

**St. Joseph's Degree & PG College**  
**(Autonomous), Affiliated to Osmania University**  
**Re-Accredited by NAAC**  
**King Koti Road, Hyderabad**

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**ANNUAL REPORT**

**2023-24**

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**DEPARTMENT OF PSYCHOLOGY**

**Rev.Fr. Anthony Sagayaraja**

**Principal**

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## CURRICULAR ASPECTS

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i. Programs Offered

Bachelor of Arts (Journalism, Psychology & English Literature)

Year of Introduction- 2012

Total Credits – 155 Credits

ii. Total no. of courses :

Under Graduate -48

Post Graduate – 0

iii. Industry Academic Meet :

Composition:

Department of Psychology

Industry Academia Meet 2023-24

Date : 13<sup>th</sup> February 2014

1. Rev Fr Anthony Sagayaraja, *Principal St Joseph's Degree & PG College*

2. Mrs Mary Vinaya Sheela, *Dean Academics, St Joseph's Degree & PG College.*

3. Mrs Amthul Fathima, HoD, *(BoS) Dept of Psychology, St Joseph's Degree & PG College.*

4. Mrs B Sumana, *Asst Professor, St Joseph's Degree & PG College.*

5. Ms Shravya Saneev Merugu, *Asst Prof, St Joseph's Degree & PG College.*

6. Mrs A Ashwini, *HoD, Dept of Psychology, Nizam College.*

7. Mrs Swapna Jyothi, *Asst Professor, Department of Psychology, Nizam College*

8. Dr Virinchi Sharma, *Consultant Psychiatrist, Manasa Nursing Home.*

9. Dr Swati Agarwal, *Career Consultant, Psychologist, Gargi Knowledge Solutions.*

10. Ms Ayesha Hakeem, *Alumni, Consultant Psychologist, at The Wounded Healer.*

Suggestions:

S. No.	Resource Person Academic	Resource Person Industry	Suggestions Given	Program	Semester	Course	Suggestions Implemented – (where & How)	Suggestions which are not Adopted reasons – (Why)
1	Mrs. A. Ashwini	Dr. Swathi Agarwal	Unitization of Social Psychology  Suggested to introduce cross-cultural studies to the syllabus to incorporate global trends	BA JPE	III  All Programs	Psychological Testing	Introduction of a few new topics to be grouped under Unit 5 such as socio-cultural psychology in Indian and Global trends and digitization and social psychology.  New Diploma or PG Diploma courses will be discussed with the Principal, Dean and chairperson BoS	

2	Mrs Swapna Jyothi	Dr Virinchi Sharma	Abnormal Psychology	<p>Unitization and including new topics such as neuro-biology, brain circuits, magnetic stimulation, ketamine therapy etc.</p> <p>It was also suggested that values and ethics be included in the syllabus</p>	BA JPE	<p>Suggested to include Topics about mental health awareness Importance of Mental Health, Health and Well Being, Social &amp; Emotional Intelligence</p> <p>Modification of two units was suggested. Where one unit will cover all topics under sexual identity and another would cover topics on Digital Citizenship in Adolescence</p>	Changes will be introduced after the acceptance from the Principal, Dean Academica, Chairperson BoS	
3	Mrs. A Ashwini Mrs Swapna Jyothi	Ms. Ayesha Hakeem	Electives Value Added Courses	BA JPE All Programs		Papers such as Health &	Changes will be introduced after the acceptance from the Principal, Dean	

			Diploma Courses		Well- being, transactional analysis, personality development, stress management, emotional development, relationship management, mental health and men and gender psychology were suggested for Value added courses  6- or 9- months diploma courses like Criminal Law Criminal Behavior Mental Health Law Counseling Psychology	Academics, Chairperson BoS	
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iv. BoS Meeting details with Photographs (To be added)

**The following points have been discussed in the meeting:**

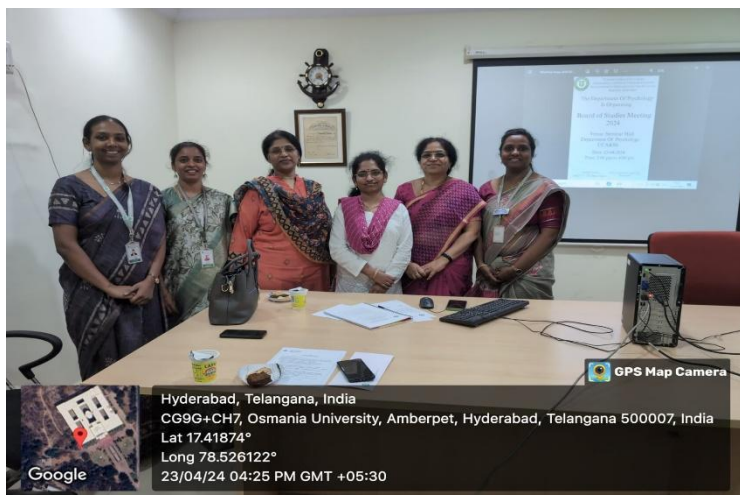
1. The meeting started with a prayer by Ms Shravya Saneev, Asst Prof Dept of Psychology, St Joseph's Degree & PG College.
2. Welcome address by Mrs Amthul Fathima, Head, Department of Psychology, St Joseph's Degree & PG College
3. Following which, the resolutions of previous BoS meeting was approved by the Chairperson.
4. It was approved by all the members of Board of Studies, to change the existing unitization of the courses of Semester III, IV, V & VI from IV units to V units.
5. It was approved to introduce **Experimental Psychology** Course of Semester III into Semester II.
6. It has been approved by Dr Anupama, HoD, Department of Psychology, Arts College Osmania University, to include 2 modules of **Research Methodology** topics in Project Work of Semester VI as the students are finding it difficult to directly start with the project work without proper knowledge of sampling techniques, data collection and over all research writing. These steps of research will help them to carry out the research work effectively.
7. It has been approved by Dr Swati, BoS Chairperson, Department Psychology, Arts College, Osmania University, to exclude internship Course in Semester VI with Psychology Program as the industries which are providing internship are not following guidelines given by the university: they are overcharging the students in the name of internship and not providing any proper case studies and also there is no basic counselling course in bachelor level programs which is important to take up for the internship course. The board has decided that they will work on the guidelines and may be in future will come up with proper ethical guidelines to be used from the industry perspective.
8. It has been approved by the Chairperson that the students can go ahead with internships in Journalism or English Literature courses as they are undergoing triple major course in graduation.
9. Dr Swati and Dr Anupama have approved 2 new courses as **Value Added Courses** i.e., **Emotional & Social Intelligence** and **Mental Health & Well Being** to be opted by other program students instead of Psychology students W.e.f 2024-25.
10. It has been discussed and approved the guidelines and list of Generic Electives, Common Courses, NON-CGPA Courses, Extra Curricular, MOOCS and General Internship W.e.f 2024-25.

11. The board has approved the list of examiners and also the question papers of the End Semester Examinations according to Blooms Taxonomy.
12. The board has approved the following courses under Local/Regional/National & Global Level:
  - a. Educational Psychology-Local & Regional Level.
  - b. Social Psychology, Abnormal Psychology, Health Psychology & Adolescent Psychology have been recognized under National & Global relevance Courses
13. The meeting ended with Vote of Thanks given by Mrs Sumana, Asst Prof, Department of Psychology, St Joseph's Degree & PG College.

## **BoS Composition 2024**

### **Members – Board of Studies**

1. Rev. Fr. Anthony Sagayarajap (Principal, St. Joseph's Degree and PG College).
2. Mrs. Mary Vinaya Sheela (Dean Academics, St. Joseph's Degree and PG College).
3. Mrs. Amthul Fathima (HoD, Dept. of Psychology, St. Joseph's Degree and PG College).
4. Dr. P. Swathi (Chairperson BoS, Dept. of Psychology, OU).
5. Dr. Anupama (Vice Chancellor University Nominee, HoD, Dept. of Psychology, UCA&SS, OU).
6. Dr. Padmaja (HoD, Department of Psychology, HCU).
7. Mrs Ashwini (Subject Expert, Asst Professor, Nizam College).
8. Dr. Nandini Sanyal (Subject Expert, HoD, Department of Psychology, St Francis Degree & PG College for Women).
9. Mrs. B Sumana (Asst. Prof, Dept. of Psychology, St. Joseph's Degree and PG College).
10. Ms Shravya Saneev (Asst. Prof, Dept. of Psychology, St. Joseph's Degree and PG College).
11. Ms Ayesha Hakeem, (MSc Applied Psychology), Alumni.



- v. Value Added Courses offered and number of students completed ( programme wise)-  
[Name of the course, no.of hrs, collaborating institute]: NIL
- vi. MOOCs courses taken with no.of students completed ( programme wise): NIL

**vii. List and description of the courses which address issues related to gender, environment and sustainability, human values and professional ethics in the curriculum.**

1. Gender

i. Adolescent Psychology

Introduction - Physical Development in Adolescence (Unit I)

To familiarize students about the differences in Pubertal growth between males and females and the psychological impact of Puberty on Adolescence.

Issues and Challenges in Adolescent Period (Unit IV)

To familiarize students with theoretical knowledge about Heterosexual Relationships, Adolescent Pregnancy, Sexual Abuse

2. Environment And Sustainability

i. Environmental Studies

To provide a conceptual framework for understanding and analyzing environmental problems , to explain the key concepts and methods from ecological and physical sciences and apply them in solving environmental problems for achieving Sustainable Development. Critically examine all the aspects of environmental studies such as environmental pollution health issues, legislation and create informed opinions.

3. Human Values And Professional Ethics: Nil

4. Professional Ethics in the Curriculum: Nil



viii. Student internships/Projects/Field work [list of students, title of internship/project/field work, place- programmes]

PROJECT TITLES		
<b>HALL TICKET NO.</b>	<b>STUDENT NAME</b>	<b>PROJECT TITLE</b>
121421404001	Aaron Patrick Moll	To study the impact of Study Habits and Peer Pressure among Intermediate Students
121421404002	Akefa Qureshi	A study on the Impact of Anxiety and Self - Confidence among Intermediate students
121421404003	Kaligotla Lakshmi Sai Anisha	Impact of Emotional Maturity on Achievement Motivation among Science students
121421404005	Apoorva Badaseshi	The Correlation study between Self-Confidence and Leadership Preference among Teenagers
121421404007	Domnik Kerketta	Self- esteem level and it's impact on Quality of Life among Graduate and Professional Graduate
121421404008	Trisha Dongri	To study correlation between Loneliness and Emotional Intelligence among Government Employees
121421404010	Harshita Tiwari	A study on Effects of Loneliness on Motivation among College Students
121421404011	J Sri Anand Vardhan	The impact of Social Media Dependency on Emotional Maturity among Boys and Girls - a Comparative Study
121421404012	Juhi Ramnani	Role of Self Efficacy in College Adjustment among Students
121421404013	K.Sreenithya	Effects of Academic Stress on School Adjustment in CBSE and IB students
121421404014	M A Ateeq Ur Rahaman	Role of Personality Traits and Leadership Preference among Politicians
121421404015	Mahesh Ranka	The Impact of Social Media Dependency on Psychological Wellbeing of College students
121421404016	Maryam Mansoor Ali	Self Confidence and Achievement Motivation among College students - a Comparative study
121421404017	Muday Rachel Ankitha	The Role of Loneliness on Anxiety Among Male and Female Hostel Residents
121421404018	Nikhar Kaur	To study the correlation between Social Anxiety and Self-Confidence among 10th class students
121421404019	Praneeth Noule	Impact of Family Environment on Aggression among Adolescents

121421404021	Pradeep Augustine	The Effect of Academic Stress on Mental Health among School Students
121421404022	P Anusha	To study correlation between Social Media dependency and Mental Health among Adolescence
121421404023	Pratinav Venglet	The relationship between Perceived Loneliness and Emotional Maturity among individuals with siblings and without siblings
121421404025	Rian Salem Bin Mahfodh	The Role of Personality on Social Media Dependency Among College Students
121421404026	Sadaf Rehmani	Aggression and Adjustment among College Students: A Correlational Study
121421404027	Syed Mohammed Mahdi Baqri	To Study the Impact of Self Concept on Youth Problems
121421404028	Syeda Habiba Fatima	Emotional Maturity and Leadership Preference among MBA students
121421404029	Tejomurtula Sri Pravalika	The impact of Parent Child Relationship and Locus of Control on Intermediate Students with Single and both Working Parents
121421404031	Tandava Roshni	Locus of Control and Achievement Motivation: Among degree students and Competitive Aspirants
121421404032	Venessa Anthony	Impact of Family Environment on Academic Stress Between Undergraduate Boys and Girls
121421404033	Y Aum Varsha Reddy	Locus of Control and Adjustment: A Comparative Study of Disabled and Non-Disabled Students
121421404034	Swetha Shrine	To study the Emotional Intelligence in General Well Being among Army wives and Non Army wives
121421404036	Banavath Rajesh	A comparative study on Self-concept and Leadership Preference among Sports and Non-Sports students
121421404037	Devulapally Naga Vaishnavi Rithika	Psychological Well-Being and Loneliness among Day Scholars and Hostellers - A Comparative Study
121421404038	Kausar Khan	Correlation between Social Media Dependency and Mental Health among Graduates and Undergraduate students
121421404039	Cherry Neorah	College Adjustment and Emotional Maturity of First year students of Medical college
121421404040	Brian David Francis	Impact of Emotional Intelligence on Leadership Behaviour in Adolescence
121421404042	Anika Ali	Correlation between Perceived Loneliness and Emotional Intelligence among Young Adults
121421404043	Sanda Chandra Kanth	Emotional Intelligence & Well-being among musicians and non-musicians: A comparative analysis

**FIELD VISIT/ INTERNSHIP DETAILS**

HALL TICKET NO.	Student Name	FIELD VISIT DETAILS	ORGANISATION NAME
121421404001	Aaron Patrick Moll	NIEPID	Gulkari
121421404002	Akefa Qureshi	Hope Trust	Good Mind
121421404003	Kaligotla Lakshmi Sai Anisha	NIEPID	Good Mind
121421404005	Apoorva Badaseshi	Sukoon	Unique Intelligence
121421404007	Domnik Kerketta	St. Paul's High School	Boys Town Book Printing
121421404008	Trisha Dongri	Unique Intelligence	Unique Intelligence
121421404010	Harshita Tiwari	Sukoon	Denary Media
121421404011	J Sri Anand Vardhan	NIEPID	Gulkari
121421404012	Juhi Ramnani	Total Solutions	Creative Square
121421404013	K.Sreenithya	NIEPID	The Democartic News
121421404014	M A Ateeq Ur Rahaman	NIEPID	The Democartic News
121421404015	Mahesh Ranka	Sukoon	Scolage
121421404016	Maryam Mansoor Ali	Hope Trust	good mind
121421404017	Muday Rachel Ankitha	Total Solutions Rehabilitation Society	Reimagine Creative Studio
121421404018	Nikhar Kaur	Unique Intelligence	Unique Intelligence
121421404019	Praneeth Noule	NIEPID	The Democractic News
121421404021	Pradeep Augustine	NIEPID	Red Carpet
121421404022	P Anusha	Unique Intelligence	Unique Intelligence
121421404023	Pratinav Venglet	Total Solutions Rehabilitation Society	Musicology
121421404025	Rian Salem Bin Mahfodh	Hope Trust	Good Mind
121421404026	Sadaf Rehmani	Hope Trust	Good Mind
121421404027	Syed Mohammed Mahdi Baqri	Unique Intelligence	Qr Collection No1

121421404028	Syeda Habiba Fatima	Hope Trust	Creative Square
121421404029	Tejomurtula Sri Pravalika	NIEPID	Saanvi K creations
121421404031	Tandava Roshni	Total Solutions Rehabilitation Society	Good Mind
121421404032	Venessa Anthony	Total Solutions Rehabilitation Society	Telengana Today
121421404033	Y Aum Varsha Reddy	NIEPID	Saanvi K creations
121421404034	Swetha Shrine	NIEPID	Saanvi K creations
121421404036	Banavath Rajesh	NIEPID	Gulkari
121421404037	Devulapally Naga Vaishnavi Rithika	NIEPID	The Democartic News
121421404038	Kausar Khan	Hope Trust	Good Mind
121421404039	Cherry Neorah	Unique Intelligence	BRK News
121421404040	Brian David Francis	NIEPID	Deccan
121421404042	Anika Ali	Sukoon	Scolage
121421404043	Sanda Chandra Kanth	NIEPID	Gulkari

ix. Feedback from stakeholders analysis and action taken report

Feedback	Total no. of Students/ Teachers/ Employers/ Alumni/ Parents	Satisfied %	Good %	Excellent %	Documents
Students	24	14	32	19	1. Actual Feedback forms from the Stakeholders. 2. Stakeholder feedback analysis report signed by Head. 3. Action taken report of the department on feedback report as minutes of the Department Faculty Meeting.
Teachers	3	7	13	34	
Employers	-	-	-	-	
Alumni	12	14	32	30	
Parents	25	21	37	14	

x. Innovations in curriculum - list of new courses/ programs, introduced, new content introduced with 20% or more...etc.)

Upon the permission of the chairperson the review of the course structure and syllabus w.e.f. 2023-24 was discussed –

Sr.no	Prog. Year	Semester	Innovation / Revision	% Changed	Remarks
1.	BA JPE III	Sem V	Practical Course "Psychological Testing"	100%	More Paper pencil tests were included into the curriculum to help students carry forwards their project work smoothly.  5 practicals revised to 10 practicals
2.	BA JPE III	Sem VI	Practical Course - "Assessments in Adolescent Psychology"	100%	More Paper pencil tests were included into the curriculum to help students carry forwards their project work smoothly.  5 practicals revised to 10 practicals
3.	BA JPE I	Sem II & III	Value Added Course - "Health & Well-Being"	New Course	

## II. Teaching-Learning and Evaluation

- i. List of Faculty during 23-24
  - o Amthul Fathima, HoD, (PhD)
  - o B. Sumana, Asst. Prof (PhD)
  - o Shravya Saneev Merugu, Asst. Prof.

- ii.
- iii.

Program-wise Enrolment ratio	<b>1 : 40</b>
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Programme Wise Strength	
<b>B A JPE-I</b>	33
<b>BA JPE-II</b>	42
<b>BA JPE-III</b>	37

## iv. Bridge Course

Type of Activity	Training
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Title of the Activity	Bridge Course
Date/s	11.9.2023 to 14.09.2023
Time	1:30 pm – 2:30 pm
Venue	G8

**Conducted by :**

Name	Shravya Saneev Merugu
Title/Position	Assistant Professor
Organization	St. Joseph's Degree and PG College
Topics	Schools of Psychology, Contemporary Approaches, Methods of Research, Scope of Psychology, Parts of the Brain

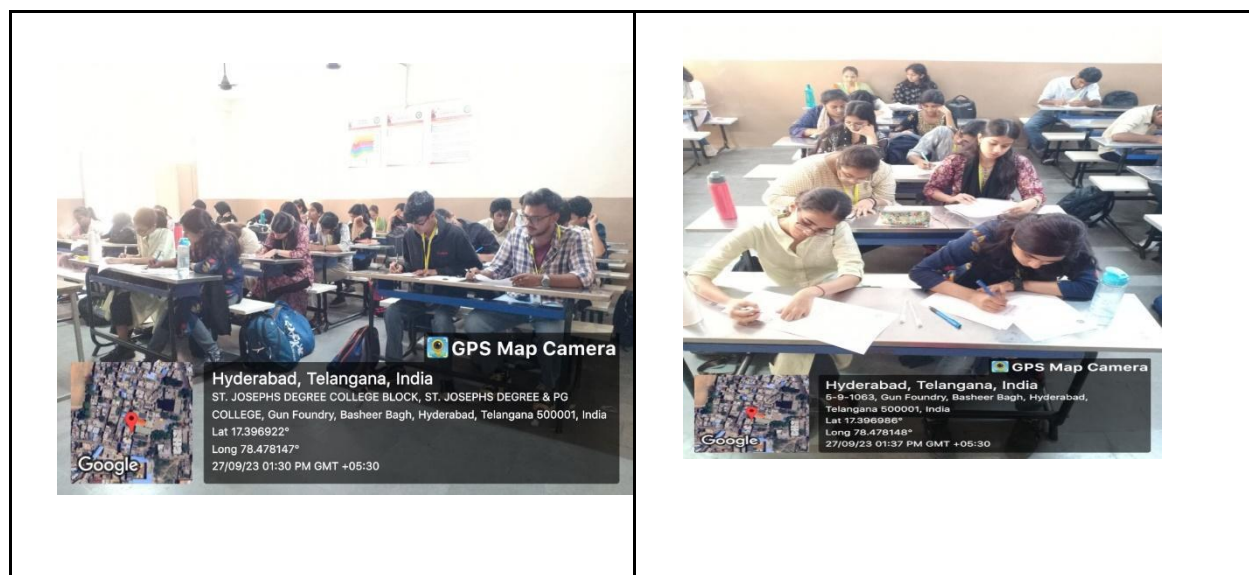
**Participants Profile**

Type of Participants	Student
No. of Participants	33

**Synopsis of the Activity (Description)**

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Alumni Session on Research Methodology</li> <li>2. Exam Conducted for Evaluation</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Bridge course program was designed to help students transition smoothly from one academic level or course to another.</li> <li>2. To bridge the gap between a student's prior knowledge and the requirements of a more advanced course</li> </ol>
Summary of the Activity	<p>The Department of Psychology St. Joseph's Degree and PG College had conducted bridge course classes for the first year students from 11.9.2023 to 14.09.2023. The 4 classes conducted were programmed to identify and address gaps in knowledge and skills that may have developed over time or due to variations in previous educational experiences. Prepare students for the more challenging content and expectations of higher-level courses, reducing the likelihood of academic struggles and dropout rates, offer individualized support and instruction to meet the specific needs of each student, tailoring the bridge course to address their particular challenges. Boost students' self-confidence by providing them with the skills and knowledge necessary to engage effectively with advanced coursework. The classes were then followed by a mandatory class test on 27.09.2023 which was attempted by 28 students. This was done to ensure that students have the foundational knowledge and skills required for success in a more advanced course. Develop essential academic skills, such as critical thinking, research, writing, and problem-solving, to help students excel in advanced coursework. Teach time management,</p>

	study techniques, and organizational skills that can enhance students' ability to manage their workload effectively. Utilize teaching methods that cater to diverse learning styles and backgrounds, making the bridge course accessible to a wide range of students.
Follow-up plan	The identified slow learners will be assisted further in grasping subject knowledge



### Entry Level Test

Type of Activity	Training
Title of the Activity	Entry Level Test
Date/s	7.08.2023
Time	11:30 pm – 12:20 pm
Venue	G8

### Conducted by :

Name	Shravya Saneev Merugu
Title/Position	Assistant Professor
Organization	St. Joseph's Degree and PG College

### Participants Profile

Type of Participants	Student
No. of Participants	33

### Synopsis of the Activity (Description)

Highlights of the Activity	Identifying Basic aptitude and general knowledge of the student
Key Takeaways	Entry-level test conducted by faculty plays a crucial role in assessing knowledge, guiding instruction, and supporting student success in their academic journey.
Summary of the Activity	The Department of Psychology St. Joseph's Degree and PG College had conducted An entry-level test for the first year students from 7.08.2023. The test conducted was an Assessment of the Knowledge base of the student, their understanding and proficiency in the subject. It establishes a baseline of students' skills and knowledge upon entering the college or a particular course, which helps in tailoring instruction to meet their needs. The test helps in the Identification of Strengths and Weaknesses where they may need additional support or instruction.
Follow-up plan	The identified slow learners will be assisted further in grasping subject knowledge



### V. Advanced Learner Programs

Program	% Advanced Learners	Programs for advanced learners	Documents
BA JPE	10%	Contribution in Book Chapter publications  Peer Learning	<ol style="list-style-type: none"> <li>1. Records showing programs for advanced &amp; slow learners.</li> <li>2. Date of the program &amp; Persons involved in the program.</li> <li>3. Impact Assessment signed by the Teacher in-charge/Head.</li> </ol>

### vi. Slow Learner Programs

Program	% Slow Learners	Programs for slow learners	Docume
BA JPE	20%	Remedial	1. Records showing programs for advanced &



		Classes Peer Learning	slow learners. 2. Date of the program & Persons involved in the program. 3. Impact Assessment signed by the Teacher in-charge/Head.
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**vii. Teaching Methodologies used subject wise**

Sr.No	Year Semester	Subject	Teaching Methodologies
1	BA JPE I Sem I	Introduction to Psychology	Technology Learning
2	BA JPE I Sem II	Theories of Personality	Performance Based Learning (Activities on Kahoot App)
3	BA JPE I Sem II	Environmental Science	Technology Learning
4	BA JPE II Sem III	Social Psychology	Participative Learning
5	BA JPE II Sem III	Basics Statistics of Experimental Psychology	Participative Learning
6	BA JPE II Sem IV	Abnormal Psychology	Experiential Learning (Case Study Method & Role Play)
7	BA JPE II Sem IV	Experimentation on Behavioral Phenomenon	Experiential Learning
8	BA JPE III Sem V	Abnormal Psychology	Experiential Learning (Case Study Method & Role Play)
9	BA JPE III Sem V	Psychological Testing	Experiential Learning
10	BA JPE III Sem V	Developmental Psychology	Technology Learning Experiential Learning
11	BA JPE III Sem V	Statistics & Research Methodology in Psychology	Conventional Learning
12	BA JPE III Sem VI	Adolescent Psychology	Technology Learning Experiential Learning
13	BA JPE III Sem VI	Internship	Experiential Learning
14	BA JPE III Sem VI	Project	Experiential Learning
15	BA JPE III Sem VI	Assessments in Adolescent Psychology	Experiential Learning

**viii. ICT-enabled Tools by the faculty**

Name of Faculty	Subject	Tools Used	Web Link
Amthul Fathima	Abnormal Psychology	Presentations	Personality Disorders

			<a href="https://docs.google.com/presentation/d/1C0I8cEWDbM2ZNE2x9lckk9BBU">https://docs.google.com/presentation/d/1C0I8cEWDbM2ZNE2x9lckk9BBU</a>
		DelNET	
		Video Links	<p>Turner Syndrome <a href="https://www.youtube.com/watch?v=mTm59AvmK6g">https://www.youtube.com/watch?v=mTm59AvmK6g</a></p> <p>Cluster A Personality <a href="https://www.youtube.com/watch?v=U6Y9WTyPgG0">https://www.youtube.com/watch?v=U6Y9WTyPgG0</a></p> <p>Paranoid Personality Disorder <a href="https://www.youtube.com/watch?v=2wT7QGAGMew">https://www.youtube.com/watch?v=2wT7QGAGMew</a></p> <p>Anti-Social Personality Disorder <a href="https://www.youtube.com/watch?v=2nVpdGvYSH8">https://www.youtube.com/watch?v=2nVpdGvYSH8</a></p>
B.Sumana	Theories Personality	Google Classroom DelNet	<a href="https://classroom.google.com/u/3/c/NjQ2MjUzMzcxMjc1">https://classroom.google.com/u/3/c/NjQ2MjUzMzcxMjc1</a>
		LMS	<a href="https://youtu.be/qPcpo328kys?feature=shared">https://youtu.be/qPcpo328kys?feature=shared</a>
		Projector Presentations	<a href="https://drive.google.com/drive/folders/12E-W6rdHtyVIEdE53d8U3tXhVtsZMxgP?usp=drive_link">https://drive.google.com/drive/folders/12E-W6rdHtyVIEdE53d8U3tXhVtsZMxgP?usp=drive_link</a>
		Kahoot	
Shravya Saneev Merugu	General Psychology	Swayam  LMS	<p>Human Behaviour <a href="https://onlinecourses.nptel.ac.in/noc24_hs35/preview">https://onlinecourses.nptel.ac.in/noc24_hs35/preview</a></p> <p>Classics in Neuroscience <a href="https://onlinecourses.nptel.ac.in/noc24_bt38/preview">https://onlinecourses.nptel.ac.in/noc24_bt38/preview</a></p> <p>Language and Mind <a href="https://onlinecourses.nptel.ac.in/noc24_hs49/preview">https://onlinecourses.nptel.ac.in/noc24_hs49/preview</a></p> <p><a href="https://youtu.be/ttopTAhreNk?feature=shared">https://youtu.be/ttopTAhreNk?feature=shared</a></p>
		Projector – Presentations	<a href="https://drive.google.com/drive/folders/1IT39SwKppARSNbAdkYNHocmuxG_2CuUI?usp=drive_link">https://drive.google.com/drive/folders/1IT39SwKppARSNbAdkYNHocmuxG_2CuUI?usp=drive_link</a>
	Developmental Psychology	Projector – Presentations	<a href="https://drive.google.com/file/d/1MIicJAT8ueMcG1z9fY6VYUdGVhO6hhbR/view?usp=drive_link">https://drive.google.com/file/d/1MIicJAT8ueMcG1z9fY6VYUdGVhO6hhbR/view?usp=drive_link</a>

	Adolescent Psychology	Google Classroom	<a href="https://classroom.google.com/c/NjYyNzM3MjA1NzQ4?c=c=x4peo3b">https://classroom.google.com/c/NjYyNzM3MjA1NzQ4?c=c=x4peo3b</a>
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### ix. Pass Percentage Of Students Program Wise (Audit Report)

Program Name	Semester	Number of students appeared	Number of students Passed	Percentage	Documents
BA JPE	I	42	30	<b>71</b>	1. Certified report from CoE indicating pass percentage of students. 2. Result Performance Analysis and Action Taken Report.
	II	41	30	<b>73</b>	
	III	36	29	<b>81</b>	
	IV	36	27	<b>74</b>	
	V	43	40	<b>93</b>	
	VI	43	42	<b>98</b>	

### X. Workshops/Seminars, Guest Lectures Organized For Students

#### I. Guest Lecture - Addiction and Mental Health

<b>Type of Activity</b>	Guest Lecture
<b>Title of the Activity</b>	Addiction and Mental Health
<b>Date</b>	18th December 2023
<b>Time</b>	1:30 pm- 2:30 pm
<b>Venue</b>	Room no: G1, Main Campus
<b>Collaboration/Sponsor (if any)</b>	Psyched Club

#### Speaker/Guest/Presenter Details

<b>Name</b>	Naimisha Patel (Alumni)
<b>Title/Position</b>	M.Sc. Psychology Student
<b>Organization</b>	St. Francis Degree College
<b>Title of Presentation</b>	Seminar on Addiction and Mental Health

#### Participants Profile

<b>Type of Participants</b>	Student/Faculty
<b>No. of Participants</b>	47

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	1. The presentation on Addiction and Mental Health
<b>Key Takeaways</b>	1. Awareness on the effects of Addiction on young adults
<b>Summary of the Activity</b>	<p>Addiction is a persistent and complex disorder involving substance or behavior misuse despite harmful consequences. Graduates should understand both substance and behavioral addictions. Causes include biological factors like genetics, environmental elements such as childhood trauma, and psychological aspects like mental health disorders.</p> <p>The resource person gave the participating students a good insight on above mentioned topic. She even explained Empathy and stigma reduction are required for persons suffering from addiction. Graduates, in various roles, can create supportive environments, recognize signs of addiction, and advocate for appropriate resources. Overall, graduates equipped with knowledge about addiction can contribute to building healthier communities through understanding and effective support systems.</p> <p>This session provided a greater insight in to the causes and prevention of addiction among young adults. She even explained about how mental health is related to it</p>
<b>Follow-up plan</b>	Planning to conduct similar sessions in future

Photos of the activity:



**xi. Workshops/Seminars,  
Conducted**



**Guest Lectures  
For Faculty**

**1. A Session on Work Life Balance – Organized for Faculty**

Type of Activity	<b>Life Skills (Health)</b>
Title of the Activity	A Session on Work Life Balance
Date/s	27 <sup>th</sup> February 2024
Time	2:00 - 3:30 PM
Venue	<b>Jubilee Hall</b>
Collaboration/Sponsor (if any)	<b>Dept. of Psychology in Collaboration with IQAC</b>

**Speaker Details**

Name	Mrs. Swapna Jyoti
Title/Position	Assistant Professor, Dept. of Psychology
Organization	Nizam College
Title of Presentation	<b>Work-Life Balance and Stress Management</b>

**Participants Profile**

Type of Participants	<b>Faculty</b>
No. of Participants	<b>60</b>

**Synopsis of the Activity (Description)**

Highlights of the Activity	<b>1. Interactive activities to understand time management 2. Identifying early signs of stress</b>
Key Takeaways	<b>1. Multitasking is a myth 2. Seek help “We are not super humans”</b>
Summary of the Activity	The session began with Rev. Fr. Principal facilitating the speaker, Mrs. Swapna Jyoti with a memento. With a series of interactive activities Mrs. Swapna Jyoti highlighted the importance of conflict management, time management, stress management and self-care as the pillars of work life balance. She enlightened the audience about the harms of multi-tasking and division of attention and further spoke about mind-body relationship and the ill effects of stress on the body. The speaker also recommended some strategies

	to seek help and prioritize tasks realistically to avoid stress and conflict at the work place and at home. The session was closed with a Vote of
Follow-up plan	<b>More sessions on psychological well-being</b>

**Report prepared by:**

1. Speaker Profile

Asst. Prof in Psychology at Nizam College, works as consultant psychologist in various organization Educational institutions, Director @ Sri Thapovann Educational Society, and Founder and Chairperson of Yuva , Youth Intellectual Political Streamlining. PhD, MPhil PG in Psy. Mass Communication, Internal Political Science, Psychology as a Bachelor's Degree. MPhil work was on educated unemployed, designing a complete skill development on suitability skills enhancing personality and realizing potential towards sustainable professional growth and development  
Master trainer for Navodaya Sainik school teachers' trainer on Transactional analysis and conflict management

2. Photos of the activity



## 2. Webinar - Menstrual Health & Hygiene Awareness

Type of Activity	<b>Life Skills - Health and Hygiene</b>
Title of the Activity	<b>Webinar - Menstrual Health &amp; Hygiene Awareness</b>
Date/s	<b>28<sup>th</sup> October 2023</b>
Time	<b>11:00 AM</b>
Venue	<b>Online</b>
Collaboration/Sponsor (if any)	<b>IQAC in collaboration with Happiness and Wellbeing committee and Global Hunt Foundation</b>

### **Speaker/Guest/Presenter Details**

Name	<b>Ms. Roshnee Bhowmick</b>
Title/Position	<b>CSR Executive</b>
Organization	<b>Unicharm</b>
Title of Presentation	<b>Menstrual Health &amp; Hygiene Awareness</b>

### **Participants Profile**

Type of Participants	<b>Faculty</b>
No. of Participants	<b>100</b>

### **Synopsis of the Activity (Description)**

Highlights of the Activity	1. Menstrual Health and Nutrition 2. Importance of Health and Hygiene
Key Takeaways	1. Hygiene and Menstruation 2. Womens health and the importance of understanding the body during menstruation
Summary of the Activity	The session was opened by Mrs. B. Sumana who introduced the speaker Ms. Roshnee Bhowmick. The session was conducted to spread awareness and knowledge around the tabooed topic of menstruation. Ms. Roshnee Bhowmick started the session with a question and answer session by understanding the concerns of the faculty. Post which she talked about the entire topic of menstruation in expansive detail covering areas of nutrition, hygiene, the body and age factor, menopause and many more important and relevant matters. She also elaborately spoke about the management and prevention of relevant health issues like PCOS, UTI's and other gynaecology issues in women.
Follow-up plan	More sessions on taboo topics shall be conducted in the interest of health, hygiene and safety .

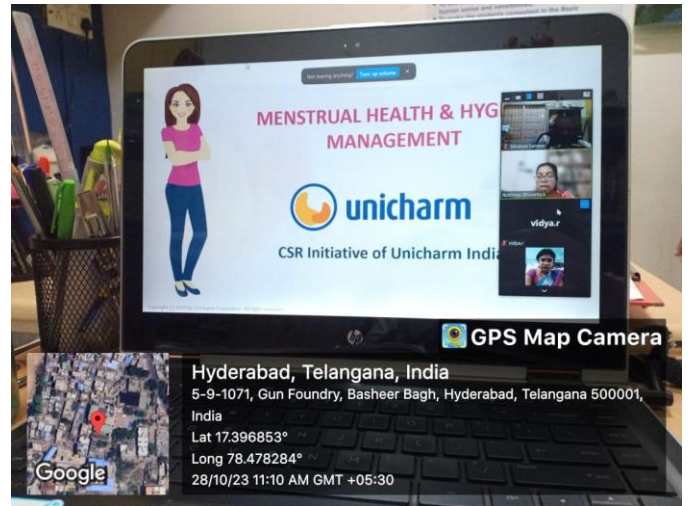
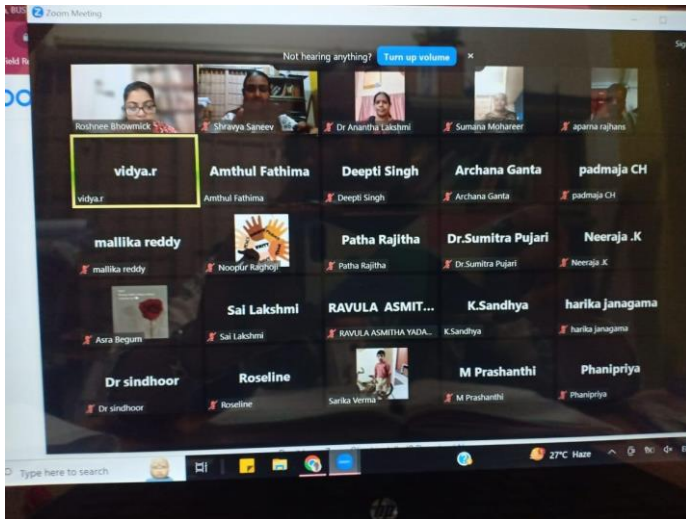


## 1. Speaker Profile

Working with Unicharm India since 2018. Mainly responsible for all CSR activities in West Bengal. Campaigning for Menstrual Health and Hygiene management in West Bengal mainly in educational institutions, nonprofit organizations and in the community level as well. Has conducted more than 300+ sessions on Menstrual Health in educational institutions and grass root level in Kolkata.

Graduated with Psychology (Hons) and hold a Master's Degree in Social Work. Worked in the area of child protection & health for more than 6 years. Represented the state at NIPCCD on child protection issues.

## 2. Photos of the activity



## 3. Menstrual Health & Hygiene Awareness for Non-Teaching Staff

Type of Activity	<b>Life Skills - Health and Hygiene</b>
Title of the Activity	<b>Menstrual Health &amp; Hygiene Awareness</b>
Date/s	<b>27<sup>th</sup> October 2023</b>
Time	<b>2:00 PM</b>
Venue	<b>Jubilee Hall</b>
Collaboration/Sponsor (if any)	<b>IQAC in collaboration with Happiness and Wellbeing committee and Sanjiva Homeopathy</b>



### Speaker/Guest/Presenter Details

Name	<b>Dr. P. Vimala Kumar</b>
Title/Position	<b>Doctor</b>
Organization	<b>Sanjiva Homeopathy</b>
Title of Presentation	<b>Women's Health and Homeopathy</b>

### Participants Profile

Type of Participants	<b>Non-Teaching Staff</b>
No. of Participants	<b>20</b>

### Synopsis of the Activity (Description)

Highlights of the Activity	1. Importance of Health and Hygiene 2. Menstrual Health and Nutrition 3. Thyroid and its impact on Women's Health
Key Takeaways	1. Importance and relevance of Homeopathy in modern times 2. Identifying and preventing lifestyle disease and thyroid
Summary of the Activity	The session was opened by Mrs. B. Sumana who introduced the speaker Dr.P. Vimala Kumar. The session was conducted in the vernacular to make it beneficial to the non-teaching staff. Dr.P.Vimala Kumar started the session with a question and answer session by understanding the health and nutrition concerns of the Staff. Post which she talked about the importance and relevance of homeopathy in tackling issues of the human body and understanding the human body as an intelligent being. She also suggested what kinds of food should be consumed and not consumed to promote women's health and well- being. She also elaborately spoke about the management and prevention of relevant health issues like PCOS and Thyroid in women.
Follow-up plan	She shared with the non-teaching staff her facilities details and suggested a day when she will specially look into the non-teaching staffs concerns at Sanjiva Homeopathy

#### 1. Speaker Profile

Dr P Vimala Kumari

Founder of Sanjiva Homoeopathy

Passed out in 1995 from JSPS Homeo Medical College, working as medical officer from 1995. She also has an MSc in Psychology and Vedic nutrition

Speciality In Thyroid Disorders, Female Problems, Skin Diseases , All Types Of Allergies And Cervical Spondylitis , RA, Osteoarthritis Etc  
 She has received many awards for her excellent work and has treated many cases over her 25 years of experience

2. Photos of the activity



4. Breast Cancer Self - Examination Awareness Campaign

Type of Activity	<b>Life Skills - Health and Hygiene</b>
Title of the Activity	<b>Breast Cancer self - examination Awareness Campaign</b>
Date/s	<b>13/2/2024</b>
Time	<b>1:00 PM</b>
Venue	<b>Jubilee Hall</b>
Collaboration/Sponsor (if any)	<b>IQAC in collaboration with Happiness and Wellbeing committee and I Scan</b>

**Speaker/Guest/Presenter Details**

Name	<b>Mrs. Bhargavi</b>
Title/Position	<b>Executive at Azista Industries</b>
Organization	<b>Azista Industries</b>
Title of Presentation	<b>Women's Health and hygiene</b>

**Participants Profile**

Type of Participants	<b>Female-Teaching Staff</b>
No. of Participants	<b>20</b>

### Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Importance of Health and Hygiene</li> <li>2. Menstrual Health</li> <li>3. Breast cancer Awareness and self - examination</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Importance of menstrual hygiene</li> <li>2. Breast cancer Awareness and self – examination</li> <li>3. The IscanBreast device: simple and effective way to perform self-checks conveniently.</li> </ol>
Summary of the Activity	<p>The session was opened by Mrs. B. Sumana who introduced the speaker Mrs. Bhargavi. The session was conducted in the view of spreading awareness and make it beneficial to the female-teaching staff. The speaker discussed menstrual hygiene, which involves using clean pads or tampons during periods and changing them regularly to stay healthy and comfortable. The speaker emphasized breast cancer awareness, teaching the faculty members how to check their breasts for any unusual lumps or changes. The aim was to encourage regular self-examinations so that any potential issues could be detected early and addressed promptly.</p>



### xii. Workshops/seminars/ guest lectures Faculty training programs attended

Faculty Name	Dates	Organised By	Type	Name of the Program
Amthul Fathima	5 <sup>th</sup> – 9 <sup>th</sup> February 2024	IQAC St. Joseph's Degree and PG College	FEP	5-Day Faculty Empowerment Program on "Outcome Based Education"
	23 Nov– 1 Dec 2023	The PG-Department of	FDP	8- Day National Level Online

		Computer Applications, IQAC & Lincoln University College Marian Research Centre of Marian College Kuttikanam in association with KSHEC		Faculty Development Program on Research Methodology using ChatGPT and AI Tools and Funding Opportunities for Research
	4 <sup>th</sup> Nov 2023	Happy Space Centre for Mental Health and Research	Workshop	CBT for Children
B. Sumana	5 <sup>th</sup> – 9 <sup>th</sup> February 2024	IQAC St. Joseph's Degree and PG College	FEP	5-Day Faculty Empowerment Program on "Outcome Based Education"
	23 Nov – 1 Dec 2023	The PG-Department of Computer Applications, IQAC & Lincoln University College Marian Research Centre of Marian College Kuttikanam in association with KSHEC	FDP	8- Day National Level Online Faculty Development Program on Research Methodology using ChatGPT and AI Tools and Funding Opportunities for Research
	25 <sup>th</sup> – 27 <sup>th</sup> Nov 2023	IPREMS Berhampur	Workshop	3- Day National Workshop on "Fundamental Approach to Research Methodology "
	7 <sup>th</sup> Nov 2023	Happy Space Centre for Mental Health and Research	Workshop	Science of Understanding and Managing Anger
Shravya Saneev Merugu			FEP	5-Day Faculty Empowerment Program on "Outcome Based Education"

	9 <sup>th</sup> – 10 <sup>th</sup> Dec 2023	Digital Empowerment Foundation	Workshop	National Workshop on “Tackling Harms of Digital Tech on Environment and Climate: Balancing Digital Rights and Sustainability through Digital Circular Economy”
	19 <sup>th</sup> March – 30 <sup>th</sup> April	Person-to-Person	Training	Biblical Counselling

**xiii. Faculty Completed NPTEL/ Swayam Courses**

Name of the Faculty	Name of the Course
Shravya Saneev Merugu	Completed - Psychology Of Stress, Health And Well-Being

**xiv. Field Visits/Industry visits**

<b>Type of Activity</b>	Field Visit
<b>Title of the Activity</b>	Field Visit to NIEPID-National Institute for Empowering Persons with Intellectual Disability
<b>Date/s</b>	<b>03/08/2023</b>
<b>Time</b>	<b>10:00 am to 3:00 pm</b>
<b>Venue</b>	NIEPID-National Institute for Empowering Persons with Intellectual Disability, Bowenpally, Secunderbad.

**Participants Profile**

Type of Participants	Faculty & Students
No. of Participants	37

**Synopsis of the Activity (Description)**

<b>Highlights of the Activity</b>	1. Experiential Learning 2. To aid the Students to understand various developmental disorders of childhood
<b>Key Takeaways</b>	1. Students had practical experience and exposure to various intellectual disability children

	<ol style="list-style-type: none"> <li>2. Students were exposed to various diagnostic and therapy criteria's to assess different neuro-developmental disorders.</li> <li>3. The students gained a more practical understanding about individuals with intellectual disabilities.</li> </ol>
<p><b>Summary of the Activity</b></p>	<p>The students of BA JPE 3 visited the National Institute for Empowerment of persons with Intellectual Disabilities in Bowenpally, Secunderabad as part of their psychology course. The students were taken through the institute by a guide. They had the opportunity to speak to various therapists and volunteers to gain more insight into the condition of the residents in the institute. The students were also allowed to observe and interact with the students with disabilities in vocational classrooms and have a better look into the teaching program for these students. The residents were affected with many Intellectual disabilities such as autism, down syndrome and severe ID. In the beginning of the visit, our students focused on areas of therapy for children from the ages of 1 to 18 years old after which they visited the adult independent living ward, for adults over the age of 18 years old. Various vocational programs, handicraft activities and workshops that were designed for people with disabilities. The entire field visit took place under the supervision of Asst Prof. Amthul Fatima, Head of the department of Psychology.</p>
<p><b>Follow-up plan</b></p>	<p>Report Writing by the students as an assignment.</p>



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**RESEARCH**

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**i. No Of Phd's In The Department**

<b>Name of the Faculty</b>	<b>PhD Details</b>
Nil	Nil

**ii.No Of Faculty Pursuing Phd**

<b>Name of the Faculty</b>	<b>PhD Details</b>
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Amthul Fathima (Phd)	Pursuing, Osmania University
B. Sumana (Phd)	Pursuing, Osmania University

iii. **No Of Faculty Published Papers Details - Peer Reviewed, Ugc Care, Scopus, Wos Abdc**

<b>Name of the Faculty</b>	<b>Published Papers Details</b>
Amthul Fathima (Phd)	In Process
B. Sumana (Phd)	In Process
Shravya Saneev Merugu	In Process

iv. **Citation Index If Any**

<b>Name of the Faculty</b>	<b>Citation Index</b>
Nil	Nil

v. **No Of Faculty Presented Papers Details**

<b>Name of the Faculty</b>	<b>Faculty Presented Papers</b>
Nil	Nil

vi. **In House Research Projects**

<b>Name of the Faculty</b>	<b>Published Papers Details</b>
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Nil	Nil
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vii. **External Funded Research Projects**

Name of the Faculty	External Funded Research Projects
Nil	Nil

viii. **Number Of Books And Chapters In Edited Volumes/Books Published**

Name of the Faculty	Books And Chapters In Edited Volumes/Books Published
Nil	Nil

ix. **Faculty As Editor Of Journals**

Name of the Faculty	Edited Journals
Nil	Nil

x. **Faculty As Resource Persons**

**1. Refresher Course for New Faculty**

Type of Activity	Refresher Course
Title of the Activity	Refresher Course for New Faculty
Date/s	20 <sup>th</sup> June to 1 <sup>st</sup> July 2023
Time	2:30 pm to 3:30 pm
Venue	Jubilee Hall

Name	Mrs. Amthul Fathima
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Title/Position	<b>Head of Department of Psychology</b>
Organization	<b>St. Joseph's Degree and PG College</b>
Title of Presentation	<b>Empathy Skills, Self-Awareness, Health and Well-Being</b>

### **Participants Profile**

Type of Participants	<b>Faculty</b>
No. of Participants	<b>22</b>

### **Synopsis of the Activity (Description)**

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Session on Video Recording in Classes</li> <li>2. Introduction to the work of Mass Comm. Department</li> <li>3. Broadcast Infrastructure and Equipment at St. Joseph's</li> <li>4. Session on Empathy Skills, Self-Awareness, Health and Well-Being</li> <li>5. Activities on Know your feelings, Know your Empathy level and Emotional Intelligence</li> <li>6. Relaxation session to close</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Infrastructure awareness for Video Recording of classes</li> <li>2. Importance of Empathy and Self-Awareness for work-life balance, health and well-being</li> </ol>
Summary of the Activity	<p>The session was opened by Ms. Shravya Saneev Merugu who introduced the speakers of the day. Mr. Glen D Silva, Head of Mass Communication Department started his session on the topic "Video Recording of Classes" by first expanding on the importance of the practice for NAAC Criteria which focuses on student centric teaching learning methods. He presented the need for E-content development at an institutional level and shared with the faculty the broadcast quality infrastructure available at St. Josephs. The next session was presented by Mrs. Amthul Fathima, Head of Psychology Department who elaborated on the topic "Empathy Skills, Self-Awareness, Health and Well-being." She engaged the faculty in an interactive session using empathy questionnaires know your feelings among other activities and then closed the session with a relaxation exercise. The 9<sup>th</sup> Day of the Refresher Course for New Faculty Programme was concluded by Prof. Danam Teresa, IQAC Coordinator, where she shared the formal vote of thanks and invited Father Principal Anthony</p>

	Sagayaraja to share a few motivational words with the new faculty. Father Principal shed light on the expectations the institution has from the new faculty and motivated them for the academic pursuits ahead of them for the year 2023-24.
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### 3. Speaker Profile

#### **Amthul Fathima**

Amthul Fathima, Head, department of psychology is a Research Scholar, done her Masters in Psychology and child Psychology She has more than 10 yrs. of teaching experience. Prior to this she was a school counselor and health counselor at Johnsons Grammar School and Kamineni Hospitals respectively. She also has experience in counseling various aspects like Adolescent & Childhood issues, Stress Management, Relaxation techniques, Lifestyle Management Etc. She has also published Research Articles in various National & International Journals.

### 4. Photos of the activity (not more than two)



## 2. MDP Environmentally Sound Management of E-Waste

Type of Activity	<b>MDP</b>
Title of the Activity	<b>Session 3 :- Environmentally Sound Management of E-Waste</b>
Date/s	<b>14<sup>th</sup> December 2023</b>
Time	<b>8:30 am to 3:00 pm</b>
Venue	<b>Joseph's Hall</b>
Collaboration/Sponsor (if any)	<b>IIC in collaboration with MSME</b>

### Speaker/Guest/Presenter Details

Name	<b>Amthul Fathima</b>
Title/Position	<b>HoD - Department of Psychology</b>

Organization	<b>St. Joseph's Degree and PG College</b>
Title of Presentation	<b>Environmentally Sound Management of E-Waste</b>

### Participants Profile

Type of Participants	<b>Student</b>
No. of Participants	<b>20</b>

### Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Educating students on the items that are categorized as e-waste</li> <li>2. Discussion on the benefits of circular economy</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Learning how to tackle e-waste on a community level</li> <li>2. learning how to assert constitutional rights to manage e-waste</li> </ol>
Summary of the Activity	<p>SESSION 3: THE SESSION WAS STARTED BY A BRIEF ACTIVITY TO INTRODUCE THE STUDENTS TO THE TOPIC, POST WHICH THEY WERE PRESENTED THE VARIOUS FACTORS THAT CONTRIBUTE TO THE INCREASE IN E-WASTE. THEY WERE MADE FAMILIAR WITH THE CARBON FOOTPRINT CREATED BY A SINGLE PRODUCT FROM MANUFACTURING TILL DISPOSAL. THE PARTICIPANTS WERE ALSO INFORMED ABOUT INDIA'S CASE STUDY ON E-WASTE MANAGEMENT AND THE IMPORTANCE OF UPLIFTING THE REFURBISHING INDUSTRY TO GAIN MORE SUPPORT FROM THE GOVERNMENT. MADAM HIGHLIGHTED ON EDUCATING STUDENTS ON THE ITEMS THAT ARE CATEGORIZED AS E-WASTE AND DISCUSSION ON THE BENEFITS OF CIRCULAR ECONOMY</p>
Follow-up plan	Community Engagement



xi. **Consultancy**  
**Nil**

xii. **Faculty Appreciations/Recognitions**

<b>Name of Faculty</b>	<b>Award / Recognition for</b>
<b>Amthul Fathima</b>	<b>NIRF Convenor 23-24</b>
<b>B. Sumana</b>	<b>Happiness and Well-Being Committee Convenor 23-24</b>
<b>Shravya Saneev Merugu</b>	<b>Best Faculty Contribution 2023-24</b>

xiii. **No Of Collaborative Activities And Collaborations**  
**Nil**

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## INFRASTRUCTURE

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i. **Number Of Books Available In The Library Of Your Courses**

<b>Count</b>	<b>80</b>
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ii. **Number Of New Editions During 23-24**

<b>Count</b>	<b>29</b>
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iii. **E-Journals Available**

<b>Count</b>	<b>236</b>
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iv. **Journals Available**

<b>Count</b>	<b>1</b>
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v. **No. of Computers/ Projectors/ Labs**

<b>Resource</b>	<b>NO. OF</b>

Computers	4
Labs (Psychology Practical Lab )	1
Projectors	3

vi. **No .Of Printers**

<b>Resource</b>	<b>NO. OF</b>
Printers	1

vii. **No.of LCD's**

<b>Resource</b>	<b>NO. OF</b>
LCD's	Nil

viii. **Videos Prepared**

<b>Name of Faculty</b>	<b>No. of Videos YouTube Videos</b>	<b>Topic Prepared</b>
B Sumana	1	Carl Jung's Psychoanalytical theory of Personality by B.Sumana

Shravya Saneev Merugu	1	Rotter's Locus Of Control

**ix. E-Content Links**

<b>Name of Faculty</b>	<b>No. of Videos YouTube Videos</b>	<b>Link</b>
B Sumana	1	<a href="https://youtu.be/qPcpo328kys?feature=shared">https://youtu.be/qPcpo328kys?feature=shared</a>
Shravya Saneev Merugu	1	<a href="https://youtu.be/ttopTAhreNk?feature=shared">https://youtu.be/ttopTAhreNk?feature=shared</a>

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## STUDENT SUPPORT

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### I. Student Orientation Program

#### BA JPE Orientation Day

<b>Type of Activity</b>	Orientation
<b>Title of the Activity</b>	BA JPE Orientation Day
<b>Date/s</b>	12 <sup>th</sup> June 2023
<b>Time</b>	8:30 am – 1:30 pm
<b>Venue</b>	G2
<b>Collaboration/Sponsor (if any)</b>	Inter-Departmental Collaboration

#### Speaker/Guest/Presenter Details

<b>Name</b>	Father Anthony Sagayaraja
<b>Title/Position</b>	Principal
<b>Organization</b>	St. Joseph's Degree and PG College

<b>Name</b>	Mrs. Amthul Fathima
<b>Title/Position</b>	H.O. D Psychology
<b>Organization</b>	St. Joseph's Degree and PG College

<b>Name</b>	Dr. M. Sangeetha
<b>Title/Position</b>	H.O.D English
<b>Organization</b>	St. Joseph's Degree and PG College

<b>Name</b>	Mr. Glen D Silva
<b>Title/Position</b>	H.O.D Mass Communication
<b>Organization</b>	St. Joseph's Degree and PG College

<b>Name</b>	Prof. R. Anita
<b>Title/Position</b>	Controller of Examinations
<b>Organization</b>	St. Joseph's Degree and PG College

<b>Name</b>	Mrs. Mary Vinaya Sheela
<b>Title/Position</b>	Dean Academics
<b>Organization</b>	St. Joseph's Degree and PG College



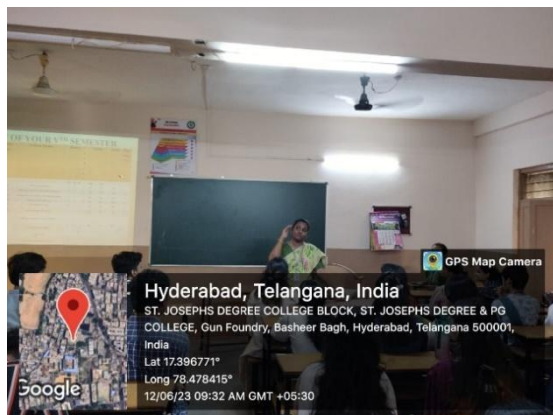
<b>Name</b>	Mrs T. Vyomakesisri
<b>Title/Position</b>	Assistant Professor
<b>Organization</b>	St. Joseph's Degree and PG College

### Participants Profile

<b>Type of Participants</b>	Student & Faculty
<b>No. of Participants</b>	46

### Synopsis of the Activity

<b>Highlights of the Activity</b>	<ol style="list-style-type: none"> <li>1. Orientation of 2<sup>nd</sup> and 3<sup>rd</sup> Year students by each department</li> <li>2. Debriefing on Examinations and Course Structure</li> <li>3. Introduction to Committees, Certificate courses, Internships, Value Added courses and MOOC'S</li> <li>4. First Interaction with New Principal</li> </ol>
<b>Key Takeaways</b>	<ol style="list-style-type: none"> <li>1. Attendance and Curriculum</li> <li>2. Disciplinary Action and Behaviour</li> <li>3. WEC</li> <li>4. Information on timely application to International College and Universities</li> <li>5. Motivational Talk by Father Principal</li> </ol>
<b>Summary of the Activity</b>	<p>The orientation for BA JPE 2<sup>nd</sup> &amp; 3<sup>rd</sup> year students which was held on 12<sup>th</sup> June 2023 was inaugurated by Mrs. Amthul Fathima, HoD, Department of Psychology. The session included the crucial introduction to the new curriculum and syllabus which was conducted by the Departments of Psychology, Mass Communication, and English. The session also included a debriefing on the examinations, internships and necessary upskilling courses that the students must finish in the academic year. Additionally, the students were introduced to the work of Women's Empowerment Cell and were encouraged to join. The students also received a talk on preparing their applications for colleges abroad. The session was ended with a motivational talk by Father Principal Anthony Sagayaraja.</p>
<b>Follow-up plan</b>	<ul style="list-style-type: none"> <li>● Maintaining pace and quality of curriculum ensuring student discipline</li> <li>● Opening students to new opportunities</li> <li>● Upskilling students to meet industry requirements and standards.</li> </ul>



## II. Student Induction Program

### Deeksharambh

<b>Type of Activity</b>	BA – MCJ + JPE+ DMMC Student Induction Program
<b>Title of the Activity</b>	Deeksharambh (5 Day Induction Program)
<b>Date/s</b>	19-07-23 to - 25 07-2023
<b>Time</b>	9:00am - 12:30pm
<b>Venue</b>	Mass Communication Studio

### Speaker/Guest/Presenter Details

<b>Name</b>	Rev.Fr. Anthony Sagayaraja
<b>Title/Position</b>	Principal
<b>Organization</b>	St. Joseph's Degree & PG College
<b>Title of Presentation</b>	Deeksharambh- Student Induction Program

### Participants Profile

<b>Type of Participants</b>	Students
<b>No. of Participants</b>	55

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	The purpose of Deeksharambh -To help the new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution,
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	<p>help them build bonds with other students and faculty members and expose them to a sense of larger purpose and self-exploration.</p>
<p><b>Key Takeaways</b></p>	<p>The freshers could adapt and understand the aim, academic plan and conduct of the college. They could build a great rapport with the seniors and were made comfortable through interactive games and ice breaking session. The teachers encouraged the students to express themselves and learn more about the college, their respective course structure and the opportunities that the college has to offer.</p>
<p><b>Summary of the Activity</b></p>	<p>On account of Orientation for the freshers of BA JPE + MCJ +DMMC, an induction program had been conducted. The new students on arrival were cordially welcomed to witness the St. Joseph's culture and adapt to its discipline. The program commenced with the prayer song, lighting of the lamp, genesis video and song of the college.</p> <p>The students were welcomed by the Heads of the departments included in the course. Subsequently, during the course of the week-long program, the principal addressed the fresher's and later on information regarding extracurricular activities, discipline, sports and examinations was provided. In the end, the students were addressed by the Dean.</p> <p>On later days the course structure was presented, introduction to the official clubs and committees of the college was given. An address by IIC committee and HODs of Second languages was followed by a guest lecture by Mrs. Swapna Jyothi, Assistant Professor of Psychology at Nizam College.</p> <p>To wind up, an ice breaking session with a lot of fun and interactive activities and games was conducted and it amused the students. As an addition to the orientation program, a yoga session was also held as part of the student Induction program.</p>



**Student Club Activities**  
**PSYCHED CLUB**

Sr No.	Date	Type of Activity	Name of the Activity
1	26 June 2023	International Commemorative Day	Nukkad Natak-Flash Mob (International Day against Drug Abuse & Illicit Trafficking)

2	04 July 2023	Club Elections	Psyched Club Elections
3	03/08/2023	Field Visit	Field Visit to NIEPID-National Institute for Empowering Persons with Intellectual Disability
4	14th August 2023	International Commemorative Day	Left Handers Day
5	29 <sup>th</sup> August 2023	Exhibition	Euphro-Psyche Exhibition
6			
7			

### 1. International Day against Drug Abuse & Illicit Trafficking

<b>Type of Activity</b>	<b>International Commemorative Day</b>
<b>Title of the Activity</b>	International Day against Drug Abuse & Illicit Trafficking
<b>Date/s</b>	26 June 2023
<b>Time</b>	11 am - 11:30 am
<b>Venue</b>	College Parking- Flash Mob
<b>Collaboration/Sponsor (if any)</b>	-----

#### Speaker/Guest/Presenter Details

<b>Name</b>	BA JPE Students
<b>Title/Position</b>	II & III Year
<b>Organization</b>	St Joseph's Degree & PG College
<b>Title of Presentation</b>	Nukkad Natak-Flash Mob

#### Participants Profile

<b>Type of Participants</b>	Students of all Programs
<b>No. of Participants</b>	60 plus Approx.

#### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	To spread awareness and create an impact about the adverse causes, consequences and treatment of Drug addiction
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<p><b>Key Takeaways</b></p>	<p>On the occasion of the International Day Against Drug Abuse, a thought-provoking Skit and a Flash-mob was performed by the students of BA JPE on 26 June,2023 at the campus parking area in St Joseph's Degree and PG College at 11:00 am.</p> <p>The students of BA JPE had enacted an inspiring skit portraying the roles of three youngsters who suffer from Drug Addiction, followed by a power packed flash-mob. It was organised by the department of Psychology.</p> <p>Firstly, the event was conducted at the Prasad's Multiplex, IMAX in front of a massive crowd on 25-06-2023 at 5pm. The event was immensely successful as the public reacted with showers of applause. The following day, the event took place at the campus where the fellow Josephites were the spectators of this great cause. The public had an encouraging approach to the topic.</p> <p>The obstacles that the young adults of the current generation face were included and the contribution of Counselling and Therapy was highlighted in the climax of the skit. There was a loud united voice which screamed "No to drugs and YES to Life!" Posters and banners were set up to promote this prominent social and human issue.</p>
<p><b>Summary of the Activity</b></p>	<p>The feedback and response achieved by the performance was evidently fair. The students who took part in making this event were victorious as the social issue and the message was represented exceptionally well. The students pledged to be Drug Free and to help those who are in need of overcoming their addiction.</p>
<p><b>Follow-up plan</b></p>	<p>-----</p>



## 2. Club Elections

<b>Type of Activity</b>	Psyched Club Elections
<b>Title of the Activity</b>	Club Elections
<b>Date/s</b>	04/7/2023
<b>Time</b>	2PM- 3:30PM
<b>Venue</b>	Room No G2, Ground Floor
<b>Collaboration/Sponsor (if any)</b>	-

### Speaker/Guest/Presenter Details

<b>Name</b>	Amthul Fathima
<b>Title/Position</b>	H.O.D/ Convenor- Psyched Club
<b>Organization</b>	St. Joseph's Degree and P.G College
<b>Title of Presentation</b>	Psyched Club

### Participants Profile

<b>Type of Participants</b>	Faculty
<b>No. of Participants</b>	45

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	1. To select the core committee members of the Psyched Club for the academic year 2023-2024.
<b>Key Takeaways</b>	1. Students were asked to nominate for various positions of the club 2. the students will develop leadership skills, team building spirit
<b>Summary of the Activity</b>	<p>The students of BA JPE I, II &amp; III year were asked to gather in Room no G2 and orientation and agenda for the elections were read out by the convenor for the academic year 2023-24. The convenor, Mrs Amthul Fathima, HoD Psychology asked the students to nominate themselves for various positions of Psyched Club that is President, Vice President, Secretary, Logistics, social media, Creative, Photography etc. and elect the core committee members of the Psyched Club.</p> <p>The Students from BA JPE 2 and 3 nominated themselves for the respective post on the core committee board. The candidates individually spoke about why they would be great for the particular position and the changes they would implement if elected. Then, a google form was sent around the class to elect the representatives, the members with the highest votes were selected to be part of the core committee. The elected students are given the responsibility of planning and organizing events and activities on behalf of the Psyched Club for the academic year 2023-2024.</p>
<b>Follow-up plan</b>	-



3.

### Field Visit to NIEPID-National Institute for Empowering Persons with Intellectual Disability

<b>Type of Activity</b>	Field Visit
<b>Title of the Activity</b>	Field Visit to NIEPID-National Institute for Empowering Persons with Intellectual Disability
<b>Date/s</b>	<b>03/08/2023</b>
<b>Time</b>	<b>10:00 am to 3:00 pm</b>
<b>Venue</b>	NIEPID-National Institute for Empowering Persons with Intellectual Disability, Bowenpally, Secunderbad.
<b>Collaboration/Sponsor (if any)</b>	-

#### Participants Profile

Type of Participants	Faculty & Students
No. of Participants	37

#### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	<ol style="list-style-type: none"> <li>1. Experiential Learning</li> <li>2. To aid the students to understand various developmental disorders of childhood</li> </ol>
<b>Key Takeaways</b>	<ol style="list-style-type: none"> <li>1. Students had practical experience and exposure to various intellectual disability children</li> <li>2. Students were exposed to various diagnostic and therapy criteria to assess different neuro-developmental disorders.</li> <li>3. The students gained a more practical understanding about individuals with intellectual disabilities.</li> </ol>
<b>Summary of the Activity</b>	The students of BA JPE 3 visited the National Institute for Empowerment of persons with Intellectual Disabilities in Bowenpally, Secunderabad as part of their psychology course. The students were taken through the institute by a guide. They had the opportunity to speak to various therapists and volunteers to gain



	<p>more insight into the condition of the residents in the institute. The students were also allowed to observe and interact with the students with disabilities in vocational classrooms and have a better look into the teaching program for these students. The residents were affected with many Intellectual disabilities such as autism, down syndrome and severe ID. In the beginning of the visit, our students focused on areas of therapy for children from the ages of 1 to 18 years old after which they visited the adult independent living ward, for adults over the age of 18 years old. Various vocational programs, handicraft activities and workshops that were designed for people with disabilities. The entire field visit took place under the supervision of Asst Prof. Amthul Fatima, Head of the department of Psychology.</p>
<p><b>Follow-up plan</b></p>	<p>Report Writing by the students as an assignment.</p>



#### 4. Left Handers Day

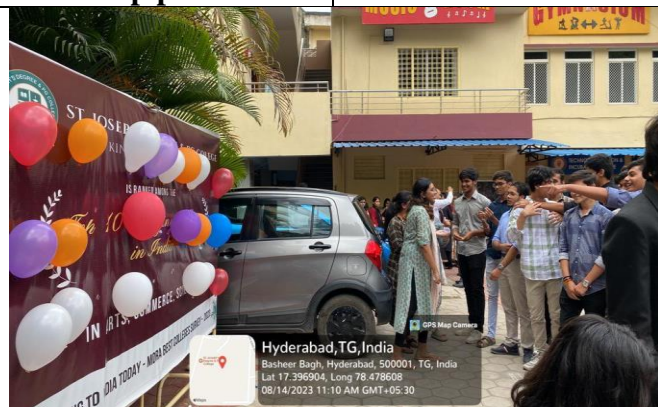
<b>Type of Activity</b>	Balloon Target, Nail Painting, Cutting shapes
<b>Title of the Activity</b>	Left Handers Day
<b>Date/s</b>	14th August 2023
<b>Time</b>	11:00 AM to 11:30 AM
<b>Venue</b>	Parking
<b>Collaboration/Sponsor (if any)</b>	-

### Participants Profile

<b>Type of Participants</b>	Students
<b>No. of Participants</b>	Open for all students

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	1. To display the challenges faced by left handers.
<b>Key Takeaways</b>	1. The students learnt how to perform tasks with their left hand and gained a better understanding about the challenges faced by left handers.
<b>Summary of the Activity</b>	<p>The event commenced at 11:00 in the ground. The club organized 3 activities for the students. The first activity required them to pop a balloon from a distance only with their left hand. After this, the second activity's objective was to paint a volunteer's nails with their left hand. In the third activity the participants were given a piece of paper with a shape drawn on it. They were required to sign their name within the shape using their left hand, then cut out the shape with a pair of scissors using the same hand. These activities drew a lot of attention from the students and faculty. This enabled the participants to work as a left-handed person for a day and realize the difficulties they face on a daily basis. The department received a positive response from the students and the management.</p>
<b>Follow-up plan</b>	-





## 5. Euphro-Psyche Exhibition

<b>Type of Activity</b>	Exhibition
<b>Title of the Activity</b>	Euphro-Psyche Exhibition
<b>Date/s</b>	29 <sup>th</sup> August 2023
<b>Time</b>	11:30 am – 3:00 pm
<b>Venue</b>	G1, G2 and G8 Classroom

### Participants Profile

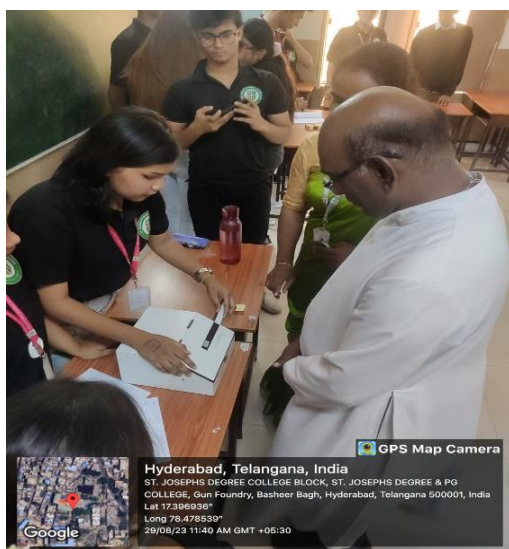
<b>Type of Participants</b>	Student
<b>No. of Participants</b>	200

### Synopsis of the Activity (Description)

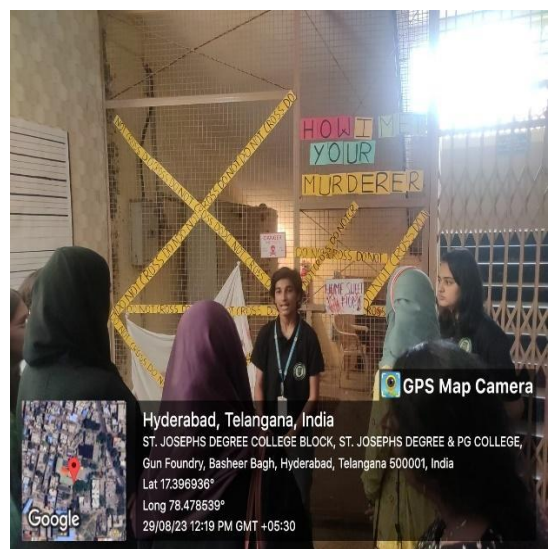
<b>Highlights of the Activity</b>	To spread awareness and promote the need and significance of Psychology.
<b>Key Takeaways</b>	1. The responses received from the students of St Joseph's and other colleges exceeded our expectations. The invited students and faculty members took great interest in the activities and learnt much about psychology through the exhibition.
<b>Summary of the Activity</b>	The Department of Psychology at St Joseph's Degree and PG College has conducted a victorious "Euphro-Psyche" exhibition which was organized by the psyched club on 29th August 2023 in



	<p>the ground floor of the college premises. The exhibition included several activities related to Behaviour, Personality quizzes, Self-Evaluation games and renowned experiments like the Span of attention and the Greatest Showman.</p> <p>The exhibition was promoted on an epic scale in colleges around the city. The promotion included a thought-provoking skit showcasing the misconceptions about Psychology and a flash mob was performed on 25th August 2023.</p> <p>The inter collegiate event was an immense success as the inquisitive students of various other colleges as well as the students of St Joseph's participated enthusiastically. It was inaugurated by our respected principal. The experiments and activities gathered a massive crowd.</p> <p>Some of the most popular experiments were Span of Attention, Pass Along Test, The Greatest Showman and Koh's Block. Activities like How I met your murderer, Red Yellow Green Flag, dice off, Walk the line, catch the feeling and the Treasure hunt gained a huge number of participants.</p> <p>The photobooth that embraced love for Psychology grabbed the attention of the visitors. Altogether the event was a grand success because responses received by the participants were evidence of not only their satisfaction but also their happiness</p>
<b>Follow-up plan</b>	-



iv.



**Capacity Development Programs -Soft Skills, Language And Communication Skills, Life Skills (Yoga, Physical Fitness, Health And Hygiene), Awareness Of Trends In Technology With No. of Students Involved**

**Happiness & Well-Being Committee**

S.no	Date	Activity	Name of the Activity & Title	NO. OF Studetns	Course/Year/ Semester
1	13 <sup>th</sup> July 2023	Life Skills Mental Health	Orientation by the Counselling Cell	90	BBA I yr
2	18 <sup>th</sup> July 2023	Awareness Programme	World Emoji Day	150	All Programme
3	24 <sup>th</sup> July 2023	Life Skills Mental Health	Orientation by the Counselling Cell	39	B.COM Gen. 1 <sup>st</sup> yr
4	3 <sup>rd</sup> Aug 2023	Life Skills Mental Health	Facts and Myths about Counselling	43	B.COM Gen. 2 <sup>nd</sup> yr
5	3 <sup>rd</sup> Aug 2023	Orientation by the Counselling Cell	Orientation on Mending Minds – St. Joseph’s Counselling Cell Initiative	48	B.COM Gen. 2 <sup>nd</sup> yr
6	19 <sup>th</sup> Aug 2023	Orientation by the Counselling Cell	Importance of Discipline in Well being	72	All Programme
7	25 <sup>th</sup> Aug 2023	Life Skills Mental Health	Mobile Addiction	81	All Programme

### 1. Counseling Orientation

**Date and Time:** 13th July 2023, 12:00 to 1:00 pm

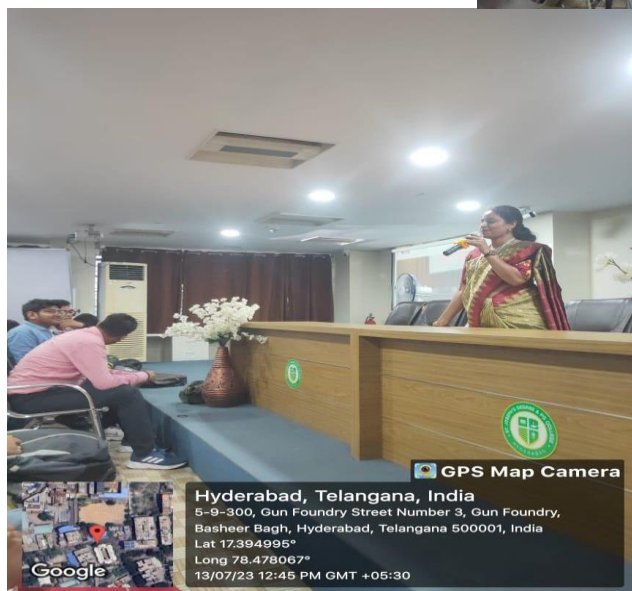
**Venue:** Extended Campus, Vianney hall

**Target Audience:** BBA First year Students

**Objective of the event:** To spread the awareness of counselling

**Brief Report:** Session started by Ms. Shravya, Asst.Prof. in Psychology with the introduction of what is counselling. Session was taken over by Mrs. B. Sumana, Asst.Prof. in Psychology, she has given orientation on myths around psychology and counselling, importance of psychological

well-being, measures to maintain mental health. Session ended with the information provided on various activities taken place by Happiness and Well-being committee counselling cell and student participation.



## 2. World Emoji Day

**Date and Time:** 18th July 2023, 11:00 to 11:30 am

**Venue:** Main Campus Ground

**Target Audience:** Students from all departments

**Objective of the event:** Celebrate World Emoji Day

**Brief Report:** The students of the Happiness and Well Being Committee organized this activity to celebrate World Emoji Day. Emojis are recognized as having a significant influence in digital communication. They have evolved into a worldwide language that bridges cultural and linguistic divides and injects humour into text-based conversations. There were two parts to the activity: Guess the emoji World Emoji Day & Find your pair. Both activities received a good response from the participants.

**Outcome of the event:** The students learnt the meanings of the most commonly used emojis. They were able to interact with each other to complete the activities they participated in. The participants were able to enjoy themselves away from their busy schedules for a short while and have fun.

**Pictures from the event:**



### 3. Counselling Orientation

Date and Time: 24th July 2023, 12:00 to 1:00 pm



**Venue: Room 102, St. Joseph's Degree and PG College**

**Target Audience: B.COM students**

**Objective of the event:** To spread the awareness of counselling

**Brief Report:** The orientation about counselling and self- development was conducted by Ms. Shrayya Saneev M. for the B.Com (General) I<sup>st</sup> years to make them aware about the importance of soft skills and holistic development. They were also informed about the counselling facilities that are available in college to achieve the same. This was followed by an interactive sessions where the students asked questions on guidance and counselling and understanding ones emotions which were answered with a few self-help strategies that one can employ whenever needed





#### **4. Counselling Orientation**

**Date and Time:** 3<sup>rd</sup> Aug

**Venue:** Room 2P Classroom, St. Joseph's Degree and PG College

**Target Audience:** B.COM students

**Objective of the event:** To spread the awareness of counselling

**Brief Report:** The orientation about counselling and self-development was conducted by Ms. Shrayya Saneev M. for the B.Com (General) 2nd years to make them aware about the importance of soft skills and holistic development. They were also informed about the counselling facilities that are available in college to achieve the same. This was followed by an interactive sessions where the students asked questions on guidance and counselling and

understanding ones emotions which were answered with a few self-help strategies that one can employ whenever needed.

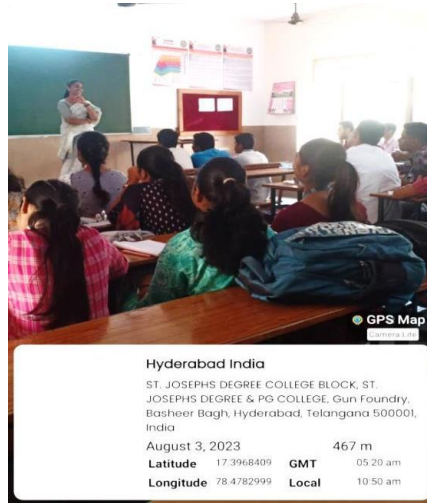
## 5. Counselling

**Date and Time:** 3<sup>rd</sup> Aug

**Venue:** Room 3P  
and PG College

**Target Audience:**

**Objective of the event:**  
counselling



## Orientation

**Classroom, St. Joseph's Degree**

**B.COM students**

**To spread the awareness of**

**Brief Report:** The orientation about counselling and self- development was conducted by Ms. Shravya Saneev M. for the B.Com (General) 3rd years to make them aware about the importance of soft skills and holistic development. They were also informed about the counselling facilities that are available in college to achieve the same. This was followed by an interactive sessions where the students asked questions on guidance and counselling and understanding ones emotions which were answered with a few self-help strategies that one can employ whenever needed



## 6. Counselling Orientation

**Date and Time:** 19<sup>th</sup> Aug

**Venue:** Chapel Hall, St. Joseph's Degree and PG College

**Target Audience:** All Programme

**Objective of the event:** To spread the awareness of counselling

**Brief Report:** The orientation session was opened by Mrs. B Sumana addressing the new challenges being faced by students in their first few months of college and about counselling and self- development can help them overcome and adjust better to their new environment. Mrs. Amthul Fathima, further continued the discussion on how rules and guidelines in college help the students have a safe and well- rounded college experience. Discipline also ensures that their life after college is well balance. Ms. Shravya Saneev oriented the students on the counselling facilities available in college to the students to help them deal with challenges.



## 7. Counselling Orientation

**Date and Time:** 25<sup>th</sup> Aug

**Venue:** Chapel Hall, St. Joseph's Degree and PG College

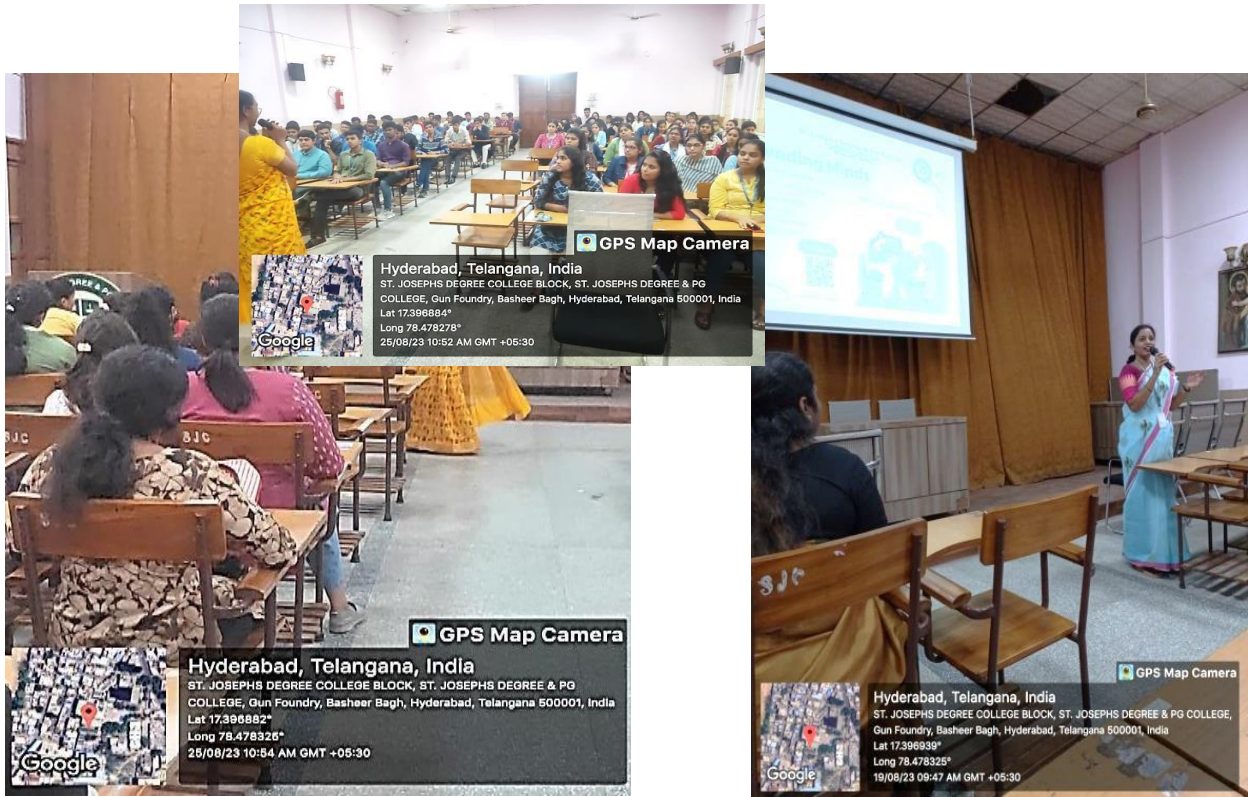
**Target Audience:** All Programmes

**Objective of the event:**

1. Self-introspection about mobile phone usage
2. Understanding mobile addiction
3. Self-help strategies to overcome mobile addiction
4. Addressing student concerns and issues like procrastination and low self-esteem

**Brief Report:** The session on Mobile Addiction was conducted by Ms. Shravya Saneev M. for the B.Com (General) Ist years to make them aware about the hazards of prolonged mobile phone usage and its long term impact on mental health. They were also informed about the counselling facilities that are available in college to achieve the same. This was followed by an interactive sessions where the students asked questions on guidance and counselling and understanding ones emotions which were answered with a few self-help strategies that one can employ whenever needed.





## Counseling Cell Initiatives

### Mending Minds:

Mending minds was established in 2013 as an initiative by the Department of Psychology to spread awareness and promote better mental health care among students, parents, faculty and the community.

At Mending Minds counselors help address issues regarding personal growth, emotional and social problems, career guidance, behavioral adjustments and family related issues. Mental health awareness is the ongoing effort taken by Mending Minds where the goal is to help the youth and the community improve their well-being, be advocators of mental health and to impart a sense of meaning and purposefulness in their lives.

### Counselors

Mrs. B. Sumana – Convener, Assistant Professor

Mrs. Amthul Fathima - HoD



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Counsellor Name \_\_\_\_\_ Signature \_\_\_\_\_ Contact No \_\_\_\_\_  
 \_\_\_\_\_ Email ID: \_\_\_\_\_

Head of Department \_\_\_\_\_ Signature \_\_\_\_\_ Contact No \_\_\_\_\_  
 \_\_\_\_\_ Email ID: \_\_\_\_\_

### CASE HISTORY

**.Identifying information**

- Name**
- Age**
- Gender**
- Culture**
- Languages**
- Marital status**
- Occupation**
- Education**
- Informant**

**II. Presenting problems**

**III. Brief history of the presenting problem**

**IV. Biological functioning (at present)**

- Sleep**
- Appetite**
- Energy**

**V. Treatment history for the present illness**



VI. **Psychosocial history**  
**Social and developmental history**

**Family, Marital & Sexual History**

**Education / Job History**

**CONSENT TO PARTICIPATE IN COUNSELING SESSIONS**

**PURPOSE**

As part of providing a psychological service to you (or your child) we will need to collect and record personal information from you that is relevant to your current situation. This information is a necessary part of your psychological assessment and treatment.

The information is gathered as part of the assessment, diagnosis and treatment of the client's condition, and is seen by only the psychologist. The information is retained in order to document what happens during sessions and enable the psychologist to provide a relevant and informed psychological service.

**CONFIDENTIALITY**

Counsellors/Psychologists are professionally and ethically bound to preserve the confidentiality of all personal information that is revealed by the client in a counseling relationship. The only exception to this is if a client proves to be clear and imminent danger of **harming himself/herself or others**. We would appreciate your permission to record the session(s) with the understanding that confidentiality will be maintained.

Thank you for your co-operation.

*Counselor Name*

*Date*

*Signature*

**CONSENT:**

I have read and understood the above statements regarding confidentiality of my information and sessions (or the session of my child) and I give my permission for the same. I further understand that I can withdraw this permission at any time.

*Client Name*

*Date*

*Signature*

**PROGRESS NOTE ON COUNSELLING SESSION**

**Counselor's name:**

**Clients' name:**

**Date:**

**Session no.:**

**Summary of the session:**

**Interaction/ Skills/ Activity:**

**Future Course of action:**

## TERMINATION

**Reasons for Termination:**

**Total No. of Sessions:** \_\_\_\_\_

**Follow up if any:**

## SUICIDE PREVENTION CONTRACT

**Date:**

I, \_\_\_\_\_ agree that I will not kill or harm myself. If I have thoughts or feelings of suicide, I agree that I will speak to someone who will help me. I have identified these people below with their phone numbers.

1. \_\_\_\_\_ at \_\_\_\_\_

2. \_\_\_\_\_ at \_\_\_\_\_

3. \_\_\_\_\_ at \_\_\_\_\_

If I do not reach, I will phone any of the following services:

Name/Agency	Phone
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1. \_\_\_\_\_ at \_\_\_\_\_

2. \_\_\_\_\_ at \_\_\_\_\_

I will further seek social support from any of the following people:

Name	Phone
------	-------

1. \_\_\_\_\_ at \_\_\_\_\_

2. \_\_\_\_\_ at \_\_\_\_\_

3. \_\_\_\_\_ at \_\_\_\_\_

4. \_\_\_\_\_ at \_\_\_\_\_

\_\_\_\_\_

*Client's Signature:*

*Date:*

*Counsellor's Signature:*

*Date:*

## **CASE CONCEPTUALIZATION**

**Background information:**

**Overview of the sessions:**

**Dominant issues:**

**Client's goals:**

**Observations and assessments:**

**Client's barriers to growth and coping skills:**

**Counseling Goals:**

**Therapy used for the client:**

Outcomes:

### MENTAL STATUS EXAM

<b>Name</b>		<b>Date</b>	
<b>OBSERVATIONS</b>			
<b>Appearance</b>	<input type="checkbox"/> Neat	<input type="checkbox"/> Disheveled	<input type="checkbox"/> Inappropriate <input type="checkbox"/> Bizarre <input type="checkbox"/> Other
<b>Speech</b>	<input type="checkbox"/> Normal	<input type="checkbox"/> Tangential	<input type="checkbox"/> Pressured <input type="checkbox"/> Impoverished <input type="checkbox"/> Other
<b>Eye Contact</b>	<input type="checkbox"/> Normal	<input type="checkbox"/> Intense	<input type="checkbox"/> Avoidant <input type="checkbox"/> Other
<b>Motor Activity</b>	<input type="checkbox"/> Normal	<input type="checkbox"/> Restless	<input type="checkbox"/> Tics <input type="checkbox"/> Slowed <input type="checkbox"/> Other
<b>Affect</b>	<input type="checkbox"/> Full	<input type="checkbox"/> Constricted	<input type="checkbox"/> Flat <input type="checkbox"/> Labile <input type="checkbox"/> Other
<b>Comments:</b>			
<b>MOOD</b>			
<input type="checkbox"/> Euthymic	<input type="checkbox"/> Anxious	<input type="checkbox"/> Angry	<input type="checkbox"/> Depressed <input type="checkbox"/> Euphoric <input type="checkbox"/> Irritable <input type="checkbox"/> Other
<b>Comments:</b>			
<b>COGNITION</b>			
<b>Orientation Impairment</b>	<input type="checkbox"/> None	<input type="checkbox"/> Place	<input type="checkbox"/> Object <input type="checkbox"/> Person <input type="checkbox"/> Time
<b>Memory Impairment</b>	<input type="checkbox"/> None	<input type="checkbox"/> Short-Term	<input type="checkbox"/> Long-Term <input type="checkbox"/> Other
<b>Attention</b>	<input type="checkbox"/> Normal	<input type="checkbox"/> Distracted	<input type="checkbox"/> Other
<b>Comments:</b>			
<b>PERCEPTION</b>			
<b>Hallucinations</b>	<input type="checkbox"/> None	<input type="checkbox"/> Auditory	<input type="checkbox"/> Visual <input type="checkbox"/> Other

<b>Other</b>	<input type="checkbox"/> None	<input type="checkbox"/> Derealization	<input type="checkbox"/> Depersonalization
<b>Comments:</b>			
<b>THOUGHTS</b>			
<b>Suicidality</b>	<input type="checkbox"/> None	<input type="checkbox"/> Ideation	<input type="checkbox"/> Plan <input type="checkbox"/> Intent <input type="checkbox"/> Self-Harm
<b>Homicidality</b>	<input type="checkbox"/> None	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Intent <input type="checkbox"/> Plan
<b>Delusions</b>	<input type="checkbox"/> None	<input type="checkbox"/> Grandiose	<input type="checkbox"/> Paranoid <input type="checkbox"/> Religious <input type="checkbox"/> Other
<b>Comments:</b>			
<b>BEHAVIOR</b>			
<input type="checkbox"/> Cooperative	<input type="checkbox"/> Guarded	<input type="checkbox"/> Hyperactive	<input type="checkbox"/> Paranoid
<input type="checkbox"/> Stereotyped	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Bizarre	<input type="checkbox"/> Other
		<input type="checkbox"/> Agitated	<input type="checkbox"/> Withdrawn
<b>Comments:</b>			
<b>INSIGHT</b>	<input type="checkbox"/> Good	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor <b>Comments:</b>
<b>JUDGMENT</b>	<input type="checkbox"/> Good	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor <b>Comments:</b>

**III. Career Guidance programs with no.of students attended**

<b>Count</b>	<b>Nil</b>
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**IV. Student participation in external competitions and achievements**

<b>Count</b>	<b>Nil</b>
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**V. Number Of Cultural Events / Competitions Organized**

<b>Cultural Events</b>	<b>1</b>
<b>Competitions</b>	<b>4</b>

**VI. Alumni Contribution during the Year (Financial, Guest Lectures, Admission, Placement Assistance Internship Etc...)**

Sr. No	Name of the Alumni	Batch	Type of activity	Proof
1	Ayesha Hakeem	2017-2020	Industry Academi a Meet	 <p>9FWH+VCM, Shergate, Gun Foundry, Basheer Bagh, Hyderabad, Telangana 500001, India  Latitude 17.397071666666665° Longitude 78.47851333333332°  Local 04:19:58 PM GMT 10:49:58 AM Altitude 517 meters Tuesday, 13.02.2024</p>

2	Naimisha Patel	2018-2021	Guest Lecture	
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## VII. Alumni Meetings

Date	20 <sup>th</sup> January 2024
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## VIII. Events Conducted-Gender Sensitization, Environmental Consciousness, Sustainability

Nil

## IX. Celebration Of National, International Commemorative Days And Festivals

### 1. International Day against Drug Abuse & Illicit Trafficking

Type of Activity	International Commemorative Day
Title of the Activity	International Day against Drug Abuse & Illicit Trafficking
Date/s	26 June 2023
Time	11 am - 11:30 am
Venue	College Parking- Flash Mob
Collaboration/Sponsor (if any)	-----

#### Speaker/Guest/Presenter Details

Name	BA JPE Students
Title/Position	II & III Year
Organization	St Joseph's Degree & PG College
Title of Presentation	Nukkad Natak-Flash Mob

#### Participants Profile

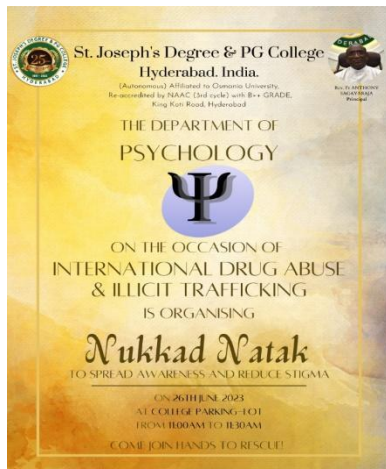
Type of Participants	Students of all Programs
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<b>No. of Participants</b>	60 plus Approx.
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**Synopsis of the Activity (Description)**

<b>Highlights of the Activity</b>	To spread awareness and create an impact about the adverse causes, consequences and treatment of Drug addiction
<b>Key Takeaways</b>	<p>On the occasion of the International Day Against Drug Abuse, a thought-provoking Skit and a Flash-mob was performed by the students of BA JPE on 26 June,2023 at the campus parking area in St Joseph's Degree and PG College at 11:00 am.</p> <p>The students of BA JPE had enacted an inspiring skit portraying the roles of three youngsters who suffer from Drug Addiction, followed by a power packed flash-mob. It was organised by the department of Psychology.</p> <p>Firstly, the event was conducted at the Prasad's Multiplex, IMAX in front of a massive crowd on 25-06-2023 at 5pm. The event was immensely successful as the public reacted with showers of applause. The following day, the event took place at the campus where the fellow Josephites were the spectators of this great cause. The public had an encouraging approach to the topic.</p> <p>The obstacles that the young adults of the current generation face were included and the contribution of Counselling and Therapy was highlighted in the climax of the skit. There was a loud united voice which screamed "No to drugs and YES to Life!" Posters and banners were set up to promote this prominent social and human issue.</p>
<b>Summary of the Activity</b>	The feedback and response achieved by the performance was evidently fair. The students who took part in making this event were victorious as the social issue and the message was represented exceptionally well. The students pledged to be Drug Free and to help those who are in need of overcoming their addiction.
<b>Follow-up plan</b>	-----



2.

## International Lefthanders Day

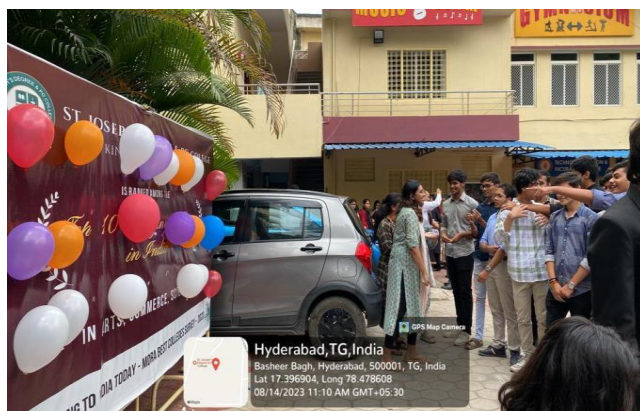
Type of Activity	Workshop
Title of the Activity	Left Handers Day
Date/s	14th August 2023
Time	11:00 AM to 11:30 AM
Venue	Parking
Collaboration/Sponsor (if any)	-

## Participants Profile

Type of Participants	Students
No. of Participants	Open for all students

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	1. To display the challenges faced by left handers.
<b>Key Takeaways</b>	1. The students learnt how to perform tasks with their left hand and gained a better understanding about the challenges faced by left handers.
<b>Summary of the Activity</b>	The event commenced at 11:00 in the ground. The club organized 3 activities for the students. The first activity required them to pop a balloon from a distance only with their left hand. After this, the second activity's objective was to paint a volunteer's nails with their left hand. In the third activity the participants were given a piece of paper with a shape drawn on it. They were required to sign their name within the shape using their left hand, then cut out the shape with a pair of scissors using the same hand. These activities drew a lot of attention from the students and faculty. This enabled the participants to work as a left-handed person for a day and realize the difficulties they face on a daily basis. The department received a positive response from the students and the management.



### 3. World

### Emoji Day

Type of Activity	Workshop
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<b>Title of the Activity</b>	World Emoji Day
<b>Date/s</b>	18th July 2023
<b>Time</b>	11:00 to 11:30 am
<b>Venue</b>	Main Campus Ground
<b>Collaboration/Sponsor (if any)</b>	-

<b>Type of Participants</b>	Students
<b>No. of Participants</b>	Open for all students

<b>Highlights of the Activity</b>	1. Interactive activities like Guess the Emoji & Find your pair.
<b>Key Takeaways</b>	1. Celebrate World Emoji Day, Recognize and Identify emotions, relate with others and share emotions
<b>Summary of the Activity</b>	<p>The students of the Happiness and Well Being Committee organized this activity to celebrate World Emoji Day. Emoji's are recognized as having a significant influence in digital communication. They have evolved into a worldwide language that bridges cultural and linguistic divides and injects humour into text-based conversations. There were two parts to the activity: Guess the Emoji &amp; Find your pair. Both activities received a good response from the participants.</p> <p>The students learnt the meanings of the most commonly used emojis. They were able to interact with each other to complete the activities they participated in. The participants were able to enjoy themselves away from their busy schedules for a short while and have fun</p>

**Pictures from the event:**





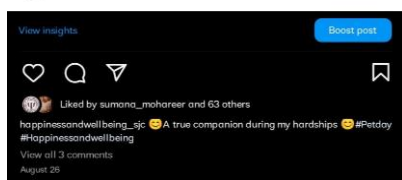
#### 4. International Dog Day

<b>Type of Activity</b>	Celebration
<b>Title of the Activity</b>	International Dog Day
<b>Date/s</b>	26th Aug 2023
<b>Time</b>	11:00 to 11:30 am
<b>Venue</b>	Online

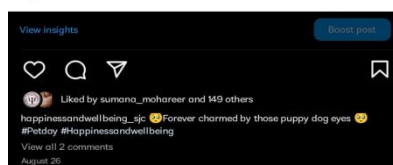
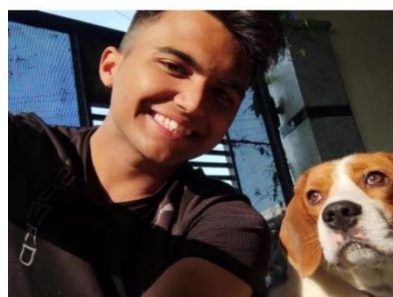
<b>Type of Participants</b>	Students & Faculty
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<b>No. of Participants</b>	Open to All
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<b>Highlights of the Activity</b>	1. Campus wide interaction and participation
<b>Key Takeaways</b>	1. Celebrate dogs and appreciate their contribution in promoting companionship and mental health
<b>Summary of the Activity</b>	<p>The Happiness and Well-Being Committee celebrated International Dog Day as an online event. The participants got a chance to express their appreciation for their pets. The participants were able to show how their pets impacted their lives</p> <p>On the occasion of International Dog Day, The Happiness and Well Being Committee organized a competition for the students to post pictures with their pets along with a short caption. The activity received immense response from students and faculty alike.</p>



### 5. National Breast examination Campaign



### Women's Day Cancer self - Awareness

Type of Activity	<b>Life Skills - Health and Hygiene</b>
Title of the Activity	<b>Breast Cancer self - examination Awareness Campaign</b>
Date/s	<b>13/2/2024</b>
Time	<b>1:00 PM</b>
Venue	<b>Jubilee Hall</b>
Collaboration/Sponsor (if any)	<b>IQAC in collaboration with Happiness and Wellbeing committee and I Scan</b>

### Speaker/Guest/Presenter Details

Name	<b>Mrs. Bhargavi</b>
Title/Position	<b>Executive at Azista Industries</b>
Organization	<b>Azista Industries</b>
Title of Presentation	<b>Women's Health and hygiene</b>

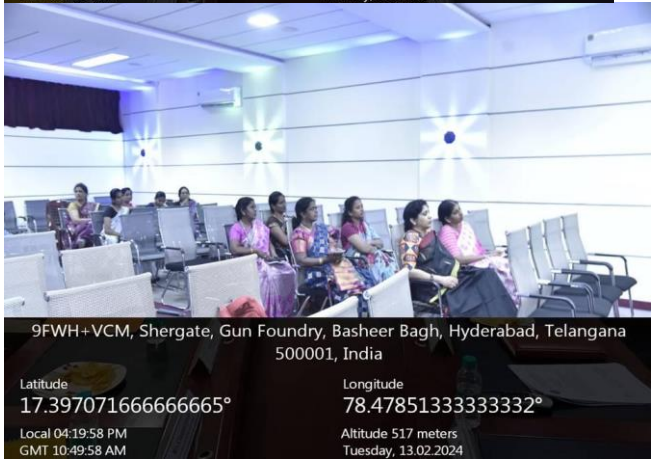
### Participants Profile

Type of Participants	<b>Female-Teaching Staff</b>
No. of Participants	<b>20</b>

### Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Importance of Health and Hygiene</li> <li>2. Menstrual Health</li> <li>3. Breast cancer Awareness and self - examination</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Importance of menstrual hygiene</li> <li>2. Breast cancer Awareness and self – examination</li> <li>3. The IscanBreast device: simple and effective way to perform self-checks conveniently.</li> </ol>
Summary of the Activity	The session was opened by Mrs. B. Sumana who introduced the speaker Mrs. Bhargavi. The session was conducted in the view of

	<p>spreading awareness and make it beneficial to the female-teaching staff. The speaker discussed menstrual hygiene, which involves using clean pads or tampons during periods and changing them regularly to stay healthy and comfortable. The speaker emphasized breast cancer awareness, teaching the faculty members how to check their breasts for any unusual lumps or changes. The aim was to encourage regular self-examinations so that any potential issues could be detected early and addressed promptly.</p>
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**X. Outreach Programs**

**1. Outreach Program Extended Campus - Counseling & Mental Health Myths and Facts**

<b>Type of Activity</b>	Workshop
<b>Title of the Activity</b>	Counselling & Mental Health Myths and Facts
<b>Date/s</b>	13th July 2023



<b>Time</b>	12:00 to 1:00 pm
<b>Venue</b>	Vianney Hall
<b>Collaboration/Sponsor (if any)</b>	Extended Block (Management Block)

### Speaker/Guest/Presenter Details

<b>Name</b>	B. Sumana
<b>Title/Position</b>	Convenor- Counselling Cell
<b>Organization</b>	St. Joseph's Degree and P.G College
<b>Title of Presentation</b>	Counselling- Myths and Facts

### Participants Profile

<b>Type of Participants</b>	Faculty
<b>No. of Participants</b>	45

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	1. To inculcate values of moral behaviour among teenagers.
<b>Key Takeaways</b>	1. Students will understand the difference between counselling and therapies 2. To spread the awareness of counselling
<b>Summary of the Activity</b>	Session started by Ms. Shravya, Asst. Prof. in Psychology with the introduction of what is counselling. Session was taken over by Mrs. B. Sumana, Asst. Prof. in Psychology, she has given orientation on myths around psychology and counselling, importance of psychological well-being, measures to maintain mental health. The session focused to target the common adolescent issues faced by teenagers at present like, any form of addiction both media, cell phone etc. an asked the students to seek out for help in time of need and crisis to the counselling cell, where systematic steps would be taken by the counsellors to help out the students in a positive and empathetic way. The students were asked to improve their interpersonal skills with their peers and act out in a nature way in time of crisis which acts as a major skill at this stage. As the transition from puberty to teenage life brings about major challenges, issues, behavioural addictions in various ways cues for

	<p>understanding these issues were told out to the students for better judgement.</p> <p>The session ended with the information provided on various activities taken place by Happiness and Well-being committee and counselling cell, student participation.</p>
<b>Follow-up plan</b>	Individual Counselling on appointment basis



## 2. Outreach Program Govt. Model High School Aliya Teenage Issues and Academics

<b>Type of Activity</b>	Outreach Program
<b>Title of the Activity</b>	Teenage Issues and Academics
<b>Date/s</b>	1 <sup>st</sup> September 2023
<b>Time</b>	2:00 - 4:00 pm
<b>Venue</b>	Govt. Model High School Aliya, Gun Foundry, Basheer Bagh, Hyderabad

### Speaker/Guest/Presenter Details

<b>Name</b>	B. Sumana
<b>Title/Position</b>	Assistant Professor
<b>Organization</b>	St. Joseph's Degree and PG College
<b>Title of Presentation</b>	Challenges related to Change – Body and Mind

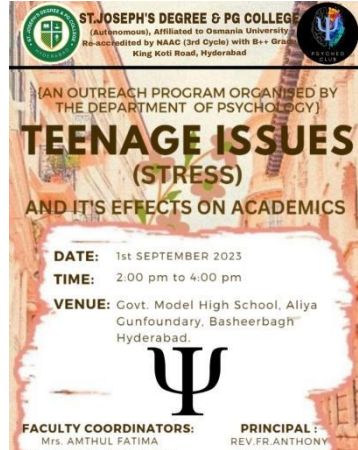
<b>Name</b>	Shravya Saneev Merugu
<b>Title/Position</b>	Assistant Professor
<b>Organization</b>	St. Joseph's Degree and PG College
<b>Title of Presentation</b>	Coping with Stress in Relation to Academics

### Participants Profile

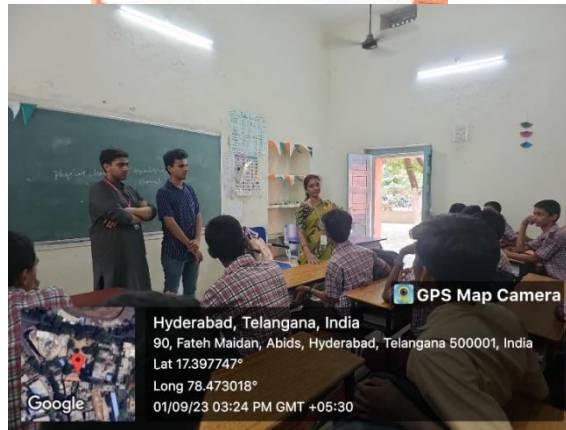
<b>Type of Participants</b>	Student
<b>No. of Participants</b>	41

### Synopsis of the Activity (Description)

<b>Highlights of the Activity</b>	<ol style="list-style-type: none"> <li>1. Identifying Emotions and the self</li> <li>2. Understanding Empathy</li> <li>3. Role of stress in personal and academic pursuits</li> <li>4. Activities around Self-Awareness</li> <li>5. Q&amp;A with Student Coordinators</li> </ol>
<b>Key Takeaways</b>	<ol style="list-style-type: none"> <li>1. Coping with Challenges related to Change</li> <li>2. Coping with Stress in Relation to Academics</li> <li>3. Knowing when to ask for help</li> </ol>
<b>Summary of the Activity</b>	<p>The session was started by Mrs. B. Sumana, Asst. Prof. in Psychology and Ms. Shravya, Asst. Prof. in Psychology with the introduction to what is Psychology. The session was carried forward by Mrs. B. Sumana, Asst. Prof. in Psychology, who addressed the various challenges experienced by adolescent boys, how to identify one's own emotions and cope with daily stressors. Ms. Shravya then spoke about the importance of psychological well-being in maintaining good academic performance and strategies to maintain mental hygiene and health. The session focused to target the common adolescent issues faced by teenagers at present like, any form of addiction whether it be media, cell phone etc. And guiding the students to seek out help in times of need. The students were asked to improve their interpersonal skills with their peers and act out in a helpful way in time of crises which acts as a major skill at this stage. As the transition from puberty to teenage life brings about major challenges, issues, behavioural addictions in various ways; cues for understanding these issues were told out to the students for better judgement.</p> <p>The session ended with a Q&amp;A session carried forward by student volunteers – Rian Salem Habeeb and Syed Mohd. Mahdi Baqri which allowed the students volunteers exposure towards counselling and guidance.</p>
<b>Follow-up plan</b>	<p>Conducting follow up session with the boys to build rapport and train them using more sessions to become student counsellors and help their peers.</p>



**XI. Placement  
Wise With Pay  
Visit, Name Of**



**Details Programme  
Package (Date Of  
Company)**

Sr. No	Name of the Student	Batch	Company
1	Mukhida Inara	2020-2023	
2	Sherlock Valentine	2020-2023	

**XII. List of New Companies Visited  
Nil**

**XIII. Paid Internship Details  
Nil**

**XIV. No. Of Students ( Sc, St, Bc,Obc Etc..)  
Nil**

Other activities

1. Survey participation details and achievements.
2. Plan of action - 23-24 and action taken
3. Innovative activities conducted

4. Unique features of the department /best practices
5. Plan of action for 24-25

For all the activities/events —reports with Geotagged photos

Student participation /achievements— Tabular format

FDPs attended —Tabular format

papers presented -tabular format

Faculty achievements -tabular format

Days celebrated / workshops/seminars conducted for students/ events/activities conducted —

Tabular format followed by detailed reports of the activities conducted