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# ACADEMIC ACTIVITIES 2022-2023

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DEPARTMENT OF PSYCHOLOGY – SHIFT I



# DEPARTMENT OF PSYCHOLOGY (SHIFT I)

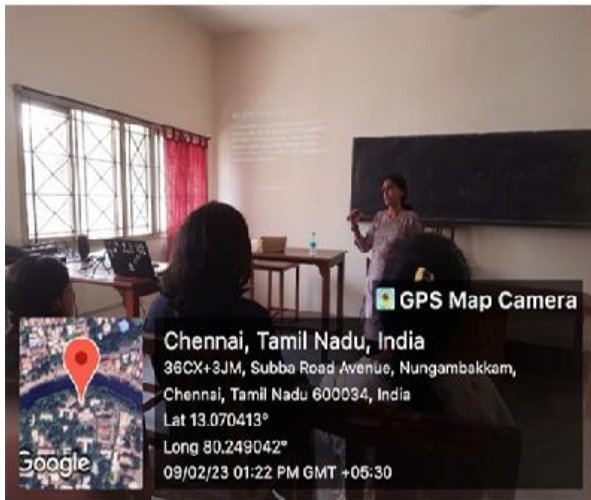
## ACTIVITIES – 2022 – 2023

*(Conferences, Seminars, Webinars, Workshops, Industrial Visits, Field Trips, Talks, Campaigns, etc.)*

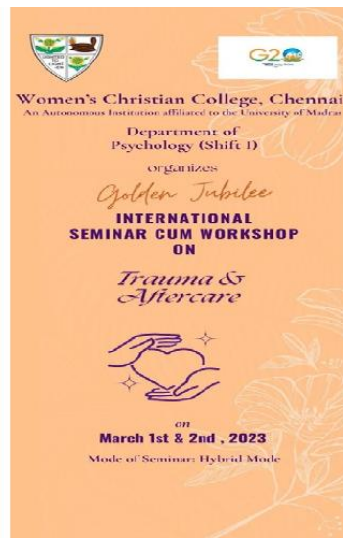
1. On 9th November, 2022, the department organized a workshop titled **“Crimes Against Women – A Legal Perspective”** as part of the core elective course “Criminal and Forensic Psychology” for postgraduate students. **Dr. P. T. Uma Maheswari** was the resource person.



2. The department organized a workshop on **“Play Therapy”** to provide insights into delivering therapy to children. **Ms. Arthi Rajarathinam** served as the resource person.
3. On 9th February, 2023, the department organized a workshop on **“Art Therapy”** to introduce students to this therapeutic technique, including its definition, types, and uses, followed by a case discussion. **Ms. Preetha Ramasubramanian**, a qualified Dance Movement Psychotherapist (DMP) with specialization in Expressive and Creative Arts therapies, was the resource person.



4. To commemorate the Golden Jubilee, an international seminar and workshop titled **“Trauma and Aftercare”** was organized on 1st and 2nd March, 2023, in hybrid mode. The event featured plenary sessions and parallel workshops on various topics related to working with trauma, trauma-related services, and trauma-focused therapies. Resource persons of **national and international** repute from the **USA, UK, and Philippines** addressed the gathering.

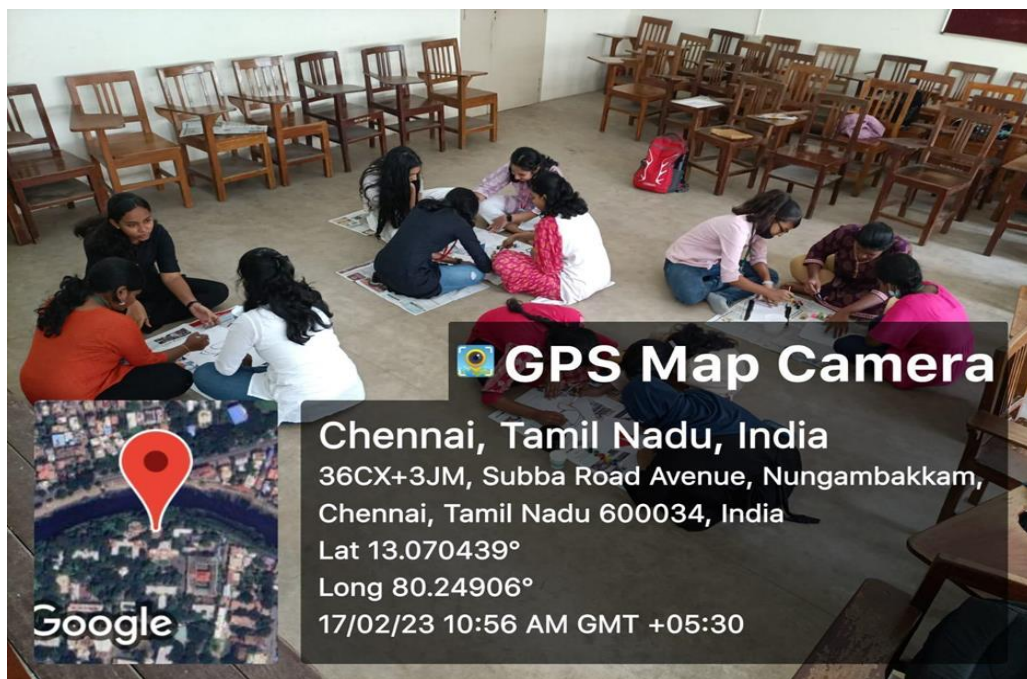




5. On 17th February, 2023, the department organized a workshop on **“Stress Management”** to introduce stress and present three major activities for reducing and managing it. The workshop was conducted by I M.Sc. Psychology students as part of their community psychology paper for the second semester.



6. On 17th February, 2023, a workshop on **“Anger Management”** was organized by a group of I M.Sc. Psychology students, under the guidance of **Ms. Harini C H**. The workshop focused on teaching various anger management techniques through interactive activities.



7. On 4th March, 2023, **Ms. Harini** organized a workshop on **“Team Building,”** guiding M.Sc. Psychology students to act as peer facilitators for 2nd-year UG students of the Mathematics and Chemistry departments (NME students). The workshop focused on team building, Tuckman's Stages of Group Formation, and the Three Cs of Team Building: Communication, Collaboration, and Coordination. It also emphasized the do's and don'ts of working in teams.
  
8. On 4th March, 2023, the students of I M.Sc. Applied Psychology, under the guidance of **Ms. Harini C H**, conducted a workshop on **“Interpersonal Communication”** for 2nd-year undergraduate students of Women's Christian College. The workshop included an introduction to communication, emphasizing its importance, detailing the steps in the communication process, and identifying barriers to effective communication. Various activities were conducted to demonstrate the significance of effective communication and active listening.



9. On 21st March, 2023, the department organized a workshop on **“Yoga Therapy”** to provide an introduction to yoga therapy, explore various models in yoga, and offer insights into tailoring a yoga therapy regimen. The resource person for the workshop

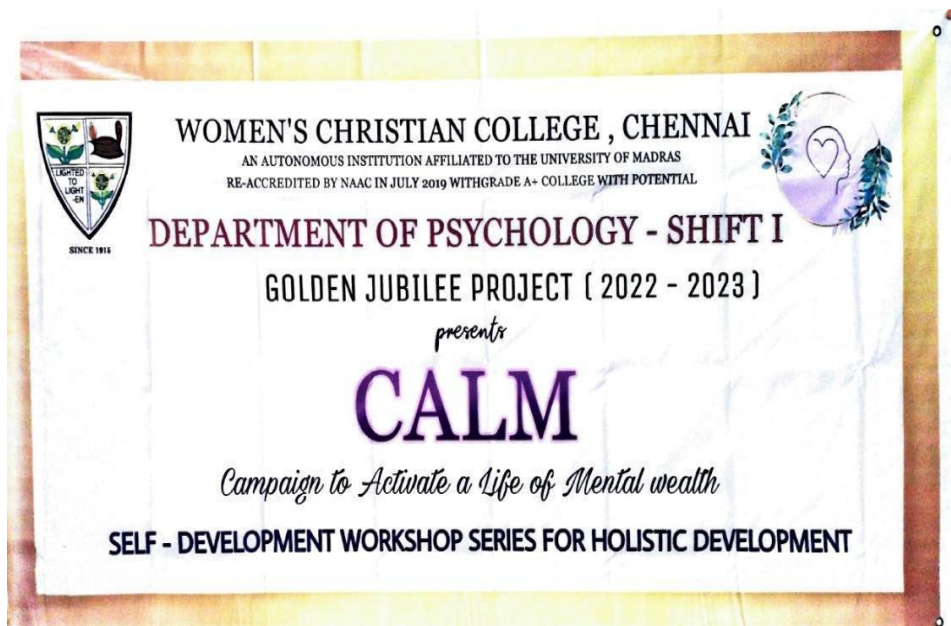


was Smt. Nithya Jagannathan, Director and Senior Therapy Consultant and Senior Teacher Trainer at KYM Chennai.

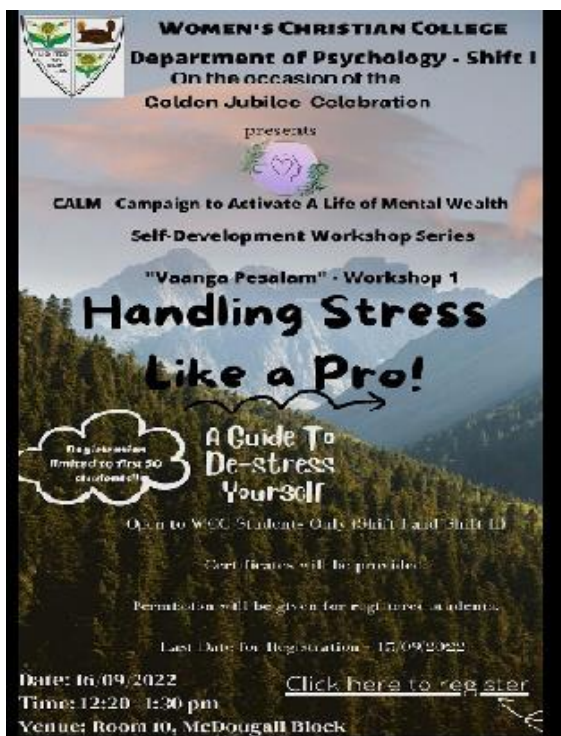


### CALM Campaign to Activate a Life of Mental Health

In celebration of the Golden Jubilee of the Psychology Department of Shift I, a college-wide campaign was launched. It began with a psychometric screening of college students from both shifts during the assembly program on 8th September, 2022. Following the screening, students were encouraged to participate in a series of self-development workshops conducted by students and research scholars of the department. Details of these workshops are provided below:



10. On 16th September, 2023, II M.Sc. Psychology students conducted CALM Workshop #1 titled **“Handling Stress Like a Pro: A Guide to De-Stress Yourself,”** under the guidance of **Dr. Zarina A.**

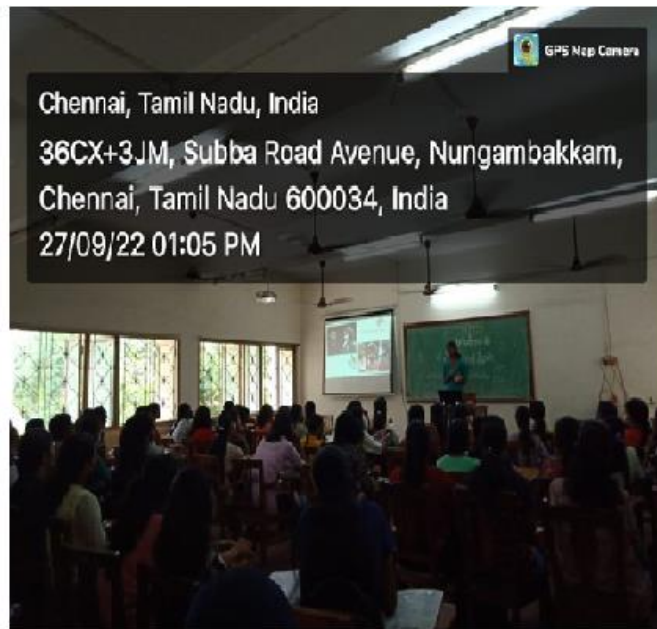


11. On 20th September, 2022, II M.Sc. Psychology students conducted CALM Workshop #2 titled **“Inside Out! (Emotion Regulation Workshop)”** under the guidance of **Ms. Sandhya.**





12. CALM Workshop #3, titled **“Science of Love: Workshop on Healthy Relationships,”** was conducted by II M.Sc. students under the guidance of **Ms. Jelin Rebekah**. The workshop provided an overview of healthy interpersonal and intrapersonal relationships.



13. On 30th September, 2022, CALM Workshop #4, titled **“Let’s Lock Our Phone and Unlock Our Mind,”** was conducted by II M.Sc. students under the guidance of **Ms. Rini Rajan**. The workshop provided an overview of problematic phone usage and strategies to overcome it.

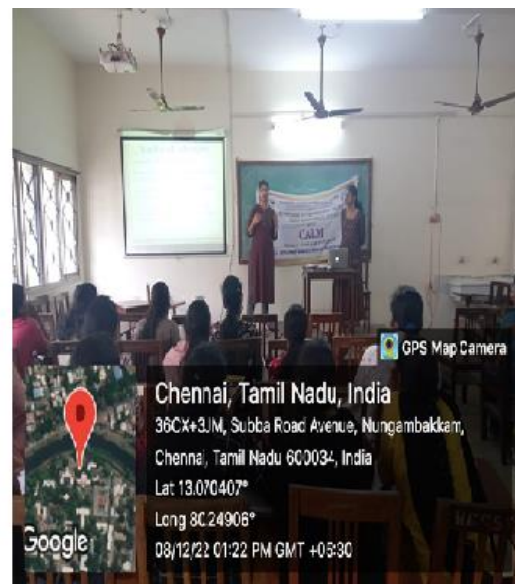
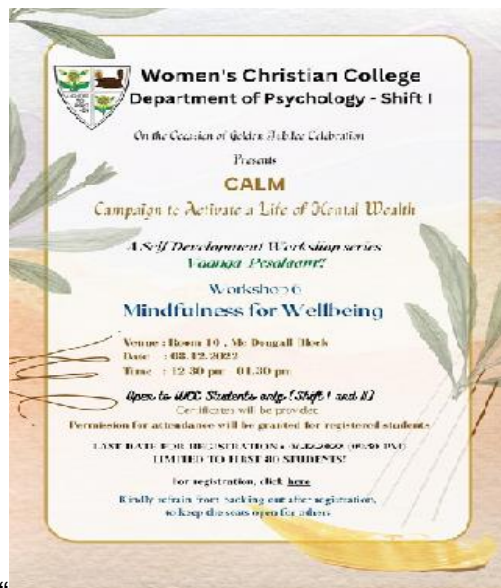




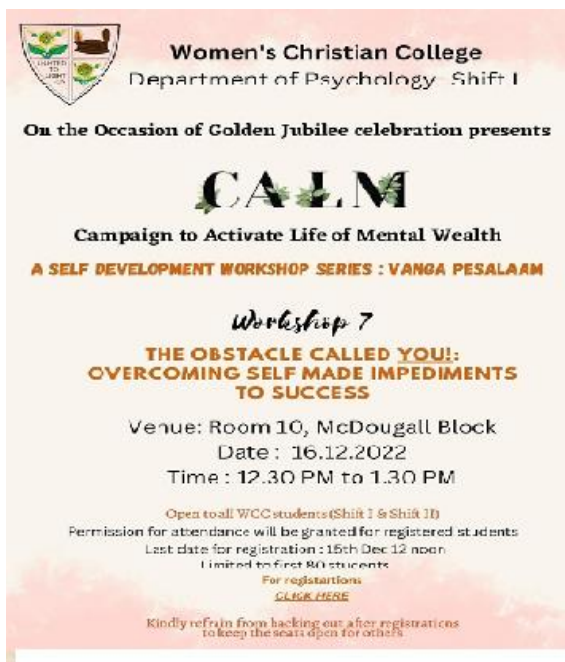
14. On 8th November, 2022, CALM Workshop #5, titled **“Ways to Improve Self-Esteem,”** was conducted by **Ms. Sandhya Shivakumar**, Clinical Psychologist and PhD Research Scholar of the Department. The workshop focused on differentiating self-concept from self-esteem and included activities to help participants understand how they perceive and "commercialize" themselves.



15. On 8th December, 2022, CALM Workshop #6, titled **“Mindfulness for Wellbeing,”** was conducted by **Ms. Nandini J** and **Ms. Vaijyanthi V**, PhD Research Scholars of the department. The workshop focused on teaching mindfulness strategies to manage everyday hassles, anxiety, and urges.



16. On 16th December, 2022, CALM Workshop #6, titled **“The Obstacle Called You!: Overcoming Self-Made Impediments to Success,”** was conducted by **Ms. Nandini J**, PhD Research Scholar of the department. The workshop focused on discussing self-sabotaging tendencies and techniques to overcome them.



17. On 10th January, 2023, CALM Workshop #8, titled **“Value Clarification,”** was conducted by **Ms. Vaijyanthi V**, PhD Research Scholar of the department. The workshop included discussions and activities focused on personal and life values.

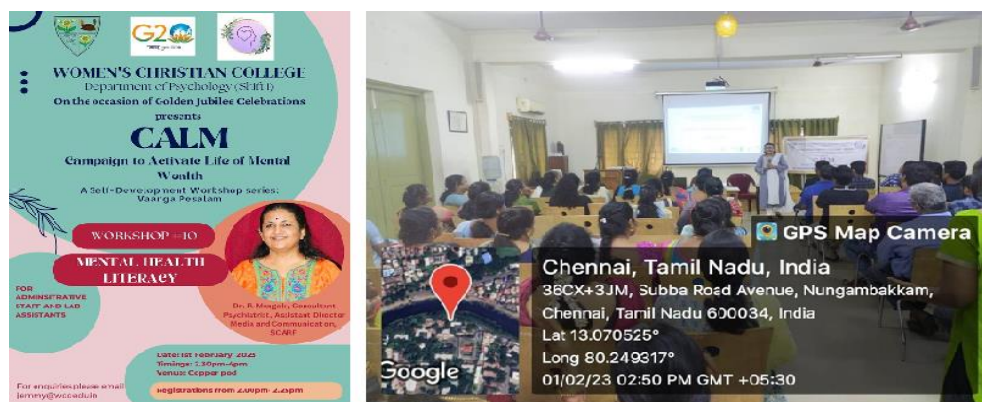




18. On 31st January, 2023, CALM Workshop #9, titled **“Mental Health Literacy for Maintenance Staff,”** was conducted by **Dr. R. Mangala**, Consultant Psychiatrist and Assistant Director of Media and Communication at SCARF. This first session of the Self Development Workshop Series for Holistic Development, in collaboration with SCARF, involved demonstrating mental health literacy through skits, games, and discussions for the college's maintenance staff.

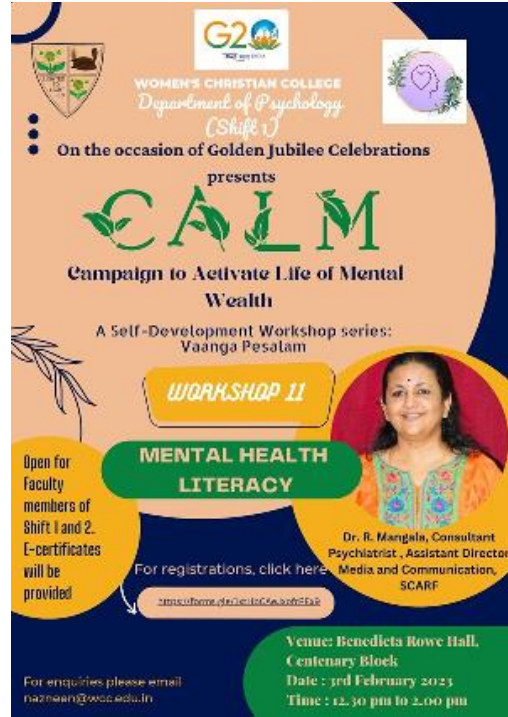


19. On 1st February, 2023, CALM Workshop #10, titled **“Mental Health Literacy for Administrative Staff,”** was conducted by **Dr. R. Mangala**, Consultant Psychiatrist and Assistant Director of Media and Communication at SCARF. This second session of the Self Development Workshop Series for Holistic Development, in collaboration with SCARF, focused on understanding various mental illnesses and their challenges, using creative methods to illustrate these concepts for the college's administrative staff.





20. On 3rd February, 2023, CALM Workshop #11, titled **“Mental Health Literacy for Faculty Members,”** was conducted by **Dr. R. Mangala, Consultant Psychiatrist and Assistant Director of Media and Communication at SCARF.** This third session of the Self Development Workshop Series for Holistic Development, in collaboration with SCARF, was held for the teaching staff of both Shift I and II.



21. On 7th February, 2023, CALM Workshop #12, titled **“மன அழுத்தத்திலிருந்து மன அமைதிக்கு”** was conducted for the maintenance staff by I M.Sc. students from the OB stream, under the guidance of **Ms. Nazneen Polad Mogrelia.** The workshop employed various activities and skits to teach stress management strategies.



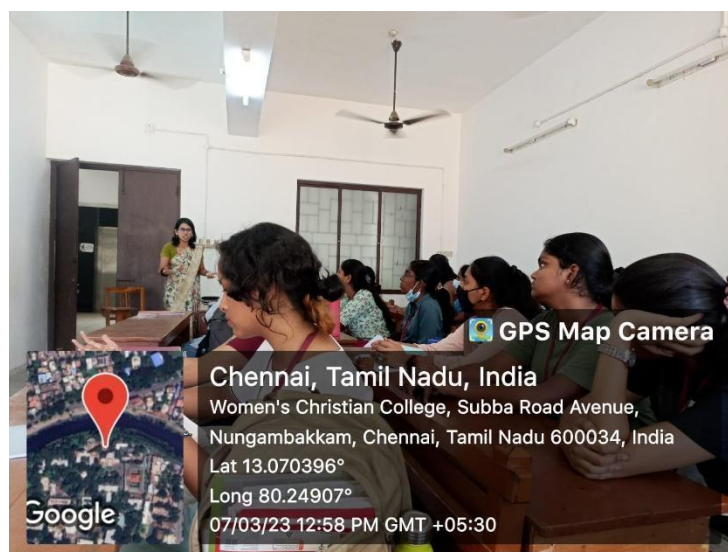
The following workshops were conducted by Vikaas from July 2022 to April 2023:

22. On 26th October, 2022, a workshop titled **“Ethics: The Science of Right and Wrong”** was conducted. The same was facilitated by **Ms. Jelin Rebekah**, faculty member of the Psychology Department.

23. On 9th February, 2023, a workshop titled **“Emotional Regulation”** was conducted by **Ms. Rachel**, the student counsellor at Vikaas.



24. On 7th March, 2023, a workshop titled **“Scope in Psychology”** was conducted by **Ms. Rachel**, the student counsellor at Vikaas, for the benefit of students.



25. On 13th March, 2023, a workshop titled **“Awareness about Mental Health Among College Students”** was conducted by **Ms. Rachel**, the student counsellor at **Vikaas**.



26. On 24th March, 2023, a workshop titled **“Navigating Through Crises in Family and Marriage”** was conducted at St. Christopher’s College by **Ms. Rachel**, the student counsellor at **Vikaas**.





27. On 28th March, 2023, a workshop titled **“Stress Management”** was conducted by **Ms. Rachel, the student counsellor at Vikaas.**

