



ST. JOSEPH'S DEGREE & PG COLLEGE

(Autonomous), Affiliated to Osmania University
Re-accredited by NAAC (3rd Cycle) with B⁺⁺ Grade
King Koti Road, Hyderabad

Ref No: SJC/24-11-2021/05

Department of Psychology
Details of Field Trip to Institute of Mental Health (Erragadda)

Date – 24-11-2021

To,
The Principal,
St. Joseph's Degree & PG College,
King Koti, Hyderabad

REG – Field visit to IMH

As a part of experiential learning, the students will be taken to IMH to learn and explore –

- Different types of psychological disorders
- Personality disorders
- Interaction with patients under supervision of clinical psychologist
- Deaddiction centre
- Various techniques of treatments
- Case Histories.

We are planning the field trip on 26-11-2021 i.e., Friday from 10:10 AM to 01:30 PM.

We, the department of psychology, request you to grant us permission to visit IMH and oblige.


HoD 24/11/21


Principal
24/11/2021

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Field visit to: Institute of Mental Health, Erragadda.

Date: 29-11-2021

Time: 10.30 pm to 2.30 pm

Objective -

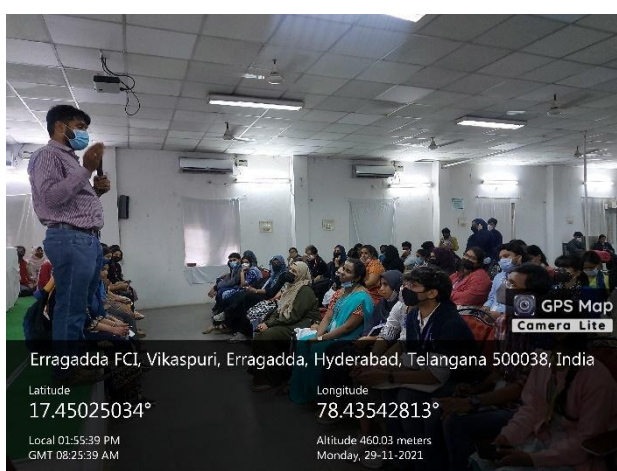
The main objective of this field trip was to give practical exposure to various psychological disturbances which they study as part of their curriculum

Report –

Field trip was taken place for the students of all JPE to make them understand and practically experience their role in the future. Trip was planned on 29/11/2021, with 115 students and faculty (2) from psychology department. Students were taken to IMH, Erragadda, hyd. Reached the institution by 10:40am.

After reaching the institution, clinical psychologist Venkata Subbaiah addressed students and given instructions about student's behavior and safety measures while attending the patient, from there students were taken to out patient wards, where students could interact with family members of patients, who are suffering with various mental illnesses like, Mood disorders, Schizophrenia, Anxiety and Depression. Students noted down the symptoms, severity and causes of the cases what they have observed.

They were nearly more than 600 patients in the institute both inpatient and outpatient. The students were also taken to in-patient open wards of both males and females where special cases like paranoid schizophrenia, bipolar disorders related people were admitted for inhouse treatment



Outcome:

The students learned many things about the treatment procedures, how important a clinical psychologist is for the institute, about causes of mental illnesses.

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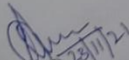
Ref No: SJC/23-11-2021/PS^N/05

Department of Psychology

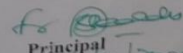
Notice

Date: 23-11-21

This is to inform all the Non-Teaching Staff that there will be a Session on **Interpersonal Skills Development** by **Mrs. B. Sumana**, Department of Psychology in collaboration with IQAC, on 27th Nov 2021 at Chapel Hall from 2:00 PM Onwards. Its mandatory for all to attended the program.


HoD 23/11/21


Correspondent


Principal
24/11/2021



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Principal

Rev Fr Dr D Sunder Reddy

The IQAC in collaboration with

Department of psychology

Is organising

INTERPERSONAL SKILL DEVELOPMENT

for

Non - teaching staff

27th November
2021

Chappel hall
2:00pm onwards

organising committee :

Ms. Esther Ratna, IQAC
coordinator.

Mrs Amthul Fathima,
Head, Department of
Psychology

Resource person :

Mrs B Sumana, Asst Professor,
St Josephs Degree & PG College.



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Title – Interpersonal skill development

Date – 27th November, 2021

Venue – Chapel Hall

Time- 2.00 pm to 3.30

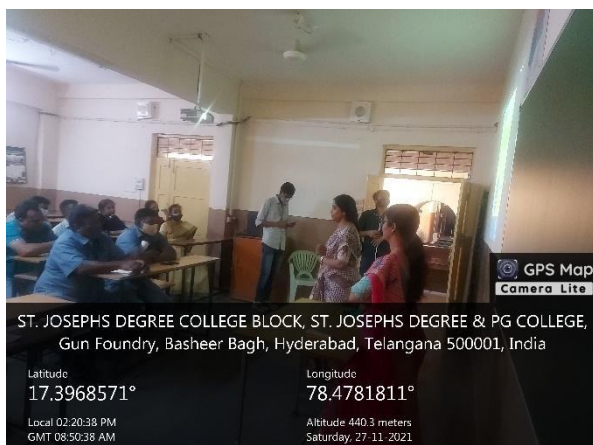
Objective -

To make them understand what is the importance of communication with others.

Report:

The session was started with an activity, to make them understand what success is, as they realized it's a collective effort of people around them. Through second activity explained about what is effective communication. How their tone, facial expressions, body movements play a major role in interpersonal relationships with management, faculty and students. Third activity helped them to understand their role in the institution.

The participants were also given insight into improvement of communication skills, empathetic attitude. They were asked to approach the counselors present in the college to take help from them for the matters related to stress, anger management, behavior management. Mrs. Sumana emphasized on importance and development of positive attitude in the work force which automatically will improve their ability to communicate with each other in an optimistic view.



Outcome:

By the end of the session all the non-teaching staff had an idea about the importance of communication in their job performance and gained practical knowledge about interpersonal relationships through indulging in activities.



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Ref No: SJC/16-11-2021/05/04

Department of Psychology

Notice

Date: 16-11-21

This is to inform all the BA JPE Students that there will be a Guest Lecture on **Awareness of Epilepsy by Dr.Venkata Subbaiah** from IMH, as student development program (SDP), on 18th Nov 2021 at Chapel Hall from 2:00 PM Onwards. Its mandatory for all to attended the program.

HoD

Principal



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King Koti Road, Hyderabad

Request for Remuneration and Snacks for Guest

Date: 17.11.2021

To

The correspondent,

St Josephs Degree & PG College

King Koti,

Hyderabad.

SUB: Remuneration and Snacks for the Guest on 18th Nov 2021.

Respect Father,

The department of psychology is conducting a guest lecture on 18th November 2021, at Chapel Hall from 2:00 Pm onwards, I request you to sanction the remuneration of Rs.2500/- for the guest and arrangement of tea and snacks for the same. Kindly do the needful & oblige.

Thanking You,

Yours Sincerely,

Correspondent

Amthul Fathima,

HoD,

Depatment of Psychology



ST. JOSEPH'S DEGREE & P.G COLLEGE
KING KOTI, HYDERABAD

Department of Psychology is organizing

A Guest Lecture
as part of the student development
programme on
AWARENESS OF EPILEPSY

Date: 18th November 2021

Time: 2:00pm onwards
(Only for JPE students)

Venue: Chapel Hall



Fr. Dr. D. Sunder Reddy
Principal

Mrs. Amthul Fathima
Head of the department



By Dr. Venkat Subhaiah,
Clinical Psychologist, IMH

For any further queries, contact
Ishwari: 9676358044

Title – Awareness of Epilepsy

Date – 18th November, 2021

Venue – Chapel Hall

Time- 2.30 to 4:00

Objective -

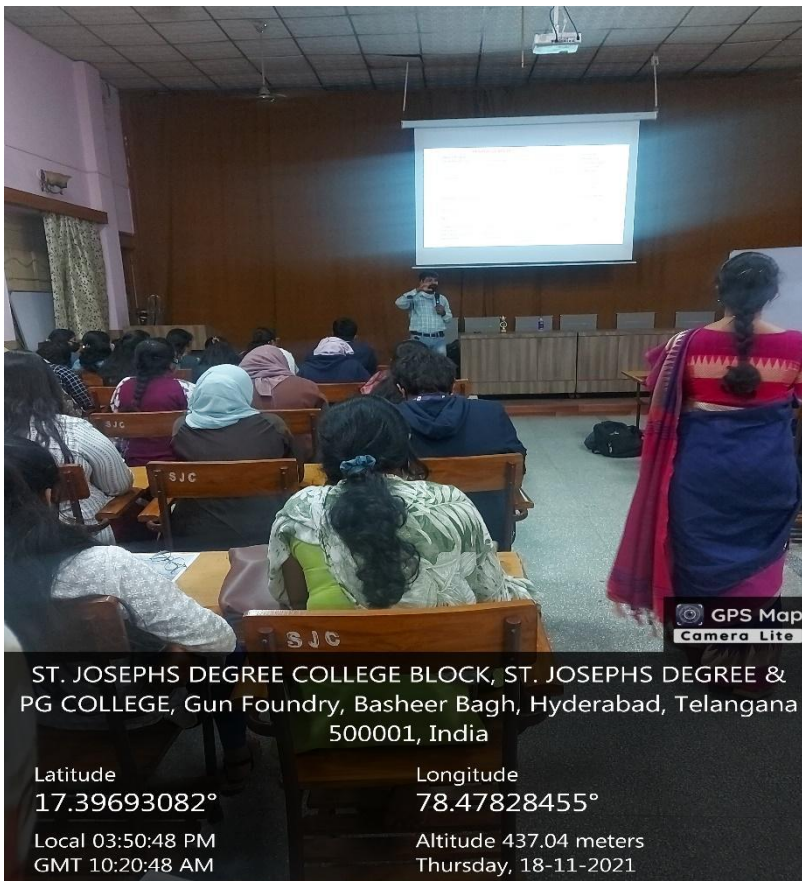
The main objective of this session was to create awareness among students about epilepsy, its symptoms, causes and preventive measure

Report:

The event began with an introduction of the guest Dr. Venkat Subbaiah, Clinical Psychologist, IMH, by the faculty coordinator, Mrs B. Sumana. Dr Venkat started the session with explaining the students the importance of understanding Epilepsy and its early signs and symptoms, its effects on a person's lifestyle. He also mentioned about its prevalence in the population.

He explained about different types of epileptic seizures, how to understand them and effectiveness of Bio-Psycho-Social Measures. He stressed on the fact that psychologists play a major role in spreading the awareness about importance of mental health, that acts as a one of the preventive measure in early detection of epilepsy.





Awareness of Epilepsy, 18th November 2021

Outcome - The event gave a lot of information that is currently needed by many students of psychology background. The students had lot of stigmas associated with epilepsy and its prevalence, which was cleared after this session



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Ref No: SJC/16-11-2021/05/03

Department of Psychology

Notice

Date: 11-11-21

This is to inform all the Students of BA/B. Com/B.Sc that the Department of Psychology & Psyched Club is organizing a Webinar on **12th Nov 2021 from 4:00 Pm onwards** related to '**Menstrual Health & Hygiene**' by Unicharm India in association with GlobalHunt Foundation. The Webinar will be on Zoom Platform, registrations links have already sent to the Class Groups, the link will be shared half an hour prior to the program. Attend in large numbers & make the program successful.

HoD

Principal



St. Joseph's Degree & PG College
King Koti, Hyderabad.

DEPARTMENT OF PSYCHOLOGY

in collaboration with Unicharm India and Globalhunt
Foundation organizes an Awareness Program on

MENSTRUAL HEALTH



HYGIENE



PRINCIPAL
Fr. Dr. D. Sunder Reddy



Guest Speaker
Ms. Roshnee Bhowmick
MSW, Child protection & Health

12TH & 13TH NOV, 2021

4PM - 5PM

ZOOM PLATFORM

CONVENER

Amthul Fatima

HOD Dept. Of Psychology

For queries contact:

Priti - 9177005125

Chandana - 6301114778

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Title - Menstrual Health and Hygiene

Date - 12th and 13th November, 2021

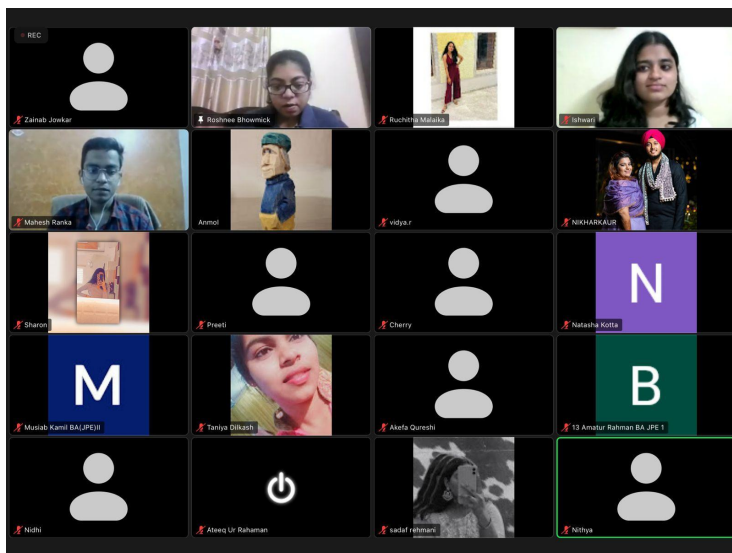
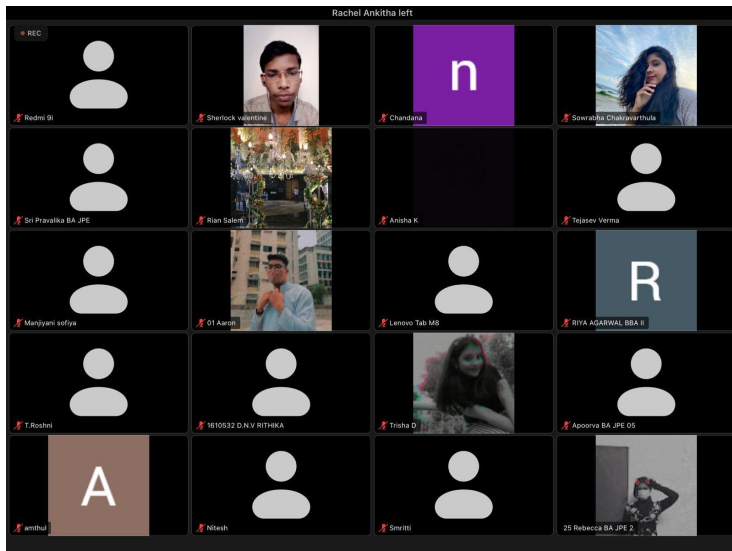
Venue - Zoom (Online Platform)

Objective -

The main objective of this session was to not only desensitize men towards the concept of menstrual cycle but also educate men and women alike over the process that occurs during menstruation, the hygiene that should be maintained towards it and how it is related to health.

The event begins with introducing the guest Speaker - Ms. Roshnee Bhowmick, Psychologist at unicharm India (Japanese Company). She began the session with the introduction of the concept of menstruation followed by a section where she debunks all the myths and stigmas surrounding the process. Later on, we learn how hygiene is a major part of menstruation and can affect the whole process gravely.

Once the base is established, we then move onto when menstruation typically begins and when it should end, the reason behind the bleeding and how any abnormality in the discharge of blood, bodily fluids or change in menarche and menopause can signify some problem in the whole of the organ and require doctor's attention. Lastly, ma'am shares with us some tricks to keep us healthy during the menstrual cycle and also how to maintain hygiene without destroying the good bacteria's present in the uterus. This is followed by a questioning session which then leads onto the conclusion of the whole session.



Menstrual Health and Hygiene, 12th November 2021

Outcome -

The event gave us a lot of information that is currently needed by many women as menstruation is a topic that isn't much talked about in the society. Upon this many students present in the session learnt the intricacies that surround the topic of menstruation and how one should go about tackling them.

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Department of Psychology & Psyched Club organizes

Menstrual Health and Hygiene Webinar

12/11/2021

S.No.	Name of the student
1	Aaron
2	Amatur Rahman
3	Rithika
4	Akefa qureshi
5	Anisha
6	Apoorva
7	Ateeq Rahman
8	Chandana
9	Harshita
10	Ishwari
11	Jason
12	Juhi Ramnani

13	Mahesh Ranka
14	Manjiyani sofiya
15	Musiab kamil
16	Natasha Kotta
17	Anusha
18	Sindhu Reddy
19	Nidhi
20	Nikhar kaur
21	Nitesh
22	Nithya
23	Preethi
24	Rachel Ankitha
25	Prestha nankani
26	Rian salem
27	Riya
28	Sadaf rehmani
29	Sajida hameed
30	Sharon
31	Sherlock valentine

32	Sowrabha
33	Sri pravalika
34	T.Roshini
35	Taniya Dilkash
36	Tejasev verma
37	Trisha
38	Zainab Jowkar
39	Anmol
40	Venessa Anthony
41	Jacob Augustine
42	Imtiyaz Hussain
43	Rebecca
44	Prathinav
45	Aditi Bapat
46	Anusha
47	Cherry
48	121420404018 BA jpe 1
49	J Ruchitha Malaika
50	Ankitha

51	Aliza
52	Anika
53	Harsha Asthana
54	Harshita Sharma

Title – Importance of mental health among teenagers

Date – 11th October, 2021

Venue - Extended campus at the Vianney Hall

Time- 12.00 pm to 2pm

Objective -

The main objective of this event was to instill the importance of mental health in teenagers and to give them some basic tricks that would help them in bettering their mental health.

Report:

We first begin the event with HoD, Amthul Fathima, giving a speech over why stigma over one's mental health needs to be eradicated which was followed by her introducing our guest, Dr. Virinchi Sharma who is the director and psychiatrist of Manasa hospital. Sir begins his session with an introduction to what mental health is to everyone which is keenly listened upon by the students, sir then later goes a bit more in depth into the topic by starting to talk about "hidden symptoms" in a person and also the physiological aspects of the brain and how it affects our mind. We then talk about what truly has affected the teenagers and what could be causing stress to our whole system which is then followed by the description and symptoms of some commonly seen problems in teenagers — depression and anxiety.

Once the students realize the basics of mental health sir moves on to explain what one can do to tackle these issues, he advises us with some therapeutic techniques, such as the grounding technique; mindfulness; Sunlight therapy and many more. Lastly we dive into substance abuse as it has lately been a common issue between teenagers, he talks about what kind of long-term effects substances such as alcohol and marijuana can have on us and upon that let's us know that even the process of quitting these drugs can gravely affect a person. Sir concludes the session with the following lines:

"Mental Health issues are the new pandemic"



Importance of Mental Health in teenagers, 11th October 2021

Outcome -

The event was truly a knowledgeable event and we can see that students were able to recognize the importance that mental health plays in their life and how it can affect them. Not only that, but the students were also able to grasp upon how to remain grounded when situations may be going out of their control.

