



# PROVIDENCE WOMEN'S COLLEGE (AUTONOMOUS)



## DEPARTMENT OF PSYCHOLOGY

### PSYCHOLOGY BUZZ

2023-2024

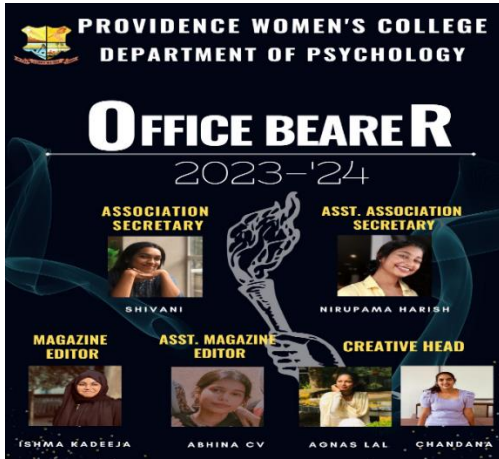
#### COURSE DETAILS

- + **PROGRAM OFFERED:** Bachelor's Degree (BSc. Psychology)
- + **Course Duration:** 3 years (3 semesters)
- + **Complimentary Papers:** Human Physiology & Psychological Statistics
- + **Students enrolled:**
  - ♣ 1<sup>st</sup> Year-48
  - ♣ 2<sup>nd</sup> Year-46
  - ♣ 3<sup>rd</sup> Year- 47

#### Our Mentors

- + **Dr Rinju George**
- + **Dr Lijiya Manju K.C**
- + **Ms. Devika**
- + **Ms. Nikhila P**
- + **Ms. Neena**









## Psychology Association 2023-2024

# Highlights Of the Department

- ✚ Certificate Courses Offered:
- ✚ Self-Development
- ✚ Mindfulness and Wellbeing
- ✚ Data Analysis Concepts in Social Sciences

**PROVIDENCE WOMEN'S COLLEGE**  
**Department of psychology**  
 In collaboration with Bodhita psychological services  
 Certificate course on  
**Data analysis concepts in social sciences (30Hours)**  
 2023-24

*Course Facilitators*

 Yasaswamy S, Guest Faculty, Govt Victoria College, Palakkad	 Nidhila Consultant Psychologist Bodhita Psychological services
 Sruthi k v (MSc Clinical Psychology) Consultant Psychologist at Bodhita Psychological services.	 Fathima Thasni PS Consultant Psychologist, Bodhita Psychological Services.

**Starting date:10/08/2023**



## Mou's and Collaborations


- ✚ School of Public Health, Institute of Health & Management,  
 Melbourne Australia

- ✚ Rajagiri College of Social Sciences, Kochi
- ✚ MES College, Aluva
- ✚ Lissah College, Kaithapoyil
- ✚ Bodhitha Psychological Services, Palakkad
- ✚ Trust Centre for Mindful Living, Calicut

## Ongoing discussions with:

- ✚ De Montfort University, UK
- ✚ The Catholic University of Eastern Africa (CUEA), Kenya

## Department Clubs:



**PROVIDENCE WOMENS COLLEGE  
DEPARTMENT OF PSYCHOLOGY**

*Clubs are an integral part of an institution. It enhances interest in various clubs and thereby instigates students to participate in various club activities that provide members with opportunities for friendship, social development, and personal growth.*

**MENTAL HEALTH CLUB**

Creating awareness on importance of taking care of mental health, reduce stigma associated with mental illness, and promote help seeking behaviour through various events.

**HEALTH CLUB**

Instill awareness in students on aspects of personal health and overall well-being of an individual through various activities.

**READERS CLUB**

To promote a love of literature in a positive, nurturing environment, improve reading fluency, and develop better writing skills among college students.

**NATURE CLUB**

Develop an awareness and encourage an interest in the natural environment among college students.

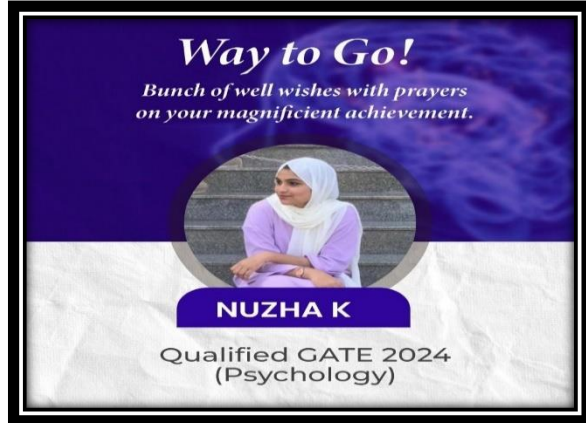
**CULTURAL CLUB**

To bring out the hidden talents of students and provide social, cultural, and recreational activities for the college in the form of organising different events such as talent hunts, farewells, fests, and alumni meets.

## Notable Achievements:



Amrutha Kirshna KV of II PSY participated in republic day camp 2024.



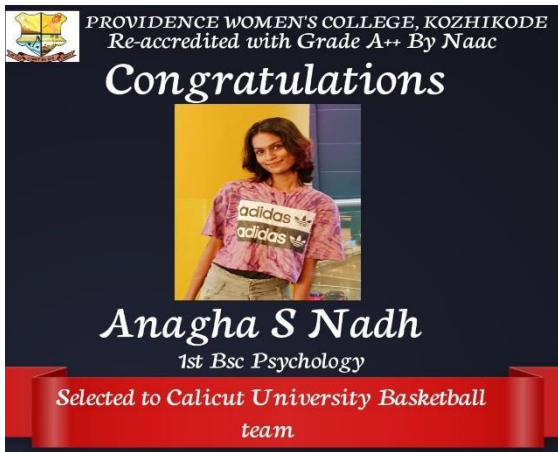
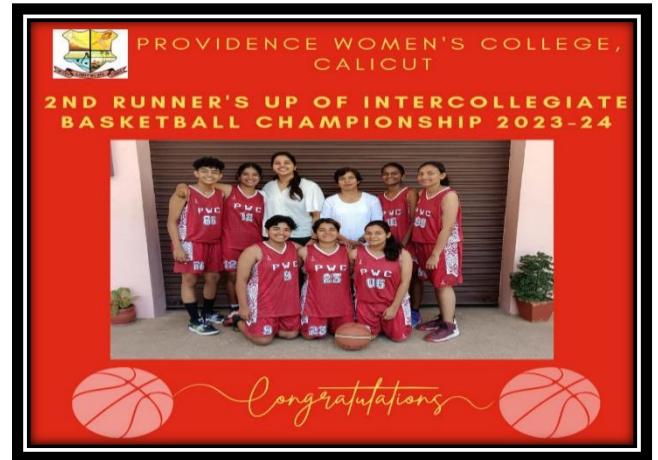
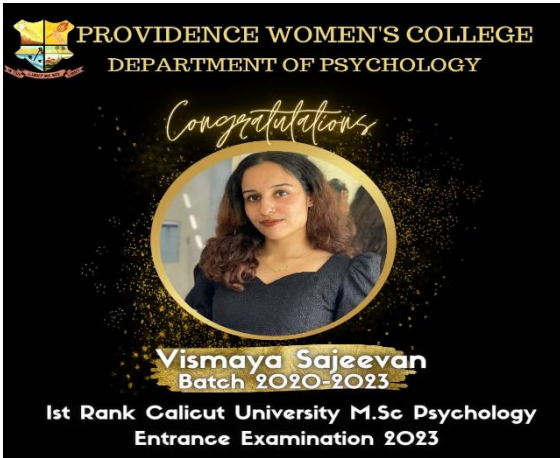
Nuzha K of III PSY Cleared GATE 2024



Majidha Farvin of I PSY won India book of records-23 for maximum symmetrical patterns made with coloured threads and nails.



Department won first prize for cultural extravaganza organized by college union on 19 Feb 2024 to show case talents of students



Avani SR of III PSY, Anagha S Nath of I PSY and team won second runners up of intercollegiate basketball championship 2023-24



Avanthika Prakash of III PSY and team won first prize in Oppana for B-zone fest.

Neha Sebastian of III PSY & team won second place for "Panchavadyam in the interzone cultural fest



Avani SR of III PSY and team won second runners up of intercollegiate basketball championship 2023-24

Shivani of III PSY and team won first prize for mime in B-zone fest

## ACTIVITIES FOR ACADEMIC YEAR 2023-24

### JUNE 2023

#### Environmental Week Celebration

The year started off with an “Environmental Week Celebration” from June 5 to June 9, featuring events such as a Photography

Contest, Hug a Tree initiative, and Campus Cleaning drive.



“CARING OF NATURE AND THE ENVIRONMENT: RESPONSIBILITY OF ALL HUMAN BEINGS”

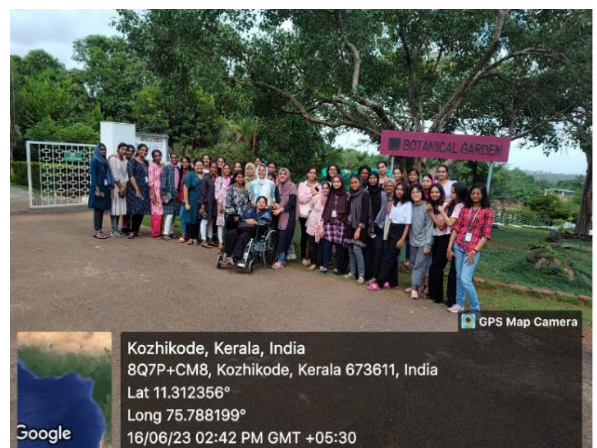
PHOTOGRAPHY CONTEST  
HUG A TREE  
CLEAN THE CAMPUS






## Institutional Visit

- On 16 June 2023, as a part of “institutional visit” 2<sup>nd</sup> year psychology students visited the Department of Psychology and Disability Centre, followed by a trip to the Botanical Garden of University of Calicut.





## International Yoga Day


 **PROVIDENCE WOMEN'S COLLEGE**  
DEPARTMENT OF PSYCHOLOGY

*Celebrates*

**INTERNATIONAL YOGA DAY**  
21 JUNE 2023

*Association with health club*


**-EVOLVE-**

 **SHARE PICTURES OF HAPPY MEMORIES OF YOGA DAY**

Exciting prizes awaits the ones with best picture..

Deadline - 25 June 2023.

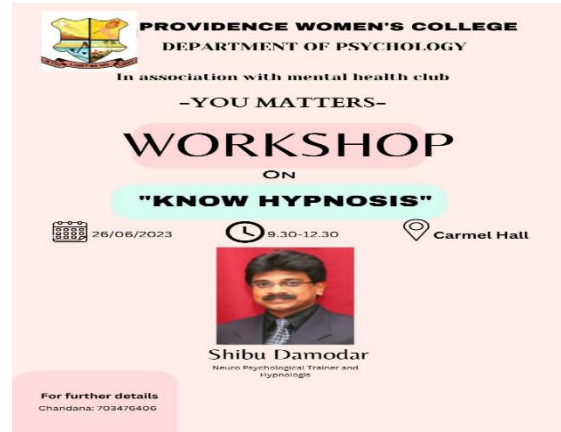
FOR MORE DETAILS CONTACT  
ANGEL MARYA VARGHESE--91 82899 27808

 International Yoga Day was celebrated on 21 June 2023 with a “Photography competition” organized for the entire campus.



## ✚ Workshop on “Hypnosis

- ✚ On 26 June 2023 a workshop on “Hypnosis,” was conducted by Mr. Shibu Damodar, for psychology students which provided insights into hypnosis.



## ✚ Narcotic Day

- ✚ On 27 June 2023 department organized a talk addressing stigma and discrimination related to substance abuse.





## 🚩 Pride Month Celebration

♣️ On 30 June 2023, department celebrated “Pride Month” with various activities to celebrate diversity and inclusion.

## JULY 2023

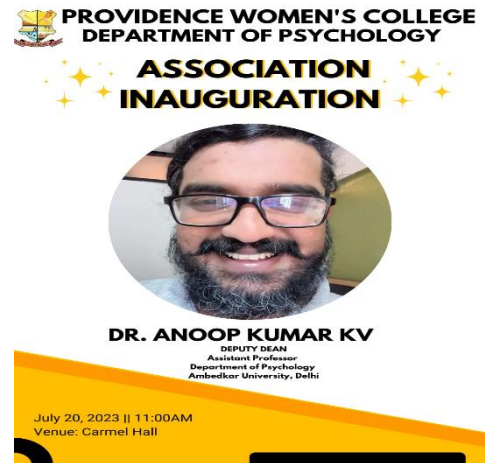
## 🚩 World Youth Skill Day



♣️ On 14 July 2023, in association with health club and in commemoration of World Youth Skill Day, department organized a Basic Life Support Training Program. The session was led by Mr. Muneer MP, instructor and training coordinator, Aster Mims hospital Kozhikode

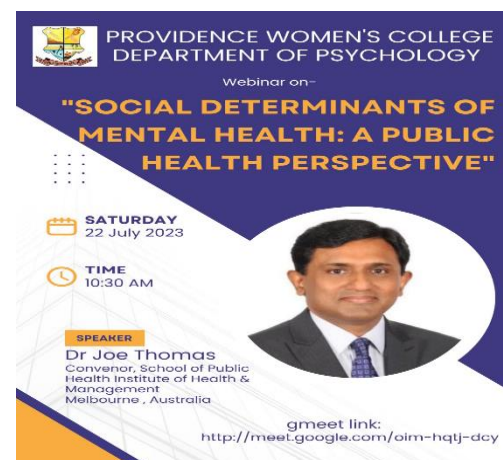
## ✚ Association Inauguration

- ♣ On 20 July 2023 psychology association was inaugurated by Dr Anoop Kumar, Deputy Dean, Department of psychology, Ambedkar University, Delhi.



## ✚ International Webinar

- ♣ The department continued its global outreach with an International Webinar on “Social Determinants of Mental Health” led by Dr. Joe Thomas, Convenor, School of Public Health, Institute of Health & Management, Melbourne, Australia on 22 July 2023.



Session On -  
**"OPENING GATEWAYS TO PREMIER  
 INSTITUTES IN INDIA"**

**Orientation Program**



Facilitators

  
 Tuesday  
 1 August 2023

  
 Time

1:30 pm



Ms. Maya K  
 Psychologist  
 Academic Coordinator,  
 HIG Edu Campus  
 Alumna, University of  
 Delhi

Mr. Sahal Razi P V  
 Director, HIG Edu Campus  
 Calicut

Venue: 3rd year Psychology Class Room  
 (PLATINUM JUBILEE BLOCK)

On 1st August 2023, our department conducted a session on “Opening gateways to premier institutes in India” from III DC Psychology classroom. The session was led by Mr. Sahal Razi PV and Ms. Maya K.

**Mime**

In support of the victims of Manipur violence, our department conducted a mime on 8 th August 2023 from open stage.



Kozhikode, KL, India  
 Providence College Road, Kannadikkal,  
 Kozhikode, 673009, KL, India  
 Lat 11.296923, Long 75.805128  
 08/08/2023 12:48 PM GMT+05:30  
 Note - Captured by GPS Map Camera

## ✚ Session on Stress Management

♣ As part of community outreach, students of the department took sessions on stress management on 11 August 2023 for students of Government LP school Kannadikkal.



## ✚ Freshers Day

♣ On 14th August 2023, department of psychology conducted fresher's day- 'Freshfreshey'. All first-year students and teachers of department were welcomed.

## ✚ Visit to Malabar Harmony Home

♣ The year also saw visits to institution like "Malabar Harmony Home" on 19 August 2023 to enrich student's practical experience.



## SEPTEMBER 2023



### ✚ Seminar on Listen up for life

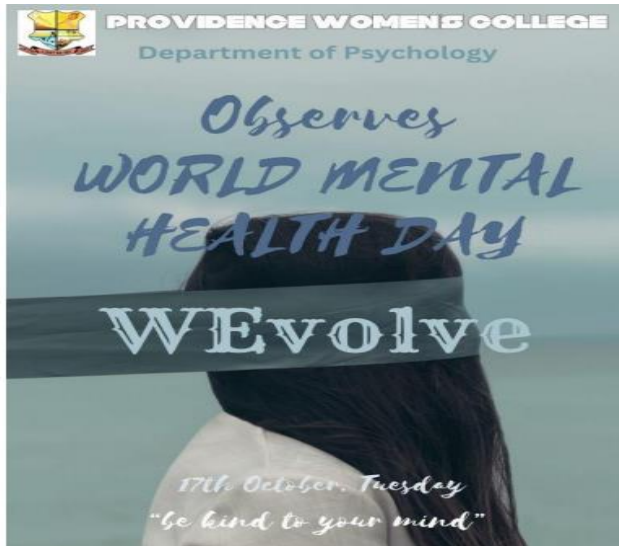
♣ On 8 September 2023 a seminar on” Listen up for life: Active listening in mental health and suicide prevention” was conducted for psychology students in collaboration with listening community. Session was handled by Mr. Hashis Shaheem.

### ✚ Suicide Prevention Day

♣ As a part of “Suicide prevention day” on 12 September 2023 students of the department performed a skit to spread awareness among college students.



## NOVEMBER 2023

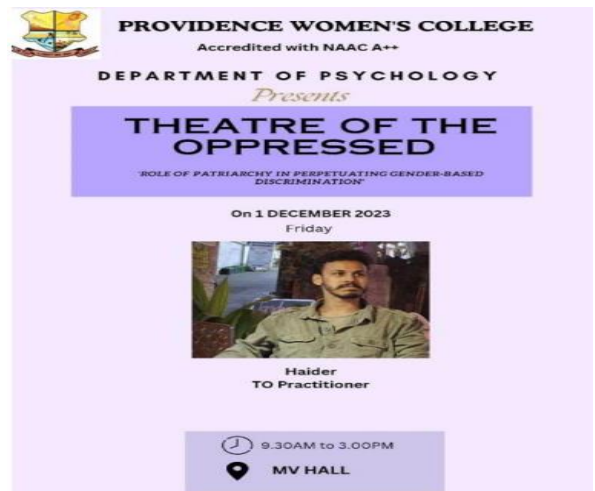


### + World Mental Health Day

♣ In connection with “World Mental Health Day-2024” on 17 November department conducted various activities on this year’s theme – “Mental Health is a universal right”.

### + Workshop on Theatre of Oppressed

♣ December 2023 started with a workshop on theatre of oppressed with the theme “Role of Patriarchy in perpetuating gender-based discrimination” on 1 December. Session was handled by Mr. Heider TO practitioner.



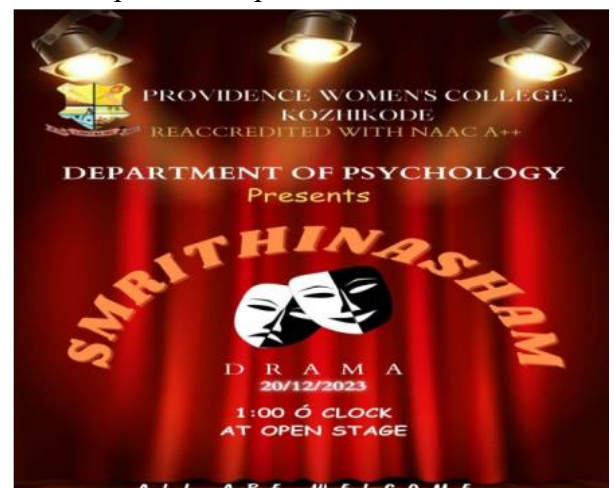
## 🌈 Study Tour

- 🍀 As a part of “study tour” 3<sup>rd</sup> year students of Department of Psychology visited NIMHANS Bangalore from 11-13 December 2023, further enriching students' practical experiences.



## 🌈 Dementia Day

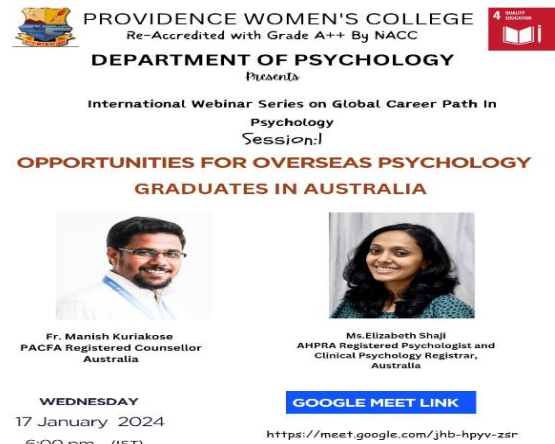
- 🍀 In connection with dementia day students of department performed a drama “Smrithinasham” on 20 December 2023. The main objective of the performance was to increase awareness about dementia among college students.



## JANUARY 2024

### International Webinar Series-I

- This academic year also witnessed an International Webinar Series with first session on 17 January 2024 on the topic “Opportunities for overseas psychology graduates”. Sessions provided valuable insights into career prospects abroad especially in Australia. Session was led by Fr. Manish Kuriakose (PACFA Registered Counsellor, Australia), Ms. Elizabeth Shaji (AHPRA Registered Psychologist and Clinical Psychology Registrar, Australia).



PROVIDENCE WOMEN'S COLLEGE  
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DEPARTMENT OF PSYCHOLOGY  
Presents

International Webinar Series on Global Career Path in  
Psychology  
Session: I

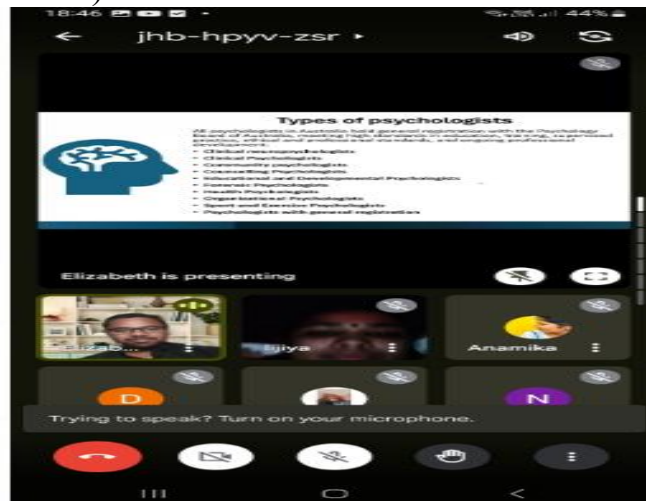
**OPPORTUNITIES FOR OVERSEAS PSYCHOLOGY  
GRADUATES IN AUSTRALIA**

Fr. Manish Kuriakose  
PACFA Registered Counsellor  
Australia

Ms. Elizabeth Shaji  
AHPRA Registered Psychologist and  
Clinical Psychology Registrar,  
Australia

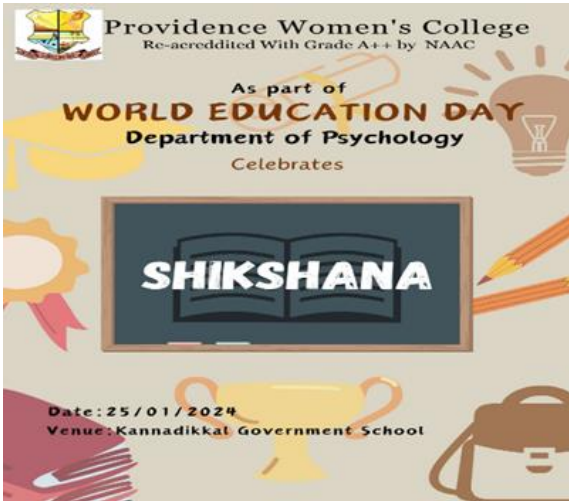
WEDNESDAY  
17 January 2024  
6:00 pm (IST)

GOOGLE MEET LINK  
<https://meet.google.com/jhb-hpyv-zsr>



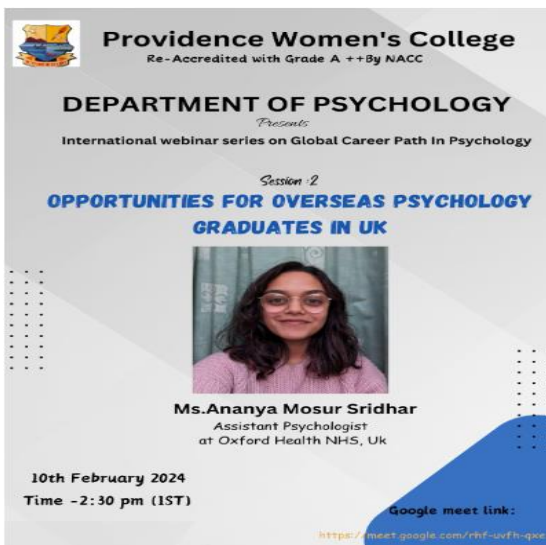
### Session on General Etiquette

- A session on General Etiquette was taken by psychology students on 25 January 2024 for students of Government LP school Kannadikkal.

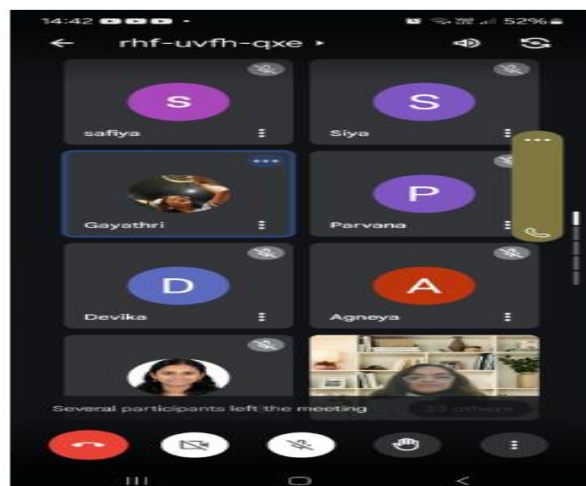


## FEBRUARY 2024

### International Webinar Series-II

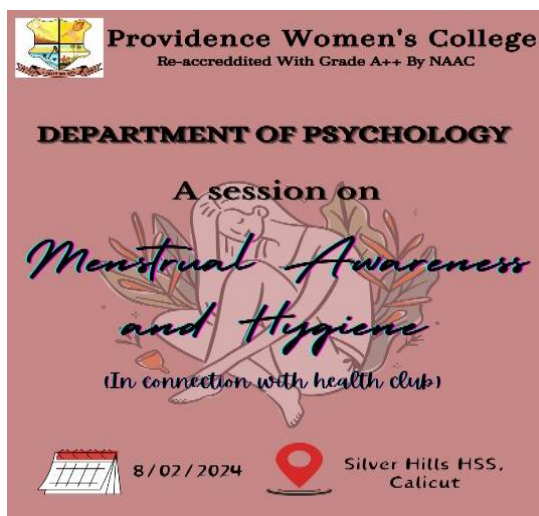


Second session of International Webinar Series on the topic “Opportunities for overseas psychology graduates” was conducted on 18 February, 2024. Session was taken by Ms. Ananya Mosur, Assistant Psychologist, Oxford Health NHS, UK.



## ✚ Session on Menstrual Hygiene

- ✚ Session on menstrual hygiene was taken by students on February 8 for high school students of Silver Hills Higher Secondary School, Paroppady.



## PTA Meeting

- Departmental PTA meeting was held on 22 February 2024 at 2PM. Around fifty parents from three batches



participated in the meeting.

## Association Valedictory and Prize Distribution

- On 25 February 2024, the department took a moment to recognize and honour students who demonstrated exceptional talents in various activities. Led by Dr. Alias Kutty Paulose, Assistant Professor at CAS College, Kannur, the ceremony celebrated academic and extracurricular achievements.



## MARCH 2024

### ✚ International Workshop on “Mental Health Literacy”

- ✚ Department conducted an impactful international workshop on “Mental Health Literacy,” held in collaboration with DeMont Fort University UK from



4 March to 7 March 2024. Led by Prof. Raghu Raghavan, the workshop focused on enhancing mental health literacy and awareness among participants. Thirty students and fifteen teachers actively participated in interactive sessions, equipping themselves with essential knowledge and skills to tackle mental

health challenges within their communities. This collaborative effort fostered understanding and empathy, empowering individuals to become advocates for mental well-being and champions of support for those in need.



## ✚ Magazine Release

✚ On 7 March 2024 department was fortunate enough to release Magazine “ULKAZHCHA” a platform to celebrate creativity of psychology students by eminent psychologist and professor, Ragu Raghavan from DeMont Fort University UK.

PROVIDENCE WOMEN'S COLLEGE  
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DEPARTMENT OF PSYCHOLOGY

**MAGAZINE**  
*Release*

Chief Guest:  
**Prof. Ragu Raghavan PhD**  
Professor of Mental Health  
Director, Mary Seacole Research Centre,  
De Montfort University, UK

March 7, 2024  
Time: 12:30 PM  
VENUE: MV HALL

The poster features a hexagonal portrait of Prof. Ragu Raghavan PhD, a man with glasses and a blue shirt, resting his chin on his hand. The background is dark blue with yellow accents and a pattern of small yellow dots.



## 📌 Institutional Visit

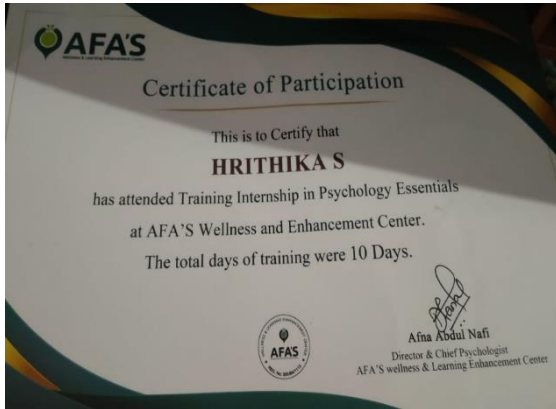
- 🍀 On 21 March 2024 first year students of department of psychology visited IMHANS Calicut and interacted with clinical psychologists. It was a well spend day as students got a detailed idea about different fields of psychology and particularly on the functioning of IMHANS.



## Other Achievements

- 🍀 Ishma Kadeeja of III Psychology donated blood
- 🍀 Lizabeth Arnold of III Psychology donated blood.

- ♣ Hirthika S of III Psychology did internship for 10 days at Afas Wellness Centre from December 23 to January 2 2024.



- ♣ Gayathri Manikandan of III Psychology did internship for 10 days at Afas Wellness Centre from December 23 to January 2, 2024.
- ♣ Gayathri Manikandan of III Psychology did online internship from CMBS, Udaipur for 4 days (28-30 July and 5 August 2023).
- ♣ Rafna of III Psychology did Psychosocial course on Community Volunteering training for 6 months.
- ♣ Chanthana P of II Psychology did 15 days internship at Afas Wellness Centre from May 8 to May 23 2023.

❁ Gounrinanda of III Psychology did internship for 10 days at Afas Wellness centre for December 23 to January 2, 2024.



❁ Hela Rose Jackson of III Psychology donated her hair.

❁ Rafna & Anagha Babu of III Psychology participated in CURIOS organized by IPM on 3<sup>rd</sup> march 2024.



❁ Majidha Farvin of I st year Psychology taught Basics for 6<sup>th</sup> and 7<sup>th</sup> Standards of Amups Kamabili, Pantheramkavu, Calicut from 9 December 2023 to 14 February 2024 (Only on Saturday's).



❁ Majidha Farvin of I Psychology attended internship on teaching field under INSIGHT for innovation, Calicut from 9 December to 14 February 2024(Only on Saturday's).



❁ Aneesa of II Psychology is doing a one-month online internship at NEST from April 7, 2024.

- ❁ Nisni PV of 1 Psychology is doing her one-month internship at ASTER MIMS Kannur from 1 April 2024.
- ❁ Sneha Satheesh M of I Psychology is doing her one-month internship at Afa Center, Elathur, Kozhikode from 15 April, 2024.
- ❁ Elizabeth Aleena of I Psychology is doing her one-month internship at Afas Center, Kozhikode from April 15, 2024.
- ❁ Paravana Sunil of I year Psychology is doing internship for one month at Trust centre for mind full living, Calicut from 15 April 2024 to 15 May 2024.
- ❁ Majidha Farvin of I st year Psychology is doing internship for one month at Trust centre for mind full living, Calicut from 15 April 2024 to 15 May 2024.
- ❁ Sneha Satheesh M of I year Psychology completed certificate course on Psychological First Aid offered by Helien Happiness, Kozhikode which was for duration of 6 months from October 2023 to March 2024.
- ❁ Elizabeth Aleena of I year Psychology completed certificate course on Psychological First Aid offered by Helien Happiness, Kozhikode which was for duration of 6 months from October 2023 to March 2024.

