

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	07.01.2023
Time	9:00 AM – 06:00 PM
Venue	MCA Smart Classroom
Collaboration/Sponsor (if any)	Institutional

Speaker/Guest/Presenter Details

Name	Br. Prem Anand Parthiban C.S.C
Title/Position	Superior & Director
Organization	Prenovices, Bannerghatta, Bangalore
Title of Presentation	Mindfulness Based Therapy

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

Participants Profile

Type of Participants	Student & Faculty
No. of Participants	Students – 43 Faculty – 2

Synopsis of the Activity (Description)

Highlights of the Activity	1. Different breathing techniques 2. Forgiving and letting go
Key Takeaways	1. Activities on different types of walking, body scan technique 2. Distress tolerance
Summary of the Activity	1. Introduction to the therapy. 2. Different types of breathing technique were explained. 3. The students participated in controlled mindful breathing technique. 4. Types of walking and its benefits were explained. 5. Body scan technique and mindful listening were explained. 6. An activity on forgiving someone/something that hurt us the most was conducted and practised. 7. At last feedback session was conducted.
Follow-up plan	Practice learned techniques on a regular basis.

Report prepared by:

Name of the Organiser	Department of Counselling Psychology, Loyola College, Chennai
Designation/Title	
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





Mindfulness Based Therapy

Date: 07.01.2023

Time: 9:00 AM – 06:00 PM

Venue: MCA Smart Classroom

List of attendees

SL. NO.	DEPT. NO.	STUDENT NAME
1.	21-PCP-001	D. A. UDHAYANA STEPHEN
2.	21-PCP-002	JULIETBENITTA.E
3.	21-PCP-003	ROSHINI A
4.	21-PCP-004	VARSHA VEDAGIRI
5.	21-PCP-005	HARINI K
6.	21-PCP-006	NANDHAKUMAR X
7.	21-PCP-007	POORNIMAA S
8.	21-PCP-008	GOKILA G
10.	21-PCP-010	L JOTHI LAKSHMI
11.	21-PCP-011	JAI SWETHA
13.	21-PCP-013	KRUTHIKA U
14.	21-PCP-014	PRIYANKA B
15.	21-PCP-015	AMNA MARIYAM
16.	21-PCP-016	DEVISRI K
19.	21-PCP-019	HASHIM HAMZA KH
21.	21-PCP-021	A.MUSKAAN FATHIMA
22.	21-PCP-023	SWETHA S
23.	21-PCP-024	KEERTHANA RABIN
24.	22-PCP-001	AROKIA SHELICY
25.	22-PCP-002	PRIYADARSHINI A
25.	22-PCP-003	NIHAYA FATHIMA N
26.	22-PCP-004	SAHAYA JEFFINA B
27.	22-PCP-005	JENIFER
28.	22-PCP-006	S SHARMILA
29.	22-PCP-008	MIRIAM SHAVON DALY
30.	22-PCP-009	S KARTHIKEYAN

31.	22-PCP-010	MERLIN A
32.	22-PCP-011	SANGEETA BEHERA
33.	22-PCP-012	BHARATHI R
34.	22-PCP-013	MISBA SHARIFFA M
35.	22-PCP-014	SAMANTHA JOAN A
36.	22-PCP-018	NIVETHA S
37.	22-PCP-019	AMANDA DOOROTHY
38.	22-PCP-021	DIVYA A
39.	22-PCP-022	SUDHA RAJESWARI V
40.	22-PCP-023	RAHUL M
41.	22-PCP-025	T HEMAROOPAN NADAR
42.	22-PCP-026	JENNIFER J
43.	22-PCP-028	I MONICA SRI