

St. Joseph's Degree & PG College

(Autonomous), Affiliated to Osmania University

Re-Accredited by NAAC

King Koti Road, Hyderabad

Annual Report

2020-21

Department of Psychology

Fr. Dr. D Sunder Reddy

Principal

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ABOUT COLLEGE:

St. Joseph's Degree & PG College, established in the year 1997 by the Hyderabad Archdiocese Educational Society, is a Co-education Catholic Christian Minority Institution. The college functions under His Grace Most Rev. Thumma Bala, Archbishop of Hyderabad. The college is centrally located in a 2-acre Wi-Fi campus with state-of-the-art infrastructure. It has emerged as one of the leading higher educational institutions of the country, with a growing reputation among academia and industry as the top destination for world-class knowledge, skills, universal values and global employability.

A premiere affiliate of the Osmania University, St. Joseph's is an Autonomous College, Re-accredited by the National Assessment and Accreditation Council with 'A' Grade for its Distinctive Educational Environment, Human Values and Social Commitment. St. Joseph's achieved 2(f) from UGC in 2006, permanent affiliation from OU in 2007, the NAAC 'A' grade in 2008, Autonomous status and 12(B) in 2011 from the UGC. It was Re-accredited by NAAC 'A' grade in the year 2014 and Autonomous Status was renewed in the year 2017. As a self-financed college, it offers 16 UG program and PG program.

Strategically located in the heart of the City of Hyderabad at Basheerbagh – King Koti Road in a sprawling two acre campus with 1 lakh square feet built up area, modern infrastructure and state of the art laboratories, the College is privileged to have eminent collaborators from academia and industry with qualified and enthusiastic teaching and non-teaching staff and vibrant student fraternity. St. Joseph's is the best choice of parents and students for its enriching multidimensional experience of holistic learning, leading to a bright future for the students.

The college offers a wide range of Under Graduate and Post Graduate courses in Commerce, Science, Mathematics, Computer Science, Mass Communication and Management, where students from surrounding schools and colleges, various districts, neighboring states and foreign countries seek admission.

Our holistic approach to education sets our brand equity as a trusted name for value-based education and integrated learning. Discipline which is a non-negotiable factor of students' life on our campus inculcates value of time management and punctuality. Apart from integrating value education into the main curriculum, several motivational talks, leadership program, and regular group and personal counseling sessions are conducted by well qualified counselors to nurture the emotional intelligence of the students making them confident and competitive to take on the challenges of life ahead. The students during the process of education in college emerge as well qualified and socially responsible citizens of India.

ABOUT THE DEPARTMENT:

Vision

To equip the students with tools and techniques to become aware of self; and to enhance their understanding of others; thus, taking the high road to becoming effective Psychologists.

Mission

- To give the students a firm grounding in the subject of psychology.
- To use the psychological concepts in refining their human sense and sensibilities.
- To make the students competent in the Basic psychological processes.
- To enhance their communication, listening and understanding skills.
- To build life skills and develop their personalities through value-based education and other self development programs.

Program Offered

Bachelor of Arts (Journalism, Psychology & English Literature)

Program Outcomes of B.A

- PO 1*** Acquire knowledge in Psychology, English literature and Journalism and related theories to apply in everyday life.
- PO 2*** Students will attain hands-on practical knowledge and project experience using advanced technology helpful for higher education.
- PO 3*** Students will develop skills to identify, analyse, and solve problems to a major extent.
- PO 4*** To enhance practical skills on various psychological problems.
- PO 5*** Students will develop comprehensive skills with integrative approach.
- PO 6*** Ability to communicate effectively with knowledge of internship and field visit in writing research reports.
- PO 7*** Apply moral and social values in personal and professional lives leading to healthy lifestyles.
- PO 8*** Ability to work effectively with cameras for professional photography or video capturing, and writing newspaper articles.
- PO 9*** Ability to understand complex literary texts from different genre.

BA (JPE) Program Educational Objectives (PEOs):

- PEO 1** To analyze critically mass media and mass media message.
- PEO 2** To understand the influences of media content on cultural perceptions.
- PEO 3** To understand the scope and application of Psychology in everyday life
- PEO 4** To engage students with comprehensive study of literary texts from different genres and periods of English Literature
- PEO 5** To be able to work in chosen field of interest such as Journalism, Psychology and English Literature.

BA (JPE) Program Specific Outcomes (PSOs):

- PSO 1** Students develop a practical understanding of the underlying principles of Journalism.
- PSO 2** Students will learn to write, edit and design newspapers, shoot and anchor news bulletins and television programmes, make radio programme, design print and web advertisements, produce corporate films and documentaries, and develop blogs.
- PSO 3** Create YouTube videos, design blogs and work in social networking environment.
- PSO 4** Students develop an understanding on the practical working conditions in the fields of Journalism and Psychology through Internship and field visits.
- PSO 5** Students will be able to understand the comprehensive literary texts from different genres and periods of English literature.

Eligibility Criteria

Candidates should have passed CBSE/ICSE/10+2/Intermediate or equivalent examination with CEC/MEC/MPC/BIPC with 65% and above in the optional subjects.

Ranking of the Department

The College ranked 3rd in Hyderabad for Arts & Humanities

Details of Full Time and Part Time Faculty

S.No	Name	Qualification	Designation	Experience	Specialization
1	Amthul Fatima	MA Psy, PGDCP	Asst Professor	7+yrs	Child Psychologist, Research Scholar
2	Azra Jahan	M.Sc. Applied Psychology, TS-SET	Asst Professor	2 yr	Organizational Psychology

3	P Srija	M. Sc Applied Psychology	Counselor	-	Counseling
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Almanac for Academic Year 2020-21

Semester-I, III & V

S. No	Particulars	Date
1.	Commencement of III & V Semester Classes	17 th August 2020
2.	Commencement of I Semester Classes	27 th Sept 2020
3.	I Internal Examination (Theory)	27 th – 30 th Oct 2020
4.	Examination Notification	14 th Dec 2020
5.	II Internal Examination (Theory)	16 th – 23 rd Dec 2020
6.	Internal Practical Examination	6 th – 13 th Jan 2021
7.	Submission of Examination Application Forms A. Without Late Fee B. With Late Fee	4 th – 9 th Jan 2021 11 th – 13 th Jan 2021
8.	Final Practical Examinations (Nov- 2020 Cycle)	19 th – 24 th Jan 2021
9.	Semester End Examinations (April – 2020 Cycle)	25 th Jan – 11 th Feb 2021
10.	Semester End Examinations (Nov – 2020 Cycle)	15 th Feb- 3 rd Mar 2021
11.	Final Practical Examinations (April – 2020 Cycle)	27 th Dec 2020 – 4 th Jan 2021
12.	Commencement of Even Semester	12 th March 2021

Semester-II, IV & VI

S. No	Particulars	Date
1.	Commencement of II, IV & VI Semester Classes	22 nd March 2021
2.	I Internal Examination (Theory)	3 rd -8 th May 2021
3.	Examination Notification	9 th June 2021
4.	II Internal Examination (Theory)	21 st – 26 th June 2021
5.	Internal Practical Examination	28 th June-10 th July 2021
6.	Submission of Examination Application Forms A. Without Late Fee B. With Late Fee	1 st – 5 th July 2021 6 th -8 th July 2021
7.	Last day of Instruction	10 th July 2021
8.	Commencement of End Semester Examinations	14 th July 2021
9.	End Semester Practical Examinations	5 th - 17 th August 2021
10.	Commencement of classes Sem III (AY 2021-2022)	20 th August 2021

Workload Statement:

Semester: BA JPE- I, III, V.

S.No	Name of the Faculty	Subjects	No. of Hours per week
1	Ms. Amthul Fathima	1) BA-1 Introduction to Psychology	4
		2) BA-1 Experimental Psychology (Practical)	3
		3) BA-3 Abnormal Psychology	3
		4) BA-3 Psychological Testing (Practical)	4
		Total	14
2	Ms. Azra Jahan	1) BA-2 Theories of Personality	4
		2) BA-2 Personality Assessment (Practical)	3
		3) BA-2 Health & Well Being	2
		4) BA-3 Developmental Psychology	5
		5) BA-3 Statistics & Research Methodology	1
		Total	15
		Total No. of Hours	29

Semester: BA JPE- II, IV, VI.

S.No	Name of the Faculty	Subjects	No. of Hours per week
1	Ms. Amthul Fathima	BA-1 Basic Cognitive Processes	4
		BA-3 Adolescent Psychology	4
		BA-3 Dissertation	1
		Total	9
2	Ms. Azra Jahan	BA-2 Social Psychology	4
		BA-2 Experiments in Social Psychology (Practical)	4
		BA-3 Experiments in Adolescent Psychology	2
		BA-3 Dissertation	1
		Total	11
3	Ms. P Srija	BA-1 Experiments in Basic Cognitive Processes	5
		BA-3 Dissertation	2
		Total	7
	Total No. of Hours		28

Details of Faculty pursuing PhD

Name	Year of Admission	University
Amthul Fatima (Head, Dept of Psychology)	2018	Osmania University

Orientation/ Seminars/Conferences/Workshop/ attended by Faculty- In house & Outside

S.No	Name of the faculty	Outside
1	Amthul Fatima	<ul style="list-style-type: none"> - International Webinar on ‘Mindfulness Practice for a Better Mental Health’ (Theivanai Ammal College for Women, Vellore)-23rd Oct-2020 - National Webinar on ‘Insights into Indian Knowledge Systems’ (Vikasana NEP 2020, Disha Bharat)- 26th March 2021 - Webinar on ‘Intellectual Property Rights-in Research & its Prominent Changes’ (IQAC & Research Cell, Nizam College)- 9th April 2021 - National Workshop on ‘NAAC Revised Guidelines: A paradigm shift in quality initiatives’ (Career College, Bhopal)- 1st August 2021 - FDP on ‘Research Methodology for Social Sciences’ (Indian Institute of Management & Commerce)- 17th-19th May 2021
2	Azra Jahan	<ul style="list-style-type: none"> - Workshop on CBT & 12 Steps (Arel Hope Institute of Edu & Research LLP)- 12th May 2020 - Webinar on ‘Mindfulness Based Cognitive Therapy for Children’ (Christ University, Thiruvananthapuram)- 19th June 2020 - International Webinar on ‘Voices Unheard: Breaking the Silence’ (Women Empowerment Cell, OU)- 3rd-5th Sept 2020 - International Webinar on ‘Mindfulness Practice for a Better Mental Health (Theivanai Ammal College for Women, Vellore)-23rd Oct-2020 - Workshop on ‘Clinical Hypnotherapy’ (Psychoshiksha-ISO certified, Patiala)- 24th Oct 2020 - Webinar on ‘Intellectual Property Rights-in Research & its Prominent Changes’ (IQAC & Research Cell, Nizam College)- 9th April 2021 - National Webinar on ‘Intellectual Property Rights’ (IQAC & Commerce dept, Badruka College of Commerce & Arts)- 5th May 2021 - National Webinar on ‘Understanding Research Methodology & Developing Research paper Writing Skills’ (IQAC, St. Mary’s Centenary Degree College) – 21st-24th July 2021

S.No	Name of the faculty	In House
1	Amthul Fatima	<ul style="list-style-type: none"> - FDP on “Usage of ICT tools for Effective Learning and Evaluation” 1st – 5th June 2020. - FDP on ‘Developing an Inclusive Curriculum: Guide for Curriculum Development and Evaluation Process’ 10th-15th May 2021
2	Azra Jahan	<ul style="list-style-type: none"> - FDP on “Usage of ICT tools for Effective Learning and Evaluation” 1st – 5th June 2020. - FDP on ‘Developing an Inclusive Curriculum: Guide for Curriculum Development and Evaluation Process’ 10th-15th May 2021

<u>Student Strength:</u>	
B A JPE-I	49
BA JPE-II	49
BA JPE-III	28

Orientation Program for I Year Students

Subject of the Meeting : o Orientation session for the batch 2020

o Ice-breaking session

Date : 5th October, 2020

Day : Monday

Time : 11:00 AM

Mode of Meeting – Online (Google Meet)

In Attendance : o HOD of Psychology Department, Mrs Amtul Fatima

o HOD of English Department Dr. Sangeetha Motkar

o Faculty of English Department, Mrs Rupa Josephine

o Faculty of Mass Communication Department, Mrs Lasya Madhukar

o Students of BA JPE I, II and III years

The meeting commenced with Mrs Amthul Fatima, HOD of Psychology Department, welcoming all the students of BA JPE department, introducing the faculty members, and handing over the meeting to the faculty for their orientation. Mrs Rupa Josephine took over the meeting, and proceeded to give an

introduction of herself and her subject, while also briefing the students about the basic rules and regulations she wishes them to follow in her class.

Following Rupa ma'am, Amthul ma'am took over the orientation, with a presentation, presenting the college motto "Knowledge, Service and Love", and continued to explaining the basic campus rules and regulations, dress code, attendance percentages, examination process, and the timetables and schedules. A crisp presentation was given on 'Psyched Club' activities, and its vision for the year. Ending the presentation, the meeting was left open for questions.

Post the question answer session, Mrs Laasya Madhukar, faculty of Mass Communication Department, took over the meeting and gave an insight into the syllabus and activities of Mass Communication and Journalism. Ma'am also took to explaining the holistic importance of the particular course and its significance in future. Next, Dr. Sangeetha Motkar, HOD of the English Department, proceeded with the orientation, giving the students a talk on life skills, dreams and opportunities and ended with a striking quote, "Ordinary ones manage change, Extraordinary one's master change", motivating the students.

Following the faculty orientation, was the ice-breaking session, which commenced with Yamini and Chandana, President and Vice President of Psyched Club, respectively, introducing a few games for the first years. One game involved each one telling out their reason for choosing psychology, while another game involved them showing a collection of pictures, out of which the first years were expected to relate themselves to a picture and explain the reason for the same. The third game involved the seniors giving a set of five words, while the first years had to construct a story with the same. There was an active participation from the first years, and the games helped build a good interaction.

Ending the games, Mrs Sangeetha ma'am, took to explaining about the various clubs and their activities we have in the college and concluded by expecting an active participation from the first years.

As the first year's took to asking a few questions about the environment at college, they were actively answered by the faculty and the seniors.

Post the question-answer session, Mrs Amtul ma'am, extended a word of thanks to the core-committee members, organizers of the orientation, the faculty, and all the students for their active participation throughout. She concluded the orientation by wishing the students good luck for the future and emphasized that she expects active involvement of the first year's and hoped to see a good interaction among the students.



Orientation to First Year Students- 5th Oct 2020

Remedial Classes:

Remedial Classes were conducted for students who score below average marks in their Internal-I examinations conducted in the month of October.

Target Students:

S. No	Year	Roll No	Student Name
1.	BA I	121420404004 121420404016 121420404019 121420404023	Aadarsh Kumar Merveen Cluvert Inara Mukhida Sumayya Fatima
2.	BA II	121419404008 121419404024 121419404025 121419404037 121419404043 121419404045	Bradley Dasari Madhiaunnisa Manisha Lakra Simran Sharon Zehra Hasan Musaib Kamil
3.	BA III	121418404005 121418404020 121418404022 121418404026 121418404031	Rabab Fatima Nannapuraju Nirnitha P Sarah Paul Shweta Gupta Nathalia Moses

Best Practices & Distinctiveness of the Department

Counseling Cell:

The Counseling Cell is a prominent part of the Department with a focus on providing one on one attention to students and parents from all streams. An additional paradigm to the cell is that cases from outside the college are also dealt with within the campus thus rolling out the message that the college cares for the mental well being of one and all.

PSYCHED Club:

The PSYCHED Club operates with a goal to spread awareness about Psychology as a subject and encourage students to engage in social participation and interactions thus benefitting their social development.

Personal attention to Students:

The student – teacher proportion allows the teachers to engage with the students personally. Additionally, being Psychologists themselves, the teachers usually have an edge in understanding the student behavior better thus addressing them on a one on one basis.

Release of Annual PSYCHED Report:

The Department releases the Annual Report for the Academic year during its investiture ceremony. The report presents to the students an opportunity for creative representation of their talents.

Internship:

The students in the VI Semester are provided with the opportunity to work on an internship in the field of Psychology for 45 days. Apart from industrial training this is an opportunity for them to get placed within the industry.

Guest Lectures/ Seminars/ Workshops organized

❖ Guest Lecture on Depression & Suicide Prevention:

Subject of the Meeting : To provide a deeper understanding into the causes of suicide, depression and the impact of lockdown due to COVID 19 on suicidal thoughts.

Date : 10th September, 2020

Day : Thursday

Time : 3:00 PM

Mode of Meeting : Online (Google Meet)

In Attendance :

- Convener Mrs. Amtul Ma'am
- Co-Convener Ms. Azra Ma'am
- Students of BA JPE II and III years

The webinar commenced with a welcome note by the Convener Mrs Amtul Fathima, HOD of the Psychology Department of St Joseph's Degree and PG College, who then introduced the Guest Speaker for the day, Dr. Naveen Kumar, a consultant psychologist in a reputed hospital, rehabilitation psychologist at NIEPID (National Institute for the Empowerment of Persons with Intellectual Disabilities), Secunderabad.

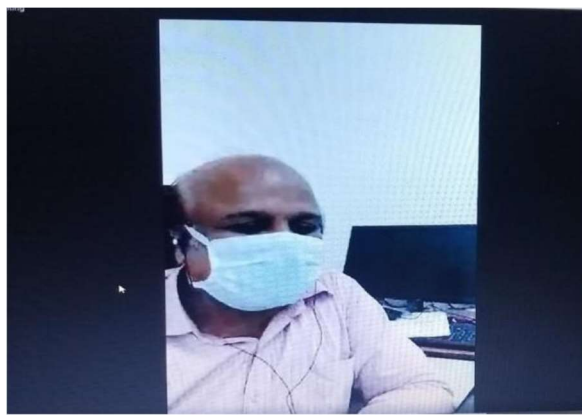
Dr Naveen started with a brief talk on 'World Suicide Prevention Day' and continued to explain in detail about the psychological effect COVID 19 has on man's mind. He supported his statements by taking reference from studies which stated that Anxiety has increased from 30%-70% and Depressive

symptoms have seen an increase from 20%-40%. He stated high mortality rates and absence of effective treatments as the major triggers for the rise in anxiety and depression cases, which when not given proper attention might end up in suicide. He highlighted that “Depression” is the main cause of suicides. He proceeded to explain the risk factors for suicide as stressful life events, lack of social belongingness, smoking, substance abuse, conflicting relationships and alienation, while simultaneously stressing on the point that Childhood experiences too have a considerable affect in leading up a person to commit suicide.

Dr Naveen stressed on the point that youth are most prone to suicides and are extremely vulnerable to experience depression, since they are in their transition stage, experience peer pressure, and often go through stressful life events such as failures in academics, or career plans, which might lead to increased alcohol consumption. Moving on, the webinar was more focused on understanding suicides in-depth, defining it as, 'Death caused by self-directed injurious behaviour with an intent to die'. He stated that suicide is one among the top 20 causes of death, on a global case, while stressing that men commit suicides three times more than women. He brought in few facts which revealed that in Asia alone 60% of suicides take place, in which most of them are between the age groups 15-39yrs. While explaining the types of people committing suicides, he categorized them into Ideators, who simply think of suicide, Attempters, who attempt suicide but remain unsuccessful, and Completers, who commit suicide and die. He referred to Thomas Joiner's theory, which concluded that a simple desire for suicide is necessary but is not completely sufficient for committing suicides. One needs to acquire the capacity to suicide, by over coming the life saving instincts to actually succeed in the act.

Proceeding into the Psychological Intervention, he emphasized that psychologists should have a non-judgmental attitude, empathetic care, attentive listening, and should provide the patients a safe space for ventilation. He gave an insight on the various therapies such as CBT, DBT, IPT and PST, which can be used to treat the patients with suicidal thoughts. He finally concluded the webinar with the motto **“Catch Hope, Not Rope”**, and left the stage open for questions from students.

Post the question-answer session, Mrs Amtul ma'am concluded the webinar followed by a 'Vote Of Thanks' by Muskan Lalani, from BA JPE II, acknowledging the honoured presence of the Guest Speaker Dr Naveen Kumar, the Dean of Academics Dr Uday Bhaskar, the Respected Principal Rev. Fr. K. Marreddy, Faculty of Psychology Department, The Core Committee Members of Psyched Club, and all the participants of the webinar.



Dr. Naveen addressing the students on Suicide Prevention - 10th Sept 2020

❖ Guest Lecture on One Way & Two Way Anova:

Subject of the Meeting: Lecture on One Way and Two Way ANOVA and Levels of Significance

Date : 31 December, 2020

Day : Thursday

Time : 1:30 PM

Mode of Meeting – Online (Google Meet)

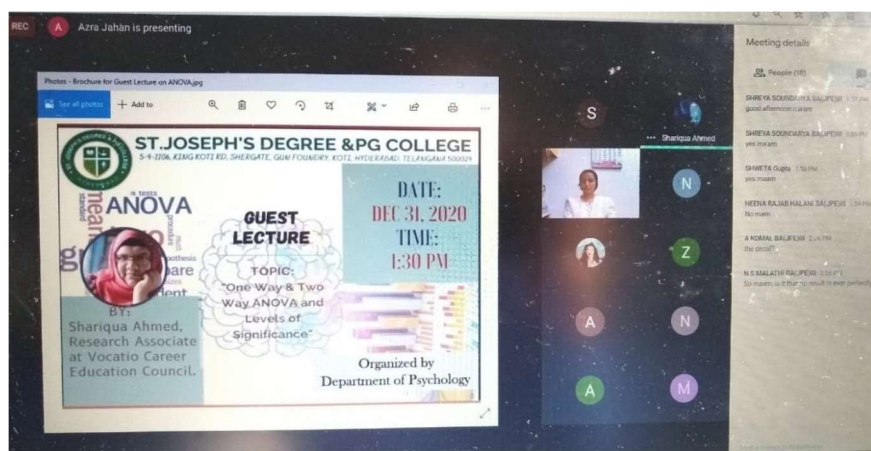
In Attendance :

- Shariqua Ahmed, Guest Lecturer
- Ms. Azra Jahan, Assistant Professor of the Psychology Department
- Students of BA JPE III

The meet commenced with Ms. Azra Jahan, Assistant Professor of the Psychology Department, introducing the guest lecturer for the day, Ms. Shariqua Ahmed, who is a Research Associate at Vocatio Career Education Council. Post the introduction, Shariqua Ahmed started with the basics in statistics, discussing terms such as variable and hypothesis. Post the basic revision, a detailed focus was laid on the types of tests applied in statistics and their efficiency.

A special concentration was laid on ANOVA and its types. The significance of ANOVA, its efficiency over other statistical tests, its advantages and limitations in the practical world were a few topics covered in the meet. Maintaining an interactive rapport throughout the session, making sure the concept was delivered with ultimate clarity, Shariqua left the meet open for any doubts and questions, post the completion of the guest lecture. After taking a few questions from the students and clarifying all doubts, the session came to an end.

The session was officially concluded by Ms Azra Jahan, followed by a 'Vote Of Thanks' by Yamini, acknowledging the honored presence of the Guest Lecturer Ms Shariqua Ahmed, the Respected Principal Rev. Fr. K. Marreddy.



Lecture on ANOVA by Ms Shariqua-31st Dec 2020

❖ Guest Lecture on Careers in Psychology:

Subject of the Meeting: Future prospects- Scope of Psychology

Date : 28th May 2021

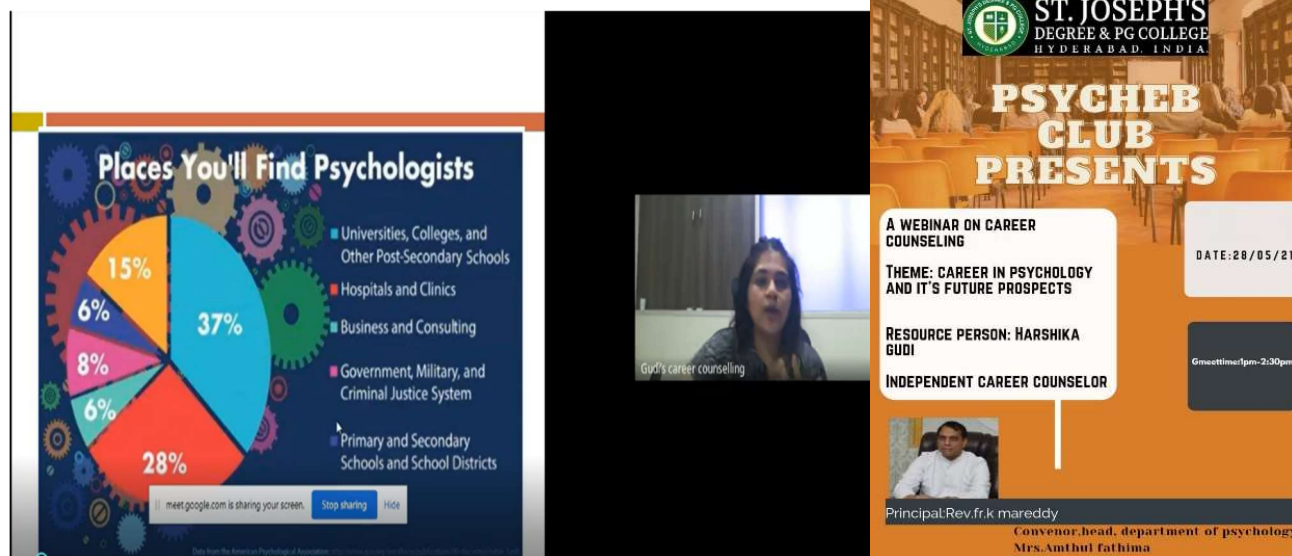
Day : Friday

Time : 1:30 PM

Mode of Meeting – Online (Google Meet)

In Attendance :

- Resource Person: Ms Harshika Gudi- Counselor
- Students of BA JPE I, II, & III



Ms. Harshika addressing the students on 28th May 2021

Brochure

❖ Webinar on Nutritional Disorders in Adolescents

Subject of the Meeting: Nutritional Disorders in Adolescents and How to Improve Immunity during the Pandemic

Date : 1st June 2021


Day : Tuesday

Time : 1:00 PM

Mode of Meeting – Online (Google Meet)

In Attendance :

- Resource Person: Mrs. Afshan Jabeen, Clinical Psychologist, Founder- Ripples Centre for Enhanced Learning.
- Students of All streams.



ST. JOSEPH'S DEGREE & PG COLLEGE
HYDERABAD, INDIA
(AFFILIATED TO OSMANIA UNIVERSITY)

DEPARTMENT OF PSYCHOLOGY

is organizing a webinar on

*"Nutritional disorders in adolescents
and how to improve immunity during the
pandemic"*

DATE: 1 JUNE 2021


TIME: 1- 2:30

GOOGLE MEET

SPEAKER:
Mrs. Afshan Jabeen
Clinical Psychologist
Head, Ripples Centre for Enhanced Learning

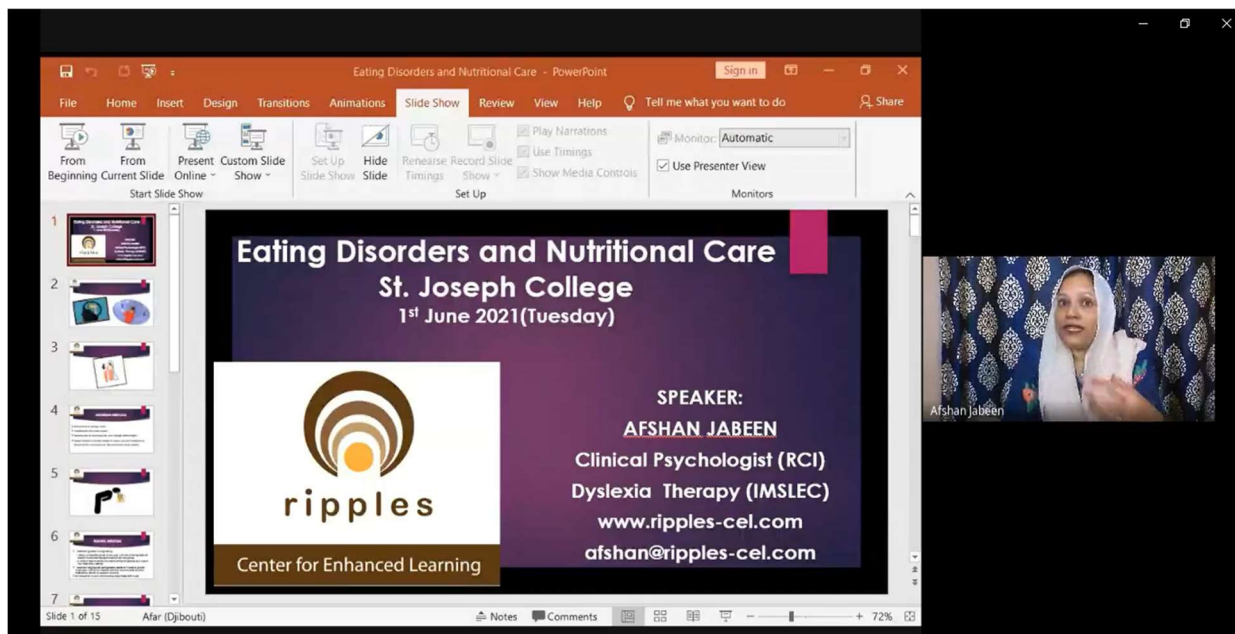
OPEN FOR ALL JOSEPHITES

MRS. AMTHUL FATIMA
CONVENER,
HOD (DEPARTMENT OF PSYCHOLOGY)



REV.FR. K. MARREDDY
PRINCIPAL

Brochure



The screenshot shows a Google Meet window. On the left, a PowerPoint presentation titled "Eating Disorders and Nutritional Care" is displayed. The slide content includes:

- Title:** Eating Disorders and Nutritional Care
- Location:** St. Joseph College
- Date:** 1st June 2021(Tuesday)
- Logo:** ripples Center for Enhanced Learning
- SPEAKER:** AFSHAN JABEEN
- Qualifications:** Clinical Psychologist (RCI), Dyslexia Therapy (IMSLEC)
- Contact:** www.ripples-cel.com, afshan@ripples-cel.com

On the right side of the Meet window, there is a video feed of Mrs. Afshan Jabeen, who is wearing a white headscarf and a blue patterned top. The name "Afshan Jabeen" is visible below her video feed.

Mrs. Afshan addressing the students on 1st June 2021

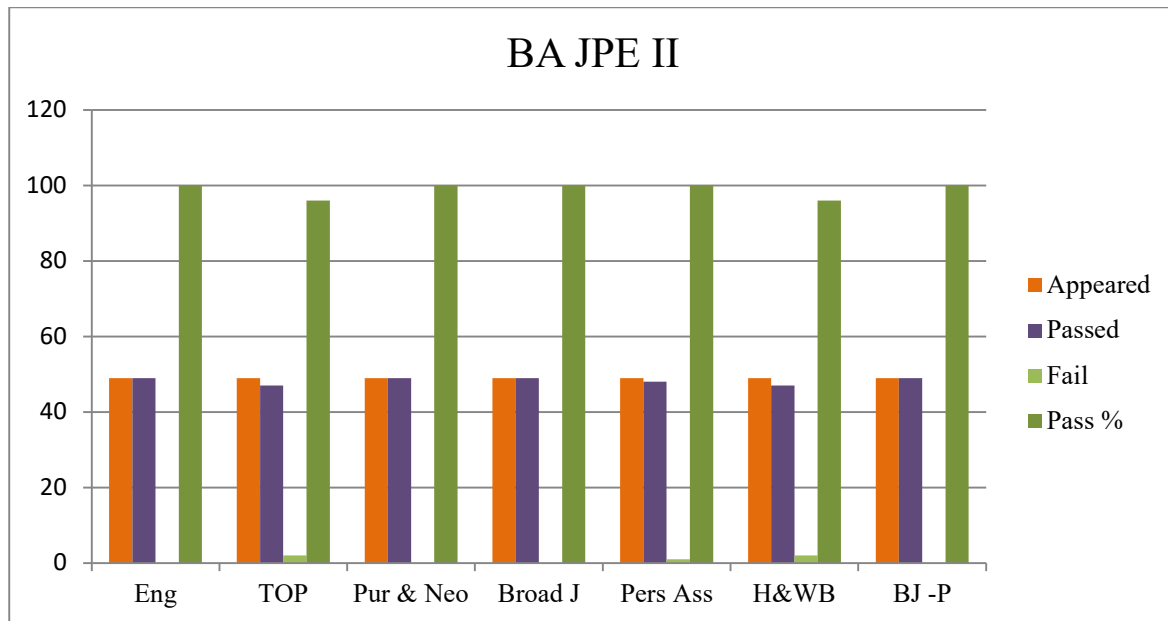
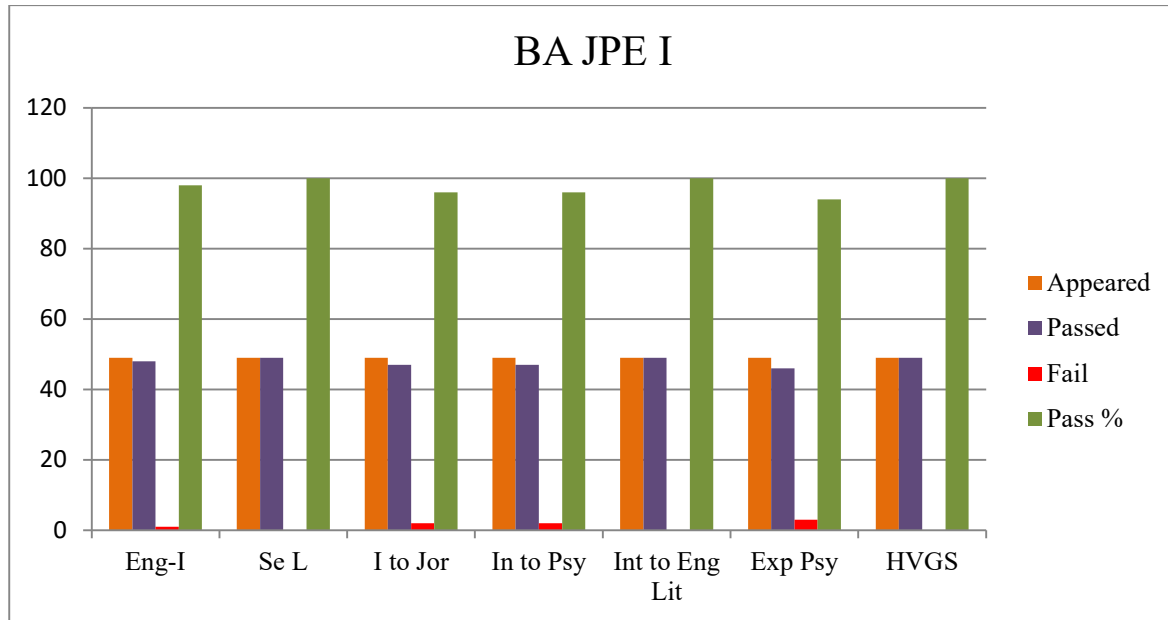
Project Details of the Students

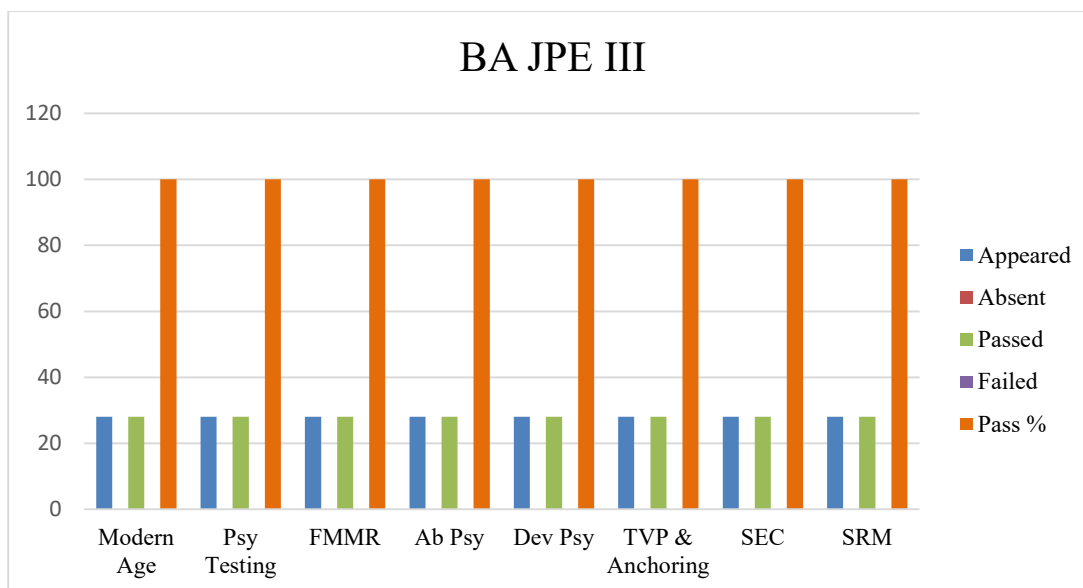
Roll No	Student Name	Title
1214-18-404-001	A KOMAL	Social Anxiety among Men & Women of Early Adulthood
1214-18-404-002	AKKIRAJU SHREYANJALI	Self-concept among Men & Women of Early Adulthood
1214-18-404-003	AZMEENA KAREEM BHAMANI	Social Anxiety among Adolescents & Young Adults
1214-18-404-004	EVITA FRANCIS	Emotional Maturity among Young Adults
1214-18-404-005	SYEDA RABAB FATIMA	Disordered Eating among Adolescents
1214-18-404-006	GADU SATYA SRAVANI	Psychological Well-being in Practioners & Non-Practioners of Yoga
1214-18-404-007	GUNJAN M BAHIRWANI	Gender differences in Bullying
1214-18-404-008	HANIA MOAZZAM	Coping Styles among Young & Older Adults
1214-18-404-009	HEENA RAJAB HALANI	Self-Esteem among Young Adults
1214-18-404-010	JEOL ROY	-
1214-18-404-011	KAKARA BHARGAVI	Adult Separation Anxiety
1214-18-404-012	KATTA AMULYA AROGYA MARY	Positive & Negative Emotions in Boys & Girls
1214-18-404-014	MAHEK BIRMECHA	Academic Motivation among Undergraduates & Postgraduates
1214-18-404-015	MARIA RAMONA FRANCIS	Fear of Happiness among Married & Unmarried Working Women
1214-18-404-017	MUSKU MEGHANA	Self-Efficacy among Young Adults
1214-18-404-018	N S MALATHI	Levels of Anger among Young Adults
1214-18-404-019	NAIMISHA PATEL	Stress Levels among Working & Non- working Women
1214-18-404-020	NANNAPURAJU NIRNITHA	Health Anxiety among Undergraduates
1214-18-404-022	PENUMALA SARAH PAUL	Coping Stress levels among Young Adults
1214-18-404-023	RAKHI JHA	Gender Based Parenting Styles in Young Adults
1214-18-404-024	RONGALA MEGHANA	Sleep Disturbances among Young Adults
1214-18-404-025	SHREYA SOUNDARYA	Attitudes of Young Adults towards Gender roles
1214-18-404-026	SHWETA GUPTA	Perception of Academic Stress among Undergraduates
1214-18-404-027	SIDRAH FATIMA	Altruism among Young Adults
1214-18-404-028	TANAZ RUPANI	Goal Setting Behavior among Adolescents & Young Adults
1214-18-404-029	YAMINI MAHALAKSHMI J V	Emotional Intelligence among Young Adults
1214-18-404-030	ZAHIIYA NAYEEM	“Self-Consciousness among Men and Women of Early adulthood”
1214-18-404-031	EMMANUEL NATHALIA MOSES	Student Life Satisfaction among Young Adults

Internship Details of the Students

Roll No	Student Name	Internship in Psychology (Organization)	Area of Internship
1214-18-404-001	A KOMAL	Socially Souled – ISO Certified	Clinical Hypnotherapy
1214-18-404-002	AKKIRAJU SHREYANJALI	Cognizavest	Organizational Psychology
1214-18-404-003	AZMEENA KAREEM BHAMANI	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-004	EVITA FRANCIS	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-005	SYEDA RABAB FATIMA	Psychoshiksha-ISO certified	Child Psychology
1214-18-404-006	GADU SATYA SRAVANI	A Free Mind Space	Counseling Psychology
1214-18-404-007	GUNJAN M BAHIRWANI	Cognizavest	Organizational Psychology
1214-18-404-008	HANIA MOAZZAM	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-009	HEENA RAJAB HALANI	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-010	JEOL ROY	-	-
1214-18-404-011	KAKARA BHARGAVI	Psychoshiksha-ISO certified	Child Psychology
1214-18-404-012	KATTA AMULYA AROGYA MARY	National Institute for Empowerment of Persons with Intellectual Disability	Clinical Psychology
1214-18-404-014	MAHEK BIRMECHA	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-015	MARIA RAMONA FRANCIS	National Institute for Empowerment of Persons with Intellectual Disability	Clinical Psychology
1214-18-404-017	MUSKU MEGHANA	Cognizavest	Counseling Psychology
1214-18-404-018	N S MALATHI	Cognizavest	Organizational Psychology
1214-18-404-019	NAIMISHA PATEL	Cognizavest	Organizational Psychology
1214-18-404-020	NANNAPURAJU NIRNITHA	Psych Corner	Child Psychology
1214-18-404-022	PENUMALA SARAH PAUL	Cognizavest	Organizational Psychology
1214-18-404-023	RAKHI JHA	Psychoshiksha-ISO certified	Child Psychology
1214-18-404-024	RONGALA MEGHANA	Cognizavest	Organizational Psychology
1214-18-404-025	SHREYA SOUNDARYA	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-026	SHWETA GUPTA	Cognizavest	Organizational Psychology
1214-18-404-027	SIDRAH FATIMA	Psychoshiksha-ISO certified	Counseling Psychology
1214-18-404-028	TANAZ RUPANI	Cognizavest	Organizational Psychology
1214-18-404-029	YAMINI MAHALAKSHMI J V	Cognizavest	Organizational Psychology
1214-18-404-030	ZAHYA NAYEEM	Socially Souled – ISO Certified	Integrative Therapies
1214-18-404-031	EMMANUEL NATHALIA MOSES	Psychoshiksha-ISO certified	Child Psychology

Result Analysis





Academic performance

Class	Roll No	Student Name	CGPA
BA JPE I	121418404018	N S Malathi	9.66
	121418404002	Akkiraju Shreyanjali	9.59
	121418404023	Rakhi Jha	9.52
BA JPE II	121419404019	Ishwari Afzal	9.68
	121419404027	Nabeela Nashat Afra	9.23
	121419404005	Ashresh Marupaka	9.18
BA JPE III	121420404005	Dauzi Sanaullah Khan	9.72
	121420404021	Preeti Patil	9.52
	121420404015	Md Saaduddin Muqet	9.32

Parent Teacher Meet

Odd Sem

BA (JPE) I- 43 Students attended the meeting with parents.

BA (JPE) II - 38 Students attended the meeting with parents.

BA (JPE) III - 15 Students attended the meeting with parents.

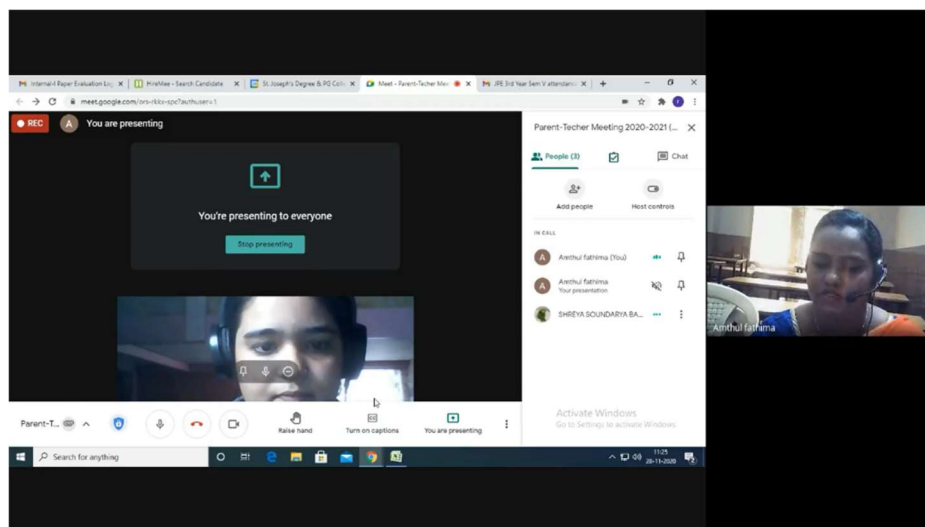
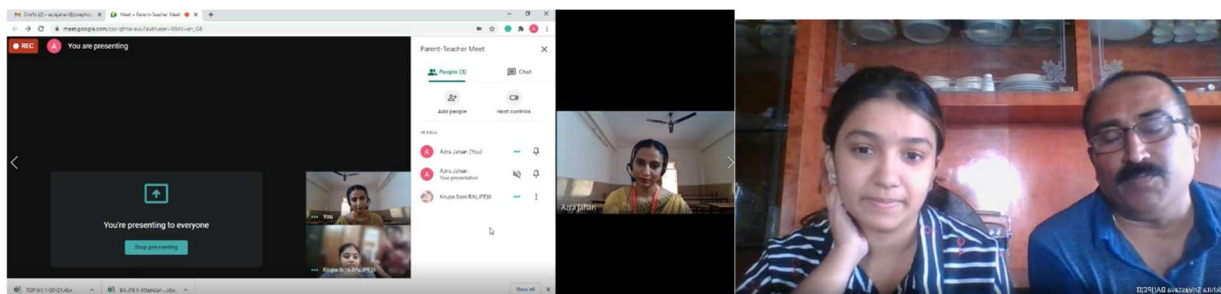
Even Sem

BA (JPE) I- 37 Students attended the meeting with parents.

BA (JPE) II - 27 Students attended the meeting with parents.

BA (JPE) III - 18 Students attended the meeting with parents.

Parent – Teacher Meeting Pictures



Future Plans of the Department

ACTION PLAN FOR THE ACADEMIC YEAR 2021-2022.

For the Institution:

- Plan & conduct an FDP of **Work-Life Balance**, for the In-House Faculty.
- To lay a proposal for starting **B.A Honors Programme (Syllabus already approved by BOS during A.Y 2017-18), or P.G Diploma Programme.**
- Planning to Introduce a Certificate Course on **Emotional & Social Intelligence** in Collaboration with **Ripples- Centre for Enhanced Learning.**

For the Professional Development:

- Plan to start Data Collection and work on Methodology for Ph.D
- Attend FDP related to Research field.
- Plan to Publish one Article in the recognized Journal within 3months.

FDP on Effective Mentoring Practices:

Agenda of the Meeting: To provide a deeper understanding of how to practice mentoring and inculcating the habit of mentoring in faculty

- **Date :** 12th October 2020
- **Day :** Monday
- **Time :** 4:00 PM
- **Mode of Meeting :** Online (Google Meet)
- **Resource Person :** Dr. P. Swati, HoD-Psychology, Osmania University.

Convener : Rev. Fr. K. Marreddy, Principal, St. Joseph's Degree & PG College

Co-Convener : Mrs. T. Esther Ratna, IQAC Coordinator & Mrs Amthul Fathima, Head, Dept of Psychology

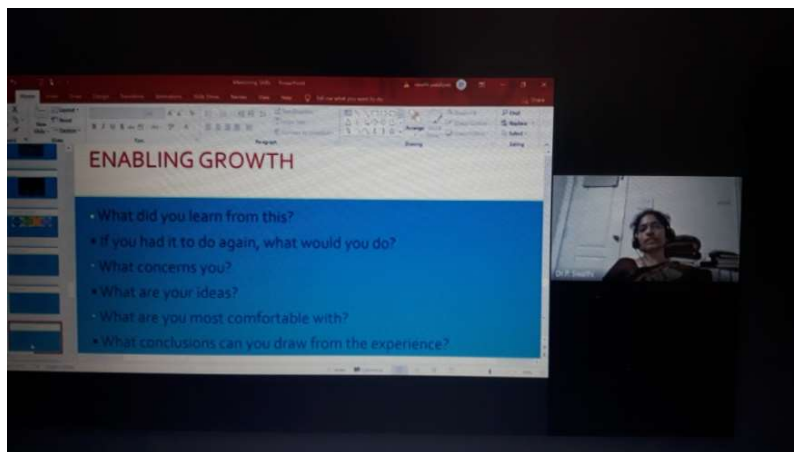
Participants : Faculty from all the departments.

The webinar commenced with a welcome note by the Co-Convener Mrs. T. Esther Ratna, IQAC Coordinator, St Joseph's Degree and PG College, who then introduced the Guest Speaker for the day, Dr. P. Swati, HoD-Dept of Psychology, Osmania University, Hyderabad.

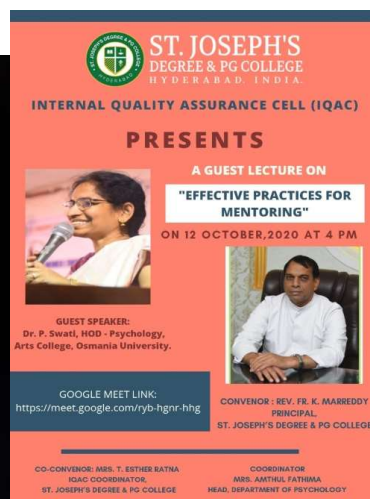
Dr. Swati started with how mentoring is the need of the hour, for faculty as well as students. She explained how a ‘role model’ is different from ‘mentor’, one is consciously done and the other is unconscious habit of individuals. She highlighted on lack of time for teachers to spend with their students. She emphasized the importance of mentoring in shaping the personality and their career. Making them realize their strengths, skills and potential. Understanding their learning styles and creating material to suit their needs.

Dr. Swati highlighted the important characteristics & skills required to be an effective mentor, like listening, motivating, influencing, time management, commitment, confidential etc. she also mentioned the behaviors and characteristics a mentor should not posses.

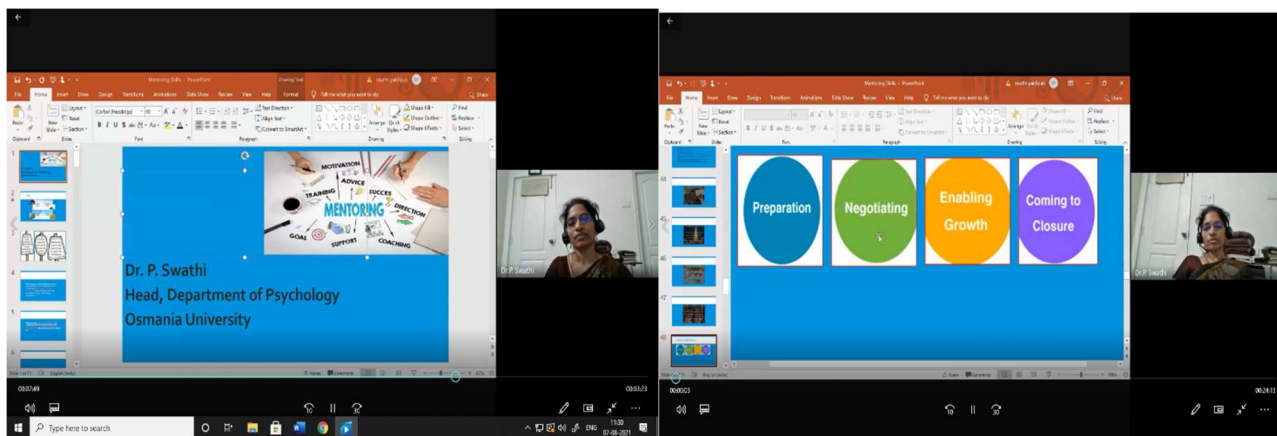
“Mentoring is to support and encourage people to manage their own learning in order that they may maximize their potential, develop their skills, improve their performance and become the person they want to be”



Dr. P Swathi addressing the faculty on 12th Oct 2020



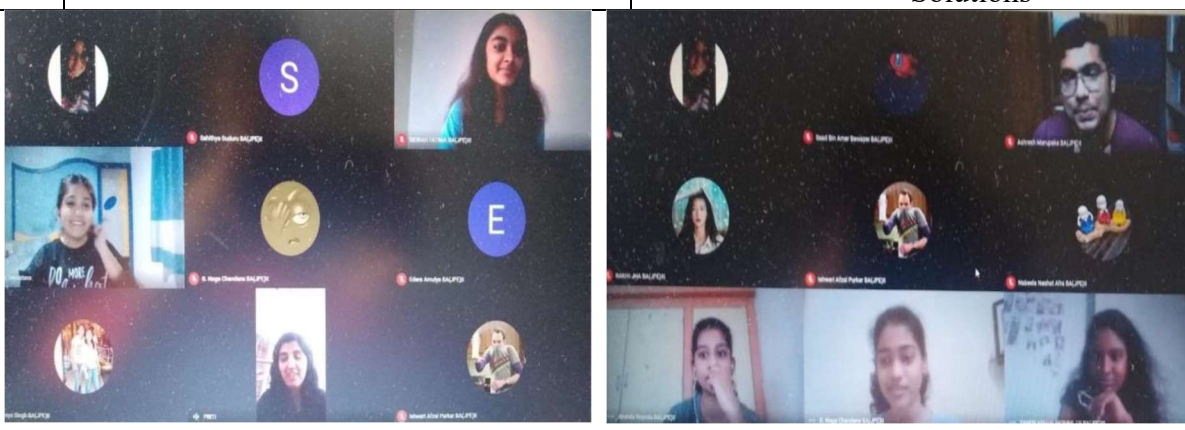
Brochure



Dr. P Swathi addressing the faculty on 12th Oct 2020

Summary of Student Centric Activities (Psyched Club):

S. No	Date	Activity
1.	10 th Oct 2020 (World Mental Health Day)	Sharing of stories for motivation & empowerment
2.	10 th Nov 2020	Black Swan-Movie Discussion
3.	16 th - 20 th Nov 2020 (Anti-bullying week)	Poster Making
4.	7 th Feb 2021	Attended a Webinar on Salience & Future of Liberal Arts organized by Gargi Knowledge Solutions



Meeting details

People (16) Chat

SHREYA SOUNDARYA BA(JPE)III 6:39 PM
she also suffers from eating disorders ig

Ishwari Afzal Purkar BA(JPE)II 6:43 PM
Nina is also antisocial- she doesn't have friends and people she can trust on

RAKHI JHA BA(JPE)III 6:44 PM
you need a triggering point

SHREYA SOUNDARYA BA(JPE)III 6:45 PM
yes, Lily was always there to replace her

Ishwari Afzal Purkar BA(JPE)II 6:45 PM
Yep

SHWETA Gupta 6:45 PM
Nina's struggle with anxiety is illustrated by her self-harm through scratching, itching, and picking. She exhibits obsessive and compulsive traits through the meticulous care of her ballet slippers

ST. JOSEPH'S DEGREE AND PG COLLEGE

DEPARTMENT OF PSYCHOLOGY

ANTI-BULLYING WEEK 16-20 NOVEMBER, 2020

Help keep our community free of bullies

PSYCHED CLUB PRESENTS

POSTER MAKING AND IDEA BANK

POST YOUR WORK AT: [HTTPS://FORMS.GLE/0RCC1V0DUJZADJEBB](https://forms.gle/0RCC1V0DUJZADJEBB)

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VIRTUAL CAREER FAIR

SESSION 7:

THE NEED FOR A LIBERAL ARTS EDUCATION - WHY THE WORLD NEEDS MORE PEOPLE WITH ONE

FREE REGISTRATIONS

Date - 7 Feb 2021
Time - 11:30 AM - 12:30 PM
Online meeting
Link will be shared with Registered participants only

Register on <http://bit.ly/GargiCareerFair>

PROF. SANTOSH KUMAR
Dean, School of Liberal Arts and Management Studies,
PP Savani University