

## REPORT OF THE PROGRAMME CONDUCTED



Dept. of  
Sree Sankara College Kalady

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Title of the activity	Counselling Session: Toxic Relationships.
Date and Time	07/12/1999
Resource person	Ms. Christy Binoy, Students Counsellor, Sree Sankara College, Kalady.
Nature of activity	College
Type of Activity	,
Linkage Activity	
Convener	
Number of participants	50

#### Report of the activity

Name of Resource Persons with their affiliation and complete address: Ms. Christy Binoy, Students Counsellor, Sree Sankara College, Kalady. A seminar on the theme of 'Toxic Relationships' was conducted on June 8th, 2023 at Sree Sankara College, Kalady, under the auspices of the Department of Biotechnology. The seminar aimed to delve into the intricacies of relationships, highlighting their significance, complexities, merits, demerits, and the potential toxicity that may arise within them. With an audience comprising approximately 40 students from DC II and DC III batches of B.Sc Biotechnology, the event promised to offer insights and reflections on a crucial aspect of human interaction. Speaker and Presentation Ms Christy, the esteemed student counsellor of Sree Sankara College, took centre stage to illuminate the audience on the multifaceted nature of relationships. Leveraging the dynamic platform of a PowerPoint presentation, Ms. Christy embarked on a comprehensive discourse, navigating through the various dimensions of relationships with clarity and depth. Key Themes Explored 1. Importance of Relationships: Ms Christy elucidated on the fundamental significance of relationships in human life, emphasizing their role in fostering emotional support, personal growth, and social connectivity. 2. Merits of Relationships: The seminar delved into the merits inherent in healthy relationships, highlighting aspects such as mutual respect, empathy, trust, and communication as cornerstones for fostering thriving interpersonal bonds. 3. Demerits of Relationships: Acknowledging the complexities woven into the fabric of human relationships, Ms Christy delineated the potential pitfalls and challenges that individuals may encounter, ranging from conflicts and misunderstandings to the erosion of trust and emotional distress. 4. Toxicity of Relationships: Perhaps the most poignant segment of the seminar, Ms Christy courageously addressed the spectre of toxicity that can permeate relationships, elucidating on dynamics of manipulation, coercion, and abuse that can undermine the well-being of individuals ensnared within such bonds. Interactive Session: The seminar fostered an interactive milieu, encouraging attendees to actively engage with the discourse, pose questions, and share personal insights and experiences. The participatory nature of the session facilitated a dynamic exchange of perspectives, enriching the collective understanding of the audience.

#### Outcome of the activity

In essence, the seminar on 'Toxic Relationships' orchestrated by the Department of Biotechnology at Sree Sankara College, Kalady, served as a poignant reminder of the profound impact that interpersonal connections wield upon the human experience. Through the erudite exposition delivered by Ms. Christy, attendees were bestowed with a deeper appreciation for the nuances inherent within relationships, and equipped with insights to navigate the labyrinthine pathways of human connection with mindfulness, empathy, and resilience. The seminar stands as a testament to the enduring commitment of Sree Sankara College towards holistic student development, fostering environments conducive to intellectual inquiry, personal growth, and societal engagement.

