

REPORT 2024-25

Department of Psychology

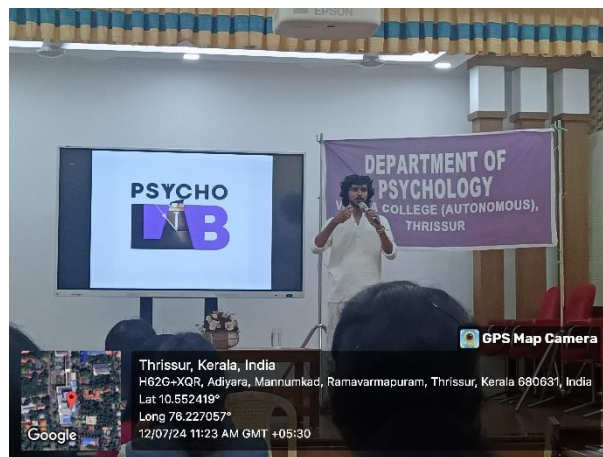
Third-year Psychology students from Vimala College visited St. Joseph's Special School, Cheroor for Mentally Challenged, to understand the educational environment and challenges faced by students with specific needs. The visit provided an overview of mental disorders like Autism and Down's syndrome, 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 27th 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 Mr. 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, Mr. 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.

