

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2018– 2019

Health Education

In connection with World Environment Day the department of Psychology Conducted a health education class for the residents in slum area near Divanjimoola on 29/06/2018, Friday. An awareness on Nipah Virus and Monsoon diseases was given to them. The class was given by the faculty Ms. Hena Joy and 1st PG students of the department of Psychology.



Career Aptitude Test

An aptitude test was done for the final year degree students of our college on 06 & 07/07/2018. The test was done to find out whether the students have selected the courses based on their aptitudes. Individual career counselling is provided to the students based on their results. A total of 343 students have undergone the test.



Marian Monsoon Fest 2018

The 'Marian Monsoon Fest 2018' was conducted by St. Mary's College on the 3rd and 4th of August 2018. The Department of Psychology had put up a stall which comprised of a variety of psychological games and tests.

Some of the games were 'Honey bee test', 'What is so attractive about you?', 'Birth order analysis', 'I see therefore I am', 'Sense your Self', 'Handwriting', etc. These games helped in the analysis of personality, an individual's attitude towards certain issues, and understanding more about ourselves and our surrounding social environment.

A total of 228 students of the college participated in the games and tests. The students showed great interest, excitement and thrill in doing t



A. Intelligence Test

An intelligence test was conducted for 30 students of Grade 4, of St. Mary's C.U.P. School, Chiyaram by 2nd PG Psychology students on 27/09/2018, Thursday. The tests conducted were Draw- A- Man Test, Coloured Progressive Matrices and Seguin Form Board Test.



Talk on Emotional Transition among Adolescence

A talk on 'Emotional Transitions in Adolescence' was taken by Ms. Anu Mary Kalliath, Faculty, Department of Psychology for Adolescent girls at St.Mary's C.U.P.School. Chiyaram on 28/09/2018, Thursday. There was a total of fifty 7th grade students who attended the session. Major adolescent characteristics, effects of physiological changes in emotion and cognition were discussed in detail. Tips were provided to follow a balanced state in day today life. The session was concluded after a question answer session.



A. Talk on Life Skills

A talk on life skills was given to the 2nd and 3rd year degree Economics students by the 2nd PG Psychology students on 05/10/2018, Friday. The session enlightened the students with both theory and practical knowledge and also helped the students to apply life skills in their daily life situations.



Association Inauguration 2018

Psychology Association for the academic year 2018 – 2019 was inaugurated by Dr. Sinto P. Anto, HOD, Department of Psychology, Vimala College, Thrissur on 30/10/2018, Tuesday. It was followed by a talk on ‘Writing a Research Report’. The purpose, relevance and the method of writing a research report was the major areas covered in the talk. Tips were also provided to the students on how to plan and organize their work for the smooth and efficient conduct of the research.



Class on Effective Parenting

An external lecture on 'Effective Parenting' was given by Ms. Najula K. and Ms. Fathimath Sahla T. (2nd PG Students) at Zain Auditorium, Puramannur, Valanchery on 03/11/2011, Saturday for the parents of nearby premises. The talk helped to enlighten the parents on how to effectively and efficiently manage their children's emotions and behaviours for the development of a healthy mind.



Talk on Clinical Psychology and Psychotherapy

A class on “Clinical Psychology and Psychotherapy: Myths, Misconceptions and Application” was taken by Ms. Lyn Elsa Georgy, Clinical Psychologist, Appolo Clinic, Bangalore for the students of the Department of Psychology on 05/11/2018, Monday. A detailed description of the practical side of psychotherapy was covered in the session. The major difficulties faced by the psychotherapist and the methods to overcome such instances, keeping in mind of the ethical concerns in psychotherapy were also discussed.



Motivational Talk

A motivational talk for the candidates appearing for 10th Standard Equivalency Exam was given by Ms. Mubashira P.V. and Ms. Soumya N. (2nd PG Psychology Students) at Govt. High School, Edappal on 10/11/2018, Saturday. The talk focused on managing the candidates' anxiety in writing and managing the exam situation, and gave an orientation on the strategies that can be used for effective learning and also for writing the exam. Individual counselling sessions were also provided for those who requested.



Karunardram 2018'

“If you can't feed hundred people then just feed one”

Mother Theresa.

‘Karunardram’ is an initiation taken by St.Mary’s College, Thrissur, during the academic year 2015 - 2016, in connection with the ‘Year of Mercy’, declared by Pope Francis. This year also each and every St Marian joined their hands to make it a grand success. It is a charity activity where all the staff and students could participate in distributing food for the needy people. The Department of Psychology, along with the Ministerial Staff participated in Karunardram on 7th December 2018, Friday. The students and teachers of the department brought an extra packet of lunch to distribute among the needy people. By 12.30pm the food packets were collected in the college. 125 packets were collected in total and handed over to the volunteers. They in turn distributed it to the people who are in need for food in Thrissur town.



Esperanza 2K19

The department of psychology organized a one day exhibition Esperanza 2K19 on 14th March 2019, Thursday. The event was inaugurated by the Principal, Sr. Dr. Magie Jose. The exhibition was based on general psychology, and it included demonstrations of common psychological disorders, pseudo psychology, major theories, cognitive psychology etc.

The exhibition also included still models such as an ice berg representing the levels of consciousness, a gratitude tree which helps a person to connect them to his/her positive self and the human brain. A model of an Ouija board was also presented to create an awareness about the misconceptions regarding evil spirits, black magic and other pseudo psychology. An emphasis was made on positive psychology, showing the importance of a smile and positive thinking in order to have a happy and peaceful life.

The participants were given an opportunity to experience and try out various psychological experiments, such as memory, learning, illusion and stroop tests. There were more than 100 participants for the event, including faculties and students from other departments. The alumni of the department also participated and showed their support. The exhibition was able to enlighten the general public regarding the field of psychology and clarify the myths and misconceptions regarding the same.

