

Department of Psychology

Annual Report 2019 – 2020

ESERANZA 2K19

ESERANZA 2K19 was organized by Department of Psychology, Alphonsa College Thiruvambady (ACT) on 14th October, 2019. Around 110 participants from UG and PG Colleges enriched the event with their active participation. All students whole heartedly worked in various committees for the event with full of zest. The event was conducted in two sessions. The first session was conducted by Dr. Abdul Salam (Asst. professor & Head of the department of Clinical psychology on the topic 'Bio psycho- social perspectives.' The second session was conducted by Mr. Junaid (Asst. Professor, Mankada Govt. College). The objective of the event was to create awareness among students from various colleges about Mental Health day and to learn something more about Suicide Prevention.



Freshers' day

The 25th July, 2019 was a memorable day because college celebrates it as the patroness day in the morning and afternoon was kept for fresher's day celebration. Thus it is marked as a memorable day in the life of every fresher of 2019 batch at Department of Psychology, Alphonsa College Thiruvambady. The Freshers' day was a day that was filled with excitement, joy, music, laughter, and happiness.

International Conference cum workshop

The International Conference organized by steps for skills and department of Psychology (autonomous) held from 1st August 2019 to 3rd August 2019 at St. Joseph College, Irinjalakuda Kerala, was a very successful event. Over 150 delegates attended the three 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 "psychotherapy and counselling."

The director, the former syndicate member and the ex-professor and head, department of Psychology, Bharathiyar University Coimbatore Prof. Dr.Vedagiri officially inaugurated the Conference. 22 students and two teachers participated in the conference and 20 students presented papers.

Life Skill Development Program

To grow into well-functioning adults, it is critical that youth learn key life skills. Life skills include critical and creative thinking, decision-making, effective communication, as well as skills for developing healthy relationships and a positive self-concepts. Life skills help people make responsible and informed choices and can promote healthy life styles as well as career skills. Thus we conducted a life skill development programme for the students of department of psychology to enrich their knowledge and skills to face the challenges of life. This session was on '**How to face an interview and How to face an exam**'.

The session was conducted by Mr. Shaiju Eliyas, assistant professor of LISSAH College, Kaithapoyil who introduced various life skills and the benefit of these skills.

Parents Meeting Report

The Department of Psychology organized a Parent – Teacher meeting on 26th June 2019 at 1.30 pm in the college auditorium. The main purpose of the meeting was to create a place where teachers and parents come together to enrich the student's educational experience and discuss variety of issues, regarding all round development of students. The meeting was organized under the guidance of Manager, Principal, vice – principal, teachers, parents and students.