



CO-CURRICULAR ACTIVITIES

2022-2023

DEPARTMENT OF PSYCHOLOGY (SHIFT I)



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ACTIVITIES - 2022 - 2023

1. **The CDC Christmas Day celebration** was held on 19th December, 2022. During the assembly hour, the children celebrated Christmas by showcasing their dancing skills. They performed a choreography and an action song, which were enjoyed by everyone with cheers and applause.



2. To celebrate **World Mental Health Day**, the department organized various competitions as part of an academic fest for Shift I and Shift II students. The students actively participated in a photography competition, a doodle competition, and a poetry writing competition.

Women's Christian College
Department of Psychology - Shift I
celebrating
Mental Health Day 10th October 2022
'Make Mental Health & Well-Being for All a Global Priority'

POETRY COMPETITION

Theme: "Mental Health"

Rules

- Poem should adhere to the theme
- Poem not to exceed 7 lines
- Poem should be in English language
- Original contributions only
- Only one entry per participant
- Poem should be sent in pdf format and should not exceed 25 MB
- Poem should be uploaded in the google form ([Click here](#)) by 27th September 2022 via official mail ID
- The filename should be renamed to your register no. (e.g. 21C0803.png)
- Poems that do not follow instructions will be disqualified
- Certificates and medals will be given to the winners
- For queries contact Faculty coordinator Ms. Nazreen Palad/Wagwika at: nazreenpalad@wcc.edu.in

Contest open to shift I & II students of WCC



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PHOTOGRAPHY CONTEST

Theme : "Compassion for the Elderly"

Rules

- The photograph should depict the theme "Compassion for the Elderly"
- Only black and white photographs will be accepted
- Only one entry is allowed per contestant
- The photograph must be in jpg file format
- Photograph size must not exceed 25 MB
- Photographs can be taken with any camera, i.e. Digital or Phone Camera
- Submitted photo must be original, taken by the contestant
- The photo must not contain date stamps, watermarks or any text on it
- Digital manipulation is not allowed
- The photograph should be uploaded in Google Forms ([Click here](#)) by 29th September, 2022 via official email id
- The file name of your photo should be your Register no. (e.g. 21PSY36.jpg)
- Photo entries will be judged based on the extent to which the photo captures the essence of the theme, originality and clarity of the photo
- Certificates and medals will be given to winners

Contest open to shift I and II students of WCC

If you have any queries, please contact the faculty coordinator
Ms. Rini Rajan
Mobile Number : 944450042

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DOODLING COMPETITION

Theme: "Emotions"

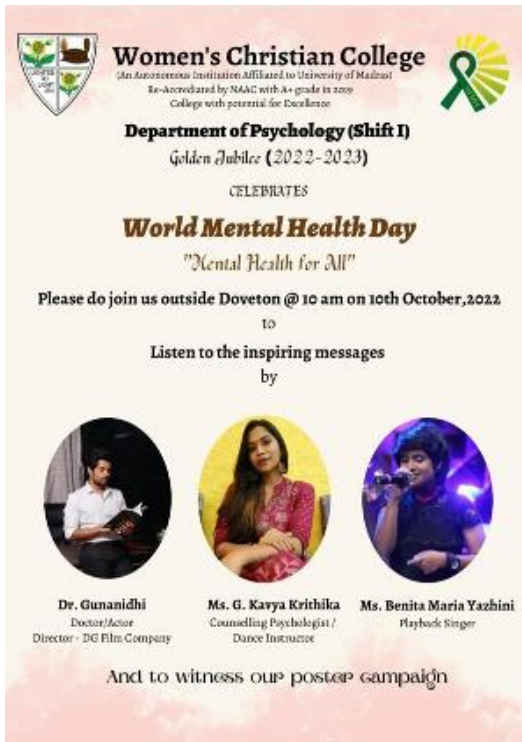
Rules

- Only one entry per participant
- Original contributions only. Copied works will be directly disqualified
- Entries should not exceed 25 MB and should be in the jpg and png format
- Entries should be uploaded in the google form ([Click here](#)) by 28th September 2022 via official mail ID
- Entries should be sent in pdf format and should not exceed 25 MB
- Black pens, color pencils, markers and any creative tools are allowed
- Electronic doodling is also permitted
- Description of the doodle, not exceeding more than 5 sentences to be given
- The filename should be renamed to your register no. (e.g. 21C0803.png)
- Certificates and medals will be given to the winners
- For queries contact Faculty coordinator Ms. Nazreen Palad/Wagwika at: nazreenpalad@wcc.edu.in

Contest open to shift I & II students of WCC



3. To celebrate **World Mental Health Day** on 10th October, 2022, M.Sc. Psychology students specializing in organizational behavior and II B.Sc. Psychology students created posters on mental health awareness. They incorporated the slogan for 2022, **“Make mental health & well-being for all a global priority.”** The posters, printed on A3 paper, were used as flashcards during the “Human Chain” event held from 10:00 to 10:20 am. This event promoted mental health awareness, with students forming human chains to symbolize solidarity while holding their posters. Three special guests attended the event and shared their views on mental health.




Women's Christian College
(An Autonomous Institution Affiliated to University of Madurai)
Re-Accredited by NAAC with A+ grade in 2009
College with potential for Excellence

Department of Psychology (Shift I)
Golden Jubilee (2022-2023)

CELEBRATES

World Mental Health Day
"Mental Health for All"

Please do join us outside Doveton @ 10 am on 10th October, 2022
to
Listen to the inspiring messages
by



Dr. Gunanidhi
Doctor/Actor
Director - DG Film Company

Ms. G. Kavya Krithika
Counselling Psychologist /
Dance Instructor

Ms. Benita Maria Yazhini
Playback Singer

And to witness our poster campaign



4. On 18th October, 2022, an assembly program was organized as part of the Golden Jubilee Celebrations of the Department. Students of Shift I attended the program, which focused on **“Substance Abuse and Digital Addiction.”** The talk was delivered by **Dr. Suresh.**



PRIZE DISTRIBUTION DURING THE ASSEMBLY PROGRAM ON SUBSTANCE ABUSE AND DIGITAL ADDICTION HELD ON 18TH OCTOBER 2022

5. On 21st February, 2023, the department organized a talk titled **“Psy Careers: Careers in Psychology,”** which was attended by UG and I M.Sc. students of the psychology department. The resource persons were **Dr. T. Santhanam**, Ph.D., Psychologist and Director of SDS Academy of Behavioural Sciences, Chennai, and **Dr. Sruthi Sridharan**, M.A., PGDRP, Ph.D., Associate Director and Consultant Rehabilitation Psychologist at SDS Academy of Behavioural Sciences.

