

DEPARTMENT OF PSYCHOLOGY
ASSOCIATION ACTIVITIES 2023 – 2024

Beat the Plastic Pollution

In connection with World Environment Day, an environment awareness special video entitled 'Beat the Plastic Pollution' was done by the second PG students of the Department of Psychology. The video has been published in various social media platforms on 5th June 2023. On the same day students planted a sapling in their home premises.



Mental Health and Wellness Through Yoga

In connection with International Yoga Day, the Department of Psychology conducted an awareness programme for Psychology students on the topic “Mental Health and Wellness Through Yoga” on 21 June 2023. The talk highlights the benefits of practicing yoga in one’s daily life and a demonstration session was also conducted. The session was led by Ms. Smijimol K. J., Faculty, Department of psychology, St. Mary’s College, Thrissur. The students practiced various yoga postures and techniques after the awareness talk.



Orientation Class on Mental Status Examination

It is an important thing to expertise in taking case history and mental status examination to a person who wishes to be a professional in clinical psychology. Case history is the record of information relating to a person's psychological and medical condition. It is used as an aid to diagnosis and treatment which contain basic personal data, physical, mental health history, sociological, occupational and educational data. After that the next level is MSE or mental status examination. MSE is an assessment of current mental capacity through evaluation of general appearance, behavior, perceptions, mood, orientation, memory, attention and all aspect of cognition. So for a psychology student, it is very important to know the theoretical and practical knowledge of both case history and MSE. An invited talk on the topic "Mental Status Examination" was conducted for 2nd PG Psychology students on 03 August 2023. The session was led by Ms. Jithya Prabha T. P., Jeevani Counsellor, St. Mary's College, Thrissur.



Cake Gala 2023

As part of Marian Monsoon Fest, Department of Psychology in collaboration with Eva Cakes organized a fund raising programme Cake Gala 2023. A total of fifty-three, 5 in one torte cake was sold.



World Suicide Prevention Day

As part of World Suicide Prevention Day, an awareness talk was organized by the Department of Psychology on the topic “Create Hope Through Action” on 04 September 2023. The session was led by Ms. Jithya Prabha T. P., Jeevani Counsellor, St. Mary’s College, Thrissur. From the message it says, through our action we can make hope in others life. What is suicide, signs, warnings, preventive measures and healthy living habits were discussed in that session. It was a very interactive session. Both 1st PG & 2nd PG students attended the session.



Visit to Jubilee Mission Medical College for an Exhibition - MANAS

The faculty and students of the Department of Psychology, St. Mary's College, Thrissur, attended an “Exhibition – MANAS 2023”, organized by the Department of Clinical Psychology, Jubilee Medical Mission Hospital, Thrissur, on 10 October 2023, in connection with World Mental Health Day. The exhibition was interesting and informative as it covered various psychological tests and theories.



Psychology Fest – SWASTHA 2K23

PG department of Psychology, St. Mary's College Thrissur conducted a Psychology Fest SWASTHA 2K23 in connection with World Mental Health Day. The fest was conducted on 27 October 2023, Friday at Jubilee hall from 10.00 am to 3.00 pm. The fest was aimed to introduce various aspect of Psychology to the campus. The fest was inaugurated by Principal Dr. Sr. Beena T. L. Various aspects of Psychology, such as relaxation, illusion, psychology of crime and film were presented. An awareness on psychological tests, theories, disorders and games were included Both 1st PG and 2nd PG students organized the entire programme and it was very fruitful and informative.



Invited Talk on “New concepts - After Education”

The Department of Psychology in association with Institution's Innovation Council, St. Mary's College, Thrissur has organized an invited talk on the topic “New concepts - After Education” in connection with National Educational Day on 20/11/2023 at 10: 30 am in Psychology lab. The resource person was Dr. Deepa G. Muricken, Assistant Professor and Head, Department of Biochemistry, St. Mary's College, Thrissur. 35 students of both 1st PG and 2nd PG Psychology attended the session.

She focused on the following topics like the importance of education, new education policies, opportunity about abroad study, usage of internet, emergence of startups, discovering new types of jobs, how to regulate constructive and destructive thoughts and so on. She emphasized the quote “Necessity is the mother of invention”. The talk was very inspiring and insightful. We concluded the programme by 11.30 am.



Invited Talk on “My Story - Motivational Session”

The Department of Psychology in association with Institution's Innovation Council, St. Mary's College, Thrissur has organized a session on the topic “My Story - Motivational Session” by a successful entrepreneur on 21st November 2023 Tuesday at 10.30 am in jubilee hall. The resource person was Mrs. Chitra Joseph founder of Chitras Art's and Creation who was a successful entrepreneur. The students of department of Psychology, Management Studies and Commerce attended the programme.

She shared her life journey towards a successful entrepreneur, the struggles, achievements, family support and components for happiness are shared in the session. The main underlining content in the session was about finding out your dreams, work towards your dream. She emphasized notion that, ‘your dream should be your signature’. The session was fruitful and inspiring. We concluded the session by 12.00 pm.



Psychology Association Inauguration 2023-24

The association activities of the Psychology Department for the academic year 2023 – 2024 was inaugurated by Sr. Dr. Tesna George, Assistant Director and Counselling Psychologist, Carmal Santhi Dham Institute of Counseling Psychology, Thrissur, on 27 November 2023, followed by a talk on the topic “The Art of Counselling – An Introduction”.

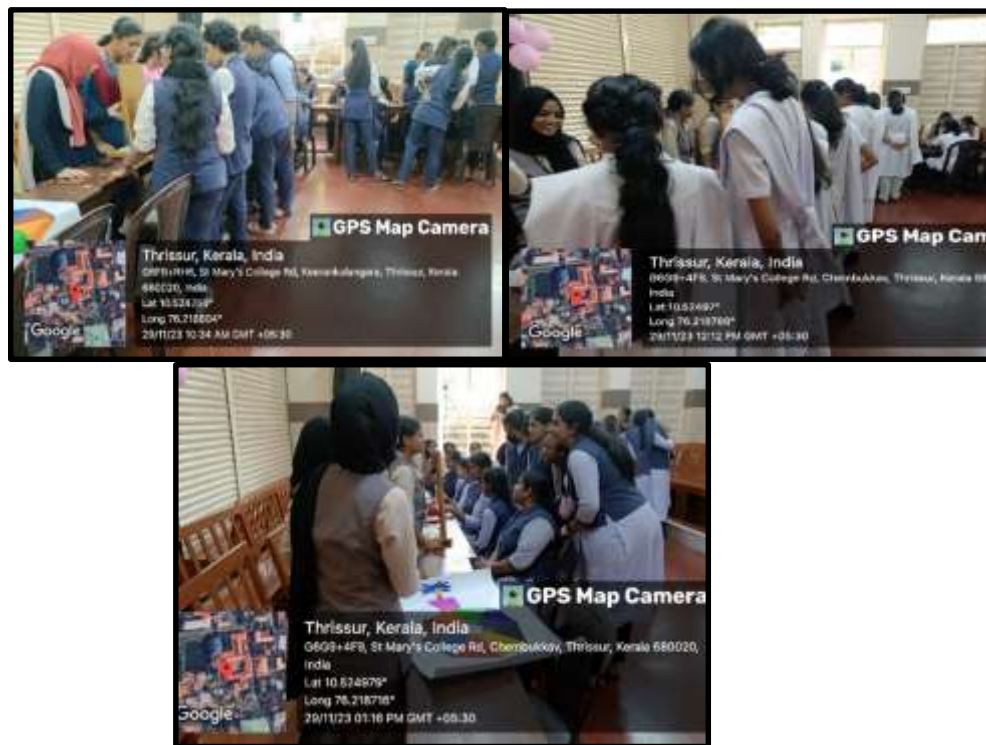
She started the talk with explaining the concept of structuralism with examples and about the levels of consciousness. She also simplified various stages of counseling by sharing some of her experiences of counseling. She talks about the skills required for a counselor etc. The session was informative and helpful for aspiring psychologists.



Open Day Vigyan Maarg 2023

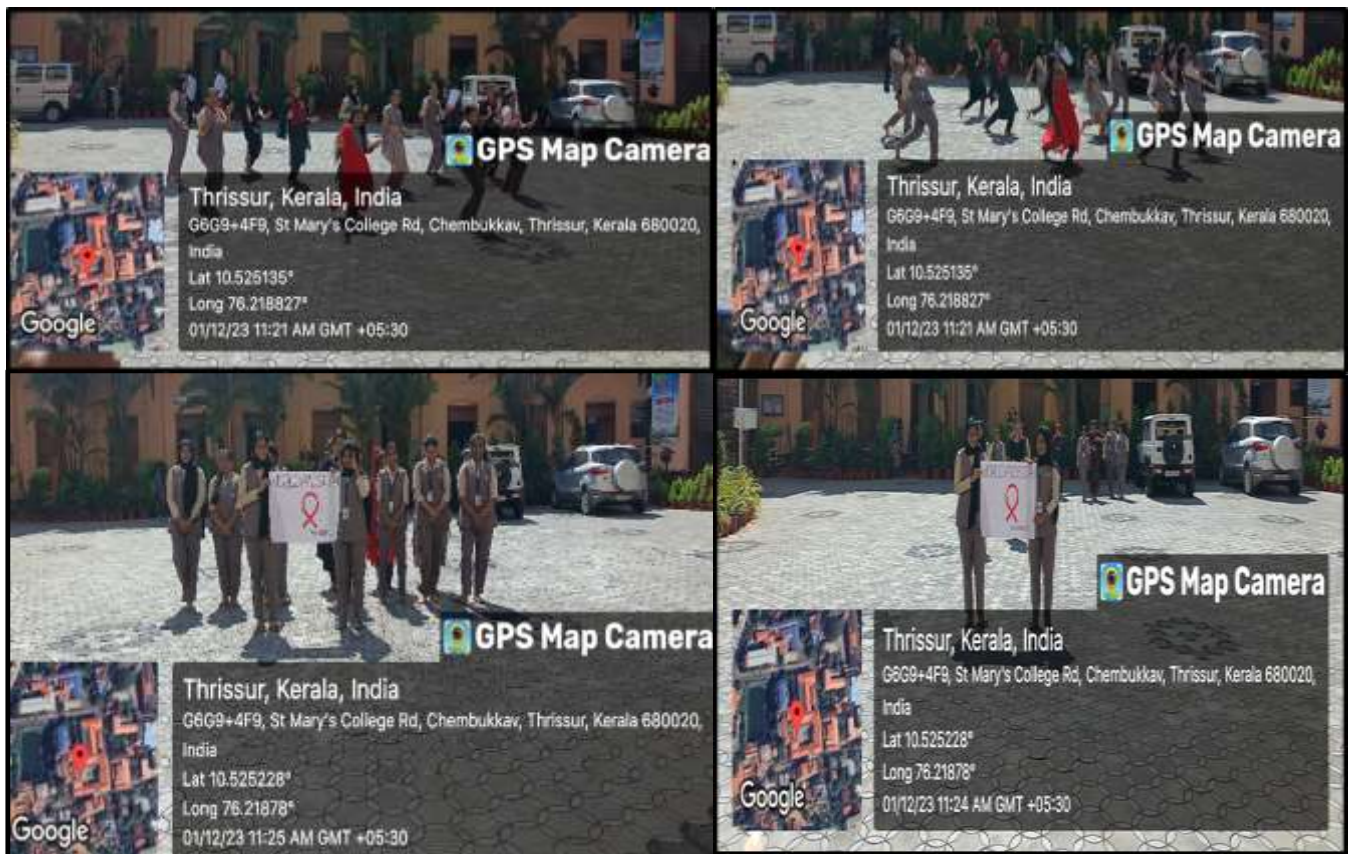
As part of Open Day “Vigyan Maarg 2023” the Department of Psychology, St. Mary’s College, Thrissur, organized a zone for Psychology games in Jubilee Hall on 29 November 2023. The game zone started at 10.30 AM and end by 3.00 PM. The main focus of setting a game zone is to create a brief understanding of the area of Psychology. The games related to various concepts in Psychology like Colour Psychology, Problem Solving, Level of Aspiration, Hopscotch, Tachistoscope, Memory Drum, Stroop Test and Muller Lyer Illusion were included.

The students from various schools participated in the games. They got basic understanding and enthusiasm in knowing more about the field of Psychology.



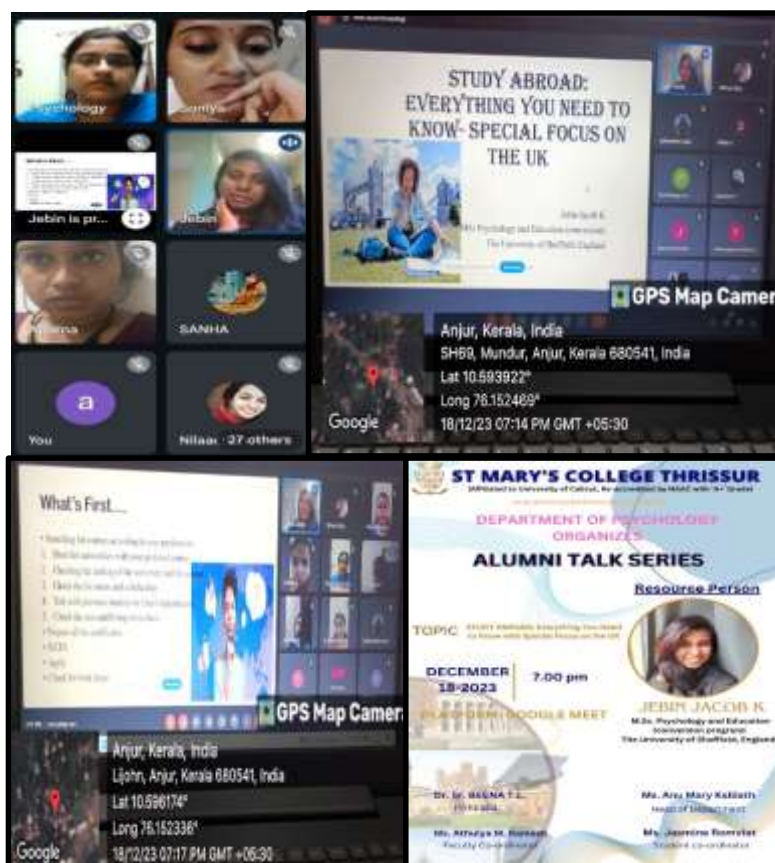
Flash Mob - World Aids Day

In connection with World AIDS Day, the students of the Department of Psychology organized a flash mob in Kalajyoti open ground on 01 December 2023, followed by an awareness speech on the AIDS Day theme “Let communities lead”. The aim of the flash mob programme was to give an awareness about HIV& AIDS among the students. The 1st PG & 2nd PG students are participated in the flash mob.



Alumni Talk Series

An Alumni talk series session was led by Ms. Jebin Jacob K., M.Sc. Psychology and Education Convention Program at University of Sheffield, England, on the topic “Study Abroad with Special focus on UK” via online mode on 18 December 2023. The resource person provided a detailed explanation on how to apply for higher education courses at UK, what to do after accepting the offer, what to do after reaching the destination, and more tips on study abroad. She also simplified about various opportunities, part time works, and accommodation. She shared her personal experiences and offered to help the students with guidance if required. Apart from the topic she also elucidated the differences of Indian Education System and UK Education System and suggested some tips to overcome the barriers.



Counseling Programme

Department of Psychology collaborated with Carmel Santi Dham Institute of Counselling Psychology, Thrissur, organized a 10-day Counselling Programme, from 22/01/24 to 01/02/24, to the students of St. Mary's College Thrissur. Students usually experience stress, which might disrupt their health and wellbeing, so the aim of the counselling programme is to help the students to share their joys and sorrows, helping them with their pains.

18 sisters from Carmel Santi Dham Institute of Counselling, gave counseling to 228 students of St. Mary's College, Thrissur. The counselling venue was Marian Hall. counselling session for one student last around 30 to 45 minutes. The counseling programme was very successful and helpful for the students. Positive feedbacks are received from students.



Awareness on MSM Suraksha Project

Jeevani well-being center in collaboration with Department of Psychology, St. Mary's College, Thrissur organized an awareness program on MSM Suraksha Project. The resource person was Ms. Anjaly K.G., Project Manager, Life Foundation Suraksha Project. The topics discussed were Gender and sexuality, MSM community, LGBTQ, HIV/AIDS – signs and

symptoms, transmission, testing, prevention and control, other STI/STDs. Live demonstrations were also provided. The session was very interactive and informative. The programme was conducted on 15/02/24.



Awareness Talk on Menstrual Hygiene & Menstrual Cup

On 23/02/2024 the Department of Psychology, St. Mary's College, Thrissur in association with Women in IMA organized an awareness talk on “Menstrual Hygiene & Menstrual Cup” at St. Joseph seminal hall from 1.30 pm to 2:30 pm. The resource person was Dr. (Lt. Col) B. Vipin, Senior Resident, Department of Obstetrics & Gynecology, Amala Institute of Medical Science, Thrissur.

The resource person provided a detailed explanation about female uterus, menstruation, menstrual hygiene, menstrual cup, history of menstrual cup, technique to insert& remove the menstrual cup. During the session a menstrual cup was passed among the audience to understand more about the menstrual cup. The session builded a confidence among the audience to try of using the menstrual cup. The talk was very informative and useful.



Invited Talk On The “Digital Safety Awareness”

The Department of Psychology, St. Mary’s College, Thrissur in association with Digital De- Addiction Center (D- DAD), Thrissur organized an invited talk on the topic “Digital Safety Awareness” on 01/03/2024 at 10:30am in Psychology Lab. The resource person was Aneesha Krishnan, Psychologist, D-DAD Center, Thrissur. The talk was attended by the first& second year M.Sc. Psychology students.

The session begins with briefing about their project, then explained about digital addiction, origin of digital addiction, child pornography, substance abuse, cyber bullying, various interventions for digital addiction and digital detox. The session ended up by giving the Chiri Help Line number for seeking help for digital de- addiction. The talk was very helpful and informative.



Community Extension Work 2024

On 7th March, 2024, 1st M.Sc. Psychology students of St. Mary's College visited Sacred Hearts C G H S School, Thrissur as a part of community extension work. There were 25 students studying at 4th standard. To those 25 students They conducted an awareness class on the topic 'CHILD AWARENESS'. The major topics covered in the class are about private parts, personal hygiene, body boundaries and child abuse.

The children were very cooperative and interactive throughout the session. They were very active towards the questions and shows interest in participating in the games and activities conducted. At last they gave feedback about the session. The time duration was a one and half hours and, they were patient and curious throughout the session.

