

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2019 - 2020

PALIBOT 2K19

In connection with World Environment Day, an event, Palibot 2K19, an awareness on ecological influence on human psyche was conducted on 28th June, 2019. It aims to introduce the branch of eco-psychology within the general public, so that, they can understand the role of nature in mental hygiene. There were three sessions. A nature related video was first screened and it was followed by giving relaxation through guided imagery. This made the audience to attain a state of peace of mind and relaxation, which helped them to have full involvement, and better concentration for the talk later on.

The talk was followed by a simple psychological test which helped them to understand their level of aspiration. The test was individually administered to all participants by the 2nd PG Psychology students. This gave an insight for the participants regarding their potentials and how they can set realistic and achievable goals in their future life.



Marian Monsoon Fest 2019

The 'Marian Monsoon Fest 2018' was conducted by St. Mary's College on the 26th and 27th of July 2019. The Department of Psychology had put up a stall 'Psycho Arcade' which comprised of a variety of psychological games and tests.

Some of the games were 'Honey bee - 2', 'Tricky Puzzles', 'Hidden Power', 'Grafia', 'Sense your Self', 'Who you were in the past?', 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.

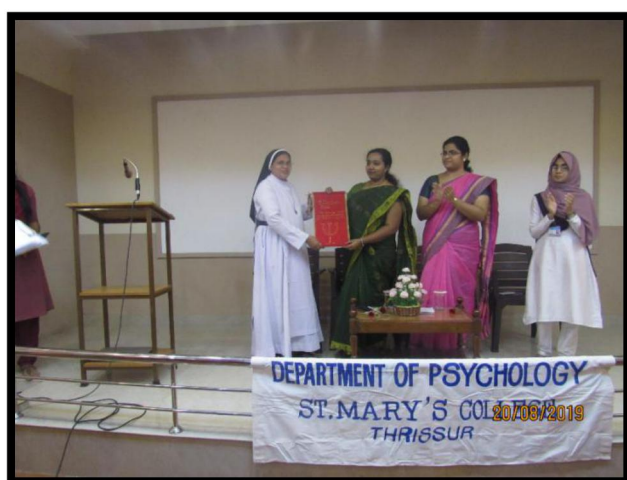
A total of 225 students of the college participated in the games and tests.



Psychology Association Inauguration 2019

The Department of Psychology organized their Association Inauguration on 20th August 2019 in St. Chavara Seminar Hall, St. Mary's College Thrissur. The program began at 9 am with a prayer song. Ms. Anu Mary Kalliath, HOD, welcomed the gathering. Principal Sr. Dr. Magie Jose presided over the function and addressed the gathering with her inspiring speech. The Association Inauguration was done by Dr. Ragitha Radhakrishnan, Assistant Professor & Head, Department of Psychology, Dr. MGR – Janaki College for Women, Chennai. Ms. Huzna Ishak., Student representative of the Department of Psychology delivered the vote of thanks.

The inaugural session was followed by a workshop on the topic “Development of Self Using Principles of Integral Psychology”. The main focus was the importance of self. Better ways of having a good self, how to maintain a behaviour that we have practiced to attain a good self was mentioned. The influence of our habits and lifestyle in the development of the inner self was also emphasized in the workshop. A practical session on ‘Massage Master Exercise’ was introduced to the participants. It is a whole body progressive stretching exercise which helps to attain a relaxed state, when practiced daily. The whole set of exercise was practiced by the participants, and they could feel the positive impact on self in doing such activities. Both the theoretical and practical sessions were very enlightening and informative for the participants.



Intelligence Test

The second semester M.Sc. Psychology students of St. Mary's college, Thrissur conducted an intelligence test for 50 students of Sacred Heart L.P School, Thrissur on 25th September 2019. The students belong to 4th grade. The tests conducted were Draw- A- Man Test, Coloured Progressive Matrices and Seguin Form Board Test. Good rapport was established with the students. They were very interested and cooperative. The tests were purely done for academic purpose.

By analyzing the result, it was concluded that most of the students were above average in their level of intelligence.



Workshop On Mental Strengthening Methods

As part of World Mental Health Day Celebration, the Department of Psychology in collaboration with Institution's Innovation Council (IIC), of St Mary's College, Thrissur conducted a workshop on the topic 'Mental Strengthening Methods' on 17th October 2019 at 10:00 AM to 3:00 PM.

The main aim of this workshop was to improve the mental health and gave others an opportunity to recognize themselves. The theme of this year's Mental Health Day was "Mental Health Promotion and Suicide Prevention". A small exhibition of posters prepared by the students of psychology department related to suicide prevention and mental strengthening methods portrait the need of a psychologist in an individual's life.

The workshop comprises several test such as Art therapy, Stroop test, General Self Efficacy, Immediate memory span, Brain teasers, Cine quiz and colour preference. Art therapy which can be widely recognized as a meaningful reflection of its creator was used as a relaxation technique, an aid of meditation. Stroop test used to assess the mental vitality and flexibility. General Self efficacy tests how much people believe they can achieve their goals despite difficulties. Immediate memory span was used to measure short term memory. Brain teasers was used to assess capability of an individual to solve a complex problem via a clear thought process. Colour preference was used to assess one's personality on the basis of the colour they had selected. And finally cine quiz were conducted which includes some questions related to some psychological disorders screened in movies. Around 500 people including students and teachers visited the workshop and over 300 peoples participated in the tests.



Visit To Government Old Age Home, Ramavarmapuram

The first PG students along with a faculty of the Department of Psychology visited Government old age home, Ramavarmapuram on 28/10/2019. The students had an interactive session with the inmates. There were a total of 86 elderly people. Most of them are of good health condition. The students made them to engage in many recreational activities like ball passing games, music recognizing games and also asked them to describe some cards the way they want by providing them some picture cards.

Our students got an opportunity to interact with them individually, where they shared many of their personal and sad family stories. To be with people of same living conditions made them feel comfortable in the institution. The students entertained them by singing songs and dancing. They also cooperated with the girls. It was a time of mutual happiness and understanding for both the elderly and younger generation. The visit was really an eye opener for the students as how they have to behave with elderly people, what is the expectation of older people. Some of the inmates belongs from a good family background, but their children thought them as a burden for their successful and satisfied life and throw out them in old age home. Our students understood that money, position or power is not the ultimate in this world. Being loved, respected and recognized is more important that gives the real happiness and satisfaction.



Karunardram 2019'

“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 13/12/2019 and 13.02/2020. The students and teachers of the department brought an extra packet of lunch to distribute among the needy people. By 12.30 pm 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.



