

DEPARTMENT OF PSYCHOLOGY

Annual Report 2017- 2018

Life Report skill development (Workshop)

The workshop was conducted on 24th June 2017 and was designed to help adolescents have a better understanding of and ability to respond to the issues related to everyday lives and life skills. In addition, there was to be a special focus on the psychological experiments needed to improve knowledge about Psychology. Forty three students from eight higher secondary schools participated in the workshop.



The inaugural session was followed by a brain storming session by Mr. Bernad Jose (Asst. Professor, Dept. of English) on life skills and its importance. There were three presentations from the third year psychology students on 'Stress management', 'Anger management', 'Confidence' respectively. The students got a chance to know more about experiments in psychology through the presentation of experiments and games. The success of the workshop and interest of the participants has motivated the department to plan more similar workshops in the future.

Freshers' Day 2017

28th July 2017 was marked as a memorable day in the life of every fresher of 2017 batch at Department of Psychology, Alphonsa College Thiruvambady. The Freshers' day was a day that was filled with excitement, joy, music, laughter, and happiness. The theme of the Freshers' day was 'No.22 ELECTRA EXPRESS' and the dress code was 'Dress Your Best.'



It was a fun filled event at which the freshers got an opportunity not only to show their talents and but also to interact with their seniors and teachers. Soon after the inauguration, the programme started with a group song by second year Psychology students. The party included several games, dancing, and singing.

Inauguration of Psychology association

On 27th September 2017, the inaugural function of Psychology Association – 'ELECTRA' was held at college auditorium. The presidential address was given by Prof. Philip K Antony, principal of Alphonsa College. The function was inaugurated by Sr. Lincy, Manager of Holy Cross College Kozhikode.



Her talk focused on the meaning and aim of psychology association, importance of student participation, and the need of more outreach programmes than guest lectures for the students. Students presented a skit and group song to mark the inauguration of Psychology Association – ‘ELECTRA’. The inaugural function came to an end with vote of thanks from Ms. Shaniya Banu, second year psychology student.

National Conference

A national conference was held on 25th August 2017 in Rajagiri College of Social Sciences, Kerala. The National Conference organized by Rajagiri Center for Behavioural Sciences and Research was a very successful event. Over 150 delegates attended the one day Conference, which brought together teachers, psychologists, research scholars, UG and PG students from various states of India. Over 50 delegates presented their papers in the Conference. The theme of the Conference was “Applied Health Psychology: Trends and Challenges.”

The director of Rajagiri Center for Behavioural Science and Research (RCBSR), Rev. Fr. Dr. Varghese K Varghese welcomed the guests and the delegates. “It was great to see so many students and professionals from different places together in one place,” said Rev. Fr. Jose Alex CMI, Director of Rajagiri College of Social Sciences. He officially inaugurated the Conference.

Forty six students and three teachers from Department of Psychology, Alphonsa College Thiruvambady attended and participated in the National Conference. Three papers were presented. Topics are:

1. Quality of life, Depression, and Anxiety among Cancer patients by Aleena Kurian, Ayisha Rusdha, and Alka Jacob under the guidance of Ms. Anju James (Assistant Professor).
2. Smart Phone Addiction and Quality of life among Urban and Rural Teenagers by Sneha Devasia, Ebin Joseph, Akarsh, and Sachin under the guidance of Sr. Vincy Joseph (HOD, Department of Psychology).
3. Psychological Wellbeing and Resilience in Adolescents by Afnidha, Jalita James, Aswin T, and Ashir Sahal K T under the guidance of Mr. Sijo George (Assistant Professor).

It was a great opportunity for the students.

World Suicide prevention Day awareness programme

The International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) observe world suicide prevention day on September 10 every year. “Take a minute, change a life” was the theme of this year. Open communications and caring attitudes are important in dealing with suicide. In order to generate awareness regarding this aspect the world suicide prevention day 2017 was observed in the department of Psychology, Alphonsa College Thiruvambady on 12th September 2017 between 10.00 am and 12.00 pm. Sr. Vincy Joseph (Head of the department) addressed the gathering by introducing the theme of the day. She also emphasized on various strategies to prevent suicide.

Mental health week celebration

In recognition of world mental health day and mental health awareness week, campuses are increasing their efforts to ensure that students are aware of programs and services available on and off campus to help them fight anxiety, depression and other mental health concerns.

A week long activities have been lined up in view of World mental health day celebration which is celebrated across the world on 10th October every year. Students displayed theme based awareness posters in various spots inside the

college campus and video were played in order to DE stigmatize mental illnesses. Essay competitions, slogan writing competitions and poster competitions were conducted. Aleena Kurian and Alkha Jacob shared a power point presentation citing examples of celebrities who have suffered mental illness. This helped to share the fact that anyone can be affected by it. This helped to share the fact that anyone can be affected by it. So it is important to talk about mental health and take necessary steps to deal with problems like anxiety, stress and depression. Students were told strategies like controlling negative thoughts, engaging in a hobby, exercise, making life style changes and seeking professional help when required. There was an inter-collegiate poster making competition on mental health. There was a mime presentation by the students to spread the theme of mental health day.



A day filled with awareness-building exercises reinforced the message that mental illness is nothing to be ashamed of. Neither is talking about it.

Career guidance programme

Every student and parent faces a question “what next” and “which course / job” after BSc in Psychology. There are many career options available and it is very difficult to choose the right career option. Taking all these into account the department organized a career guidance programme for B.Sc. Psychology students (third year and second year) and their parents on 20th September, 2017.

The programme was conducted by Mr. Riyas, Career Psychologist. He conducted two sessions. In the first session, he provided a basic understanding about psychology and the role of a psychologist. In the second session he discussed various fields of psychology, guidance of how to choose, what to choose and why to choose a course, and better understanding for parents to analyze their child and their future. He also gave plethora of options in all the streams – Counselling Psychology, Clinical Psychology, Health Psychology, Applied Psychology, Social Psychology, Forensic Psychology, Sports Psychology, etc. to parents as well as to the students.

Lot of insight about the various courses available in various colleges at the State level as well as at the National level was given. Towards the end students discussed their questions regarding procedure of pursuing courses and entrance exam preparations.

TRANSCEND 2K 17

The department organized an Inter-Collegiate Psycho Fest – TRANSCEND 2K 17 on 25th and 26th November, 2017. Around 210 participants from UG and PG colleges enriched the event with their active participation. All Psychology First, second and third year students whole heartedly worked in various committees for event with full of zest. This event was conducted in two days.

TRANSCEND 2K 17 started this year with a vision to provide college students to come together and compete against each other. TRANSCEND 2K17 for us was not only an event but a journey to define ourselves, find our ways and most importantly to take back something from it as a team. We tried to create a platform where the students, faculty, and participants from various colleges could interact with each other. The objective of the event was to bring the students of various streams from different colleges on a common platform where they were encouraged to share knowledge and innovative ideas. It also aimed to exhibit the talents and skills of the aspiring students. A one day workshop was conducted by Dr. Sherin V George (Psychologist and Illusionist) and the topic was ‘Unveiling the truth of Anomalistic Psychology.’ The second day consisted of a seminar and various competitions and the seminar was conducted by Dr. Suresh Kumar (President of Indian Association of Clinical Psychologists, Malabar Chapter).



The one day workshop was conducted on 25th November 2017 and was led by Dr. Sherin V George. The event started with an inaugural session. The inaugural session was graced by Rev. Fr. Abraham, Rev. Fr. Scaria Mangarayil (Manager, Alphonsa College Thiruvambady), Prof. Philip K Antony (Principal, Alphonsa College Thiruvambady), Rev. Fr. Shenish Augustine (Vice Principal, Alphonsa College Thiruvambady), Sr. Vincy Joseph (HOD of Psychology), Mrs. Sanamma P V (HOD of

Commerce), and Athul K Dominic (College Union Chairman). All dignitaries addressed the students with delightful and inspiring words.



The second day consisted of a seminar and various competitions. Dr. Suresh Kumar conducted a seminar on the topic 'Mental Health and Youth