

# PROVIDENCE WOMEN'S COLLEGE (AUTONOMOUS)

## DEPARTMENT OF PSYCHOLOGY

### PSYCHOLOGY BUZZ 2024-2025

#### Course Details:

❖ Programme offered: BSc. Psychology (3 years), BSc. Psychology (honours)

#### Our Mentors

- ✚ Dr. Rinju George
- ✚ Dr .Lijiya Manju K.C
- ✚ Ms.Amritha Raj
- ✚ Ms.Nikhila.P

#### Students Enrolled:

- ✚ 1<sup>st</sup> year: 46
- ✚ 2<sup>nd</sup> year: 45
- ✚ 3<sup>rd</sup> year: 44

#### Department Clubs:

- ✚ Mental Health Club-YOU MATTERS
- ✚ Health Club-EVOLVE
- ✚ Cultural Club-COMIENZO
- ✚ Readers Club- BEYOND THE BOOK



## CERTIFICATE COURSES



✚ In collaboration with Mangrove well-being, Certificate course on "Basic foundation to Research" is been conducted for first year Psychology students (46 students)

✚ In collaboration with TRUST, Centre for Mindful Living, Ernakulam North & Calicut, Certificate course on "Yoga" is being conducted for second year Psychology students (45 students).



✚ In collaboration with Mangroves Well Being, Certificate course on "Basic data analysis using SPSS" is conducted for 3<sup>rd</sup> year Psychology students( 44 students) .



## NOTABLE ACHIEVEMENTS:



Airina S Nair (2<sup>nd</sup> year), Anjali Krishna (2<sup>nd</sup> year), and Delna (1<sup>st</sup> year) secured 2<sup>nd</sup> position for Malayalam drama in Interzone competition and 1<sup>st</sup> position in Bzone Competition



Nuzha K and Farha K.V of 2021-2024 batch secured 4<sup>th</sup> rank and 5<sup>th</sup> rank in Calicut University Bsc. Psychology examination.



Amrutha Sudheer (3<sup>rd</sup> year) and Chanthana (3<sup>rd</sup> year) won 2<sup>nd</sup> position in Interzone thiruvathira competition and 1<sup>st</sup> position in Bzone competition.



Devananda (1<sup>st</sup> year) and Anagha S Nath (2<sup>nd</sup> year) secured 2<sup>nd</sup> position in the All Kerala Intercollegiate Basketball Championship tournament organized by Mar Ivanious College, Thiruvananthapuram and won 3<sup>rd</sup> prize in the tournament held at Providence College of Engineering, Chengannur.



Zaara and Sheikha of 2<sup>nd</sup> psychology won 1st prize for Cosmind Fest Quiz conducted by Department of Psychology, St. Joseph's College (Autonomous), Deva qiri, Calicut

Elizabeth Alea (2<sup>nd</sup> year) & Jinsima (2<sup>nd</sup> year) got first prize in the Intercollege Dance Competition conducted by BM School, Kozhikode



Angela Francis, Sreya (1<sup>st</sup> year), and Jinsima (2<sup>nd</sup> year) secured A grade for patriotic song competition for Interzone competition and secured 1<sup>st</sup> prize in Bzone competition.

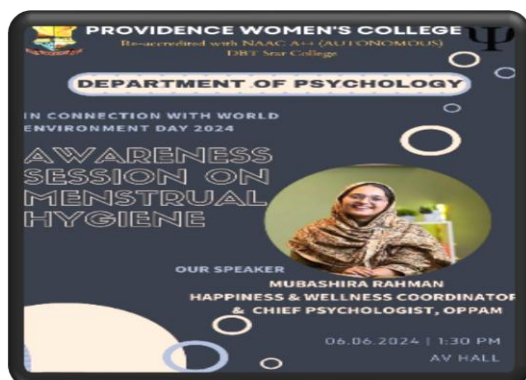
Amrutha Krishna, a 3rd-year psychology student, received the Dr. Ruchi Sharma Memorial State Blood Donation Award in 2025 for her outstanding commitment to promoting blood donation and social service.



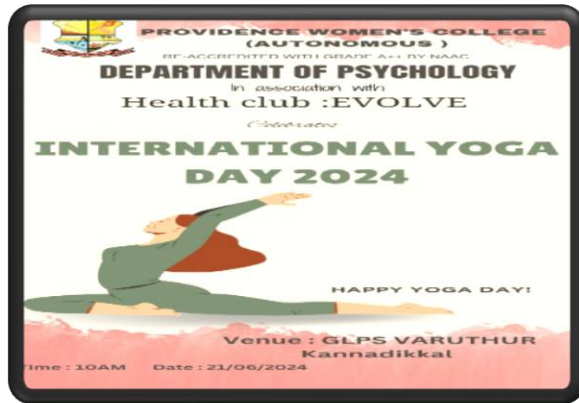
Department of Psychology secured the first prize in the march past competition held as a part of Sports Day 2024- 2025. The event showcased the department's spirit and enthusiasm, reflecting positively on the overall college experience.

## ACTIVITIES DURING JUNE 2024 -25

- On June 6, in connection with the world environment day 2024, Department of Psychology organised an 'Awareness session on menstrual hygiene' conducted by Ms. Mubashira Rahman, Happiness and Wellness Coordinator and Chief psychologist, Oppam.



✚ On June 21, 2024 as part of international yoga day, the department organised a yoga session for students of GLPS Varuthur, Kannadikkal.



✚ On June 24, 2024 Department of Psychology Celebrated Pride Month through an exhibition highlighting the importance of pride month.

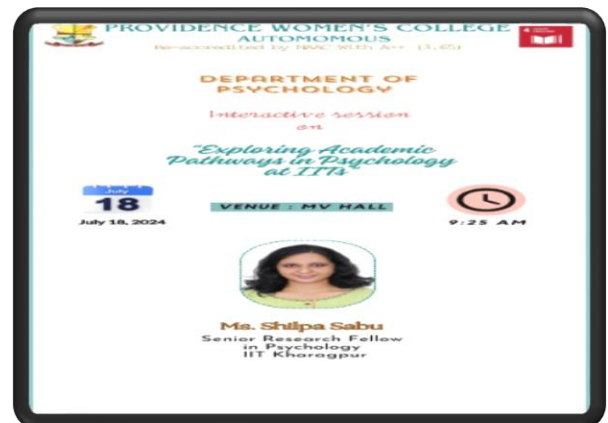


## ACTIVITIES DURING JULY 2024-25



✚ On July 3, 2024 in connection with Deeksharambh Dr. Lijiya Manju and Dr. Rinju George took a session on mental health for first year students of Providence Women's College (Autonomous)

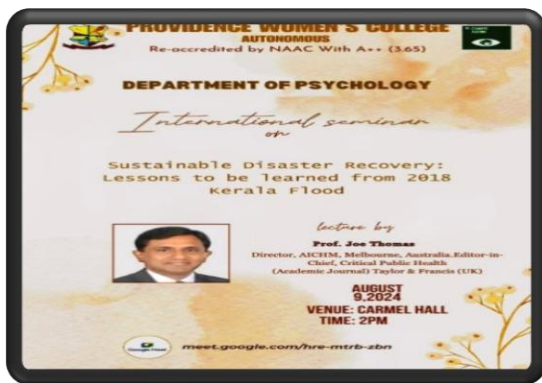
✚ On July 18, department conducted an interactive session on 'Exploring Academic Pathways in Psychology at IITs' by Ms. Shilpa Sabu, Senior Research Fellow in Psychology, IIT Kharagpur.



✚ On July 23, department organised an interactive session on 'Opening Gateways to Premier Institutes, facilitator Mr. Sahal Razi P V, Director, HiG Edu Campus.

## ACTIVITIES DURING AUGUST 2024 -2025

- On August 9 2024 , Department of Psychology organised an international seminar on 'Sustainable Disaster Recover: Lessons to be learnt from 2018 Kerala flood', lecture by Prof. Joe Thomas, Director, AICHM, Melbourne, Australia. He is also editor-in-chief, critical public health (Academic Journal) Taylor & Francis (UK).

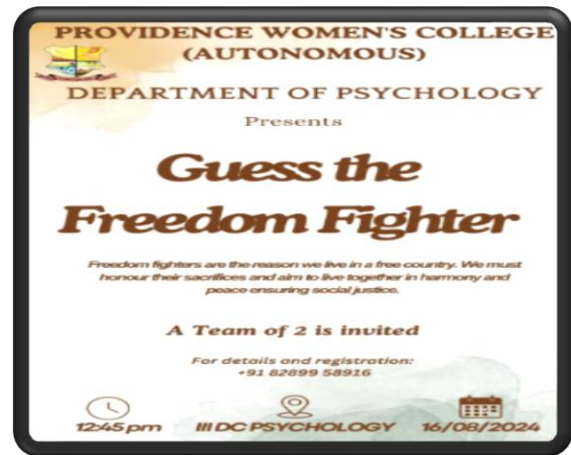
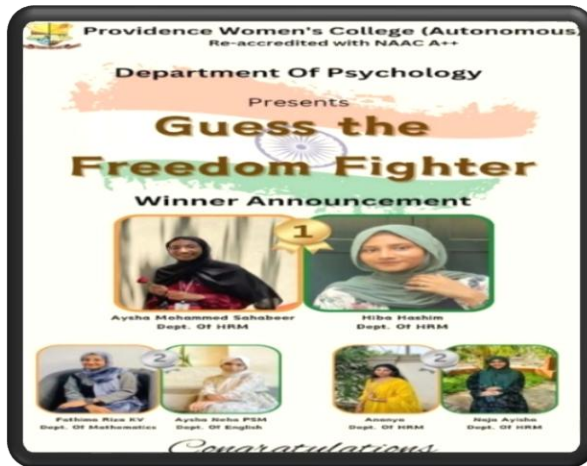


- On August 12, 2024, 2<sup>nd</sup> year students of Department of Psychology took a session on "Good touch and Bad Touch" for LP school students of Government LP school, Vengeri.

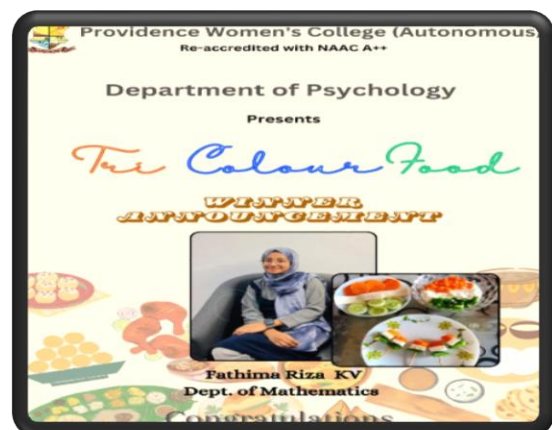
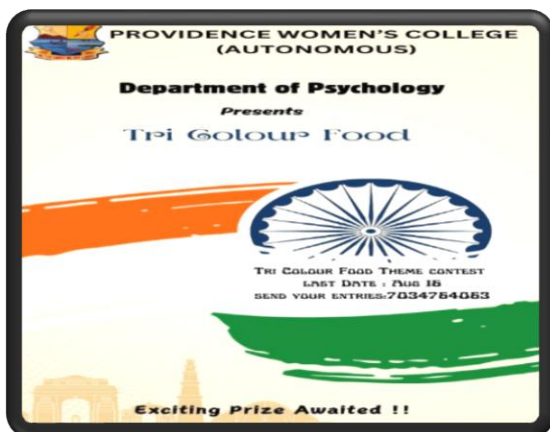


- In connection with the 77<sup>th</sup> year of Independence Day Department of Psychology, conducted 'Guess the Freedom Fighter' competition on August 15, 2024. A team of two were invited for participation. The team by Aysha

Mohammed Sahabeer and Hiba Hashim both from department of HRM won the first prize. The second position was shared by the team of Fathima Riza KV (Department of Mathematics) and Aysha Neha PSM (Department of English) and Anaya (department of HRM) and Naja Aysha (department of HRM)



As a part of the 77<sup>th</sup> Independence Day, Department of Psychology also conducted a 'Tri Colour Food' competition. Fathima Riza KV from Department of Mathematics won the prize.



- On August 16, 2024 second Psychology students visited Kannadikkal school and supported the school in preparing vegetable garden.



## ACTIVITIES DURING SEPTEMBER 2024-25

- On September 3, 2024, 2<sup>nd</sup> Psychology students took a session on Positive behaviour for LKG and UKG students of Aradhana School, Paroppadi.



- In connection with suicide prevention day on September 10, 2024 music corner was organized by Department of Psychology for entire students of campus to come and relax.

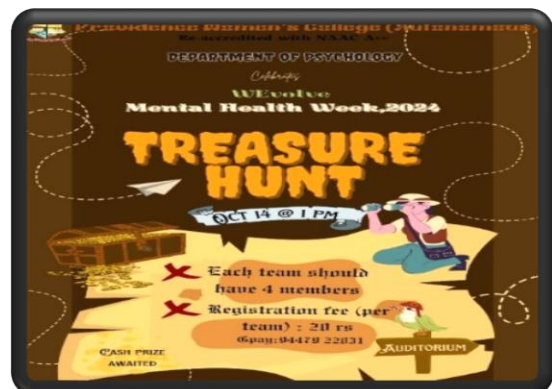


## ACTIVITIES DURING OCTOBER, 2024 -25

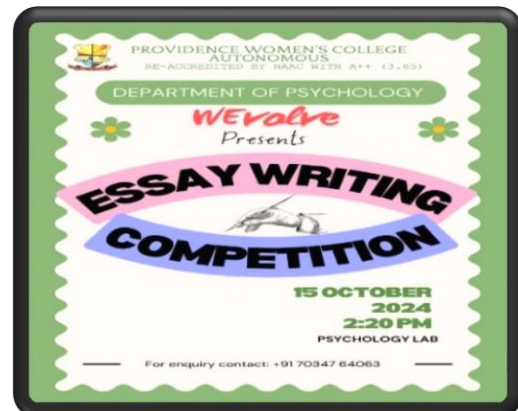
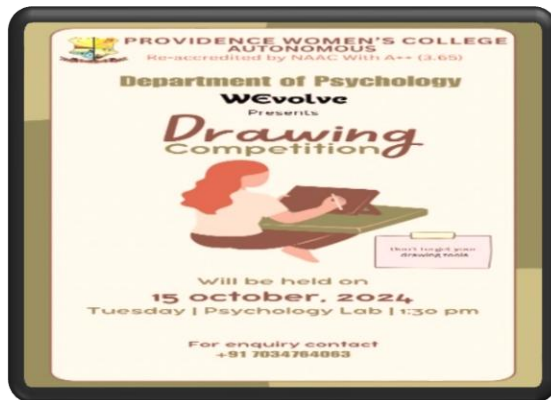


✚ In Connection with World Mental Health Day, on October 10 2024, 2<sup>nd</sup> Year Students of Department of Psychology took a session on Mental health Awareness for students of St. Michael's Girls Higher Secondary School, Kozhikode.

✚ On behalf of the 'Mental Health Week', Department conducted a 'Treasure Hunt Competition' for entire students of Providence Women's College (Autonomous).

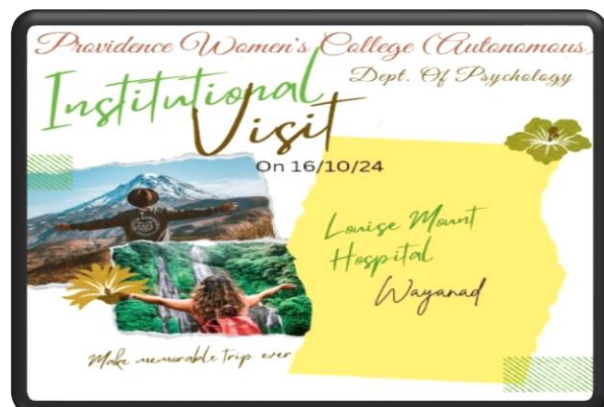


✚ On October 15, 2024, Department of psychology conducted a drawing competition and Essay writing competition.



✚ On October 15, 2024 students of Department of Psychology attended a seminar conducted by Nirmala Hospital Marikkunnu on the topic 'Mental Health at Workplaces'. Session was chaired by Dr. Susheel Kumar (HOD Government Psychiatry Department).

✚ On October 16, 2024, Department of Psychology, Providence Women's College organized an institutional visit to 'Louise Mount Hospital' Wayanad for 1st year psychology students.

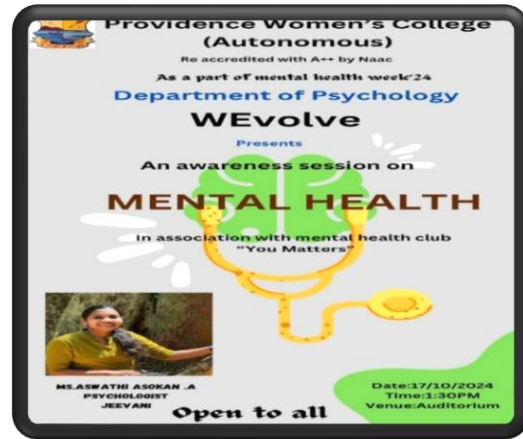




✚ On October 17 at the last day of Mental Health week 2024 , various programs were conducted by Department of Psychology . Students of our department organised cultural programs, food fest, exhibition on mental health, and also a mental health awareness session.



On October 17, 2024 Department of Psychology organized an 'Awareness Session on Mental Health, in Association with Mental Health Club "You Matters". The session was chaired by Ms. Aswathi Asokan. A, Psychologist Jeevani.

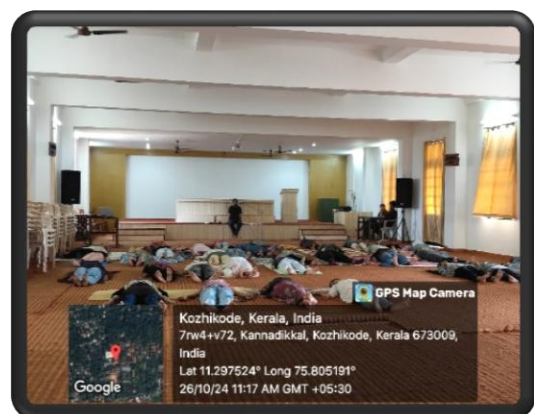


On October 19, 2024 Department of Psychology conducted parents meeting for third year psychology students.

On October 21, 2024 Dr. Rinju George, Assistant Professor & Head, Department of Psychology, Providence Women's College conducted meditation session for MDC psychology students.



🌈 On October 26, 2024 Department of Psychology organized a 'Workshop on Mindfulness' in collaboration with Trust, Centre for Mindful Living, Ernakulam North, and Calicut for Psychology students. The workshop was led by Dr. Prajeesh Palanthara, Psychologist, PhD psychology (Pondicherry Central University).



## ACTIVITIES DURING NOVEMBER, 2024 -25

- Department celebrated Kerala Piravi 2024 by introducing new writers to the public in the form of circulating brochures on upcoming writers.



- On November 21, 2024, Department of Psychology organized an Institutional visit to ICCON Hospital, Shoranur for 2<sup>nd</sup> year psychology students.



## ACTIVITIES DURING DECEMBER 2024-25

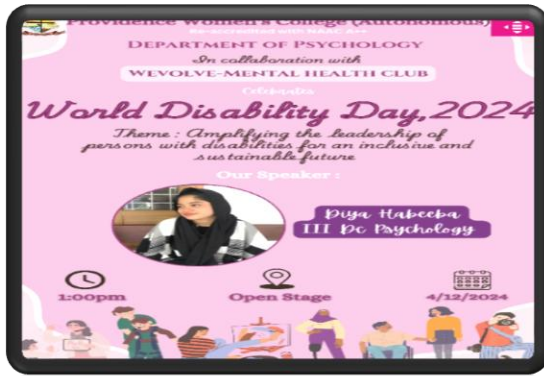


✚ On December 2, 2024, Department conducted parents meeting for 2<sup>nd</sup> year psychology students.

✚ In association with SBI, Malapparamba branch Department of Psychology organized a session on financial management for students and faculty members of Providence Women's College (Autonomous) on December 12, 2024.



✚ On December 4, 2024 in association with Mental Health Club, World Disability Day-2024 was celebrated for amplifying the leadership of persons with disabilities for an inclusive and sustainable future.



## ACTIVITIES DURING JANUARY,

2025

✚ Department celebrated new year 2025 with cake cutting and gathering of students and teachers of psychology department.

✚ As part of their study tour, third-year students



from the Department of Psychology visited Goa from 7-9 January 2025. Along with the trip students also got the opportunity to visit Carmel College of Arts, Science, and Commerce for Women, Goa, on January 9, 2025. This enriching experience further enhanced the students' practical knowledge and skills in psychology.

✚ Department of Psychology, Providence Women's College (Autonomous), organized a "3- day International Conference on Mental Health Across Life Span" from January 22 to January 24, 2025. 150 participants from different universities, colleges participated in the conference.



✚ As part of academic endeavors, third year students of Department of Psychology embarked on an enlightening institutional visit to Composite Regional Centre for Skill Development, Rehabilitation, and Empowerment of Persons with Disabilities (CRC-Kozhikode) and IIM on January 29, 2025.



## ACTIVITIES DURING FEBRUARY, 2025



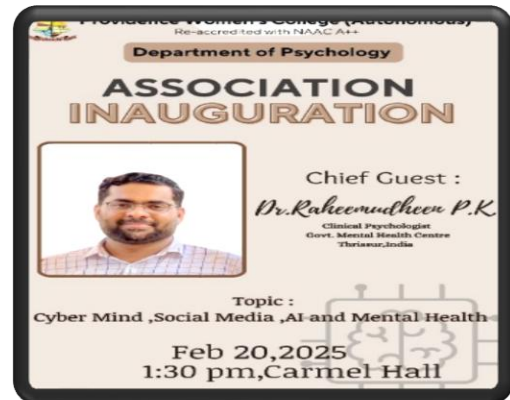
✚ In collaboration with the Department of Politics and International Relations (PIR), Department of Psychology successfully conducted an invited lecture on February 6, 2025.

✚ Dr Jeril, Director, Mangrove Wellbeing, Kozhikode conducted a SPSS workshop for final year students on February 2, 2025.



✚ On Valentine's Day 2025, Department of Psychology came together to celebrate the spirit of friendship and love. Department organized various activities to foster companionship and gratefulness among students.

✚ The association inauguration ceremony took place on February 20, 2025, with Dr. Raheemudheen, Clinical psychologist, Government Mental Health Centre, Trissur as the esteemed guest.



✚ An interactive session was conducted by second year students of Department of Psychology on February 26, 2025, at Girls' poor home near Nirmala Hospital, fostering connection and understanding.

✚ A session on " Good touch and Bad Touch" was conducted on February 27, 2025, at Thadambattuthazham Government School, focusing on educating participants about appropriate and inappropriate touch.



✚ On February 27 , 2025 a group of first-year students from department visited Government School Kannadikkal to take classes for primary school students.

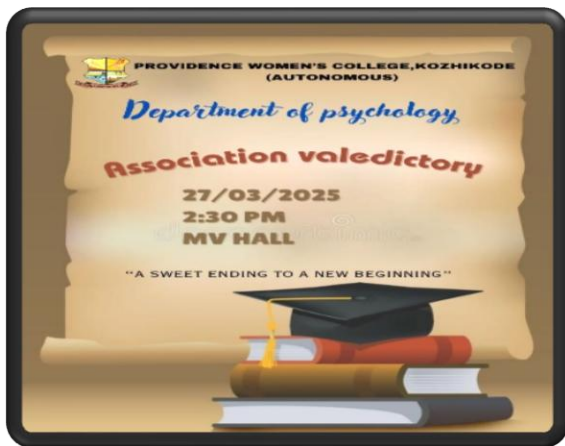


## **ACTIVITIES DURING MARCH, 2025**

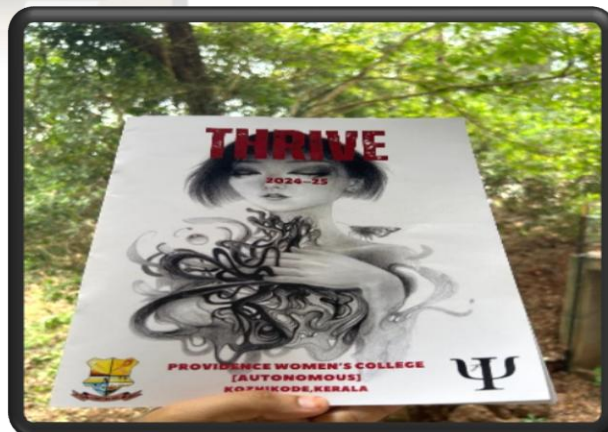
✚ On March 1 , 2025, a session was held at a poor home near Nirmala Hospital, providing techniques for improving memory and offering support for studying.



✚ The Department of Psychology organized a farewell ceremony for our final year students on March 12, 2025. The event was a heartfelt goodbye to our outgoing students, filled with emotional moments and fond farewells.



✚ The association's valedictory ceremony and department magazine "Thrive" release took place on March 27, 2025 celebrating student achievements and creativity. Abhina and Chandhana were awarded medals for their exceptional association involvement.



## OTHER ACHIEVEMENTS

- ✚ 3<sup>rd</sup> Year Psychology student Manasa attended Internship at NESTIP Malappuram for 30 days from May 10 to June 10, 2024.
- ✚ 3<sup>rd</sup> year Psychology students Fathima Minha, Fathima Rasha TK, Adheena M attended 15 days internship at Mind World, Nadakavu from May 15 to May 31, 2024.
- ✚ Archana PC, Chandana P, Charu Krishna P, Evlin Rose K of 3<sup>rd</sup> Year Psychology attended 15 days Internship at Trust Centre for Mindful Living, Karapamba from April 15 to April 30, 2024. 3<sup>rd</sup> year psychology students
- ✚ Amrutha Krishna K V and Gayathri of 3<sup>rd</sup> Psychology attended 15 days internship at Mind Weavers Medical College from April 1 to April 15, 2024 & from May 1 to May 15, 2024.
- ✚ Sneha P and Abhina A of 3<sup>rd</sup> Psychology attended 10 days internship at St. Martin De Porres Hospital, Cherukkunnu from April 30 to May 9, 2024.
- ✚ Fayiza Abdul Azeez and Nashwa Musthak of 3<sup>rd</sup> Psychology attended internship at NESTIP Malappuram for 30 days from October 7 to November 12, 2024.
- ✚ Nisni PV of 2<sup>nd</sup> Psychology attended internship at MIMS Hospital Kannur for 30 days from April 1 to April 10, 2024 and from May 1 to May 19, 2024.
- ✚ Nisni P.V of 2<sup>nd</sup> Psychology attended an online Human Resource Internship from November 10 2024 to January 31, 2025.
- ✚ 2<sup>nd</sup> year Psychology students Parvana Sunil, Ashitha, Aparna Raveendran, Anagha S, Anna Antony, Agneya Rajesh, Zaara Sadhiya, Diya R Nair, Akshara Jose attended internships offered by various institutions on Counselling Psychology.

- ✚ Sneha Satheesh M, Elizabeth Aleena of 2<sup>nd</sup> psychology attended internship at Afas Wellness and Learning Enhancement Centre from April 15 to May 15, 2024 and certificate course on Psychological First Aid.
  - ✚ Manjima E M and Amna Fathima T of 2<sup>nd</sup> year psychology participated in Insight for Innovation Disha Project
  - ✚ Fathima Yeslin of 2<sup>nd</sup> psychology attended internship at Afas Wellness & Learning Enhancement Center for 10 days from December 21 to December 31, 2024.
  - ✚ Majidha Farvin of 2<sup>nd</sup> psychology attended internship at Trust Centre for Mindful Living from April 15 to May 15, 2024.
  - ✚ Gayathri K R, Airina S Nair and Shaikha K attended 2-day workshop on Instrumentum Psychotherapy
  - ✚ Anjali Krishnan of 2<sup>nd</sup> Psychology completed 30-hour research internship programme organized by mangroves Wellbeing from December 23 to February 27, 2025.
  - ✚ Alna and Nishika of 1<sup>st</sup> psychology donated blood.
  - ✚ Nisni. P.V. , Parvana Sunil, Agneya Rajesh, Zaara Sadhiya, Sneha Sathesh, Yeslin, Fathimathul Meha, Isha Fathima, Devananda, Asija Ajay and Anjali Krishna of 2<sup>nd</sup> Psychology donated blood.
  - ✚ Amrutha Krishna, Ayisha Dilana, Angel Mariya and Shamsiya of 3<sup>rd</sup> Psychology donated blood.
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