

## Landmark Events



### College Day and Graduation Ceremony

The College Day programme and Graduation ceremony for the academic year 2018 - 2019 was held on 18th May 2019 at St. John's College of Nursing Auditorium. Rev. Fr. Dr. Paul Parathazham, Director of St. John's College and Hospital, was the Chief Guest and Shri. S.D. Arivind an acclaimed film director and music composer in the Kannada film industry was the Guest of Honour with Rev. Fr. Praveen D'Souza, President of the Sarvodaya Seva Sangha Provincial, OFM presiding over the programme. The programme included awards for toppers and the graduation ceremony followed by a cultural show.



### Course Inauguration and Orientation Programme

Commencement of the academic year 2019 - 2020 for the UG and PG courses began with an orientation for the students and parents on 22nd July 2019 and 28th September 2019 respectively. The Principal oriented the fresh batch of students on the course structure, academic and co-curricular requirements, and other important guidelines. The senior students welcomed





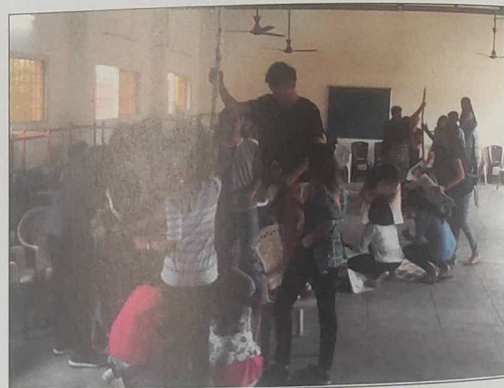
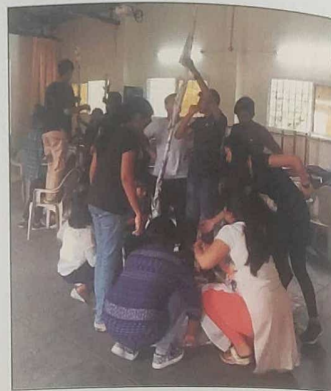
## Tracing Memories

### Training Programmes & Interactive Sessions: Pathway To Progress

#### Team Building Workshop

A workshop on team building was held for the first year Undergraduate students on the 3rd of July, 2017. The team building exercise was facilitated by Professor Reuben VM, Associate Professor of Law, Christ University, Bengaluru.

It was a great opportunity for the students as it allowed them to mingle and get to know each other, along the process of being motivated for professional life and having fun. It enabled the students to learn to work with each other as there were many group activities. The students also learnt about being creative and to always stay motivated. The session ended with a few important ideologies about not giving up since there are always enough opportunities to grow. The lecture throughout the time period of three hour was filled with activities and a good learning experience to all the students.



## GUEST LECTURES

#### Guest Lecture on Rorschach's Inkblot Test (RIBT)

The guest lecture was delivered by Mr. Jini Gopinath, Consultant Clinical Psychologist at Mind Matters, Bangalore and Guest Faculty of Psychology at IIPR on the 31st of August, 2017. The lecture began with recapitulating and discussing the history of Rorschach's Inkblot Test and its subsequent development in 1921. The rationale of using this projective test was discussed, as it is deemed to be an important psychodiagnostic tool which gives an explanation to the oddities observed in the patient's behaviour. The guest lecture dealt with the procedures, and scoring system of Rorschach thereby giving an in depth understanding to the students.



## Tracing Memories

### Training Programmes & Interactive Sessions: Pathway To Progress

#### Guest Lecture on Behavioural Economics

A guest lecture on 'Behavioural Economics' was held on the 4th & 9th of November 2017 for the undergraduate students in the college campus. The lecture was given by Mr. Seshadri, MA, M.Phil, Retired Professor, Bangalore University, who briefed the students about how the subject 'Behavioural Economics' is more related to Psychology rather than Economics. He supported this fact by tracing the history of some great behavioural economists whose main areas of focus were Psychology, Sociology and even Political Science but had won awards for Economics. The session brought about a lot of insight to the students as they learned various facets of Behavioural Economics.

#### Guest Lecture on Reiki as an Alternative Healing Technique

A Guest lecture on Reiki was held on 9th of November, 2017 for the postgraduate students. Mr. Suresh Kumar Mahabal from "The Positive Lights" was the speaker for the programme. He gave a brief idea about the process of reiki and about his life experiences in Reiki. He also dealt with the important concepts, history of reiki. The lecture concluded by conducting a demonstration of distance healing to the audience, which proved to be quite effective and here was an open discussion among the guest faculty and students to close.



#### Guest Lecture on Indigenous Perspective

A Guest lecture was conducted on 28th of November of 2017 by IIPR for the postgraduate students and the Guest speaker was Ms. Reva George, faculty from Christ University. The lecture on indigenous perspective was extremely informative. She showed the students different perspectives on Advaita, Upanishad, Buddhism and Jainism and its application to psychotherapy, which helped the students understand the various perspectives.



#### Guest Lecture on Acupuncture and Acupressure - Alternative Healing Practice

A guest lecture on Acupuncture and Acupressure was organized for the postgraduate students on the 23rd of November, 2017. The speaker for the guest lecture was Dr. Sujan (from NIMHANS). With an MBBS degree, he has also specialized in Neurology. He has an extensive clinical experience and works with NIMHANS. With an experience of over 10 years, Dr. Sujan has been practising Acupuncture and acupressure with zeal and willingness to help. The lecture gave a good dimension and depth to the area of Acupuncture and Acupressure, coupled with demonstration and applications. The students interacted actively during the session and it was a good learning experience for them.



# Tracing Memories

## Training Programmes & Interactive Sessions: Pathway to Progress

### Team Building Activity

A team building activity was organized for the newly joined undergraduate and postgraduate students on 10<sup>th</sup> & 11<sup>th</sup> of July 2018 and 4<sup>th</sup> March 2019. Mr. V. M. Ruben, Associate Professor, CHRIST (Deemed to be University) was the resource person. The session provided a good opportunity for the students to interact and get to know their fellow classmates.

The lecture included topics on but not limited to success, time management, attitude, motivation and the overall effectiveness of team building and management. Mr. Reuben presented the aforementioned modules in an interactive manner followed by 1-2 minute ranging videos relevant to it. The enthusiastic attitude of Mr. Ruben was infectious. He shared personal anecdotes and shared his piece of wisdom. Apart from teaching management techniques, he left the students with a renewed spirit for improvement, motivation and the urge to be better versions of ourselves.



### World Mental Health Day Keynote Address

A programme held on 10<sup>th</sup> October, 2018 observed World Mental Health Day with a keynote address by Dr. Elizabeth Jasmine, Principal of IIPR, who presented the importance of mental health especially among youngsters. The address covered a wide range of issues and solutions regarding stress, happiness and emotional well being focussing on various important points that are often overlooked or go unnoticed. It gave the audience clearer insight and also made them more sensitive to these concerning issues that are prevalent throughout the world.





## Training Programmes & Interactive Sessions: Pathway to Progress

### Guest Lectures

Guest Lecture on the 'Significance of Reproductive and Sexual Health' On 13<sup>th</sup> and 16<sup>th</sup> of February, Ms. Jasmine George, the founder of Hidden Pockets, an NGO that focuses on Sexual and Reproductive Health, came to IIPR to deliver a lecture to the undergraduate students. Ms. Jasmine introduced herself with a very special story about the significance of her name and how our names define our individual personalities. Through story-telling and interaction with the students, she gave them an idea about the conditions and the current problems. She further elaborated on why we need to know about various governmental service centers dedicated for homeless people and victims of various kinds of oppression. She gave a breakdown of the taxpayers money being used for upliftment and development, and how the Nirbhaya fund had been used. Her talk was focused around urban safety and the legal rights young adults have in India. During the course of the lecture, the students were asked for suggestions in order to improve the cities and urged them to take responsibility towards the same.



Ms George ended the lecture with introducing us to their website which has information about sexuality, sexual and reproductive health, legal rights and personal stories by readers. It opened up the minds of the young citizens of the country, and perhaps brought a change for the future of the world.



### Guest Lecture on Transpersonal Psychology



On 27<sup>th</sup> November 2018, a guest lecture was organized on the topic of Transpersonal Psychology, a part of the curriculum of Alternative Healing Practices for the students of 3<sup>rd</sup> semester, Masters of Psychological Counseling. Pastor Joji Thomas was invited and he conducted the lecture for about 2 hours giving different perspectives on Understanding Transpersonal Psychology. Beginning from the meaning of Transpersonal

Psychology, the history, key contributors, folds of transpersonal psychology, and relation to everything eerie from the perspective of Psychology as a science was covered and given clarity, especially in relation to the cultural orientation of Indians. Being a practicing counselor himself, Pastor Joji helped in understanding the concepts with reference to how and why it can be utilized in the process of counseling as well. The talk was very informative and the students seemed to have enjoyed the lecture by the speaker.





# Tracing Memories

## Training Programmes & Interactive Sessions: Pathway to Progress

### Guest Lecture on Children's Mental Health

Dr Sherin P Antony, Director - Psychodiagnostics and Child Psychotherapy at Training and Research Initiatives (TRI) gave a guest lecture on 'Children's Mental Health' as a part of the Academic Enrichment Programme for the Postgraduate students on 6th November 2019. The lecture was followed by an interactive session.



### Guest Lecture on Career Development

Mr. Abishek Iyappan, Skill Development Coach, and NLP Business Practitioner gave a Guest Lecture on 26th February 2020 for the Undergraduate students on career clarity, scope and new opportunities in the field of Psychology. The lecture ended in an interactive session.



----- Forwarded message -----

From: **Coordinator UG** <[coordinator.ug@iipr.in](mailto:coordinator.ug@iipr.in)>

Date: Mon, Apr 13, 2020 at 7:14 PM

Subject: Trial Online Classes - 6PJW, 6PME & 6PJO

To: <[pjw2017@iipr.in](mailto:pjw2017@iipr.in)>, <[pme2017@iipr.in](mailto:pme2017@iipr.in)>, <[pjo2017@iipr.in](mailto:pjo2017@iipr.in)>

Cc: Principal IIPR <[principal@iipr.in](mailto:principal@iipr.in)>, Co-ordinator Academics <[coordinator.academics@iipr.in](mailto:coordinator.academics@iipr.in)>

Dear Students of 6PJW, 6PME & 6PJO,

This mail is regarding a Trial Online Class scheduled **tomorrow, 14th April 2020**, between **10:00 AM - 10:30 AM**. You are required to sign in to your Zoom account with your IIPR mail ID and join the meeting using the following Meeting ID and Password for the meeting

Meeting ID: 876 272 4960

Password: 446159

For clarifications, kindly contact your class teachers or UG coordinators

Warm Regards

Lizi & Emmanuel

Mrs.Lizi K and Mr. Emmanuel W

Coordinator and Assistant Coordinator - UG  
Indian Institute of Psychology and Research  
85, St.Anthony's Friary,  
Hosur Road, Near Madivala Checkpost,  
Bangalore 560 095



Coordinator UG &lt;coordinator.ug@iipr.in&gt;

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## Regarding conducting a training programme for our first semester students

1 message

**Principal IIPR** <principal@iipr.in>

Wed, Feb 17, 2021 at 11:34 AM

To: Ruben Muthu V School of Law &lt;ruben.vm@christuniversity.in&gt;

Cc: Coordinator UG &lt;coordinator.ug@iipr.in&gt;, Coordinator HR &lt;coordinator.hr@iipr.in&gt;

Dear Prof. Ruben V.M.

Greetings from IIPR!

Further to our discussions on conducting a training programme for our students, I hereby thank you for giving your consent. The objective of the training programme is to help students bond with each other, develop the right attitude and motivation during their course of study in our college, learn to work in teams overcoming differences, take up leadership roles as and when there is an opportunity for the same. As we are at the tail end of the semester with the students examination scheduled next month, I thought it would be good to close the semester with an interactive session with you.

Please note the below details regarding the training schedule planned for the 3 classes -

Topic for the training session: **Team Work, Leadership and Motivation for undergraduate students.**

Venue: Auditorium, IIPR Block 1

1. Class: PJO semester 1 (Psychology, Journalism, Optional English)

Date of the training Session: 17/02/2021

Time: 1.30 pm - 3.00 pm

Audience: 30-50 students and 2-3 faculty members.

2. Class: PJW semester 1 (Psychology, Journalism, Women's Studies)

Date of the training Session: 18/02/2021

Time: 10.00 am - 11.30 am

Audience: 30-50 students and 2-3 faculty members.

3. Class: PME semester 1 (Psychology, Marketing, Economics)

Date of the training Session: 18/02/2021

Time: 11.30 am - 1.00pm

Audience: 25- 35 students and 2-3 faculty members.

The contact person on reaching the campus- Mr. Emmanuel or Mr. Joseph. Please feel free to let us know of your logistic requirements for conducting the programme.

Look forward to meeting you this afternoon.

Warm Regards

Dr. Elizabeth Jasmine

Principal

Indian Institute of Psychology and Research(IIPR)

#85, St. Anthony's Friary

Hosur Road, Bangalore-560095

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Office-080 41217484







Swarnalatha Iyer



1MPC Daniel Jebin Jones 2...



1 MPC Medhalaxmi Sk 20M...



1 MPS Jessica Car doza 20...



1MPS Devika Rawat 20MP...



1MPS Bhargavi Nayak 20M...



1 MPS Kalpana Hejebu 20M...



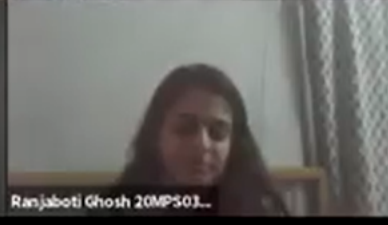
1MPS Navaneetha Krishna...



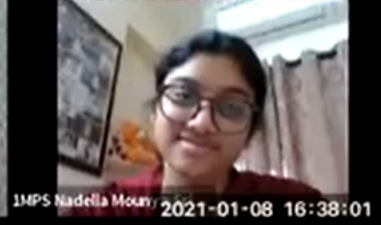
1 MPS Daksha Dhariwal 20...



1 MPS Siona Dsouza 20MP...



Ranjaboti Ghosh 20MPS03...



1MPS Nadella Mouni



**INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH**

Affiliated to Bengaluru City University & Approved by Government of Karnataka  
A unit of Sarvodaya Seva Sangha \*

Swarnalatha Iyer

Academic Enrichment Programme  
(AEP)

**Interactive  
Session:  
Mindfulness:  
Rewiring  
Ourselves**

Date: 8<sup>th</sup> January 2021

Time: 4:30 onwards



**Mrs. Swarnalatha Iyer**



# Training Programmes & Interactive Session: Pathway To Progress

## Workshop on Team Building Activity

A workshop on team building was organized for the first year postgraduate students on the 24th of August, 2016. The team building exercise was facilitated by Mr. Reuben VM, Associate Professor of Law, Christ University, Bengaluru.

The session was a great ice-breaker and encouraged the students to mingle with each other and to know their batch mates better. Various group activities instilled in the students, values of being a team player, being open-minded and the importance of leadership skills. The session ended with a very crucial idea of not giving up as there would always be a plethora of opportunities to grow and propel.



## Guest Lectures A Talk on Branding

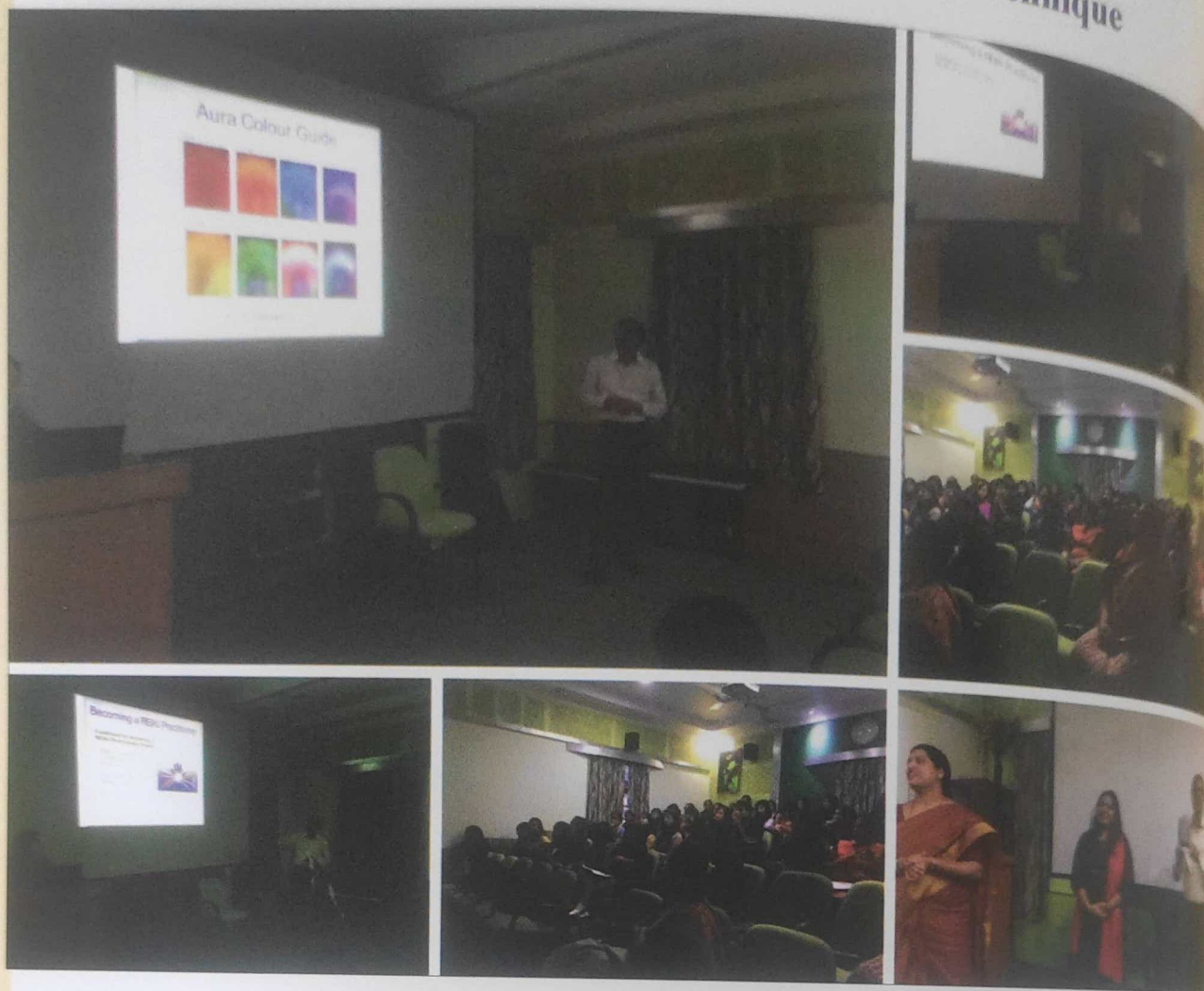


A guest lecture on Branding was held on 17th of August, 2016, for the undergraduate students. The guest speaker was Mr. Bharat R. Ram, General Manager at Atmosphere - The Fine Furnishing, Ex – Vice President of Himatsingka Seide Limited who has over 10 years of experience in Arvind Mills. He enlightened the students on the connection between psychology and consumer behavior, sharing case studies and examples to help them understand the need for a brand. He further threw light on the economical aspect and

stressed the importance of improving the overall economy of any industry- using NECC campaign as an example. This lecture was a great learning experience for the students and helped them understand “branding”.



## Guest Lecture on Reiki – Alternative Healing Technique



A seminar on Reiki was held on the 20th of August, 2016. Mrs. Bindu and Mr. Suresh from “The Positive Lights” were the speakers for the program. They conducted the seminar and gave a brief idea about the process of Reiki. They explained the concept of Reiki, highlighting its history and the applications. The speakers also dealt with the different Auras and Chakras in one's body and how they are present in an individual and how they affect them. They concluded the seminar with a demonstration of distance healing directed to the audience.

## Issues and Challenges Faced By Sexual Minorities and Transgenders-A Guest Lecture

The Department of Women Studies organized a guest lecture by renowned LGBT activist Ms. Akkai Padmashali on 6th September, 2016. Ms. Akkai Padmashali is the founder of 'Ondede' a NGO formed to highlight and raise issues of discrimination and concerns surrounding the sexual minorities on various platforms. Ms. Akkai addressed the UG students and faculty members on the challenges faced by sexual minorities and transgenders. She also highlighted the constitutional laws discriminating against them and the need to enact new laws for their welfare. The guest lecture provided insight for the students on the issues faced by the community.





## Guest lecture on Yoga Therapy

A guest lecture on Yoga Therapy was organized for the final year Postgraduate Students on October 5th, 2016. The guest lecturer was Dr. Geetha Appachu, an established consultant Psychologist with



over 15 years of teaching and clinical experience. She heads 'Swapreran', a Psychological Counseling and Wellness Clinic in Bengaluru. Dr. Geetha shared her knowledge on yoga therapy emphasizing the influence of different types of yoga on the physical and mental health of people. The lecture was interactive and provided insight on the field of yoga therapy to the students.

## Guest Lecture on Acupuncture & Acupressure

A guest lecture on Acupuncture and Acupressure was organized for the Postgraduate students on 6th October, 2016. The speaker Dr. Jitendra K. Digraje shared his extensive experience as a Naturopath and a yoga expert, coupled with his knowledge in Health Sciences. The guest lecture gave in-depth knowledge of Acupuncture and Acupressure, along with demonstrations and applications. The students interacted actively during the session.

