

**DEPARTMENT OF PSYCHOLOGY**  
**ASSOCIATION ACTIVITIES 2020 – 2021**

**Keep the World Greener**

In connection with World Environment Day, an environment awareness special video entitled ‘Keep the World Greener’ was done by the faculty and second PG students of the Department of Psychology. The video has been published in St. Mary’s college official YouTube channel, Marian Webisode on 1 July 2020.

You tube link: <https://youtu.be/3ITZrUbqt5o>



## Stay Safe during the Pandemic

The second PG students of the department of Psychology has published a Covid - 19 awareness video. It includes the various measures that has to be taken by an individual to get away from the covid attack. The video has been published in St. Mary's colleges' official You tube channel, Marian Webisode on 6 August 2020

You tube link: <https://youtu.be/vGL19ChuSX0>



## Safe Onam at Home

An Onam special video was done by the faculty and second PG students of the Department of Psychology. The Video has been published in the St. Mary's College's official Youtube Channel Marian Webisode on 30<sup>th</sup> August 2020.

You tube link is: [https://youtu.be/0oiQbK\\_NFAg](https://youtu.be/0oiQbK_NFAg)



## State Level Webinar on Parental Awareness on Inclusion Rights

Department of Psychology and Department of Sociology, St. Mary's College Thrissur, in association with Thrissur Parivaar and Kerala Institute of Local Administration organized a State Level Inaugural Webinar series- Parental Awareness on Inclusion Rights (PAIR) on the topic "Vote for Differently Abled Friendly Local Governance", on 19<sup>th</sup> September 2020 at 10.00 am through Google Meet Platform. The live streaming of the same was also provided in Marian Webisode (College You tube Channel). The webinar was inaugurated by Dr. Joy Elamon, Director General, KILA. Dr. Peter M. Raj, Associate Professor, KILA was the Keynote Speaker. Participants clarified their doubts by sharing their queries. The open discussion lasted nearly 30 minutes and was very useful and informative for the entire gathering. The webinar was ended at 12 noon.

**THRISSUR – PARIVAAR**  
(An Association of Parents for Persons with Intellectual and Developmental Disabilities)  
Affiliated to Parivaar NCPD., (Reg No. R126/12)

In Association with  
**St.Mary's College, Thrissur**  
Organizes

**STATE LEVEL WEBINAR SERIES**  
**"Parental Awareness on Inclusion Rights - (PAIR)"**  
*Inauguration on*  
**19-09-2020 Saturday**  
**10:00 AM to 11:30 AM on Google Meet**

YouTube Live Streaming @ <https://youtu.be/HyXddpYdAt8>  
Facebook.com/ParivaarThrissur

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THRISSUR – PARIVAAR  
in association with  
St.Mary's College, Thrissur  
*Inaugural Webinar*  
**"Vote For Differently Abled Friendly Local Governance"**

**Inauguration:**  
Dr. Joy Elamon  
(Director General, KILA)

**Keynote Speaker:**  
Dr. Peter M Raj  
(Associate Professor, KILA)

*Guests*

**Dr. Magesh Anand**  
Principal  
(St. Mary's College Thrissur)

**Francis P M**  
President  
(Parivaar Kerala  
Family Unit, KILA)

**Kannan K M P**  
President  
(Parivaar Kerala)

**PROGRAM SCHEDULE**  
19 September, 2020  
10.00 am - 10.30 am - Inaugural Session  
10.30 am - 11.15 am - Keynote Address  
11.15 am - 11.30 am - Open Session

YouTube Live Streaming @ <https://youtu.be/HyXddpYdAt8> Facebook.com/ParivaarThrissur

## **Benevolence**

In connection with World Mental Health Day an awareness video named Benevolence - with the theme "Kindness" was done by the faculty and second PG students of the Department of Psychology. The video has been published in St. Mary's College official YouTube channel, Marian Webisode on 10<sup>th</sup> October 2020.

You tube link is: <https://youtu.be/WMRJjscZS3g>



## Manifesto - Inter Collegiate Online Poster Making Competition

In connection with World Mental Health Day Manifesto - An Inter Collegiate Online Poster Making Competition, 'Manifesto' was conducted by the Department of Psychology from 9<sup>th</sup> October 2020 – 12<sup>th</sup> October. It was a single participant contest. Around 20 participants participated for the same. The topic was 'CYBER BULLYING'. In this contest, Shahud Ali Athikavil from Farook College got first position and Roshnia A. R. from Christ College got second position and the rest of them were given participant certificate.

**75<sup>th</sup> DEPARTMENT OF PSYCHOLOGY  
ST. MARY'S COLLEGE, THRISSUR**  
Organises  
Inter College Competitions

**Meddyol Sante**

In connection with  
World Mental Health day  
OCTOBER 10, 2020

**COMPETITIONS :**

- ☛ Manifesto (poster making Competition)
- ☛ Mishmash (collage making Competition)
- ☛ Moniker (photo caption contest)
- ☛ Memoria (quiz competition)

**PRINCIPAL : Dr. Sr. Magie Jose**  
**PROGRAM COORDINATORS :**

- ✦ Ms. Anu Mary Kalliath (HOD)
- ✦ Ms. Smijamol K.J. (assistant professor)
- ✦ Haleema Mohammad Ashraf (Student coordinator)

**POST. DON'T ROAST.**

**THINK BEFORE YOU TYPE..**

**CYBERBULLYING**

**DON'T BE MEAN, BEHIND THE SCENE.**

## Mishmosh - Inter Collegiate Online Collage Making Competition

In connection with World Mental Health Day , Mishmosh – An Intercollegiate Collage Making Competition was conducted by the Department of Psychology from 9<sup>th</sup> October 2020 to 12<sup>th</sup> October 2020. There were 8 participants to light up the spirit of their creativity and the way of thinking. The theme was based on “Kindness Towards Mentally Challenged”. All instructions and updates for the participants were provided through WhatsApp group and mail. The best collage making certificate was given to Ms Safwana T. P and participation certificate was given to other participants.



## Moniker - Inter Collegiate Online Photo Caption Competition

In connection with World Mental Health Day *Moniker* – An Intercollegiate A Photo Caption Competition was conducted by the Department of Psychology from 9<sup>th</sup> October to 12<sup>th</sup> October 2020. Around 28 students from different collages participated in the competition. The theme was based on cyber bullying. Word limit and certain criteria were provided and the best one was chosed based on these criteria. Among the participants Roshni A.R., Saisree Menon, and Shahud Ali won the first, second and third prize respectively. They were provided with position certificate and the rest of them with participant certificate.





## Memoria- Inter Collegiate Online Quiz Competition

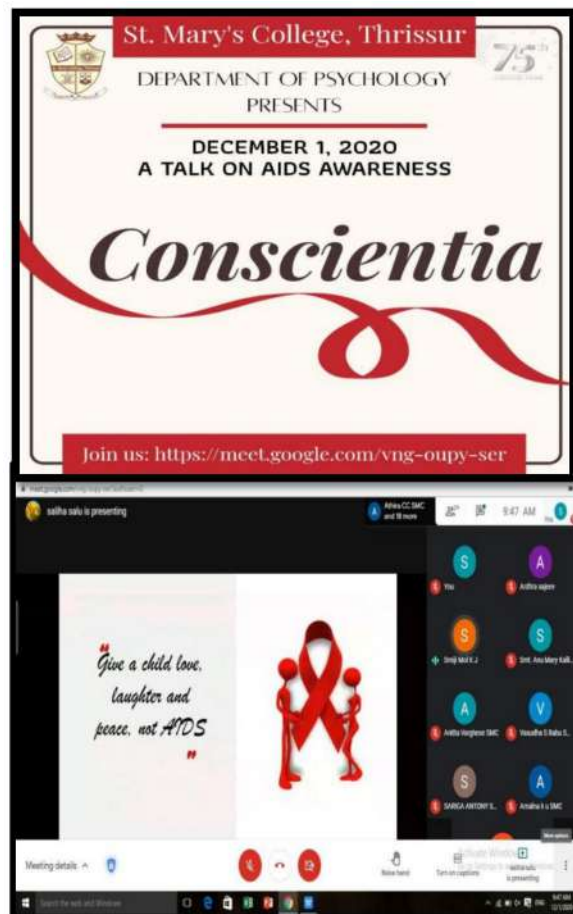
In connection with World Mental Health Day, Memoria- An Intercollegiate Quiz Competition was conducted by the Department of Psychology on 10th October 2020. The quiz included 25 questions. Around 95 students participated in the quiz competition. The questions were related to psychology field. The quiz was conducted through Google form. Only registered people were able to participate in the quiz competition. All instructions and updates were provided through WhatsApp group. Quiz link was shared when the competition started. Participants who scored 70% and above were provided with e-certificates. They were Jousa Kajal, Mrudhula B Pai, Anexa Thomas, Sangeetha Sathyan, Miriam Liz John, Adwaith A.P, Farhana K.M., Jitha P.J., Aswathy Gopi, Nikhil Zebukumar, Femilin Davis and Anamika P.M.



## Conscientia – A Talk on AIDS Awareness

In connection with World Aid's Day, the Department of Psychology organized an awareness talk "Conscientia" on 1<sup>st</sup> December 2020 via Google meet at 10: 30 a.m. The talk was given by first year Post Graduate students of the department. Faculty and other students of the department was present for the same. The motto of the talk was "Join the Fight - Give a Child Love, Laughter and Peace not AIDS". A brief history of the outbreak of HIV and its current status in India was given as an introduction.

The various symptoms of HIV infections that happens in three stages were explained in detail. The causes, transmission, survival and death rate of Human Immunodeficiency Virus was also discussed. HIV Phobia can also cause some anxiety disorders namely, panic disorder, Post Traumatic Stress Disorder, Generalized anxiety disorder and obsessive compulsive disorder. The talk was concluded by mentioning the role and importance of a psychologist in designing behavioural change strategies and framing public health responses to the AIDS epidemic.



## **Joyeux Noel**

As part of Christmas celebration a special video entitled 'JOYEUX NOEL' was done by the faculty and PG students of the Department of Psychology. The video has been published in St. Mary's college official YouTube channel, Marian Webisode on 24<sup>th</sup> December 2020.

You tube link is: <https://youtu.be/6mWuzdgS1a8>



## Meet the Eminent

Marian Academic Initiative is one among the “Pancha Yojana”, the Platinum Jubilee Year Action Plan of our college. The students will be provided with an opportunity to interact with eminent personalities. An invited lecture on the topic “Skills and Competencies for Effective Career Growth in Psychology” was given by Dr. Mohammed Abeer K.C., Senior Counsellor, Counselling Centre, Indian Institute of Technology, Kharagpur on 16 February 2021 via Google Meet. He also inaugurated the association activities for the academic year 2020 - 2021.

During the session, he shared his personal experience as a senior counsellor in IIT. It was an interactive session, he cleared many of the doubts that students had about the scope and opportunity in the field of psychology. He presented a slide show on “ Applied Psychology settings”. From the lecture the students had an opportunity to know about various unnoticed career possibilities in the field of psychology.

Google Meet Link: <https://meet.google.com/izr-ijuw-xbu>



## One Day Workshop on SPSS

The Department of Psychology organized a one day workshop on SPSS for the second year PG Students on 17 February 2021. the resource person was Dr. Justine K. James, Assistant Professor, Department of Psychology, University College, Trivandrum. The session was meant to give an introduction to data analysis using SPSS. The main aim was to learn using SPSS software through a basic knowledge in Statistical concepts. It was an interactive session. The students asked various questions and queries based on their research and the software. All the doubts were very well cleared by the resource person, by explaining the concepts with very simple examples. It was a very fruitful and interactive session and all the students were able to handle the basic analysis using the SPSS software after the workshop.



**ST. MARY'S COLLEGE, THRISSUR**  
Reaccredited with NAAC 'A' Grade

**Department of Psychology**

**75<sup>th</sup>**  
JUBILEE YEAR

**ONE DAY WORKSHOP ON SPSS**

**DATE:**  
**17 FEBRUARY 2021**  
**TIME: 9:00 AM**

**DR. JUSTINE K. JAMES**  
ASSISTANT PROFESSOR  
DEPARTMENT OF PSYCHOLOGY  
UNIVERSITY COLLEGE  
TRIVANDRUM

Principal: Dr. Sr. Magie Jose  
HOD: Ms. Anu Mary Kalliath  
Faculty Coordinator: Ms. Smiji mol K. J.  
Student Coordinator: Ms. Harsha M. P.

The bottom section of the image contains two photographs. The left photograph shows Dr. Justine K. James standing at the front of a classroom, presenting to a group of students seated at desks. A whiteboard is visible behind him. The right photograph shows a wider view of the classroom, with students seated at desks, some looking towards the front and others looking at their laptops. The room has large windows and a tiled floor.

## Life Skill Training

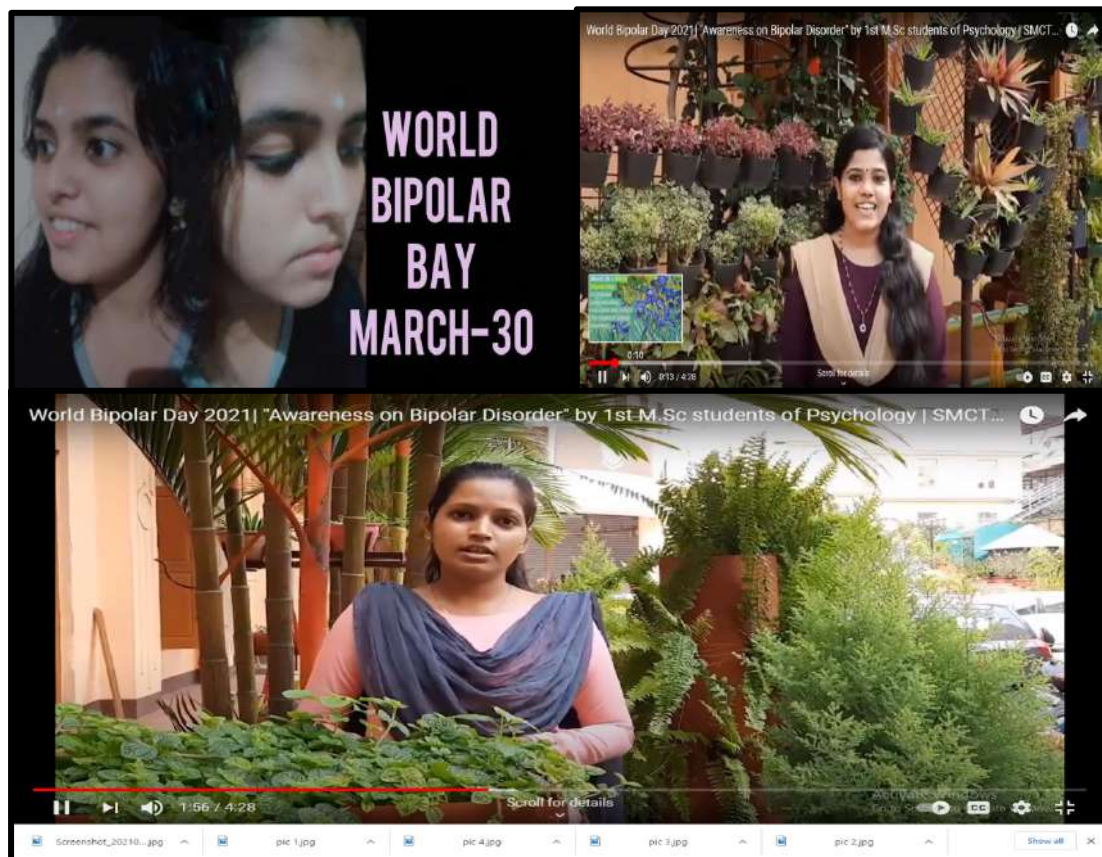
As part of Professional Competency Course, the second PG students of the Department of Psychology conducted a life skill training session for the first year PG students on 29 March 2021. The training lasts for 30 minutes which included both theory and practical sessions. The benefits for every group including students, employees and society who had undergone lifeskills training were explained with examples. Core life skills were also mentioned in detail. Art therapy, Dance therapy and Laughter therapy, the recently developed life skills and their benefits in practicing were explained with a detailed practice session. The session was ended up with providing an indepth progressive muscle relaxation technique. The session was very beneficial for the students who participated.



## World Bipolar Day

In connection with World Bipolar Day, an awareness video was done by the first PG students of the Department of Psychology. It clearly defines the bipolar disorder, its types, symptoms and the various treatment measures. The video has been published in St. Mary's college official YouTube channel, Marian Webisode on 30 March 2021.

You tube Link: <https://youtu.be/1QvYqtCjWJo>



## Abnormis

In connection with World Bipolar Day, *Abnormis* a demo video on Bipolar Disorder was done by the first PG students of the Department of Psychology. It depicts the various phases that goes through a college student who is affected by bipolar disorder. The video has been published in St. Mary's college official YouTube channel, Marian Webisode on 30 March 2021.

You tube Link: <https://youtu.be/SYze8QETJis>

