

AURA CLUB
(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 31.01.15 Aura club conducted a session on the topic *child abuse* by Ms. Christina at JD hall. The topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 31.01.15

VENUE JD HALL

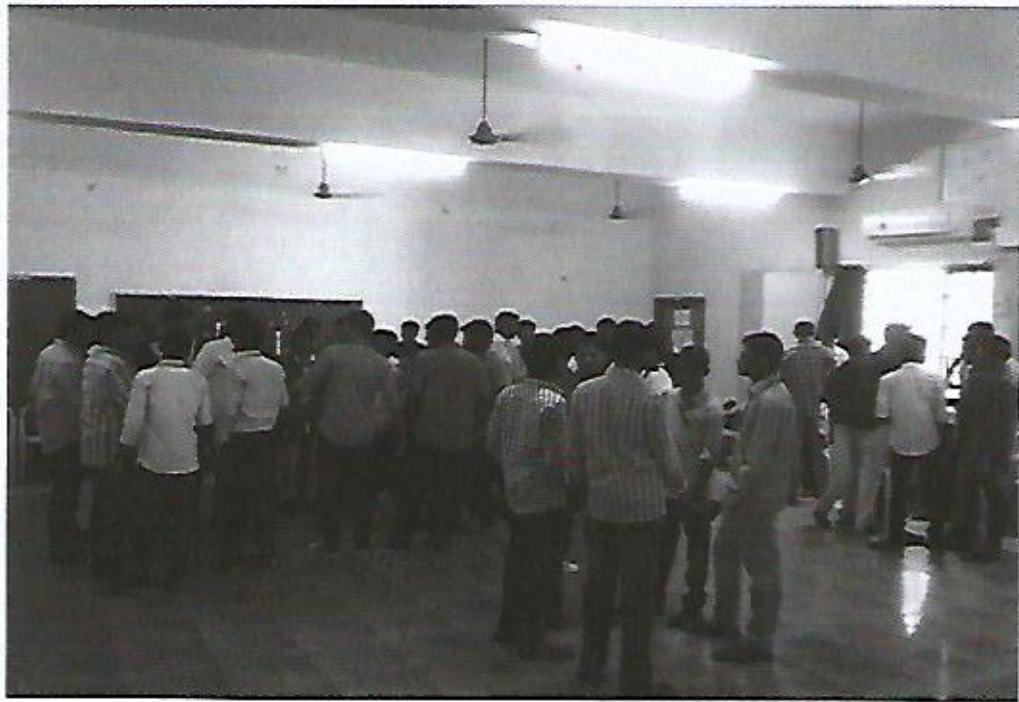
NO.OF.PARTICIPANTS: 62

RESOURCE PERSON: Ms. Christina

ABUSE:

Child abuse isn't just about black eyes. While physical abuse is shocking due to the marks it leaves, not all signs of child abuse are as obvious. Ignoring children's needs, putting them in unsupervised, dangerous situations, exposing them to sexual situations, or making them feel worthless or stupid are also forms of child abuse and neglect—and they can leave deep, lasting scars on kids.

Regardless of the type of abuse, the result is serious emotional harm. Any behaviour directed toward a child that endangers or impairs a child's physical or emotional health and development. Physical abuse, Verbal abuse, Emotional abuse, Sexual abuse, Neglect, Over Pampering.



Thomas
Principal
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John & Christine
Counsellor
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Club Name : AURA

Activity : ABUSE

Activity Date : 31-01-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
6	14-EC-037	VIJAYRAGUNATHAN RV
7	14-EC-078	PARTHIBAN R
8	14-EL-078	DHAMODARAN D
9	14-SO-003	SANDEEP N
10	14-SO-013	BIDYASAGAR IROM
11	14-SO-037	TAMILARASAN M
12	14-SO-041	AJITHKUMAR D
13	14-SO-044	RAJ A
14	14-SO-051	M. Sujan Laleth Kumar
15	14-SO-068	BALAJI P
16	14-SO-077	ADRAINJUDEFERNANDEZ
17	14-CO-021	MARSDEN GERARD FERNANDEZ
18	14-CO-030	PAUL SOLOMON DEVA R
19	14-CO-052	ARUL VALERIAN S
20	14-CO-117	ABISHEK STEPHEN VINCE S
21	14-CO-157	SAMSUN M
22	14-CH-030	EFREM J
23	14-MT-071	LOUIS A
24	14-PB-042	UTHAYAKUMAR D
25	14-PB-051	AMBEDDASON J
26	14-ST-009	GNANA PAUL AUGUSTUS A
27	14-ST-048	NALLASIVAM S
28	14-VC-015	SONIA MAGDALENE SIMSON
29	14-VC-018	C Rameshkumar

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Club Name : AURA

Activity : Abuse

Activity Date : 31-01-2015

S.NO	DEPT.	NAME
1	14-EC-243	GOKUL R
2	14-BU-003	JEROME VINCENT J
3	14-BU-009	ARUL JOHNSON KENNEDY J
4	14-BU-025	GOKUL R
5	14-BU-048	S.R.S.GAUTAM PANDIAN
6	14-CA-008	LENIN VINOD L
7	14-CA-010	JAMES GRAGORY P
8	14-CA-011	GOKUL S
9	14-CA-014	ROBERT X
10	14-CA-031	DIVYAPRAKASH A
11	14-CO-409	MOHAMMED MUNTASAR A
12	14-CO-421	KABILAN D
13	14-CO-463	VENKATESHWAR S K
14	14-CO-561	SATHYANARAYANAN R K
15	14-BC-041	YUVANSHANKAR D
16	14-BC-116	JAYASEELAN J
17	14-BC-121	SURIYAH M
18	14-BC-217	SAGAR MOHAN
19	14-BC-243	ARJUN R
20	14-CS-107	AROCKIA GILBERT P
21	14-CS-123	SEVIYAR VIJAY A
22	14-CS-152	JOSHUA RICHARD R
23	14-CS-107	AROCKIA GILBERT P
24	14-CS-123	SEVIYAR VIJAY A
25	14-CS-152	JOSHUA RICHARD R
26	14-MT-249	VIJAY S
27	14-MT-305	HEMNATH C T
28	14-MT-346	RAM SANKAR S
29	14-PH-210	SANDERSHREELAAL M
30	14-PH-246	GEORGE WILLIAMS A
31	14-VC-101	FRANKLIN V G
32	14-VC-141	JERIN AUXILIUM J
33	14-VC-145	SWARNAROOBAN S


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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 16.02.14 Aura club conducted a session on the topic *Body language* by Ms. Christina at LIFE hall, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 16.02.14

VENUE: LIFE HALL

NO.OF.PARTICIPANTS: 63

RESOURCE PERSON: Ms. Christina

BODY LANGUAGE:

Body language is the process of communicating nonverbally through body movements and gestures. Positive body language can be defined as these nonverbal movements and gestures that are communicating interest, enthusiasm, and positive reactions to what some else is saying. How you communicate with your body is important because research show that 60% to 90% of communication is nonverbal. To many, body language is considered the most important aspect of communication as it sends signals to how we are truly feeling.

Eye Access Cueing: Eye access cueing is done by watching how a person's eyes move in their sockets. When someone tries to recall information from the past or to think about the future, his eyes will move in a particular way. (For example, both of his eyes might move to the top left in their sockets.)

Whilst you cannot tell whether someone is lying from these eye movements, you are able to tell whether the person is recalling information or constructing information (i.e., imagining something). For most people, it works like this

Eyes Go Top Left. Recalling information, e.g. a childhood memory.
Eyes Go Top Right. Constructing a mental picture.
Eyes Go Middle Left. Recalling a sound.
Eyes Go Middle Right. Imagining what a sound might be.
Eyes Go Down Right. Accessing an emotion.
Eyes Go Down Left. Talking to yourself.



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Club Name : AURA

Activity : BODY LANGUAGE

Activity Date :16-12-2014

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
6	14-EC-037	VIJAYRAGUNATHAN RV
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29	14-VC-018	C Rameshkumar

Y. Srinivas D.

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Club Name : AURA

Activity : BODY LANGUAGE

Activity Date : 16-12-2014

SHIFT 2

S.NO	DEPT	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-030	ASHWIN KANAGARAJ P
7	14-BU-048	S.R.S.GAUTAM PANDIAN
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9	14-CA-010	JAMES GRAGORY P
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15	14-CO-463	VENKATESHWAR S K
16	14-CO-561	SATHYANARAYANAN R K
17	14-BC-041	YUVANSHANKAR D
18	14-BC-116	JAYASEELAN J
19	14-BC-121	SURIYAH M
20	14-BC-217	SAGAR MOHAN
21	14-BC-243	ARJUN R
22	14-BM-001	MONIKA P
23	14-BM-002	DAFNIL X INFANTIA
24	14-CS-107	AROCKIA GILBERT P
25	14-CS-123	SEVIYAR VIJAY A
26	14-CS-152	JOSHUA RICHARD R
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34	14-VC-145	SWARNAROOBAN S

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2014 – 2015

REPORT

On 12.01.15 Aura club conducted session on Boundaries and zones by Ms. Christina At MCA smart class, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content of the topic.

DATE: 15.01.15

VENUE: MCA SMART CLASS

NO.OF.PARTICIPANTS:62

RESOURCE PERSON: Ms. Christina

BOUNDARIES:

Learning to set healthy personal boundaries is necessary for maintaining a positive self-concept, or self-image. It is our way of communicating to others that we have self-respect, self-worth, and will not allow others to define us. Personal boundaries are the physical, emotional and mental limits we establish to protect ourselves from being manipulated, used, or violated by others. They allow us to separate who we are, and what we think and feel, from the thoughts and feelings of others. Their presence helps us express ourselves as the unique individuals we are, while we acknowledge the same in others.

It would not be possible to enjoy healthy relationships without the existence of personal boundaries, or without our willingness to communicate them directly and honestly with others. We must recognize that each of us is a unique individual with distinct emotions, needs and preferences. This is equally true for our spouses, children and friends.

To set personal boundaries means to preserve your integrity, take responsibility for who you are, and to take control of your life.



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Club Name : AURA

Activity : BOUNDARIES

Activity Date :12-01-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
6	14-EC-037	VIJAYRAGUNATHAN RV
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Club Name : AURA

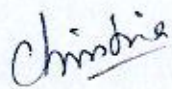
Activity : Boundaries

Activity Date : 12-01-2015

SHIFT 2

S.NO	DEPT.	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-048	S.R.S.GAUTAM PANDIAN
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AURA CLUB
(LOYOLA COUNSELLING CENTER)

2014– 2015

REPORT

Dated On 30.01.15 Aura club conducted a session on the topic *Counselling Skills* by MS. CHRISTINA at VIS.COM HALL, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE:30.01.15

VENUE: VIS.COM HALL

NO.OF.PARTICIPANTS: 62

RESOURCE PERSON: Ms. Christina

COUNSELLING SKILLS:

Many people will, at some point in their lives, find themselves in the role of a counsellor without having a true understanding of the concept of counselling or what the role of the professional counsellor entails.

There is a big difference between a professional counsellor and a person who uses some counselling skills as part of their role, for example as a friend or colleague. A professional counsellor is a highly-trained individual who is able to use a different range of counselling approaches with their clients.

COUNSELLING IS NOT - Giving advice, Being judgmental, Attempting to sort out the problems of the client, Expecting or encouraging a client to behave as the counsellor would behave if confronted with a similar problem in their own life, Getting emotionally involved with the client, Looking at a client's problems from your own perspective, based on your own value system. Counselling Skills like Being empathetic, good listener, positive body language, build a good rapport



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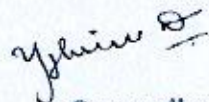
Club Name : AURA


Activity :COUNSELLING SKILLS

Activity Date : 18-02-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
6	14-EC-037	VIJAYRAGUNATHAN RV
7	14-EC-078	PARTHIBAN R
8	14-EL-078	DHAMODARAN D
9	14-SO-003	SANDEEP N
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13	14-SO-044	RAJ A
14	14-SO-051	M. Sugan Laleth Kumar
15	14-SO-068	BALAJI P
16	14-SO-077	ADRAINJUDEFERNANDEZ
17	14-CO-021	MARSDEN GERARD FERNANDEZ
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Club Name : AURA

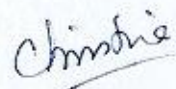
Activity : COUNSELLING SKILLS

Activity Date : 18-02-2015

SHIFT 2

Sl.No.	Register No.	Student Name
1	15-EL-158	ARUNPRAGADHESH S
2	15-HT-258	AZHAGAR KUMAR R
3	15-BU-148	ROHAN BHANSALI
4	15-BU-149	KHAN ANAS
5	15-BU-153	TARUNKUMAR A
6	15-BU-156	SAISHANKAR RAMESH
7	15-BU-157	PIYUSH K BHAIYA
8	15-BU-159	ASHWATH ACHANTA
9	15-CA-025	SYED THAMEEM AHMED A
10	15-CO-201	VIGNESH G
11	15-CO-272	MOHAMEDYASAR M
12	15-CO-277	RUBESH CHANDRAN C M
13	15-CO-283	DHRUV N SHAH
14	15-CO-369	JAYASIMMAN K
15	15-CO-371	MANOJ M
16	15-CO-378	SRIKRISHNA RAO K
17	15-CO-466	ALSTER DON ANTO ISAAC
18	15-CO-474	GOWTHAM K J
19	15-CO-526	VISHAAL SRIKUMAR
20	15-CO-549	MANISH S
21	15-CO-663	HARRISH KANDAN J
22	15-BC-212	VICTOR L
23	15-CS-131	DEEPAKKUMAR T
24	15-CS-151	SHARATH J
25	15-MT-406	NAVEEN M
26	15-MT-420	RAKESH R L
27	15-MT-421	BALAMURUGAN A
28	15-MT-427	PRATHAP A
29	15-MT-453	SACHIN S
30	15-PH-219	ASWIN R V
31	15-PH-341	CHELLAIYA THOMAS RUESHWIN S
32	15-VC-104	BHARRATH J
33	15-VC-109	MOHAMED AKRAM A


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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 26.02.15 Aura club conducted a session on the topic *Deaddiction* by Ms. Yazhini at Dhyana Asharmam, S the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 26.02.15

VENUE Dhyana Asharmam

NO.OF.PARTICIPANTS: 62

RESOURCE PERSON: Ms. Yazhini

Deaddiction:

Addiction is “a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.” Addictions are common among people who use substances such as prescription opioids, heroin, methamphetamines, cocaine, PCP, ecstasy and alcohol, to name just a few. Addiction is a brain disease, addiction experts consider it as such because chronic substance abuse actually changes the structure and function of the brain. Many substance abusers develop a dependence to their drug of choice, which occurs when that drug is required in order for the brain to produce essential neurotransmitters and chemicals. When a person who has become dependent on a drug suddenly stops using, he or she may go into withdrawal.

Process addictions, also referred to as behavioral addictions, are substantially different from substance addictions. Unlike substance addictions, process addictions do not involve drugs. Rather, a person who suffers from a process addiction is addicted to a particular behavior or set of behaviors. Common process addictions include gambling addiction, overeating, internet addiction, compulsive exercising, sex addiction and shopping addiction.

A key difference between process addictions and substance addictions is that there are often no physical signs of process addictions. Process addictions are far more difficult to detect, because many addictive behaviors — like using the internet, exercising or engaging in sexual activity —

are a natural part of life. However, researchers argue that process addictions can be just as disruptive to a person's life as substance addictions because they can begin to impair a person's ability to function at work, at school, in social relationships and other important life areas.

Quitting a process addiction doesn't typically cause physical withdrawal symptoms, but can cause significant mental health issues such as depression, anxiety and social isolation. Researchers are still learning more about process addictions and how they affect the human brain.



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Club Name : AURA

Activity : DEADDICTION

Activity Date : 26-02-2015

Sl.No.	Register No.	Student Name
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
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29	14-VC-018	C Rameshkumar

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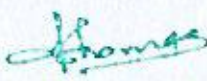
Club Name : AURA

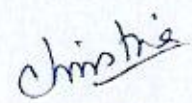
Activity : DEADDICTION

Activity Date : 26-02-2015

SHIFT 2

S.NO	DEPT	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-048	S.R.S.GAUTAM PANDIAN
7	14-CA-008	LENIN VINOD L
8	14-CA-010	JAMES GRAGORY P
9	14-CA-011	GOKUL S
10	14-CA-014	ROBERT X
11	14-CA-031	DIVYAPRAKASH A
12	14-CO-409	MOHAMMED MUNTASAR A
13	14-CO-421	KABILAN D
14	14-CO-463	VENKATESHWAR S K
15	14-CO-561	SATHYANARAYANAN R K
16	14-BC-041	YUVANSHANKAR D
17	14-BC-116	JAYASEELAN J
18	14-BC-121	SURIYAH M
19	14-BC-217	SAGAR MOHAN
20	14-BC-243	ARJUN R
21	14-BM-001	MONIKA P
22	14-BM-002	DAFNIL X INFANTIA
23	14-CS-107	AROCKIA GILBERT P
24	14-CS-123	SEVIYAR VIJAY A
25	14-CS-152	JOSHUA RICHARD R
26	14-MT-249	VIJAY S
27	14-MT-305	HEMNATH C T
28	14-MT-346	RAM SANKAR S
29	14-PH-210	SANDERSHREELAAL M
30	14-PH-246	GEORGE WILLIAMS A
31	14-VC-101	FRANKLIN V G
32	14-VC-141	JERIN AUXILIUM J
33	14-VC-145	SWARNAROOBAN S


Principal
LOYOLA COLLEGE
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AURA CLUB
(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 11.01.16 Aura club conducted a session on the topic counseling demonstration by Ms. Christina at LIFE hall the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic

DATE:

VENUE: LIFE HALL

NO.OF.PARTICIPANTS: 33

RESOURCE PERSON: Ms. Christina

DEMO SESSION:

The students are encouraged to practice counseling skills with their fellow mates and discuss with the professionals. This reminds them to follow all steps they have to follow during the journey when accompanying their fellow mates. The students are guided to follow proper body language, listening skills and to reflect the feelings and paraphrase the content.



Club Name : AURA

Activity : DEMONSTRATION

Activity Date : 27-02-2015

SHIFT 2

S.NO	DEPT	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-048	S.R.S.GAUTAM PANDIAN
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AURA CLUB

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2014 – 2015

REPORT

Dated On 13.02.15 Aura club conducted a session on the topic *Family roles and love language* by Mr. Prince at MCA smart class, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 13.02.15

VENUE: MCA smart class

NO.OF.PARTICIPANTS: 61

RESOURCE PERSON Mr. Prince

FAMILY ROLES AND LOVE LANGUAGE:

No man is an island. No one is bereft of a family. We are all connected to each other. But then we take different roles within our biological families or within the close bonds we have grown up with. How have we taken those roles? Of our own free will, or were they forced upon us? If we had taken them, did we consciously or unconsciously? An insight...

Family roles shape how we interact with each other in the family system. At times, these roles function to create and maintain a balance in the family system. Family roles have positive and negative aspects to them. The key is understanding how well these roles work for the family and how they help or hurt family members in their effort to establish deep, meaningful, and safe relationships.

We all have had our own love languages but may not have known distinctly what they are. This is an exploratory session for students to understand their primary love language and also about those of others within their family and friends circle.



Julius B. Christine

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Thomas

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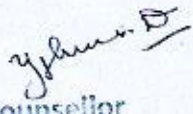
Club Name : AURA


Activity : FAMILY ROLES AND LOVE LANGUAGES

Activity Date :13-02-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
6	14-EC-037	VIJAYRAGUNATHAN RV
7	14-EC-078	PARTHIBAN R
8	14-EL-078	DHAMODARAN D
9	14-SO-003	SANDEEP N
10	14-SO-013	BIDYASAGAR IROM
11	14-SO-037	TAMILARASAN M
12	14-SO-041	AJITHKUMAR D
13	14-SO-044	RAJ A
14	14-SO-051	M. Sugan Laleth Kumar
15	14-SO-077	ADRAINJUDEFERNANDEZ
16	14-CO-021	MARSDEN GERARD FERNANDEZ
17	14-CO-030	PAUL SOLOMON DEVA R
18	14-CO-052	ARUL VALERIAN S
19	14-CO-117	ABISHEK STEPHEN VINCE S
20	14-CO-157	SAMSUN M
21	14-CH-030	EFREM J
22	14-MT-071	LOUIS A
23	14-PB-042	UTHAYAKUMAR D
24	14-PB-051	AMBEDDASON J
25	14-ST-009	GNANA PAUL AUGUSTUS A
26	14-ST-048	NALLASIVAM S
27	14-VC-015	SONIA MAGDALENE SIMSON
28	14-VC-018	C Rameshkumar


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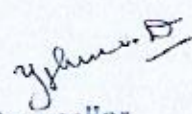
Club Name : AURA


Activity : FAMILY ROLES AND LOVE LANGUAGES

Activity Date :13-02-2015

SHIFT 1

S.NO	DEPT.	NAME
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2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

On 09.01.15 Aura club conducted session on *handling emotions* by Ms. Yazhini At Vis.com block, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content of the topic.

DATE: 01.01.15

VENUE: VIS.COM BLOCK

NO.OF.PARTICIPANTS: 62

RESOURCE PERSON: Ms. YAZHINI

HANDLING EMOTIONS:

Emotions are within us for a purpose. This topic is to help students become aware of the various emotions that they experience and how to enrich one's life by making the best use of them.

When emotions are not recognized and mishandled we may lose our harmony within and with others. Primary emotions are those that we feel first, as a first response to a situation. Thus, if we are threatened, we may feel fear. When we hear of a death, we may feel sadness.

They are unthinking, instinctive responses that we have. We will typically see these in animals also, which confirms our suspicion that they have an evolutionary basis. Typical primary emotions include fear, anger, sadness and happiness



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Club Name : AURA

Activity : HANDLING EMOTIONS

Activity Date : 09-01-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
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13	14-SO-044	RAJ A
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27	14-ST-048	NALLASIVAM S
28	14-VC-015	SONIA MAGDALENE SIMSON
29	14-VC-018	C Rameshkumar

Johni D.

Counsellor

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Club Name : AURA

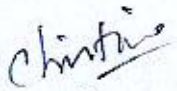
Activity : Handling emotions

Activity Date : 09-01-2015

SHIFT 2

S.NO	DEPT.	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-048	S.R.S.GAUTAM PANDIAN
7	14-CA-008	LENIN VINOD L
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26	14-MT-249	VIJAY S
27	14-MT-305	HEMNATH C T
28	14-MT-346	RAM SANKAR S
29	14-PH-210	SANDERSHREELAAL M
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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 23.09.14 Aura club conducted a session on the topic *Introduction and NANNIE method* by Ms. Christina at LIFE hall, the topic was covered through activities and discussion. 57 students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 23.09.14

VENUE: LIFE HALL

NO.OF.PARTICIPANTS: 57

RESOURCE PERSON: Ms. Christina

INTRODUCTION AND NANNIE METHOD:

An orientation is given to all AURA club students about counseling, breaking its stigma and clearing the cobwebs of counseling in an educational system. Adolescents need proper understanding of getting help to solve their own issues and it's also the need of the hour to identify their fellow mates who are in need. Peer counseling will help the college going students to understand oneself and also others.

NANNIE method is the basic criteria for all the budding counselors to inculcate these qualities within.

N – Non – judgmental. A – Acceptance. N – No Advising. N – No Why Questions. I – It's not About You. E – Empathy.

These qualities are explained to the students and make them to practice and discuss with the counselors in the next session.



Julius Christine

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CHENNAI-600034

Club Name : AURA

Activity : INTRODUCTION AND NANNIE METHOD

Activity Date : 23-09-2014

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
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John D

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Club Name : AURA

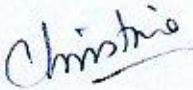
Activity : INTRODUCTION AND NANNIE METHOD

Activity Date : 23-09-2014

SHIFT 2

S.NO	DEPT.	NAME
1	14-FR-035	RICHARD A
2	14-BU-003	JEROME VINCENT J
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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 20.01.15 Aura club conducted a session on the topic *Listening Skills* by Ms. Christina at LIFE hall, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 20.01.15

VENUE: LIFE HALL

NO.OF.PARTICIPANTS: 62

RESOURCE PERSON: Ms. Christina

LISTENING SKILLS:

This is a continuation of the previous topic where students are taught to avoid giving vague messages even in their everyday life but to be clear, concise while they express their feelings. This helps them to become natural helpers and better communicators.

Listening is the ability to accurately receive and interpret messages in the communication process. Without the ability to listen effectively, messages are easily misunderstood. As a result, communication breaks down and the sender of the message can easily become frustrated or irritated.

Hearing refers to the sounds that enter your ears. It is a physical process that, provided you do not have any hearing problems, happens automatically.

Listening, however, requires more than that: it requires focus and concentrated effort, both mental and sometimes physical as well.

Listening means paying attention not only to the story, but how it is told, the use of language and voice, and how the other person uses his or her body. In other words, it means being aware of both verbal and non-verbal messages. Your ability to listen effectively depends on the degree to which you perceive and understand these messages.

Listening is not a passive process. In fact, the listener can, and should, be at least as engaged in the process as the speaker. The phrase '*active listening*' is used to describe this process of being fully involved.

Therapeutic or Empathic Listening., Empathic listening involves attempting to understand the feelings and emotions of the speaker – to put yourself into the speaker's shoes and share their thoughts. Empathy is a way of deeply connecting with another person and therapeutic or empathic listening can be particularly challenging. Empathy is not the same as sympathy, it involves more than being compassionate or feeling sorry for somebody else – it involves a deeper connection – a realization and understanding of another person's point of view.





Yhini B. Christopher

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Club Name : AURA

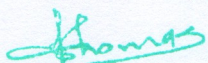
Activity : LISTENING SKILLS

Activity Date : 20-01-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
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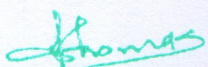

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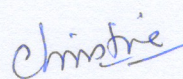
Club Name : AURA

Activity : LISTENING SKILLS

Activity Date : 20-01-2015

S.NO	DEPT.	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-048	S.R.S.GAUTAM PANDIAN
7	14-CA-008	LENIN VINOD L
8	14-CA-010	JAMES GRAGORY P
9	14-CA-011	GOKUL S
10	14-CA-014	ROBERT X
11	14-CA-031	DIVYAPRAKASH A
12	14-CO-409	MOHAMMED MUNTASAR A
13	14-CO-421	KABILAN D
14	14-CO-463	VENKATESHWAR S K
15	14-CO-561	SATHYANARAYANAN R K
16	14-BC-041	YUVANSHANKAR D
17	14-BC-116	JAYASEELAN J
18	14-BC-121	SURIYAH M
19	14-BC-217	SAGAR MOHAN
20	14-BC-243	ARJUN R
21	14-BM-001	MONIKA P
22	14-BM-002	DAFNIL X INFANTIA
23	14-CS-107	AROCKIA GILBERT P
24	14-CS-123	SEVIYAR VIJAY A
25	14-CS-152	JOSHUA RICHARD R
26	14-MT-249	VIJAY S
27	14-MT-305	HEMNATH C T
28	14-MT-346	RAM SANKAR S
29	14-PH-210	SANDERSHREELAAL M
30	14-PH-246	GEORGE WILLIAMS A
31	14-VC-101	FRANKLIN V G
32	14-VC-141	JERIN AUXILIUM J
33	14-VC-145	SWARNAROOBAN S


Principal
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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

Dated On 19.02.15 Aura club conducted a session on the topic *Mental Disorders* by Ms. Christina at JD hall, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 19.02.15

VENUE: JD HALL

NO.OF.PARTICIPANTS: 62

RESOURCE PERSON: Ms. Christina

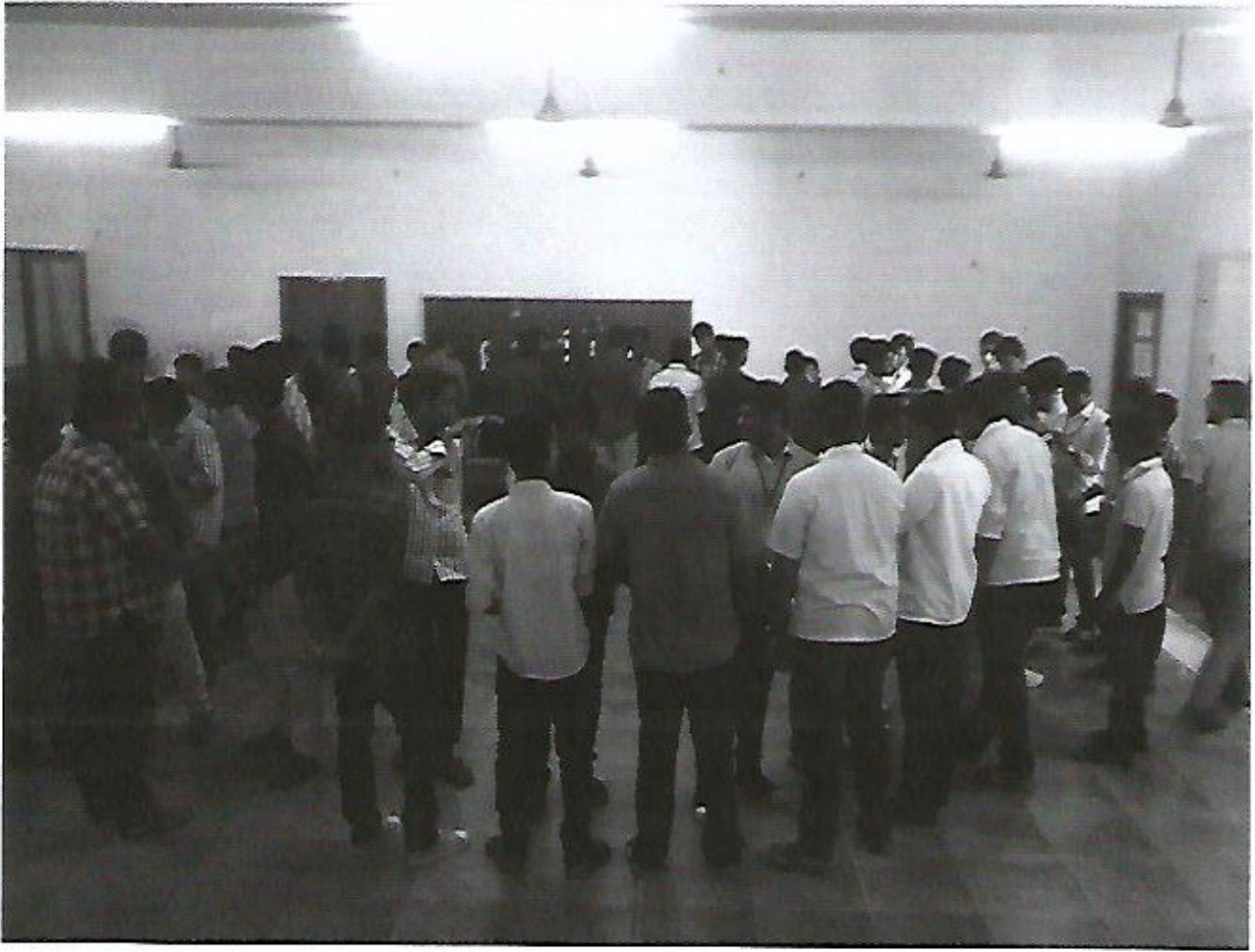
MENTAL DISORDERS:

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

Common mental disorders include neurotic condition like anxiety, OCD, phobia etc and severe mental disorders include and bi-polar disorder, schizophrenia etc.

Its very important to understand the symptoms and signs of mental disorders and identify to help them in proper channels.



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Club Name : AURA

Activity :MENTAL DISORDERS

Activity Date :19-02-2015

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-018	MARIA KISHORE L
3	14-EC-019	BIJU A
4	14-EC-020	AMAL ROBERT C
5	14-EC-022	PINTO S
6	14-EC-037	VJAYRAGUNATHAN RV
7	14-EC-078	PARTHIBAN R
8	14-EL-078	DHAMODARAN D
9	14-SO-003	SANDEEP N
10	14-SO-013	BIDYASAGAR IROM
11	14-SO-037	TAMILARASAN M
12	14-SO-041	AJITHKUMAR D
13	14-SO-044	RAJ A
14	14-SO-051	M. Sujan Laleth Kumar
15	14-SO-068	BALAJI P
16	14-SO-077	ADRAINJUDEFERNANDEZ
17	14-CO-021	MARSDEN GERARD FERNANDEZ
18	14-CO-030	PAUL SOLOMON DEVA R
19	14-CO-052	ARUL VALERIAN S
20	14-CO-117	ABISHEK STEPHEN VINCE S
21	14-CO-157	SAMSUN M
22	14-CH-030	EFREM J
23	14-MT-071	LOUIS A
24	14-PB-042	UTHAYAKUMAR D
25	14-PB-051	AMBEDDASON J
26	14-ST-009	GNANA PAUL AUGUSTUS A
27	14-ST-048	NALLASIVAM S
28	14-VC-015	SONIA MAGDALENE SIMSON
29	14-VC-018	C Rameshkumar

Y. J. J.

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J. Thomas
Principal
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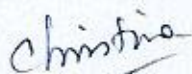
Club Name : AURA

Activity : Mental Disorders

Activity Date : 19-02-2015

S.NO	DEPT.	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
5	14-BU-025	GOKUL R
6	14-BU-048	S.R.S.GAUTAM PANDIAN
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11	14-CA-031	DIVYAPRAKASH A
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AURA CLUB

(LOYOLA COUNSELLING CENTER)

2014 – 2015

REPORT

(Shift I and II)

Dated On 28.11.14 Aura club conducted a session on the topic *Suicide Intervention* by Ms. Christina at LS hall, the topic was covered through activities and discussion. The students took active participation in the activities and group discussion. The following were the content covered of the topic.

DATE: 28.11.14

VENUE: LS HALL

NO.OF.PARTICIPANTS: 51

RESOURCE PERSON: Ms. Christina

SUICIDE INTERVENTION:

Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death. But despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there was an alternative to suicide, but they just can't see one.

Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. If you believe that a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and getting a doctor or psychologist involved.

When talking to a suicidal person

Do: Be yourself - Let the person know you care, that they are alone. Finding the right words are not nearly as important as showing your concern.

Listen - Let your friend or loved one vent and unload their feelings. No matter how negative the conversation seems, the fact that it is taking place is a positive sign.



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Club Name : AURA

Activity : SUICIDAL INTERVENTION

Activity Date :28-11-2014

SHIFT 1

S.NO	DEPT.	NAME
1	14-EC-005	VARUN R
2	14-EC-022	PINTO S
3	14-EL-078	DHAMODARAN D
4	14-SO-003	SANDEEP N
5	14-SO-013	BIDYASAGAR IROM
6	14-SO-044	RAJ A
7	14-SO-051	M. Sukan Laleth Kumar
8	14-SO-077	ADRAINJUDEFERNANDEZ
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14	14-CH-030	EFREM J
15	14-MT-071	LOUIS A
16	14-PB-051	AMBEDDASON J
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18	14-ST-048	NALLASIVAM S
19	14-VC-015	SONIA MAGDALENE SIMSON
20	14-VC-018	C Rameshkumar

Jhinni D
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Homas
Principal
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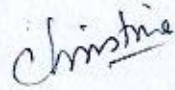
Club Name : AURA

Activity : SUICIDAL INTERVENTION

Activity Date : 28-11-2014

S.NO	DEPT.	NAME
1	14-EC-243	GOKUL R
2	14-FR-035	RICHARD A
3	14-BU-003	JEROME VINCENT J
4	14-BU-009	ARUL JOHNSON KENNEDY J
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