



ACADEMIC ACTIVITIES 2020-2021

DEPARTMENT OF PSYCHOLOGY




DEPARTMENT OF COMPUTER SCIENCE

ACTIVITIES – 2022 – 2023

(Conferences, Seminars, Webinars, Workshops)


1. A webinar titled “**Becoming More Mindful – From Doing to Being**” was conducted by the Psychology Department of Women’s Christian College, Chennai, on 26th June from 5:30 PM to 6:30 PM. The resource person was **Ms. Nandini J**, Assistant Professor at MOP Vaishnav College for Women, Chennai. The webinar, which was a great success, provided various mindfulness techniques that can be practiced in everyday life.



Women’s Christian College, Chennai
Department of Psychology
Presents
Webinar on

BECOMING MORE MINDFUL - FROM DOING TO BEING

RESOURCE PERSON
NANDINI J
ASSISTANT PROFESSOR,
DEPARTMENT OF
PSYCHOLOGY,
MOP VAISHNAV COLLEGE
FOR WOMEN, CHENNAI



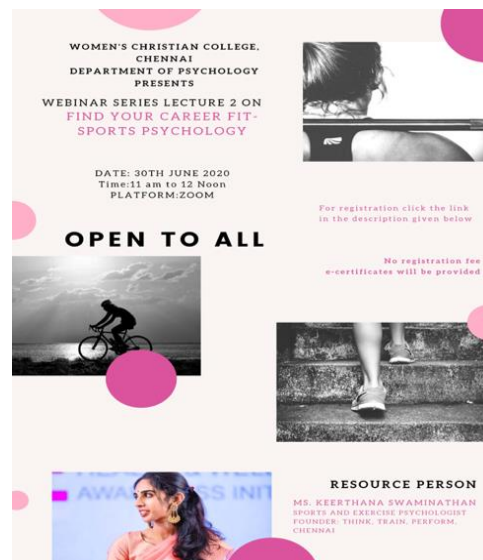
Date: 26th June 2020
Time: 5.30 to 6.30 PM
Platform: Zoom

Note: open only for the faculty and students, Department of Psychology, Women’s Christian College, Chennai
e-certificates will be provided
For Registration click the following link
<https://forms.gle/zQ8jiBjAvocGmNMz8>

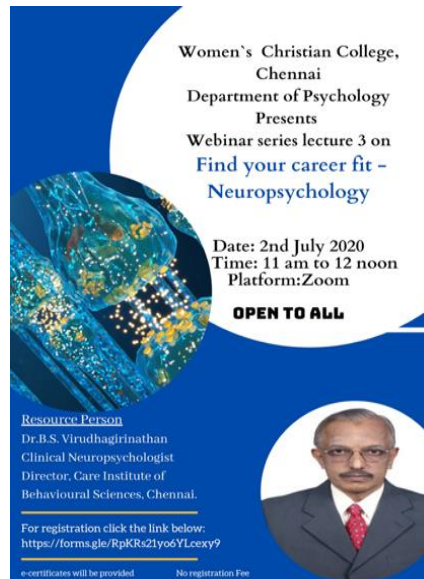
2. The first lecture of the webinar series, titled **“Find Your Career Fit - Animal Assisted Therapy,”** was a success. Organized with the help of Dr. Kanchana, Head of the Department, it was conducted on 29th June, 2020 from 11 AM to 12 Noon. The resource person was **Ms. Minal Kashiver, Founder and President of Animal Angels, India.** She shared valuable insights about Animal Assisted Therapy.



3. The second lecture of the webinar series, titled **“Find Your Career Fit - Sports Psychology,”** was organized on 30th June, 2020 from 11 AM to 12 Noon. The resource person was **Ms. Keerthana Swaminathan,** a sports and exercise psychologist from Loughborough University, UK, and the founder of ‘Think Train Perform.’ She works with state and national level athletes for mental conditioning.



4. The third lecture of the webinar series was organized on 2nd July, 2020, from 11 AM to 12 PM. The speaker, **Dr. B.S. Virudhagirinathan**, shared his liberal principles and enlightened views on Neuropsychology.



Women's Christian College,
Chennai
Department of Psychology
Presents
Webinar series lecture 3 on
**Find your career fit -
Neuropsychology**

Date: 2nd July 2020
Time: 11 am to 12 noon
Platform: Zoom

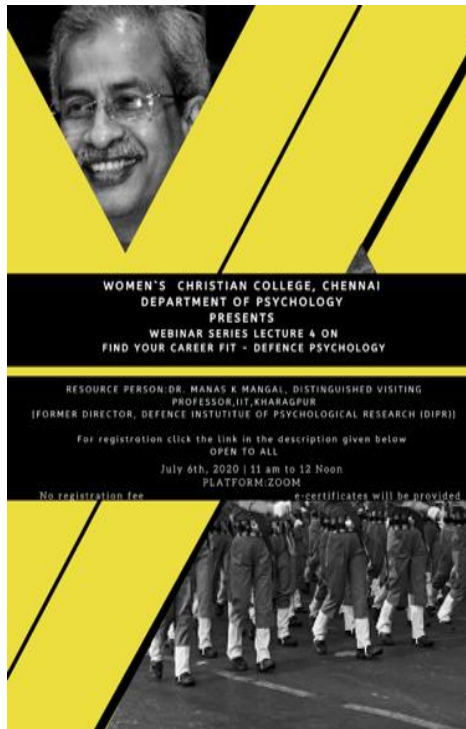
OPEN TO ALL

Resource Person
Dr. B.S. Virudhagirinathan
Clinical Neuropsychologist
Director, Care Institute of
Behavioural Sciences, Chennai.

For registration click the link below:
<https://forms.gle/RpKRz2lyo6YLcoxy9>

e-certificates will be provided No registration fee

5. The fourth lecture of the webinar series on **“Find your career Fit”** was based on Defence Psychology, organized by the Department of Psychology, Women's Christian College, on 6th July, from 11 AM to 12 PM. The resource person for this webinar was **Dr. Manas K. Mandal**, currently serving as **Distinguished Visiting Professor at the Indian Institute of Technology, Kharagpur**. Dr. Mandal, with his extensive experience, spoke about the field of defence psychology, research areas that can be explored, and how defence psychologists develop their own psychometric tools based on the needs for assessments.



WOMEN'S CHRISTIAN COLLEGE, CHENNAI
DEPARTMENT OF PSYCHOLOGY
PRESENTS
WEBINAR SERIES LECTURE 4 ON
FIND YOUR CAREER FIT - DEFENCE PSYCHOLOGY

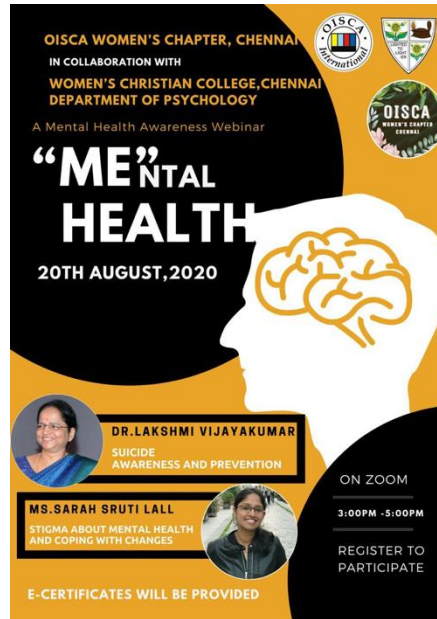
RESOURCE PERSON: DR. MANAS K. MANGAL, DISTINGUISHED VISITING
PROFESSOR, IIT, KHARAGPUR
(FORMER DIRECTOR, DEFENCE INSTITUTE OF PSYCHOLOGICAL RESEARCH (DIPR))

For registration click the link in the description given below
OPEN TO ALL
July 6th, 2020 | 11 am to 12 Noon
PLATFORM: ZOOM

No registration fee e-certificates will be provided

6.


6. The **Mental Health Workshop** was conducted by Women's Christian College in collaboration with OISCA Women's Chennai Chapter on 20th August, 2020, from 3 PM to 5 PM. The first speaker, **Dr. Lakshmi Vijayakumar**, shared her enlightened views on suicide. This was followed by **Ms. Sarah Sruti Lall**, who spoke about the stigma attached to mental health and coping with changes, especially in light of the pandemic situation.



7. The Department of Psychology conducted a webinar on **“Overview of Laws on Crimes Against Women”** on 14th-15th October, 2020. This was jointly organized in collaboration with SriRaksha. The resource person was **Adhilakshmi Logamurthy, an advocate and social activist.**

Sriraksha (A wing of MA) & Women's Christian College Department of Psychology Chennai

Jointly Organizes a 2-day Webinar



**An over view of
Laws on
Crimes Against
Women**

Mrs. Adhilakshmi Logamurthy
Advocate / Social Activist


14 -10-2020 (Wednesday) 3.45 to 5.45 pm
15 -10-2020 (Thursday) 3.45 to 5.45 pm

Program co-ordinators

Dr. S. Usharani
Assistant Professor
Department of Psychology
WCC

Ms. Rajeetha
II M.Sc Psychology WCC

All are Welcome

 Meeting ID: 858 6632 1633
Passcode: 195262

8. The webinar **“Gift of Emotions”** was conducted by the Department of Psychology, Women’s Christian College on World Mental Health Day 2020. This successful event was open only to the faculty and students of Women’s Christian College. The resource person, **Ms. Aarti C. Rajaratnam**, a psychologist and author, spoke about improving mental health through understanding one's emotions.



9. The webinar **“Sexual Harassment in the Workplace”** was organized by the Department of Psychology on 25th January, 2020, from 5 PM to 5:45 PM. The keynote speaker, **Ms. Anitha Menon**, is a professor of health psychology at the University of Zambia. She holds a PhD in Psychiatry/Health Psychology from the University of Nottingham, UK. With over 20 years of active involvement in various research projects, her major research interests include issues related to HIV, sexual harassment, and the communication skills of health practitioners. She has received numerous prestigious awards such as the ‘Women Leadership Award,’ ‘Most Influential Women in Business and Government,’ and the ‘Best Professor of Psychology Award’ from the World Education Congress. Ms. Menon is also a notable alumna of the Department of Psychology.

WOMEN'S CHRISTIAN COLLEGE, CHENNAI
 DEPARTMENT OF PSYCHOLOGY (Shift-I)
 PRESENTS

WEBINAR ON
**SEXUAL HARASSMENT IN THE
 WORKPLACE**

DATE: 25TH JANUARY, 2021
 TIME: 5:00 PM TO 5:45 PM
 PLATFORM: ZOOM

Resource Person:

Prof. J. Anitha Menon, PhD

- Professor of Health Psychology, University of Zambia.
- Holds PhD in Psychiatry/Health Psychology, University of Nottingham, UK.
- Recipient of various prestigious awards like 'Women Leadership Award', 'Most influential Women in Business and Government', 'Best Professor of Psychology Award' from World Education Congress.
- An alumnus of WCC.

NO REGISTRATION FEE
 OPEN TO ALL!
 E-CERTIFICATES WILL NOT BE PROVIDED

FOR REGISTRATION CLICK THE LINK BELOW:
<https://forms.gle/G8EnKd461R7pdY3x8>



10. The webinar on **“Neuro-Linguistic Programming”** was conducted on 17th March, 2021, by the Department of Psychology for the M.Sc. Psychology students. The resource person was **Ms. Aarti C. Rajaratnam**.

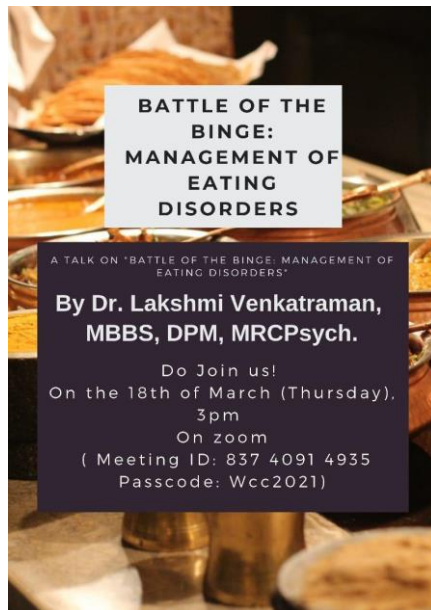




11. A full-day online webinar on **“Multivariate Data Analysis”** was organized for M.Phil. and PhD research scholars of the Psychology Department on 20th March, 2021. The resource person was **Prof. V.S.R. Vijay Kumar**.

A promotional poster for a workshop. On the left is the logo of Women's Christian College, featuring a shield with a cross, a dove, and a chalice, with the motto 'LIGHTED TO LIGHT-EN'. To the right of the logo, the text reads: 'Department of Psychology', 'WOMEN'S CHRISTIAN COLLEGE', 'College Road, Chennai 600 006', 'organises a one day workshop on', 'Multivariate Data Analysis'. Below this is a portrait of Prof. VSR Vijaykumar. To the right of the portrait, it says: 'Resource Person', 'Prof. VSR Vijaykumar', 'Retd. Professor of Business Analytics', 'Institute of Management Technology, Nagpur &', 'Former Professor, Department of Psychology', 'University of Madras.'. At the bottom, a purple banner contains the text: '* 20th March 2021 * 9.00am to 4.00pm on ZOOM'.

12. The webinar titled **“Battle of the Binge: Management of Eating Disorders”** was organized by the Department of Psychology and conducted on 18th March, 2021. The resource person was **Dr. Lakshmi Venkataraman, MBBS, DPM, MRC Psych, a Consultant Psychiatrist at SCARF, Chennai**. Dr. Lakshmi provided an insightful presentation on the various etiological factors and treatment modalities for eating disorders, with a special emphasis on the Indian context.



13. The webinar on “**Early Intervention and Children with Neurological Disorders**” was organized by Ms. Anuradha Naidu from the Department of Psychology and held on 19th February, 2021. The speaker was **Mrs. Tara Perkins, a Pediatric Speech and Language Pathologist** currently working with the National Health Service (NHS) in the UK. Mrs. Perkins emphasized the importance of early identification and intervention for children with neurological disorders, particularly in kindergarten settings.

Recording... LIVE on Zoom with Rev. (m)

The Department of Psychology,
Women's Christian College
invites you to a session on

**Early Intervention
and Children with
Neuro-Developmental
Disorders**

with Mrs. Tara Perkins
Paediatric Speech and Language Pathologist, NHS, UK

*Join us on 19th February, 2021
at 4:30 PM IST*

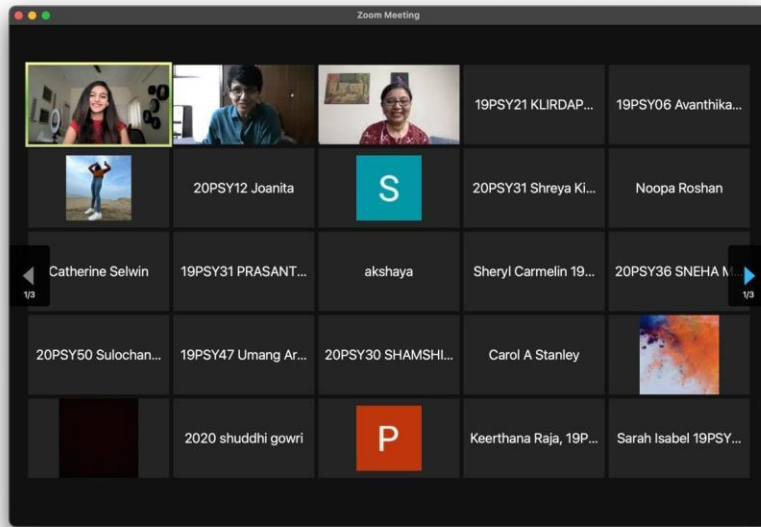
Tanya Bennett
Tara Perkins
Anuradha Naidu

Recording... LIVE on Zoom with Rev. (m)



14. The webinar on **“Neurological Disorders - Another Point of View”** was organized on 8th March, 2021 for the B.Sc. students of the Psychology Department. The speaker was **Dr. Namita Jacob, Director of Chetna Trust and Education Consultant for the Asia Pacific Region with Perkins International**. Dr. Jacob highlighted her work with deaf-blind infants and their families, sharing her experience in early literacy and its role in the rehabilitation of children and adults with severe neurological disorders.





15. An online workshop titled **“Introduction to Qualitative Methods”** was organized by the Department of Psychology, Women’s Christian College, on 6th May 2021. The workshop was conducted in association with **Dr. Geetha Reddy, Assistant Professor in the Department of Sociology at the University of Groningen, Netherlands, and Dr. Clare Coultas, Research Associate at the School of Population Health and Environmental Sciences, King’s College, London.** The workshop saw participation from 56 attendees across various colleges in Chennai.



20COB04 ARPITHA ANNA SAM... and 20 more

2:07 PM You

Sneha James

Dr Kanchana M

Vasundharadevi Reddy

Ms.Keren Fredrick

Veena Easvaradoss

Clare Coultas

G. Reddy

NAZNEEN MOGRELIJA

Dr Sumathi D

Meeting details ^

Raise hand Turn on captions Present now

A screenshot of a Zoom meeting grid. The grid consists of nine video thumbnails arranged in a 3x3 layout. The top row shows three participants: Sneha James (muted), Dr Kanchana M (speaking), and Vasundharadevi Reddy (muted). The middle row shows Ms.Keren Fredrick (muted), Veena Easvaradoss (muted), and Clare Coultas (muted). The bottom row shows G. Reddy (muted), NAZNEEN MOGRELIJA (muted), and Dr Sumathi D (muted). At the top of the screen, there is a meeting title '20COB04 ARPITHA ANNA SAM... and 20 more', a time '2:07 PM', and a 'You' indicator. At the bottom, there is a control bar with icons for 'Meeting details', 'Mute', 'Unmute', 'Raise hand', 'Turn on captions', and 'Present now'.