

Department of Psychology

Annual Report 2017 – 2018

The Almanac 2017 – 18 saw the Department of Psychology delve into college and Departmental activities both in the academic front and in the extracurricular front. The Department not only reinforced the existence of its club – PSYCHED but also promoted the social cause of Awareness on Drug Abuse and Prevention while enjoying a day out with children with special needs. The activities that the Department in hand along with the PSYCHED conducted chronologically in the semester are elaborated herewith:

BA I Year Orientation - 28th June, 2017

Venue: Jubilee Hall, St. Joseph's Degree and PG College

The Departments of Psychology and Mass Communication had organized an orientation session for the freshman students of the 2017-2020 batches on 28th June, 2017.



The session started with the college choir, ANNA DOMINI, singing the prayer song. Next, Ms. Aliza Virani, Assistant Professor, Department of Psychology took over the podium to give a brief introduction about the college. She spoke about the accolades achieved by the college in its past 19 years. Our very dynamic and enigmatic Principal Reverend Father Vincent Arokiadas addressed the first years during this gather. Father spoke about the status of the college in the twin cities as well as in the country. He spoke about his belief that the students, though eccentric, were the future of the college as well as the country and he was proud with the number of students showing an inclination to Humanities and Social Sciences.

Next in line to speak were Professor P.L. Vishweshwar Rao Sir, Director, St. Josephs Degree and PG College. He addressed the students on the importance of discipline and hard work. Familiarizing the students with the norms of the college, he told them about the skills required to stand out in this field. He ended his note with one of his mottos in life, “HOMEWORK NEEDS HARDWORK.”

Controller of Examinations, Mr. B Satynarayana Rao Sir spoke about the semester and the examination system of the college. He told them about the promotion and attendance rules

and also the CGPA, making it very clear that the college was not lenient regarding the exams. Father SVD Kingston, HoD, Department of Mass Communication briefed the students about what they can expect from the department and what the department expects from the students.



After the present faculty addressed the students, 2nd and 3rd year students took over to share their experiences and changed the setting from formal to informal instantly. They shared their experience for the past years and gave them an insight into what to look forward to in the coming days. Giving anecdotes they motivated the students to remain focused while balancing both academics and field work.

After the formal orientation session was concluded, an icebreaking session was conducted for the freshmen to end their first day in college on a fun and happy note.

JPE Orientation – 29th June, 2017

Venue: Mass Communication Studio, St. Joseph's Degree and PG College

The PSYCHED Club Members conducted a semi-formal orientation session for the students of JPE 1st year on 29th June, 2017.

The session was organized for the students to interact with each other as well as their seniors. It started with the first years introducing themselves and talking about their hobbies. Once that was done, the sophomores and the seniors introduced themselves. They shared their experiences, albeit, in an informal manner thus comforting and welcoming the fresher's. The teachers introduced themselves and the subjects they would be handling. They also spoke about what the students could expect from the Department while making it clear what they expected from the students. Later, there was a question and answer round where the freshmen asked their seniors questions regarding the academics rules and regulations of the college and the lecturers. Before concluding the session, candidates for the upcoming presidential elections for the PSYCHED



Club introduced the Club to the fresher's. They spoke to them about the roles and the functions of the club. They also encouraged them to contribute in any aspect they would will to and invited them to sign up and be members in the Club.

Guest Lecture on Learning Difficulties – 3rd July, 2017

Resource Person: Mrs. Afshan Jabeen

Venue: Jubilee Hall, St. Joseph's Degree and PG College

The Department of Psychology, St. Joseph's Degree and PG College organized a Guest Lecture on "Learning Difficulties and handling Children with Special Needs" on 3rd July 2017 at Jubilee hall. The guest speaker for the session was Mrs. Afshan Jabeen, owner Ripples Institute and Qualifies Pearson Clinical and Talent Assessment (PCTA) Trainer. Ripples if is committed to provide superior quality psychological assessment and effective educational intervention that promotes effective learning, positive self-worth and over all well-being among students and adults alike. The event started with a welcome address by Dr. Suman Roy and followed by a short talk on sympathizing and empathizing with Children with Special Needs by Father Kingston HOD, Department of Mass Communication. In her talk she emphasized on the



importance of learning and the role of learning in an individual's life. Through real life examples she explained how Dyslexic students face problems when it comes to learning and how to deal with kids with learning difficulties and disorders. She also explained the phenomenon of Sensory Processing Disorder (SPD), Dyslexia, Dysgraphia, Dyscalculia and emphasized on Early Intervention (Academic, Cognitive, and Behavioural) and shunning of the stigma around disorders. The lecture was received with admiration by the students and they also found the lecture informative. The event ended with honorarium to the guests and vote of thanks.

PSYCHED Club Elections – July 4th, 2017

Venue: Psychology Lab, St. Josephs Degree and PG College

An efficient working of any idea requires for itself a form of organization of a certain group of individuals who share a common interest in the propagation of that idea wherein the idea will materialize and achieve its purpose. An effective working of an organization in turn demands a form of organizational integrity to help create stability in its performance. The key element in the maintenance of this organizational integrity wholly depends on the presence of a hierarchical structure, which is formed on the basis of the kind of contribution the leads of different positions make to the organization. The 'positions' aforementioned are classified structurally forming a hierarchical structure.

One such event of electing a hierarchy for the club 'PSYCHED' took place on the 4th of July wherein every member of the club present during the event were given an opportunity to vote for the candidates of their choice competing for different positions. Two candidates were competing for each position. The candidates competing for the lead positions of photography and logistics were elected even before the commencement of elections as their competitors were not present for the event. The remaining candidates, in a structural manner, stepped forward to present to the voters a justification speech explaining how they are suitable to lead their respective positions.



After the candidates presented forth their justifications, voters were given blank chits wherein they were asked to write down the names of different positions and a competitor's name of their choice next to the respective positions. Voting process was followed by the final counting of votes which was done by the Course Coordinator, Dr. Suman Roy and the Club Coordinator, Ms. Aliza Virani.

President – Rahul Kamath

Vice president – Raell bose

Club coordinators II Year – Yashasvi Dinavahi and Diyva Dhar

Club coordinators I Year – Go Harshini and Sai Nath Reddy

Reporting and documentation – Nisha biyani (Lead), Ranadheer (Co – Lead)

Cultural activities – Sai Sashank Billapati (Lead), Siri Chandana Madabhushi (Co – Lead)

Social media – Ismath Nizami (Lead), Kulsum hashim (Co – Lead)

Photography – Priyanka Geddam (Lead), Shraddha cullopulli (Co – Lead)

Logistics – Jagrithi Agarwal (Lead), Tarun Tej Yadav Potel (Co – Lead)

Street Play for Drug Abuse Awareness and Prevention – July 19th, 2017
Venue: St. Josephs Degree and PG College

As a part of the Drug Abuse Awareness and Prevention Week, organized by the SQAC and the IQAC, a street play was performed for the college students by the students of BA III under the supervision of Ms. Aliza Virani. The street play was performed during the recess hour on the second day of the week which was 19th of July 2017, Wednesday. The play was performed once again for the students of St. Joseph's Degree and PG College. The play depicted the life of a young adult who, unable to face the challenges of life, succumbs to using drugs; the play emphasizes the consequences of drug abuse and presents itself as a warning for the students who could be on the verge of getting into these unhealthy habits. Not only is this, but the play also made it very clear that help always available for anyone who might need it. The faculty members of all Departments, from the main campus, came down to watch the play. To sum up, it would be right to say that the play did have the intended impact on its viewers and was therefore a success.



PSYCHED Club Investiture – July 25th, 2017
Guest of Honor: Mrs. Tina Fernandes
Venue: Jubilee Hall, St. Joseph's Degree and PG College



The PSYCHED Club held its first ever investiture for the newly elected heads of the Club on 25th July, 2017 in the Jubilee Hall in St. Joseph's Degree and PG College. The laymen work of club is full circle as the club tailwinds to newer heights. This ceremony was complemented by Honorable chief guest Mrs. Tina Fernandes (Former Head of the Department, Department of Psychology, St. Francis College for Women), Reverend Father Vincent Arokiadas (Principal, St. Josephs Degree & PG College), Father Kingston (Head of the Department, Department of Mass Communication) and Dr. Suman Roy (Course Coordinator, Department of Psychology). The investiture commenced with a prayer by Reverend Father Vincent and lighting of the lamp by the dignitaries accompanied by the President and Vice President Elects Rahul Kamath and Raell Bose respectively. The Vice President Elect, Raell Bose shared the vision, mission and Objectives of the club to the residing audience and the dignitaries shared words of confidence towards the Club. The Guest of Honor, Mrs. Tina Fernandes motivated the students to make Psychology a way of life and not a discipline within college hours. She also invited the students to delve in the subject with their heart and not only their senses. This was followed by a well appreciated cultural performance by the students of JPE I Year. The newly elected members were honored by badges in the hierarchical order of the club. The members took an oath of honor to pledge their commitment towards the club and its higher collective vision. The first ever PSYCHED student Journal was also unveiled by the dignitaries and released for the audience.



The ceremony was concluded by a vote of thanks by the President addressing every honorable guest and the gathering the Department and Students alike.

As Sigmund Freud stated “Love and Work are a part of our humanness”, the PSYCHED Club commits towards the vision of the club and to solidify themselves for the present and future.

Field Visit – July 27th, 2017

Venue: Thakur Hari Prasad Institute of Research and Rehabilitation for the Mentally Handicapped

The students of BA JPE II and III years were taken to Thakur Hari Prasad Institute of Research and Rehabilitation for the Mentally Handicapped on the 27th of July as a part of their practical curriculum. They were accompanied by Ms. Aliza Virani, Assistant Professor, Department of Psychology.



Thakur Hari Prasad Institute of Research and Rehabilitation for the Mentally Handicapped or famously called as The THP Institute was established in the year 1986 by Thakur Hari Prasad who built the school for his oldest son who was mentally handicapped. The institution functions as a regular academic school, starting its session in the month of June. THPI has won many international accolades for its quality of teaching and its management facilities but apart from that, it has a successful industry producing greeting cards and bakery items.

First the students were briefed about the institution by the manager who spoke about the history of the place and the activities conducted by the institution. She also spoke about how the patients were screened and admitted in the centre and the different types of cases they dealt with on a regular basis. The students were then divided into two groups for touring the area. They were shown around the place by the faculty in charge. The students visited their classroom, the physiotherapy room, the bakery unit, the gymnasium, the printing press, retail shop and rooms for hostellers in the campus.

The students also got the opportunity to interact with a few students who studied there and learnt a lot more about their problems practically than they would have learnt so in theory.

They went back home with a sense of gratitude towards their life and a lot of knowledge about mentally handicapped people.

Left Hander's Day – 28th August, 2017

Venue: Radio Station, St. Joseph's Degree and PG College

The PSYCHED Club organized an informative and awareness show on the campus radio by the III and II years JPE students. The show, hosted to commemorate Left Hander's on National Left Hander's Day. The show spoke about the biological and genetic basis of an individual being a Left Hander or a Right Hander and fun facts about Left Handed individuals. The show also focussed on certain struggles left handed individuals face and what can be done to overcome them. The RJ for the show was Ismath Nizami, BA JPE III along with two guest speakers Shehzad Abwani and Afshan Jabeen, BA JPE II who enlightened the listeners on the main characteristics, myths and facts. It was overall a very interactive and very illuminating show which bought a very obscure topic into the limelight.



Say NO to Abuse – 5th October, 2017

Resource Person: Mrs. Zaina Hazari Khan

Venue: Jubilee Hall, St. Joseph's Degree and PG College

A workshop for the girl students of Bachelors and Masters in Arts was conducted on 5th October, 2017 by Mrs. Zaina Hazari Khan, Counselor, St. Josephs Degree and PG College. The main theme of the workshop was how to identify and live away from any kind of abuse namely, social, emotional, psychological, physical, verbal and monetary.

Mrs. Zaina ensued onto this topic after understanding the kind of relationships women at day today are stepping into and the consequences of unforeseen choices and an inability to stand up for what one beliefs. She spoke at length on how to recognize and give perspective to the way people behave with us, and understand their intentions. She also explained the famous honey moon cycle in abusive relationships and urged the students to be more mindful.

The students were urged to step forward and talk about their experiences and an interactive session commenced hereafter. They were also asked about their opinions and suggestions on how to react in certain situations and how to stop abuse.

In the end, students were given two color pencils of their choice and were asked to express their current emotional state and feeling on an A4 sheet. Rather intense, the session was a breakthrough for girl students to sympathize and empathize with each other and come together to stand with each other and stand by each other in times of need.

With this spirit and enthusiasm the Department completed its Even Semester of the academic year 2017 – 2018 looking out for the next semester with enthusiasm, zeal and a new set of activities and academics.

