



MADRAS SCHOOL OF SOCIAL WORK
THE UG DEPARTMENT OF PSYCHOLOGY



ELYSIUM

cordially invites you to
The Annual Seminar

SAHAS'21

"We dare to go far"

- Date- 30th March 2021
- Time-10.00 AM to 1:00 PM
- Meeting ID-885 2619 1354
- Meeting Password-344459

ABOUT THE SEMINAR

DISCUSSING COUNSELLING THERAPIES



Dr. Mini Rao

Just like a lighthouse helps navigate the ships by illuminating the dark waters, counselling therapy acts as a guide for the journey into our inner world. It helps empower us to be our own pathfinder and alleviates our pain to heal our psyche. The students of psychology are well aware of its importance in one's own life and in others as well. Hence, it is of utmost importance to learn and strive for excellence in this wonderful therapy, as this could be an essential component of our professional identity. This session focuses on offering insights on the importance of Counselling and Therapy as a whole.

HEALING FROM TOXIC RELATIONSHIPS



Mrs. Padma Anil Kumar

A relationship is the bond that connects two people by blood or at an emotional level. All relationships go through a natural series of ebbs and flows. However, it is the ability to swim through the turbulent waters without sinking that makes a relationship strong. When the interpersonal conflicts become hard to resolve, the relationship seeks the support of a third party in order to sustain their mutuality. This session focuses on how we as counsellors can function as the helping hand and understand the intricacies that define a relationship.

AGENDA

- **Welcome Address**
- **College Song**
- **Introduction of the speakers**
- **Session 1**
- **Session 2**
- **Vote of Thanks**
- **National Anthem**