

## DEPARTMENT OF PSYCHOLOGY

### Annual Report 2016 – 2017

The academic year 2016 – 2017 was a step forward and in the positive direction for the Department of Psychology. The Department went all out in making the year, a year of experience, a year of performance, an year of participation and an year of structure and function.



#### **International Yoga Day Celebration: 21<sup>st</sup> June, 2016:**

To begin the year on a healthy note, the Department organized a celebration on the occasion of International Yoga Day. The objective behind the program was to bring about awareness among the teachers and the students alike to appreciate a healthy life style and way of living. The program presided over by Mr. Anuj and Mrs. Padmini Naidu from the Isha Foundation saw the students and the faculty from all Departments gathering in the Joseph's Hall and practicing a few aasanas while watching a video on the demonstration of Yogic Aasanas to live a healthier tomorrow. The experience for the students was rather enriching and self evolving. A large number of the participants were seen as vowing to take up one physical activity a day as an outlook for a healthy tomorrow.



#### **Field Visit to National Institute of Mentally Handicapped: 16<sup>th</sup> August, 2016**

The academic year 2016 - 2017 played out using a different trajectory, with the faculty planning a field tour for the students of JPE I, II and III years, to the National Institute of Mentally Handicapped (NIMH) at Bowenpally. NIMH, one of the well acclaimed centers for reaching out to individuals in nurturing their mental health using early intervention enthusiastically received the students and toured them through their campus which included a centre for audio therapy, speech therapy and special school for children with various disabilities among other centers for vocational and behavioral training. The students were left awestruck with the kind of creative methods used by the trainers at the Institute. It was also a humbling experience for them to see how the trainers trained their clients and students, thus making life an appreciating experience.

#### **Inauguration of the PSYCHED Club: 29<sup>th</sup> August, 2016**

The year saw the small sapling called the Department of Psychology spread out and prove its mantle to the rest of the college and the first step in doing so was seen in the establishment of the Department club called 'PSYCHED'. 'PSYCHED' operated on the mission and vision was to provide an open and intellectual atmosphere to enable the students to discuss and challenge the existing thoughts prevailing in the society at large and community in particular. The idea of the club also revolved around getting together the students of all



the three academic years and to create a sense of belongingness to the Psychology Community. With this thought the club was brought into existence on 29<sup>th</sup> August and the Inauguration ceremony was celebrated in the presence of Ms. Tina Fernandes of the St. Francis College for Women fame. Ms. Fernandes spoke to the students about Psychology as a subject and her words were a double assurance for the students for having had selected the right choice of subjects. The inauguration ceremony was then entailed with details of the Club and its functionalities and left the students prying for more and looking out for activities that the club was to conduct throughout the year.

### **Suicide Prevention Day: 10<sup>th</sup> September, 2016**



As a legacy and a promise to safeguard the students from falling into consistent pressures and low moods eventually leading into depression and the downfall of the individual, the Department of Psychology organized a student-centric event on World Suicide Prevention Day. Dr. M. Suman Roy spoke to the students from all Departments gathered in the Joseph's Hall about how at their tender age they are most likely to be preyed over by their short comings and feelings that all bad things will last forever. The objective of the program was also met in adeptly ensuring that the students learn the tactics of using ego defense mechanisms to safeguard their best interest while also discarding from within them the fear of taking professional help. The session with the eye to make the participants aware of the kinds of pressures they face and also the signs and symptoms of a sufferer, did manage to produce more mindful individuals.

### **Guest Lecture on Organizational Psychology: 13<sup>th</sup> December, 2016**

The year was also marked by the presence of a number of exemplar resource persons to deliver talks to our students and give them details about the latest know – how's of the industry. One

such eminent personality was Ms. Manisha Dayanand. Ms. Dayanand, a senior consultant at Human Dynamics India Pvt. Limited and ex-lecturer at St. Francis College for Women spoke to the students of JPE I, II and III years and the MCJ III year about the role of a Psychologist in the Organization and also the best route to pick up in order to journey towards becoming an Organizational Psychologist. Not only, did Ms. Manisha, lecture the students about the role and route, she also added anecdotes of her journey, thus making it interesting and inspiring for students of all three years.

### **Field Visit ‘My Choices’, 22<sup>nd</sup> December, 2016**

To top the event filled academic year, students for II and III years visited an NGO called ‘My Choices’ and the I year students visited a de-addiction center called ‘Hope Trust’. My Choices, an NGO dedicated to women empowerment was established in 2011 by Elca Grobler. She knew that the only way to strengthen the society was by strengthening its women and girl children and in meeting her objective she left no stone unturned. Today, ‘My Choices’ works right at the ground level across various economic strata’s to ensure smooth living for women in the society. The students were thus deemed lucky to be able to engage in conversations with the ‘Peace Makers’ under the guidance of Dr. Farzana Khan. Through their interaction they did not only understand and analyze the challenges faced by women in our society today but they also learnt what role they could play in empowering women and making this society an equally appealing place for them to live in.



### **Guest Lecture on Careers in Psychology: 25<sup>th</sup>, January 2017**

Additionally, this year saw the coming in of one of its most prized alumni; Ms. Beena Colaco. Ms. Colaca, enlightened her participants about the pathways to probable career choices in the broad field of Psychology. She did not only deliver a lecture to them but she also stepped down



her years and analyzed her thoughts and feelings as a student at the bridge towards a career choice and highlighted to the students various courses for each choice of subject also listing down the various colleges in India and Universities out of India where one could pursue their Masters and Fellowship. She also went a step ahead and explained the entire application process. A beautiful and broken down step by step guide from Ms. Colaco kept the students of JPE I, II and III years glued to their seats throughout the talk. While many gained inspiration to



study further and make an independent career a greater number amongst them gained insight into understanding the path towards their tomorrow.

### **Awareness Programs Week, 'SHE' Teams, February, 2017**

JPE I year students with professionalism and zest organized an event in coordination with the 'SHE' Teams of the Hyderabad Police Force under 'Awareness Programs Week' hosted by IQAC. This guest lecture focused on women safety and envisioning women to develop the courage to speak up began with a social experiment during the recess hour. The experiment involved a female student out bursting at her seniors on being teased and ragged by them all the time. The aim of the experiment was to identify the number of immediate respondents. Success in the experiment was achieved when three respondents came forward to rescue the girl playing victim. Moving ahead the students performed an act demonstrating rape culture in India and the SHE Teams Intervention. The dice was then handed over to the members from the group of 'SHE' Teams who spoke about a few rigorous cases that they addressed in the past few years and also demonstrated a few handy moves to take the attacker by surprise in case of any unforeseen incidents in the future. Awed and more confident, the attendees of the program (female students across all streams), along with the 'SHE' Team Members and the Faculty and Administration of the college applauded JPE I year students for successfully organizing the program and hosting it from end to end.



### **Field Visit 'Hope Trust', 6<sup>th</sup> March, 2017**



In order to sensitize students towards substance abuse and addictions JPE I year students were taken for a visit to 'Hope Trust'. The resource person, Ms. Raisa Luther, briefed them about the various forms of addiction and took them through the various changes that one undergoes in this sometimes fatal disease. The students were then introduced to the concept of helplessness that the clients often feel when they are unable to move out of their addiction. While some of them appeared to have witnessed such a situation among their kith and kin, the others could thoroughly empathize and sympathize with the conditions that individuals

belonging to such families may have undergone. A little more enlightened, the students left the hall with a vow to take an informed decision regarding all their choices in life while considering the impact their choices would have on each individual they consider family and friend.

With this the year 2016 – 2017 came to an end. A year of activities, fun and frolic and year of responsibility taking, responsibility sharing and responsibly hosting came to an end with a thud and tremendous applause. Bidding Farewell to the previous year, the Department is now ready to take over a new and fresh start with the incoming year much rejuvenated, much afresh, with warmth in its eyes and an open heart.

