



CHRIST
(DEEMED TO BE UNIVERSITY)
BENGALURU · INDIA



PSYCHOLOGY ASSOCIATION PRESENTS
a workshop on

NEURO-LINGUAL PROGRAMMING

Conducted by Aarjavi Shah and Utkrishti Katheriya



Date : 25th January

Time : 1:45 p.m.

Venue : Central Block, 611

Contact : Shagun Attri
8950432599

Single Registration : ₹200

Double Registration : ₹300



DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
WORKSHOP ON NEURO-LINGUISTIC PROGRAMMING

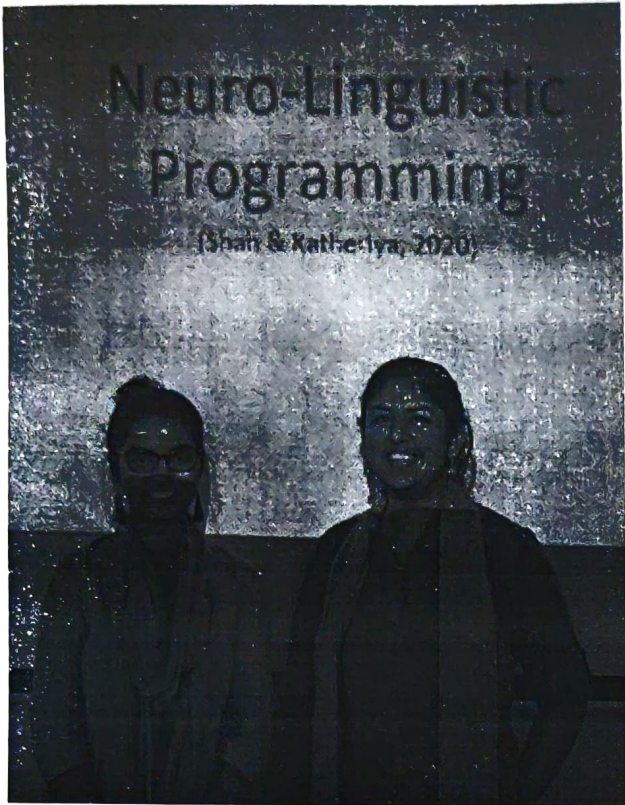
The Psychology Association organized a workshop on Neuro-Linguistic Programming (NLP) on the 25 January, 2020. It was conducted by Ms. Utkrishti Katheriya and Ms. Aarjavi Shah, certified NLP Practitioners and Alumni of CHRIST. The workshop started off with an ice breaking session in which all the students formed two circles following which music was played; everyone had to move around asking each others' names. About an hour of the workshop was dedicated to theory wherein they learnt the history of NLP and its pioneers, and different learning styles like auditory, visual, kinesthetic, etc. A VAK test was also conducted to find out which learning style each participant follows.



The second half of the session was practical-based. In this session, the students tried to create a memory map. If they had any kind of anxiety or fear, they were supposed to take their hand and divide it into zones or layers according to the density of the pain- "When one has an attack, one must move to the lower density, thus minimizing its effects." The session was interactive with a plethora of questions posed to the resource people. It ended with the Association Workshop Committee team thanking Ms. Utkrishti and Ms. Aarjavi and presenting them with a token of

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S.NO.	NAME	SIGNATURE
1	Aishani Ghosh	Aishani
2	Varija	Varija
3	Mulki Gayatri Kamath	Mulki
4	TUSHITA RANA	Tushita
5	Meera R Nair	Meera
6	Merlyn MS	Merlyn
7	Akshita Bindaiya	Akshita
8	Mehar Anand	Mehar
9	SALMA ILYAS	Salma
10	Shruthi S V	Shruthi
11	Aishwarya S Hegde	Aishwarya
12	Geethika Nair	Geethika
13	Shivani Sakhrani	Shivani
14	Ameesha Manwani	Ameesha
15	Deepak L	Deepak
16	Ria Manghani	Ria
17	Anuradha Jhunjunwala	Anuradha
18	Shah Tulsi Kaplesh	Shah Tulsi
19	Shruti Doss	Shruti
20	Niyatii Borana	Niyatii
21	Anusha Rastogi	Anusha
22	Deepti Pal	Deepti
23	Anika Krishnan	Anika
24	Ritika Mukherjee	Ritika
25	Keya Mathur	Keya
26	Sneha Ravishankar	Sneha
27	Dan	Dan
28	Shakthi S	Shakthi
29	Diya Elizabeth Dennis	Diya
30	Sravya Vemuri	Sravya
31	Govind Kishan	Govind
32	Devarchita Sen	Devarchita
33	Rohini	Rohini
34	Mansi Tyagi	Mansi

35	Shatakshi	Shatakshi
36	Amrutha S.	Amrutha
37	Mahima Shah	Mahima
38	Chandini	Chandini
39	Neha Shetty	Neha
40	Saumya	Saumya
41	Sravya	Sravya
42	Ruchi	Ruchi
43	Sanchita	Sanchita
44	Vibha	Vibha
45	Priya	Priya
46	Soni	Soni
47	Upasana	Upasana
48	Annet	Annet
49	Alaka	Alaka
50	Ananya	Ananya
51	Milouni	Milouni
52	Anusha	Anusha
53	Anandarup	Sonakshi Anandarup
54	Sonakshi	Sonakshi
55	Ananya Samanta	Ananya
56	Neha Mahesh	Neha
57	Aradhana Oburai	Aradhana
58	Parvathi Warriar	Parvathi
59	Amrita Datta	Amrita
60	Khushi Khant	Khushi

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