

## DEPARTMENT OF PSYCHOLOGY

### ANNUAL REPORT 2018- 2019

#### One Day Workshop

A One Day workshop on Application of Forensic Psychology in Crime Investigation was held at Department of Psychology Alphonsa College Thiruvambady (ACT), on 2<sup>nd</sup> July, 2018.



Mr. Mebin Wilson Thomas (Assistant Professor , Department of Forensic Science, Jain University) was invited by the Department of Psychology to conduct a one day workshop on Forensic Psychology and the topics covered were ‘Basics of Forensic Psychology’, ‘Areas of Forensic Psychology’, and ‘Application and Techniques of Forensic Psychology’.

#### Freshers day programme

The 27<sup>th</sup> July, 2018 was marked as a memorable day in the life of every fresher of 2018 batch in the department of Psychology. The Freshers’ day was a

day that was filled with excitement, joy, music, laughter, and happiness. It was a fun filled event at which the freshers got an opportunity not only to showcase their talents but also to interact with the seniors.



The program ended leaving behind sweet memories that will be cherished life long.

### **Association Inauguration 2018**

Psychology Association for the academic year 2018 -2019 was inaugurated by Rev.Fr.Scaria Mangarayil (Manager, ACT) on 17 th October 2018 .It was followed by a talk on “Youth and Mental Health.”by the chief guest Dr. Sreepriya CK (Psychiatric Social Worker , Government Mental Health Centre, Kozhikode.) She mentioned that many mental health problems emerge in late childhood and early adolescence. Recent studies have identified mental health problems - in particular depression, as the largest cause of the burden of disease among young people.



### **Mental Health Day Celebration**

10<sup>th</sup> October is the day dedicated to raising awareness about mental health issues and to fight the stigma associated with it. The department held numerous activities to increase awareness of mental health.

In connection with the 'World Mental Health Day' on 10<sup>th</sup> October 2018, the Department of Psychology conducted the following competitions:

1. Quiz competition
2. Essay writing
3. Poster making
4. Cognitive hunt

### **Visit to Govt. Mental Health Hospital Kuthiravattom, Calicut. Oct.10**

In connection with world mental health day third year students of the department visited Govt. Mental health hospital Calicut on 10<sup>th</sup> October. A visit to a mental hospital is a life changing experience as it is filled with emotions and

sentiments. There were about 30 students and 2 teachers visited the hospital and gained unforgettable experiences from there.

### **Career Counseling**

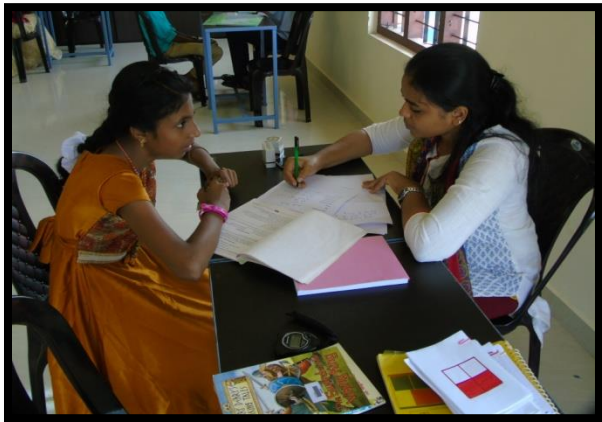
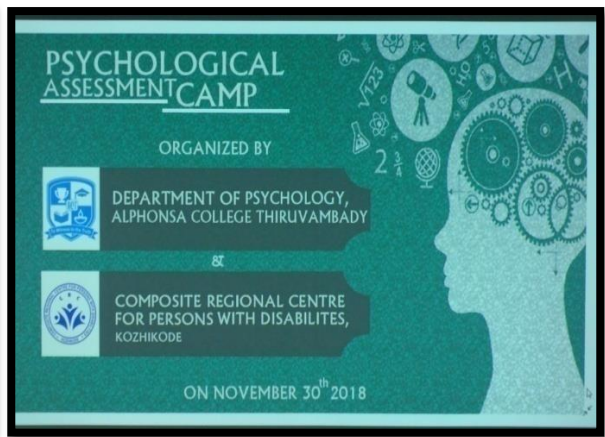
The department organized a career counseling session for students of third year B.Sc. Psychology on 4<sup>th</sup> December 2018 in the college auditorium. Career counseling is an information processing step that is required in order to step forward in the career. A student is provided with information on all aspects of his/her career and is supported to advance and take steps to achieve the goals. In today's environment of multiple options, knowing about choices available helps children in their decision-making process.

The resource person for the session was Prof. Mathew, Head of the Department, Al Irshad Arts and Science College for Women, Kozhikode. He is an eminent career counselor.

The session aimed at making the students aware of the multiple career options available after B.Sc. Psychology and educational opportunities after graduation. He also shared information regarding leading universities and various courses available. He advised them to plan multiple activities during their vacations to improve their skills, including internships.

### **Report on Psycho Fest – TRANSCEND 2K 18**

Psycho Fest- TRANSCEND 2K18 was organized by department on 30<sup>th</sup> November 2018 and 1<sup>st</sup> December 2018. Around 80 participants from Alphonsa College Thiruvambady enriched the event with their active participation. All students from the department whole heartedly worked in various committees for the event with full of zest. This event was conducted in two days.





First day consisted of a Psychology camp for children. The camp was organized by Dr. Suresh Kumar (President of Indian Association of Clinical Psychologists, Malabar Chapter) and Composite Regional Center for person with disability. Around 50 students along with their parents from different schools participated.

The second day consisted of a seminar on Hypnotism and the seminar was conducted by Dr. Gini K Gopinath, Consultant Clinical Psychologist and a Clinical Hypnotherapist.



TRANSCEND 2K 18 was conducted this year with a vision to provide students to come together and to help each other. This 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. TRANSCEND2K18 is the second version of TRANSCEND 2K 17.

### **Symposium**

A symposium was organized by department on 31<sup>ST</sup> October, 2018. The objective of the symposium was to provide a common platform to the students to share their knowledge and innovative ideas. It also aimed to exhibit the talents and skills of the students. The symposium was a current break in the re-establishment of Psychology Association – the tiny toddlers (first years) of department adorned the topic ‘Psychological Experiments’ with their presentation.

Experiments like Hawthorne Experiment, Asch’s Confirmatory Test, Milgram’s Obedience Experiment, and Learned Helplessness were discussed.

### **PTA Meeting ( 2018- 21 Batch)**

The Department of Psychology organized a Parent – Teacher meeting on 13<sup>th</sup> December 2018. 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 around development of students.

### **PTA Meeting (2017 – 2020 Batch)**

The Department organized a Parent–Teacher meeting on 5<sup>th</sup> October 2018. 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 around development of students.

### **Study Tour 2019**

The department organized a three days – Kodaikkanal –tour to provide students learning and enriching experience.

### **Report on ELVEDA 2K19**

Department of Psychology organized farewell party on 7<sup>th</sup> March, 2019 in the college auditorium where students of B.Sc. Psychology second year bid farewell to the outgoing students of B.Sc. Psychology third years with great enthusiasm and of course nostalgia.







The guests conveyed good luck to the outgoing students. Students of first year Psychology presented very entertaining solo dance and group song performances. Students of second year Psychology staged a group song.