

Annual Report of Mind View Forum for the year 2017-18

Mind View Forum was initiated with the objective of providing basic knowledge about Psychology and to help the members to understand oneself better.

89 students were registered as members of Mind View Forum for the academic year 2017-18. Vishal of 2nd B.B.A served as the Forum Secretary. Every Saturday various programmes were held for the forum members under the guidance of the Forum coordinator, Ms. Josvita Dsa Lecturer, Department of Psychology. Major Programmes of the year were

- Programme on Home Sickness
- Personality assessment and demonstration of Fatigue
- Guest talk on the topic Human relationships by Mr. Nagaraj, Dept of Political Science Alva's College
- Programme on Self Defense by Karthik S Kateel
- Motivational Talk by Mr. Guruprasad KJ- Motivational Speaker and Corporate Trainer
- Psycho-educational programme on Resilience by Mrs. Deepa Kothari, Dept of Psychology, Alvas's College.





