

## Guest Lecture on Cognitive Behavioural Therapy

The Faculty of Education pleased to share the report on the Guest Lecture on Cognitive Behavioural Therapy (CBT) on 4th March 2025. The session was conducted virtually for both I and II year B.Ed. students and was led by Mr. Thilak, a Counselling Psychologist, Founder and Director of Agam Academy, Krishnagiri. To begin the session, Mr. Thilak engaged the students in an activity that encouraged them to reflect on their positive past memories. The activity encouraged the recollection of good memories, setting a positive tone and fostering a sense of mindfulness among the students. During the lecture, the speaker elaborated on the key concepts of judgment and positivity, highlighting how these elements influence emotional well-being. He shared insightful strategies for managing emotions, offering practical techniques that students can apply in both their personal and professional lives. This topic is highly relevant to B.Ed. students, as it enhances their ability to understand and regulate emotions, preparing them for their future roles as educators.



**Dr. M.G.R.**  
EDUCATIONAL AND RESEARCH INSTITUTE  
DEEMED TO BE UNIVERSITY  
UNIVERSITY OF APPLIED SCIENCES  
(An ISO 21001 : 2018 Certified Institution)  
Periyar E.V.R. High School, Madhavayyil, Chennai-95, TamilNadu, India.

**Faculty of Education (B.Ed.)**  
organizes a Guest Lecture on  
**Cognitive Behavioural Therapy**

**RESOURCE PERSON**  
**Thilak**  
Counselling Psychologist,  
Founder & Director of Agam Academy  
Krishnagiri.

**04.03.2025** @ **11.00 a.m.**

**Venue- Gmeet**  
Joining link- <https://meet.google.com/fqx-phoq-vgq>

### THREE TYPES OF COGNITION

- There are three types of cognition that influence our feelings and behaviour.
- 1) Information processing—**  
We constantly receive information both from internal and external environments. It involves the mode of processing
  - 2) Automatic thoughts—**  
They are spontaneous cognitions and they are part of our internal dialogue.
  - 3) Schema—**It refers to cognitive structures (mental framework) that act as templates to filter incoming information.

The image shows a Zoom meeting interface. At the top, a presentation slide titled "THREE TYPES OF COGNITION" is displayed. Below the slide, a chat window is open, showing several messages of appreciation from participants. The chat messages include:

- Good a basic insights of CBT..thank you sir
- Rahul Rahul Now Thankyou sir
- Naveena R Now It was a nice session
- Yashini Krishna Now The session was really good and informative thank you sir
- Kanmani kumar Now It was a very informative session sir, I learnt a lot. I was able to introspect myself. Thank you sir

The Zoom interface also shows a grid of participants in the bottom left, a large video feed of a man in the top right, and a grid of smaller video feeds in the bottom right. The meeting ID "fqx-phoq-vqq" is visible at the top of the chat and video windows.