

PSYCHOLOGY BUZZ 2022-2023

Course Details:

- ❖ Programme Offered: BSc. Psychology
- ❖ Complimentary Papers: Human Physiology & Statistics

Students Enrolled:

- ❖ 1st Year -47
- ❖ 2nd Year-47
- ❖ 3rd Year-48

Our Mentors

- ✚ Dr Rinju George
- ✚ Dr Lijiya Manju K.C
- ✚ Ms Malasree Krishna
- ✚ Ms Nikhila P
- ✚ Ms Aswathy Valsan



Student Leaders



Highlights of the Departments:

Department Clubs:

Mental Health Club- YOU MATTERS

Health Club- EVOLVE


Cultural Club- COMIENZO

Readers Club




🌟 Certificate Course on Psychology Research Skill Enhancement Programme (PRSEP)

In collaboration with Bodhita Psychological services Department of Psychology offered Certificate Course on Psychology Research Skill Enhancement Programme (PRSEP) for third year degree Psychology students. Total of 48 students successfully completed the course.



 **Providence Women's College**
DEPARTMENT OF PSYCHOLOGY
In collaboration with
Bodhita Psychological Services
Presents
**CERTIFICATE COURSE ON
LIFE SKILL DEVELOPMENT (30 hours)
2022-23**

Course Facilitators

 Ms Aparna Haridas Consultant Psychologist Assistant Professor Department of Psychology Lalaya, India College, Kollayam	 Ms Aksha Augustin Consultant Psychologist, Thanal School for differently abled, Kariyazha, Kannur	 Ms Sruthi K Vasudevan Consultant Psychologist KTC Coarveer District Hospital Nizamuz Malapuram
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🌟 Certificate Course on Life Skill Development

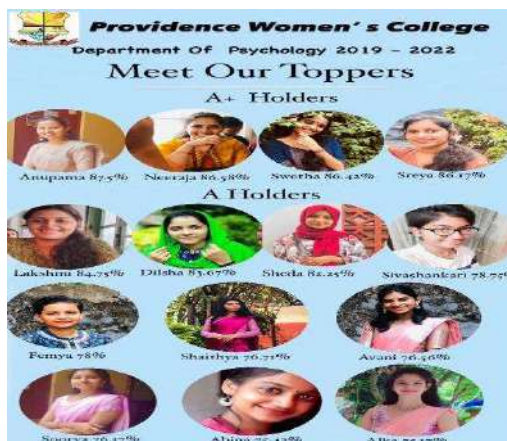
In collaboration with Bodhita Psychological services Department of Psychology offered Certificate Course on **Life Skill Development** for second year degree Psychology students. Total of 47 students successfully completed the course.

📌 Certificate Course on Stress Management

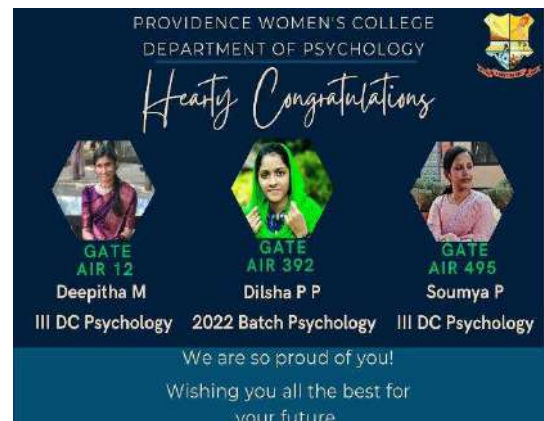
In collaboration with Bodhita Psychological services Department of Psychology offered Certificate Course on Stress Management for first year degree Psychology students. Total of 47 students successfully completed the course.



Our Achievements



📌 Toppers from 2021-2022 batch



📌 III Psychology students Ms. Deepitha secured 12th rank, Ms. Soumya secured 495th rank & Ms. Dilsha (2021-22) secured 392th rank in GATE exam



📌 MS. Jeevitha of III Psychology awarded with Best NSS Volunteer award at Calicut University



- Ms. Avani of IIDC won Gold medal for Senior National Softball Championship

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UNIVERSITY OF CALICUT
Directorate of Admissions - CUCAT 2022 E
Provisional Rank List – Msc Applie

Rank	Regno	Name	CAPID
1	25163	LAKSHMI K	CAP22EPG1425
2	25951	M P HARSHIDA	CAP22EPG1179
3	25730	HAMDA AZEEZ	CAP22EPG1395

- Ms. Lakshmi (2022 pass out batch) secured first rank in PG entrance exam conducted by Dept of Psychology, University of Calicut in the year 2022.



- Ms. Avani S.R, IIDC along with her team secured 3rd Prize in basketball tournament conducted by Decathlon Calicut in 2022

- Ms. Jeevitha Jyothi Biju awarded with first prize in reporter competition held KSCSTE-Centre for Water Resource Development and Management, Calicut



Activities during June 2022-23

- Activities for the academic year 2022-2023 started with the observance of World Environment Day on 5 June, 2022. The department celebrated the day with a one-year challenge 'Maram Oru Varam'.



- On 6 June 2022, an orientation program for third year psychology students was conducted on the topic 'Higher Studies in Psychology'. The session was handled by Ms. Devapriya (Alumni, 2018 batch).



- On 17 June 2022 Dr. Lijiya Manju. K.C, Assistant Professor, Department of Psychology took a session on Importance of Positive Mental Health for students of department of Mathematics.

- On 21st June, 2022 as part of international yoga day, the department had celebration. Sneha Jaseentha of 3rd Psychology instructed the students to do some of the yoga practices. The program was held in the indoor stadium.



Activities during July 2022-23



On 6 July, students of second year Psychology visited LISSAH College, Kaithapoyil and Buds Special school, Kaithapoyil, Kozhikode. Students attended case study presentations of postgraduate students at Lissah College.

At Buds special school students interacted with the children in the school and performed for the inmates. The students of Buds school also performed.

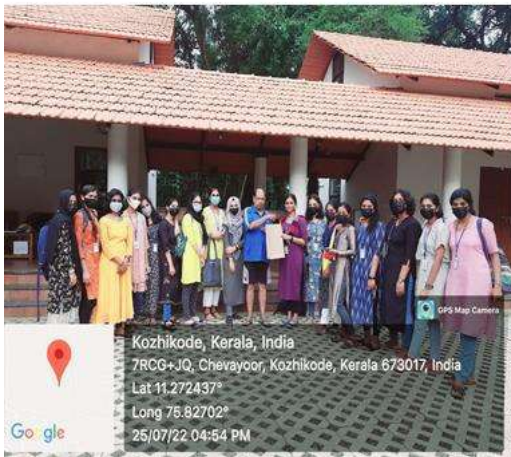
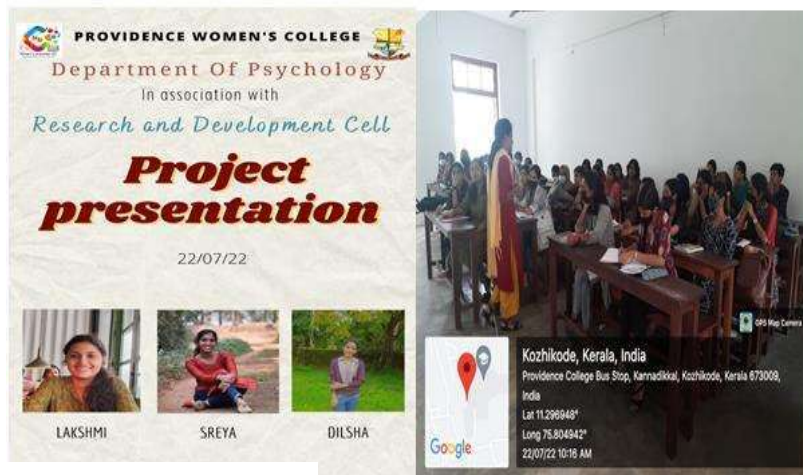


On World Paper Bag Day, the department of psychology conducted a paper bag workshop for second year students of the department on 12 July 2022. Ms. Lizabeth from 2nd year psychology demonstrated the process of making paper bags using newspapers to her classmates and teachers.

On 21 July a stress buster session was conducted for third year psychology students in association with the health club of the Department of Psychology. Ms. Manju Devaraj guided the students with proper instructions and guidance.



✚ On 22 July 2022, Department of Psychology organized project presentation by pass out batch of 2021-2022 for present third year students.



✚ As a part of Global Parent's Day, Department of Psychology visited a destitute centre, Udayam Home on 24th July 2022. About 15 students along with the Head of the Department Dr. Rinju George Visited the home at Chevayoor. Many cultural programs were conducted with an interactive session.

✚ On 26 July interactive session on the topic "How to become a professional psychologist" was conducted for third year students of Psychology. Session was led by Dr. Prajeesh Palanthara, Psychologist, Trust Center for Mindful Living, Ernakulam. The resource person introduced new and different branches of psychology and how students should be molded to reach certain positions in each field.





On 27 July, R & D Cell of Providence Women's College released a research book and award for the best paper in the science stream was received by Ms. Neeraja S of third Psychology (2021-2022 pass out batch).

Activities during August 2022-23

Department of Psychology, of Providence Women's College Kozhikode, organized a Sadako crane event, on 10 August 2022, to commemorate the Hiroshima Nagasaki Day (August 8, 1945). Students conducted a rally and distributed hand-made Sadako cranes to teachers and students, spreading the message of "Peace. Not War".



On 11 August, an interactive session on the topic "make your abroad dream come true" was conducted for psychology students in association with Bright Bay Group of institutions, Calicut.

On 11 August, in connection with Azadi Ka Amrit Mahotsav, Department of History in association with College Union organized a wall painting event at college indoor stadium. Students of department of psychology ensured their participation and made a beautiful wall painting depicting Indian freedom fighters.



As a part of Azadi Ka Amrit Mahotsav, Department of Psychology conducted a fancy dress competition with the theme “Recreating freedom fighters” for the entire campus as well as for outside participants from 6 August to 16 August 2022. Out of six entries received five entries were from children. First prize was awarded for Aden Felis, son of Dr. Nitha, Assistant professor, Department of Mathematics and Statistics. All the children were given crayons, chocolates and colouring book as a token of love from department.

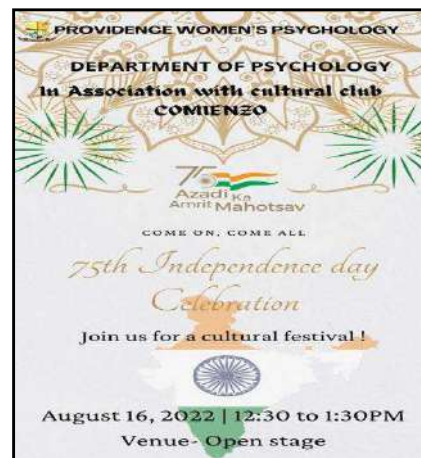


In connection with the 75th year of Indian Independence Department of psychology, conducted a national anthem competition on 12th August 2022 for entire students of Providence Women’s College, Calicut. Fifteen students participated in the competition. 65 students from different departments came to witness the competition. Competition was judged by Dr. Rinju George, Ms. Manju Devaraj and Ms. Malashree (Faculties of

Department of Psychology). Students from physics department won first and second prize.



As a part of 'Azadi ka Amrit Mahotsav', Department of Psychology in association with cultural club "COMIENZO" conducted a cultural festival for entire college students Providence women's college on 16 August 2022. A patriotic song and dance were performed by second years and third years respectively.



As a part of 75th independence day 'Azadi ka Amrit Mahotsav' Providence Women's college, Department of Psychology conducted a department wise Rangoli competition on 17 August 2022 with one team per department containing 5 members in each team. Total of ten teams participated in the event. Judges for the event was Dr Prathiba (Assistant Professor, Department of English) and Ms. Aiswarya Paul (Head, Department of Mathematics and Statistics). First prize of Rs.500/- was awarded to BTTM department and second prize of Rs.250 was awarded to Botany department and third prize of Rs,100/ was awarded to Psychology department students. Prize distribution was done by Principal Dr. (Sr) Ashmitha AC.


PROVIDENCE WOMEN'S COLLEGE
 Department of Psychology



RANGOLI COMPETITION


- Theme-INDEPENDENCE DAY
- Department wise competition
- One team per department
- 5 members per team
- Colour powders will be provided
- Registration fee-100Rs(For each team)
- For enquiries 79023 49358


FIRST PRIZE
RS.500/-
SECOND PRIZE
RS.250/-

Date:17/08/2022
Time:10.30 to 12.30
Venue: Auditorium
Premises




- ✚ In connection with 75th Independence Day ‘Azadi ka Amrit Mahotsav’, Department of Psychology, Providence Women’s College, conducted a panel discussion on topic “Is India independent” in association with readers club of the department on 19 August. Teachers of the department and students of 2nd year (48 students) and 3rd year psychology (48 students) participated in the discussion.


PROVIDENCE WOMEN'S COLLEGE
 DEPARTMENT OF PSYCHOLOGY
 In association with reader's club





PANEL DISCUSSION

TOPIC: Is India independent ?

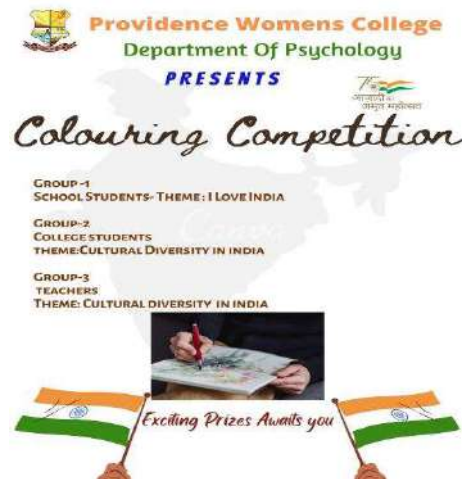
AUGUST 19

VENUE : ROOM NO: 106
TIME : 11.45 - 12.30

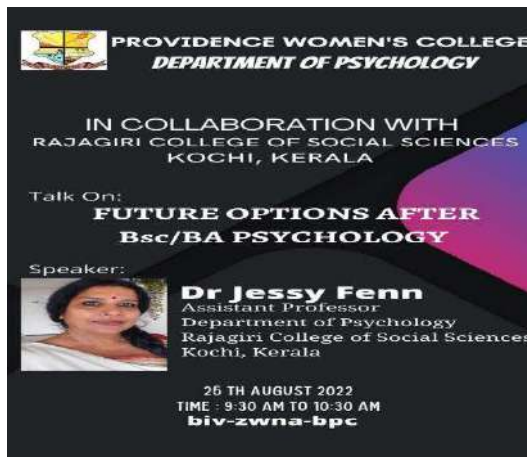


✚ In connection with 75th year of Indian Independence, Department of Psychology organized a colouring competition for school students, college students and teachers from 6 August to 16 August under two themes. For school students the theme was “I love India”. For college students and teachers, the theme was “Cultural diversity in India”. When ten school students participated in the competition six college students participated in the competition. Five teachers



also participated in the competition. On 19 August 2022 all the drawing were exhibited near the auditorium premises. Dr Aiswarya and Dr. Nitha (Assistant professor, Mathematics and Statistics) evaluated the drawings and announced the winners. Gouri P.R, of 8th standard, studying at Providence Girl’s School won first prize under high school category, under UP category Ishan Nair, 4th Standard studying of Silver Hills School won first prize and under LP category Shreya of 3rd Standard studying at Providence Girl’s School won first prize. In teacher group Dr. Prathiba (Assistant Professor, Department of English) won the first prize.

✚ On 25 August 2022, Department of Psychology organized a session on “Future Options after Bsc. Psychology” in collaboration with Department of Psychology, Rajagiri College, Ernakulam in online mode. Session was taken by Dr. Jessy Fenn, from Rajagiri College of Social Sciences, Kalamassery, Kochi.



Activities during September 2022-23

- On 12 September, in connection with World Suicide Prevention Day, positive affirmations were shared by the students of the department of psychology to the whole college on the theme “creating hope through action”. The program was intended to spread the message of importance of mental health and prevention of suicide.



- On 13 September, an interactive session by the alumni, Ms. Adwaita T.S was organized on the topic ‘Skills required for organizational psychologist’ to the students of third year psychology. It was an inspiration for the students to think about a different field of Psychology.

- On 14 September, as part of World Suicide Prevention Day, in association with Mental health club, an event “Light a candle” was conducted in remembrance to those who we have lost to suicide and in honor of those who have survived.



- On 15 September, as part of World Suicide Prevention Day, a musical drama was conducted at the open stage in association with mental health club, Department of Psychology. Students sent the message that suicide is not a solution for the problems in life. There was a good number of participations from the part of students of various departments.



✚ On 16 September, in association with Health Club, Department of Psychology, organized a talk on “PCOD and its treatment”. Session was taken by Ms. Abina V.T, Ms. Aleena Benny and Ms. Aleena Tomy, nursing students of MIMS Hospital, Calicut. Students were more curious about the topic of the session because many students are now facing PCOD as a major problem in their life. All their doubts were clarified by the professionals.



✚ On 24 September, students of third year psychology along with two faculties visited Louise Mount Mental Hospital, Wayanad. Students attended the class arranged by the hospital. The session was handled by Dr. Linjo C.J, Clinical Psychologist, and Mr. Anwin Soye, Psychologist, Louise Mount Mental Hospital, Wayanad.

✚ On 24 September, students of second year psychology visited HIV Centre, Calicut and interacted with inmates. Students had a great time interacting with inmates of the centre.



Activities during October 2022-23

- On 6 October 2022, as a part of World Mental Health Day, in association with Mental Health Club a mental health awareness rally was conducted from college campus to Malaparamba. Principal Dr. (Sr) Ashmitha flag off the rally. Mr. Suresh (C.I) gave a beautiful message about importance of life at Malapparamba junction.



- On 7 October, fresher's day program was organized by Department of Psychology for the first-year students by the second- and third-year students. First year students got a warm welcome from their seniors.

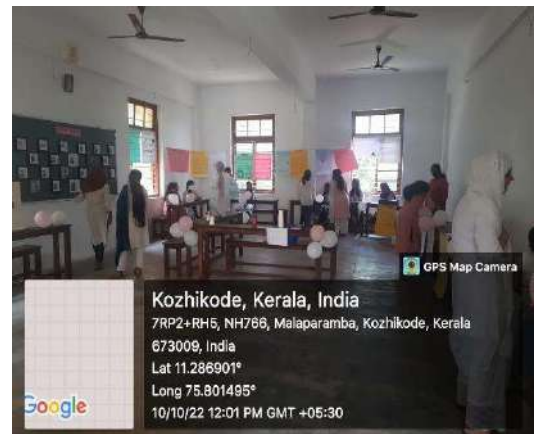


- Department celebrated mental health week celebration with multiple events. Celebration started with a national seminar on 10 October 2022. Seminar started with the inauguration of the event by Dr (Sr.) Ashmitha, Principal, Providence Women's College. National seminar was conducted in two sessions. The first session was handled by Mr. Jaisal Jamal, Clinical psychologist, Desca Clinic, Calicut on the topic 'Mental health and wellbeing for all a global priority', College principal, Dr. (Sr.) Ashmitha inaugurated the program. Second session was handled by Dr. Anugraha Merin Rajan, Assistant Professor, Department of

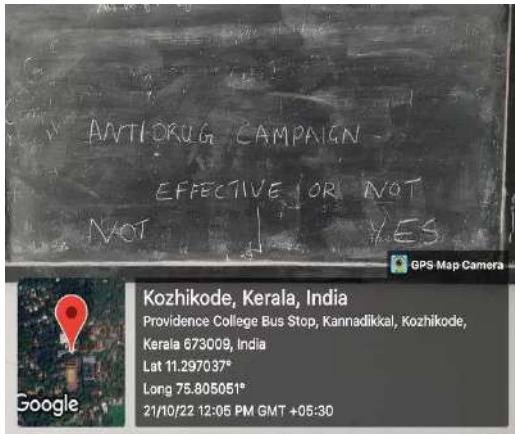
Psychology, School of Social Sciences, Central University of Punjab, on the topic 'Resilience and mental health'.



The students of the department conducted an exhibition in connection with Mental Health Week 2022. Poster presentation and games attracted students from other departments as well. Cultural programs were also organized by the students of the department. Mental health week celebration ended up with a food fest organized by students of Department of Psychology on 13 October.

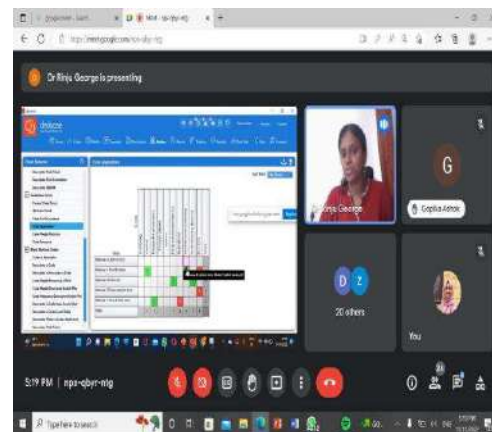
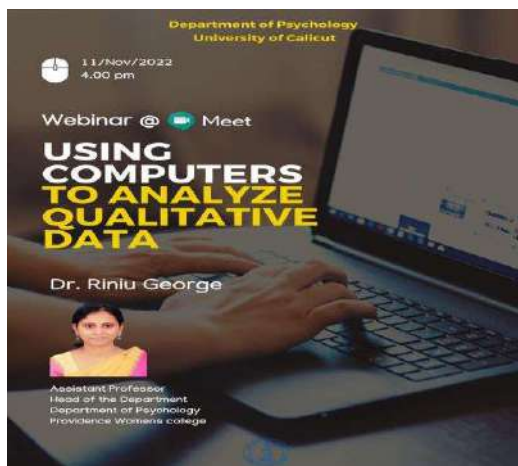


- On 21 October 2022 Department organized a debate on the topic “Anti-Drug Campaign- Effective or Not”. Students of all years actively participated in the discussion.



Activities during November 2022-23

- On 1 November, Dr Rinju George, Head, Department of Psychology, Providence Women’s College conducted a session on topic “Using Computers to analyze qualitative data” for post-Graduate students of Department of Psychology, University of Calicut.



- On 7 November 2022 , as part of week celebration, Department of Psychology conducted ‘Madhuram Malayalam’ competition for Psychology students. To win the game students have to talk for 60 seconds on a given topic only in Malayalam language.



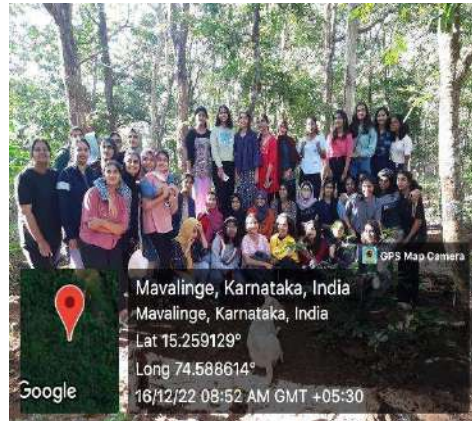
Activities during December 2022-23

On 5 December 2022, Department of Psychology in collaboration with MES College, Marampally organized a program named 'UDAAN 2022' as part of world disability day. The program included a motivational talk and live cake making by a very energetic young entrepreneur Gabriel C Francis who is having down syndrome. The session was really an inspiring one.



Department of Psychology organized 3-day study tour for 3rd Year students of department from 15 December to 19 December 2022. A total of 38 students took part in the tour. Students were accompanied by Dr Rinju George and Dr Lijiya Manju K.C (Faculty members, Department of Psychology, providence Women's College. Students visited Dandeli and Goa as a

part of their study tour. The most existing part of the trip was the visit to Carmel College, Goa, the sister College of Providence Women's College.



✚ On 23 December, the college conducted the Christmas celebration and décor competition for the departments. The students of the department participated in the competition.

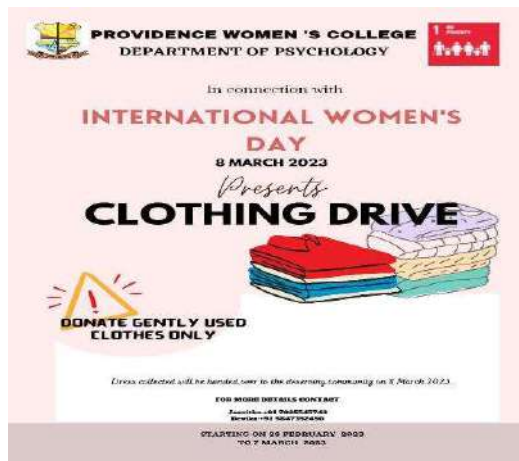
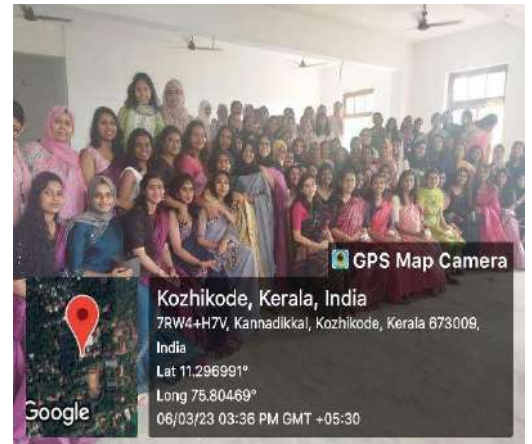
Activities during February 2022-23

✚ Department of Psychology conducted PTA meeting on February 28 for parents of first year, second year and third year student's parents.



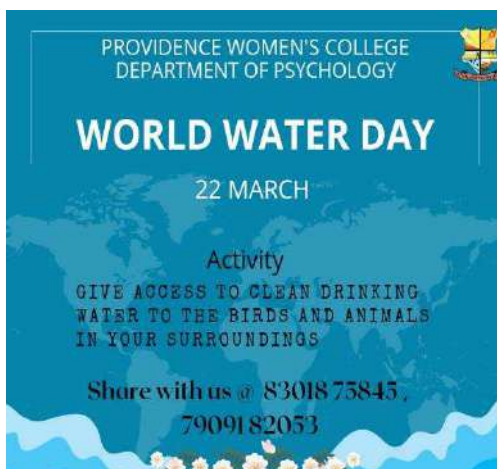
Activities during March 2022-23

- On 6 March 2023 the first year and second year students arranged farewell program for the final year students.



- In connection with International Women's Day, 8 March 2023, the students of the department started a dress collection drive. Many staff and students of the whole college cooperated with the program and student could collect a good number of cloths.

- On 22 March 2023, as a part of World Water Day, the department took an initiative to motivate students to feed birds and animals with clean drinking water.



✚ We ended up activities for this academic year by a community service and activities by students of Department of Psychology starting from April 2022. Students visits Anganvadi's and other institutions in panchayath's under UBA Project. The main intention of the project was to asses IQ and LD of preschool children as a part of early intervention.



Extension Activities



✚ On 25 June 2022 2nd year students did extension activities at Government Medical College School, Calicut. Students involved in cleaning the premises of the school and in the gardening work.



On 6 July, students of second year Psychology students visited LISSAH College, Kaithapoyil Kaithapoyil, Kozhikode.

3rd Year students visited to Carmel College, Goa, the sister College of Providence Women's College on 18 December 2022.



- Ms. Alphy Mathew have done a course titled "Introduction to Advanced Cognitive Processes" on NPTEL during Aug-Oct 2022.
- Ms. Agnas Lal have done a course titled " Introduction to Advanced Cognitive Processes" on NPTEL during Aug-Oct 2022.
- Ms. Nuzha K have done a course titled " Introduction to Advanced Cognitive Processes" on NPTEL during Aug-Oct 2022.
- Ms. Helna Rose Jackson have done a course titled "Brief introduction to Psychology" on NPTEL during Jul-Aug 2022.
- Ms. Vismaya Sajeevan have done a course titled "Consumer Psychology" and "Great Experiments in Psychology" on NPTEL during Jul- Aug 2022.
- Second year students have done IQ assessments in Anganvadi near Paroppadi.



✚ Ms. Jeevitha Jyothi Biju completed her one-month Internship at radio Matoli, Wayanad during the year 2022.

Rose Jackson have done a 30 days Internship at Chethana Neuropsychiatric centre, Malapparamba during the Month of April 2023.

✚ Ms. Rafna, Chaithra, Ishma and Anamika have done a 15 days Internship at Chethana Neuropsychiatric centre, Malapparamba during the Month of April 2023.



✚ Ms. Lizabeth, Suha, Fenna, Shivani, Avanthika and Nandana Raveendran (2nd year students) have done a 15 days internship at Mindful Living, Calicut from April 1 to April 15, 2023.



✚ Ms. Sreeshma, Ms. Arathi, Ms. Bhavana, Ms. Theertha, Ms. Madhurima, Ms. Nandana K.T and Ms. Nidhinsha attended a 15 days internship at Trust Center for Mindful Living at Ernakulam during the Month of April 2023.

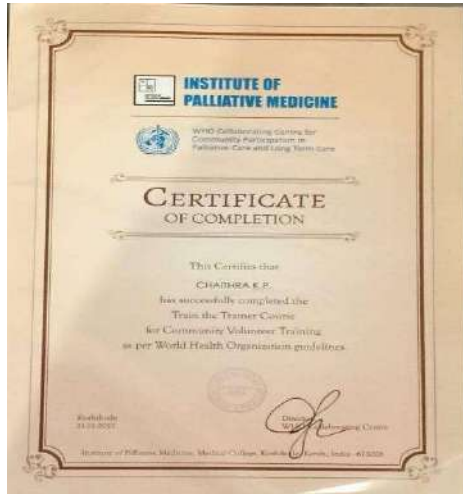
✚ Ms. Ameya, Ms. Athira, Ms. Vismaya, Ms. Deepitha and Ms. Nourriya of third year Psychology attended a two-day National Seminar conducted by Department of Psychology, Farook College, Calicut on 21st and 22nd of January 2023.



✚ Students of Psychology Department attended various social service events at IPM during the year 2022-23.

✚ Ms. Chaithra, Ms. Helna and Ms. Neha of 2nd Psychology completed a three day certificate course on Train the Trainee Course for community Volunteer Training Conducted by Institute of Palliative Medicine during the month of December 2022.





🌈 Ishma Katheeja, Helna Rose, Hina Fathima, Chaitra.K.P of 2nd Psychology did voluntary service at IPM during CURIOUS-Celebrating Compassion on 26 February 2023.



✚ Students of all the three years actively participated in blood donation drive conducted by various departments and organizations.

