

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2017 – 2018

Environment Awareness Programme

In connection with the World Environmental Day, the Department of Psychology has organized an Environment awareness programme. The students of the department provided an environment friendly tip, one at a day, for a week from 27th - 30th June 2017. The tip was announced to the St. Marians before the morning break time. It included various innovative and healthy habits which can be practiced by an individual in their day to day life. The students were enlightened about the functioning of Water ATMs, Open Fridge, the hidden face of Wi-Fi, and other related tips. We, the department of psychology is proud that we could do our part in serving and saving the environment by spreading awareness about conserving the energy and how to effectively utilize and reuse our energy resources with minimum wastage.



Visit to Christ Villa

The students and faculty of the Department of Psychology visited Christ Villa Poor Homes, Thrissur, on 30/6/2017, Friday. Christ Villa Poor Homes is an old age home which was started in 1947. The institution accommodates a maximum of hundred inmates at a time. Men and women above the age of fifty five are given shelter by the institution.

Sr. Flower Treesa who is the in-charge of the institution explained about the overall functioning and activities that are being conducted there. There are both healthy and a few bedridden inmates of which, the healthy individuals are assigned a variety of simple, yet responsible duties such as maintenance of the premises, church activities, and also some vocational training such as making candles and paper bags.

The department provided the institution, with a number of materials like washing and bathing soaps, tiffin box, umbrella and other articles, which were collected from all the departments of St. Mary's College, which would be useful for them in their day to day life.

The students were also given an opportunity to interact with the inmates. Both the inmates and the students showcased their talents. Even though they seemed to be happy outside, we could gain that they were lonely inside. With this visit, our students were enlightened about the concerns of the elderly and how much they yearn for respect, love and care at this age.



Visit to SOS

The students and faculty of the Department of Psychology visited SOS Children's Village, Thrissur, on 1/7/2017, Saturday.

The Assistant Village Director of SOS Children's Village Thrissur, Mr. Stanley V. J described about the goals, functioning, and the rules & regulations of the institution. The students were also given the opportunity to visit the houses in the village and also to interact with its residents. The SOS Children's Village in Thrissur was formed in the year 1983. At present, there are over 140 children in 17 family homes, who are living under the care of 11 SOS Mothers, two SOS Aunts and six Mother Trainees.

The department provided the institution, with a number of note books, and some other articles, which were collected from all the departments of St. Mary's College, which would be useful for the children in their day to day life.



Karunardram 2017'

“If you can't feed hundred people then just feed one”

Mother Theresa.

‘Karunardram’ is an initiation taken by St.Mary’s College, Thrissur, during the previous academic year 2015 - 2016, in connection with the ‘Year of Mercy’, declared by Pope Francis. This year also each and every St Marian joined their hands to make it a grand success. It 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 Ministerial Staff and NSS Students, participated in Karunardram on 11th August 2017. The students and teachers of the department brought an extra packet of lunch to distribute among the needy people. By 12.30pm the food packets were collected in the college. 125 packets were collected in total and handed over to the volunteers. They in turn distributed it to the people who are in need for food in Thrissur town.



Marian Monsoon Fest 2017

The 'Marian Monsoon Fest 2017' was conducted by St. Mary's College on the 3rd and 4th of August 2017. The Department of Psychology had put up a stall which comprised of a variety of psychological games and tests.

Some of the games were criminal test, eye test, love test, idiot test and colour psychology, which helps in the analysis of personality and an individual's attitude towards certain issues. The stroop test (brain test) assessed the processing speed of brain and the intelligence test assessed the general intelligence of the students.

A total of 308 students of the college participated in the games and tests. The students showed great interest, excitement and thrill in doing them.



Report on Intelligence Test

The Second Semester M.Sc. Psychology students of the Department of Psychology, St. Mary's college, Thrissur conducted an intelligence test for 33 students of St. Mary's C.U.P school, Chiyaram, on 22nd September, 2017, 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 average in their level of intelligence.



World Mental Health Day Celebration

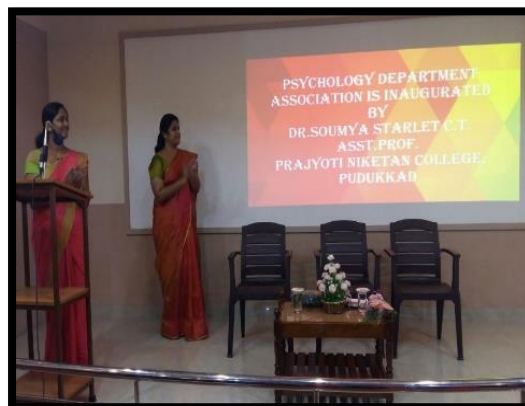
In connection with the World Mental Health Day, the Department of Psychology conducted an awareness act on 12th October 2017 on the topic 'Mental Health in Workplace', which is this year's theme proposed by the World Health Organization. Through the act, the department demonstrated the common issues faced by personnel on their work places that led up to stress and how they can overcome these difficulties through various methods.

The act portrayed a worker who has a difficult time at his work place as he has a strict boss, and a huge amount of work which he cannot complete in time as his colleagues are not cooperative. After all this, when he gets his salary, he is not satisfied. The worker then undergoes counselling and learns about techniques such as yoga, meditation, etc., and also to have a good communication with his co-workers, and they start having a good relationship where they help each other. Slowly his work starts to improve and he gets appraisals from his superiors. The worker then develops a positive attitude toward life and accepts everything with a smile. This act helped those who witnessed to understand and label their stressors, how to accept them and tackle it effectively.



Psychology Association Inauguration 2017

The Department of Psychology organized their Association Inauguration on 2nd November 2017 in St. Chavara Seminar Hall, St. Mary's College Thrissur. The program began at 10am with a prayer song. Ms. Anu Mary Kalliath, HOD, welcomed the gathering. Principal Sr. Dr. Magie Jose presided over the function and addressed the gathering with her inspiring speech. The Association Inauguration was done by Dr.Soumya Starlet C., Asst. Professor, Department of Psychology, Prajyothi Niketan College, Pudukkad. The inauguration was done in hi tech mode and an enlightening inaugural address was also given. Ms. Renya C. V., Student representative of the Department of Psychology delivered the vote of thanks. The inaugural ceremony was followed by a lecture on the topic "Conducting Research".



Visit to Thanal Balashramam

The faculty and students of the Department of Psychology visited Thanal Balashramam, Mayannur on 11 November 2017. Coordinator Ms. Sruthi gave a detailed description of the institute and its functioning.

Our students engaged the children in various activities like singing, action songs and other games. The department provided the institution, with a number of note books, and other stationaries, which were collected from all the departments of St. Mary's College, which would be useful for the children in their day to day life.

The visit was really an eye opener for our students to have an insight of how privileged they are.



Stress Management Class

The team Rakshaa was invited to present a stress management class for the girls of Daral Hudha Islamic University, Chemmad, Malappuram on 23 December 2017. Ms.Najula K and Ms.Fathimath Sahla T led the programme. About 200 girls in the age group of 12-17 participated in the programme. The main focus of the session was on Exam anxiety, Adolescent issues concerning family and society, time management and impact of mass media. The session was followed by an interaction with the participants through games and other activities.



National Seminar - Insight 2018

Steps for Skills in collaboration with the Department of Psychology of St Mary's College, Thrissur, has organized a two day national seminar on the topic Behaviour Technology for Better Living on 19th and 20th January 2018. The seminar was inaugurated by Mr. Sarath Das, Cine artist. The chief guest of honor was Dr. Vedagiri Ganesan, Former HOD, Department of Psychology, Bharathiar University, Coimbatore. Other scientific sessions were handled by Dr. Devan Namboodiri, Dr. Prakash Chandran Arackal, Mr. K. A. Sebastian and Mr. Ameer Cheriyandeelakath. There were a total of 87 participants for the seminar.



On 19 January 2017 there were three scientific sessions which were handled by Dr. Vedagiri Ganesan , Mr. Devan Namboodiri (Traditional Vaidyan, Poonkudil Mana, Manjery) and Mr. K. A. Sebastian (President, Institute for Counselling and Transactional Analysis, Kochi) on the topics Behaviour Technology



for Better Living; Behaviour Management of Psychosomatic Disorder with Ayurvedic Support; and You Can Shape your Destiny respectively.



On 20 January 2017 there were two scientific sessions which were handled by Mr. Ameer Cheriyandeelakath (Consultant Psychologist, St. Martin De Porres Hospital, Cherukunnu, Kannur) and Dr. Prakash Chandran Arackal (Consultant Psychologist, Lakshmi Hospital, Kochi) on the topics Specific Learning Problems and Behaviour Management and Psychotherapy Managed by Behaviour Technology.



Motivational Talk on Personality Development and Successful Life

A talk on Personality Development and Successful Life was led by Ms. Fathimath Sahla T, 1st PG Psychology student on 4 February 2018 for the students of Kattipparuthi Madrassa, Malappuram. About 50 girls participated in the session. The talk focused on the major five areas of development i.e., spiritual, emotional, mental, physical, and social. The importance of effective communication and balanced emotions for a successful life was also mentioned. The session was followed by an interaction with the participants through games and other activities.



