



SCULPTING A PSYCHOLOGIST

Workshop on Counselling Skills

For IIInd Year MSc Counselling Psychology

**On 16th and 17th September 2022
@ Conference Hall, Wadihuda**

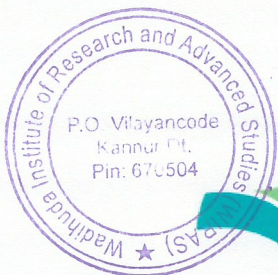
Resource Person

Dr. MAHESH M M

Assistant Professor &
Clinical Psychologist

Principal

Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt - 676504



WADIHUDA

WIRAS

**WADIHUDA INSTITUTE OF
RESEARCH & ADVANCED STUDIES**

PG DEPARTMENT OF PSYCHOLOGY

Affiliated to Kannur University

Vilayancode P.O, Pilathara, Kannur - 670 504 | www.wiraskannur.com | info@wiraskannur.com

09 September 2022

From

HOD

PG Department of Psychology
WIRAS

To

Principal
WIRAS

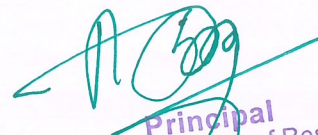
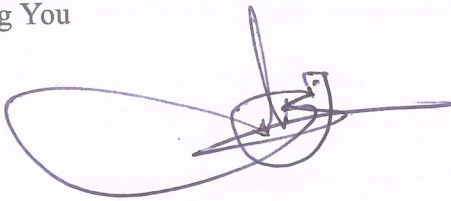
Respected Sir,

The PG Department of Psychology is planning to organize a two day workshop on counselling skills on 16th and 17th September 2022 for second year MSc Counselling Psychology students from 10 am at conference hall wadihuda. Dr Mahesh M.M, Assistant professor and clinical psychologist will be the resource person. Kindly approve the programm.

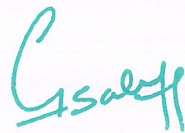
Thanking You

HoD

PG Department of Psychology



Principal
Wadihuda Institute of Research
and Advanced Studies (WIRAS)
Approved by
P.O. Vilayancode, Kannur Dt., 670504



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SCULPTING A PSYCHOLOGIST

9.30 AM-5.00 PM @ WADIHUDA ON 16 th &17 th SEPTEMBER 2022

PROGRAMME SCHEDULE

Time	Address	Speaker	Designation
DAY 1&2			
9.30AM- 9.45 AM	Prayer	Ms. Mahira	Bsc psychology student
9.45 AM- 10.00 AM	Welcome Speech	Ms.Anjana	Assistant professor, Department of psychology, WIRAS
10.00 AM-10.15 AM	Introducing R.P	MS. Sahla	Assistant professor, Department of psychology, WIRAS
10.15 AM-4.00 PM	SESSION	DR. MAHESH M M	Assistant Professor & Clinical psychologist
4.00 PM-4.30 PM	Discussion		
4.30 PM- 4.45 PM	Feedback Session		
4.45 PM-5.00 PM	Vote of Thanks	Ms. Nimitha K.V	Assistant professor, Department of psychology, WIRAS



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Principal
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Program Report
Workshop on Counselling Skills

Report for Activity Log SI.No.:			
Program Name and resource person	Workshop of counselling skills Dr. Mahesh MM Assistant Professor and Clinical Psychologist	Organiser	PG Department of Psychology, Wadhuda Institute of Research and Advanced Studies, Vilayancode
Date	16th & 17th September 2022	Time	9.30am to 5pm
Venue	Conference Hall, Wadhuda Main campus, Pazhayangadi.	Faculty in-charge	Sahla Abdurahman

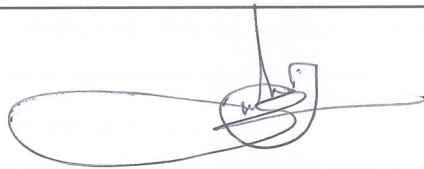
About the resource person	Dr. Mahesh M M, MPhil, JRF and NET, PhD, Assistant Professor, Achutha Menon College, Thrissur and Clinical Psychologist.
Programme Objectives	<ul style="list-style-type: none">• Basic counselling skill• Role play
Participants	Second year MSc counselling psychology PG students
Programme Activities	<p>The purpose of this workshop was to provide attendees with an introduction to basic counselling skills. The topics covered included: active listening, empathy, showing respect, use of open-ended questions, and providing appropriate responses. Participants were also given the opportunity to practise these skills in a safe and supportive environment.</p> <p>The two day workshop session began with a formal session, which included a welcome note and introduction of the resource person. Dr. Mahesh MM explained about the basic counselling skills in the first session. The workshop began with an introduction to the concept of counselling, its history and its purpose. Participants were then asked to</p>



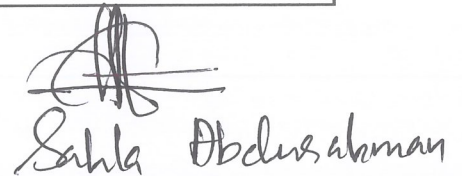
Sahla

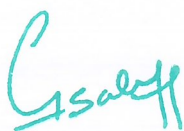
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	<p>share their expectations and any questions they had. This was followed by a discussion on the principles of counselling, such as active listening, empathy and respect.</p> <p>Participants were then given the opportunity to practice different counselling techniques. They were encouraged to listen actively, ask open-ended questions and respond appropriately. They were also given the opportunity to practise in pairs and in small groups.</p> <p>Participants were asked to reflect on what they had learned and discuss any challenges they had faced. This was followed by a review of the key points from the day, and a discussion on how to apply what they had learned in real-life situations.</p> <p>Two days workshop winded up with a formal valedictory session. Mr Subair M (Department Head), Ms Suchithra (Principal, Progressive School), Ms. Sahla Abdurahman (Programme Coordinator) were present in the valedictory. Participants shared their fruitful experiences and expressed benefits of the two day training session. The Resource person was presented with a memento as a token of love.</p>
Programme Outcomes	<ul style="list-style-type: none"> • Participants learned about the basics skills of counselling
Supporting Documents	<p>Photos, signed attendance register, poster, programme schedule</p>

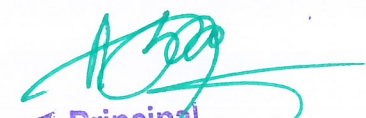


SUBAIR. M, M.Sc M.Phil.
 Head, P. G Dept of Psychology
 WIRAS, Vilayancode





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C. Sastry

Principal

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P.O. Vilayancode, Kannur Dt., 670504

SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
WIRAS, Vilayancode





Subair

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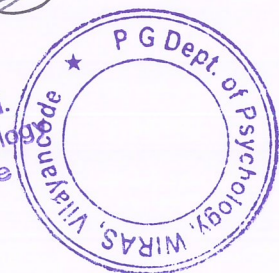
SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
WIRAS, Vilayancode





Subair
Principal
Wadhuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt., 670504

SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
WIRAS, Vilayancode





G. Sastry

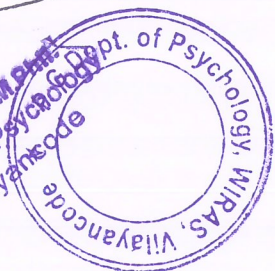
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SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
WIRAS, Vilayancode





SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
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Workshop on Counselling Skills

Resource person: Dr. Mahesh M M, Assistant Professor, Clinical Psychologist

17th September 2022, Conference Hall, Wadihuda

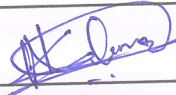
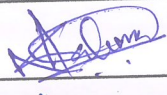


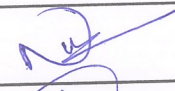
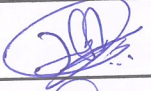
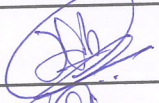

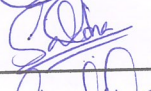
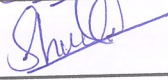
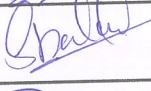



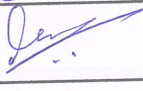

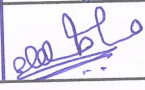
SI. NO	Name	SIGNATURE	
1	ABDURAHEEM K C		
2	MOHAMMED SHIFAN M M		
3	AMEERA K P		
4	ANAGHA ASHOKAN		
5	ARSHA K		
6	ASHIBA FARSANA		
7	ASHITHA T P		
8	DILNA SURENDRAN P.P		
9	FATHIMA K		
10	FATHIMA K C		
11	FATHIMATH UL VAHEEDA A M		
12	FATHIMATHUL HANA A P		
13	GOPIKA K V		
14	JINSIYA T A		
15	JITHINA LAKSHMANAN M		
16	KRISHNAPRIYA K K		



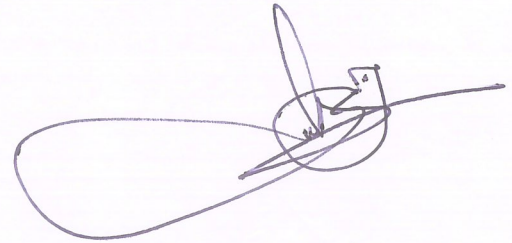
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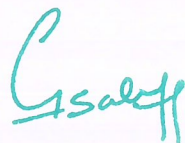
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21	SALIHA SALAB C		
22	SHALIMA V C		
23	SHIFA SHERIN		
24	SNEHA M		
25	ZAINAB T	A	X
26	FATHIMA PARAMMAL		

Programme Coordinator:
Sahla Abdulrahman

Mr. Subair M
HoD





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Wadhuda Institute of Research
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