



MSW (AIDED) 2018-19

SOFT SKILLS REPORT

Title of the Programme : CBT

Date : 24/01/2019

Resource person : Mr.Prassana

Total No of Students attended : 12

Report of the Programme :

Cognitive Behaviour Therapy; the resource person gave an introduction about himself and the yoga therapy he finds very effective among individuals to address the psychological and physical aspects. Then the resource person started with ice breaking session where the students have to make eye contact for a while with the random person they meet while walking inside the class, and then have give compliment to all the person in the class at least one. The students were then asked to analyse their bodily sensation when they were asked to do the activity and also about how they felt when they got positive compliments from others.

The resource person also questioned about the questioning skills of the students and also evaluated the skill of the students based on their listening skills. The next part of the session was on the theoretical part of the Cognitive Behaviour Therapy where the history of CBT was briefed and also about Buddha already explained on how the thinking of the individual affects oneself.

The students were then given an another activity based on their cognitive thinking which were on how they think about themselves in a negative manner, what they think about the world, what they think about their own future; later was asked to present which was then analysed by the resource person on what the cognition problem has affected their way of thinking.

Then the students were given another activity on the ways how the cognition can be classified – Problem, Emotion, Physiological, Behaviour, Thought Process. The students were asked to identify one problem and work on the aspects of emotions expressed during the problem, the physiological changes happening during the situation, the behaviour of the individual and the thought process how they think during the situation.

The levels of Cognition:

- Negative Automatic Thinking
- Core Belief
- Dysfunctional Assumption

The session also included about the learning process of the individual, the concept of recap

learning, how the learning of the individual makes an individual relearn certain learnt events and also on the process how it affects the individual behavioural aspects.

The students were also given an assignment for the next day of class of how they can take the problem formulation process the categories for cognition for another person, to understand the level of cognition of the problem which they face for the next class.

Students Attendance List

S.No	Name	Reg.No	Status
1	AARATHI U C	1815772091039	Completed
2	ANGELICA PEARL CHRISTOPHER	1815772091040	Completed
3	ANISHA R	1815772091041	Completed
4	CELINA JOHNEY	1815772091042	Completed
5	GLORIA FRANCIS PYNADATH	1815772091043	Completed
6	GOVARTHINI R	1815772091044	Completed
7	IBADAHUNSHISHA SYIEMLIH	1815772091045	Completed
8	JAISHIA J	1815772091046	Completed
9	JERCELIN FAUSTINA K	1815772091047	Completed
10	MADHANAGURU A	1815772091048	Completed
11	POONKODI T	1815772091049	Completed
12	SRINITHI S	1815772091050	Completed

