Report 2023-2024

Department of psychology

Seminars and Workshops

A one-day seminar was conducted by the Department of Psychology of Vimala College (Autonomous), Thrissur on 26th July, 2023. Topic was Opening gateways to premier Institutes in India. The resource persons of the seminar were Sahal Razi P.V; the director of HiG Edu Campus and Maya K; a psychologist & academic coordinator.

The Department of Psychology of Vimala College (Autonomous), Thrissur organised a talk on the topic 'Understanding mental health' on 20th July 2023 at 8.30am. The resource person of the day was Ms. Malavika K.S, Apprentice. Jeevani Centre for well Being, Higher Education Department, Kerala.
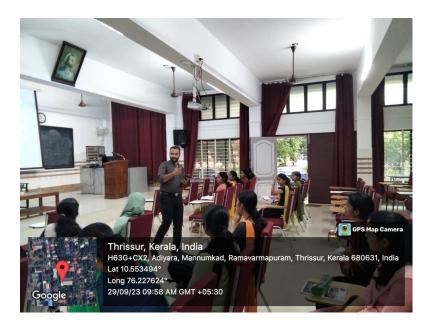
Inauguration of Jeevani and an orientation programme was organized by "JEEVANI" centre for student's well-being in collaboration with Department of Psychology on 9th August Wednesday 10:30am in college auditorium. The programme was conducted by Dr. Raheemudheen P.K, clinical psychologist, Government Mental Health Centre, Thrissur.

The department of Psychology Vimala College (Autonomous)Thrissur in Collaboration with Jeevani Centre for students well being organized an awareness class for suicide prevention day on 12 September at 2.00 pm. The seminar was compeered by K A Manikandan, Consultant Psychologist.

The department of Psychology Vimala College (Autonomous) Thrissur, inaugurated their Association on September 29, 2023. The event was graced by the presence of Mr. Devapramod VB, a distinguished Consultant Psychologist, Psychotherapist and Behavior trainer, who delivered an insightful keynote address on the essential qualities required for a practicing psychologist.

The Department of Psychology at Vimala College (Autonomous) in collaboration with Vaidyaratnam Ayurveda Hospital, Ollur, organized a one-day seminar on the topic "Mental Health: The Universal Human Right." This event was held in commemoration of World Mental Health Day, on October 10, 2023. The formal inauguration was done by Mr. Joe Markoy, Chief Operating Officer of Vaidyaratnam Ayurveda Hospital, Ollur. In his keynote address, he expounded on the topic, "Speak to Your Mind," highlighting the profound connection between mental health and overall well-being. Subsequently, the first technical session, "Ayurvedic Support in Mental Health Care," was presented by Dr. Adithya K.S, an esteemed Ayurvedic physician.

In connection with "World Mental Health Day" celebrations, the Department of Psychology organized the flashmob on 11th October, 2023 at 11:30am. The flashmob with a mental health theme seamlessly blended contemporary dance and fusion dance styles, captivating onlookers with its expressive choreography

In connection with The World Mental Health Day celebrations, the department of Psychology organized a movie screening as part of "PSYSPECTRA". We screened the critically acclaimed movie "GET OUT" on 11th of October 2023, Wednesday in the Lisseux hall at 1:30pm.

In connection with Mental Health Day celebration we, the department of Psychology organized Mental Assessment on 12th of October 2023, Thursday from 9:30 am to 3 pm in our Psychology Lab.

In connection with The World Mental Health Day celebrations, the Department of Psychology organized a Mental Health Awareness Rally on 13th of October 2023, from Vimala College to Pallimoola Junction. The rally was flagged off by local manager of Vimala College, Sr. Alphonse Mariya along with Principal Dr.Sr Beena Jose, Head of Department Dr. Sinto P Anto and other faculty members.

In connection with 'The World Mental Health Day' celebrations, the Department of Psychology organized a powerful Street Play aimed at raising awareness about mental health issues. The play was performed by 13 students from the department of psychology. The play was conducted at two different venues.

On 12th of October 2023, the street play was conducted at Pallimoola junction, near Vimala college Thrissur. On 13th of October 2023, the street play was conducted in front of Muncipal Corporation office, Thrissur.

The Department of Psychology, Vimala College conducted a visit to Mental Health Center Thrissur on 8 th November 2023. As a part of or college's commitment to fostering a deeper understanding of mental health, our class recently embarked on a visit to the Mental Health Center Thrissur.

The department of Psychology in collaboration with CCC club and placement cell of Vimala College (Autonomous), Thrissur organized a workshop for the students on 13 th December 2023 at 8.30 AM. The workshop was concerned with introducing Digital Workforce Management System (DWMS), a platform that connects all stakeholders in creating a knowledge based ecosystem to students. The resource person of the day was Sumesh K B, Talent Curation Executive.

The Psychology Department Of Vimala College, Autonomous, Thrissur organised a Christmas celebration at Christ Villa old age home, in collaboration with Jeevani center for students wellbeing on December 6, 2023 at 1:30 pm.

Jeevani centre for students well being in collaboration with department of psychology, Vimala college (Autonomous) Thrissur organized a session on yoga for overall well being on 15 January 2024 at 10:30 am. The instructions were provided by Malavika K S, Jeevani counselor and demonstrated by Nandhana E A, final year Bsc Psychology.

ACHIEVEMENTS

Calicut University Intercollegiate Rugby Championship – First Prize

Seethalakshmi (S4 BSc Psychology)

Calicut university Intercollegiate Rugby Championship – First Prize

Mariya K J (S6 BSc Psychology)

Second Senior fast five netball State Championship - First Prize

Anusree Vijayan (S6 BSc Psychology)

STUDENT ACHIEVEMENT

1. Akshaya Udayan, S5 BSc Psychology was awarded Rupees 5000 for essay writing competition conducted by Federal Bank and Anti-corruption Vigilance Forum.
2. Diya R S, S5 BSc Psychology won first prize in Oppana D-Zone.
3. Sandra Kallat, S5 BSc Psychology, won second prize in Folk Dance D-Zone.
4. Anjana C S, S3 BSc Psychology won first prize in Western Music College Arts Day.
5. Devananda Vinod, S3 BSc Psychology won first prize in Long Jump and 100 meter race in District Junior Meet.
6. Fidha Farzin Buneed, S3 BSc Psychology won third prize for Oppana College arts day.
7. Fidha Nasrin, S3 BSc Psychology won third prize for Oppana College arts day.