

DATE: 14/06/2021

**Event Coordinator**

**Dr Madhavi Parimi**

**Time & Place:**

**11<sup>th</sup> June 2021:**

**10 am to 11:15am**

**Zoom**

**Department:**

**Applied Sciences and  
Humanities**

**No of participant:**

**160**

The Department of Applied Sciences and Humanities had organized for a Counselling session on "A PEEK WITHIN ", as part of an endeavour to keep up with the motto of the Institute, 'Cura Personalis'. The speaker was Fr Caesar S.J. from Vinalaya.

The purpose of this Counselling session was to bring together the students of first-year engineering to help promote discussions apart from the curriculum, encourage students to speak their minds, put forth their perspectives, and foster reflective thinking. The session was organized around the theme of 'Cura Personalis', i.e., having concern and care for the development of the entire individual. The topics discussed were observations of different real-life scenarios, understanding others' feelings, and analyzing personal needs and wants.

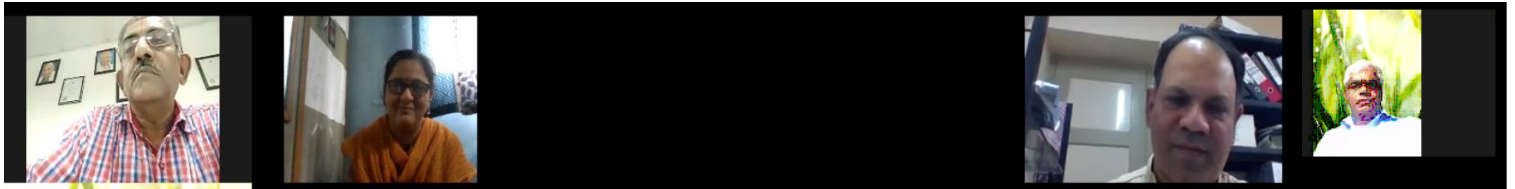
The students presented their views and ideas on the various examples put forth by the speaker for them to analyze. He urged the students to speak up their views and assured them unprejudiced listening of their views, which encouraged the students to actively take part in the session. He shared some incidents and asked students for their opinions on the same. The speaker guided the students in understanding that love doesn't need reasons; it needs compassion. The discussions revealed that there is no right or wrong when love is involved, and no judgements for passion-driven acts. Some decisions can't be taken analytically but need the gentle touch of love. He guided the students to know their personal needs as well as to respect others' needs. He educated the students on how to convey your request politely by encouraging students to share some examples of request and reformulated the examples into a more enticing and polite manner thus enlightening the students about the courteous ways to make requests. He also instructed the students to not have an underlying hidden agenda while making requests. He made students think of what they need in life and urged them to take action for the same. He guided the students to nurture empathy by allowing them to contemplate others' situations and helped them conclude that not everything is to be judged; some things are to be understood.

The students agreed that understanding emotions are also important with sound technical knowledge. This was particularly true with regard to the self-reported weaknesses by the students during the mentoring sessions. The students also arrived at the conclusion that emotions play a vital role in life and thus need to be understood. There was an emphasis on the need to understand the emotions of other people in all situations. The students participated actively in the session by presenting their perspectives throughout the session. It was thoroughly enjoyed by all and will be cherished by the students of first-year engineering. All in all, the session was a huge success.

Feedback from the students:

1. It was very nice and informative lecture. I loved it and looking forward to have such lecture.
2. best session of today
3. I was able to connect with the speaker and could understand different point of view regarding topics. I personally enjoyed the session.
4. Need more such lectures/ interactive sessions.





Fearless Soul

SEARCH "FEARLESS SOUL" ON GOOGLE MUSIC

"The moment you become aware of the ego in you,  
it is strictly no longer the ego  
but just an old, conditioned mind pattern.  
Ego implies unawareness.  
Awareness and ego cannot coexist."

