

**DEPARTMENT OF PSYCHOLOGY**  
**ASSOCIATION ACTIVITIES 2015 – 2016**

**Intelligence Test for School Children**

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 18<sup>th</sup> June, 2015. The students were belonging to 3<sup>rd</sup> and 4<sup>th</sup> 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



## **Career Aptitude Test**

The department of Psychology has conducted a Career Aptitude Test for the final degree year students of St. Mary's College, Thrissur in the month of July. 296 students from eight departments participated for the same. The questionnaire used was DBDA (David's Battery of Differential Abilities). Abilities like Verbal, Numerical, Clerical, Spatial, Closure, Reasoning, Mechanical and Psychomotor were measured using this questionnaire.

The purpose of the test was to make sure that each student has selected a course which is based on their aptitude and to choose a career according to this. A detailed report of the test was given to each student. With reference to the test scores, Individual career counselling is provided to the students by the faculties of the Department of Psychology on every Tuesday, Wednesday and Thursday from 2.30pm – 3.15pm.



## An Orientation Class on Effective Parenting

Department of Psychology, St Marys College Thrissur has organized a class on parenting as Part of the St. Mary's College Square out Reach Programme at St.Mary's U.P.School, Chiyaram on 1<sup>st</sup> August 2015 from 9: 30am to 11:30 am. Ms. Neetha George, Head of the Department of Psychology, lead the interactive class on the topic '**Positive Parenting**'. Videos and PPTs educating the skills required for the parents were also included in the session.

The feedbacks collected from the parents who attended the class conveyed that the class was really effective and informative to improve their parenting skills and to build up positive parenting patterns. The session was ended up at 11:30am.



## Life Skill Training for Adolescence

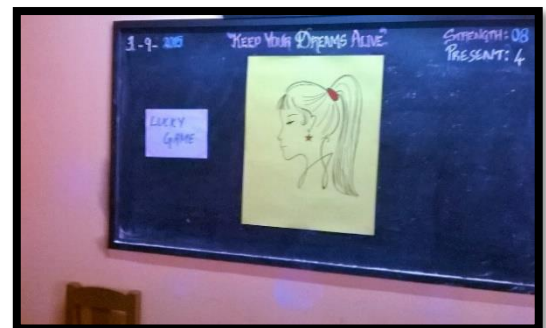
Ms. Anu Mary Kalliath, Faculty, Department of Psychology lead a class on the topic 'Life Skills for Adolescence' to the High School students of St. Joseph's C.G.H.S.S. Thrissur on 21<sup>st</sup> August 2015. It was an interactive session for two hours. All the students have actively participated during the session. It was evident from the feedback that the session was enriching and informative for the adolescence students.



## Marian Monsoon Fest

The Marian Monsoon Fest was organized by St. Mary's College, Thrissur on 3 September 2015. We, the Department of Psychology also joined this venture and organized three interesting games as part of the fund rising- Treasure Hunt, Name the Doll and Lucky Game. In Treasure Hunt Contest, 30 treasures were hidden out of 150 spots. Out of 30 treasures, 6 students won mega prizes. Coupon of Rs 2 /- was charged for this game. In Name the Doll Contest, 25 students participated and Rs 5/- was charged from each. Kumari Amrutha of Microbiology Department won the Doll. In Lucky Game 10 students were participated and charged Rs 2/- from each.

All the students and teachers from the Psychology Department wholeheartedly participated to make the event a grand success. All were enjoyed the whole day of Monsoon Fest. The Fest ended up at 3.30pm.



## **Swacch Bharat Mission**

Pursuant to Honorable Prime Minister's campaign on 'Swachh Bharat' (Clean India), the students of Department of Psychology, St. Mary's College carried out cleaning the campus premises and Zanana mission Road near by the College Campus on 7 September 2015. All the students from Department of Psychology voluntarily participated in cleaning, shifting and beautification of Psychology department room and Psychology Lab. The faculties in the psychology department whole heartedly supported the students and also joined this noble mission to keep clean and healthy India.



## An Orientation Programme on Life Skill Development

A Life skill orientation Programme was organized by the Department of Psychology on 14 October 2015. An inaugural session was held at 9:30am at A/C Seminar Hall. Dr. Renny Antony, a renowned Psychologist and NLP practitioner was the chief guest of the programme. Dr. Sr. Chrislin, Principal, St. Mary's College, presided over the function. The programme started with a prayer song by the students of Department of Psychology. The students from BBA and BSW were also attended programme. The formal function was followed by an orientation lecture by Dr. Renny Antony on Life Skill for Psychology, BBA & BSW students. The session enlightened the students with both theory and practical knowledge. It also helped the students to apply life skills in their daily life situations. The programme ended up at 2:30 pm.



## Psychology Association Inauguration 2015'

The Department of Psychology has conducted Psychology Association Inauguration on 25 November 2015 in the A/C Seminar Hall, St. Mary's College Thrissur. Ms. Neetha George, HOD, welcomed the gathering. Dr. Sr. Chrislin presided over the function and addressed the gathering with an inspiring note on Positive Psychology. Dr. Sr Lis, Director of Carmel Santhi Dham Counselling Centre, Thrissur officially inaugurated the Psychology Association and gave an enlightening inaugural address. Ms. Jebin Jacob, Student representative of Department of Psychology delivered the vote of Thank. The inaugural session was followed by a Lecture on Positive Psychology- Psychology for Life Fulfillment by Dr. Sr.Lis. The lecture was very informative and inspirational for the students. She also shared her experience of positive Psychology on her clients.





## Visit to Santhi Dham Counselling Centre & Training on CBT

All Faculty members and first and final year MSc students of Psychology Department visited Santhi Dham Counselling Centre, Thrissur on 15 December 2015 and attended Five days' workshop on Cognitive Behaviour Therapy. Dr. Sr. Lis, Director of Santhi Dham Counselling Centre lead the classes. The sessions were well suited to the needs of contemporary mental health practitioners. The classes provide a wider look on establishing positive therapeutic alliances. The sessions were also focused on how we can effectively apply CBT in our own personal lives.



## Yoga Training for Psychology Students

A healthy mind, healthy body connection is the key to a much happier life. By changing our minds, we really can change our lives. Department of Psychology has organized a yoga training class for first and second year M.Sc. Psychology students from 13 to 19 January 2016. Ms. Leena Dhileep, a Yoga professional trainer lead the sessions. Through these practical sessions the students improved in their strength, flexibility and contentment and learned how to integrate these techniques into daily life. Different physical postures (Aasanaas), breathing, relaxation, and meditation etc. were included in the training sessions.



## Practical Exposure to Observation Method

As part of the practical exposure to one of the research methods- Observation, The students of second year MSc psychology, visited Sacred Heart convent L.P School, Thrissur, for five consecutive days from 4 to 8 January 2016 .The students spend one hour each day with K.G.Section Children From 2:15pm to 3:15pm. They observed the nervousness behavior of nursery school children.



## Awareness Class to Anganwadi Teachers

An awareness class on 'Identification & Management of Childhood Behaviors' was provided to 27 Anganwadi Teachers in the Kolazhy Panchayath on 18 February 2016 at Panchayath Office Hall, Thiroor. The two hours session was handled by Ms. Neetha George, HOD, Department of Psychology, St. Mary's college. Which included the topics such as the importance of the Anganwadi teachers in the development of the childhood behaviors, various childhood behavioral problems and its management. The session was very informative and enlightening for the teachers. The class was concluded with an interactive session clarifying the doubts of Anganwadi teachers regarding their students.



## Awareness Class to Anganwadi Helpers

An awareness class on ‘Identification & Management of Childhood Behaviors’ was provided to 27 Anganwadi Helpers in the Kolazhy Panchayath on 19 February 2016 at Panchayath Office Hall, Thiroor. The two hours session was handled by Ms. Anu Mary Kalliath, Assistant Professor (on Contract), Department of Psychology, St. Mary’s college. Which included the topics such as the general characteristics and emotions of early childhood, the importance of the Anganwadi Helpers in the development of the childhood behaviors, various childhood behavioral problems and its management. The session was very informative and enlightening for them. The class was concluded with an interactive session clarifying their doubts regarding their students.



## Karunardram – Distribution of Food to the Needy People

In connection with the ‘Year of Mercy’, declared by Pope Francis, St. Mary’s College, Thrissur, organized a program titled ‘Karunardram’. This 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 Department of BSW and the Ministerial Staff, participated in Karunardram on 11<sup>th</sup> March 2016. The students and teachers of both departments and the ministerial staffs brought an extra packet of lunch to distribute among the needy people. By 11.45am the food packets were collected in the college. 148 packets were collected in total and handed over to the volunteers. They will distribute it to the people who are in need for food in Thrissur town.



## Hospital Visits

The second year M.Sc. Psychology students of the Department of Psychology, St. Mary's college, visited Ansar Hospital for Psychological Medicine and Rehabilitation, Perumbilavu, Thrissur and V.R.C. Hospital and Rehabilitation Centre, Vettom, Malappuram, on 1 March 2016. They spend a whole day in the hospital from 9am – 5pm and had an interaction with the Psychiatrists, Clinical Psychologists, Social workers and Occupational Therapists. They discussed about psychological disorders, history taking methods and various OT activities taking place in the hospital. They also visited and interacted with the inmates of different wards namely annex, manic depressive psychosis and obsessive compulsive schizophrenia. They played various games with the inmates during their OT session. The students got an exposure in behaviour therapy, social skill training, photon therapy, insight education therapy and psychodrama. The one day visit was very useful and informative for the students and they got a practical orientation in various therapy methods.



