



# CHERISHING

NEWS BULLETIN

**ANUGRAHA INSTITUTE OF SOCIAL SCIENCES (AISS)**  
(Affiliated to Madurai Kamaaraj University)

&  
**ANURGAHA INSTIUTE OF COUNSELLING, PSYCHOTHERAPY AND RESEARCH (AICPR)**  
(Recognized by the Canadian Association for Spiritual Care)

&  
**Collaborative Program of Alagappa University**

(Run by Capuchin Fathers)

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**JUNE –NOVEMBER 2018**

**Vol.I, No.1, November-2018**



**Dr.Lawrence OFM Cap.,  
Secretary and HOD**

## **Fr.Secretary's Message**

Dear Readers,

It is with joy we bring our first E-Magazine of our College. A lot of thought went into choosing the name “Cherishing”. It means ruminates and chew over. The E-magazine will announce and report the various activities that take place in the college to everyone once in six months. Continue to support us in our vision and mission of the College.

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# **ANUGRAHA INSTITUTE OF SOCIAL SCIENCES**

## **HISTORY**

Anugraha Institute of Social Sciences (AISS) was born with two students in the year 2010 (G.O. 225 / 2010). It is affiliated to Madurai Kamaraj University and is registered under Anugraha Trust. AISS offers under graduate and postgraduate courses for women and men. Now, it has around 750 Students.

AISS offers the following courses:

- B.A. English
- B.A. Tamil
- B.Com. with CA
- B.Sc. Maths
- B.Sc. Psychology
- B.Sc. Visual Communication
- BSW Bachelor of Social Work

AISS offers the following courses:

- M.A. English
- M.Com.
- M.Sc. Counselling & Psychotherapy
- M.Sc. Media & Communication
- MSW Master of Social Work

## **RESEARCH WING**

### **Research & Innovation Wing**

Anugraha has a long history of 25 year in serving the people in different ways now it is stepping into its 8th year of academic life. In the year, 25<sup>th</sup> January, 2018 Anugraha Institute has been awarded with the status as recognized Social Sciences Research Center by the University. Right now, Research Wing is catering the UG, PG, M Phil and PhD research works



## **ADMINISTRATION**

**Rev.Fr.Lawrence Ph.D.**

**Secretary**

Fr. Dr. S. Lawrence, the Secretary and educational co-ordinator of AISS, has focused his time and energy in building up the infra-structural facilities and enriching the book collection in the AISS College library besides establishing a well-known and scientifically strong psychology dept.



**Rev.Dr.Essac MSW., Ph.D.**

**Principal**

The Principal, Fr. Dr. R. Esaac, is ably leading the Children's and Youth Parliament as State Level Leader. He has done doctorate in Children's Parliament and empowers the children towards better future.



**Rev.Dr.P.SusaiManickam Ph.D.**

**Vice Principal**

Fr. Dr. P. Susai is an expert in communication and dedicate his working life to give the students all tools to better understand the world around them. As vice principal he assures a nice college environment for the students by following common rules.



**Rev.Dr.A.Kulandaisamy Ph.D**

**Exam in Charge**

Fr. Dr. A. Kulandaisamy is in charge of having regular exams. His duty is to assure a correct and recognizable good management of the exams process.

## COLLEGE COMMON EVENTS

### COLLEGE INAUGURATION DAY

**Monday, June 18, 2018**

After the summer vacation, Anugraha Institute of Social Sciences commenced the new academic year 2018-2019 on 18<sup>th</sup> June 2018 with the Eucharist celebration presided over by Rev.Fr.Sathiyam OFM Cap., the Provincial at 9.15 am in the college auditorium.

Fr.Lawrence OFM Cap., the Vice Provincial and Secretary, Fr.Issac OFM Cap., the principal, Rev.Fr.SusaiManicakam OFM Cap., the Vice Principal and many other Capuchin fathers graced the occasion. Rev.Fr.Sathiyam OFM Cap., the Provincial greeted faculty and students for successful academic year.



## **FIRST STAFF MEETING**

**MONDAY, JUNE 25, 2018**

The College administration and staff had a staff meeting on 25<sup>th</sup> June 2018. It was convoked and Presided by Dr. Issac OFM Cap., the principal. The head of various departments and the staff faculty were present. On the very outset of the meeting, Principal heard the feedback from the staff for the academic year 2017-2018. After the open discussion and the feedback, principal consolidated the report and thank the staff for their commitment and hard work. Extra circular activities went on well. He also discussed about the activities like –NSS, New Admission, Uniform, Campus Interview, English Language and PhD Program. He encouraged the heads of the each department to come out with variety of programs through such as PowerPoint presentations, seminars and conferences for the good the students and their future job in mind.

College introduced the “student uniform” from the academic year 2018-2019

The second staff was held on 18<sup>th</sup> June 2018 and discussed about the Bridge course and various commissions. Each staff was given a responsibility and the college calendar was distributed to the staff.



## **ENGLISH BRIDGE COURSE**

### **PEER TEACHING AND RESOURCE OPTIMIZING**

**19<sup>TH</sup> June to 30<sup>th</sup> June, 2018**

The vision of the Anugraha College is building a better future by optimizing human potentials and resources through education and the mission of the college is to educate, develop and serve the rural poor youth especially the girls. Every year, Anugraha Institute of social sciences organizes the SUMMER ENGLISH COACHING in May for the school-going students of the locality and the BRIDGE COURSE for the benefit of the rural college students before beginning their academic studies in the middle of June. This year, Dr.Issac OFM cap., the Principal and Dr.Lawrence OFM cap., the secretary, officially inaugurated the bridge course on 19th June. The purpose and goal of bridge course is to learn Basic English and to instill confidence in the rural students.

This course also aims to equip them to efficiently study their respective course. Learning English takes place through group activities and the use of power point presentations. The Guidebook for bridge course was compiled by Rev.Fr.Soosaimanickam and each student was given a copy of it. 25 professors and M.Scsecond year students are involved in this great enterprise.

Around 650 students benefit from the bridge course. Thanks to Mr.Arockiasamy, the HOD and the staff. Poem writing, essay writing and speech competition were held in the end of June.

The bridge course ended with a valedictory function on 29<sup>th</sup> June 2018. The Department of English along with the College management distributed the Prizes to the students who won in the various competitions.





### **INDEPENDENCE DAY CELEBRATIONS**

It is a day to remember our freedom fighters and to pray for our nation with patriotism. The former Professor Mrs. Sarojini Puthiyavan, (WAM) Women's awareness movement, Dindigul hoisted the flag and gave the message of the day. She also mentioned about the good values, which has to be cultivated in the minds of the college students in building up of the nation. Thereafter the students enacted few cultural programmes in view of national integrity.





## TEACHERS DAY

The students of Anurgaha College celebrated teachers' day on September 5, 2018. The teachers were entertained by various fun filled games, activities and prayer service by the students.

Rev.Dr.Susaimanicakam ofm cap., the vice principal addressed the gathering, said that teachers are the creators of the society, and thanked them for their contribution towards the growth of the college.

M.Sc second year students of psychology had arranged a special prayer service.



## DEPARTMENT OF TAMIL



The Department of Tamil has just started its academical path in AISS College. The Under Graduate (UG) courses started in 2016/2017 with six students and four faculties with a special coaching class in Tamil.





The Tamil Department had arranged seminar on 3<sup>rd</sup> July 2018. Tamil Engal Adayalam is the title. Dr.Issac the principal inaugurated the program by lighting the lamp. Mrs.Kulandai Therese, the gead of the Tamil Department, did felicitation address.

During the seminar, the students were divided into three groups. First year students were named as Ayyan Molzhi thiran parasarai, Second year students as A Siva Pechattral payirchi and Third years as Inclulap elutharattral pattarai. The students are motivated on these areas. These three stages were highlighted by Professor Salo. This also motivated and encouraged the students.

Another seminar was organized by the department on 10<sup>th</sup> July on the theme of “Tamil Moliyin Sirappu”. The retired Professor Mrs.Sarojini Puthiyavan was invited as chief guest. She spoke on the importance of Tamil Language and also the possible job avaivalible in the society.

The Tamil department arranged their fresher's day in the morning at anugraha auditorium on 25<sup>th</sup> July 2018.

The Tamil department conducted a program called Thamizhar Ariviyal Kankactchi on 25<sup>th</sup> October 2018. The program commenced by signing Tamil Thai Vazhthu.

Then the chief guest lighted the lamp. Welcome address was given by Fr.Kulandai samy OFM cap., the examination of controller and Mrs.Kulandai Therese the head of the department of Tamil department gave a motivational talk in conducting such program. The felicitation was given by Dr.Lawrence OFM cap., Secretary and HOD. Dr.Issac ofm cap., the principal of the college and Mr.Peter Charles Kurumbapatti also gave the felicitation talk.

The Chief guest Mr.S.Ramar, Tamil Poet in MKU Tamil department with the help of the video how Tamil culture is highlighted in the scientific invitation and practices by way of worship, temples and in the day today lives.

The school children from Kurumba Patti and students from St.Joseph higher Secondary School, Dindigul participated in the program. The Tamil department students have arranged an exhibition and it was well appreciated by all the participants.



## **DEPARTMENT OF ENGLISH**

The Department of English enjoys the special status of being the only department that has contact with every student at undergraduate level. It started at BA English in 2010, MA English in 2015. Considerably enhanced the prestige and the importance at the department, it has been revising and updating the syllabus for BA and MA including socially relevant and job oriented subjects.

### **Mission**

To empower students with language and soft skills to introduce the teaching and dynamics of teaching and learning to get knowledge of English Literature and Language

### **English Literary Association and Spirit of English Language**

The above said events were held in a grand manner on 21<sup>th</sup> July 2018. The department of English had their inauguration of their association and fresher's day on 21<sup>st</sup> July 2018. Fr. Issac and Fr. Soosai Manickam gave speech and encouraged the students to study and come to in life well. Students displayed a few cultural programs.



### **Educational Tour**

The Department of English went on annual tour to Ooty, Pollachi, Niagara and Coimbatore on 21 and 22 October 2018. It was refreshment for students.



## DEPARTMENT OF COMMERCE



### THE ORIGIN

The Undergraduate degree course in Commerce Computer Application (B.Com.CA) was started in the year 2012. In the year 2014, the Postgraduate degree course in Commerce (M.Com) was introduced. It provides teaching in the area of Commerce, Accounting and Computer Applications. It includes various specialization papers in Commerce and Computer Application subjects. It maintains a good industry and institutional interaction. It highlights the concepts and skills for Accounting and Computer Applications. The curriculum represents the course response to evolving accountancy and computer techniques. The enthusiastic teachers of this Department prepare students to pursue their higher studies and get employed in the highly competitive job market. It imparts value addition courses to all students. It conducts seminars and takes students on industrial visits. The curriculum is updated according to the changing environment in industry and Commerce through board of studies with eminent members.

The vision of our department is to synthesis the stake holders' energy to get the global recognition in the areas of Commerce with Computer Application and also to elevate the Department to the status of a centre of Research.

### Mission

To train and develop the students to be employable in the changing environment of IT and Commerce Sectors. To enhance the quality of teachers through knowledge exchange programme. To develop the Department into a pioneering centre of Teaching, Learning and Research in the area of Commerce with Computer Applications.

Courses: B.Com with CA and M.Com



On 13<sup>th</sup> July 2018, the commerce department had their association meeting and freshers were welcomed with colorful events on this day.

**DEPARTMENT OF MATHS**

A board overview of the subject, intended primarily for liberal arts students. What do mathematicians do, and why do they do it? We will examine the art of proving theorems, from both the philosophical and aesthetic points of view, using examples such as non Euclidean geometrics, prime numbers, abstract groups and uncountable sets. Emphasis will be placed on appreciating the beauty and variety of mathematical ideas.

The course will include a survey of important results and unsolved problems that motivate mathematical research. In AISS, mathematics department was started in June 2015.

We had conducted inaugural function in Sep '2016 in that function we have chosen some students as a chairperson, vice chairman and secretary. We proudly say we have conducted Rama Expo'2017 in Jan 7th 2017 as a remembrance of Ramanujam's birth. In semester exams our students got Centum in Calculus and Theory of Equation in the year 2015 - 2016 and recently one student got centum in Arithmetic Ability in the year 2016 - 2017.

In our department around 80 students are pursuing their under graduation programme.

### Vision

The Department of Mathematics aspires to the highest standards of excellence in teaching and services. The department strives to earn regional recognition for its expertise in the field of mathematics and the teaching of mathematics. We will be a source for the promotion of problem solving, analytical thinking and utilizing technology. We will provide students with individualized help in their studies and we intend to develop a program whereby students may obtain tutoring as needed to successfully complete their mathematics.

### Mission

The mission of the mathematics department is to provide an environment where students can learn and become competent users of mathematics and mathematical application. Moreover the department will contribute to the development of students as mathematical thinkers, enabling them to become lifelong learners, to continue to grow in their chosen professions and to function as productive citizens.



The Maths Department had their inauguration of their association and fresher's day function on 13<sup>th</sup> Jul 2018. Dr. Issac, the principal had been invited as the chief guest. The felicitation address was given by Dr. S. Lawrence, the Secretary and HOD, Department of psychology. A motivational speech was given by Dr. Soosaimanickam, the vice principal. The students were motivated and encouraged to have a good stand in their academic field.

## INTELLECTUAL PROPERTY RIGHTS AND RESEARCH PROPOSAL WRITING

**Tamilnadu State Council for Science and Technology (TNSCST)** sponsored **Two days National Workshop on Intellectual Property Rights and Research Proposal Writing** was organized in Anugraha Institute of Social Sciences during 27-28<sup>th</sup> July 2018.

Dr. M. A. Jothi Rajan, Project Consultant, Tamilnadu State Council for Science and Technology was the chairperson. Dr. N. Vijayan, Senior Scientist, National Physical Laboratory and Scientific Officers from patent office, Chennai delivered invited lectures.

100 participants from the same college and 50 participants from other colleges participated in the Two Days National Workshop. Mr. A. **Alexandar**, Convener of workshop & Assistant Professor of Physics and Mr. Chinnapan Prem Raja Coordinator & HOD of Maths organized the workshop in grand **success**.

Best participants awards were given to three outstanding participants





## DEPARTMENT OF VISUAL COMMUNICATION



Bachelor in Visual Communication has been introduced at a time when the electronic media were rapidly expanding across India. Exponential growth of satellite channels, widening of modern infrastructure, new ventures in visual media, increasing of communication activities in the corporate world, require qualified and trained for emerging opportunities in industries. The course aims to develop a new generation of outstanding professionals to work completely in the field of Photography, Videography, Film Making, Graphic Animation and Advertising Industries.

### **Vision**

To produce media professionals with high quality competencies to work in the field of television, film and other media establishments with a sound knowledge of electronic media related communications that can be applied to develop and produce content for documentaries, television program, Ad films and corporate videos.

### **Mission**

To provide an education that would enable the students to hold responsible positions in a diversity of media related industries.

To provide students for entry-level careers as competent media professionals who are able to deploy media technology and specialized technical personnel towards a collaborative media production process.

To seek to cultivate intellectual curiosity, a sense of community professional attitude and striving for innovation and experimentation.

To help its students to hold leadership positions in various T.V. channels, production houses, media research and educational institutions.

Courses:

- B.Sc Visual communication
- M.Sc Media & communication
- M.Phil.,Media& communication
- PH.D Journalism & Mass communication
- TV Programme Production

The department of Mass media and Communication had their inauguration of their association and fresher's day on 21<sup>st</sup> July 2018. Fr. Isaac and Fr.SoosaiManickam gave speech and encouraged the students to study and come to in life well. Students displayed a few cultural programs.

### **THREE-DAY WORKSHOP ON ACTING, CINEMATOGRAPHY AND EDITING 30th August to 1st September 2018**

Department of Media and Communication has conducted three-day workshop on Acting, Cinematography and Editing from 30th August to 1st September 2018 at Anugraha Institute of Social Sciences, Nochiodaipatti.

150 students were participated. Mr.R.Niranjan, who is a celebrity from Cine field, trained the students in acting. Similarly, Mr.M.Nandha Kumar, a leading Cinematographer facilitated them in editing and cinematography.

The students were very active during the session. We have received positive feedback from the students. It really helped them to come out from their shyness, hesitation and anxiety. We are very happy that our students had a wonderful experience through this workshop. Moreover, we are very much grateful to the resource persons Mr.R.Niranjan and Mr.M.Nandha Kumar who gave their contribution towards the development of our students without expectations.











## **DEPARTMENT OF SOCIAL WORK**

Anugraha Institute of Social Sciences is one of the first institutions under Madurai Kamaraj University offer training in Social Work at the Post graduate and undergraduate level in Dindigul district. The Department of Social Work was started in the year 2010 and it is the first child of AISS. Social work is the unique course, which moulds students with the knowledge, skills and attitude for professional commitment. The Master Degree of Social Work (MSW) started since 2013. MSW has three specializations (i.e) HRM, CD, and M&P. Ever since it has become the first child of AISS. The Department has obtained university rank from the first batch. We are proud to have not only university rank holders but as the crown of the Department, we have gold medalists. ASWA was inaugurated in 2017, which aims at enhancing interaction of students within the department. Through this association the students organize, workshop, seminars and Campaigns.

### **Vision**

To create and provide socially relevant and quality professional education in a wide range of inter disciplinary areas of social sciences to a larger number of students from all sections of the society especially the unreached.

### **Mission**

To create outstanding professionals who will provide transformational leadership in the community and work place through an experimental transformative process of education and practice oriented teaching.





The department of social work had its association day on 25<sup>th</sup> July 2018 at 1.3 pm. Mr.S.Abdul Nazar, the executive director, Axiom social service society was invited as chief guest.



World population day was observed on 11th July 2018.

## **WORLD MENTAL HEALTH DAY**

**17<sup>th</sup> October 2018**

World Mental Health Day was observed by the Department of Social Work on 17 October, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

The department of Social Work (Medical and Psychiatry) conducted mental health program in our college. About 42 students and 9<sup>th</sup> standard from 6 schools around dindigul have participated in the event.

The students were given carrier guidance and value education. Dr.Kavitha, the Psychiatrist and executive director of Anand Joseph Hospital from Madurai and Mrs.Ramya NLP practioner were invited as chief guest. They spoke on stress management and on positive thinking. The event was very much appreciated by the students.

Finally certificates were issued to all the students who participated in the program.



## SEMINAR ON ADDICTION

### AT SILVARPATTI

12<sup>th</sup> October 2018

One-day seminar on Alcoholism and addiction took place at Silvarpatti on 12<sup>th</sup> October 2018. It was organized by the Department of Social Work. The program was about the impact of alcoholism. The students of our college motivated people and youth through various programs such as motivational songs, motivational talks and sports and games.

Fr. Louis OFM Cap., the head of the department of Social work welcomed the gathering. Professor William gave a talk on the impact of addiction. Mr. Jesuraj, the director of MAS trust was the chief guest. He spoke on the consequences of alcoholism in the family.

Towards the end, a small cultural program was hoisted by the student of the social work department. Thus the seminar at Silvar Patti ended with a happy note.



## **THE DEPARTMENT OF PSYCHOLOGY**

The Department of Psychology established in 2010, runs B.Sc Psychology, M.Sc Counselling and Psychotherapy, M.Phil in Counselling and Psychotherapy and a PG Diploma in Counselling and Psychotherapy. The training evolves through dynamic instruction practice and supervision as well as individualized mentoring. It has academic network with universities in and around the world. It is unique for its community involvement with various outreach programs on mental health and well-being.

### **INTERVIEW AND ENTRANCE EXAM-M.SC COUNSELLING AND PSYCHOTHERAPY**

The Department of Psychology organized a personal interview cum entrance exam for the applicants of M.Sc Counselling and psychotherapy was held on 23<sup>rd</sup> June 2018. The class begun on 16<sup>th</sup> July 2018.

### **New Syllabus Launched**

New syllabus for B.Sc Psychology (First year) and M.Sc counselling and Psychotherapy (First year) comes into effect from July 02nd 2018. All the best.

### **Warm Welcome to P.G Diploma in Counselling and Psychotherapy**

PG Diploma in counseling and psychotherapy classes started in 23 July 2018 under the guidance of Fr.Lawrence OFM Cap., HOD and Secretary, Anugraha College. 22 students have joined this course during the academic year 2018-2019.





## **Ph.D program in Psychology**

**Department of Psychology warmly welcomes Fr.Sahayaraj OFM Cap., Fr.Johnson, and Fr.Loious SJ. They registered for doctoral program at Anugraha. We, the Staff and Students wish them all the best.**



## **WORKSHOP ON GROUP THERAPY**

A one-week workshop on Group therapy is scheduled to take place from 16th July to 20th July 2018. M.Sc second years will attend. Rev.Fr.Paul Jeyaseelan CMF, Family therapist, LIFE Centre is the resource person.

### **Tamil Nadu Agricultural University, Madurai Department of Human Development & Family Studies**

#### **PRACTICAL VISIT TO ANUGRAHA INSTITUTE OF COUNSELLING, PSYCHOTHERAPY AND RESEARCH, NOCHIODAIPATTI**

Tuesday, 10<sup>th</sup> July 2018, 10.00 am to 04.30 pm  
Conference Hall

#### **Program**

<b>No</b>	<b>Particulars</b>	<b>Time</b>	<b>Resource Person</b>
	Welcome & Orientation	10.00am	Dr.Lawrence,OFM Cap., HOD & Secretary
1	The Significance of Premarital Counselling	10.00- 10.45 am	Rev.Fr. Johnson Staff, Anugraha college
	Tea break	10.45-11.00am	
2	Family Counselling	11.00-11.45am	Rev.Fr. S.Sahayaraj Staff, Anugraha college
3	The Situation of the Single Parenting	11.45-12.15pm	Louis Staff, Anugraha college
	Lunch	12.15-01.00pm	
	CSP Counselling skills practice	01.00-02.00 pm	In 3 groups
	Question Hour	02.00-02.30pm	In 3 groups
4	Counselling the Children with Special Needs	02.30-03.15pm	Rev.Fr. Johnson
5	Adolescent Counselling	03.00-04.00pm	Rev. Fr. S.Sahayaraj
	Review and Synthesis	04.00-04.30 pm	Frs.Stephen,Fr.S.Sahayaraj Fr.Johnson & Fr.Louis
	Vote of thanks & Tea	4.30pm	





### PRACTICUM (FIELD WORK) IN MAY EXPERIENTIAL SHARING

The third semester for the second year students of M.Sc in counseling and Psychotherapy was officially started on 25th June 2018, at 9.15 am by a short prayer, followed by an official meeting. Dr.Lawrence OFM Cap, HOD, welcomed the students and gave the inaugural address. 25 Students briefly shared their fieldwork experiences on personal, professional and community level. Mr.Saravanakumar, the fieldwork incharge.Mr.John Xavier, the program coordinator and Fr.Joseph Santiago, the executive secretary of the department of psychology were present with the student during orientation for 2018-2019.



Psychology Forum and Fresher's day, July 27.2018



**WORKSHOP ON  
“ART OF COUNSELLING” At KALASALINGA UNIVERSITY  
29<sup>th</sup> -31st August 2018**



The Department of Social work Kalasalingam Academy of Research and Education organized Three-day faculty development program on “Art of Counselling” in collaboration with Anugraha Institute of Social Sciences from 29th to 31st August 2018. Frs. S. Sahayaraj OFM Cap., Research Scholar, Department of Psychology and Joseph Santiago, Assistant professor, Department of Psychology were the resource persons.

**DEPARTMENT OF PSYCHOLOGY EXPOSURE VISIT TO MUMBAI  
BY M.SC. SECOND YEARS  
September to 23rd September 2018**

Department of Psychology Exposure Visit to Mumbai by M.Sc. Second Years Educational tour to Mumbai was held from 7th September to 23rd September 2018. There were 25 students of second ear M.Sc counseling and psychotherapy. The students were accompanied by Dr.C. Steephen. They visited seven institutions like 1. St.Xavier’s college, 2.New Harizan’s group for child developmental centre, 3. TATA Institute of Social sciences, 4. Prafulta, centre for psychological wellness, 5. SOPAN, the first centre for Autism in Mumbai, 6. ICHARS, the centre for hypnosis and 7. IPH, Institute for Psychological Health etc. It was educative, eye opening and informative. They too attended lectures on different topics that helped them to gain a new knowledge and could deepen their knowledge on their subject’s matters. Theory and practical went on hand in hand. It brought to all of them a desire and curiosity to acquire more knowledge and become expertise in current trends in counseling and psychotherapy. Dr.Steevan, faculty, the department of psychology accompanied them.



# **CONFERENCE OF CATHOLIC PSYCHOLOGISTS OF INDIA**

## **CCPI**

**21<sup>st</sup> 23<sup>rd</sup> September 2018**

**Pillar Institute, Madurai**

The Conference of Catholic Psychologists of India (CCPI) was begun at the initiative of the Salesian Psychological Association (SPA) in 2000.

Ever since the Catholic Psychologists gathered every year for an Annual Conference, with a particular theme, in one of the cities of India. After seven years, the Conference of Catholic Psychologists of India (CCPI) was officially formed in 2007.

Currently the organization has over 300 members, consists of Priests, Brothers, Sisters and Lay People from all over the country. The Members are trained in Psychological sciences and are committed to deepen their professional knowledge and skills. They collaborate and network in offering psychological training and services in different parts of the country, they also promote research in the field of psychology.

The organization has an executive council consists of an elected president, secretary cum treasurer and an executive member, whose term is for three years. Once a year the members come together to update and share their experiences. So far eighteen conferences were organized.

This year the 19<sup>th</sup> Conference is held at Pillar Institute, Madurai, from 21<sup>st</sup> 23<sup>rd</sup> September 2018, with the theme, "The Role of Psychology in the Contemporary Technological World".

Fr. Louie Doss SJ coordinated the event. Dr. Lawrence OFM Cap., HOD and Secretary, Anugraha Institute of Social Sciences, was elected as the one of the executive member for Tamil Nadu region and Fr. Stanislaus CMF was elected as secretary.

Some of the M.Sc. First years attended the seminar. Members were invited to register their names as a lifelong member in the Catholic conference for psychologists in India.



**Sub Topics**

**Technological Developments in the World: Prospects and Challenges**  
**Dr. Bernard D'Sami**  
 Senior Fellow, USSTAR, Loyola College, Chennai

**Technology Crimes and Strategies for Protection:**  
**Mr. Sebastian Edassery**  
 Director, Dabur India, Bangalore

**Healthy and Effective Use of Technology: Psycho-Spiritual Issues in pornography and social media**  
**Dr. Joseph Thannickal SDB**  
 Director, Ongoing Formation Services, Calcutta

**Technology and Behaviour Addiction: Role of Psychologists in assessment & Management:**  
**Dr. Manoj Kumar Sharma**  
 Professor, NIMHANS, Bangalore

**Contact For further Information:**

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 (Secretary cum Treasurer) 9447682223

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 (Executive Member) 9439437405

**Dr. Fr. S. Lawrence OFM Cap.**  
 (Conference Coordinator) 9445505134

**Fr. Louie Doss SJ**  
 (Conference Organizer) 6379766999

**Keynote address**

**Dr. Annalakshmi Narayanan**  
 Professor  
 Dept. of Psychology  
 Bharathiar University  
 Coimbatore

**Friday, 21<sup>st</sup> September 2018**  
**Inaugural Mass : 7.00 a.m.**  
**Inaugural Session : 9.00 a.m.**  
**Inaugural Address : Dr. S. John Michael Raj**  
 (HOD) Dept. of Psychology  
 Bharathiar University

**Saturday, 22<sup>nd</sup> September 2018**  
 Parallel Session for non-CCPI members  
 Bio-Psycho-Social dimension of cyber addiction among adolescents  
**Mr. Sumit Dutta**  
 Psychologist & Mental Health Trainer, Coimbatore

**Madurai Darsan**

**Sunday, 23<sup>rd</sup> September 2018**  
**Concluding Address: Dr. Fr. L. Anandam**  
 (Federal Coordinator, Madurai Archdiocese)

Conference concludes by 4.00 p.m.

**19<sup>th</sup> NATIONAL CONFERENCE OF CATHOLIC PSYCHOLOGISTS OF INDIA**



**Theme**  
**The Role of Psychology in the Contemporary Technological World**  
**21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> September 2018**

**Organized by**  
**Conference of Catholic Psychologists of India (CCPI)**  
 &  
**Anugraha Institute of Social Sciences (AISS)**  
 Dindigul, Tamil Nadu



**Venue**  
 Palotti Institute of Lay Leadership, Animation & Research (PILLAR)  
 Pillar Campus, Pillar Salai, Kogamalai,  
 Madurai - 625018, Tamil Nadu

**ROUTE MAP**

**HOW TO REACH PILLAR**

Pillar Institute is on Madurai Thurai highway, close to Madurai Kamaraj University. Those coming by bus or train can take a taxi to Pillar. Those who like to travel by bus can take bus numbers 45 & 55 series from Pariyar Bus Stand and get down at Pillar Salar Stop. Pillar Institute is about 1 km from Pillar Salar. Pariyar Bus Stand is about 1 km from Madurai Railway Station.

**CONTACT**

Phone : 0991 4522 201377  
 Cell : 0991 9447852225  
 web : [www.catholicpsychologists.org](http://www.catholicpsychologists.org)  
 e-mail : [info@catholicpsychologists.org](mailto:info@catholicpsychologists.org)

**CONFERENCE OF CATHOLIC PSYCHOLOGISTS OF INDIA (CCPI)**

The Conference of Catholic Psychologists of India (CCPI), was begun at the initiative of the Bureau Psychological Association (SPA) in 2000. Ever since the Catholic Psychologists gathered every year for an Annual Conference, with a particular theme, in one of the cities of India. After seven years, the Conference of Catholic Psychologists of India (CCPI) was officially formed in 2007.

Currently the organization has over 300 members, consisting of Priests, Brothers, Sisters and Lay people from all over the country. The members are trained in Psychological sciences and are committed to deepen their professional knowledge and skills. They collaborate and network in offering psychological training and services in different parts of the country. They also promote research in the field of psychology.

The organization has an Executive Council consisting of an elected President, Secretary cum Treasurer and an Executive member, whose term is for three years. Once a year the members come together to update and share their experiences. So far eighteen Conferences were organized. This year the 18<sup>th</sup> Conference is held at Pillar Institute, Madurai, from 21<sup>st</sup> - 23<sup>rd</sup> September 2018, with the theme, "The Role of Psychology in the Contemporary Technological World".

**ANUGRAHA INSTITUTE OF SOCIAL SCIENCES (AISS)**

Anugraha Institute of Social Sciences was born with two students in the year 2010 as a sister center of Anugraha Institute of counselling & Psychotherapy. It is affiliated to Madurai Kamaraj University and is registered under Anugraha Trust run by the Catholics of Madurai Province.

AISS offers under graduate and post graduate courses for women and men with utilized hostel facilities. AISS has a strong and rich network with the same communities, agencies and international bodies, offering students beneficial outreach programmes, research opportunities & networks. It also enjoys a research status and offers wide range of MPhil and Ph.D programmes.

**PILLAR**

Inspired by the teachings of St. Vincent Pallotti, Founder of the Society of the Catholic Apostolate (SAC), Pallotti Institute of Lay Leadership Animation and Research (PILLAR) was founded by the Pallottine Fathers in 1909 under the Society of Human Resources Development, Fr. Emmanuel Serranadatta, SAC, was the initiator, the first and the present Director of PILLAR. Modelled after the renowned Bildungshaus of Germany, the PILLAR centre caters to the needs of NGOs, state, church and social organizations by providing them a suitable facility for having their personnel through residential as well as day programs. PILLAR centre has been the host to various national and international seminars, lectures, seminars, conferences, workshops, and courses. The centre has a Chapel, Oratorium, a meditation hall, a second ground and a prayer rock.

**WHO CAN ATTEND THE CONFERENCE**

**CCPI members**  
 Non members: Psychologists/Counsellors  
 Psychology Students (PG)

For registration kindly log on to the CCPI [www.catholicpsychologists.org](http://www.catholicpsychologists.org)  
**FEES:** CCPI members: Rs. 4000/-  
 Non members: Rs. 4500/-  
 Students: Rs. 3500/-

## EFFICIENT DATA ANALYSIS FOR RESEARCH IN SOCIAL SCIENCES

**28<sup>TH</sup> SEPTEMBER -30<sup>TH</sup> SEPTEMBER 2018**

Three days of intensive workshop on Efficient Data Analysis for Research in Social Sciences was organized by the Department of Psychology through the Research Wing, at Anugraha College from 28<sup>th</sup> September -30<sup>th</sup> September 2018.

On the very outset of the workshop, the workshop begun with the presidential address of Dr.Issac, the Principal of AISS at 9.00 is on Friday, 28th September 2018. Dr.Soosaimanickam, the vice principal spoke on the importance of SPSS and its need today.

Dr.M.Kannan, Consultant, Cellamuthu trust, was the resource person for the day. There were 65 participants altogether.

On Saturday, 29<sup>th</sup>, Dr.Lawrence, HOD and Secretary, welcomed Dr.M. Krishna Kumar, the resource person for the second and third day of our workshop. There were more than 10 research scholars attended from Anugraha College namely Vis.com department (2), Psychology department (5) and Social work department (3).

There were 2 research scholars from Periyar University, Coimbatore. In addition to that, M.Sc. 2 years (25) and B.Sc. III year students (17) attended. Altogether, the participants were around 49.

At the end of the workshop on Sunday, 30<sup>th</sup> September, Fr. Wilson ofm cap., Dr.M. Krishna Kumar, Dr.M.Kannan, Consultant, Cellamuthu trust, gave away the certificates and Dr.M.Kannan, Consultant; Cellamuthu trust gave a valedictory address.

Thanks to Dr.C.Steephen, the faculty member of the department of psychology had coordinated the whole program with the help of staff and students.

Measurement Scale, Creating and editing data file, Managing data, Null hypothesis significance testing, Sampling distribution of the sample means, Graphs, outputs, Frequencies, Descriptive statistics, Cross tabulation, Chi-square, T-test, ANOVA, Correlation, Non-parametric tests, Regression, Factor analysis were the some of the workshop contents.





## **FACULTY DOING HIGHER STUDIES:**

1. Mr.Sarvanakumar-Certificate course in **Family Therapy**, Alagappa University
2. Mr. John Xavier-Certificate Course in **Family Therapy**-Alagappa University.
3. Fr.Joseph Santiago- M.A in **Women's Studies**-Madurai Kamaraj University
4. G.Amala Rajesh-M.A in **English Language and Linguistic** – Madurai Kamaraj University.

## **RESEARC SCHOLARS (Full Time)**

1. Fr.S.SahayarajOFM cap.,-Department of Psychology
2. Fr.M.Louie Doss-Department of Psychology
3. Fr.M.Johnson-Department of Psychology
4. Mrs. Barbara Aro Ramya-Department of Social Work
5. Miss. Mercy Sharmila Rani-Department of Social Work
6. Fr.Johnson Edinsberg-Department of Social Work
7. Fr.Arockiadoss OFM Cap.,- Department of Visual Communication-Media Studies.

## **RESEARC SCHOLARS (Part Time)**

8. Mrs.Anandhi-Department of Psychology
9. Sherlin Suji-Department of Visual Communication-Media Studies.

## **RM.PHIL (Full time)**

10. Miss.Sharmila –Department of Social Work

## SPORT AND GAMES

Sports and games are an integral part of our educational venture. Our students had participated in the Kabadi, Cricket and running race in intercollegiate competitions at district level. Thanks to Prof.Santiago for his accompaniment and training to our students before every competitions. Our students have received lots of prizes for their talent and success in Kabadi, Running race etc.



## RESEARCH LAB AND LIBRARY

Research lab is upgraded now with few more psychological tests and tools. Students can benefit a lot. Thanks to Dr.C.Steephen and Miss.Rajadshree for their effort and contribution.



**LIBRARY** is also received a new face lift during this academic year. Thanks to Fr.Soosaimanickam, vice-principal for his innovative action in view of the good of the students.

- Library remains open to students on all working days from 9.15 am to 2.45pm.
- The library has 15,488 books. Students benefit a lot from library and internet facility.
- 50 computers are at the use of students.
- Internet facility is provided to the research scholars.
- More than 200 research projects are kept in the library for the use of budding researchers.
- A library book contains various themes such as psychology, Social work, Mass media, Maths, Research, commerce, Tamil and English Literature.





## **BUS FACILITY**

Bus No.1 -Nochiodaipatti to Natham

Bus No.2 -Nochiodai Patti to Mettu Patti

Bus No.3 -Nochiodaipatti to Nilakkottai

Bus No.4 -Nochiodaipatti to Pugaliyapatti,



### **MEN HOSTEL:**

At present there are 40 students. The construction work is going on.

### **ST.CLARE WOMENS HOSTEL:**

At present, there are 80students who reside in the hostel. Construction is on progress.

## **ECO CLUB:**

As per the spirit of the Holy Founder St. Francis who loved the nature and the creatures, the college administration and students foster the same attitude of love for the nature and trees and animals. 240 trees have been planted and maintained well in the college premise during this academic year.





# UPCOMING COURSES IN THE NEXT ACADEMIC YEAR...

1. M.Sc Maths
2. B.Sc Physics
3. M.Sc Visual Communication
4. B.Sc Physical Education

# Upcoming events...

**GUEST SPEAKERS**

**PROGRAM**

18.02.2019 (08:30-10:00) **Friday** Registration, Inaugural Ceremony, Breakfast session.

19.02.2019 (08:30-10:00) **Saturday** Presentations on: Life-long learning, Research, Future of India, International, Workshop, Lecture, Post-workshop, Award ceremony, Refreshment, Other special activities.

20.02.2019 (11:30-01:00) **Sunday** Voluntary function, Lunch & departure.

**Address:** Dr. C. Reddy OWS, C.A.S. Campus, Dr. Lawrence Road, Bellary, O.P.M. Camp, Organizing Secretary: Dr. Anurag Mishra

**Advisory Committee:** Dr. Anurag Mishra (M.A. Dept. Psychology, Anugraha College), Dr. P. Suresh Babu (O.P.M. Camp, Anugraha College), Dr. Stephen Mathis (Counselor, Anugraha College), Dr. Anurag Mishra (O.P.M. Camp, Anugraha College), Dr. Sharon (Dept. Psychology, Anugraha College)

**Executive Committee:** Dr. Anurag Mishra (M.A. Dept. Psychology, Anugraha College), Dr. Anurag Mishra (O.P.M. Camp, Anugraha College), Dr. Anurag Mishra (O.P.M. Camp, Anugraha College), Dr. Anurag Mishra (O.P.M. Camp, Anugraha College)

**3<sup>rd</sup> INTERNATIONAL CONFERENCE**

**FUTURE OF MENTAL HEALTH: IMPORTANCE OF INTEGRATED APPROACH**

**09 to 19 February 2019**

Organized by Department of Psychology, Anugraha Institute of Social Sciences (Anugraha College, Bellary, Karnataka, India)

In Collaboration with Anugraha Institute of Counseling, Psychology & Research (Anugraha College, Bellary, Karnataka, India)

Department of Psychology, Anugraha College, Bellary, Karnataka, India

The word "Anugraha" means "God's Grace" or "House of Grace". Anugraha College was established by Capuchin Fathers in 2010 as a sister concern of Anugraha Counseling Institute. Anugraha College provides an affordable education to rural and poor youth, especially girls, equipping them to become leaders of the future. It offers young people an outstanding holistic education based on justice, integrity and service. Anugraha ensures that the time spent here will be both educational and enjoyable, combining the best in cultural experience and academic excellence.

**Vision:**  
Building a better future by optimizing human potentials and resources through education.

**Mission:**  
To educate, develop and serve the rural and poor youth, especially the girls.

The Department of Psychology, established in 2012, runs BSc Psychology, MSc Counseling and Psychotherapy, PG diploma, MPhil and PhD programmes in Counseling and Psychotherapy.

The training involves through dynamic instruction, practice and supervision as well as individualised mentoring. It has academic network with universities in and around the globe. It is unique for its community involvement with various outreach programs on mental health and well-being.



**THEME: FUTURE OF MENTAL HEALTH: IMPORTANCE OF INTEGRATED APPROACH**

Mental Health is one of the prominent and vital factors for a happy and well-lived life. A society cannot flourish its potentials if it does not take care of the mental health of its people. Statistics show that mental health sector in India is poorly equipped, causing individual and societal losses and distress. In 2020, India will be privileged with the largest youth population (306 million youth; 10-24 years old), forming 28% of the country's population. However, an alarming 11-31 million youth suffer from reported mental health issues. This scenario necessitates further explorations & interventions.

We believe that only an interdisciplinary and integrative approach can enhance the future of mental health. In fact, an integrative perspective will not only enhance mental health but also optimize it. In this regard, this international Conference is an attempt to bring together academicians and researchers across disciplines and across the globe to explore further possibilities, tools, strategies and interventions.

We invite Academicians, Professionals & Research scholars to present their contributions in the following themes:

- Biological Approach
- Psychological Approach
- Digital Approach
- Ecological Approach
- Spiritual Approach
- Alternative Approaches
- Socio-Cultural Approaches
- Indigenous Approaches

**Last Date:**  
Abstract Submission : 05th January 2019  
Full Paper Submission : 25th January 2019

**Guidelines:**  
Abstract : 200 words, MS Word File  
Full Paper : 3000 words, MS Word File  
(Time New Roman, Font size: 12)  
Poster : 48" x 36" (Horizontal)

**Registration Fee**

Category	Early (before 15th January)	20th on-wards
Students & Research Scholars	₹2000	₹2500
Academicians & Professionals	₹2500	₹3000

\* Fees include boarding & lodging.  
Confirm your participation by email with the following details: Name, Gender, institution, Contact number & online payment confirmation number.

**Online payment (or) DD**  
A/C Name : HOD, Anugraha College  
A/C No. : 157720190055  
IFSC : CNRB 001177  
MICR : 624015583

**Contact Us**  
Email : anugrahpsy@gmail.com  
Mobile : 87942 37636 (Abstract only)  
91106 81976 / 94015 38892  
Web : www.anugrahacollege.edu.in

Selected papers will be published with ISBN after the conference.



**ALAGAPPA UNIVERSITY,  
KARAIKUDI, TAMIL NADU**

**COLLABORATIVE PROGRAM WITH ANURGAHA INSTIUTE OF  
COUNSELLING, PSYCHOTHERAPY AND RESEARCH**

Anugraha Institute of Counselling, Psychotherapy and Research (AICPR) has obtained a permission from Alagappa University to offer the following courses from the academic year 2018-2019.

- Post Graduate (Two Years) Applied Psychology with a specialization in Counselling and Psychotherapy, Clinical psychology and Industrial Psychology.
- Diploma course in Family therapy ( One Year)
- Personality Development through healing the inner child (one Year)

Rev.Fr.S.Wilson OFM Cap., is the Director and Fr.Suresh OFM cap is the Dean of Studies. Anugraha coveys its heartfelt thanks to Rev.Fr.Lawrence OFM Cap., Secretary and HOD , AISS and Dr.Kannan, Consultant, Chellamuthu Trust, Madurai, for the official correspondence.



## **M.Sc APPLIED PSYCHOLOGY**

**(Collaborative program of Alagappa University)**

### **FIRST SEMESTER EXAM -NOVEMBER 2018**

16 students are studying applied psychology at Anugraha Institute of Counselling, Psychotherapy and research, Nochioidai Patti during the academic year 2018-2019.

They have written the first semester exam from 25<sup>th</sup> to 30<sup>th</sup> November, 2018

Also, some of the students are doing their diploma course on Family therapy and Personality development through healing the Inner child. They will appear for exam on 3 to -6<sup>th</sup> December 2018



### **OUR PARTNERS IN EDUCATION MINISTRY**

1. Madura Institute of Social sciences, Madurai
2. Jeyaraj Annapackiam Women's College, Periyakulam
3. Fatima college, Madurai
4. St. Mar'ys College, Tuticorin
5. Roshini Nilayam
6. Prajothi Neketan College, Trichur, Kerala

## TRAUMA COUNSELLING AT TITUCORIN AFTERMATH OF RIOT

Trauma counseling support was extended to people in Tuticorin on 21st and 22nd June. Lilly Anand, Besta, Veronica, Winston and Alexander, headed by Frs.Sahayaraj OFM Cap and Suresh OFM Cap. Heartfelt thanks to all.

### **HEALING THE INNER CHILD**

**20<sup>th</sup> -27<sup>th</sup> July 2018, 28<sup>th</sup> August-04<sup>th</sup> September & 18<sup>th</sup> November -24<sup>th</sup> November 2018**

The aim of this Psycho-spiritual course is to heal the hurt inner child within you and to liberate your joyful, creative inner child.

The course will cover multiple topics necessary for an integrated personality-Viz. healing childhood wounds, abuses, traumas, fears, etc; dealing with loss, anger, grief. Depression, anxiety, etc; learning to forgive and release the creative potential within you; set goals; and live in gratitude and happiness.

24 M.Sc First year students attended the Healing inner child program at Anugraha Institute of Counselling, Psychotherapy and Research from July-20<sup>th</sup> 27th July 2018.



## FORMATORS COURSE

30<sup>th</sup> July-23 December 2018

This course consists of spiritual quotient, discernment and vocational psycho-diagnosis, spiritual direction and vocational accompaniment, counseling and psychotherapeutic skills, assessment of candidates, psycho-spiritual integration, mood mapping and inner journey. A very useful course for personal growth and effectiveness of the formators.



### Religious/Diocesan Formator's Course (Forming the Formators)

Religious/Diocesan Formator's Course aims to meet the demand for quality formation that is rooted in the Gospel and is open to new forms of formation. The Course is beneficial for those already working in the field of formation, and those preparing to enter it, in animation and/or coordination roles.

### The Five months Programme (August to December)

Provides formators with the current contextualized perspectives on different aspects of formation work and qualify them for assessing the formees, offering spiritual direction, counselling, guidance, accompaniment and vocational discernment roles. Equips them with necessary disposition and skills to be effective formators. Accompanies them in their ongoing process of personal and professional growth in the formation ministry.

### Some of the major threads of the Programme are :

- Spiritual Quotient
- Discernment and vocational psycho diagnosis
- Spiritual direction and vocational accompaniment
- Assessment of Candidates
- Psycho-Sexual Integration
- Mood Mapping and Inner Journey
- Discovering the Divine Child Within
- Mary of Nazareth an ideal formator



**ANUGRAHA**

Capuchin Institute for Counselling,  
Psychotherapy and Research

Nodal-ctm-pm, Dindigul, Tamil Nadu - 624002. Mob : 9446486199, 9447255010

## **63<sup>RD</sup> CTP AND 64<sup>TH</sup> CTP**

**30 July-25 August 2018 & 01 October -27<sup>th</sup> October 2018**

The counselor training program is of four weeks duration. All four units (levels) are offered simultaneously in every January, May, August and October.

The CTP offers intensive learning and therapy for those intending to become professional or part-time counselors and psychotherapists.

This program provides personal counseling & therapy, group therapy, self-analysis (personality tests), counseling theories and most importantly the counseling skills practice.

One can also avail the possibility of a university degree (PG diploma in counseling and Psychotherapy) completion of the 4 units.

M.Sc Counselling and Psychotherapy First and second years attended the 63<sup>rd</sup> Counsellors training program from 30<sup>th</sup> July to August 25<sup>th</sup>, 2018 at at Anugraha Institute of Counselling, Psychotherapy and Research



## **EXPRESSIVE ARTS THERAPY, BODY LANGUAGE AND STRESS MANAGEMENT**

**10<sup>th</sup> -14<sup>th</sup> September 2018**

expressive arts therapy is a dynamic practice of using story telling, art, play, music, singing, body movement, dance, drama, all together, in an integrated way, to foster healing, human growth and development. It begins about healing through the use of various forms of creative expressions. Expressive arts therapy is the most effective form of counseling children. It is very effective with adult individuals, couples, families and groups.



## **FAMILY ENRICHMENT PROGRAMME**

**15<sup>th</sup> &16<sup>th</sup> September 2018**

This two-day workshop is highly beneficial to couples, parents and family therapists. Teaching and working on one's "psychological genes" helps the participants to recognize the roots of their self-identity and inter-personal patterns.

A Practical approach founded on a solid theoretical framework will offer the participants the ability to rejuvenate concrete tools to enhance self-growth, inter-personal efficiency, communication, conjugal relationship and family happiness.



## WORKSHOP ON POSITIVE PSYCHOLOGY AND WELL-BEING THERAPY

24<sup>TH</sup> TO 29<sup>TH</sup> SEPTEMBER 2018



A one-week workshop on Positive psychology and Well-being therapy was organized for the first time in Anugraha institute of counselling, psychotherapy and research from 24th to 29th September 2018. Dr.Lawrence, Secretary & HOD, Anugraha Institute of social sciences was the key instrumental behind this workshop.

The following themes dealt during the inputs sessions. Gratitude, Hope, Resilience, Optimism and Values in action scale.

There were 78 participants altogether. Fr.S.Sahayraj OFM Cap., Fr.M.Louie doss SJ, research scholar, Fr.M, Johnson, research scholar and Fr.Joseph Santiago CMF, Staff enlightened the participants with their respective themes through their well-prepared PowerPoint presentations. At the end of the workshop, Dr.Kannan, Consultant, Cellamuthu trust, gave away the certificates and gave a valedictory address.

## **INNER JOURNEY RETREAT**

**26 November-01 December 2018**

This retreat facilitates one to get in touch with the creative core of one's inner being through the use of psychological, spiritual and religious lenses. By recognizing one's roots and divine plan, one is helped to build/strengthen the web of connection with oneself, others and with the entire cosmos.



### **CONTACT INFO**

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