

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2014 – 2015

Report on Intelligence Test

The Second Semester M.Sc Psychology students of Department of Psychology, St. Mary's college, Thrissur conducted an intelligence test for 25 students of Sacred Heart L.P School, on 14th July, 2014. The students were belonging to 3rd and 4th grades. 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 during the test.

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



Report on Color Psychology Test

The department of psychology conducted a colour psychology test as a part of Marian monsoon fest 2014 on 1st and 2nd of August at St Mary's college Thrissur. The main aim was to find out the characteristics of the individual by choosing her/his favorite colour. There were 9 basic colors namely red, blue, green, yellow, orange, black, white, brown and pink the various characteristics of each colours were put in 9 different bowls. The person can take 2 paper bits of their favorite colour and the corresponding major personality characteristics were explained along with the two paper bits they have taken. 108 people participated in this and all were satisfied with their results.



Report on Swachh Bharat

The Department of Psychology conducted a cleaning drive in Government Children's Home, Ramavarnapuram, Thrissur. Six students of 1st M.Sc Psychology participated in the cleaning programme. The time was from 10am to 1 pm on October 30th 2014. The Superintendent welcomed us and gave an introduction on the history and present working condition of the home. There are around 42 inmates from different strata of the society where the government provides free education and skill development programme to enhance their welfare. The students cleaned the premises of the home by pulling out the wigs and dropping the waste into a pit. The students also swept the verandah and it was indeed a fruitful experience for the students as well as teachers. The students got an awareness regarding the cleanliness and waste management through this programme and thereby they understood the importance of environment in present era.



Report on Career Aptitude Test

The department of psychology conducted a career aptitude test using DBDA (David's Battery of Differential Aptitude) for the 267 3rd DC students of 9 departments of St. Mary's College, Thrissur. The purpose of the test was to check whether they have selected their course according to their aptitude. From this test, 54.68% students show higher ability in psychomotor area. Psychomotor ability refers to precise movements requiring eye hand coordination under highly speeded conditions. Now-a-days, we can see rapid development in the field of technologies. So, people keep themselves busy in engaging in activities like, designing, making accessories, makeover, use of laptops and mobile phones etc. This makes their eye hand coordination more precise. Based on the results counselling was given to the students who attended the test.



Psychology Association Inauguration 2014

The Psychology association was inaugurated on 17th November 2014 in Jubilee Hall by Dr. P A Antony, Clinical psychologist, Sneha Clinic, Thrissur. The inaugural address was followed by a talk on “Importance of Clinical psychologist in Current Society”. It was a highly informative and inspirational class. There was an interaction session after the talk, where the students could share their idea with the guest and clear their doubts regarding the branch Clinical Psychology.



Report on Stress Management Workshop

The students of the IInd MSc Psychology conducted a workshop on Stress Management for high school girl students of St Mary's H S Ollur. The main aim of the test was to given an orientation to students regarding the exam stress the session was from 1.30 to 3pm in various topics like introduction to stress management, Time management, study skills, Relaxation skills are explained thoroughly which is followed by a short film on stress management. The students where very enthusiastic thoroughly the class and in the end there was a question answer session in which they are very much curious regarding various problems to them during exams. The Principal felicitated the students of the department by vote of thanks.



Report on AIDS Awareness Short Film

On behalf of World AIDS Day, the Department of Psychology screened a short film to enhance the Awareness of AIDS among college students on 01/12/2014. The duration of the film was 45 mins. The name of the film was 'PRARAMBA' directed by Mr. Santhosh Sivan. The aim of the short film was to make people aware of how to treat a person who is an AIDS victim. And also to change the stigma of the society towards the family members of those victims. The message was well conveyed to the audience and they appreciated the effort of the department.



Report on Visit to Hospital and Rehabilitation Center

The students of 2nd M.Sc Psychology visited to Ansar Hospital, Perumbilavu on 21/01/2015. They had an interaction with Psychiatrists, Clinical Psychologists, Psychiatric Social Worker and Occupational Therapist. From this, they could gain an idea about various Mental Disorders, its causes, how to diagnose it and various therapeutic methods and also to take case studies. They also had an interaction with the inmates and engaged them in Play therapy. The behavior patterns and daily routines of the inmates were explained by the bystanders. Our students got an overall orientation regarding the various mental disorders. They also visited Ansar Rehabilitation Center and had an interaction with the inmates engaged them with play therapy.



Talk on Parenting Skills

As part of St Mary's College Outreach programs Ms Meera Mohanan the faculty of the department of Psychology took a class on "Parenting Skills- Parenting from the Heart" to the parents of the students studying St Mary's School, Chiyaram on 21st February 2015. The main aim of the class is to give an orientation regarding various skills/strategies needed for effective parenting. The main areas covered in the class are – practical meaning of parenting, Myths and facts relating to parenting, different parenting styles and outcomes & effective parenting skills etc. After the class there was a question answer session in which the parents cleared many doubts regarding various parenting skills. Around 30 parents attended the class and most of them are satisfied by the class.



Report on Visit to Ansar Special School, Perumbilavu

The students of IInd MSc Psychology had a one day visit to Ansar Special School, Perumbilavu on 20/03/2015. They were introduced with the authorities, teachers and children of the institution. The school is categorized into Pre- primary, Primary, Secondary, Pre- vocation and vocation sections. There were 45 children. The students interacted with both the students and the teachers. They also discussed about the disabilities like Autism, Mental Retardation, Microcephaly, Melancholic and Down syndrome that are commonly seen among children. The students gained a wide knowledge about the disorders and the problems faced by the children. Apart from teaching and other care facilities, vocational activities such as making of flowers, candles and table mats are also taught as a part of learning.

