

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2022 – 2023

World Environment Day – PLANT A SAPLING

To observe World Environment Day, Psychology department conducted an awareness program for kids - Plant a Sapling. The activity was conducted to give an awareness to children about the importance of environment through planting a sapling. 30 kids were participated in the program by plant a sapling in their home premises on 05 June 2022.



Core Skills of Life Skill Development

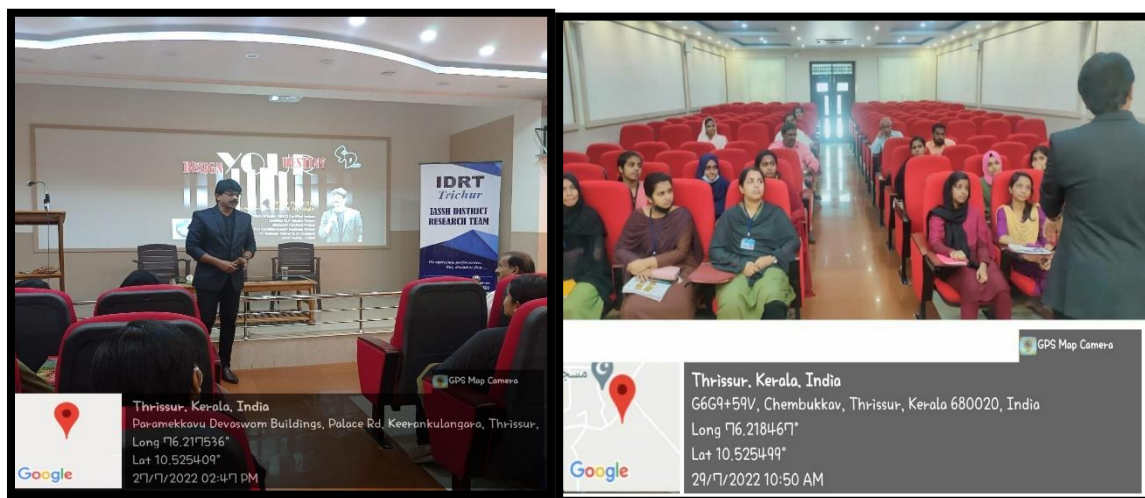
As part of Self Development Practicals, the second PG students of the Department of Psychology conducted a Life Skill Development Programme for III DC & 1st PG students of the Department of Economics, St. Mary's College on 23 June 2022. The major topic of discussion was the core skills needed for an 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.



Workshop on Self - Hypnosis

Department of psychology of St. Mary's College, Thrissur conducted a self-hypnosis class which was leaded by Mr. Shibu Damodar, Neurophysiological Trainer and Hypnologist on 27 July 2022 along with his IDRT team, Thrissur. All students and faculties of the Department of Psychology attended the session.

The session included discussion about mind, mind and body relation, goals & motivation and ego. A practical session of self-hypnosis using various methods and techniques were administered to the entire group. It was an interactive session with fruitful experience, memories and knowledge.



The Importance of Financial Independence in Women

The Department of Psychology organized a session on the topic ‘The Importance of Financial Independence in Women’ on 17/08/2022. The session was led by Ms. Glossy John, HSST Teacher, Alagappa Higher Secondary School, Thrissur. The session was attended by 2nd semester PG students. The students got an insight of the importance of a job in their life and how to effectively balance personal and professional life.

The session also conveyed the importance of financial development of each women and the importance of gender equality in a family. The program was very informative for everyone, which help them to pursue their own career and independence.



PSYNAPSE 2K22

In connecton with Marian Monsoon Fest the Department of Psychology organized a psychological game zone 'Psynapse – Connecting You and the hidden You' on 15 & 16 September 2022. It includes various personality tests, stroop test, love test, brain test and hand writing analysis. 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 150 students of the college participated in the games. The students showed great interest, excitement and thrill in doing them.



World Mental Health Day Celebration

In connection with World Mental Health Day the 1st PG students of the Department of Psychology distributed mental health awareness posters to all departments, office and library on 10 October 2022. A flash mob on the theme “Make Mental Health and Well Being for All a Global Priority” was also performed in the open ground of the campus.



AMELIORATION – Upgrading Oneself

An enlightening session on the topic “AMELIORATION – Upgrading Oneself” was organized by the Department of Psychology, St. Mary’s College, Thrissur on 26 October 2022. It was a half-day session taken by Ms. Durga K. S., Assistant Professor, Christ college, Irinjalakuda.

The class started with an ice breaking session by the resource person. The session was very interesting, students enjoyed it very much. After that she taken a class on the topic “Upgrading oneself” and she also provided knowledge about different life skills and values essential for living in a better manner. Then a game was conducted based on values, trust and belief. The students were very cooperative and they really enjoyed the game. After a session a group activity was conducted. Then she explained the hidden aspects and values included in that game. After that an outdoor game was conducted which was based on the perspective and thoughts of students on a given situation. Then each group presented their viewpoints.

Then the resource perspectives and thought session ended at 12 noon with a feedback session. The entire session was very activity oriented and each and every student participated in each activity with much enthusiasm and interest.

ST. MARY'S COLLEGE THRISSUR
(Affiliated to the University of Calicut,
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DEPARTMENT OF PSYCHOLOGY
Organizes A Session on

“AMELIORATION – Upgrading Oneself”

Resource Person
Ms. Durga K. S.
Assistant Professor
Christ College, Irinjalakuda

Dr. Sr. Magie Jose
Principal

Anu Mary Kalliath
HOD Department of Psychology

Athulya M. Ramesh
Faculty Co-ordinator

Ritha Noutreen P.S.
Student Co-ordinator

Date : 26/10/2022
Time : 10 am
Venue : Psychology Lab

Alumni Talk Series #1

An Alumni talk series was organised by the Department of Psychology, St Mary's College, Thrissur on the topic "Higher Studies in Specialised Areas of Psychology" on 27 October 2022. The session was led by Ms. Lakshmi C. K., M.Phil student at National Forensic Sciences University, Gujarat. The talk was attended by both 1st and 2nd PG Psychology students.

Her determination and passion to achieve something unique in the field of Psychology made Lakshmi to try in NFSU, Gujarat. She shared among the students the various areas to be focussed while preparing for the entrance examination. She discussed in detail about the NFSU campus, faculties and various opportunities provided for the students like placements, interaction with higher officials. She even mentioned that the M.Phil students of the campus gets an opportunity in discussing the criminal cases along with the police investigative team members, which is a life time experience for students.

The session was very insightful for the students and from her personal experience, she concluded that if an individual is very passionate, hardworking and determined they can achieve anything despite of their earlier academic performance.



St. Mary's College, Thrissur
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**Department of Psychology
organizes**

ALUMNI TALK SERIES

**Topic - Higher Studies In
Specialized Areas Of
Psychology**

Date - 27/10/2022
Time - 10 am
Venue - Psychology Lab


Lakshmi C. K.
MPhil Student
National Forensic Sciences University

Dr. Sr. Magie Jose
Principal

Anu Mary Kalliath
HOD Department of Psychology

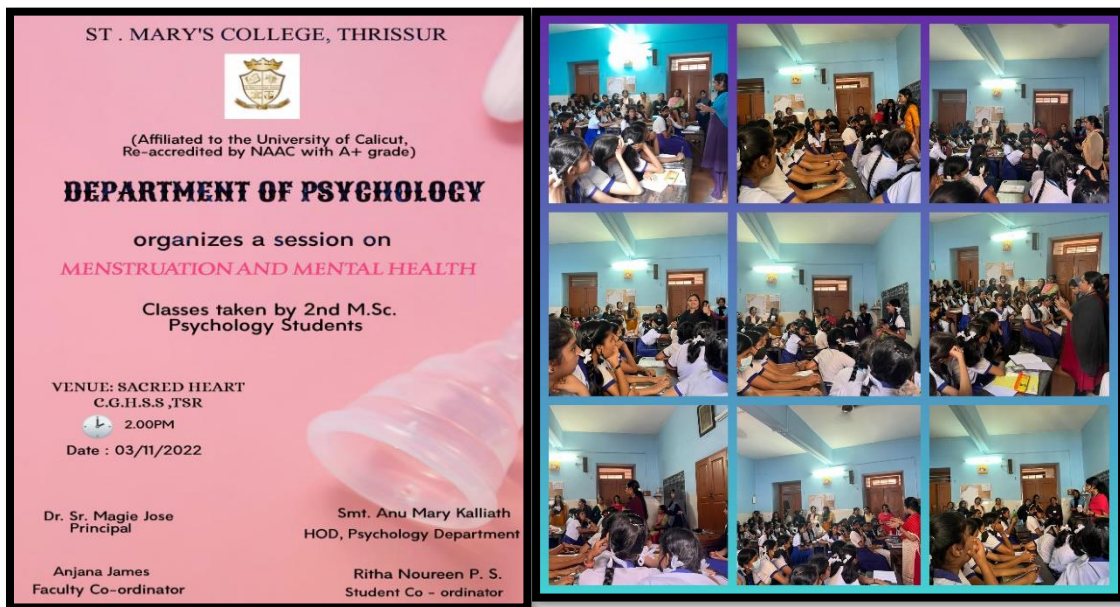
Athulya M. Ramesh
Faculty Co-ordinator

Ritha Noureen P.S.
Student Co-ordinator


Session on Menstruation and Mental Health

As part of community extension work the 2nd PG students of the Department of Psychology conducted an awareness class on the topic “Menstruation and Mental Health” for the 10th grade students of Sacred Heart Convent Girl’s Higher Secondary School, Thrissur on 03 November 2022. The session included various topics like puberty, menstruation, menstrual hygiene, menstrual tools, nutrition and health.

A major emphasis was given to the topics PCOD and PCOS, its major causes, precautions and various steps to control especially diet was included. Menstrual cup was introduced to the students and they were very curious about its usage and maintenance. The session was very interactive and informative.



ST . MARY'S COLLEGE, THRISSUR




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DEPARTMENT OF PSYCHOLOGY

organizes a session on
MENSTRUATION AND MENTAL HEALTH

Classes taken by 2nd M.Sc.
Psychology Students

VENUE: SACRED HEART
C.G.H.S.S ,TSR

 2.00PM

Date : 03/11/2022

Dr. Sr. Magie Jose
Principal

Smt. Anu Mary Kalliath
HOD, Psychology Department

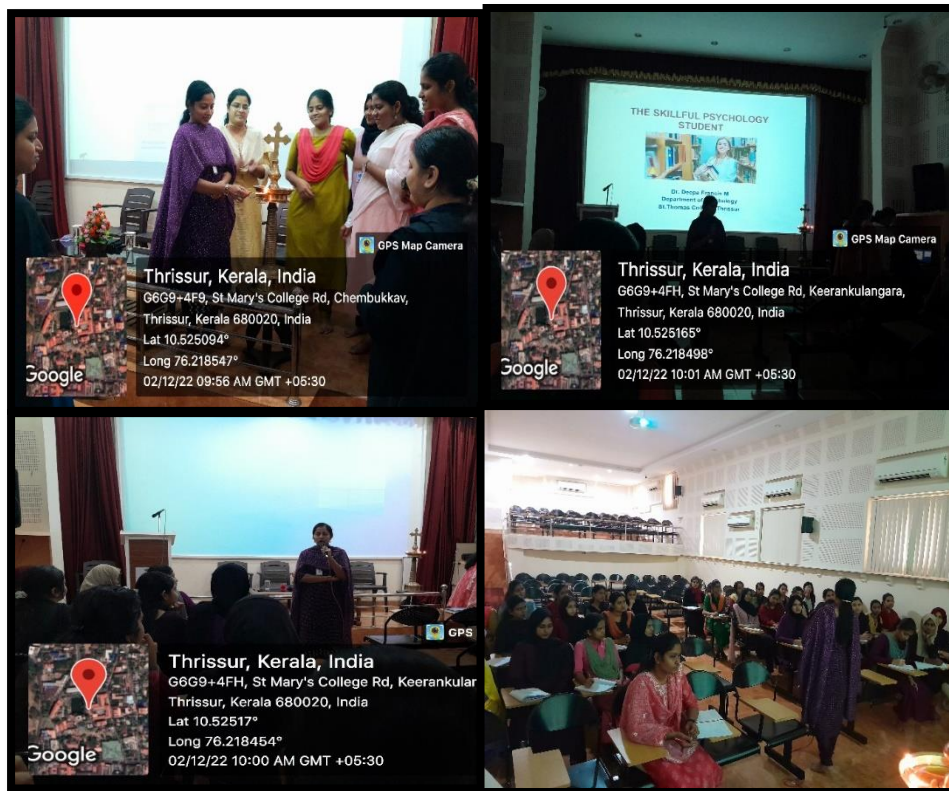
Anjana James
Faculty Co-ordinator

Ritha Noureen P. S.
Student Co - ordinator

Psychology Association Inauguration 2022

The Psychology Association for the academic year 2022 – 2023 was inaugurated by Dr. Deepa Francis M, Assistant Professor, Department of Psychology, St. Thomas College, Thrissur on 02 December 2022 followed by a talk on the topic “The Skillful Psychology Student”. The guidelines put forward by the American Psychological Association was major topic of discussion.

It includes the personal, communication, cognitive, social and technological areas as major themes and its corresponding sub themes. Each and every themes were explained in detail with comprehending real life examples. The session was very informative for all students.

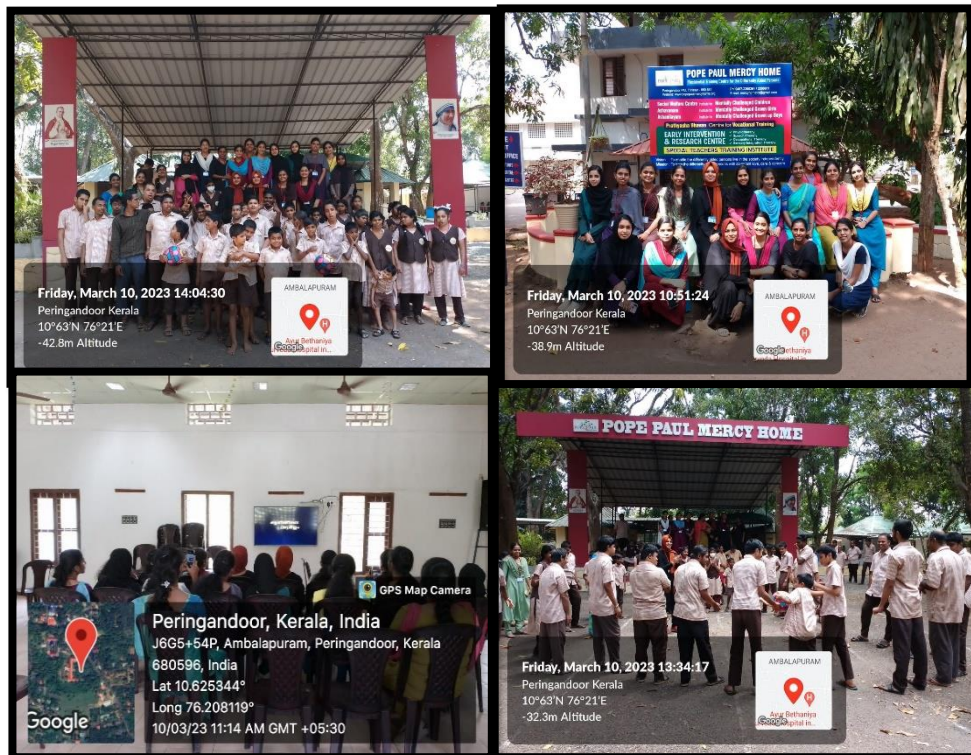


Visit to Pope Paul Mercy Home

As part of curriculum, 17 of 1st year M.Sc. Psychology students with faculty Smijimol K. J. visited Pope Paul Mercy Home, Peringandoor on 10th March 2023. Pope Paul Mercy Home is both a residential and a day care training center for differently abled individuals. The purpose of the visit was to conduct an interactive session with them as part of community extension work.

Principal of the institution Fr. Johnson Anthikat briefed about the institution. A video about the working and achievement of the institution was presented to our students. A short film acted by the inmates and faculties were also shown. An ice breaking session was done followed by an action song and ball passing game to improve the motor skills of the inmates. They also got an opportunity to learn about the functioning of the institution through the interaction of faculties and ministerial staff of the institution.

The students of the home have done various cultural programs in a very confident and jovial manner. Our students had a great opportunity to interact with the faculties and came to understand the various challenges faced by the differently abled individuals and their families. They also noticed that the students of the home were very happy and satisfied despite of their disabilities. They had an insight to be happy with whatever things we have other than to complain about whatever we lack. The visit was really an eye-opener especially to the newer generation.



Life Skill Development Training

As part of curriculum 2nd PG students of the Department of Psychology, St. Mary's College, Thrissur conducted a session on Life Skill Development for the 1st PG Psychology students on 30/03/2023. The purpose of this training session was to gain an awareness about some of the basic life skills that an individual should practice in their daily life. A brief introduction of life skills was given followed by the importance of interpersonal relationship, communication and emotional skills were taken. After each session an activity was done related to the topics in order to comprehend the concept very clearly. The session concluded by laughter therapy session. A detailed theory and practical session was provided regarding the same. All students wholeheartedly participated in the session and they could feel a relaxed mental state after practicing it. The session was very effective and informative for the entire group.

