

St. Joseph's Degree & PG College

(Autonomous), Affiliated to Osmania University

Re-Accredited by NAAC

King Koti Road, Hyderabad

Annual Report

2021-22

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 Re-accredited again 3rd Cycle by NAAC 'B++' grade in the year 2021 March and Autonomous Status was renewed in the year 2017 & 2021. 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
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1	Amthul Fatima	MA Psy, PGDCP	Asst Professor	5	Child Psychologist, Research Scholar
2	Azra Jahan	M.Sc. Applied Psychology, TS-SET	Asst Professor	4 yr	Organizational Psychology
3	B Sumana	MA Psychology, TS SET, Research Scholar	Asst Professor	1	Applied Psychology
4	Zatun Nataqeen Haqaiqa	MA Applied Psychology	Counselor	1	Counseling Psychology

Almanac for Academic Year 2020-21

Semester-I, III & V

S. No	Particulars	Date
1.	Commencement of III & V Semester Classes (Online)	23 rd Aug 2021
2.	Commencement of I Semester Classes (Online)	07 th Sept 2021
3.	I Internal Examination (Theory)	21 st – 28 th Oct 2021
4.	Examination Notification	1 st Dec 2021
5.	II Internal Examination (Theory)	6 th – 13 th Dec 2021
6.	Internal Practical Examination	6 th – 13 th Jan 2021
7.	Submission of Examination Application Forms A. Without Late Fee B. With Late Fee	15 th -20 th Dec 2021 21 st – 23 th Dec 2021
8.	Last Day of Instruction	23 rd Dec 2021
9.	Semester End Examinations Theory	5 th Jan 2022
10.	Semester End Examinations Practical	3 rd Feb- 10 th Mar 2022
11.	HVGS Examination	3 rd Jan 2022
12.	Commencement of Even Semester Classes	14 th February 2022

Semester-II, IV & VI

S. No	Particulars	Date
1.	Commencement of II, IV & VI Semester Classes	24 th January 2022
2.	I Internal Examination (Theory)	29 th March-1 st April, 2022
3.	Examination Notification	20 th April 2022
4.	II Internal Examination (Theory)	5 th May-9 th May 2022
5.	Internal Practical Examination	10 th May-21 st May 2022
6.	Submission of Examination Application Forms	

	A. Without Late Fee	11 th May-18 th May 2022
	B. With Late Fee	19 th May-20 th May 2022
7.	Last day of Instruction	28 th May 2022
8.	Commencement of End Semester Examinations	1 st June 2022
9.	End Semester Practical Examinations	20 th June-30 th June 2022
10.	Commencement of classes Sem III (AY 2021-2022)	04 th July, 2022

Workload Statement:

Semester: BA JPE- I, III, V.

Faculty Name	Course	Hours per week	Semester: BA JPE- II, IV, VI.
Amthul Fathima	A) Abnormal Psychology (JPE Sem V)	5	
	B) Introduction to Psychology (JPE Sem I)	3	
	C) Statistics in Psychology (JPE Sem V)	2	
	Total Classes per week	10	
B. Sumana	a) Theories of Personality (JPE Sem III)	3	
	b) Health & Well-being (JPE Sem III)	2	
	c) Personality Assessment (JPE Sem III)	5	
	a) Statistics & Research Methodology in Psychology (JPE Sem V)	1	
	Total Classes per week	11	
Zatun Nataqeen	a) Developmental Psychology (JPE Sem V)	5	
	b) Psychological Testing (JPE Sem V)	4	
	Total Classes per week	9	
	Total Classes	30	

FACULTY NAME	COURSE	HOURS PER WEEK
Amthul Fathima	D) Adolescent Psychology (JPE Sem VI)	4
	E) Basic Cognitive Processes (JPE Sem II)	3
	F) Dissertation (JPE Sem VI)	1
	G) Experiments in Basic Cognitive Processes (JPE Sem II)	2
	Total Classes per week	10
Zatun Nataqeen	d) Dissertation (JPE Sem VI)	1
	e) Experiment in Social Psychology (JPE Sem IV)	8
	f) Experiments in Basic Cognitive Processes (JPE Sem II)	3
	Total Classes per week	12
B. Sumana	c) Dissertation (JPE Sem VI)	1
	d) Experiment in Adolescent Psychology (JPE Sem VI)	6

	e) Experiments in Basic Cognitive Processes (JPE Sem II)	3
	f) Social Psychology (JPE SEM IV)	3
	Total Classes per week	13

Details of Faculty pursuing PhD

Name	Year of Admission	University
Amthul Fatima (Head, Dept of Psychology)	2018	Osmania University
B Sumana	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"> - National Level Workshop on NAAC revised guidelines; A Paradigm Shift in quality initiatives for criterion VII by Career College, Bhopal, 1st Aug 2021. - 7 Day Online Summer Research Capacity Development Program on Research Methodology, by University of Buraimi, Onam- 7th – 13th Aug 2021. - International Virtual Conference on Crisis Management through Positive Communication for Teachers, by Department of Media Studies, CHRIST (Deemed to be University), Bangalore- 13 August 2021. - 5-day National Workshop on Research Methodology & Data Analysis using SPSS by ST. PIOUS X DEGREE & PG COLLEGE FOR WOMEN- 3rd – 7th August, 2021. - 2-day National Online FDP on Research Writing & Publication by St Josephs College of Commerce, Bengaluru- 10th & 11th Aug 2021. - National Level Workshop (Online) on NIRF India Rankings 2022 by Institute for Academic Excellence- 5th & 6th Jan 2022. - 7 Day FDP on Exploring Dynamics of the classroom-NEP & NAAC Perspective, by St Paul's College, Bengaluru- 20th – 28th Jan 2022. - 1 Day National Online FDP on Essential Soft Skills for Impactful Professional Career by Indian Institute of Commerce & Management- 11th Oct 2022. - 5-Days National Faculty Development Program on RECENT ADVANCES IN PSYCHOLOGY by Chandigarh University- 12-16th July 2022.

2	B Sumana	<ul style="list-style-type: none"> - 7 Day FDP on Exploring Dynamics of the classroom-NEP & NAAC Perspective, by St Paul's College, Bengaluru- 20th – 28th Jan 2022. - Five Day Faculty Development Program on Research Trends and Quality Enhancement Skills for Teaching, by Reva University Bengaluru held from 17th January to 21st January, 2022. - Online national level workshop on Application of Research Methodology in Management & Social Sciences by IPREMS Odisha- 22nd -26th Jan 2022. - One week course on “RESEARCH PAPER WRITING” by Global Institute of Management held from 24th January to 30th January 2022. - 5-Days National Faculty Development Program on RECENT ADVANCES IN PSYCHOLOGY by Chandigarh University- 12-16th July 2022.
3.	Zatun Nataqeen	<ul style="list-style-type: none"> - 3 Day Online National FDP on Relevance of OBE in Teaching Learning & Evaluation for Social Sciences by Indian Institute of Commerce and Management- 27th-29th Oct 2021.
S. No	Name of the faculty	In House
1	Amthul Fatima	<ul style="list-style-type: none"> - International Education Forum 2021-22 on National Education Policies (NEP) & Science, Technology and Innovation Policies (STIP): Trends and Challenges- 2nd to 6th August, 2021. - Two Day Webinar on Basics of Research and Funding Agencies- 12th & 13th Aug 2021. - One day national workshop (Online) on Entrepreneurship Skill, Attitude and Behaviour Development- 28th Jan 2022. - 3 Day Online workshops on Data Collection, Analysis & Inferences- 18th- 22th Feb 2022. - 7-day Online FDP on National Education Policy 2020 – 9th – 16th Feb 2022.
2	Azra Jahan	<ul style="list-style-type: none"> - 7-day Online FDP on National Education Policy 2020 – 9th – 16th Feb 2022. - Online FDP on Student Centric methods & its documentation by IQAC 19th Apr 2022. - 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	42

BA JPE-II	45
BA JPE-III	49

Orientation Program for I Year Students

Subject of the Meeting: o Orientation session for the batch 2021

o Ice-breaking session

Date: 13th October, 2021

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

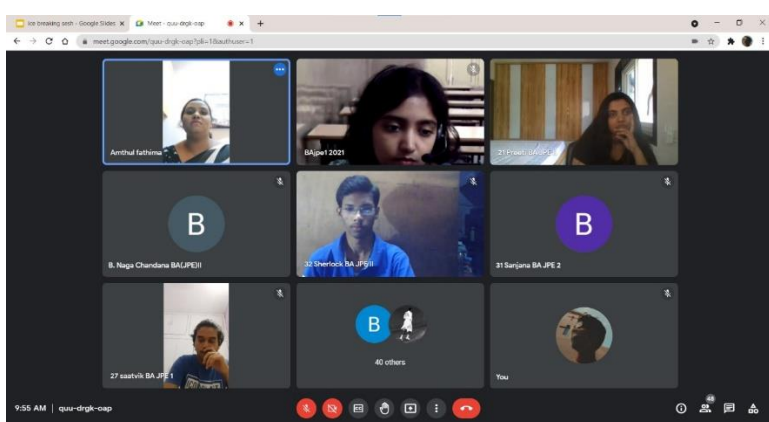
o Students of BA JPE I, II and III years

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 Zaton 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 Mrs Zaton, & Mrs Amthul 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.

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. She 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.

Following the faculty orientation, was the ice-breaking session, which commenced with Priti, Chandana, Crescence, Akshita, Marvel and Saad, they introduced 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. 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.



Orientation to First Year Students- 13th Oct 2021

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	121421404007 121421404018 121421404016 121421404035 121421404039	Domnik Nikhar Kaur Mariyam Mansoor Ali B Rajesh Cherry Neorah
2.	BA II	121420404004 121420404016 121420404019 121420404023	Aadarsh Kumar Merveen Cluvert Inara Mukhida Sumayya Fatima
3.	BA III	121419404008 121419404024 121419404025 121419404037 121419404043 121419404045	Bradley Dasari Madhiaunnisa Manisha Lakra Simran Sharon Zehra Hasan Musaib Kamil

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 15 days. Apart from industrial training this is an opportunity for them to get placed within the industry.

Guest Lectures/ Seminars/ Workshops organized

❖ Seminar on World Mental Health Day:

Objective of the Meeting: 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.

Date : 11th October, 2021

Day : Thursday

Time : 12 noon to 2:00 PM

Mode of Meeting : Offline, Vianney Hall (Extended Campus)

In Attendance :

- Convener Mrs. Amtul Fatima
- Co-Convener Mrs. Sumana
- Students of BBA & MBA

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"



Dr Vrinchi Sharma, World Mental Health Day, 11th Oct 2021



Dr Vrinchi Sharma, World Mental Health Day, 11th Oct 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.

❖ Guest Lecture (Online) on Menstrual Health and Hygiene:

Objective of the Meeting: 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.

Date : 12th & 13th November, 2021

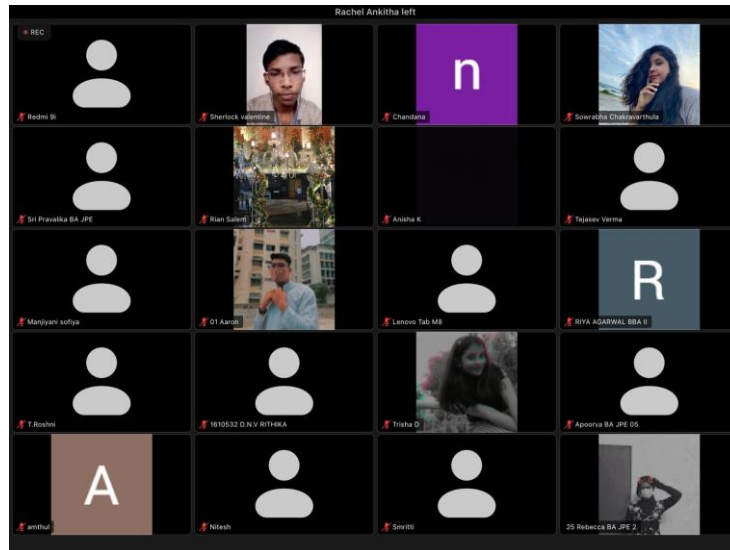
Time : 4:00 PM-5:30 PM

Mode of Meeting – Online (Zoom Platform)

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.

The session was officially concluded by Mrs Amthul Fathima, followed by a 'Vote Of Thanks' acknowledging the honored presence of the Guest Speaker - Ms. Roshnee Bhowmick, the Respected Principal Fr. Dr D Sunder Reddy.



Lecture on Menstrual Health and Hygiene, 12th & 13th November, 2021

❖ Guest Lecture on Awareness of Epilepsy:

-Title – Awareness of Epilepsy

-Date – 18th November, 2021

-Venue – Chapel Hall

-Time- 2.30 to 4:00 pm

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.



5-9-585, Gun Foundry Street Number 1, Gun Foundry, Basheer Bagh,
Hyderabad, Telangana 500001, India

Latitude
17.39694935°

Longitude
78.47828125°

Local 03:37:55 PM
GMT 10:07:55 AM

Altitude 435.03 meters
Thursday, 18-11-2021



ST. JOSEPHS DEGREE COLLEGE BLOCK, ST. JOSEPHS DEGREE & PG COLLEGE,
Gun Foundry, Basheer Bagh, Hyderabad, Telangana 500001, India

Latitude
17.39691877°

Longitude
78.47828858°

Local 03:41:51 PM
GMT 10:11:51 AM

Altitude 431.92 meters
Thursday, 18-11-2021

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.

❖ Session on Interpersonal skill development

Title – Interpersonal skill development (Non-Teaching Staff)

Date – 27th November, 2021

Venue – Chapel Hall

Time- 2.00 pm to 3.30 pm

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.



Interpersonal Skill Development, 27th November, 2021

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.

❖ Field Visit to Institute of Mental Health

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 Subbiah addressed students and given instructions about student's behavior and safety measures while attending the patient, from there students were taken to outpatient 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.

❖ Seminar on Psychology of successful entrepreneurship

Title – Psychology of successful entrepreneurship

Date – 9th February, 2022

Venue – Chapel Hall

Time- 11:30 to 1:00 pm

Objective –

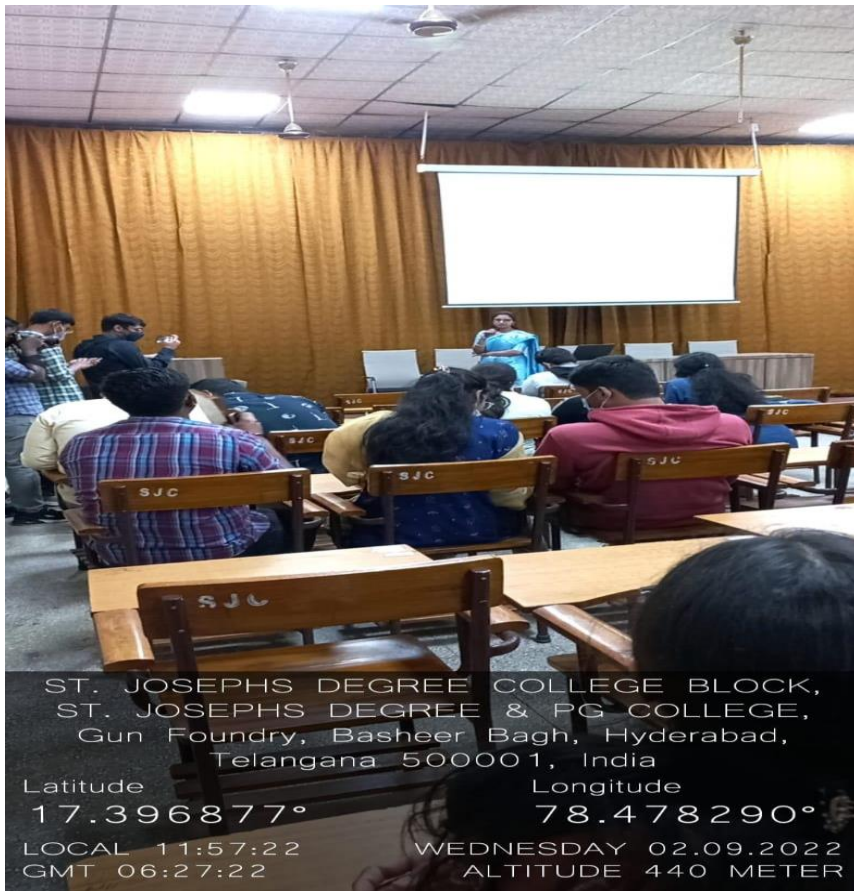
To make them understand the importance of psychological quality for successful entrepreneurship.

Report:

The event began with an introduction of the resource person Mrs. B. Sumana, Asst. Professor in Psychology, St. Joseph's Degree and PG College. Event was organized by IIC cell and coordinated by Mrs. Amthul Fathima, HoD, Psychology.

Event began with the explanation of the field's Entrepreneurship and Psychology how they are interrelated. Discussion was carried out on what factors lead toward failure in spite of strong will. Students were given activity to share the knowledge about Entrepreneurs who failed many a times still achieved success. Discussed the importance of innovation, resilience, teamwork, risk taking behaviors as the quality for successful entrepreneurship. Activity was given to understand the concept of creativity as it's a skill, everyone can adapt and achieve the success in their respective fields.





Psychology of successful entrepreneurship, Date – 9th February, 2022

Outcome: Students were able to understand the importance of behavior quality for the success in entrepreneurship. They also gained knowledge about how to plan for a startup keeping in mind the important skills required for an entrepreneur.

❖ Counseling Session on Self Awareness

Title – Self Awareness Activity to Promote Empathy

Date – 11th February 2022

Venue – G8 (Ground Floor)

Time – 01:30 – 03:00pm

Objective –

The main objective of this event was to promote empathy among students and explain them the need to be kind to everyone.

Report –

The event began with introduction of the counselor, Mrs. Zatun Nataqueen, Department of Psychology and Counseling Cell, who spoke about what empathy is. Then a self-awareness activity called as “Life Map” began,

where the counselor began with explaining the events that happen in everyone's life and that everyone goes through events that mold them to individuals that they are.

The counselor then encouraged the students to encourage the students to trace the Key Moments of their life, how they coped with it and what they learnt out of it. This was done to make students relate to each other and also trust each other.

They were also encouraged to speak on the times where someone was not kind to them and how it made them feel. This was done to make the students understand the impact of rude or unempathetic behavior on others.



Self-Awareness Activity to Promote Empathy, 11th Feb 2022.

Outcome –

The event gave a lot of information that is currently needed by students of psychology background. Psychology students need to have an understanding and empathetic nature which the students understood and planned to inculcate in their life after this session.

❖ Workshop on Applications of t-test & ANOVA

Title – Applications of t-test & ANOVA

Date – 17th February, 2022

Venue – Online mode (Google meet)

Time- 11:30 to 1:00 pm

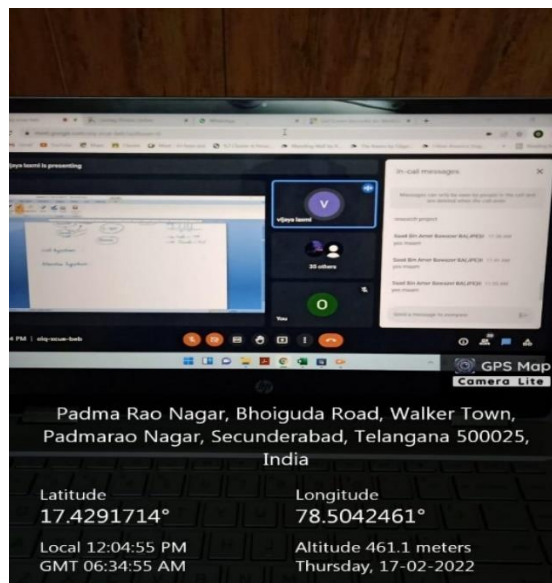
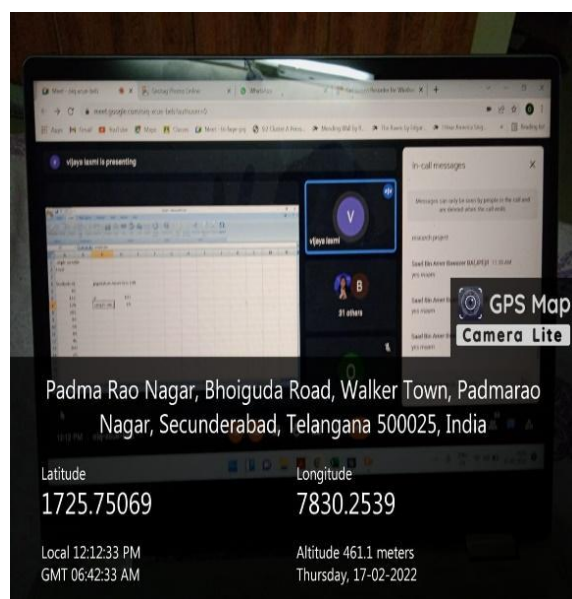
Objective –

To make them understand the applications of ‘t’ test and ANOVA in research methodology.

Report:

Session was started with the introduction of the guest by Mrs Vijay Lakshmi, Asst Professor, Dept of Statistics, St Joseph’s Degree & PG College by the faculty Mrs. B. Sumana.

Session was started with the introduction of what is statistics, basic concepts in statistics like scales of measurement, measures of central tendency and variability. Discussed hypothesis formulation and types. Explained the concept of data analysis, with the help of ‘t’ test and ANOVA. Interpretation of t values through excel and SPSS software.



Applications of t-test & ANOVA, 17th February, 2022

Outcome: Helped the students for future research work in academics. The session encouraged the students to take up future assignments related to research work in which statistical analysis is required.

❖ Guest Lecture on Career in Psychology

Title: Career in Psychology

Date: 19th April, 2022

Time: 2:30 Onwards Venue: Joseph's Hall

Objective:

The main objective of this event was to familiarize students with the different field's psychology has to offer as well as help students clarify the doubts they may hold for within a certain field or fields.

REPORT:

Sanjana Verma, a student of BA(JPE) 2, begins the session by introducing Dr. Swati Agarwal . Once this is done the guest begins by establishing a relationship between the students and herself by mentioning a common idea that the students hold regarding the subject of psychology.

Ma'am then moves onto the fields themselves that we can look forward to get into and takes us on a journey through all of them describing each one of them with great detail, there potential, requirement and demand.

Once all the students are given the knowledge of different fields, ma'am start entertaining questions where many-a-great doubts put onto the table and cleared.

To wrap it all up, Preethi Patel, the president of the Psyched Club concludes the session by thanking Dr. Swati Agarwal for her presence and her knowledge.



Careers in Psychology, 19th April, 2022

Event Outcome:

Dr. Swati Agarwal imparted crucial and indispensable knowledge onto the students, helping them be a little more decisive over their future and provided them with information that is required for each of these fields.

❖ Psych Mela by Psyched Club (Exhibition)

Title: Psych-Mela by Psyched Club

Date and Time: 26th April 2022, 9:30 am to 4:00 pm.

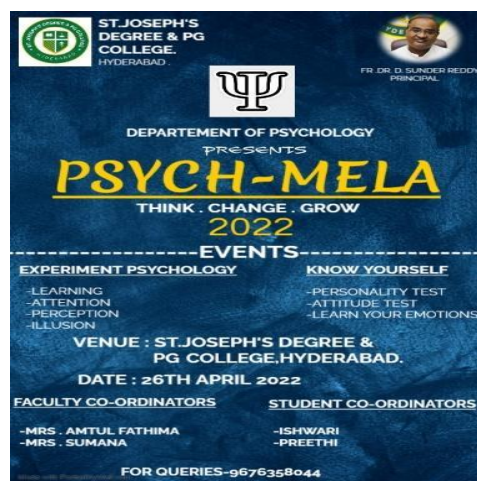
Venue: Ground floor, St. Joseph's Degree and PG College.

Target Audience: (Students of all Degree Colleges from Hyderabad.)

Objective: The main goal of this event was to bring awareness in people from non-psychology background about the capability and reach of psychology as a field and its effectiveness in the modern world.

Report:

The event began at 9:30 am with the Principal and Vice principal inaugurating. Many students have participated in the exhibition the group was from Nizam College, St. George's degree college for women, St. Ann's degree college for women, Koti women college, there were a lot of experiments which were being conducted by the students of the Psychology department, for example: Tweezer Dexterity, Span of Attention, Muller-Lyre, etc. There were chart papers and interactive spaces with games for the audience who came to visit the exhibition. The most popular activity was "Walk the Line". The event was at its peak time, between 10:45 am to 12:00 pm. The students had their lunch break at 1:30-2:00 pm, followed by which they received guests from outside the college. The whole event was managed by the coordinators under the guidance of Mrs. Amthul Fathima (HoD) and B. Sumana (Faculty Coordinator). The students received positive feedback from all the people who participated in the event, including the principal and vice principal.





Psyched Mela-Exhibition, 26th Apr 2022

Outcome of the event: The students that had come from various colleges had done a great deal of learning through direct examples as well as informative charts that were present. All in All, the event reached its goal and did so in great success.

❖ Joseph social responsibility day

Title: Joseph social responsibility day
Date: 13th May 2022
Time: 9:30 AM onwards
Venue : Free Old age home

Objective:

The main object of this outing was to give to the needy and forgotten and spend some time with them.

Report:

A total of 37 students, 9 from JPE 2 and 28 from JPE 1, first assembled in front of St. Antony old age home and gathered all the grocery bought for donation with the total expenditure being - rupees 12,665/-.

once this was done all headed promptly into the establishment but not before providing the items bought in to the establishment's owner, Mr. Vijay.

Once in the students were introduced to the people staying there through the convener of that establishment, after the introductory session students decided to engage into one-on-one conversation with the people present at the establishment.

The old women were very welcoming to the students and had a jolly time with them, they played a plethora of games such as - Chess, cards, dumb charades, antakshri and much more.

Time flew by and now it was the lunch hour for the people staying there, so with a sad heart - The students bid a farewell and departed feeling a sense of contentedness over their deeds today.





Joseph social responsibility day, 13th May 2022.

Outcome:

The session was one that was very humbling as well as rewarding. The students realized the value of people around them and to treat others with respect and kindness as they may not be aware of one's story and what is happening with them. Upon this the students felt happy doing good for people who need it and left the old age home on a positive note.

Project Details of the Students

Hall Ticket	Name of the student	Title
1214-19-404-001	Afifa Fatima	Self-esteem and locus of control among undergraduate students
1214-19-404-002	Akshita Rayudu	Correlation between self-concept and quality of life
1214-19-404-003	Andrea Smriti	Effect of maladaptive schemas on marital satisfaction
1214-19-404-004	Arjumand Asiya	Quality of life and rejection sensitivity among college students
1214-19-404-005	Ashresh Marupaka	Effect of self-esteem on satisfaction with life levels in college students
1214-19-404-006	Asma Siddiqua	Effects of parental styles on emotional intelligence
1214-19-404-007	Ayesha Yasmeen	Effects of self-esteem on academic motivation among undergraduate girls and boys
1214-19-404-008	Bradley Ezekiel	Psychological well-being and its relationship with academic performance among students with sports and non-sports backgrounds
1214-19-404-009	Naga Chandana	Emotional empathy and psychosocial problems among young adults
1214-19-404-010	Ballepu Neha	Well-being and quality of life among undergraduates
1214-19-404-011	Chabra Dhritika	Social Support and stress among working and married women
1214-19-404-012	Crescence D'souza	Effects of peer pressure on adjustment in School on adolescence
1214-19-404-013	D Maelona Jessica	Relationship between self-concept and personality
1214-19-404-014	Darediya Suhana	Sensation-seeking affecting social anxiety among young adults
1214-19-404-015	Shreya Singh	Classroom anxiety measure among Graduates
1214-19-404-016	Edara Amulya	Locus of control and achievement motivation among adolescence
1214-19-404-017	Enugu Sindhu Reddy	Effects of self-efficacy on happiness on young adults
1214-19-404-018	Gaurav V Baggi	Work place stress and psychological well-being
1214-19-404-019	Ishwari Afzal Purkar	Personality types and coping Styles among postgraduate students
1214-19-404-020	J R Ruchita Malaika	Emotional maturity and happiness among emerging adults
1214-19-404-021	J V Lakshimi Pujitha	Well-being and empathy among undergraduates
1214-19-404-022	K Muskaan Saleem	Self-concept and anxiety among young adults
1214-19-404-023	Krupa Soni	Effects of aggression on quality of life among undergraduates
1214-19-404-024	Madhiaunnisa Begum	Emotional regulation and social interaction among adolescence
1214-19-404-025	Manisha Lakra	Stress and parental attitude
1214-19-404-026	Marlyn Marvel	Effect of peer pressure on attitudes towards internet in adolescence
1214-19-404-027	Nabeela Nashat Afra	Academic stress and coping style amongst undergraduates
1214-19-404-028	Nidhi Jhaver	Relationship between situational motivation and personal growth among teachers
1214-19-404-029	Nikita Srivastava	Covid stress and academic procrastination among undergraduates
1214-19-404-030	Onkar Dhoble	Effects of self-esteem on emotional maturity among collegiates
1214-19-404-031	P Deborah Rashmika	Self-efficacy and emotional intelligence among adults
1214-19-404-032	Raeha Fatima	Effects of peer pressure on emotional maturity in college students
1214-19-404-033	Sadiya Naaz	Occupational stress and job satisfaction
1214-19-404-034	Sahithya Guduru	Effect of social anxiety on self-esteem among undergraduates
1214-19-404-035	Did not Applied	N/A

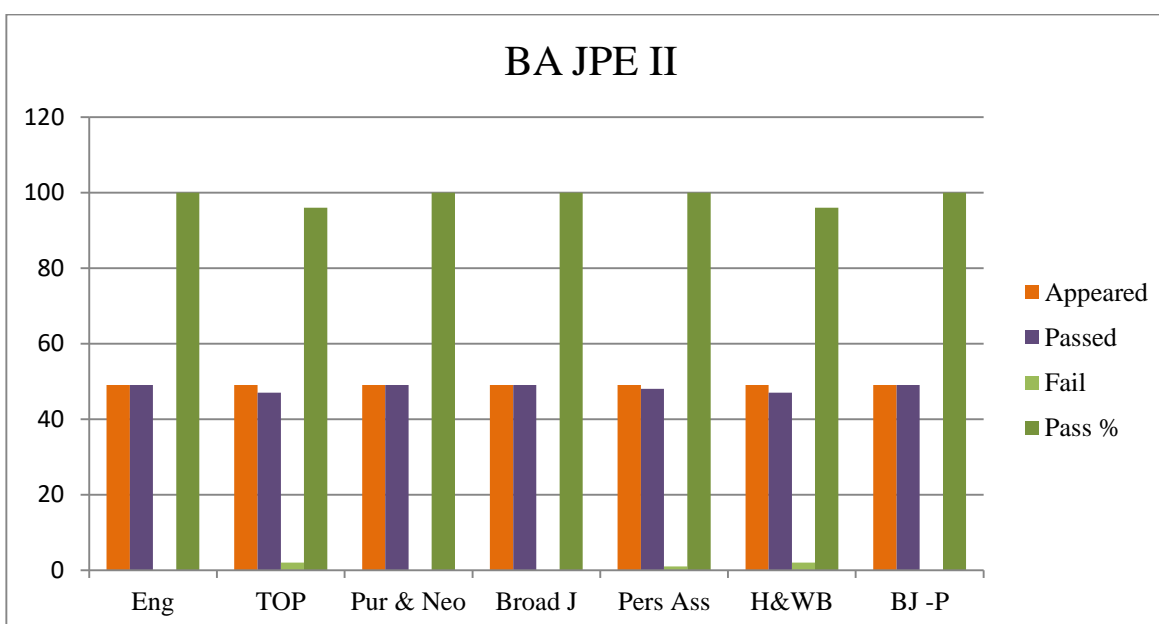
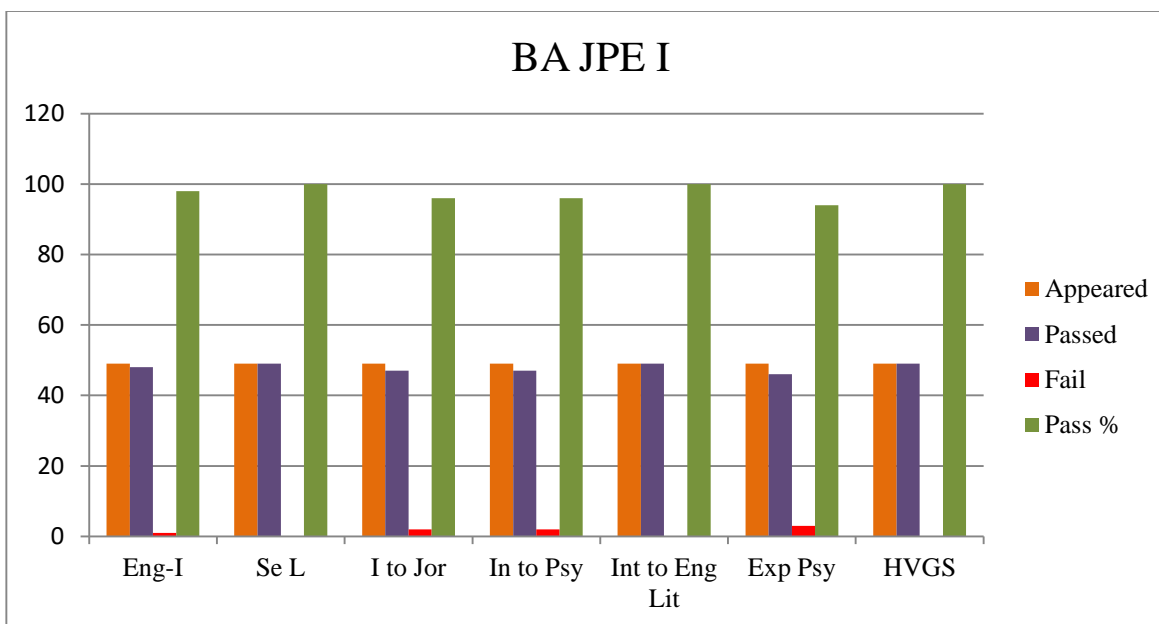
1214-19-404-036	Simran Judith Fraser	The impact of peer pressure on study habits in adolescence
1214-19-404-037	Simran Sharon	Self-concept and anxiety among young adults
1214-19-404-038	Syeda Sakina Tahera	Effects of parental reciprocity on locus of control among undergraduate students
1214-19-404-040	Tazim	Self-esteem and aggression among young adults
1214-19-404-041	Umaina Naaz	Self-esteem and its relationship with psychological well-being
1214-19-404-042	Y Abhishek	Effects of parenting styles on academic performance on college students
1214-19-404-043	Zehra Hasan	Effects of self-concept on general well being
1214-19-404-044	Saad Bin Aamer Bawazeer	Relationship between emotional intelligence and personality type
1214-19-404-045	Musaib Kamil	Childhood Trauma and Separation Anxiety among adults
1214-19-404-046	Michelle Oldbury	Self-esteem and emotional maturity in undergraduates
1214-19-404-047	D Venkata Dhiren	Psychological Wellbeing and its relationship with academic performance
1214-19-404-048	Meenakshi Tiwari	Emotional intelligence and emotional maturity in teachers
1214-19-404-049	Bagadi Upendra	Parenting styles its effects on self esteem
1214-19-404-050	Muskaan Lalani	Effects of burnout on psychological wellbeing among teachers

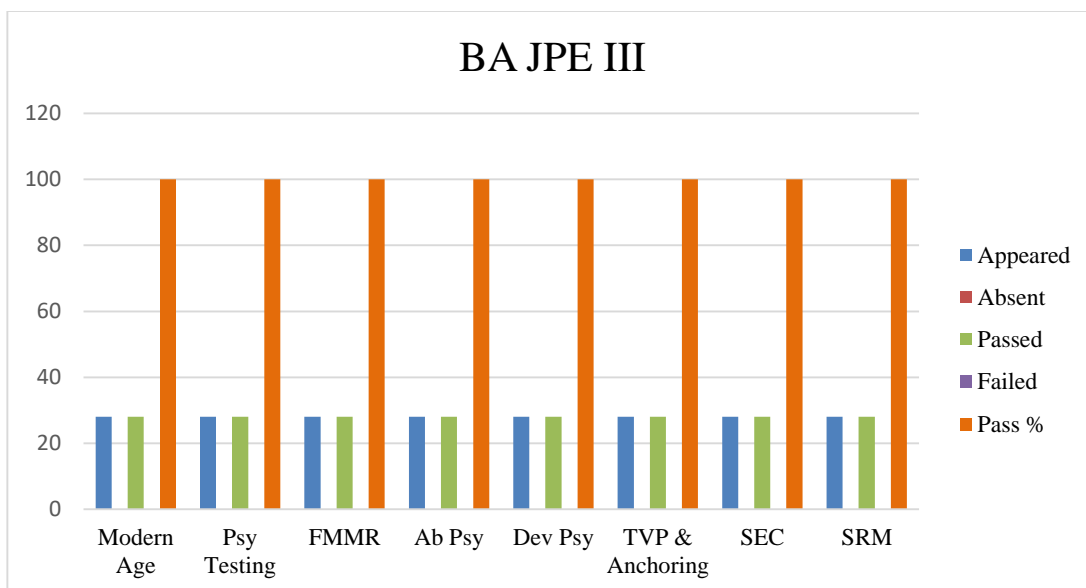
Internship Details of the Students

Hall Ticket	Student Name	Internship in Organisations	Area of Internship
1214-19-404-001	Afifa Fatima	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-002	Akshita Rayudu	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-003	Andrea Smriti Lawrence	Disha Psychiatric Care	Clinical Psychology
1214-19-404-004	Arjumand Asiya	NIEPID	Rehabilitation Psychology
1214-19-404-005	Ashresh Marupaka	Manasa Psychiatry Clinic	Clinical Psychology
1214-19-404-006	Asma Siddiqua	Retreat Hospital	Clinical Psychology
1214-19-404-007	Ayesha Yasmeen	NIEPID	Rehabilitation Psychology
1214-19-404-008	Bradley Ezekiel	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-009	Naga Chandana	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-010	Ballepu Neha	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-011	Chabra Dhritika	NIEPID	Rehabilitation Psychology
1214-19-404-012	Crescence D'souza	NIEPID	Rehabilitation Psychology
1214-19-404-013	D Maelona Jessica	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-014	Darediya Suhana	Unique Intelligence	Child Psychology
1214-19-404-015	Shreya Singh	NIEPID	Rehabilitation Psychology
1214-19-404-016	Edara Amulya	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-017	Enugu Sindhu Reddy	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-018	Gaurav V Baggi	Sukoon Deaddiction Centre	Counseling Psychology

1214-19-404-019	Ishwari Afzal Purkar	Disha Psychiatric Care	Clinical Psychology
1214-19-404-020	J R Ruchita Malaika	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-021	Lakshimi Pujitha	Sweekar Upkar Institute	Rehabilitation Psychology
1214-19-404-022	K Muskaan Saleem	Unique Intelligence	Child Psychology
1214-19-404-023	Krupa Soni	NIEPID	Rehabilitation Psychology
1214-19-404-024	Madhiaunnisa	NIEPID	Rehabilitation Psychology
1214-19-404-025	Manisha Lakra	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-026	Marlyn Marvel	Disha Psychiatric Care	Clinical Psychology
1214-19-404-027	Nabeela Nashat Afra	Disha Psychiatric Care	Clinical Psychology
1214-19-404-028	Nidhi Jhaver	Retreat Hospital	Clinical Psychology
1214-19-404-029	Nikita Srivastava	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-030	Onkar Dhoble	Roshini Counseling Centre	Counselling Psychology
1214-19-404-031	P Deborah Rashmika	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-032	Raeha Fatima	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-033	Sadiya Naaz	NIEPID	Rehabilitation Psychology
1214-19-404-034	Sahithya Guduru	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-035	Did not Applied	NA	NA
1214-19-404-036	Simran Judith Fraser	Disha Psychiatric Care	Clinical Psychology
1214-19-404-037	Simran Sharon	Unique Intelligence	Child Psychology
1214-19-404-038	Syeda Sakina Tahera	Sukoon Deaddiction Centre	Counseling Psychology
1214-19-404-040	Tazim	Unique Intelligence	Child Psychology
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1214-19-404-048	Meenakshi Tiwari	Disha Psychiatric Care	Clinical Psychology
1214-19-404-049	Bagadi Upendra	Apokos Rehabilitation Centre	Rehabilitation Psychology
1214-19-404-050	Muskaan Lalani	Sukoon Deaddiction Centre	Counseling Psychology

Result Analysis





Academic performance

Class	Roll No	Student Name	CGPA
BA JPE I	121421404018	Anisha Konigatla	8.07
	121421404002	Mahesh Ranka	8.06
BA JPE II	121420404031	Sanjana Verma	10
	121420404035	Tejasev Kumar Verma	9.77
	121420404005	D Sanaullah	9.05
BA JPE III	121419404019	Ishwari Afzal Purkar	9.53
	121419404006	Asma Siddiq	9.04
	121419404005	Ashresh Marepaku	9.03

Parent Teacher Meet

Odd Sem

BA (JPE) I- 25 Students attended the meeting with parents.

BA (JPE) II - 28 Students attended the meeting with parents.

BA (JPE) III - 13 Students attended the meeting with parents.

Even Sem

BA (JPE) I- 30 Students attended the meeting with parents.

BA (JPE) II – 25 Students attended the meeting with parents.

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





ST. JOSEPH'S DEGREE & PG COLLEGE

(Autonomous), Affiliated to Osmania University

Re-accredited by NAAC (3rd Cycle) with B⁺⁺ Grade

King Koti Road, Hyderabad

THE DEPARTMENT OF PSYCHOLOGY

RESOLUTIONS OF THE BOARD OF STUDIES MEETING

Thursday, 31 March, 2022 at 3:30 p.m.

at Seminar Hall, Department of Psychology, University college of Arts

The Board of Studies meeting for the Department of Psychology was held on Thursday, 31st March, 2022 in the Seminar Hall, Department of Psychology, University college of Arts & Social Sciences, Osmania University.

The following resolutions were made:

It has been resolved:

- To approve Previous BoS Minutes.
- To approve Programme Structure for all courses of BA JPE for 2022-2025 Batch.
- To approve 1st Year syllabus W.e.f 2022 – 2023 AY with the following changes:
- The title of **Semester -I** Theory paper i.e., **Introduction to Psychology** was changed to **General Psychology**.
- To approve New Courses in DSE i.e., Health Psychology & Educational Psychology.
- To approve 2 SEC papers i.e., Life Skills & Applications of Psychology in Professional Setting.
- To approve Generic Elective Course i.e., Stress Management & Psychological Competencies.
- To approve Basics Statics as part of Practical paper
- To approve the panel of examiners.
- To approve preparing the question paper according to blooms Taxonomy.

All the above resolutions have been unanimously approved by the members of the Board.

Future Plans of the Department

ACTION PLAN FOR THE ACADEMIC YEAR 2021-2022.

For the Institution:

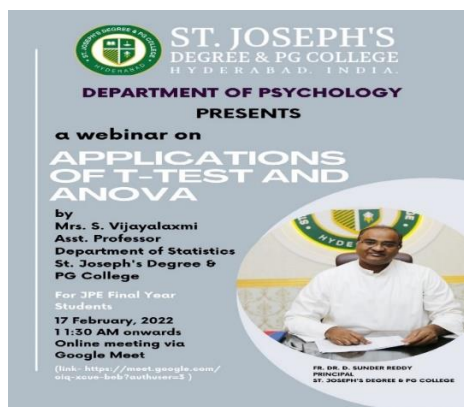
- Plan & conduct an FDP of **Work-Life Balance**, for the In-House Faculty.
- To lay a proposal for starting **B.A Honors Programme (Syllabus already approved by BOS during A.Y 2017-18), or Diploma Programme.**
- Planning to have an MoU with Apokos Rehabilitation Centre for Internship Process.
- Plan to Conduct Inter College Symposium.
- Plan to conduct National level workshop on research Methodology

For the Professional Development:

- Plan to Publish two Articles by each individual faculty in the recognized Journal.
- Faculty is planning to attend Refresher courses and Faculty Induction Program.

Summary of Student Centric Activities (Psyched Club):

S. No	Date	Activity
1.	11 th Oct 2021	World Mental Health Day
2.	11 th Feb 2022 (Counseling Cell)	Self-Awareness
3.	17 th Feb 2022	Applications of t-test & ANOVA
4.	19 th April 2022	Careers In Psychology



PRINCIPAL

