

REPORT

SEMINAR ON

“PSYCHOLOGY IN EVERYDAY LIFE” AND

PSYCHOLOGY ASSOCIATION INAUGURATION

The Department of Psychology, Vimala College, Thrissur organized a seminar on “Psychology in everyday life” along with the Psychology Association Inauguration on 24th June, 2022 at 1:30 pm. The seminar was compeered by Dr. Omana V.G, Former Head, Department of Psychology, Vimala College, Thrissur. After the prayer by Afiya Nazrin and welcome speech by Nandhana E.A, the seminar commenced with the resource person’s address on how psychology is used in everyday activities and about its importance in today’s dynamic world. She gave a brief outline of the various real life situations in which psychology can be used to solve something effectively. The examples used by her to explain such a broad topic were highly relatable and interesting making it easier for the participants to understand better and enjoy the seminar. She gave a detailed synopsis on the various branches of psychology like positive psychology and clinical psychology and highlighted on the scope of each branch so that the students can explore and pursue these as their careers.

This was followed by the Psychology Association Inauguration wherein the resource person went on to reminisce her past memories as a faculty member at Vimala College, Thrissur. She accentuated on the significance of the formation of a Psychology association and its scope and was delighted upon its development at present after many years. She listed various activities to be undertaken by the association like conducting seminars or webinars by renowned personalities in the field of psychology, discussing various research papers, field trips to various psychological institutions etc so as to ensure maximum exposure to different situations for the participants to learn. She also emphasized on the need for women to be strong and independent and to face the challenges of life to achieve success. It was a very enriching and informative session as it featured psychology as a developing and promising multi-disciplinary field of study with extensive opportunities to grab on to.

After the resource person’s address, there were mesmerizing and melodious musical performances by the first year students of the Psychology department. The seminar concluded with vote of thanks by Hanna George.

Report by: Sandra Anil (B.Sc. Psychology Second Sem.)

