



St. Joseph's Degree & PG College

(Autonomous), Affiliated to Osmania University

Re-Accredited by NAAC

King Koti Road, Hyderabad

Events & Activities

Report

2022-23

Department of Psychology

Orientation: Ist Year Students

Event Name: Orientation of UG Ist Year.

Date and Time: 17 August 2022, 9:00 AM to 12:30 PM

Venue: Mass Comm Studio

Attended by : BA JPE & Mass Communication Students and Faculty

Objective:

To orient the 1st year students about the rules & code of conduct to be followed in the college

Report:

DAY 1

The Orientation for the students began by invoking God's Prayers by choir team of the college. After which Mrs. Amthul, Head, Department of Psychology welcomed the students, and started her talk on the establishment of the college, about our Patron St Josephs. She also emphasized on the Rankings of the college, and how the college is maintaining the consistency of being top most college in the city. Mr. Glen D'Silva Head, Department of Mass communication, enlightened the students about various cells & committees which are actively working in the campus. Father Principal Fr Dr D Sunder Reddy, gave an insight on importance of education, he further stated that the youth are the pillars for building the nation so as a youth we should have goals for the development of society and the nation as well. He welcomed the 1st years on a note that every time they should set shorter goals to achieve the big goal.

Mr Satyanarayana, In charge of discipline committee, oriented students about following the code of conduct of the college, he spoke about maintaining 75% attendance in the college and following the dress code for both boys and girls, he also stressed on various sections which falls under Indian panel code regarding ragging and he said that though ragging is an offence it is also prohibited in the campus. Mrs Vijay Lakshmi, convenor, Centre for Social Transformation, gave a brief on what all the cell and committees do in the college and she encouraged students to participate in the activities of the center. Mrs Geetanjali, Convenor, center for student progression briefed about importance of Higher Education and clarified their doubts by holding one to one question answer session. Mrs Shanti Kiran, Convenor, Certificate courses, spoke to students about mandatory certificate courses which are available online and offline, throughout the Academic year. The

orientation ended with a positive note that the students are aware of the rules and regulations of the college.



Outcome: By the end of the day students gained an insight into how the college conducts different activities, how does different centers work and involve student engagement.

DAY 2: Icebreaking Session.

Date and Time: 18 August 2022, 9:00 AM to 12:30 PM

Venue: Mass Communication Studio-2.

Attended by - BA JPE & Mass Communication Students and Faculty

Objective of the event: To encourage students to interact with seniors and build rapport

Brief Report: The orientation began at 9 pm at the mass communication studio, with a prayer song delivered by Anno domini followed by which Ms. Amthul Fathima, the HOD of the psychology department took over the stage and invited Prof PLV Rao to come and share some wisdom from his ocean of knowledge. Sir spoke about the state of journalism in the country and the potential within every single student in the room, after which Aparna ma'am from the second language department made an introduction to the Sanskrit club. The mic was once again handed over to Mrs Amthul who explained the syllabus structure and gave a brief presentation about the psychology clubs. This was followed by a presentation by the English department headed by Dr. Sangeetha Motkar, who intimated the students about the various activities/clubs within the department. The session ended with a final presentation from the members of the IIC club. The students were given a short break after which they returned to the studio for an ice breaking session with the seniors.

The students of BA JPE and BA MCJ 2 & 3 commenced the session by serenading the juniors with a lovely song followed by which the juniors took part in the interactive activities like Treasure Hunt and Shark Tank that was organised for them. At last, the time came to an end with a Question Answer/Improvised karaoke session with the seniors.

Outcome of the event: The first-year students learnt about the various clubs in the college which was followed by an ice breaking session organized by the seniors. They all took part in fun activities like Treasure Hunt and Shark Tank which helped them know their classmates better. They all had positive interactions with the seniors as well as their fellow students.



Workshop: Let's Vibe Finger (Finger painting & Open Mic Activity)

Psyched Club in collaboration with Good-Mind Care Foundation

Date: 28.07.2022

Venue: Josephs Hall

Time: 12:30 pm to 3:30 pm.

Target Group: Students of all Programs

Objective: To help the participants open up and express themselves through finger painting and open mic session and for the volunteers to gain

Report: The event started at 12:30 pm at Joseph's hall, as soon as the resource people arrived. Dr. Afrah Sameen and Ms. Saniya Sanu, CEO of Good mind Care Foundation were the two-resource people we had for the day. The first activity, finger painting, began after they interacted with the audience/participants. All the present participants got a chance to express themselves in any way they wanted, using the paints and canvases provided by the organization.

This was soon followed by the open mic session. The attendees exhibited their innate talents through the session and used the safe space created for them, to express themselves. Through this activity many students showed their talents and many came to know that they have hidden capabilities in spite of short comings in life. The event came to an end at 3:30 pm with a lot of positive feedback from the participants.





Finger Painting & Open Mic, 28, July 2022.

Outcome: The students who took part in the event had a safe space to express themselves and it helped some of them with their public speaking, with the open mic session. The volunteers who helped out, learnt the importance of working together as a team and had an opportunity to explore their organisation skills. The department received a lot of positive feedback for the event, which has encouraged them to plan more such events in the future.

Guest Lecture: Therapies Involved In Counseling Settings

Date: 22.07.2022

Venue: Jubilee Hall

Target Group: BA JPE II & III.

Objective:

The main objective of the event was to enlighten the students with crucial information regarding counselling with it aiding in their internship as well as their future career path.

Report:

The event began with an invocation to God Prayer given by Sherlock Valentine of BA(JPE) 3 followed by an introduction of the guest lecturer delivered by Sanjana Verma of BA(JPE) 3. With this the event truly began and Mrs. Srujana took over the stage. She began the session by laying a grounding as to what counselling actually means within psychology followed by a brief yet informative discussion as to what stigmas are held by an individual when talking about counselling.

Followed by this she called upon 2 volunteers to enact a scene upon the stage and start an activity. With this activity and its analysis; an interactive conversation initiated between the students and the guest lecturer with both trying to deduce the characteristics of a good counsellor.

Beyond this point the guest asked the student to understand and apply these activities as she paired us up and asked us to enact a counselling scene which proved to be very informative since the students were able to apply what was being taught. The guest lecturer wrapped up the whole session by talking about various therapies used in counselling and what their usage seems like within a real situation.

With this the session drew to an end, Tejasev Kumar Verma of BA(JPE) 3 delivered the thanking note at the end of which the students wished and thanked the guest lecture and then were dispersed.



Outcome:

The event at the end for the students was very informative and helped them learn the nuances of therapy and counselling. All the students had seemed to enjoy the interactive session and took away a lot from it.



Activity: Know Your Friends

Date and Time: 18th August 2022, 9:00 AM to 12:30 AM

Venue: Mass. Comm Studio

Target Audience: UG students all departments

Objective of the event: To understand the true concept of friendship to build fruitful classroom relationships

Report: The event began with a brief session on importance of friendship in our day-to-day life by Mrs. Amthul Fathima HOD (Psy). Few activities **like the atmosphere of classroom community, making friends** were conducted. Students enjoy the session and participated in activities which build emotional and social relationship among students. These activities also helpful for the building leadership qualities, cooperation and thoughtful discussions among students. At the end students were also asked to put their view points too about the bond with their friends and what is the important factor to maintain true friendship in a person's life. The session ended with a positive note that even though few choices in life are made wrong when we get trap in wrong habits of friendship but still, we can rectify our own mistakes instead of blaming the true relation of friendship.

Outcome of the event: The session and activities on knowing friends helped them to understand the concept of friendship and its importance in their daily life



Activity: Interpersonal Skill Development

Session on Equality for Women and Their Rights on the occasion of Women Equality Day

Date & Time: 29th August 2022 12:30 Pm

Venue: Chapel Hall

Target Audience: All Interested UG and PG Students

Objectives: To provide a platform to the students to express themselves on the rights, responsibilities of women educating them on the myths and facts about women's equality.

Report: The session was a great attempt by the department of psychology in providing a platform to all the students to put out their opinions on women equality, the actual meaning of the term "women equality", its need today and it being a different concept from feminism were put light upon. **Open mic** being the activity gave a receptive stage to the opinions of young individuals. Participants on the other hand were quite creative with expressing their opinions through short speeches, poems, opinions ensuring a smooth convey of idea with no offence but encouraging acceptance of truth. The conveners did their best to educate the facts and break down the myths on "**women equality**" the session ended with a creative **Human chain** activity that, being fun, gave away an insightful message.



Outcome:

By the end of the session the students presented their view points on equal rights for women in few areas of development of the nation.

Field Visit to Autism Ashram

Date and time: 24th September 2022, 9:00 am

Target audience: Students of BA JPE 3

Venue: Autism Ashram

Objective To understand Autism and its orders by observing cases of Autism

Report:

Saturday on 24th of September 2022 Department of Psychology planned a field trip to Autism Ashram for all the BA JPE 3rd years. Reaching there the students were led by Dr. Kundara who is a Doctorate in psychology with his special interest towards studying Autism made him establish an Autism Ashram for people diagnosed with the disorder. The admissions included people with age groups form 8- 60 Years. Observing various cases the students understood Autism as whole, Autistic behaviors, and the reasons behind Autism being a Disorder. We also were able to get an impactful knowledge upon the influence of environment on people with Autism, learning what all should be given towards special care. We also could understand the importance of a routine, that is maintained for gradual improvement and wellness of the client. Post lunch, the students had an opportunity to explore the AGV Autism Guardians Village where in the affected lives with their family/guardian when are not socially accepted, it was good to see it being a complete environment and routine for them. The best part was to see people work and guide their abilities towards effective ways of learning when Dr. Kundara quoted this is a place not for disability, but to explore various abilities

The trip ended with insightful words of Dr. Kundara as a message conveying various reasons of Autism and ways steps we can take to not get the disorder as it is a lifetime disorder that can be prevented but not cured.

Outcomes of the event: The students understand Autistic behaviors, effect of the environment and various steps to be taken to avoid being affected by observing various cases.

Outcome: The students had hands on practical exposure about Autism, how it causes, what does the institute do to help them do their daily activities. They interacted and played games with differently abled children.



Workshop: Psychology First Aid

Date and Time: 21st Sep 2022 - 23rd Sep 2022

11: 30 am to 2:30 pm

Venue:

Day 1 Chapel Hall

Day 2 Jubilee Hall

Day 3 chapel Hall

Topic of the event: Psychological first aid.

Target audience: All BA BSC B. Com students.

Objective of the event: To equip students with the skills to provide psychological aid.

Report: Day 1

The workshop was conducted in the chapel hall in the 1st floor. The program was commenced with a prayer song by the students of BA JPE. The HOD of the department of psychology Ms. Amthul Fatima introduced the crowd to the speakers, Ms. Sufiya and Ms. Isha. The speakers then provided the contents for the workshop over 3 days. They broke the ice with a fun activity and gathered the attention of the students. They presented the UMEED model of psychological aid created by the Brightside foundation which speaks about the main components involved in caring for a person's needs. It was very interactive. The session ended with a discussion among the speakers and the audience.

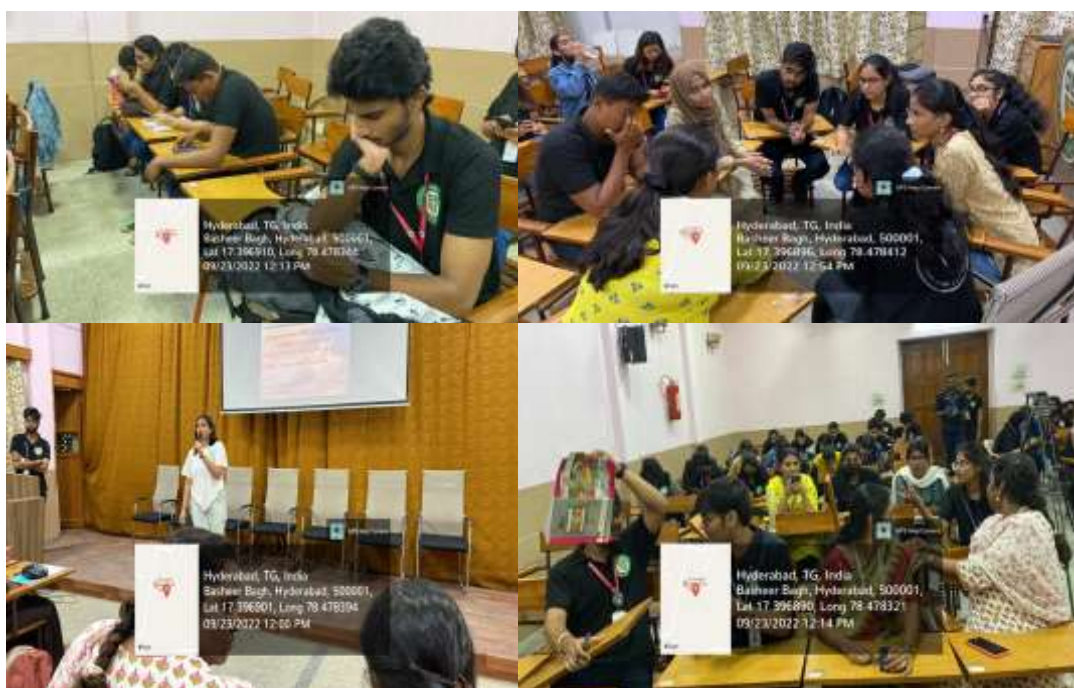
Report: Day 2

The 2nd day of the session began with a brush up on the introduced UMEED concept which was in depth looked into. The guests came up with an interesting activity which had arrangement of statements so that identify the sensitivity of a situation and how to deal with. Person's basic needs. The session then moved towards solutions, and the concept of self-care. Calling off the event seemed even more interesting when for the "stimulation" the speakers guided 2 groups form the audience for a mock test to understand the real life

application of Psychological first aid (PFA). The session ended with a reflection on the performance of the students with productive inputs.

Report: Day 3

The day 3 again began with a recap of all that was taught in the past 2 days of the event. Moving on to the written assessment test that took around 30 minutes for all the students to help them reflect on all the knowledge acquired. After which the session proceeded towards the very end of the 3-day program with practical assessment where in the students were divided into groups to play the role of PFA volunteers and one of the speakers played the role of the survivor of a traumatic event. And the event ended with the feedbacks/ review of the speakers on the performance of the students in each group.



Outcomes: The students learnt practically how to use Psychological first aid and become volunteer for it and all the participants were provided with certificates for the same.

Counseling Cell Webinar on Suicide Prevention

On the occasion of Suicide Prevention Day

Date: 10 September 2022

Venue- G-Meet Platform

Objective- To raise awareness among teenagers on suicide prevention and how to help people when they see some warning signs in their surroundings.

Report:

World Suicide prevention day was established in 2003 by international association for suicide prevention. Creating hope through action is the triennial theme for a gentle reminder that there is alternative to suicide, to create hope, inspire confidence and find light in all of us

The session on World suicide prevention day was organized by Psyched club in collaboration with Bright Foundation, the event was conducted Online in which various students registered with the objective to grab more information about mental causes leading one to suicide, to know how to prevent it and much more

Elizabeth sang a prayer song “Shepherd of my soul” with the blessing of God we began our programme at 2:20pm as Mehdi gave us insight on Bright sight foundation. A Mental health NGO established in Hyderabad 2020 as they aim to build Mentally healthy communities.

In the very beginning we were asked to fill out a form requesting our personal details followed by certain questions regarding the knowledge of Gatekeeper, suicide symptoms, helplines etc.

HASVITA IVATURI, one of the spokespersons of the event who is Mental health advocate started the session with creating a comfortable space, making sure of how everyone felt. The programme continued as we got to know Myths and Facts about Suicide, to break the stigma of the misconceptions we have towards suicide and people who choose to do it.

Later, a working model A.R.I.S.E was introduced by Raashi Maheshwari who is a clinical psychologist, who taught us regarding different stages on how to stay ALERT, REACH OUT, INTENT LEARNING, SUPPORT, EMBOLDEN. Their Mission is to make training accessible and understandable for people from all age group and languages

With detailed information regarding each one of them, we proceeded with breathing exercise, where all the students eagerly switched on their cameras and exercised inhaling and exhaling in 4-7-8 pattern, which brings balance to your mind and body, allows your mind to rest and also

reduces your stress, anxiety and helps you sleep

In the end we were asked to give our honest feedback regarding the programme and from the many responses that we observed everyone was delighted to be the part of something enlightening, they were thankful for the opportunity, through a successful and productive event we learned information that will not only help us become a better person but also build a better and safe community in the coming future.



Outcome-Students understood that we can all play a role in those experiencing suicidal crisis as a member of society, friend, parent, colleague or someone with experience, we can help. We can all create hope through action and be the light

Seminar: Symphonies Of The Mind

On the occasion of World Mental Health Day

Date and time: 10th October 2022, 12:30 am

Target Audience: All B.A, B.Sc, B.Com and BBA students

Venue: Joseph's Hall

Objective: Celebrating mental health day with awareness on the importance of mental health.

Report:

The event started with an emphasis on the importance of mental health and various methods that one can practice to move towards mental fitness. With insightful start by **Mrs. B Sumana** and **Mrs. Amtul Fathima** the students understood that ones mental health is one's own responsibility and we can find reasons to be happy within ourselves. Further the event continued with interesting games planned by the student coordinators which included games like:

Hoola hoops

Barter puzzle

Knot the bolt in which we had seen active participation form the students and these games being fun gave good knowledge on how one can maintain their mental health in daily life. The third part of the event was an open mike In which Students from BA JPE participated exhibiting their skills through open mic and have displayed skills of poetry and singing. Finally, the event was called off with a vote of thanks by Aditi of BA JPE 3.





Outcome:

The students gained knowledge on how to build up and maintain good mental health as it is the need of the hour in these days specially during adolescent age.

Workshop: Application of Statistics and Research Methodology in Psychology

Date and time: 27th and 28th October 2022. 11:30am onwards.

Venue: G1 classroom.

Target audience: BA JPE 3rd year students.

Name of the Guest: Anne Samyuktha, Asst. Prof. Dept. of Psychology, Osmania University.

Objective: To educate the students on T-Test and ANOVA considering the most important part of the syllabus.

Report:

In the presence of the guest Anne Samyuktha, students had a great learning experience on T test and ANOVA. The resource person made it very much simpler and convenient for the students to understand both the concepts both theoretically and through problem solving on both the concepts of statistics which prove to be the most important part of the dissertation/ research work that is to be performed by the students in the upcoming academic schedule of Psychology.

On day 2, the session started with hands-on problem-solving skills by the guest as she made the students to solve few equations. Then she stressed on importance of t-test to find out the level of significance which will be helpful in analyzing qualitative research without haste, she went on explaining about the importance of significance at 0.01 level and 0.05 level. The session ended with a vote of thanks and felicitation of the guest with a plant.





Outcome of the event: The students in a simple way understood the 2 most important concepts T- test and ANOVA that will help them further in the research work conducted.

Workshop: Ethics in Research Methodology

Online National Level

Date and Time: 28th to 30th Nov 2022

Venue: Google Meet Platform.

Target audience: Faculty & Research Scholars across the country.

Name of the Resource Person:

Day 1: Dr. Renuka Sagar. Head Dept of Management & Director RBVRR college for Women

Day 2: Dr. A Patrick. Prof, Dept of Commerce & Management, Coordinator HCDC, OU

Day 3: Dr. Achala Munigal. Asst Prof, Dept of Library Science, Asst Librarian, University College of Law, OU.

Objective: To enable the faculty/research scholars irrespective of their disciplines, in developing the most appropriate methodology & ethics related to publications, data management, collaborative research and other different research methods.

Report:

The department of Psychology & Centre for Research & Development St. Joseph's Degree and PG college in collaboration with Nizam College had conducted a 3 day online **National Level Workshop on Ethics in Research Methodology**.

The session that was held on 28th November was inaugurated by Mrs. Amthul Fathima, Head Department of Psychology. After the virtual lighting of the lamp and prayer by Ms. Shravya Saneev, Assistant Professor, Department of Psychology the profile of the speaker was shared with the audience.

Day 1 topic Introduction to Research Integrity and Ethical Conduct of Research.

The speaker for day 1 was Dr. Renuka Sagar, is Director and Head Department of Management at RBVRR college for women. Dr. Renuka, shared her expertise on the topic Introduction to Research Integrity and Ethical Conduct of Research and explained the importance of conducting research and said that one can either 'Publish or Perish'. She also elaborated on the moral foundations of research, legal and ethical issues, and collaborative issues and further went on to uncover the hidden aspects of research misconduct and malpractices like falsification of data, fabrication and plagiarism. She used several case studies in an

interactive fashion to engage and enlighten the participants. She concluded saying that one should keep in mind an Ethical Map, so one can recognize the limitations, overcome challenges and problem solve. This insightful session was deeply appreciated by all the participants and to close a formal Vote of Thanks was offered by Mrs. Amthul Fathima.

Day 2 session was held on 29th November, the speaker was esteemed academician Prof. A. Patrick, who is currently a Professor at Department of Commerce, Osmania University and coordinator HCDC, Osmania University. He shared his expertise on the topic Collaborative Research and Data Management. He presented a series of pros and cons in the area of collaborative research and introduced the concept of Synergy wherein collaboration to result in the production of something greater than what an individual can produce.

He also elaborated on the need of the hour being interdisciplinary collaboration. On Data Management, Prof. Patrick shed light on how proper data management in the process of research is an act of self-care for oneself and for one's research. He said that one should collect data efficiently and effectively along various parameters to ensure the success of research. He concluded his session by tying in the areas of plagiarism, collaboration and data management. This informative session was followed by a question-and-answer round between the speaker and the participants and to close a formal Vote of Thanks was offered by Ms. Shravya Saneev.

Day 3 session was held on 30th November, the speaker Dr. Achala Munigal, is a highly decorated speaker who is an Assistant Prof. & Assistant Librarian at the College of Law Osmania University. She was introduced to the participants by Mrs. B. Sumana, Assistant Professor, Department of Psychology. She shared her knowledgeable insights on the topic Peer Review and Publication Ethics.

Her session was packed with real life examples, which she used to talk about the importance of peer review in the process of ethical publication and the different forms of peer reviews which are single blind review, double blind review, solicited and unsolicited reviews amongst others. She elaborated on the importance of an ethical outlook towards research especially in the present context of legal implications in cases of malpractice. She concluded by presenting a series of other ethical challenges that might occur in the process of research publication and offered all the participants guidelines and resources to ensure for themselves, that they are meeting all ethical requirements. This session was appreciated by all the participants as it concluded all 3-days of information while also adding a new layer of knowledge to the same.

The 3-day Online National Level Workshop on Ethics and Research Methodology conducted by the Department of Psychology, St. Joseph's Degree and PG College was concluded by a formal Vote of Thanks by the Head of Department, Mrs. Amthul Fathima.



Outcome: At the end of the workshop, the faculty and research scholars who had participated have shown great amount of understanding about the research ethics and rules involves in publication of their articles, collaborative research if any, data management systems.

Inter Collegiate Symposium-Building Positive Psychology Competencies

Date & Time: 5th November 2022 at 10:30 am

Venue: Joseph's hall

Target audience: Students & Faculty of Twin City Degree Colleges

Objective: Aim to cultivate both subjective and psychological wellbeing. Develop resilience and coping skills and foster self-acceptance consider the relationship a person has with him/herself.

Report:

Speaker 1:

The event began with a warm welcome to the dignitaries along with the guest *Dr Swathi. P-BoS* Chairperson, Department of psychology at Osmania University Hyderabad.

The session initiated with importance of resilience and various methods to cope up with different kinds of stress in life. The session was more practical and interactive encouraging the students to have maximum control towards various situations to be able to excel in life. Dr Swathi, focused on educating the audience about applying the various coping strategies in life and building resilience for better development of mental wellbeing. Dr Swathi stated that each person has “Psychological Capital” (**PSYCAP**) that they can build upon through interventions, learnings, and training. These four components—referred to by the acronym **HERO**—are as follows:

- Hope – Positive motivation based on goal-directed energy.
- Self-Efficacy – Self-belief in one’s ability to mobilize motivation, cognitive resources, and actions and work toward something.
- Resilience – The capacity to rebound or bounce back from adversity.
- Optimism – A generalized positive outlook or expectancy.

The session further proceeded towards thanks giving by Mrs. B Sumana and felicitation of the guest by HoD of Department of Psychology Mrs. Amthul Fathima.

Speaker 2:

After a Tea break the next guest speaker of the day *Dr. A. Anupama* was welcomed. She is an *HoD of Department of Psychology and Vice Principal of University College of Arts & Social Sciences, Osmania University*. The session proceeded with the aim of enlightening the students towards the concept of happiness and wellbeing and its importance, the speaker further spoke about how the trend of happiness and wellbeing gained lot of importance post COVID 19 as everything in the life tossed and changed, people started exploring and finding happiness in small things. Dr Anupama made the session very practical by giving the participants a questionnaire on Happiness and wellbeing and have shown the various ways of measuring it and understanding how happy and composed we are in our life. The session helped the students to work upon their habits and routine to inculcate optimism and live a happy life. After answering a few questions, the guest was departed with a vote of thanks by a student coordinator Tejasev and felicitated by HoD of Department of Psychology Mrs. Amthul Fathima.

Speaker 3:

Report:

Post lunch the last session of the event was the welcome of the guest speaker for the day **Dr. G. C. Kavitha** Who is an *Entrepreneur, a Psychotherapist, Positive psychologist and Vice President at ISRA*. Dr Kavitha her exceptional story storytelling skills began an insight session including activities for the participation of the students.

The decision educated the students towards being Optimistic and always step forward with a positive approach towards challenges of life. She spoke about improving strengths and virtues from inside which is the base for character building. Dr Kavitha stated that a positive trait or quality deemed to be morally good and is valued for itself as well as for promoting individual and collective well-being. The session then remarked an end with a vote of thanks by a student coordinator Tejasev and facilitated by HoD of Department of Psychology Mrs Amthul Fathima.






ST. JOSEPH'S
 DEGREE & PG COLLEGE

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Fr. Dr. S. SUNDER REDDY
 PRINCIPAL

A ONE DAY INTER-COLLEGE SYMPOSIUM ON
BUILDING POSITIVE PSYCHOLOGY COMPETENCIES
ORGANISED BY DEPARTMENT OF PSYCHOLOGY
FOR PSYCHOLOGY FACULTY & STUDENTS OF TWIN CITIES

Date: 1st February 2023, Wednesday | Time: 9.30 am to 4.00 pm | Venue: Seminar Hall - II (Chapel Hall)

GUEST SPEAKERS

| | | |
|--|---|--|
|  <p>DR SWATHI P BEd Chairperson, Department of Psychology, University College of Arts & Social Science, O.U., Hyderabad.</p> |  <p>DR. A. ANUPAMA Head, Department of Psychology & Vice Principal, University College of Arts & Social Science, O.U., Hyderabad.</p> |  <p>DR G C KAVITHA Entrepreneur (Psychotherapist), Positive Psychologist, Vice President - ISPA</p> |
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Visit to Devnar Foundation School for the Blind

On the occasion of Joseph Social Responsibility Day

Date & Time: 4th March 2023, 9:30 AM onwards

Objective:

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

The faculty and 41 students of the Department of Psychology visited Devnar School for Blind as part of their JSR Activity on 4th March 2023. We interacted with the Founder Chairman Dr A Saibaba Goud, who is a retired Physics Faculty from a reputed Government school, Hyderabad, he further stated that their mission is to reach out to as many visually-challenged children as possible. The school includes 30 Classrooms, 4 Computer Labs, Science Labs, a Library, Audio Recording Room, an Open Auditorium, and a Seminar Hall with a capacity of 150 individuals. This apart there are administrative sections, hostels for boys and girls, staff-quarters, and parking area. The Chairman and the Warden also interacted with the students about the blind school and how they are helping the visually challenged children in finishing their education and training them for self-employment or becoming an entrepreneur.

He further took the students to the classroom and have oriented them and practically have shown the students the apparatus used by the visually challenged children to read and write. Our students interacted with the blind school children and played games with them, they in turn wrote the names of our students on a plain paper with the help of the apparatus they use to write. The visually challenged children will also write SSC Board Examination and are well versed in English communication. The teachers of the school were also very accommodative and are very generous and humble in their nature. The Head Mistress of the school further stated that they are preparing the children to enroll into Guinness Book of World Record for their extra creative activities.

The students expressed their gratitude and pleasure towards the organization for allowing them to play games and interact with students.



Outcome:

The session was one that was very humbling as well as rewarding. The students realized the value of visually challenged 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 blind school on a positive note.

Summary of Student Centric Activities by Psyched Club:

| S. No | Date | Activity |
|-------|-------------------------------|--|
| 1. | 28 July 2022 | Let's Vibe (Finger painting & Open Mic activity) |
| 2. | 22 Aug 2022 | Therapies involved in Counselling Settings |
| 3. | 29 th Aug 2022 | International Youth Day |
| 4. | 21st Sep 2022 - 23rd Sep 2022 | Psychological first aid |
| 5. | 10 September 2022 | Suicide Prevention Day |
| 6. | 10th October 2022 | World Mental Health Day |



Student Centric Activities: International Youth Day

On the occasion of International Youth Day

Date & Time: 29th August, 2022 11:00 to 11:30 pm

Venue: G8 Classroom

Objective:

The main objective of this event was to give students a platform to share their ideas and understanding over the topic- "Myths surrounding HIV" within a minute through which they themselves can learn and also teach in their peers about information that they may have not known about.

Once all the participants settle down - Mrs. B Sumana, assistant professor from the psychology department, begins the session by introducing herself followed by a small byte of information guiding them to what they are supposed to do within this session and as to why it is important to hold such a session.

After she delivers the rules, the student's started to take over as they pour in with myths that surround the topic, some of them being as to how people believe that HIV spreads through contact, HIV only happens to people who are from the LGBT community, the various ways that HIV spreads and much more.

The time passes by quickly as we draw to the end of the event. Tejasev Kumar, a member of Psyched Club draws the event to a close by thanking the student for their participation and for imparting great knowledge over a topic that is now seen as a taboo within India.



Outcome: All in all, the event was a success with it starting the conversation that is crucially needed within India and shares more information about a topic deep buried under stigma.

Summary of Student Centric Activities by Centre for Happiness & Well Being

Event: Skit and flash mob on “WORDS MATTER”

Date and Time: 25th August 2022, 11:00 AM to 11:30 AM

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

Target Audience: All UG & PG Students

Objective: Skit and a flash mob performance to introduce The "Happiness and Well Being" club to the students of the college.

Report: The event began with a thoughtful skit performed by the students of psychology. It was based on the impact that words can have on an individual, immediately after the skit started the fun flash mob which was enjoyed by everyone. Lastly, the banner of the club was revealed and a small speech was given by the club's convener Mrs. B.Sumana as she officially inaugurated the club.





Outcome The skit and flash mob successfully captured the attention of all the students, making an impact on their mind about the importance of selection of words for the happiness and well- being in our daily lives.

Event: Chinese Whisperers- Chain of Miscommunication:

Date and Time: 23rd November 2022, 11:00 AM to 11:30 AM

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

Target Audience: All UG & PG Students

Objective: To Demonstrate Chain Of Miscommunication

The convenor of the committee Mrs. B. Sumana and the committee members and students alongside with the Department of Psychology had conducted an activity, modified version of Chinese whisper. The students were gathered around and the volunteers demonstrated how the game is played. Standing in line, the person in the front has to show dance steps, it can be one or many, the next person who has to demonstrate the same steps to the person standing in front of them, by the time it reaches the person standing at the very last, the steps have changed. That's how miscommunication works, showing how action and words modify as it reaches from one person to another

The students curiously looked and were eager to participate. For the next 20 minutes, a lot of students participated and had fun while they understood the message underneath.

The activity was closed revealing the objective of the game and informing students regarding counseling sessions conducted. It's important that we have fun and acknowledge important aspects of life while prioritizing our mental health.



Event: Camera Roll Show and Tell

Date and Time: 16 February, 2023. 11:00 am-11:30 am

Venue: Main Campus ground.

Target Audience: Students from all departments

Objective of the event: Sharing happy memories with each other.

Report: The event of Camera Roll “Show and Tell” was organized in the St. Joseph’s Degree and PG College, Main Campus, Parking Lot. The event was introduced by committee members Sadaf Rehmani and Venssa Anthony. Committee members Pratinav Venglet and Syed Mahdi demonstrated the format of the event and shed light on the purpose of the activity. Students and faculty members alike participated in the event. 19 students and 2 faculty members shared one picture from their phone and the memory attached to it. Each participant was encouraged with a round of applause and a chocolate for their participation. The event concluded with a group photo taken with the participants and the Happiness and Wellbeing committee.



Outcome: It was observed that the students who shared their memories were very happy and had improved their mood after the activity.

Event : HopStar

Date and Time: March 10, 11:00 am-11:30 am

Venue: Main campus grounds

Target Audience: Students of all departments

Objective of the event: Taking a break from everyday schedules and playing a game.

Brief Report: The activity was held as an open event for all the students. The game conducted was a mix of two Hopscotch and Twister. The students were asked to follow the direction of hand and foot placement by looking at the pictures in front of them and finish the whole series in one go by making as few mistakes as possible. Students from all departments participated in this event, the turnout was approximately 100 students.



Outcome: The students had a chance to take a break from their stressful days and enjoy a few moments of happiness.

Event: How do you feel today?

Date and Time: 11:00 AM to 11:30 AM, 11th January 2023

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

Target Audience: The students of the college

Objective of the event: To provide an understanding of different feelings and emotions and teach the students to display their emotions in a healthy manner.

Report: The event started at 11:00 AM, The convenor of the committee Mrs. B. Sumana and the committee members and students alongside with the Department of Psychology had conducted an activity, asking the students and the faculty on how they are feeling? In the beginning people were reluctant to express but as they saw the crowd speaking, many of them voiced their emotions and many of them wrote it on sticky notes and displayed on the white board, The students were curious and eager to participate in, many were exhausted, happy, angry and excited. They showed broad spectrum of emotions.

The activity was closed revealing the objective of the game and a dance to cheer the audience, they were informed the importance of expressing emotion, that it's okay to feel the way you do, they acknowledged importance of displaying emotions in a healthy way.



Event: Music Therapy

Date and Time: 19th January 2023, 11:00 am

Location: Joseph's Ground

No. Of People Attended: Around 500 Students

Objective: To Demonstrate Benefits of Music Therapy

The convenor of the committee Mrs. B. Sumana inaugurated the event assisted by the student band “Southern Waves” to raise awareness on Music therapy. The activity started with basic introduction of how music heals and relaxes us mentally and physically. Southern Waves along with Ms. Shravya Saneev, Asst. Prof. Dept. of Psychology sang a couple of well-known songs which the students cheered and sang along to. This allowed the audience to de-stress and engage with the practical application of music therapy. The turnout positively impacted 500 students.



Outcome of the event: Students were aware of new form of therapy, of how music therapy is beneficial and helpful.