



CHRIST

(DEEMED TO BE UNIVERSITY)

BANGALORE · INDIA

DEPARTMENT OF PSYCHOLOGY PRESENTS A

WORKSHOP ON HYPNOTHERAPY

22nd July 2016

**Venue: Room 715,
Central Block**

Resource Person: Prashant Joshi

Registrations close soon.

Registrations:

Contact Dr Sudhesh N T, Psychology Association
sudhesh.nt@christuniversity.in

DEPARTMENT OF PSYCHOLOGY
Psychology Association
HYPNOTHERAPY WORKSHOP

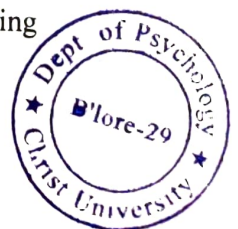
The Psychology Association for the first time conducted a workshop for the year 2016-2017. The workshop was on 'Hypnotherapy' and it was conducted on 22nd of July, 2016. Indeed, it was a milestone in the activities conducted by the Association, as this was a workshop never done before.

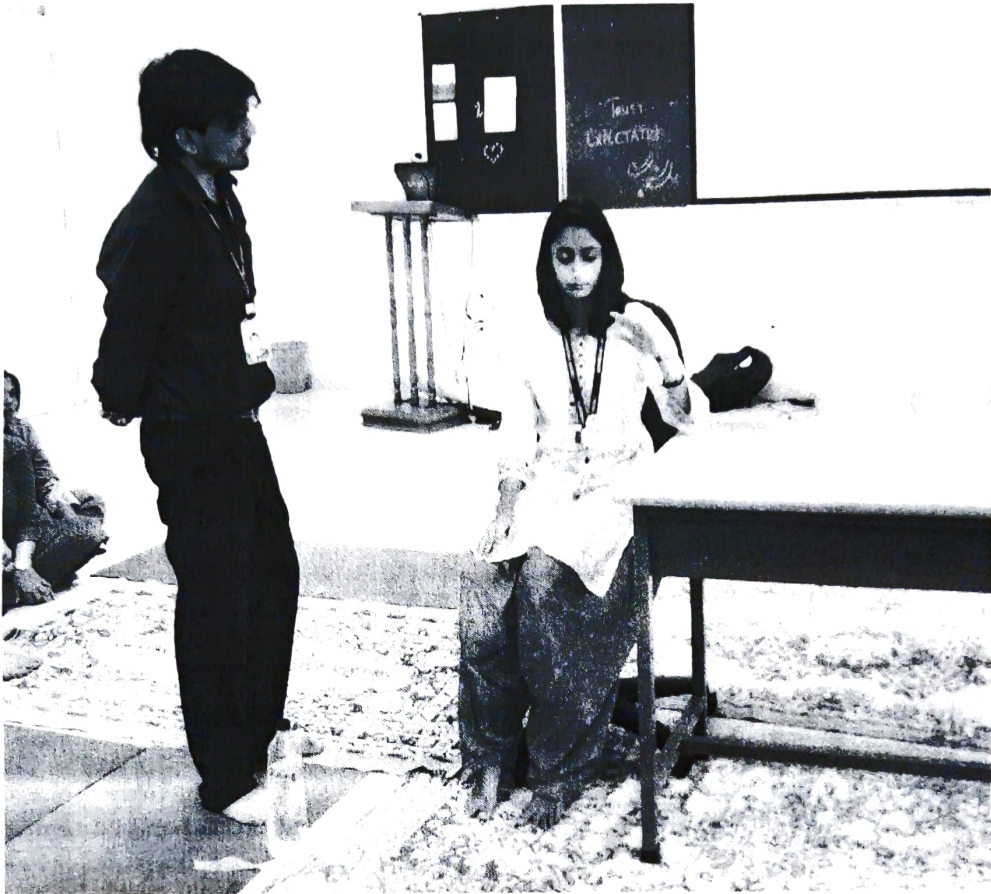


The workshop was handled by Prashant Joshi, a first year MPHR student trained in hypnotherapy and various other related activities. It focused on both theoretical aspects of hypnotherapy, and at the same time, pushed students to overcome their mental obstacles and do things they had never been able to do before, such as place a piece of burning cotton in their mouths. Prashant also cleared many misconceptions about hypnotherapy and provided an in depth knowledge and understanding about the subconscious mind.

Participants also had the rare opportunity to view a live demonstration of hypnosis, both from an observer's point of view and as a participant. The session ended with a "confidence-boosting activity". It was an effective and well-conducted workshop ending on a positive note. A major takeaway was the values learnt in this workshop. These dealt with "improving the self" in many possible ways and boosting one's self morale in situations which didn't favor an individual; thereby remaining optimistic and positive till the task at hand was complete.

T. S. Sree
Head of the Department
Dept. of Psychology
Christ University
Bangalore - 560 029






This initiative by the Psychology Association was the first of its kind this year. The Association looks forward to extending this workshop to other programmes in the university, both at an undergraduate and at a postgraduate level.


T-S Seng
**Head of the Department
Department of Psychology**



*Head of the Department
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Bangalore - 560 029*

DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
Attendance Sheet - List of Students

S.NO.	NAME	SIGNATURE
1	A SELVAN	
2	CHETHAN SHYAM KADOOR	Chetan
3	DHEERAJ P	Dheeraj
4	P ANUP RAJA	Anup
5	RIDGE KENNEDY NICHOLAS MIRANDA	Ridge Kennedy
6	SMIT YOGESH GANATRA	Smit
7	UDAI RAJ SINGH	Udai
8	AISHWARYA IYER	Aishwarya
9	AKSHAYAA M	Akshaya
10	AKSHITA.A.SALECHA	Akshita
11	ANTAHARIKA YADAV	Antaharika
12	ASVEEN KAUR	Asveen
13	ATIPRIYA GROVER	Atipriya
14	BHAVYA ARORA	Bhavya
15	CHARANYA J	Charanya
16	CHRISTENE FARIA	Christene
17	FREEDA JELLY MARTHARINE J	Freeda Jelly
18	G SOUNDARYA	Soundarya
19	GEETIKA SHILPEE	Geetika
20	HAZEL D'SOUZA	Hazel
21	HUSNAA M A BAIG	Husna
22	ISHANI BEHERA	Ishani
23	JEENA MATHEW	Jeena
24	KAMDAR HIMANI NILESH	Kamdar
25	KARSIMRAN KAUR	Karsimran
26	KAVYA DUGAR	Kavya
27	MALAVIKA SHRINGARPURE	Malavika
28	MALVIKA OHRI	Malvika
29	MEGHANA J	Meghana
30	MONISHA JAIN SS	Monisha
31	NANDHINI C G	Nandhini
32	NISHI SINHA	Nishi
33	NIYA THOMAS	Niya
34	PANKHURI BHATIA	Pankhuri


Head of the Department
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