

Title: Vriddhi Forum Inauguration

Date: Tuesday, 27th August

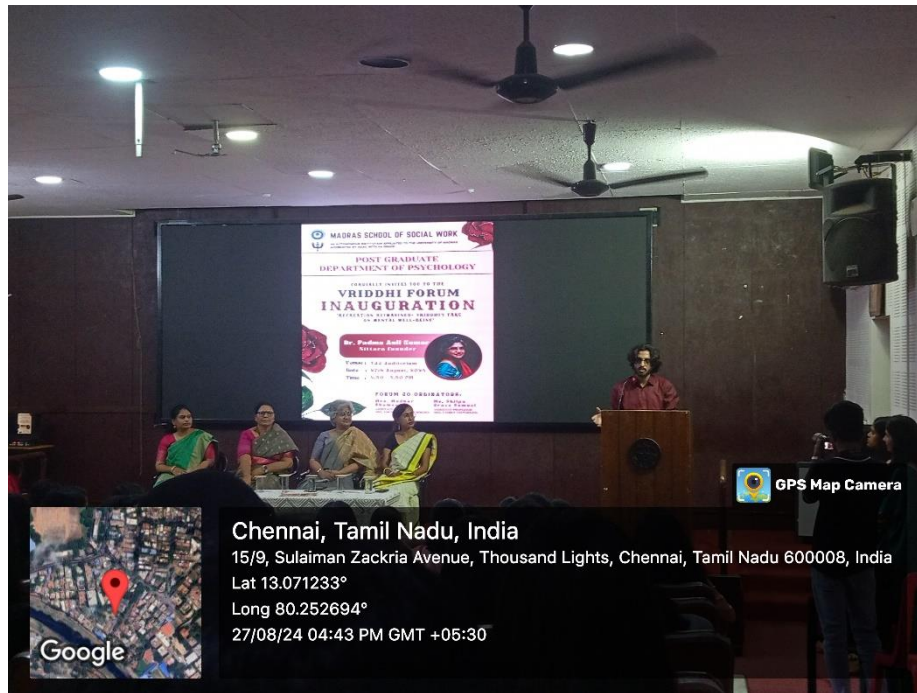
Time: 4.30pm to 6.30pm

Venue: TAG auditorium

The event commenced with the emcees welcoming the Head of the Department of Psychology- Mrs. Kalyani Kenneth, Dr. Hannah John, Program Head- Family Counselling; Dr. Subashini- Administrative Dean; Forum Coordinators- Mrs. Madhar Shameem (Assistant Professor MSc. Counselling psychology), and Ms. Shilpa Grace Samuel (Assistant Professor MSc. Family Counselling Psychology), faculty members, and students.



After welcome address, Mr. Shane Thomas- former Vice President of Forum- Vriddhi (2023-24), provided an in-depth overview of the forum's activities and events from the previous year. Notable highlights included a wide range of workshops, seminars, and community engagement efforts that effectively promoted student involvement and leadership.



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After the previous year report, the keynote address segment began. A brief introduction to the chief guest for the day Dr. Padma Anil Kumar, was presented by Ms. Amatulla A from Ist M.Sc. Counselling Psychology. She was presented with a memento by the Dr. R. Subhashini, following which she was invited to the dais to deliver her keynote address. Her keynote address explored Forum- Vriddhi's theme for academic year 2024-25- "Recreation Reimagined – Vriddhi's Take on Mental Health".



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She delved into the concept of recreation, how one can truly practice recreation, and different methods of recreation which are a part of the field of psychology. The relevance of recreation to psychology was further explored. Engaging in recreational pursuits can stimulate cognitive functions and creativity, fostering problem-solving skills and mental agility. The session

included an examination of various theories related to recreation, with a particular focus on Flow Theory. Proposed by Mihaly Csikszentmihalyi. Flow Theory describes a psychological state where individuals become fully immersed in an activity, losing track of time. The session highlighted various recreational practices, including yoga and laughing exercises, and their potential benefits. Both practices can be integrated into recreational recommendations to support clients' mental health. The session concluded with an emphasis on the importance of recreation as a means of stress relief and a critical component of good mental health.



Subsequently, the second half of the event, the investiture ceremony begun. The chief guest presented the badges to the office bearers and committee heads. Following which, the oath-taking ceremony was conducted. During this ceremony, all newly inducted members recited an oath affirming their commitment to their roles and responsibilities.



The newly elected President and Vice President proposed a multifaceted tentative plan of action for the academic year. The plan included revitalising recreational activities, setting up committees and appointing committee heads and members, hosting workshops and TED Talks, fostering inter-forum collaborations, supporting entrepreneurial skills, celebrating international days, engaging in community outreach, and offering various fun activities such as P.T. periods, a Wall of Emotions, bi-monthly film screenings, alumni connections, and competitive exam preparation.



The event came to an end by the proposal of vote of thanks by Ms. Chesna Christina from Ist M.Sc. Family Counselling, where she extended her gratitude for all the support in ensuring the event's success to everyone present there.

