

## DEPARTMENT OF PSYCHOLOGY

### Annual Report 2015-2016

The Department of Psychology, officially established in the year 2011, was setting up its structure during its formative years. While progress was noticeable and the Department was taking shape, step by step, the academic year of 2015 – 2016 set forth to be the milestone year which would go down in history of the years of the Department. It was the academic year of 2015 – 2016 that witnessed a number of sessions, both for parents and for students on the topics that affected each alike. The year also witnessed field visits to enhance the overall development of the students.



#### **Faculty Development Program on Mentoring: 25<sup>th</sup> June, 2015:**

The Year 2015 – 2016 commenced with the conduction of a Faculty Development program by Dr. M. Suman Roy and Mrs. Padmini Naidu from the Department of Psychology. The student-teacher relationship has changed over the years and this is a well known fact. The session was conducted with an objective to modify the teacher's role from an educator to a mentor who would be available for students even offline in order to understand the nitty-gritty's of their everyday problems. Attended by faculty members from all the streams, the program was well received and gave the participants an insight and a different method of practice for the year coming ahead.

#### **Student Orientation Program, 30<sup>th</sup> June, 2015:**

The Academic Year 2015-2016 started off with a Student Orientation Program organized by The Departments of Psychology and Journalism and Mass Communication on 30 June 2015 at the Mass Communication Studio. This Student Orientation set at the outset of the Year was attended by the Journalism and Psychology students of I, II and III year and aimed to introduce the students into the new academic year with zest and enthusiasm and to motivate them to move in the direction of learning and experimenting hand in hand with their faculties and mentors.

Speaking on this occasion Rev. Fr. Vincent Arokiadas (Principal, St. Josph's Degree and PG College) called upon the students to benefit out of the accomplished appointed faculty and umpteen facilities provided at the college thus to be molded into overarching professionals. On behalf of Department, Dr. M. Suman Roy & Mrs. Padmini Naidu, addressed the students and welcomed them. They also motivated the Fresher's to interact and shed their shyness in the fashion of organizing ice-breaker programs for them in order to ensure a smooth sail through during the first few days of their college life.

#### **Awareness Program on "Good Friendship", 1<sup>st</sup> August, 2015:**

College life is a milestone in one's life in a number of professional and personal outlooks. One of the most important personal aspects of college life is friendship. The dynamics of friendships keep changing all the time especially during these formative years. Thus, in order to address the sanctity of this relationship and to sensitize the students towards the needs of their friends, the Department with Dr. M. Suman Roy as the speaker, had organized a session titled "Good Friendship" at the Joseph's Hall and was attended by 60 participants. The students paid full attention, willing to be equipped with the tools to a successful relationship.



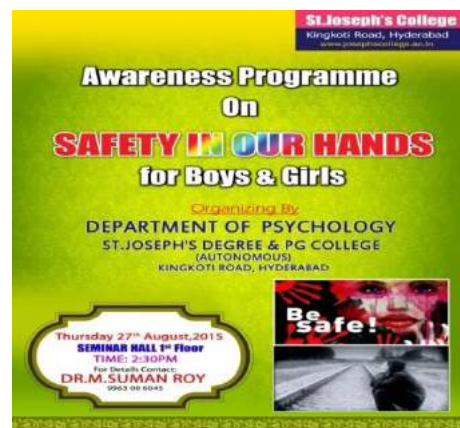
### **Awareness Program on "Suicide Prevention", 10<sup>th</sup> September, 2015:**

The year continued to witness awareness programs for the students. This time around, a session on 'Suicide Prevention' was organized by the Department and witnessed 200 students in attendance from various streams. Students go through many changes during their year of late adolescence. They are always under scrutiny of their parents, mentors, classmates and also friends. The absence of any support system to help through this scrutiny has often been seen as a primary precursor to give into the temptation of ending one's life. In order to address this rising challenge among the youth, Dr. M. Suman Roy enlightened the students in order to inculcate in them the spirit of right doing from wrong doing and making informed decisions this session was concluded with the message of being there for their kith and kin and looking out for early identifiers to save lives.



### **Awareness Program on "Safety in Our Hands", 27<sup>th</sup> September, 2015:**

The Program 'Safety in Our Hands' was rolled out with the Objective to ensure that the participants are well equipped to face the struggles of everyday social life nuisances in the like of ragging, being judged, molestation and abuse. Having have in participation a group of 20 students in the Seminar Hall of the St. Joseph's Degree and PG College, Dr. M. Suman Roy, addressed these issues and spoke about the repercussions these events may have on one's life. She also equipped them with the tool of healthy defense mechanisms in order to cope with stress inducing situations. The students felt relieved on having have attended the session and felt more able to face the situations in life.



### **Field Visit to ‘Institute of Mental Health’, 15<sup>th</sup> February, 2016:**



The Department does not only envision academic growth of the students, it also looks out for practical exposure and to fulfill this vision the students of II and III years accompanied by the faculty, toured the Institute of Mental Health. The students were introduced to the concept of abnormality and normalcy and were then guided through the Institute where they interacted with the care givers of the patients and heard out their story. The tour proved to be a lot more than an academic detour for the students. This visit grew within them feelings of sympathy, empathy and a

will to give back to the society. The session ended in the students being more sensitized to individuals suffering with abnormalities and their needs and wants.

### **Awareness Program on “Mind Hunting”, 20<sup>th</sup> February, 2016:**

The Department, towards the end of the year witnessed the coming together of the parent fraternity for a session on ‘Mind Hunting’. The session, headed by Dr. M. Suman Roy was a panel for discussion attended by 10 parents from the Parent fraternity on the common problems that are witnessed during the late adolescent and early adulthood years. Parenting is by far the only jobs that comes without a manual and is thoroughly independent and different from one child to another. The discussion rolled out to inspire the parents to become efficient care givers and better managers of personal and professional lives. Those in attendance praised the content while also requesting for more such forums and panels.



### **International Women’s Day Celebration, 8<sup>th</sup> March, 2016:**



Another beautiful initiative carved by the Department and attended by over 300 students was the celebration of International Women’s Day. Women Liberation and Women Equality are the terms of the day and the time and to thus commemorate the power of Women this session, head by Dr. M. Suman Roy spoke about women empowerment. It asked them to envision their own future as a means of



propelling their present into a better tomorrow.

Thus the grand year of 2015 – 2016 came to an end. All in participation, the Management, the Parents, the Faculty and the Students worked hand in hand to thus organize and expand the little droplet of water that had started itself out in 2011 to become an individually standing pillar in the field of social science.

