



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

**S307**

### **Report**

### **Academic Year 2020-2021**

**Name of the Event: One Day Seminar on the topics : Immunize Yourself against Anxiety and Stress, and New Year Resolutions: Building New Habits That Stick.**

**Date:15/12/2021**

**Time:2.00 to 3.30 p.m**

**Venue: Silver Jubilee Seminar Hall**

**Organized by: Department of Psychology, Vimala College( Autonomous),**

**No. of participants:90**

#### **Report**

The Psychology Department of Vimala College, Thrissur, organised a one day seminar on 15<sup>th</sup> December 2021 at 2PM. The seminar covered the topics – Immunize Yourself Against Anxiety and Stress, and New Year Resolutions: Building New Habits That Stick. The resource person of the day was Mr.Devapramod VB, Consultant Psychologist, Psychotherapist and Behaviour Trainer. A welcome speech was delivered by Dr. Sinto .P. Anto, Head of Department of Psychology, thereby officially commencing the seminar.

The resource person gave an information rich explanation on what anxiety and stress was and how to tackle them in daily life. An exposure to the topics of how exactly the mind works and how mental pressure affects our body and mind, was indeed a critical information which was quite inquisitive for the young Psychology students. The meeting also discussed various concepts like the signs and symptoms of an anxious person and the ultimate solutions for dealing with such issues in life. The seminar assuredly helped the participants realise the importance of goal setting and provided numerous tips to set SMART goals which are specific, measurable, achievable, realistic and time bound. Last but not the least, the resource person also discussed how to form sustainable habits and Psychological tips while taking New Year's resolutions.



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The seminar was definitely a huge success in its task of spreading awareness about mental health, the factors which affects it and how to confront those factors in order to live a healthy and balanced life. All of the topics which were subjected to discussion, indeed opened the minds of its listeners, allowing them to expand their understanding about the human mind and its functioning. The session was enriching, informative, helpful and effective. The vote of thanks was delivered by Ms.Binisha K B, Assistant Professor, thereby concluding the seminar.





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### Brochure:

 **VIMALA COLLEGE (AUTONOMOUS)**  
**THRISSUR**  
**Department of Psychology**  
*Organises*  
**One Day Seminar**

**Topics:**

- Immunize Yourself Against Anxiety and Stress
- New Year Resolutions: Building New Habits That Stick

 **DEVAPRAMOD VB**  
**CONSULTANT PSYCHOLOGIST**  
**PSYCHOTHERAPIST & BEHAVIOR TRAINER**

<b>Student Co-ordinators</b> <b>Parvathy Thondattil</b> (S4 BSc Psychology)	<b>Faculty Co-ordinators</b> <b>Dr. Sinto P Anto</b> Head and Assistant Professor, Vimala College (Autonomous), Thrissur	<b>Patron</b> <b>Dr. Sr. Beena Jose</b> Principal
<b>Cinderella Paul</b> (S1 BSc Psychology)	<b>Binisha K B</b> Assistant Professor on Contract Vimala College (Autonomous), Thrissur	

**Venue: Silver Jubilee Seminar Hall**

**DATE: 15/12/21**  
**TIME: 2-3PM**



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## List of Participants

12/15/21, 12:53 PM

One Day Seminar on Immunize Yourself Against Anxiety and Stress - Google Docs

### One Day Seminar on Immunize Yourself Against Anxiety and Stress

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### New Year Resolutions :Building New Habits That Stick

#### List of Participants

Date : 15/12/2021

Venue : Silver Jubilee Seminar Hall

Sl No	Name of the Participant	Department	Designation	Signature
1	Amin Jay	MSW	Student	
2	Nayya James	MSW	Student	
3	Lis Das	MSW	Student	
4	Sairah Mari	MSW	Student	
5	Keerthana	MSW	Student	
6	Aswathy	MSW	Student	
7	Niranjana Vincent	BSc Mathematics	"	
8	M.T. CINCI	B.Sc BOTANY	STUDENT	
9	Anjali P.V	B.Sc BOTANY	Student	
10	Aneena Sibi	B.Sc Botany	Student	
11	Aradhika	BSc Botany	student	
12	Sanya	BSc. Psychology	student	
13	Riya Simon	Bsc botany	"	
14	Shreya Francis	"	"	
15	Anett Faphy	"	"	
16	Rinsha IC	"	"	
17	Malavika P.V	"	"	
18	Arjunanya Sivadass	"	"	
19	Akhila K	"	"	



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12/15/21, 12:53 PM

One Day Seminar on Immunize Yourself Against Anxiety and Stress - Google Docs

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## New Year Resolutions :Building New Habits That Stick

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Sl No	Name of the Participant	Department	Designation	Signature
	Twinkle K Sunny	MSW 1st year	student	Twinkle
	Evelin Thomas	MSW	student	Evelin
	Sreena C S.	MSW	student	Sreena
	Isithana	MSW	"	Isithana
	Bini	MSW	"	Bini
	Shijina	MSW	"	Shijina
	Anuruthalakshmi	MSW	"	Anurutha
	Anju	"	"	Anju
	Aswathy	"	"	Aswathy
	Aiswarya P.K	BSC Botany	Student	Aiswarya
	Megha PP	Bsc Botany	"	Megha
	Kamala Samudra	Bsc Botany	"	Kamala
	Ayisha Shifa CK	Bsc Botany	"	Shifa
	Fathimathul Maizan	"	"	Fathima
	Aadhika S	"	"	Aadhika
	Sneha S	"	"	Sneha
	Anchana K K	"	"	Anchana
	Sandra P X	"	"	Sandra
	Haritha K	"	"	Haritha





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12/15/21 12:53 PM

One Day Seminar on Immunize Yourself Against Anxiety and Stress

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1	Aneetha C S	Psychology	Student	
2	Heme K Thomas	Psychology	Student	
3	Nandana V	Psychology	Student	
4	Aneetha E.R	Psychology	Student	
5	Ann Christy M.S	Psychology	"	
6	Ana K.J	Psychology	"	
7	Nandana K.T	Psychology	"	
8	Anamika NR	Psychology	"	
9	MILATEGS N.J	Psychology	Student	
10	Cinderella Paul	Psychology	"	
11	JESSICA ROSE	PSYCHOLOGY	"	
12	Vismaya P.J	"	"	
13	Hanna George	"	"	
14	Powel Plus	"	"	
15	Nithya	"	"	
16	Aiswarya	"	"	
17	Nyckhili Wawra	"	"	
18	Nehela Samudheen P.S	"	"	
19	Harsha K.J	"	"	
20	Parvathi AS	"	"	
21	Nandhana E.A	"	"	
22	Sandra Anil	"	"	

Assessment Period (2016 - 2021)



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## One Day Seminar on Immunize Yourself Against Anxiety and Stress &

### New Year Resolutions :Building New Habits That Stick

List of Participants

Date : 15/12/2021

Venue : Silver Jubilee Seminar Hall

Sl No	Name of the Participant	Department	Designation	Signature
1.	MAYANA ALI MOHAMMED	Bsc Psychology	STUDENT	
2.	VISHNUPRIYAKK	"	"	
3.	NEENU-TS	"	"	
4.	ATHIRA A.A	"	"	
5.	MALAVIKA MENON	"	"	
6.	CHADHA K.B	"	"	
7.	ANITA THOMAS	"	"	
8.	NOUVA SURESH	"	"	
9.	VINUSHA SANKAR-T.	"	"	
10.	STEFY JESTINE	"	"	
11.	MARSHA RAVENDRAN	"	"	
12.	ANJITHY-KS.	"	"	
13.	AMITHA ASHRAF	"	"	
14.	KRIPA JOSE	"	"	
15.	FARZANA LISHAD	"	"	
16.	gladys P. Joby	"	"	
17.	Smrithi Varley	"	"	
18.	Snaha Shaju	Bsc Botany	"	
19.	Amitha M J	"	"	

Head, Department of Psychology  
Vimala College



PRINCIPAL IN-CHARGE  
VIMALA COLLEGE  
(AUTONOMOUS)  
THRISSUR-680 009

Assessment Period (2016 - 2021)