



St. Joseph's Degree & P.G College

(Autonomous), Affiliated to Osmania University
Re-accredited by NAAC with A Grade with CGPA 3.49
A Catholic Christian Minority Institution
King Koti Road, Hyderabad

Investiture Ceremony:

Date: 30th August 2018.

Venue: Joseph's hall.

The Department of Psychology and Mass communication held their annual Investiture for the newly elected members of the clubs organised within the departments. The Psyched club is heading into its third year continuing its tradition by celebrating the students of B.A (Psychology stream) who embraced the opportunity of a student community by actively electing peers and trusting them to establish the collective vision and aspirations of the club, and it's functioning through various leadership roles.

The ceremony was complemented by Rev. Father Vincent Arokiadas (Principal, St. Joseph's degree college), Father Kingston (HOD Mass communication), P.L. Vishveshwar Rao (Director, St. Josephs Degree College) and Amtul Fatima (Assistant Professor, HOD Psychology) who were invited onto the stage with a welcome dance. The Investiture commenced with a prayer by Rev. Father Vincent and a lighting of the lamp by the Honourable Dignitaries who were accompanied by Shristi Thakur (President) and Shehzad Abwani (Vice President). Then Principal shared a few words of confidence highlighting the potential of psychology, the joy of active learning, and the opportunities in exhibiting and exploring towards the gathering of the students. The honourable Dignitaries also shared a few words of their own towards the clubs and the students on realizing societal duties by the upcoming generation of graduates, and pushing for reform and change. This was followed by a well appreciated dance performance by the club members. The club choir added their beautiful amass of voices to the honouring.

Mrs Amtul Fatima shared the agenda of the club and the activities planned for the year by the Psyched club. The newly elected members were honoured by badges in the hierarchical order of the club followed by an oath of honour before the gathering to pledge their commitment towards the club concluding the ceremony.

Lastly, I would like to thank the Department of Psychology for their effort for organizing and managing the Investiture.



Investiture Ceremony, 30th Aug 2018.

International Left-handers day:

Date: 13th Aug 2018.

Venue: All department class rooms.

International Left Hander's Day is observed annually on August 13 to celebrate the uniqueness and differences of the left hander's. In human biology, handedness is a better, faster, or more precise performance or individual preference for use of a hand, known as the dominant hand; the less capable or less preferred hand is called the non-dominant hand. *Right-handedness* is most common. Studies suggest 70-95% of the world's population is right-handed. *Left-handedness* is far less common than right-handedness. Studies suggest that approximately 10% of the world population is left-handed.

The day was first observed in the year 1976 by Dean R. Campbell, founder of the Lefthanders International, Inc. International Left Hander's Day was created to celebrate certain people's sinistrality and raise awareness of the advantages and disadvantages of being left-handed in a predominantly right-handed world. It celebrates their uniqueness and differences, who are from seven to ten percent of the world's population. The day also spreads awareness on issues faced by left-handers e.g. the importance of the special needs for left-handed kids, and also the likelihood for left-handers to develop schizophrenia.

To celebrate their uniqueness and to raise awareness, the department of psychology celebrated International Left handers day with a series of fun activities for the Bachelor of Arts Program in St. Josephs Degree and P.G College on 13th August, 2018. The Psych Club toured class to class providing a brief history of the day and facts about left handers. This was followed by a series of left handed dexterity tests for the right handed populace of the class as a self-imposed simulation to the experience of a left-handed. The students, in response, actively engaged in the activities with a competitive spirit. These tests comprised of writing, colouring and cutting using a scissors. Simultaneously during these tests, the left hander's of the class were interviewed and asked to share snippets about their day-to-day functioning and stories about their sinistrality based experiences which provided us with an up-close and personal perspective on the lifestyle of a left hander. The club presented them with gifts as a token of appreciation. Prizes were also distributed to the right handed students who excelled in the activities as appreciation was shared.

Lastly, I would like to conclude, that we were amazed by the participation of the students, who displayed such a wonderful enthusiasm and dedication towards making this day a success.



We would also like to thank our psychology department, who took effective measures and made active efforts in raising awareness and educating our fellow mates about the importance of The Left Handers Day.



International Left-handers day, 13th Aug 2018.

MENTAL HEALTH AWARENESS:

Date: 7th Sep 2018.

Venue: Parking lot.

The Department of Psychology took the initiative to inform, educate and all together spread awareness about mental health. The psych club organised a theatrical play on 7th September, 2018, which was performed in the campus. The play included a brief description of some of the most common mental health issues faced by individuals in everyday life. The theatrical act illustrated the issues and portrayed how individuals suffering from these issues feel .

Some of the issues that were portrayed in the theatrical act are the following:

- 1) Insomnia is a disorder defined as chronic complaints of unsatisfactory sleep, despite having an adequate opportunity to sleep. Insomnia complaints can include difficulty falling asleep, difficulty staying asleep, waking up too early, and/or having sleep that is not refreshing²
- 2) Self-injury, also called self-harm, is the act of deliberately harming your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, self-injury is an unhealthy way to cope with emotional pain, intense anger and frustration.
- 3) Anorexia Nervosa is a psychological and potentially life-threatening eating disorder. Those suffering from this eating disorder are typically suffering from an extremely low body weight relative to their height and body type.
- 4) Anxiety: Intense, excessive and persistent worry and fear about everyday situations. Rapid heart rate, rapid breathing, sweating and feeling tired may occur.
- 5) Obsessive-Compulsive Disorder (OCD) is a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over.
- 6) Attention-deficit/hyperactivity disorder (ADHD) is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.
- 7) An inferiority complex, in the fields of psychology is a feeling that one is inferior to others in some way. Such feelings can arise from an imagined or actual inferiority in the afflicted person.

8) Addiction is a physical or psychological need to do, take or use something, to the point where it could be harmful to you.

The play also portrayed the importance of reaching out and talking about your thoughts and feelings to one another, because the wellbeing of an individual is connected to that of the other.

Hence by sharing our problems and experiences we get closer to healing ourselves and by that healing others too.



MENTAL HEALTH AWARENESS, Date: 7th Sep 2018.