

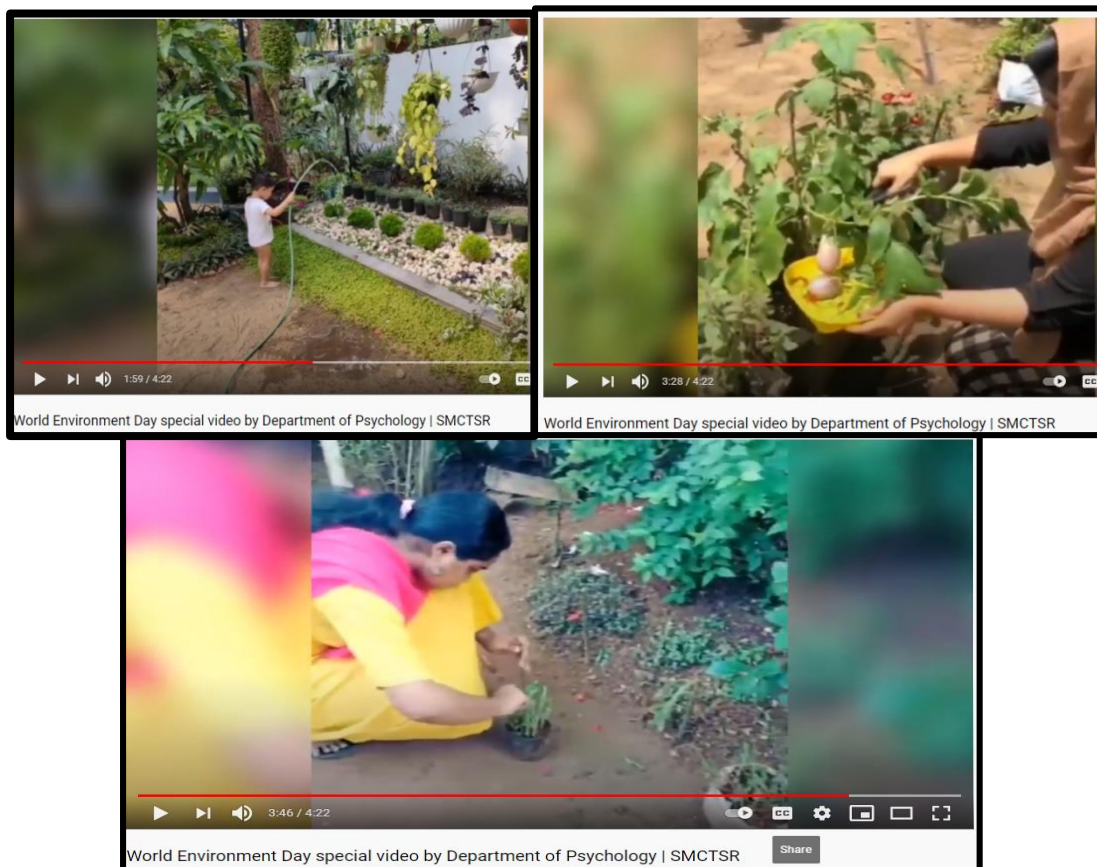
DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2021 – 2022

1. Ecosystem Restoration

In connection with World Environment Day, an environment awareness special video on the theme ‘Eco-system Restoration’ with slogan Re-create, Re-imagine and Restore was done by both first year and second year PG students of the Department of Psychology. The theme means to prevent, halt and reverse the damage that caused harms to mother earth, to go from exploiting nature to healing it. The video ends with a small saying, “Start today to save tomorrow. There should be no tomorrow in taking steps to save the earth.”

The video has been published in St. Mary’s college official YouTube channel, Marian Webisode on 5 June 2021.

You tube link: https://youtu.be/0U_9KCSn-R0



AMET PHOS

In connection with World Environment Day AMET PHOS – An Interdepartmental Photo Caption Competition was conducted by the Department of Psychology from 3rd June 2021 to 6th June 2021. 25 students from different departments of St. Mary's College participated in the competition. Word limit and certain criteria were provided and the first three positions were selected based on these criteria. The winners were provided with position certificate.



The poster is divided into two main vertical sections. The left section has a dark background with green and white text. It features the college crest at the top left and right. The text reads: 'DEPARTMENT OF PSYCHOLOGY ST. MARY'S COLLEGE, THRISSUR PRESENTS AMET PHOS -2021'. Below this, it says 'IN CONNECTION WITH WORLD ENVIRONMENT DAY 2021, WE ARE HERE WITH AN EXCITING CONTEST PHOTO CAPTION CONTEST'. At the bottom left is a green graphic of a leaf with a city skyline and wind turbines. At the bottom right, a dark box contains the text: 'LAST DATE FOR THE ENTRIES: JUNE 6, 2021 UNTIL 10 PM.' Below this are the names of the principal, HOD, faculty coordinator, and student coordinator. The right section has a light green background. It features the college crest at the top left and right. The text reads: 'ST. MARY'S COLLEGE THRISSUR DEPARTMENT OF PSYCHOLOGY AMET PHOS 2021'. Below this is the same green graphic of a leaf with a city skyline and wind turbines. The text continues: 'WORLD ENVIRONMENT DAY PHOTO CAPTION CONTEST RESULT CONGRATULATIONS'. Below this are the names of the winners with trophy icons: '1st Anviya Joby 3rd DC BBA', '2nd Ann Rose C. O. 3rd DC Microbiology', and '3rd Nijisha P. S. 1st M. Sc. Botany'. At the bottom, there is a list of contest rules.

DEPARTMENT OF PSYCHOLOGY
ST. MARY'S COLLEGE, THRISSUR

PRESENTS
AMET PHOS -2021

IN CONNECTION WITH WORLD ENVIRONMENT DAY 2021, WE ARE HERE WITH AN EXCITING CONTEST
PHOTO CAPTION CONTEST

LAST DATE FOR THE ENTRIES:
JUNE 6, 2021
UNTIL 10 PM.

Principal: Dr. Sr. Magie jose
HOD: Smt. Anu Mary Kalliath
Faculty Coordinator: Smt. SmijiMol K. J.
Student Coordinator: Vasudha. S. Babu

ST. MARY'S COLLEGE THRISSUR
DEPARTMENT OF PSYCHOLOGY
AMET PHOS 2021

WORLD ENVIRONMENT DAY
PHOTO CAPTION CONTEST
RESULT
CONGRATULATIONS

1st 🏆 *Anviya Joby*
3rd DC BBA

2nd 🏆 *Ann Rose C. O.*
3rd DC Microbiology

3rd 🏆 *Nijisha P. S.*
1st M. Sc. Botany

- Single Participant contest.
- limited word size is 10-15 words.
- Strict prohibition of offensive language.
- Name, mail id and department should be provided along with your captions.
- Captions should be mailed to: competitionpsy2020@gmail.com

Yoga for Well - Being

In connection with International Yoga Day the second PG students of the Department of Psychology has done a special video. Various yoga postures, pranayamas and its benefits were mentioned in the video. Some of the asanas includes vrikshasana, parvathasana, nadisudhi pranayama, anulomaviloma pranayama, padmasana etc. The importance of practicing yoga regularly in a person's daily life was also mentioned. The video has been published in St. Mary's college official YouTube channel, Marian Webisode on 21 June 2021.

You tube link: <https://youtu.be/B-Qemd4Mm0>

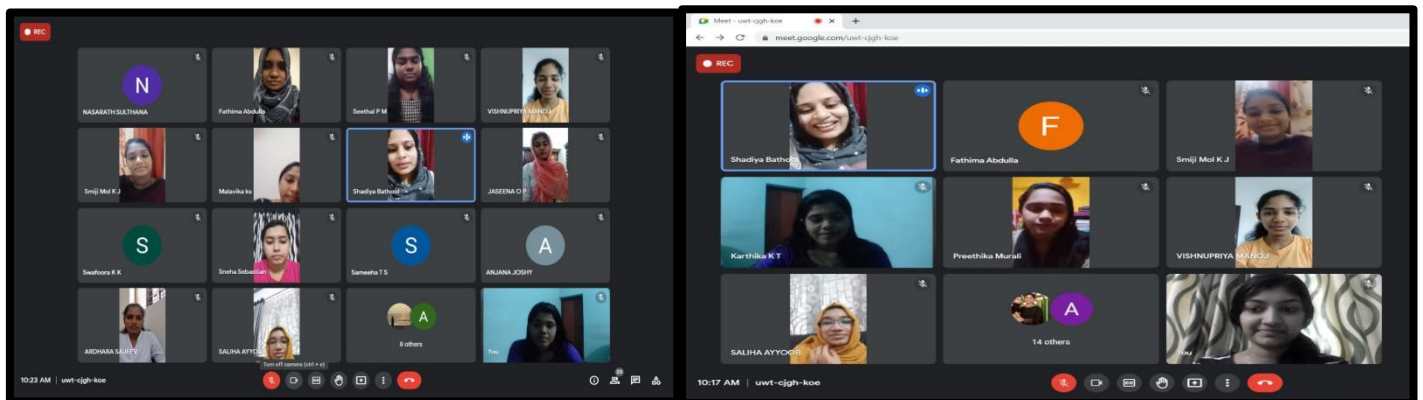


Alumni Talk Series #1

The first session of the Alumni talk series of the academic year 2021 - 2022 was led by Ms. Sadiya Bathul P., Consultant Psychologist on 23 July 2021 via google meet. The session began at 10.00 AM on the topic 'Budding as a Psychologist'. Ms. Sadiya was a student of 2016 - 2018 M.Sc. Psychology batch, and won the title of 'Gem of St. Mary's' during her college days. She started the session with sharing her therapy experiences. This interaction session was much needed and informative for the students who are pursuing their post graduation. The real life experiences shared were a really motivating factor in the entire session. The session ended by 11.30 am.

Google meet link: <https://meet.google.com/uwt-cjgh-koe>

https://drive.google.com/file/d/1DUMYoQMfbmPw_URCzrl_H99tdhMWQ2AZ/view?usp=drive_web



Photostory Onam 2021

An Onam special video was done by the first PG students of the Department of Psychology. The main theme of the video was the ways people celebrate onam before and after the Covid 19 pandemic. The Video has been published in the St. Mary's College's official Youtube Channel Marian Webisode on 20th August 2021.

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



Akannirunnu Onam

The Department of Psychology has organized an interdepartmental online competition “Akannirunnu Onam”. There were three competitions (a) #smcpsyonamreels2021 (Reels Competition) (b) Unnikale Oru Kadha Parayaam (Story telling competition) (c) Ormakalile Onam (writing a poem or an essay or paint a picture).

Students of various departments actively participated in all the competitions and gathered several prizes. Ms. Neetha Santhosh, student of III DC B .com, Ms. Athira K. Anilkumar of I M.Sc. Psychology and Ms. Rosna Praveen P. A. of B.Sc. Mathematics won the first, second and third prizes respectively for the competition “Ormayile Onam (drawing)”.

Ms. Aparana Manoj C. and Ms. Anviya Joby of III DC BBA won the first and second prizes respectively for the competition Ormayile Onam (poem). Ms. Adithiya P. J., student of III year Microbiology, is the best performer in #onamreels contest. The winners will be awarded with an E – certificate.



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 08 February 2022. Core life skills were mentioned in detail. Creative thinking, listening skills, empathy skills, mirror game and communication skills were explained with a detailed practice session. The session was ended up with providing an in depth progressive muscle relaxation technique. The session was very beneficial for the students who participated.



Core Skills of Life Skill Development

As part of Self Development Practicals, the second PG students of the Department of Psychology conducted a Life Skill Development Programme for III DC Biotechnology students of St. Mary's College on 08 March 2022. The major topic of discussion was the core skills needed for an individual for a better development in life. It included self – awareness, decision making, problem solving, interpersonal communication, coping with stress and emotion. The session was made more effective and comprehensive by encouraging the students in participating various activities. The session lasted for 2 hours and was very effective. Feedback was taken from the students.



Alumni Talk Series #2

The second session of the Alumni talk series of the academic year 2021 - 2022 was led by Ms. Aswathy T. L., Junior Psychologist, Compass Clinic, Thrissur on 15 March 2022. The session began at 8.45 AM on the topic 'Mental Status Examination'. Ms. Aswathy was a student of 2019 - 2021 M.Sc Psychology batch.

The students had a great opportunity to take part in the talk and clarify their doubts before they start to deal with their internships. The session went on to be informative and interesting. Moreover Students were motivated by their super senior to achieve a successful career in the field of Psychology and to reach greater heights of success.

