

St. Aloysius Degree College & Post Graduate Studies Centre

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THE ALOYSIAN

Quarterly Newsletter



**QUARTERLY NEWSLETTER OF ST.ALOYSIUS DEGREE COLLEGE AND
CENTRE FOR POST GRADUATE STUDIES**

THE ALOYSIAN

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Message

Pandemic Pathos

“They say that a “man can live about forty days without food, about three days without water, about eight minutes without air, but only for one second without hope.”

The COVID-19 pandemic has cast a cloud over our lives and the whole world. Everyone has been distressed with the consequences of this destructive outbreak. There is a gloom that darkens our days, a fog that clouds our vision.

We remember all those who have died during this pandemic. The mourning of their families and friends was even more sorrowful because they could not accompany them in their final moments or extend to them all rites of burial due to the necessary safety measures against a further spread of this confounding disease. While the mind might comprehend, the heart just aches; aches for the loss of loved one, longs to give one more touch of affection.

Corona virus has created a trepidation among people, some are traumatized, some turned hopeless, some jobless, some fled back to home countries. It makes it intricate for humans to be fully ‘social’ without any vaccine or cure against COVID-19, controlling the spread of infection largely rests on a unified response from us for the time being.

Many of us have lost hope but hope means hoping when things are hopeless, or it is no virtue at all...As long as matters are really hopeful, hope is mere flattery or platitude; it is only when everything is hopeless that hope begins to be strength (G.K. Chesterton)

As Alexander the Great was setting out on his conquest of Asia, he inquired into the finances of his followers. To ensure that they would not be troubled over the welfare of their dependents during their absence, he distributed crown estates and revenues among them. When he had thus disposed of nearly all the royal resources, his friend General Perdiccas asked Alexander what he had reserved for himself. "Hope," answered the king.

We hope and pray, that we will soon find a vaccine for this disease, and that it will be made widely available for everyone who needs it, rich or poor. But in the meantime, we can reflect on our distress and anguish. It’s a reminder to us that we are never in total control of our lives, that we can never purge every adversity or heal every illness. Ultimately, our trust has to be in something more rock-hard than we can ever find here on earth. Ultimately, God alone is our refuge. Let us hope in Him.

“Although the world is full of suffering, it is also full of the overcoming of it.” – Helen Keller

Rev.Fr.Vinoo Fabian

Vice Principal

Webinar on 'Overview of Microprocessors, Compilers and Loaders'

The Department of Computer Science organized a webinar "Overview of Microprocessors, Compilers and Loaders" for the final year students under Bangalore University pursuing the subject System Programming. The agenda of the webinar was to educate the students on the importance of the subject System Programming which involves designing and writing computer programs that allow the computer hardware to interface with the programmer and the user. The speaker of the session was Dr Chitra K, Assistant Professor from New Horizon College, Kasturinagar. The session was held on July 15, 2020 using the platform Google Meet at 11.00 a.m. with 82 participants from various Colleges.

The speaker focused on the following topics in her session: Components of Microprocessor, concept of macros, MTD (Macro table definition), Argument list arrays, Loaders, compile and go loaders, types of cards etc. The session was highly interactive with a brainstorming question and answer session in the end. All the participants were given a E-certificate after filling the feedback form.

Saranya M
Lecturer, Dept of Computer Science

REPORT ON National Webinar on "Financial Reporting –COVID 19 & Beyond"

Covid 19 outbreak caused enormous effects on different economies. As the businesses are still facing the storm of this crisis, it is important to understand and evaluate the impact of this pandemic on financial reporting. Quantifying the effect of this crisis in a financial statement is a critical task because uncertainty such as this would require revision of estimates on revenues, expenses and other aspects of business.

Taking the current scenario into consideration 'St Aloysius Degree College & Centre for PG Studies', Department of Commerce & Management organised a Webinar on "Financial Reporting –COVID 19 & Beyond" on 29th July 2020, from 10:30 pm to 12:30pm. The resource person for the webinar was Mr. Milind Date, FCMA, CMA (US), Dip in IFRS (ACCA,UK), Certified Independent Director, Member of IOD. He covered the following points in the webinar.

- Brief introduction of IFRS and its background with important definition
- Integration of IFRS with Indian accounting standards as IND AS
- Conceptual framework with accounting elements
- New normal in reporting financial statements for instance,
 - Is "going concern" status doubtful?
 - Are balance sheet asset values recoverable?
 - Are all liabilities appropriately disclosed & included?
- Discussion on various standards role in reporting pandemic crises in financial statements

The webinar finished with positive outcomes as various faculty from different colleges had the opportunity to update their knowledge in the subject (IFRS). This in turn would benefit the student community to understand the subject (IFRS) with real life scenarios.

Mr. Sathyanarayana R
Department of Commerce and Management

Faculty Development Program on PhD Journey: Where to start?



St. Aloysius Degree College and Centre for Post- Graduate studies organized a two hours FDP on the topic PhD Journey - Where to start? That focused on the importance of how to deal with the course and its in-depth study and understanding to pursue it rightly. The FDP was held on 24th June 2020.

The two hour session was presented by Dr. F. Jayachandran, a Research Associate from Sri Aurobindo Society, Pondicherry. The session was an insight to how to approach the PhD course and the speaker stressed majorly on two important aspects-

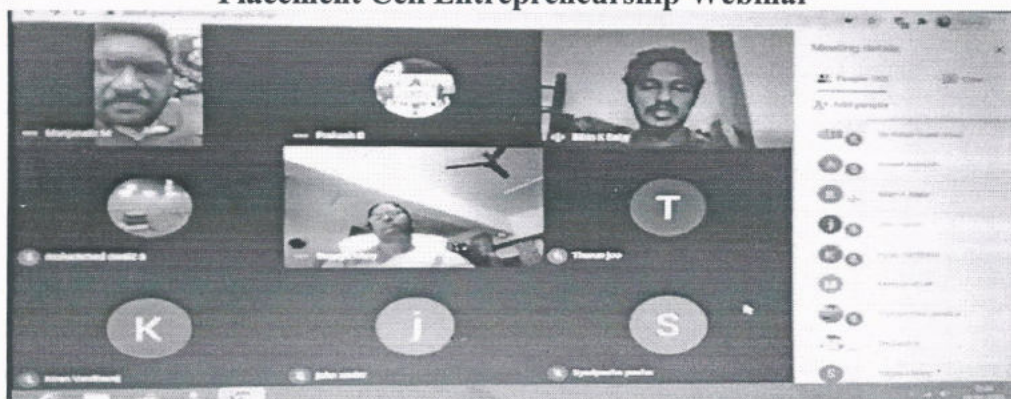
- How to select a topic
- How to approach a guide for the course.

The speaker gave us an overview on how to be careful while doing the course and choose the topic wisely which will help the students and be useful too.

On an overall, the session was done really well and all that as important to know about the course was explained in detailed that helped each one of us and gave us the confidence to work on the same in the days to come.

Karan Alistair Kishore
Department of English & Commerce

Placement Cell Entrepreneurship Webinar



On the 18th of July 2020 The Placement Cell of St Aloysius Degree College conducted an online Entrepreneurship webinar for the final year students.

This session was conducted by KOTAK Life insurance company.

Mr. Robin Frank, placement officer, coordinated the session with Mr Manikanta Reddy Sr. Divisional VP, Mr. Robin Pavan Divisional VP and Mr .Sandeep from KOTAK Life.

The session and the speakers threw light on the Entrepreneurship Opportunities offered by KOTAK Life insurance company to campus students, as they are the future of an enterprising India.

The speakers spoke about the seed capital required for a startup.

They highlighted the wide scope in Entrepreneurship and how it can be an opportunity to become an International image as well as in creation of immense wealth.

They also spoke about how KOTAK Life would provide the best career exposure at various levels of this entrepreneurship journey.

The session ended on a positive note.

The students were glad to have been exposed to such business environments and opportunities.

The college continues to do its bit to help our students to lead an independent life.

Mr Robin Frank
Department of Commerce and Management

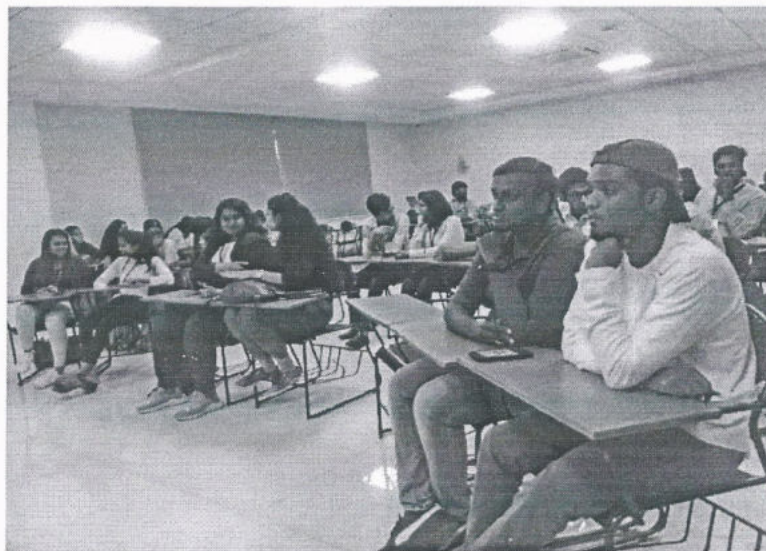
Traffic police rally



On 12th Jan 2020 we had a police awareness programme by Bengaluru police, Frazer Town branch and all the traffic police officers together with DSP were glad to join us. We marched from college till the pulikeshi Nagar traffic police station with posters and were provided with some refreshments later we stopped in Frazer Town Police Station then returned to college

Amaan
II BBA

TECHATHON – 2020



The Department of Computer Science always known for its innovation and creativity, embarked on a new venture this academic year by unveiling its Interclass IT Fest TECHATHON – 2020.

The fest was inaugurated by the principal Sr Philomena Cardoza and Manager For Vinoo Fabien, The fest was conducted over the span of four days from 21/01/2020 to 24/01/2020. Techathon was designed to test all aspects of Student life, IT Quiz, IT Crossword, and IT

Manager were conducted to test academics and problem solving skills, whereas IT Strings and Dumb Charades were designed to test Creative thinking and presence of mind. Treasure Hunt was a filler event conducted to bring in the aspect of Entertainment and Fun.

The fest saw active Participation by students from across all streams in the college, the Overall Participation for all events was approximately 160. IT Quiz saw the highest participation of over 40 students. I.T Manager saw a record participation of 16 for such an event in the college.

Although it was a computer science fest, the Organizing committee were resolved to get students from all departments to participate, hence almost all events were designed to be general IT. The organising committee consisted of Students of the computer science association, especially the final year students.

The lead coordinators for the fest were Arun Kumar E and Allan Peter of III BCA. All Volunteers were from III BCA. The judge's panel consisted of teachers from all the departments.

The Department was highly appreciated for its innovative ideas for the fest and also for the neat Organization of the 4 day long fest.

Arun Kumar E
III BCA

Guest lecture on 'Current Technologies and Tools'

Conducted on xx of February 2020, was aimed at improving the project development skills of the students of the Department of computer science and the final years in particular.

The guest lecturer for the day was Mr Deepak from SS Opal solutions, an expert in the field of computer science with an experience of 8 years in project development across many platforms

Mr Deepak praised the students of the current technologies and tools used in project development and he also provided an overview of the project development cycle.

The session went on for about one hour and consisted of introduction, lecture and questionnaire session

Mr. Deepak provided a comprehensive answer to all the questions put forth and his ability to connect with the audience was very much appreciated by the students.

Department of Computer Science

Movie screening

We had a movie screening in our college on 26th February 2020 in the auditorium. We had a great

session with Dr Ramesh Arvind a well-known motivator came to our college with a beautiful story of Dr Abdul Kalam all of my friends were so happy to see him and to hear the beautiful story of our superhero APJ Abdul Kalam, students of our college gave an immense respond to it and we came to know the beautiful and wonderful amazing story of our former President Dr. APJ Abdul Kalam.

Amaan
II BBA

Revelations-St. Joseph's College of Commerce

On the 13th of January 2020, we participated in a Gospel Fest, "REVELATIONS", organised by St. JOSEPH'S COLLEGE OF COMMERCE.

We bagged 1st place in ice breakers, despite the tough competition and won many events such as Singing, Quiz and Treasure Hunt etc.

Aiswarya
III BBA

Blood Donation Camp



St Aloysius Degree College in collaboration with Victoria Hospital had organized a blood donation camp on the 07th of February 2020. The students and the staff of the college gathered together and around 65 donors were present. The students of the NCC were volunteers to help out the doctors and the people who had come from the hospital.

Philipa
II BA

LITERA 2020 English- Literary Fest

The Department of English Observed the literary fest with an array of activities conducted by the students with the help of the staff coordinators

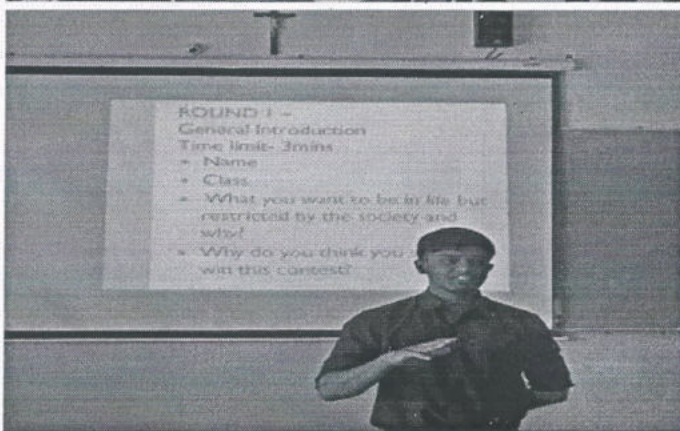
This year the fest gets its title 'LITERA' which is literally derived from the word 'LITERATURE'

English literary fest helps in enhancing the literary outlook of the students and to love the language hence the Department with the concern of Late Sr. Philomena Cardoza, the erstwhile Principal of our college decided to allot two days particularly for the literary events held on 3rd and 4th February 2020. Mrs Laly Mathew, Mrs Maria, Mr Karan. The faculty of English

Department were the Coordinator s for the literary fest who extended the supportive spirit for the success of this fest.

The Department conducted various series of activities which were held from 2:00 to 3:00 PM after class hours, so that students can

engage themselves based on their interest. Here are the activities conducted during the fest.



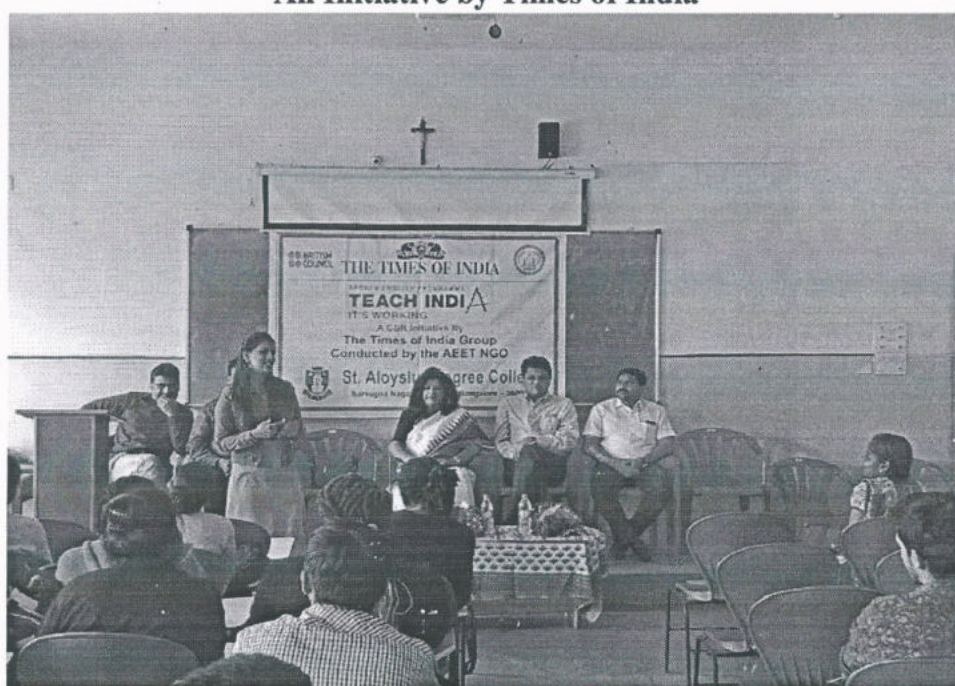
| Event | Name | Place Secured |
|----------------|--------------------------------|---------------|
| ELOCUTION | Arun Kumar (III BCA) | I |
| | Aishwarya (III BBA) | II |
| | Amaan (I BBA) | III |
| | Arun Prasad(I BA) | III |
| POETRY WRITING | Allan Peter (III BCA) | I |
| | John Britto (I BA) | II |
| | Infant Raj(III BCA) | III |
| | Joshua Daniel (II B.Com) | III |
| QUIZ | Amaan & Infant Rakshith(I BBA) | I |
| | Noah & Antony (II BBA) | II |
| | Shakeer & Lohit(II BCA) | III |

| | | |
|-----------------|----------------------|--|
| Mr & Mrs LITERA | Arun Kumar (III BCA) | |
| | Aishwarya (II BBA) | |

The Department invited Staff from departments Of Commerce and Management, Social Work, Psychology and Computer Science to judge the events. Hence the Department was indeed proud to announce the winners in different events. Congratulations to winners who won Mr & Ms LITERA.

Kevin
III BA

Spoken English Course An Initiative by Times of India



On 8/10/2020 the Times of India group in collaboration with the British council had taken initiative to conduct free Spoken English classes exclusively for our college under the guidance of Mr.Sunil and Mr. Sathish who played key roles in conducting classes. It was a great learning platform for our college students to understand the basics of English language. The students had regular spoken English classes from Monday to Friday from 2- 3 in the college premises.

The students took active part in the classes that dealt even with many activities which helped each one to enhance the quality of learning spoken English. It was a course for 6 months and all the students got a good training, many developed good communication skills as well. It was a great opportunity that was introduced by Our Former Principal Sr. Philomena Cardoza who wanted the students to get the best and worked tirelessly in bringing in the best courses for the institution and The Spoken English Course was one of them.

Both the Faculties were very kind enough to make sure the classes were taken regularly and wanted the students to gain the best and did all that was possible to complete the certificate

course successfully. The Certificates are issued to the students who attended the course regularly.

The Course at the outset was a learning platform for our students and very productive. Thanks to the team of Times of India for letting our students gain from them.

Karan Alistair Kishore
Department of English & Commerce

Visit to Jyothi Nivas College



The students of psychology department were invited to Jyothi Nivas College on the occasion of their psychology exhibition on the 25th of February 2020

The students of 1st B.A Psychology attended this event. We had gone there and the students had displayed the beautifully made items and experiments, theories of psychology and they even explained to us these experiments and models.

The students then had conducted the experiments on us and which proved to be very exciting and knowledgeable. We now had an idea of what we were learning and what was in store for us in the coming years.

Philipa
II BA

CATC (COMBINED ANNUAL TRAINING CAMP.)NCC



We went for CATC camp on 14 November 2020 in Jalahalli air force station.

It is combined camp of boys and girls in which various kinds of activities are organised.

Games like: volleyball, tug of war football, co-co etc

Cultural activities like Group dance, group song, instrumental music, solo performances etc

Educational activities like Essay competition, Debate, slogan writing, poster making etc

NCC Activities like Drill, shooting, map reading, weapon training, first aid, commands etc.

The Day routine in 10 days CATC CAMP

5 AM = FALL IN for P. T drill in lower T-shirt

6 AM = Breakfast

8 AM = FALL IN for various NCC classes till 12:30 pm in complete NCC uniform

1 PM = Lunch

4 PM = FALL IN for various games till 6:30 pm

7 PM = FALL IN for attendance and Visarjan

8 PM = Dinner

9 PM = FALL IN for cultural activities till 10 pm

10 PM = Lights off.

It was a very tough routine but very enjoyable. One can learn thousands of things by attending this camp. Good for health and the activities bring confidence in you. As a NCC cadet you feel proud of yourself. It gives you the feeling of Army life.

Ayesha siddiq
III BCOM

Seminar on Cancer

On the February 7 2020 in our college auditorium there was a seminar that was organized and the topic was on cancer and its treatments. The chief guest was a doctor who has a specialised degree in cancer. She spoke to us about what cancer is and where all it can occur, how it occurs and what are the treatments for the different types of cancers.

She gave us advice on what we have to do and what are the do's and don'ts for the cancer. She then went on to explain the different stages of cancer which mainly consists of 3 stages. Which are the primary stage, the secondary stage and the final stage?

In the primary stage id detected the patient has the advantage to fully recover and go back to normal, the second stage the patient has the chances of the cancer recurring and coming back. The third stage there isn't much cure as the cancer becomes deadly and patients mostly die of the third stage.

She also informed us about the medicines and their side effects. There are many side effects that occur because of the radiation and the chemotherapy that the patients have to undergo. This is a very painful procedure that takes up a lot of the patient's energy and most of the time ends up draining them out of their energy completely. The patient's often just collapse after their chemotherapy as this therapy goes on for at least 4 and half hours a day they have to attend the therapy sessions at least 4 times a week depending on what type of cancer they have. These sessions are also very expensive and the patients have to suffer a lot for a long time.

Philipa
II BA

Channapatna Field Visit

On the 19th february2020 the students of the department of journalism had planned a field visit to Channapatana to visit the toy factory and to know about the life of the employees. They arrived there around 11:00 am but unfortunately, they were not able to visit the factory

as it was a Sunday. Therefore, they had no alternative but to visit the smaller shops. They had an encounter with one shopkeeper who also ran a wholesale and retail business. He told them about the manufacturing of the toys and how the toys are imported from China and even that some are also made locally. He described to them that the toys were made of pine, teak, leather, and other types of wood etc.

There are also toys that are exported to other countries. They include some of the house hold items. Vegetable colours are used in the process of the painting of the toys. These colours are used because they are safe from the harmful toxins for little children.

These toys are not very high and compared to other toys that are available they are very low cost. They are very beautiful and completely made by hand.

This area of Channapatana is very famous for selling toys. The students ended their visit by 1:00 pm that afternoon. They really had a wonderful experience and they got to know a lot about the process of manufacturing toys and also learned something new.

Stalin
III BA

A visit to the Deccan Herald Printing Press



The students of the department of Arts made a visit to the Mysore printers printing house on the 17th of January, 2020. The printing office was located at Kumbalgodu in Kangari . On reaching there our guide Mr. Imran took over, showing us the entire working of the printing machines, enlightening our students through the thick and thin of the whole process of the printing press.

We learnt that the bails of newspapers were imported from countries like Russia, Finland, Roma and Canada. We also learnt how each and every step of how newspaper/magazines reach our hands, everyday, starting from the process of inking the given data to printing and packing.

We truly gained more knowledge on how it all works, and we are grateful to our college who gave us an opportunity to explore and experience this aspect of our learning

Jovitta
III BBA

NSS Camp of 2020



On the 15 March 2020 the students went on a 10 days NSS camp as they were a part of the NSS battalion from our college.

It was a great opportunity for my fellow students to learn how to conduct social service activities since it is our motto "service to society"

On the 1st day we travelled to a place called Bettahalasur which is 23 km away from our college, one of the local areas of Bangalore. Mr Vignesh who accompanied us as an instructor guided us about the ways of the camp. While travelling he continued to share with us the past batches experiences of the unit and also what our status was. He shared some interesting stories of past units. It was difficult for us to participate in this camp as we were in the start of the pandemic and we were all conscious about trying not to get affected by it. In the end we managed to go, and we can proudly say that we did so.

We began doing service for a church. We were involved in doing different activities like painting doors and cleaning windows while singing Gospel songs. It was indeed an enjoyable time.

We were provided with good food 3 times a day as well and we were completely taken care.

And we had a hotel nearby where we stayed during nights and the other day was spent doing service for nearby villagers. They were happy to see us and all the days went on full swing. Each day was filled with fun activities. The days passed on greatly.

Hopefully we learnt many new things and the experience that we had is a little hard to share as there are so many new and amazing things we learnt. Hopefully this is just the beginning. We as a team hope to learn many more new things from camps like these again in the coming years.

John Britto
II BA

Kriya 2020: Sacred Heart Girls College

On 19th of February, we were excited to attend "KRIYA" a cultural fest conducted by Sacred Heart Girls College where we had been the reigning champions since three years.

Well planned and well prepared teams were organized for respective events. The events started off with a big bang and our college made a wonderful performance in almost every event conducted like group singing, group dance, icebreakers and many more.

The day ended soon and we were eagerly waiting for the prize distribution and our college won the Runners Up Trophy and a cash prize of 7000/- was awarded to our aloysian family.

Aishwarya
III BBA

Magnifiesta: St. Joseph's Evening College



On 12th of March, St. Joseph's Evening College conducted "MAGNIFIESTA" an intercollege cultural fest. We, the aloysian family were excited to participate in it with high hopes and expectations.

Our college participated in almost every event that was conducted and our participation gave us an opportunity to gain more exposure to a lot of things throughout the fest.

And at the end of the day, it was time for our teamwork and hard work to be rewarded and we won the Runner's Up Trophy. Not even a single Aloysian went home empty handed instead, with trophies and certificates with proud smiles on their faces.

Amaan
I BBA

Adonai: St. Joseph's Evening College



The very next day, yet another much awaited Gospel fest “ADONAI” was conducted in St. Joseph's Evening College. Our college had maintained a steady streak of being the reigning champions since the recent years and it was time for us to keep the streak going.

It was a blessed day and we were well prepared and organized for participation.

Throughout the fest, our fellow aloysians gave their 100% through their performances in almost all the events.

Our seniors played a major role through not only their performances but supporting the juniors gave their best too.

We also got an opportunity to witness one of the best and biggest gospel bands in the whole of Bangalore, the “Salvation” Band. Their performance stole the hearts of the crowd present in the auditorium.

The day ended and it was time for the prize distributions and the time for us to see what our immense hard work and team work had resulted into. We were quite confident that we would surely get a fruitful result and it happened exactly the same way. We, the Aloysian Family yet another time won the “Overall Champions Trophy”. We were overwhelmed with joy and were indeed proud to be called Aloysians as we took the Winner's Trophy back to our college.

Aishwarya
III BBA

National Symposium on Teaching Language Texts



On the 25th February 2020 Mrs. Laly and Mr. Karan Faculty of the Department of English attended a National Symposium on Teaching English Language Texts at a Government first grade college in Hoskote.

Mrs.Laly Mathew
Department of English

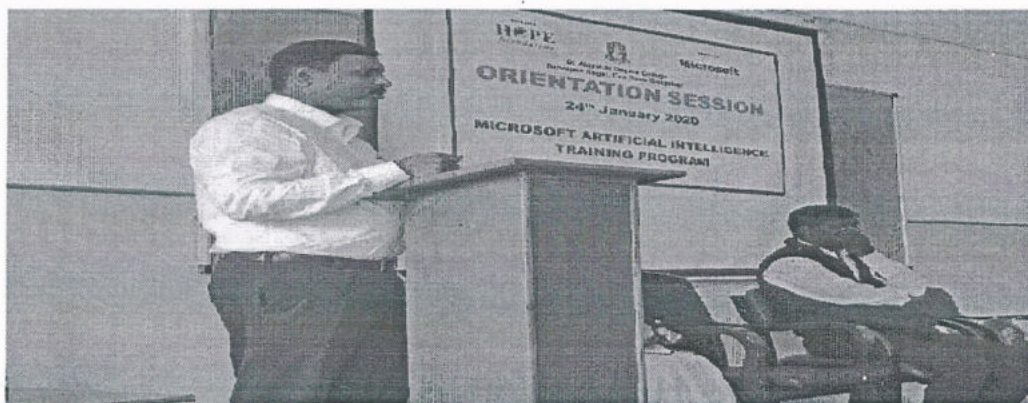
Seminar on Intelligence

On 28th of January the Department of Computer Science hosted a seminar on Intelligence by a distinguished scholar in the field of space science. Dr Arun D, a scientist at Vikram Sarabhai Space Centre, ISRO gave a glimpse on Artificial intelligence. Machine learning, Deep learning, VYOMMITRA space friend astronaut (Humanoid), intelligent material, 4D material which were very informative and instilled enormous knowledge on recent advancements.

Mrs.Saranya
Department of Computer Science



Orientation session: Microsoft artificial intelligence training programme



St Aloysius degree College in partnership with hope foundation and Microsoft Conducted the artificial intelligence course for the final year students of the Academic year 2019-20, This began on 3rd February 2020 for a span of six months with the final year students from computer science Department of St Aloysius degreeCollege. We also had students from sacred heart's girls college and RBANMS College who actively participated to enhance their ability and accomplish coding skills in Python, CSS, HTML, and JavaScript with an experience of internship training and live project work.

Mrs.Saranya
Department of Computer Science

Inter class Sports and Athletic meet 2019-20

Inter class outdoors games and Athletic events were organized in the month of February and March 2020. Football, Cricket, Basketball, Volleyball, and Throw ball were some of the events conducted. There was active participation among Students.



Athletics winners list

| Events | Participants | Class | Place Secured |
|-------------------|------------------------------------|----------------------------------|--------------------------|
| 100 meters(Men) | Tony Paul Joshuva | II B.Com III B.A II B.Com | First Second Third |
| 200 meters (men) | Paul Naveen George | III B.A II B.C.A I B.Com | First Second Third |
| 400 meters (Men) | Praveen David Krishna | I B.Com I B.Com I B.Com | First Second Third |
| 800 meters (Men) | Stalin Wilson Praveen | III B.A I B.Com I B.Com | First Second Third |
| 1500 meters (Men) | Richard Tamil Mamjunath | I B.Com II B.Com II B.Com | First Second Third |
| 3000 meters (men) | Vijay Bharath Marcello Aaman | II B.A II B.S.W I B.B.A | First Second Third |
| Shotput | Akash Mavitto Joshuva | III B.A III B.A III B.Com | First Second Third |
| Discus throw | Jerome Akash Kevin | II B.C.A II B.A I B.C.A | First Second Third |
| Javelin throw | Mavito Gajendra Kevin | III B.A III B. Com I B.C.A | First Second Third |

| | | | |
|---------------------------------|--|----------------------------------|--------------------------|
| Relay (men) 4X100 | Akash M Vijay Bharath Stalin Paul | B.A | First |
| | Joshuva Sachin Tony Tamil | II B.Com | Second |
| | Krishna George Giri Wilson | <i>I B.Com</i> | Third |
| Women's Athletic Winners | | | |
| 100 meters (Women) | Mary Pooja Ayesha | III B.A II B.Com II B.Com | First Second Third |
| 200 meters (Women) | Mary Pooja Ayesha | I B.A II B.Com II B.Com | First Second Third |
| Shot-put | Ayesha Prema Aishwarya | II B.Com II B.Com II B.B.A | First Second Third |
| Discus throw | Ayesha Prema Mary | II B.Com III B.Com III B.A | First Second Third |
| Relay (women) 4X100 | Mary Kesiya Priya Suraksha | B.A | First |
| | Pooja Priyanka Priya Mary | II B.Com | Second |
| | Glory Kokila Manisha Stephy | III B.Com | Third |

Inter-class Games winners list

| Sl.No | Events | Winners | Runners |
|-------|------------------------------|-----------|---------|
| 1 | Football | BA,BSW | I B.Com |
| 2 | Basketball | BA,BSW | I B.Com |
| 3 | Volleyball | PG team | BA, BSW |
| 4 | Cricket | III B.Com | I B.Com |
| 5 | Throwball (Women section) | BA,BSW | I B.Com |

Guest Lecture on Stress Management



On the 18th of February 2020 at 09:30am a session was held by the staff and students of the department of psychology on the topic Stress Management. The head of the psychology department Mrs.Nikath Seema had invited Mrs.Swarthika.H. Who is a counsellor psychotherapist and she is currently a counselor in St Anne's Woman's College to come and deliver this lecture.

The seminar started with an introduction which was given by one of the psychology students Mario after which Mrs.Swarthika began her seminar. She began with an action song after which she posed a question to the students asking them what stress means to them? The students gladly responded to her question, Mrs. Swarthika then explained to the gathering as to what stress was.

She then told us that there are different ways to manage stress and as to why we get stress, she went on to explain to us that there were different levels of stress and that the first

type of stress is harmful and so is the last stage. The first stage of stress is; no stress here the person doesn't get stressed at all and to some people it is very harmful. The second stage of stress is the tolerable stage where people are controllable with stress. The third and the last stage is distress. Here the person cannot control it.

She then concluded her talk with a technique of visual activity where the students were asked to close their eyes and breathe in and out, then she asked them to relax their minds while she counted up to 10, she then requested the students to visualize a event or a moment in their lives which they would like to remember always or a happy memory. She then asked them to visually capture that moment and then rub their palms followed by which they had to cover their faces and slowly open their eyes and remove the palms. Finally guest lecture ended by another action song. Followed by which the vote of thanks was given by Philippa from the 1st year B.A psychology department.

Philippa
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