

PSYCHOLOGY IN EVERYDAY LIFE

Psychology is the science of behavior and cognitive processes. However, it can be applied to many other things in life. Everything we do in life is in one way or another related to psychology. Psychology is basically the study of who we are, why we are that way and also what we can become. Psychology is all around us in our everyday lives, it's in our schools, our careers, and in our social life. If it were not for psychology we would not be as advanced as we are today.

Department of Psychology, Vimala College (Autonomous) Thrissur, conducted a seminar on 'Psychology in Everyday Life' on 11th October 2022. Mrs Safiya, Child Development Programme Officer(CDPO) and a psychologist lead the session as the resource person.

The entire session was casual and interactive, educating us on day to day application of psychology. Through her personal experiences we learned much about how we can contribute to the society as a psychology student and as a psychologist. And how the scope of psychology is not limited to a handful.

Eventually, the seminar ended leaving us with a deeper thirst and pride for psychology, the path we took. Christina Sony represented the students with a vote of thanks.