

Department of Psychology

Annual Report 2016 – 2017

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. “Connect, communicate and care” 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 2016 was observed at department of Psychology, Alphonsa College Thiruvambady on 12th September 2016 between 10.00 am and 12.00 pm. Sr. Vincy Joseph (Asst. Professor) 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 the department of Psychology in view of World mental health day celebration which was celebrated across the world on 10th October. Students displayed theme based awareness posters in various spots inside the college campus and videos were played to DE stigmatize mental illness. Essay competition, slogan writing competition, poster making competition and a power point presentation citing examples of celebrities who have suffered mental illness were conducted. 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.

An intercollegiate poster making competition on mental health was conducted. A day filled with awareness-building exercises thus reinforced the message that mental illness is nothing to be ashamed of. Neither is talking about it.

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Department of Psychology organized farewell party on 19th March 2017 in the college auditorium where students of the first and second year BSc bid farewell to the outgoing students with great enthusiasm and off course nostalgia. Function began with a floral welcome to the chief guest Rev. Dr. Joseph Kalarickal, Manager by the staff and students of the department. Lamp lighting ceremony was done by Rev. Dr. Joseph Kalarickal, Prof. Philip K Antony, Principal, Ms.Anu Anna Varghese, Head of the Department, Alka Mary Shaju, student representative. The chief guest wished good luck to the outgoing students for their bright future and the junior students staged entertaining programmes. The juniors presented their token of love and appreciation to the third years.

