

## REPORT 2024-25

### Department of Psychology

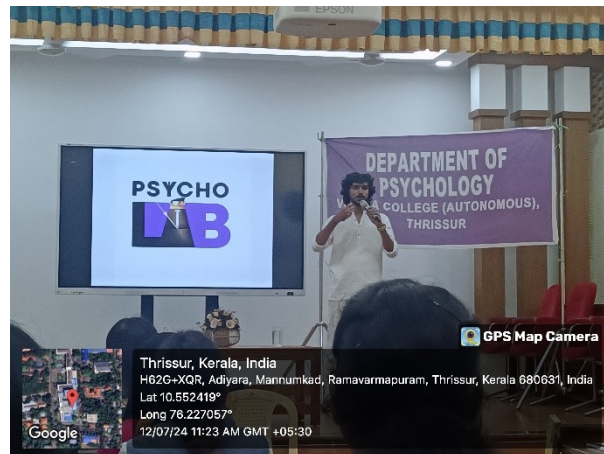
Third-year Psychology students from Vimala College visited St. Joseph's Special School, Cheroor for Mentally Challenged, to understand the educational environment and challenges faced by students with specific needs. The visit provided an overview of mental disorders like Autism and Down's syndrome, and offered insights into treatment and management. Students observed therapy sessions and engaged with students during classroom activities. The visit highlighted the importance of tailored support systems and empathetic engagement in fostering holistic development for students with diverse needs.



On 27<sup>th</sup> June 2024, The Department of Psychology held an interaction session for first-year B.Sc. Psychology students on pursuing higher studies in psychology. Alumna Ms. Parvathy Thondattil shared her experiences, emphasized the importance of choosing a program, gaining research experience, and networking. Practical advice on applying for graduate programs and balancing academic responsibilities were also discussed. The session provided valuable information and inspiration for students.



The Psychology department held a seminar on "My Story Entrepreneur" on July 12, 2024, at Marian Hall. The guest, founder and CEO of Psycholab, discussed his company's origins, social media influence, government schemes for start-ups, and the importance of self-reliance through entrepreneurship. The seminar inspired psychology students and concluded at 11:30 am.



On July 12, 2024, the Department of Psychology held a seminar titled “Journey into the Psyche” at Marian Hall, attended by all students. Coordinated by faculty members Dr. Sinto P Anto (HOD), Ms. Aparna Suresh, Ms. Sanjana N R, and Ms. Deva Nair, along with student coordinators Annlin Joshy and Hredya Hearty, the event featured chief guest Mr. Vyshnav P G, founder and CEO of Psycholab. He shared insights about his entrepreneurial journey in the mental health field, discussing his breakthroughs and the impact of social media. He also clarified the differences between mission and vision. The seminar proved valuable for students’ futures in psychology, concluding at 10:30 AM.



The seminar titled “Introduction to Psychological Research” was held on July 19, 2023, at Vimala College's Lissieux seminar hall, organized by the Department of Psychology. It began with a prayer song by Sr. Neethu Johny and Catherine Johnson, followed by a welcome speech by Hrithika K. The resource person, Ms. Ashwathi Prasad, an alumna and Consultant Clinical Psychologist at Niyama Digital Healthcare, presented various topics, including the definition of research, fundamental concepts, processes, credibility checks, and different research approaches. She engaged students by exploring the meaning of research and providing insights into advanced research methodologies, theories, hypotheses, and goals. The session concluded with a vote of thanks from Nandana C J. The department expressed gratitude to Ms. Prasad, faculty coordinators Dr. Sinto P Anto, Ms. Sanjana N R, Ms. Aparna Suresh, and Ms. Deva Reghuchandran Nair, as well as Principal Dr. Sr. Beena Jose and student coordinators Alha Mubeena and Aneena Elizabeth Verghese for their contributions to the seminar's success.



The seminar "Opening Gateways to Premier Institutes in India" was held on August 7, 2024, from 2 PM to 3 PM in Room 705, organized by the Department of Psychology. After a prayer and welcome speech, Sahal Razi P.V., Director of HiG Education Campus, engaged students in discussions about pursuing higher education in psychology. He covered universities offering master's programs, specializations, entrance exams, scholarship opportunities, and clarified differences between MA and MApplied Psychology. The session concluded with reminders about exam dates and a sample question paper distribution. The department expressed gratitude to Sahal Razi P.V. and all coordinators for their contributions to the seminar's success.

The Psychology Department expressed gratitude to Sahal Razi P.V. for his insights, along with thanks to faculty coordinators Dr. Sinto P Anto, Ms. Sanjana N R, Ms. Aparna Suresh, Ms. Deva Reghuchandran Nair, Principal Dr. Sr. Beena Jose, and student coordinators Nadia Musthafa and C B Annet for their contributions to the seminar's success.



The Department of Psychology organized a poster-making competition titled "PALATTES" on August 14, 2024, to commemorate Anti-Ragging Day. The event aimed to raise awareness about the negative impacts of ragging and promote respect and inclusivity. It saw enthusiastic participation from students across various disciplines.

### Winners:

- First Prize: Sephora Sarah Paul
- Second Prize: Adithi S Raj
- Third Prize: Niranjana K S

All participants received certificates of participation. The competition highlighted students' creativity and commitment to fostering a ragging-free environment. The Department plans to continue such initiatives to reinforce the importance of empathy and inclusivity in academic institutions.





On August 30, 2024, the Department of Psychology at Vimala College organized a seminar on Career Counselling, featuring dignitaries Manoj Sebastien, a UCLA certified career coach, and Raysa P S, a certified career counsellor. The session aimed to provide expert guidance on navigating career transitions and enhancing professional development.

Faculty coordinators included Dr. Sinto P Anto (HOD), Sanjana N R, Aparna Suresh, and Deva R Nair, with student coordinators Shruti Suresh and Gopika M. The seminar was highly successful, fostering a supportive environment where participants shared experiences and gained valuable insights into career development strategies.



On September 10, 2024, the Department of Psychology organized an impactful event for Suicide Prevention Day, themed "Change the Narrative," to raise awareness about mental health and suicide prevention. Dr. Abdul Gafoor, Head of the Department of Clinical Psychology at MIMHAR, Malappuram, was the guest speaker. He launched the newsletter "Psyche Space" and led an interactive session on myths and facts about suicide, sharing real-life stories and practical advice on risk factors and warning signs.

First-year psychology students performed a poignant musical drama, and a lively flash mob added energy to the event. Students distributed pamphlets promoting the theme and conducted awareness sessions across classes to further educate their peers.

The Department extended gratitude to Dr. Gafoor for his expertise, as well as to faculty coordinators Dr. Sinto P. Anto (HOD), Sanjana N. R., Aparna Suresh, Deva Reghuchandran Nair, and Diya K. M. (Jeevani Counselor), along with Principal Dr. Sr. Beena Jose. Special thanks were also given to student coordinators Anna Mariyam Bibin, Adithi S. Raj, and Sephora Sarah Paul for their efforts in making the event a success.



On October 15, 2024, seven B.Sc. Psychology Honours students from Aashrayam College of Arts and Science, Kollengode, visited Vimala College (Autonomous), Thrissur, as part of a student exchange programme. The visit aimed to provide practical exposure through hands-on psychological experiments, as Aashrayam lacks a dedicated psychology lab. Under the guidance of Vimala's faculty, the students conducted four experiments, deepening their understanding of psychological concepts. A Memorandum of Understanding (MoU) was signed between the institutions, marking the beginning of academic collaboration. The programme enriched learning experiences and strengthened inter-institutional ties, paving the way for future partnerships.



From November 2–4, 2024, students of the Psychology Department, Vimala College (Autonomous), Thrissur, participated in a camp-cum-industrial visit at Aashrayam College, Kollengode. The program included interactive sessions, games like Fool Queen and Situational Statue, and nature exploration. A village survey on mental and physical well-being offered valuable field experience. Students engaged in emotional sharing activities, cultural performances, and visits to Seetharkund Waterfalls and a nearby temple. The camp fostered self-awareness, bonding, and community engagement. It concluded with feedback, certificate distribution, and a report presentation, leaving students with enriching memories and enhanced personal and professional insights.



On December 4, 2024, the Department of Psychology, in collaboration with the Jeevani Centre for Student Well-being, organized “*Step into Their Shoes – Without Eyes*” at Leisure Tower to mark World Disability Day. The simulation activity allowed participants to experience daily tasks while blindfolded, promoting empathy and understanding of the challenges faced by visually impaired individuals. The program was coordinated by Dr. Sinto P. Anto and Dr. Sr. Beena Jose, with support from Jeevani Psychologist Diya K.M.





On December 6, 2024, the Department of Psychology organized a seminar on “*The Role of Psychologists in Promoting Well-being*”, featuring Mr. Devapramod V.B., psychologist and psychotherapist from Seventh Day Adventist Hospital, Ottapalam. He provided valuable insights into applied psychology, therapy vs. counselling, and the distinctions between psychologists, psychiatrists, and social workers. An interactive Q&A session deepened students’ understanding of the field. The seminar was coordinated by faculty and student teams, with opening and closing remarks delivered by Nadiya Musthafa and Alekha. The event proved highly educational, inspiring students to explore psychology's role in mental health and well-being.





On December 18, 2024, the Department of Psychology visited Autism Sisu Kshema Kendram, Thrissur, for a heartwarming half-day event filled with music, dance, games, and shared joy. Highlights included carol singing, a surprise Santa visit, cake cutting, and interactive games that fostered connection between students and children. The event concluded with group dancing and a heartfelt vote of thanks. The visit offered a meaningful experience in empathy and celebration. Special thanks to the faculty, student coordinators, and the institution's staff for their support in making the day memorable and impactful for all involved.



On December 11, 2024, the Department of Psychology at Vimala College (Autonomous), Thrissur, in collaboration with the Digital De-addiction Centre, organized a seminar on "*Digital Addiction and its Management*." Ms. Aneesha Krishnan, psychologist from the Thrissur City Police's Digital De-addiction Centre, served as the resource person. She highlighted the symptoms, diagnostic criteria, and effective management strategies for digital addiction. The session was informative and engaging, successfully raising awareness about the risks of excessive digital usage and promoting healthier digital habits among the attendees.



On January 8, 2025, the Department of Psychology at Vimala College (Autonomous) hosted a seminar titled *“Unlocking Opportunities for Psychology Professionals in Australian Child Protection.”* Ms. Simy Joy, Permanency Caseworker from the Department of Communities and Justice, New South Wales, shared her experiences and highlighted the vital role of psychologists in child protection. She discussed diverse career paths in Australia, including research, policy-making, and practice, and offered guidance on qualifications and skills needed. Coordinated by Dr. Sinto P. Anto and team, the seminar was well-received, inspiring students to explore global opportunities in psychology.



The 3rd Year B.Sc. Psychology students conducted a Learning Disability screening at N.S.U.P. School, Mannumkad, for Grade 1 and 2 students from 2:00 PM to 3:30 PM. The screening aimed to identify early difficulties in reading, writing, comprehension, and numerical skills to facilitate timely intervention. With the support of cooperative teachers and staff, the process was efficiently organized. Most children participated enthusiastically, while a few showed signs of learning challenges, which were documented for further assessment. The initiative highlighted the importance of early detection in promoting academic and developmental support for young learners.



On January 24, 2025, the Department of Psychology organized a session on *Memory and Memory Assessment* at Government School, Villadom, from 2:00 PM to 3:30 PM. Fourth-semester B.Sc. Psychology students led an interactive session for 8th-grade students, introducing concepts of memory through engaging activities and games. Following the session, a memory assessment was conducted using the PGI Memory Scale. The program provided valuable hands-on experience for college students and enhanced awareness among schoolchildren about memory and its functions. The session concluded at 3:30 PM, marking a meaningful and educational experience for both groups.



On January 22, 2025, the Departments of Psychology and Zoology, in collaboration with the Institution Innovation Council, organized a seminar titled "*Campus Founder: Introduction to Entrepreneurship*" at the Zoology Lab. The session featured Mr. Vyshnav P G, founder and CEO of Psycholab, who shared his entrepreneurial journey, challenges, and insights. He introduced *Campus Founder*, a platform supporting student innovators, and discussed key aspects of entrepreneurship, including leveraging social media, overcoming setbacks, and accessing government startup schemes. The seminar, coordinated by Dr. Sinto P Anto, Dr. Honey Sebastian, Dr. Sumesh N V, and Ms. Sandhya P V, inspired students to pursue entrepreneurship with confidence.





On January 31, 2025, the Department of Psychology, in collaboration with the Institution Innovation Council, organized a talk on "*Intellectual Property Rights*" at the Psychology Department. Coordinated by Dr. Sinto P. Anto, Aparna Suresh, Ardra K. S., and Deva Nair, the session was led by Ms. Sherin Mary Simon, HOD of Food Processing Technology at St. Teresa's College, Ernakulam. She emphasized the significance of IP protection in fostering innovation and outlined India's legal framework covering patents, trademarks, copyrights, and more. Using real-world brand examples, Ms. Sherin delivered an engaging and accessible session that deepened students' understanding of IP rights.



On March 13, 2025, the Department of Psychology at Vimala College (Autonomous), Thrissur, organized a talk on "*Introduction to Case History Taking*" by alumna Ms. Cinderella Paul (B.Sc. Psychology 2021–2024). Held at 10:30 AM in Room 705, the event began with a welcome speech by Anna Mariyam Bibin. Ms. Cinderella shared key concepts and practical tips on case history taking, emphasizing its relevance in clinical and counseling settings. The session was informative and engaging for students. It was coordinated by Ms. Aparna Suresh, guided by Dr. Sinto P. Anto (HOD), with student support from Nandana C.J. and C.B. Annet.





