I PG	
24		S. ANTO MARIO	20-UAZ-001	III UG	S. Antomario
25		MADHUMITHA. S	21-UAZ-046	II UG	
26		P. THAMIZHAN	22-UAZ-035	I UG	P. Thamiyhan
27		Chemistry	M. ARON GEORGE	22-UCH-014	I UG
28	V. DINESHRAJAN		21-UCH-033	II UG	
29	B. LEVIN JOSEPH		20-UCH-018	III UG	Lelet
30	A. NIRMAL NATHAN		22-PCH-013	I PG	
31	A. BENEDICT		21-PCH-014	II PG	
32	Mathematics	PRINCE SAGAI L F	21-PMT-001	II PG	
33		JOSE STEPHY J	22-PMT-002	I PG	
34		MAGESH S	20-UMT-004	III UG	S. Magesh
35		SHRAYANTH N	21-UMT-015	II UG	N. Shrayanth
36		G. MELVIN IMMANUEL	22-UMT-003	I UG	G. Melvin Immanuel
37	Physics	TAMIZHSELVAN S	20-UPH-034	III UG	
38		LEO MARIA BENEDICT M	21-UPH-004	II UG	
39		GEETHOAN JOSE I	22-UPH-016	I UG	Geethoan Jose I

40	DORRY BREEZE G	21-PPH-027	II PG	<i>Dorry Breeze</i>
41	MELENCIA FREDLINA A S	22-PPH-020	I PG	



42	Plant Biology	KARTHIKEYAN M	20-UPB-028	III UG	<i>G. Anigbanj</i>
43		NAVIN AJAY D	21-UPB-004	II UG	<i>NA</i>
44		MADHAV AJITH	22-UPB-017	I UG	<i>MA</i>
45	Philosophy	JONES KISHORE J.	21-PPL-014	II PG	
46		TOMY ISSAC BABY	22-PPL-038	I PG	
47	Statistics	JERUSHA JOSEPHIN A	21-PST-028	II PG	
48		KINGSTON R	22-PST-006	I PG	<i>R. Kingston</i>
49		PAULDANIEL N	20-UST-036	III UG	<i>N. Paul</i>
50		SAVIO PIOUS PITTAPPILLIL	21-UST-042	II UG	<i>[Signature]</i>
51		PRITHIV N	22-UST-058	I UG	<i>N. Pruthi</i>
52	Visual Communication	AHALYA CAROLINE KENNEDY	20-UVC-010	III UG	
53		GOWTHAM B	21-UVC-021	II UG	
54		AVEDUTA PRABHAKAR	22-UVC-010	I UG	
55	3D Animation	HARINI V S	21-PAN-005	II PG	
56		ANJALY GEJESH KALAYIL	22-PAN-006	I PG	
57		BENIEL JEBASTIN P	20-UAN-002	III UG	
58		KIRAN G	21-UAN-001	II UG	
59		ROHITHKUMAR K	22-UAN-010	I UG	

60	Digital Journalism	JUDAH DANIEL S	21-PDJ-011	II PG	
61		HARINI T	22-PDJ-019	I PG	
62		SUNKARI ABHISHIKTA	20-UDJ-002	III UG	
63		VELAYUTHAM D	21-UDJ-014	II UG	
64		MERCILINE SATHYA DIVINITA S	22-UDJ-013	I UG	
65	Commerce	ANJELENE ANTONETTE BOSCO A	21-PCO-032	II PG	
66		KENISHA A	22-PCO-024	I PG	
67		SUJIN ANTO J	20-UCO-054	III UG-A	
68		HARIN ANTONY MASON C	20-UCO-156	III UG-B	
69		DHANUSH P T	21-UCO-020	II UG -A	
70		SURESH K	21-UCO-161	II UG- B	
71		ALFRHED CHRISTO V	22-UCO-010	I UG- A	
72		KAMALESH ARAVINTH	22-UCO-119	I UG- B	



Loyola College (Autonomous), Chennai 600 034

Internal Quality Assurance Cell

Springboard Session-2 & 3 (2022-23)

" FINDING THE OFFSWITCH "





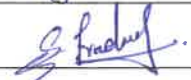

21/02/23

VENUE: MRF HALL

TIME: (10 A.M. - 1 P.M.)

Students Signing Sheet

Sl.No.	Name of the Student	Dept. No	Shift-I/II	Signature
1.	Arvind H	20 UDT 035	I	
2.	Preyanka P. Nair	21-PFP-029	II	
3.	B. Thevaki	20 UDJ 028	I	
4.	S. Indhu Priya	21-VAN-010	I	
5.	THEODORE SHAWN THOMAS	20 - UAF - 021	II	
6.	Pl. Ramanathan	22 - UAF - 048	II	
7.	Wadeep raj. S	21-UCO-129	I	
8.	RAMAKRISHNAN	21 - UCO - 151	II I	
9)	GAUTHAM.N.S.	21 - UCO - 171	I	
10)	Sajan. J	21 - UCO - 128	I	
11)	P. Cruz Piousan	21 - UCO - 127	I	
12.	Adhithya.V.G	21 - UAF - 046	II	

13	Madhava	21-UCO-109 /	I	
14	Fredrick	21-UCO-105 /	I	
15	Shailendran	21-UCO-174 /	I	
16	Jeeva V	21-UST-002 /	I	
17	Jane Crispin S.G	21-UCO-144 /	I	Jane
18	Pradeep Kumar S	21-UCO-116	I	
19	RISHI ANAND S	<del>22</del> P 22-PEC-003	I	Rishi Anand
20	BHARATHRAJ A	20-UCO-049 /	I	A. Bharathraj
21	Pradeep felix.G	20-UCO-017 /	I	P. Pradeep felix
22	Robert Francis	20-UCO-075 /	I	





## Loyola College (Autonomous), Chennai 600 034

## Internal Quality Assurance Cell

## Quality Circle Members - Shift-2

21/02/23

TOPIC: " FINDING THE OFF SWITCH "

VENUE: MRF HALL TIME: (02 P.M. - 5 P.M.)

Sl.No.	Department	Name of the Student	Dept. No	Year	Signature
1	Economics	<del>RUBEN</del> RUBEN JOHN VARGHESE	20-UEC-241	III UG -A	
2		TATVA HARSHA RAJ	20-UEC-340	III UG -B	
3		SREEVINAYAK J	21-UEC-234	II UG -A	
4		KAVIVARMAN	21-UEC-309	II UG -B	
5		AATHI	22-UEC-252	I UG -A	
6		MUKHILAN M	22-UEC-339	I UG -B	
7	English	ROHAN ANIL	20-UEL-152	III UG	
8		HARIOAM KUMAR	22-UEL-152	II UG	
9		GURJEET SINGH AJAMANI	22-UEL-127	I UG	
10	French	DARAKSHAN	20-UFR-040	III UG	
11		VIVEKA M.V.	21-UFR-030	II UG	
12		RIDDHI R	22-UFR-044	I UG	
13	History	AMINA MEETHEEN	21-PHT-015	II PG	
14		KEERTHANA C M	22-PHT-027	I PG	
15		JAYA MANOHAR SEETA RAM	20-UHT-252	III UG	
16		KOMESHWARAN M M	21-UHT-275	II UG	
17		ALLU SAI SUNDAR KESAVA PRASAD NAIDU	22-UHT-207	I UG	
18	Social Work	PUREANJINE B	21-PSW-086	II PG	
19		SHANMUGAPRIYA K	22-PSW-079	I PG	



20	Sociology	SHAWN MICHAEL STEPHEN	21-PSO-025	II PG	<i>Shawn Michael</i>
21		JENNIFER.R	22-PSO-004	I PG	



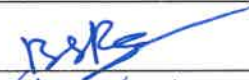

22	International Relations	TRINEE A	21-PIR-002	II PG	
23		VASUNDHRA.B	22-PIR-008	I PG	B. Vaya.
24	Food Chemistry	PRIYANKA P NAIR	21-PFP-029	II PG	<del>Pr</del>
25		BANDI HARISH	22-PFP-007	I PG	Harish.
26	Chemistry	SANJAI K	20-UCH-209	III UG	Sanjai K
27		RAGUL M	21-UCH-207	II UG	Ragul M
28		V ASWIN PAUL	22-UCH-248	I UG	
29	Data Science	D.SILVIA INFANTAA GRACE	21-PDS-007	II PG	
30		C.JENISH REVALDO	22-PDS-007	I PG	
31	B.C.A.-Computer Applications	BLESSON MATHEWS GEORGYE	20-UCA-033	BCA	Blesson
32		SHARON BENZY	21-UCA-002	BCA	Sharon
33		PARIKSHITH N	22-UCA-037	BCA	Parikshith
34	B.Sc.Computer Science	PUGAZHENDHI V	20-UCS-039	III YEAR-A	V. Pugazh.
35		TARIK ANWAR ANVAR	20-UCS-101	III YEAR-B	Tarik
36		JOHN VINCENT S P	21-UCS-005	II YEAR-A	John Vincent
37		K. ADHITHYAN	21-UCS-112	II YEAR-B	K. Adhithyan
38		ADITHIYAN S	22-UCS-040	I YEAR-A	Adithyan
39		SARAN BABU R	22-UCS-106	I YEAR-B	R. Saran Babu
40		M.Sc.-Computer Science	Fr. ANBU	22-PCS-007	I YEAR
41	TRIVENI.K		21-PCS-026	II YEAR	

42	Mathematics	J. SANJAY	20-UMT-314	III UG - B	J. Sanjay
43		OM PRAKASH S	20-UMT-205	III UG - A	Om Prakash S
44		SIDDHARTH M S	21-UMT-314	II UG	Siddharth M S
45		ALWIN JEBARAJ .D	22-UMT-319	I UG	Alwin Jebaraj .D
46	Physics	ANURAG KUMAR	20UPH 231	III UG - A	
47		DHANESVARA.M	20UPH 310	III UG - B	Dhanesvara.M
48		INFANT JESSLY.T	21UPH 204	II UG - A	Infant Jessly.T
49		TRISHAL.P	21UPH 326	II UG - B	Trishal P
50		HARI KRISHNA.R	22UPH 221	I UG	
51	Biotechnology (Plant Biology)	ARIBA KHAN	21-PBT-006	II PG	Ariba Khan
52		MERLYN BERNADETTE	22-PBT-002	I PG	
53	Visual Communication	SWAMYNATHAN V	21-PVC-011	II PG	
54		REENA G	22-PVC-013	I PG	
55		APOORVA RIJHWANEY	20-UVC-116	III UG	
56		SRIVATSAN S A	21-UVC-122	II UG	
57		AKSHARA SIVAKUMAR	22-UVC-102	I UG	
58	BMM	DEEPAK STEINS J	20-UMM-011	III UG	
59		VISHAL R	21-UMM-006	II UG	
60		ABITH SINGH D	22-UMM-039	I UG	
61	Counselling Psychology	SWETHA. S	21-PCP-023	II PG	



62	SANGEETA BEHERA	22-PCP-011	I PG	
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63	Commerce	S. S. ARUNESH	22-UCO-202	I UG- A	
64		B. T. HARISH	22-UCO-303	I UG-B	
65		H. MOHAMMED HADIF	22-UCO-408	I UG-C	
66		M. NITHIN KUMAR	22-UCO-525	I UG -D	
67		VISRAJITH NAVEEN	22-UCO-653	I UG- E	
68		E. ABINANDAN	21-UCO-252	II UG-A	<i>E. Abinandan</i>
69		D.JEEVAN	21-UCO-319	II UG- B	<i>Jeevan J.</i>
70		I. OLIVEYAN SELVAM	21-UCO-441	II UG- C	
71		C. MUKESH	21-UCO-564	II UG- D	
72		D. R. SAM MATHIEW	21-UCO-653	II UG-E	<i>D.R. Mathew</i>
73		M. C. ASWIN	20-UCO-242	III UG-A	
74		S. SANTHOSH	20-UCO-311	III UG-B	
75		R. P. PRANESH KUMAR	20-UCO-426	III UG-C	<i>R. Pranesh kumar</i>
76		A. PRATAP	20-UCO-522	III UG-D	
77		H. K. SAI KISHORE	20-UCO-672	III UG-E	<i>H.K. Sai Kishore</i>

87	BBA	MR.PRAHADEESHWAR	22-UBU-017	I UG A	
88		MR.A.ABRAHAM JACK	22-UBU-169	I UG B	
89		MR.A.VIJAY RAM	21-UBU-067	II UG A	
90		MR.V.PRANAV SHAKTHIVEL	21-UBU-121	II UG B	
91		MR.T.A.VISWANATH	20-UBU-055	III UG A	
92		MR.R.RONAK	20-UBU-102	III UG B	
93		B.Com. Corporate Secretaryship	GOKUL S	20-UBC-063	III A
94	ABISHEK P.R		20-UBC-152	III B	
95	KIRAN MATHEW A		20-UBC-253	III C	
96	GANESH SRINIVASAN .K		21-UBC-051	II A	
97	B.SASWATH DHARANA RAYALU		21-UBC-151	II B	
98	JEFFREY JOY CHAKKORIA		21-UBC-209	II C	
99	BRANDON JOSHUA BROWNE		22 UBC 058	I A	
100	ABISHEK S PETER		22 UBC 102	I B	
101	A.MICHAEL NAVEEN		22 UBC 208	I C	

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21/02/23

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TIME: (10 A.M. - 1 P.M.)

Students Signing Sheet

Sl.No.	Name of the Student	Dept. No	Shift-II	Signature
1.	Aswin A.V	20-UHT-225	II	Aswin
2.	PRAINKUMAR.C	20-UHT-234	II	P. Prankumar
3.	Melvin George	22-PHT-026	II	Melvin
4.	Nikhil Kumar	21-PHT-011	II	Nikhil
5.	Vinolya Rose	21-PHT-014	II	Vinolya Rose
6.	Nalin.M	20-UEC-280	II	Nalin
7.	V. Vethava.	21-URE-019	II	V. Vethava
8.	R. Shinothi	21-UBC-003	II	R. Shinothi
9.	K.P. Arun karkki	22-VCS-117	II	K.P. Arun karkki
10.	V.P. Veerasegaran	22-VCS-137	II	V.P. Veerasegaran
11.	Keerthi Varman	22-VCS-124	II	Keerthi Varman
12.	Umar farooq	22-VBU-222	II	Umar Farooq





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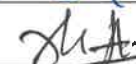

" FINDING THE OFFSWITCH "

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VENUE: MRF HALL

TIME: (10 A.M. - 1 P.M.)

Students Signing Sheet

Sl.No.	Name of the Student	Dept. No	Shift-I	Signature
1.	S. Prasad	22 - VCO - 259	II	
2.	Harish.B.T	22 - VCO - 303	II	
3.	Mohammed Hadiq.H	22 - VCO - 408	II	
4)	Vishnuji H. Naveen	22 - VCO - 653	II	
5)	Bharath Teja AV	21 - VCO - 532	II	
6)	Daniel Phanush	21 - VCO - 559	II	
7)	Jeffrey Jay Chakraborty	21 - UBC - 209	II	
8)	S. LOKESHWARAN	20 - VCO - 554	II	
9.	Dennis Mariani Aldo.M	20 - UBC - 022	II	
10.	Jeremiah Pandian J.S	21 - PFP 009	II	
11.	BASKAR.S	21 - UBC - 262	II	
12.	Yash Mahabubani	21 - UBC - 143	II	