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PSYCHOLOGY ASSOCIATION,
DEPARTMENT OF PSYCHOLOGY PRESENTS

LEADERSHIP TRAINING

AN IMMERSIVE WORKSHOP

JUNE 30-JULY 1, 2018

VISTAR ECO VILLAGE,
BANGALORE



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DEPARTMENT OF PSYCHOLOGY
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Leadership Training Program

Psychology Association organized the leadership training program on June 30th and 1st July at Vistar, Eco-friendly outbound training centre, Kothannur, Bengaluru, was the first event conducted for the Psychology Association Representatives for the academic year 2017-18. The events that happened throughout the two days aimed to bring the team together and establish a connection, as well as aid for each member to learn and execute leadership skills.

The Faculty Coordinators of the programme, Dr. Sudhesh N.T, Dr. Sreenath.K and Dr. Vijaya.R described the planned agenda for the camp which included building leadership skills, team management skills, group dynamics, event management skills, emceeing, budget making and meditation. An ice breaking session was conducted to know each other to build a rapport. this set a tempo for the two days leadership camp. The session was filled with free motion and fun . which created a sense of excitement in everyone.



To create a sense of connection among the members and awareness about the need for an organized flow of communication, an activity was conducted. The objective of the activity was to engage the students in staying connected with each other, being focused and build a strategy which ensures and effective management of the association.

The session was followed by team building activities, where in the group were divided into various teams and tasks was assigned. Each task demanded the leaders to coordinate with each

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other, have an organised and concrete plan in executing the tasks. The debriefing session was held to address the challenges faced by the teams and emphasising on the team activities.

An event management session was organised for the representatives post noon. Ms.Tarika Peiries, final year Master student pursuing her Clinical Psychology, shared her expertise from her previous years of experience in the field. The session was well structured, after an orientation on the topic the teams were formed. After the brainstorming session, the team were asked to work on the events that are planned for the academic year such as singing competition, street play, silhouette, and paper presentation. Ms.Tarika helped the group members to have a broader vision and look into the nuances, which included the phases of event management i.e pre-during and post management.



A mindfulness meditation was organised for the representatives, Dr.Sreenath facilitated a half an hour session. The session conducted in a serene and calm environment, this meditation session helped the participants to introspect their sensation, thoughts and feelings.



The day two started with Yoga Session followed by the overview of the day one session and explaining the agenda for the day. Ms.Tarika lead the session on budgeting and the skills of emceeing. Budgeting is an essential component for the functioning of any event. Each group

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members shared their proposed budgets for the events and the resources that has to be included. The minute aspects of the budgeting was bought into picture and it was discussed in the group. This session not only helped the members to plan the event, but also to look into the budget and managing the resources effectively.

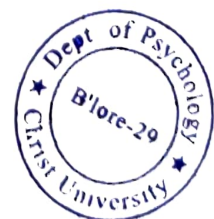


A series of team building and strategising session was conducted by the faculties. Students enthusiastically participated in the activities filled with fun and helped them to learn the core values of working in team and driving the group members towards a goal. The core committee presented the journey of association of the previous year, discussing the challenges faced and scope for improvement for the current year. Then, the team worked in groups discussing about the mission, activities for the year and presented the SWOC analysis in analysis with the previous year's 2016-17. This lead the association team to have foreseen the association in the coming years.



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The faculty coordinators debriefed the two days event and collected the feedback from the participants. Setting the vision, the association look forward for the motivated representatives to enthusiastically participate and actively engage in the events.

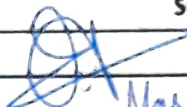

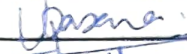


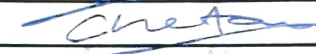











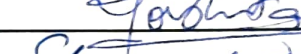
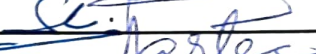

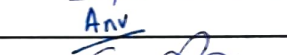

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