



**Springboard Leadership Programme
Valedictory & Final session
for**

Quality Circle Members

On

**“Holistic Leadership through the Integration of
Psychology, Technology and Spirituality”**

25 February, 2025

Report

Internal Quality Assurance Cell (IQAC)

Loyola College (Autonomous)

Chennai - 34



LOYOLA COLLEGE

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20th February , 2025

Valedictory & Final Session of Springboard Leadership Programme

The valedictory and the final session of the Springboard – A Leadership Programme for Quality Circle Members will be held on 25th February, 2025 between 11:30 a.m and 01:00 p.m in **Bertram Hall** on the topic, ***"Holistic Leadership through the Integration of Psychology, Technology and Spirituality"***, delivered by **Mr.Simon Anandh Raj**, Founder & CEO, FreeWill, and Human Empowerment & Emotional Intelligence Coach.

The nominated Quality Circle members and Class Representatives of UG and PG, and Office Bearers and Student Secretaries of Loyola Student Council (LSC) are requested to attend the session without fail.

IQAC Coordinator

Prof. D. Francis Xavier
IQAC Coordinator
Loyola College, Chennai-34

Principal

Principal
LOYOLA COLLEGE
CHENNAI - 600 034

"Let Your Light Shine"



**Internal Quality Assurance Cell (IQAC)
Loyola College (Autonomous)
Chennai - 34**

invites you to the Valedictory of the

**Springboard - A Leadership
Programme for Quality Circle Members**

On

**"Holistic Leadership through the Integration of Psychology,
Technology and Spirituality"**

*(for QC Members, LSC & FLOWS Office Bearers, Student Secretaries
and Class Representatives of all Programmes)*

Resource Person

Mr. Simon Anandh Raj,
Founder & CEO, FreeWill, and Human
Empowerment & Emotional Intelligence Coach.

Patrons

Rev. Dr. Antony Robinson, S.J.
Rector

Rev. Dr. A. Louis Arockiaraj, S.J.
Principal

Rev. Dr. B. Jeyaraj, S.J.
Secretary & Correspondent

Dr. J. A. Charles
Deputy Principal

Prof. D. Francis Xavier
IQAC Coordinator

Dr. Dorathy Pushparani
Assistant IQAC Coordinator

Feb 25th, 2025 | 11:30 a.m. to 01:00 p.m.

Bertram Hall



Loyola College (Autonomous), Chennai - 34

Internal Quality Assurance Cell (IQAC)

Report on

**Springboard Leadership Program – Session 4
“Holistic Leadership through the Integration of
Psychology, Technology and Spirituality”**

Date: 25 February, 2025 **Time:** 11.30 a.m., **Venue:** Bertram Hall

On February 25, 2025, Loyola College hosted **Springboard Leadership Program – Session 4** organized by the Internal Quality Assurance Cell (IQAC) on the theme “*Holistic Leadership through the Integration of Psychology, Technology, and Spirituality.*” The event brought together Quality circle members and student leaders for an engaging exploration of leadership in the modern era. The event was thoughtfully designed, meticulously coordinated and seamlessly executed by Prof. D. Francis Xavier and Dr. Dorothy Pushparani, Coordinators IQAC.



Mr. Simon Anandh Raj, CEO of Freewill and a renowned Emotional Intelligence Coach, was invited as the keynote speaker. The session commenced with an invocation. Prof. Francis Xavier, IQAC Coordinator welcomed everyone. This was followed by a contextual introduction by Father Principal, Rev. Dr. Louis Arockiaraj which set the stage with insights on the relevance of leadership programmes. His experience and motivation added significant value to the program, setting a powerful and engaging tone right from the outset, after which Mr. Simon Anandh Raj was formally welcomed by Dr. Dorathy Pushparani, Asst. Coordinator to lead the discussion.

The session began with an interactive Q&A, designed to build rapport and engage the audience on the subject of leadership qualities and competencies. Students were encouraged to think innovatively, particularly through the lens of Psychology and Technology. Their thoughtful responses demonstrated a commendable level of awareness and curiosity.



Mr. Anandh Raj shared personal anecdotes that illustrated how the triad of Psychology, Technology and Spirituality shaped his professional journey. He emphasized the need for a holistic understanding of these elements, presenting compelling case studies and real-life examples that underlined their interdependence in shaping impactful leaders.

From a spiritual perspective, he introduced the concept of the *Eighteen Dimensions of Life*, inviting students to reflect on which dimensions they prioritize. This introspection led to a broader discussion on the importance of balance, prioritization, and conscious decision-making—emphasizing that our present choices, influenced by these three core domains, inevitably shape our future.

A thought-provoking segment explored the power of choice and the duality of responsibility and stress. One particularly engaging moment arose during a discussion on future aspirations, when a student shared his goal of becoming a "house husband"- an unconventional yet insightful response that aligned with recent projections of increasing female leadership and workforce dominance in the coming decades.




The speaker also touched upon the rapid evolution of technology, drawing parallels with the evolving landscape of human psychology. He reinforced the idea that *Emotional Intelligence (EI)* surpasses *Artificial Intelligence (AI)* in fostering authentic leadership, though this sparked healthy debate among attendees.

A video presentation on perception, identity, and the manipulation of emotions via EI and AI highlighted the ethical and psychological complexities of leadership in the digital age. Mr. Simon Anandh Raj emphasized that true leadership requires recognizing and embracing one's strengths and limitations across all three dimensions—Psychology, Technology, and Spirituality. He asserted that ignorance of these factors can hinder not just individual growth, but also collective progress at the family, societal, national and global levels.



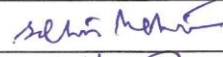

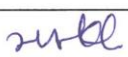



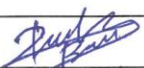
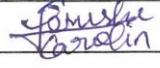

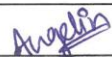

The session concluded with the distribution of an online self-assessment tool titled "*Know Thyself*," comprising 20 introspective questions aimed at helping students evaluate their leadership traits and self-awareness.

A vote of thanks marked the formal close of the session, followed by a prayer and one-on-one interactions between students and the guest speaker, further deepening the impact of the session.


Prof. Francis Xavier D
IQAC Coordinator


Dr. Dorathy Pushparani
Assistant IQAC Coordinator

Loyola College (Autonomous), Chennai 600 034				
"Holistic Leadership through the Integration of Psychology, Technology and Spirituality"(25-February-2025)				
Internal Quality Assurance Cell-Quality Circle Members - Shift-I				
Department	Name of the Student	Dept. No	Year	Signature
Economics	PRAGATHEESWARI S	23-PEC-013	II PG	Pragathi S.
	MONICA K	24-PEC-035	I PG	K. Monica
	SHIVA C	22-UEC-057	III UG	
	K M ADITH YOGESHWARAN	23-UEC-080	II UG	Adithyan
	NIKHIL J PALAKEEL	24-UEC-006	I UG	
English	OVIYA. E	23-PEL-016	II PG	oviya
	AROKIYA SHELTON. E	24-PEL-012	I PG	E. Shelton
	KARTHIKEYAN S	22-UEL-014	III UG	S. Karthikeyan
	DENNIS JACKSON A.P.	23-UEL-067	II UG	Dennis
	HARIHARAN	24-UEL-055	I UG	Hariharan
History	MR. KUMARAGURU	22-UHT-027	III UG	K. Kumaraguru
	MR. AMITAYU SENGUPTA	23-UHT-046	II UG	Amitay
	MR.KANNA GAUTAM	24-UHT-036	I UG	K. Kanna
Sociology	CUBERT SINJIN	22-USO-010	III UG	
	SHANJAY RAAJAH	23-USO-060	II UG	
	ALLAN PAUL PK	24-USO-059	I UG	
Social Work	R.ADITHYA ANIL	23-PSW-018	II PG	R. Adithya
	A.P,VANAVIL	24-PSW-024	I PG	A.P. Vanavil
Tamil	SIVAMANOJ B	22-UTL-030	III UG	
	JAYA KRISHNA K	23-UTL-001	II UG	
	MADAN PRAKASH S	24-UTL-013	I UG	M. Prakash
Advanced Zoology	KMALESHWARAN E.	23-PZO-005	II PG	K. Maleshwaran
	ABINAYA K.	24-PZO-030	I PG	
	DHARANI P.	22-UAZ-012	III UG	
	KAVI NIVETHETHA T.	23-UAZ-025	II UG	K. Nivethetha
	SHARON ROY	24-UAZ-023	I UG	Sharon Roy
Chemistry	ROSHINI	23-PCH-025	II PG	R. Shini
	PRASANTHRAJ.C	24-PCH-022	I PG	P. Pranthraj
	VENKAT.T	22-UCH-044	III UG	
	MOHAN KUMAR,D	23-UCH-010	II UG	D. Mohan Kumar
	ANTONY MERWIN JOSEPH	24-UCH-009	I UG	A. Merwin
Economics	SUNDARARAMAN.P	24-PEC-010	I PG	

Mathematics	YASMEEN	23-PMT-010	II PG	
	JEFRIN ANTONY S	24-PMT-002	I PG	
	SHANMUGAM S	22-UMT-005	III UG	
	HIRRSWIN A J	23-UMT-016	II UG	
	VISHWAJIT R	24-UMT-014	I UG	
Physics	SHALON MARY	23-PPH-002	II PG	
	AKASH SURI SHATHA A	24-PPH-013	I PG	
	SELVIN MATHEW S	22-UPH-019	III UG	
	SHIVAM S	23-UPH-003	II UG	
	AKASH R	24-UPH-033	I UG	
Plant Biology	HARINI, P (Srilekha.R) ^{22-UPB-046}	22-UPB-004	III UG	
	FELICIT SARAH S	23-UPB-012	II UG	
	RITHVIK P	24-UPB-002	I UG	
Statistics	SATHVIKA VARSA	23-PST-007	II PG	
	JAWALA P	24-PST-002	I PG	
	SHIVA SANKAR U.C	22-UST-065	III UG	
	AKASH S	23-UST-005	II UG	
	VENKAT JOSITH	24-UST-055	I UG	
Visual Communication	REVATHI	22-UVC-032	III UG	
	AVINASH	22-UVC-011	III UG	
	ANNIE	22-UVC-016	III UG	
	SHRUTIKA	23-UVC-020	II UG	
	ANTO JOEL	23-UVC-012	II UG	
	PANIMA	23-UVC-008	II UG	
	SHARON MICHEL KRISTEN	24-UVC-022	I UG	
	SHIRIN.M	24-UVC-005	I UG	
	DEEKSHITH KUMAR .S	24-UVC-039	I UG	
3D Animation	HARSHAVARDHAN K	23-PAN-022	II PG	
	AMRIN LUTHUFYA M	24-PAN-010	I PG	
	MADHAVA DHAYAGAR K	22-UAN-032	III UG	
	PRITHIKA BENEDICT R	23-UAN-003	II UG	
	JERUSHA CAROLIN V P N	24-UAN-006	I UG	
Digital Journalism	ADITHI CHAABRIA	23-PDJ-024	II PG	
	LINCY FRANCIA E	24-PDJ-013	I PG	
	ANUSHA.S	22-UDJ-054	III UG	
	ANGELIN PREETHI	23-UDJ-021	II UG	
	PRITHVI S	24-UDJ-008	I UG	

Commerce	VIVEKRAJ A	23-PCO-011 ✓	II PG	<i>Vivek</i>
	ESTHER CARLIN A	24-PCO-039	I PG	
	SIVASOORIYAN V	22-UCO-023 ✓	III UG - A	<i>V. Sivasooriyar</i>
	FRAN SIJU M	22-UCO-103	III UG - B	
	PERARASU D	23-UCO-077	II UG - A	
	ROSHAN R	23-UCO-135 ✓	II UG - B	<i>R. Roshan</i>
	AMAR S	24-UCO-058 ✓	I UG - A	<i>S. Amar</i>
	SHARATH L	24-UCO-124	I UG - B	

Loyola College (Autonomous), Chennai 600 034

"Holistic Leadership through the Integration of Psychology, Technology and Spirituality" (25-February-2025)

Internal Quality Assurance Cell Quality Circle Members - Shift-II

Department	Name of the Student	Dept. No	Year	Signature
Economics	ABIN BINU JOHN	22-UEC-269	III UG A	
	SHIKHAR SINHA	22-UEC-351	III UG B	
	TARUN	23-UEC-216	II UG A	
	ABHISHEK V	23-UEC-363	II UG A B	Abhishek V.
	NITIN AKASH J D	24-UEC-247	I UG A	Nitin Akash J D
	DHARANE A	24-UEC-347	I UG B	
English	VISHNUPRASAD S	22-UEL-155	III UG	
	AYUSH	23-UEL-146	II UG	Asel
	JEDIDIAH DAVID SMITH	24-UEL-140	I UG	Jedidiah
French	NAFIZA FARAH A	22-UFR-003	III UG	Nafiza Farah A.
	HARITHIKA N	23-UFR-022	II UG	
	MARIA GLENNIS RAPHAEL	24-UFR-005	I UG	Maria Glennis
History	DHANASHREE V	23-PHT-002	II PG	
	ANNI LINITA L	24-PHT-022	I PG	
	AVANEESH	22-UHT-245	III UG	
	GIRIDHARAN	23-UHT-228	II UG	M. Giridharan
	AKASH SARVESH	24-UHT-201	I UG	
Social Work	S.KEERTHANA	24-PSW-123	I PG	
	S.BHARATH KUMAR	23-PSW-112	II PG	
Sociology	NAVEEN J	23-PSO-027	II PG	N. Naveen J.
	BAVADHARNI S	24-PSO-003	I PG	S. Bavadharni
International Relations	NIKITHA KISHORE	23-PIR-034	II PG	Nikitha
	VISHARATH V	24-PIR-002	I PG	Visharath V.
Food Chemistry	NIGETHA P. A	23-PFP-020	II PG	
	SHARUMATHI J	24-PFP-006	I PG	Sharumathi J.
Chemistry	BALA MURUGAN.T	22-UCH-203	III UG	Bala
	RUDRA GOSH	23-UCH-220	II UG	Rudra
	JERIN V	24-UCH-214	I UG	
Data Science	SAHAYA ANTO MESIBUN	23-PDS-004	II PG	
	HARSUDAN S	24-PDS-024	I PG	Harsudan S.
B.C.A.	KEVIN BENEDICT PRAKASH.A	22-UCA-008	III UG	A. Kevin
B.C.A.	HARIHARAN A M	23-UCA-018	II UG	Hariharan A M
B.C.A.	MOHAMMED SHEFIN.A	24-UCA-033	I UG	
Computer Science	J.SAMSON EBI	22-UCS-005	III UG -A	
Computer Science	MOHAMMED BAHAROZE KHAN.A	23-UCS-052	II UG-A	
Computer Science	GRACE JOHN EBENEZER	24-UCS-036	I UG-A	
Computer Science	K.P.ARUN KARKKI	22-UCS-117	III UG- B	
Computer Science	MAGIZHAN	23-UCS-105	II UG- B	
Computer Science	AKASH JONATHAN.A	24-UCS-121	I UG- B	
M.Sc.-Computer Sci.	ARIHARAN M	23-PCS-008	II PG	
M.Sc.-Computer Sci.	ASMINI.R	24-PCS-010	I PG	

Mathematics	PRADEEP T	22-UMT-327	III UG	T. Pradeep
	RAJESH R	23-UMT-226	II UG	
Physics	JEFFRY ALWIN DAVID.A	22-UPH-203	III UG	
	SHAAM ANBUSELVAM .S.S	23-UPH-218	II UG	
	SIDDHARTH S	24-UPH-205	I UG	
Biotechnology	MANISHA	23-PBT -006	II PG	M. Manisha
	AYESHA RAHEEMA	24-PBT-009	I PG	
Vis Com	NEFERTITI ARTEMIS	23-PVC-003	II PG	T. Jayasurya J.
	MABEL MARION	24-PVC-001	I PG	
	JAYASURYA J	22-UVC-108	III UG	
	SABARISH	22-UVC-209	III UG	
Vis Com	DIELLE VICTORIA MENEZES	23-UVC-101	II UG	
	PENUGONDA NITHESH SIVA SAI	23-UVC-232	II UG	
	MANO MARTIN	24-UVC-118	I UG	
	POOJA RAO	24-UVC-231	I UG	
BMM	SAM VILBAR RAJU M	22-UMM-010	III UG	
	HARISH	23-UMM-008	II UG	
	NAKSHATHARA	24-UMM-038 036	I UG	
Counselling Psychology	Raja Ram	24-PCP-001	I PG	
	DEEPTHI JOYCE P	23-PCP-005	I PG	
COMMERCE	VENKATESH PRASAD. S	22-UCO-203	III UG -A	S Venkatesh Prasad
	PRIYADARSHAN.R	22-UCO-330	III UG -B	
	B.ARDHITHA KARTHIK	22-UCO-450	III UG -C	
	MOHAMMED YUSUF RIZWI. M	22-UCO-554	III UG -D	
	ADIL.S.K	22-UCO-665	III UG -E	
	MOHAMED YUSUF RIZWI. M	23-UCO-273	II UG -A	
	N.A SETHISHWAR	23-UCO-377	II UG -B	
	A. JECINTH	23-UCO-403	II UG -C	
	L.S. PRAJIN	23-UCO-545	II UG -D	
	K. SEDHESH RAJ	23-UCO-659	II UG -E	
	BARATH RAM.M	24-UCO-220	I UG -A	
	GHANASHYAM	24-UCO-364	I UG -B	
	BENJAMIN MARAN.B	24-UCO-467	I UG -C	
	SARUKESH.A.M	24-UCO-536	I UG -D	
	JEFFIN.J	24-UCO-603	I UG -E	
Commerce (Hons.)	LOHITH V	22-UBH-034	III UG	V. Lohith
	ANTONY AMAL RICHARD	23 -UBH-004	II UG	
	IRFAN FARHATH A	24-UBH-019	I UG	
Commerce (A/F)	JEYANTHA RAJAN M	22-UAF-023	III UG	Jeyantharajan
	FRANCIS MARRIA NATHAN.M	23-UAF-027	II UG	
	SIDDIQ AHAMED	24-UAF-017	I UG	
Commerce (C.A)	MOHAMED SYNWON S	22-UCC-052	III UG	Mohamed Synwon S
	KEVIN KRISTOFER A	23-UCC-042	II UG	
	HRIDAY GUPTA	24-UCC-012	I UG	

BBA	ABHISHEK	22-UBU-037	III UG -A	
	JEFRY	22-UBU-108	III UG -B	FFM
	UMAR FAROOK K	22-UBU-222	III UG -C	
	ABHISHEK ANDERSON S	23-UBU-229	II UG -A	
	ASHWATH KUMAR M.J	23-UBU-142	II UG -B	
	WILLIAM CAREY CH	23-UBU-029	II UG -C	
	S.RICK JACKSON	24-UBU-236	I UG -A	
	NAMAN DHOKA B	24-UBU-140	I UG -B	
	CHRISTOPHER KEWIN	24-UBU-005	I UG -C	
B.Com. (C. S)	THEJES NAYAIAK	22 UBC 059	III UG	
	JONES	22-UBC-139	III UG	
	C A. J. RICHARD IRUDHYARAJ	22-UBC-256	III UG	
	MONISH J	23-UBC-021	II UG	
	PRASANNA MOORTHY T A	23-UBC-126	II UG	
	JESHURUN DAVID ZACHARIA	23-UBC-263	II UG	
	R.K JOSHUA SAMUEL	24-UBC-077	I UG	
	JOE IGNATIUS.M	24-UBC-112	I UG	
	KINGSTON B	24-UBC-229	I UG	