

NAME OF THE EVENT: Perceived Stress

WING: Assessment Wing

DATE: 26-04-2022

TIME: 2-4 pm

SUMMARY OF THE EVENT

Structure and Flow: Stress v/s Perceived Stress, Activity with 2 boxes, about perceived stress scale, stress appraisal, eustress v/s distress, academic stress, social effects of stress, effects of stress: physical, behavioral, emotional effects. tips and suggestions to tackle stress, setting boundaries.

Venue: 3rd Block, 4th Floor, Seminar Hall

Speakers: Aaron D'souza, Gautami Agarwal

Event Agenda: To inform participants and help them know about perceived stress and how to handle it better.

NUMBER OF ATTENDEES:

189

NUMBER OF BENEFICIARIES:

189

PROBLEMS FACED:

There were less participants from other departments. The promotions was not done at its best. Promotional activities must be improved upon.

FUTURE LEARNINGS:

Things went smoothly. The crowd participants demanded a session on procrastination, decision making, and work-life balance.

IMAGES OF THE EVENT:



FEEDBACK:

The session was short and engaging, one of them appreciated the peers to be able to speak up in front of the crowd and keep them engaged for 45-60 mins.

Date of Event: 26 July, 2022

Event- Statement of Purpose Module

Location of the Event: Mini Auditorium, Fourth floor, Third Block

Number of Attendees present: 200

Type of Event: Module Discussion

Organizing Team: CAPS

REPORT:

On the 26th of July, 2022, four senior volunteers of CAPS - Anushka, Deepiga, Gulnar, and Sanjana took a session on SOP Writing for the Department of Psychology as part of their Skill Development Session. The module was carefully chosen to cater to the needs of the students as many of them plan on applying for postgraduate courses upon completion of their Bachelor's at Christ University.

The session began at 2.15pm with a short ice-breaking activity where the students were asked to list down all the qualities they have that they feel worthy of putting in a statement of purpose. The session then advanced to discuss crucial aspects such as - what is an SOP, structure of an SOP, and Do's and Don'ts while writing an SOP. The audience paid undivided attention to the session and was responsive to all interactive questions asked during the session. At the end, a small Q&A session was held so as to clear any doubts the audience had about the module presented and a few students came up with their doubts which were answered by the volunteers there and then. The session was concluded at 3.45 pm and the students were made to disperse in an orderly manner.

Image from the Session



Feedback

Overall, the session was a success and we received positive feedback for the content and the presentation by the audience. The faculty present for the session also appreciated the efforts and gave positive feedback about the session.

Date- August 12, 2022

Event- How to appear for Job Interviews.’ By Centre for Academic and Professional Support

Time of the event: 11am-12pm

Location of the Event: Seminar Hall, Devdan Block

Number of attendees: 31

Type of Event: Group Peer Training Event

Report:

A session request on ‘How to appear for Job Interviews’ was made by K Sarath Chandra, M.Tech assistant professor. The requested session was delivered by 3 CEWS (one-on-one peer training) members: Lakshmy, Reshma, and Shreya, in the presence of Ms Rincy Daniels. 31 beneficiaries from the B.Tech and M.Tech departments were a part of the event. The session began with an introduction to CAPS and what it does as a student-led body. Many aspects of the topic were covered like: what is an interview, types of interview, things to keep in mind before, during, and after the interview, and tips for acing an interview. A lot of interactive activities were included to make sure the audience is able to gain most out of the session. The session began at 11am and was taken through until 12pm.



Feedback - interactive and educational session

Date of the event: 16 January 2022

Event: Launch of The Big Question Podcast.

Report:

The Big Question podcast season 1 churned out seven episodes. Hosted by Stella Carvalho, Tobias Saju and Malvika Mishra. The podcast was launched on January 16 2022 with an introductory episode for introducing the hosts and the theme of “the big question” and related ideas. Two episodes featured guests. One of them being Mrs Smitha Keeran, the university counselor titled “Do we fight or flight’. And the other episode featuring Ashwin Abrham a senior CAPS volunteer titled “What is a fear we have overcome”?.

The Big Question Podcast was launched on 16 January 2022. The contents of the podcast as the name suggests would involve conversation regarding a big question, and each month would involve its own theme. The first month’s theme was “Are we living in a bubble” with the first episode being titled the same.

Photos:



Feedback:

The feedback of the audience echoed the opinion of it being a space encouragingly required to be explored further, the topic and themes were relatable with an entertaining dynamic amongst the hosts, however, required more structure and need to have provided new information.