

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	Seminar
Date/s	10/09/2022
Time	3:20 - 4:15 PM
Venue	CAS 03, Department of Counselling Psychology, Loyola College
Collaboration/Sponsor (if any)	Institutional

Speaker/Guest/Presenter Details

Name	Prof. Saadhiha Taj M
Title/Position	Assistant Professor
Organization	Loyola Institute of Social Science Training and Research (LISSTAR)
Title of Presentation	World Suicide Prevention Day: Creating Hope Through Action

(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"> 1. About suicide impact and the need for awareness 2. Facts and figures
Key Takeaways	<ol style="list-style-type: none"> 1. Steps to help people who go through suicidal thoughts 2. Who model
Summary of the Activity	<ol style="list-style-type: none"> 1. The seminar was conducted for Ist and IInd year of PG students on world suicide prevention day. 2. The resource person also shared more information about suicide prevention and about reducing stigmas. 3. The resource person shared more information about suicide prevention and about reducing stigmas and a video about how to face the problems with courage. 4. The activity was interesting and it gave us new insight into life. It makes us aware of what we all have now and how blessed we are to have them. 5. Oathtaking was also done, to prevent suicide and to remember about the value of life.

	<p>6. Students shared their own experiences with the class, which helps us to understand their coping and their effort to overcome their challenges.</p> <p>7. At last, written positive affirmations were given which gives a complete feel about the seminar.</p>
Follow-up plan	<ul style="list-style-type: none"> • To follow the suicide prevention day theme: creating hope through action • If we notice someone who is lonely, sad, or not feeling well, giving them a small smile will give them hope to share or take a step towards it. • We took the initiative by wearing the suicide prevention symbol, and we educated those who inquired about it. • We came to know that just listening and being with the person in their tough times is the first step towards prevention.

Report prepared by:

Name of the Organiser	Department of Counselling Psychology, Loyola College, Chennai
Designation/Title	Prof. Saadhiha Taj M, 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: 10th September 2022

Time: 3:10 PM - 4:15 PM

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

List of Attendees

I PG

SL.NO.	DEPT.NO.	STUDENT NAME
1	22-PCP-001	AROKIA SHEL CY
2	22-PCP-003	NIHAYA FATHIMA N
3	22-PCP-006	S SHARMILA
4	22-PCP-007	DEBBY MERLIN SYLVIA S
5	22-PCP-008	MIRIAM SHAVON DALY
6	22-PCP-009	S. KARTHIKEYAN
7	22-PCP-010	MERLIN A
8	22-PCP-011	SANGEETA BEHERA
9	22-PCP-012	R BHARATHI
10	22-PCP-013	MISBA SHARIFFA. M
11	22-PCP-014	SAMANTHA JOAN A
12	22-PCP-017	LAKSHANA. S
13	22-PCP-018	NIVETHA S
14	22-PCP-019	J. AMANDA DOROTHY
15	22-PCP-020	JEEVANA. R
16	22-PCP-021	DIVYA
17	22-PCP-022	SUDHA RAJESHWARI
18	22-PCP-023	RAHUL
19	22-PCP-024	HEMAROOPAN
20	22-PCP-026	JENNIFER J
21	22-PCP-027	GRACEMA D
22	22-PCP-028	MONICA SRI I

II PG

SL. NO.	DEPT. NO.	STUDENT NAME
1	21-PCP-002	JULIETBENITTA.E
2	21-PCP-003	ROSHINI A
3	21-PCP-005	HARINI K
4	21-PCP-006	NANDHAKUMAR X
5	21-PCP-007	POORNIMAA S
6	21-PCP-008	GOKILA G
7	21-PCP-010	L JOTHI LAKSHMI
8	21-PCP-012	MONISHA S
9	21-PCP-015	AMNA MARIYAM
10	21-PCP-017	SURYA MOHAN
11	21-PCP-019	HASHIM HAMZA K H
12	21-PCP-020	WINNIFRED.M
13	21-PCP-023	SWETHA S
14	21-PCP-026	NIDA FATHIMA K