

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2016 – 2017

Environment Activity - Poster Making Competition

As part of World Environmental Day [WED], the Department of Psychology, had conducted a Poster Making Competition on 9th June 2016, Thursday. The topic was “Impact of Environmental Changes on Human Lifestyle”. Prior to the competition a small awareness class on “Global Warming and Its Physiological and Psychological Effects” was given to the participants. Students from various departments participated in the competition. There were a total of five groups consisting of 3 members each. The competition was from 2.30pm to 3.30pm. The judgments was made on next day by Dr.Hemamalini, Dr.Mayflower, and Dr.Binu.K,. Team 2nd DC BBA and team 2nd DC BSW won the first and second prize respectively. Prizes were distributed to the winners. Altogether, it was a beneficial competition to the students, since it evoked the importance of saving environment in them. They were very aware on rising hazards to our environment and it proved in their posters. It was an effective way to celebrate World Environmental Day through the classes and competitions since it not only created awareness, but also came up with ideas to safeguard the environment.



CLASS ON SPSS

SPSS software owned by IBM is used extensively for data entry and analysis. Most recent version available is SPSS Base 21. It can be easily installed in any computer with windows XP or higher versions, Linux computers or in Mac OSX. Like all statistical software it can be used by entry, midlevel and professional level users.

An external class on SPSS was organized for 1st and 2nd year M.Sc. Psychology students of St. Mary's College, Thrissur. Representatives from BSW department also attended the class. Class was conducted on 13th June 2016, Monday, at Psychology Lab of St. Mary's College, Thrissur. The class was handled by Mr. Deepak.K.S Asst. Professor, Department of Community Medicine, Government Medical College, Palakkad. Class commenced at 10am and came to an end by 4pm. During the sessions a detailed lecture on SPSS was given which included the functions and applications of the same. Later on, SPSS was installed in the laptops of the students. A handbook of SPSS was also provided. The class was very beneficial to the students, since it proved easy for data entry and analysis. It was more effective, when the application of the same was taught through the respective laptops of the students. All members who attended the class, expressed their complete satisfaction of understanding the applications of SPSS.



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 18 students of St. Mary's C.U.P school, Chiyaram, on 22nd July, 2016, Friday. The students included both boys and girls of grade 4. 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. The tests were purely done for academic purpose.

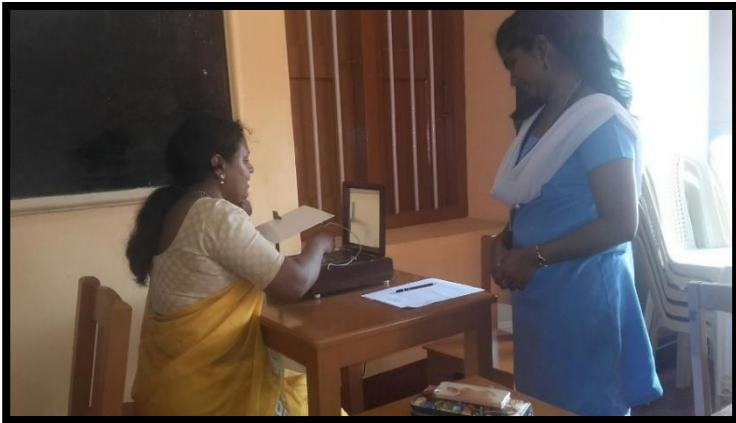
By analyzing the result, it was concluded that most of the students were above average in their level of intelligence



Marian Monsoon Fest Report

The Marian Monsoon Fest was organized by St. Mary's College, Thrissur on 4th and 5th August 2016, from 8:30 am to 3:30 pm. We, the Department of Psychology also joined in this venture. Our students conducted a psychological experiment, Bilateral Transfer of Learning, mainly used for knowing the eye – hand coordination, effect of transfer of learning and hand preference of the participant. This experiment can be done in two ways, electrically and manually. For using electrical instrument Rs.10/- and for doing manually Rs.5/- was charged. From the participant's point of view, it was a different experience from other games and competitions. Because it reveals about their own abilities.

All the students and teachers from the Psychology Department wholeheartedly participated to make the event a grand success. The Fest ended up on 5th August Friday at 3.30pm.



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 August. 376 students from ten 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.



Psychology Association Inauguration 2016

The Department of Psychology has organized their Association Inauguration on 28th September 2016 in St. Chavara Seminar Hall, St. Mary's College Thrissur. The program began at 10am with a prayer song. Other than the members of the Department of Psychology, faculties and students of BSW and BBA department attended the function. Ms. Anu Mary Kalliath, HOD, welcomed the gathering. Vice Principal Sr. Mareena presided over the function and addressed the gathering with her inspiring speech. The Association Inauguration was done by Sr.Dr.Dalmatia, NLP therapist and Former Director of Carmel Santi Dham Counselling Centre, Thrissur. The inauguration was done in hi tech mode and an enlightening inaugural address was also given. Ms. Jebin Jacob, Student representative of the Department of Psychology delivered the vote of thanks. The inaugural session was followed by a talk on 'Realization of Self' by Sr.Dr.Dalmatia. The main theme of the class was to understand the inner mind, which will help to realize the ideal self. The importance of self-talk was also mentioned. Sister also shared her personal experience of NLP therapy on her clients. The class was very informative. The students showed their interest to attend the NLP therapy workshop in future. They also clarified their doubts during the question answer section.



World Mental Health Day Celebration

In connection with World Mental Health Day, The Department of Psychology has organized a One day event on 4th October 2016. An intercollegiate level Poster Making and Quiz Competition, followed by a talk was the highlights of the event. Students and faculties from four other colleges attended for the same. The event got started at 9.45am with the inaugural ceremony. Ms.Anu Mary Kalliath, HOD, Department of Psychology, welcomed the gathering. The event was inaugurated by Sr.Dr. Marriette A. Therattil, Principal, St.Mary's College, Thrissur, followed by a motivating and encouraging inaugural address. Ms.N.R. Dhilsha Rajan, student representative, delivered the vote of thanks. The official inaugural ceremony came to an end by 10am. The Quiz and Poster Making competitions were conducted in the Jubilee Hall and Psychology Lab respectively. Ms. Simmy.A.M, HOD, Department of Social Work was the chief judge for both competitions. After lunch break, a talk on the topic "Mental Health among Students" was given by Sr.Tesna George Asst Director Carmel Shanthi Dham Counselling Centre, Thrissur. Topics like factors influencing an individual's mental health, adverse effect of low mental health and its maintenance, the importance of relaxation and breathing exercises was mentioned during the class. Sister also shared her counselling experiences with students. The class was very informative and relevant. The Chief Judge Ms.Simmy.A.M announced the winners of both competitions and the prizes were distributed by Sr.Tesna George during the validatory function. The whole program came to an end by 3.15pm.



Survey on Awareness of Adolescent Girls on Child Abuse

The students of the Department of Psychology, had conducted a survey on the knowledge and awareness of child abuse at Sacred Heart G.H.S.S, Thrissur on 30.11.2016. Students of plus 1 and plus 2 classes were selected for the survey. A total of 300 samples were taken. They were given a questionnaire 'Knowledge about Child Abuse among Adolescent Girls'. There were a total of 75 questions in the questionnaire which included the areas - physical abuse, emotional abuse, neglect, sexual abuse and substance abuse. Students were given general instructions regarding the questionnaire. The duration was 1 hour and the students were very co-operative. They completed the test within the allotted time. A word of gratitude was expressed to the principal and teachers of higher secondary section for allowing the conduction of the survey. On analyzing the results, it was found that more than half of the students scored above average and only a few number of students scored below average. This shows that most of them are aware of child abuse and are knowledgeable about the circumstances that may lead to it and how to tackle them.



Workshop on Cognitive Behaviour Therapy

The first year PG students of the Department of Psychology attended a workshop on Cognitive Behaviour Therapy on 13th to 15th December, 2016 at Carmel Santi Dham Institute of Counseling Psychology, Thrissur. The workshop was coordinated and led by Sr. Dr. Lis, Director of Santi Dham. The students were accompanied by two faculty members of the department.

Each day, the session began at 9:30 am and ended at 3:30 pm. The first day of the three day workshop comprised of detailed explanations on the theoretical aspects of Cognitive Behaviour Therapy. The rest two days was filled with group activities including role plays, and sharing of case histories that Sr. Dr. Lis had dealt with during her experience as a counselor. These helped the students to gain a complete understanding of the theoretical and also the practical side of Cognitive Behaviour Therapy.

The students were also given the opportunity to visit the professionally set counseling room of Santi Dham. Sr. Dr. Lis gave explanations regarding the specialties of the room, such as making the room sound proof and the positioning of the chairs. The workshop ended with a validatory session



Workshop on Stress Management

The students of 2nd M.Sc Psychology, St.Mary's college,Thrissur had conducted a class on general and pre-menstrual stress management for 10th standard students of Sacred Heart C.G.H.S.S.,Thrissur. The class was conducted on 2.12.2016. A total of 84 students attended the class. The class was a one hour session, which included the definition, causes, types, and management of general stress and pre-menstrual stress were the topics of discussion. Videos were also included in the class. General tips were given to reduce stress seen among student population. The students were very attentive. After the class there was an interactive session where the doubts were cleared. A word of gratitude for the principal, teachers and students were given after the class. Feedbacks from the students about the class were taken.



