



FLAMES EVENT REPORT
1st February, 2023

PICTURES FROM THE EVENT



Ms. Christina, Coordinator, Loyola Counselling Centre interacting with students



Ms. Christina addressing the students



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Activity conducted by Ms. Christina during the seminar



Students actively participated during the session



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Mr Navneet Jayaraman, Dept Secretary proposed the vote of thanks



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ABOUT THE EVENT

DATE: 01/02/2023

TIME: 1 p.m. to 2 p.m.

VENUE: YD HALL

On February 1, 2023, the office bearers of the commerce forum organized a program named "FLAMES" for second- year commerce students. The main objective of the program was to address the crucial issue of handling relationships and toxicity, which is a common problem in today's world. The program was held at the college premises and saw a large attendance of students, faculty members, and staff. The counselling session was conducted by Ms. Christina Venita Deepa, a well-known psychologist and the Coordinator of the Loyola Counselling Centre, Loyola College. She began the session by introducing the concept of "FLAMES" and its various components, which are friends, love, affection, marriage, enemy, and siblings. She then elaborated on how to build and develop healthy relationships with members of the opposite gender.

Ms. Christina emphasized that relationships are a beautiful bond between two people based on love, trust, and respect. While there are no doubts about the feelings of love and trust, the angle of respect has often taken multiple turns, owing to societal norms. She stressed that a good relationship starts with friends and siblings, as they form the foundation for future relationships. Throughout the session, Ms. Christina interacted with the students and asked them relationship-related questions, which helped them understand the concept of relationships better. She further explained what love is and how it can be given and received. She highlighted that boys and girls have different perspectives, thoughts, actions, emotions, and physical responses in relationships. In every relationship, there will be a break, but boys can easily reconnect and re- establish the bond, while for girls, it can be tough due to their ego. She emphasized that ego is the enemy of girls and that it can build huge problems for their relationships.

Ms. Christina pointed out that in every relationship, there will be problems, but men tend to forget about them easily and move on, whereas women are more emotional and find it challenging to forget the problem. Men tend not to share their problems with others,



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while women share their problems in a wider range. To promote a healthy way of expressing love, Ms. Christina shared the concept of the five love languages, which include Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch. These love languages help individuals express their love in a manner that their partner can understand and appreciate. Overall, the FLAMES program was a great success and helped students understand the importance of healthy relationships. The session ended with a Q&A session where students could clarify their doubts and concerns, and the program was concluded with a vote of thanks by the general secretary Navneet Jayaraman.

J. Prasanna Kumar.

Dr S. Prasanna Kumar, Coordinator.



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Attendance Entered By: Amala Priya. R Department: COMMERCE

Student Name	Register No	Absent	Present	OD with Present	OD with Not Present	Medical Leave X
HARIHARAN N	21-UCO-201	✓				
SAIRAGAVKRISHNA M	21-UCO-202		✓			
MATHI B N	21-UCO-203		✓			
KALAISELVAN S	21-UCO-204		✓			
GLENN MATHEW JOSEPH	21-UCO-207		✓			
PADMESH K	21-UCO-208		✓			
SANTHOSH FERNANDO S	21-UCO-209		✓			
STEVE FRANK M	21-UCO-210		✓			
JOEL ROSARIO X	21-UCO-211		✓			
GAZAL DHARSHAN S	21-UCO-213		✓			
HARISH P	21-UCO-215		✓			
JAYARAJ R	21-UCO-216		✓			
LOGESH D L	21-UCO-217	✓				
GHIL J	21-UCO-218		✓			
PREMKUMAR S	21-UCO-219		✓			
NARENDHIRAN D	21-UCO-220		✓			
SURYAKUMAR S	21-UCO-221	✓				
DINESH KUMAR M	21-UCO-222		✓			
GEEVARGHESE ELDHO	21-UCO-223	✓				
SURAJ KUMAR M BHORA	21-UCO-224		✓			
SRI ASSHVATH S	21-UCO-225		✓			
MOHAMMED MUSHARRAF S	21-UCO-226		✓			
DHARANIDHARAN R	21-UCO-227		✓			
HARSH R KOTHARI	21-UCO-228		✓			
SARUK I	21-UCO-229	✓				
VETTRI NEERANJAN R K	21-UCO-231		✓			
RONALD B J	21-UCO-232		✓			





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ABDULLAH BIN FAISAL	21-UCO-233		✓			
ABINAV S	21-UCO-234		✓			
GODRIC JESWIN PAIVA	21-UCO-235		✓			
KRISHNAKUMAR R	21-UCO-236	✓				
TOM ALEXI BOSE	21-UCO-238	✓				
CHUMMAR K M	21-UCO-240		✓			
PRASANTH RAJ S	21-UCO-242		✓			
STANES EBENEZER R	21-UCO-243		✓			
TARUN KUMAR A Y	21-UCO-244		✓			
ARUN M	21-UCO-245		✓			
JOEL SAM J	21-UCO-246		✓			
SARAVANA KUMAR K	21-UCO-247					✓
GUNASEKAR P	21-UCO-248		✓			
ABISHAI EVAN RAJ E	21-UCO-249		✓			
SAMUEL JOHN C	21-UCO-250		✓			
LARA RIGHTES J	21-UCO-251		✓			
ABINANDAN E	21-UCO-252		✓			
JACK NELSON M	21-UCO-253		✓			
JERRICK ALDO R	21-UCO-254	✓				
SATHIESH A	21-UCO-255	✓				
VINOTH BABU B	21-UCO-256		✓			
SUBIN RAJ M	21-UCO-257		✓			
DANIEL JOSHVA S	21-UCO-258		✓			
SAHIL DAGA A	21-UCO-259		✓			
DHEERAJ SINGH	21-UCO-260		✓			
DOMNICSEVIYAR S	21-UCO-261		✓			
KEVIN PRABHAKARAN J K	21-UCO-262		✓			
CHIRAG TATIA S	21-UCO-263		✓			
MOHAMMED RIZWAN R	21-UCO-264		✓			
JOEL STEPHEN J	21-UCO-265		✓			

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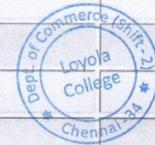


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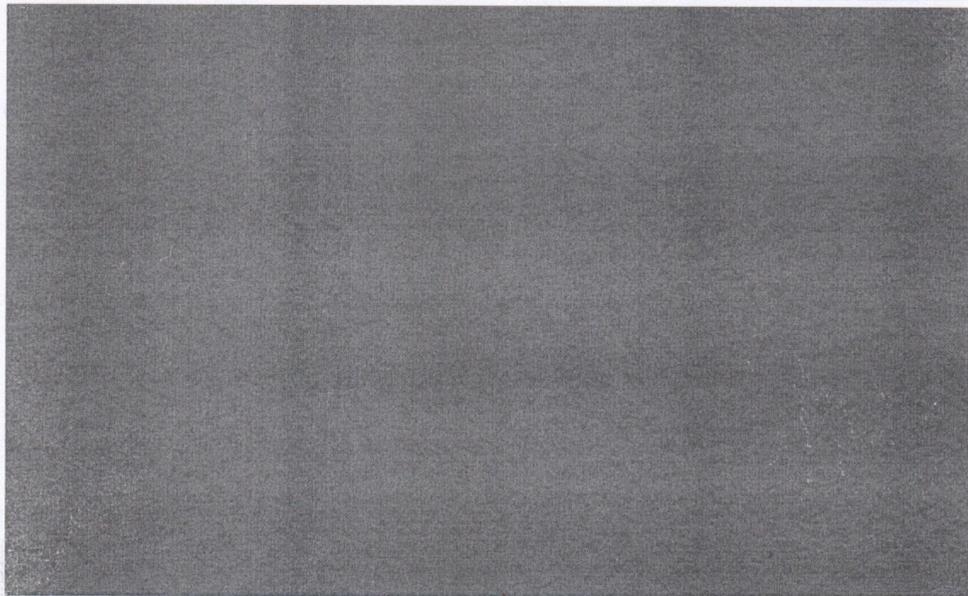


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FELIX IMMANUEL F	21-UCO-266		✓			
JOHN SAMUVEL B	21-UCO-267		✓			
SANTHOSH KUMAR N	21-UCO-268		✓			
SUMAN B	21-UCO-269		✓			
GOWSHIK V	21-UCO-270	✓				
GOKUL E	21-UCO-271		✓			
RAVIVARMAN P	21-UCO-272		✓			
MOHAMED FAIZAL A	21-UCO-273		✓			
ASHWIN M	21-UCO-274		✓			
AKASH N R	21-UCO-275		✓			
PRINCE K	21-UCO-276		✓			
SHARAN V	21-UCO-277	✓				
HARISH M	21-UCO-278		✓			
PRAVEEN BABU B	21-UCO-279		✓			
LOKESH JAIN J	21-UCO-280		✓			
ADITHYA EZHIL E	21-UCO-281		✓			
SOWRAB S	21-UCO-282		✓			



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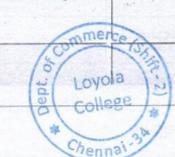


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Attendance Entered By: Smitha. P Department: COMMERCE

Student Name	Register No	Absent	Present	OD with Present	OD with Not Present	Medical Leave X
HENRY HERBERT D	21-UCO-601		✓			
CLEMENT ANTONY A	21-UCO-602		✓			
PREM FERDIN R	21-UCO-603		✓			
AFRIN JOEL J	21-UCO-604		✓			
MICHAEL KISHORE G	21-UCO-605					✓
AVINASH AJAI S	21-UCO-607		✓			
LENIN JOSEPH U	21-UCO-609	✓				
PRABHU AACHIER R	21-UCO-611		✓			
ANTONY JOSHUA A	21-UCO-612		✓			
JEFFREY IMMANUEL A	21-UCO-613					✓
SANTHANA BHARATHI R	21-UCO-614		✓			
JAMES MATHEW	21-UCO-615	✓				
SHOBAN S	21-UCO-616	✓				
SAAD MOHAMMED ADYAN V	21-UCO-617	✓				
ASHWIN SUBRAMANIAN	21-UCO-618		✓			
DANUSH R	21-UCO-619	✓				
SANKARESWARAN T	21-UCO-620		✓			
EBENEZER I	21-UCO-621	✓				
SANDESH	21-UCO-622		✓			
GEORGE SAM K	21-UCO-623		✓			
STEVE BURTO B	21-UCO-624		✓			
NIVESH ANDERSON J	21-UCO-625		✓			
JOSHUA EMMANUAL ROBERTS	21-UCO-626		✓			
TRISTAN SANFORD B	21-UCO-627	✓				
MUTHU KUMAR R R	21-UCO-628	✓				
JEEVA D	21-UCO-629		✓			
KAUSHIK GOKUL C M	21-UCO-630		✓			

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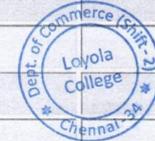


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CHRISTY JOSHUVA K	21-UCO-631	✓				
AKASH MONFORT S	21-UCO-632	✓				
DILIP KUMAR V	21-UCO-633		✓			
KOWSHIK N	21-UCO-634					✓
AJAY KUMAR R	21-UCO-635	✓				
ANDREW JOS J M	21-UCO-636	✓				
TARUN KUMAR T	21-UCO-637			✓		
JERRY JOSEPH	21-UCO-638	✓				
SATHISH T K S	21-UCO-640		✓			
SRIEE ASWIN RAJHAN S	21-UCO-641		✓			
DHANUSH G	21-UCO-642		✓			
ASHWIN SUBRAMANIAM B	21-UCO-643		✓			
SURYA INFANT DOSS M	21-UCO-644		✓			
MAGESHWARAN M	21-UCO-645		✓			
DHANUJ S	21-UCO-646		✓			
REJOY THOMAS M	21-UCO-647		✓			
HARSH S	21-UCO-648		✓			
ANANDHA KUMAR D	21-UCO-649		✓			
SAKTHI VEL P	21-UCO-650		✓			
AMISH DANIEL CHARLES	21-UCO-651	✓				
KANNADHASAN M	21-UCO-652		✓			
SAM MATHEW D R	21-UCO-653	✓				
JOHN XAVIER J F	21-UCO-654		✓			
RAHUL V	21-UCO-655		✓			
PRANAV V S	21-UCO-656		✓			
HARISH RAM B T	21-UCO-657					✓
HARISH S	21-UCO-658					✓
GURUVASANTH R	21-UCO-659		✓			
SATHISH S	21-UCO-660					✓
VIGNESH A S	21-UCO-661		✓			



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SHAILESH K S	21-UCO-662		✓			
JOSHUA SANFORD S	21-UCO-663		✓			
VIGNESH KUMAR V	21-UCO-664					✓
ADITHYAA S G	21-UCO-665		✓			
SANJAI S	21-UCO-667		✓			
THULASI RAM J	21-UCO-668					✓
KAROF FRANKLIN OLIVER H	21-UCO-669			✓		
JAYASAKKTHIVEL V	21-UCO-670		✓			
YUVARAJA M	21-UCO-671		✓			
MADHAV T	21-UCO-672	✓				
MOHAMED N	21-UCO-673		✓			
VISHAL J	21-UCO-674	✓				
MUADH AHMED	21-UCO-675					✓
YOKESH S P	21-UCO-676	✓				
SARAVANA AAKASH A S	21-UCO-677		✓			
ABDUL BASITH A	21-UCO-678	✓				
IMRAN SAHAB S	21-UCO-679		✓			
VAYUN B JAIN	21-UCO-680		✓			

