

**LOYOLA COLLEGE (AUTONOMOUS), CHENNAI**  
**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**ACTIVITY REPORT**

**General Information**

Type of Activity	<b>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</b>
Title of the Activity	Dance Movement Therapy
Date/s	11/03/2024 and 12/03/2024
Time	9:00am to 12:00pm
Venue	MCA smart room
Collaboration/Sponsor (if any)	

**Speaker/Guest/Presenter Details**

Name	Sivapriya Madeshwaran
Title/Position	Vice chair of South zone
Organization	CMTAI
Title of Presentation	

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

**Participants Profile**

Type of Participants	<b>Student</b>
No. of Participants	

**Synopsis of the Activity (Description)**

Highlights of the Activity	<b>1.Ice breaking session and balloon activity 2. Eye contact maintaining and blind folding session</b>
Key Takeaways	<b>1.The body keeps the sources of energy what our conscious mind suppresses. 2.Every part of the body receive and send energy, by channelizing the energy establishing body mind connection . 3.Helps to become aware of unknown facets of our inner self.</b>
Summary of the Activity	<b>To build connection between mind and body It was very introspective It helps to build connection with self and others</b>
Follow-up plan	

**Report prepared by:**

Name of the Organiser	<b>Anitha Yazhini D</b>
Designation/Title	<b>Assistant Professor/Coordinator</b>
Signature	

**Annexure:**

## 1. Speaker Profile

Sivapriya Madeswaran

Is a practicing Counselling Psychologist , Therapeutic Expressive Movement Facilitator & Yoga facilitator.

Her qualification include M.phil in Applied Psychology (Specialisation in Students Counselling), PG diploma in Guidance & Counselling.

Currently she is the Vice- chair of South zone, CMTAI Chapters.

A trained Yoga facilitator & a Practitioner over 2 decades in Hatha practice, she has been training Adults in vitalising body, mind and spirit in tandem with her routine called “Abhyāsa”.

She had been a lecturer in Psychology briefly with IDE, University of Madras and Department of LifeSkills, Rajiv Gandhi National Institute for Youth Development, Sriperumbudur. Also worked as a School Psychological Counsellor with the objective of enhancement of the Mental Health capacity and Life Skills development; extends one-on-one counselling sessions to students & parents, addressing their wide range of problems and trains the teachers and school, college staff members in enhancing pedagogies and build a positive approach towards children/students. She also has been giving training programs/ workshops to colleges, corporates, medical doctors in line with capacity building, spectrum of Holistic Well-being and a Healthy living Lifestyle.

Ms.Sivapriya has always been passionate about arts.

She has incorporated different dance forms like Bharathanatyam, Folk, Punjabi, Salsa and floor works within her work as Therapeutic Movement facilitator.

Physical and Mental health, Happiness and building a healthy and conducive body structure to live life has been her vision for the adult participants/clientele. It was this passion and her love for psychology that drove her to movement and arts therapy. She integrates Mandalas as a tool in working with the psyche in-depth. She has an eclectic approach to therapy in which she uses Talk therapy, Drama techniques, Movement exercises, Mandalas, Stories to work with the nexus of the body and psyche.

She has been conducting varied themed workshops/ sessions online & offline for people from different parts of the world and at Karur & Pavithram, Coimbatore in tune with her vision.

## 2. Photos of the activity (not more than two)





### 3. Attendance list of participants