



ACADEMIC ACTIVITIES 2023- 2024

DEPARTMENT OF PSYCHOLOGY – SHIFT I

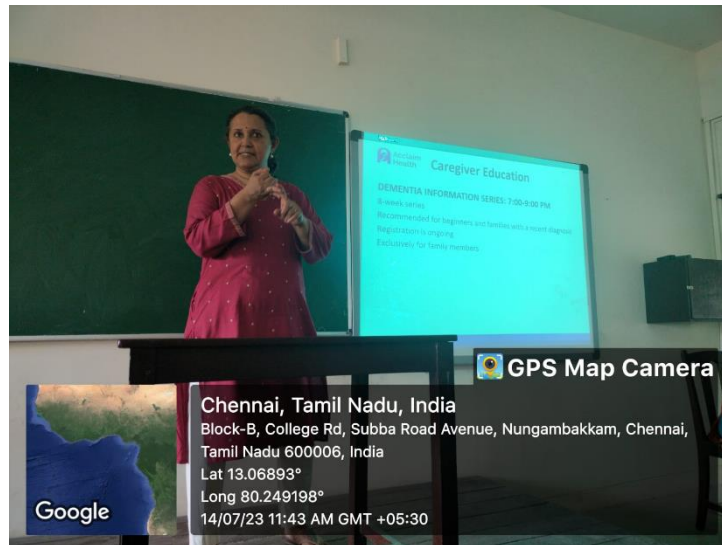


DEPARTMENT OF PSYCHOLOGY (SHIFT I)

ACTIVITIES – 2023 – 2024

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

1. A guest lecture on **Dementia Care** was organized on 14th July, 2023. The resource person was **Ms. Vintha Nair, M.Sc. (Criminal Justice), M.Phil. (Criminology)** from **Rutgers University School of Law, Newark.**



2. On 8th September, 2023, II M.Sc. Psychology students conducted a workshop on **“Assertiveness Training”** for 9th-grade students at Nathan Girls' Higher Secondary School. The session began with an initial screening using the Functional Assertiveness Scale. Screened students received psychoeducation on different communication styles, followed by activities to ensure they understood the concepts.
3. On 14th September, 2023, final year M.Sc. students conducted a workshop on **“Multiple Intelligence”** for 9th-grade students at Madras Christian College Higher Secondary School. The workshop began with a clear and practical definition of intelligence, highlighting its real-life relevance in solving complex problems and creating valuable solutions tailored to individual circumstances.



4. On 18th August, 2023, final year M.Sc. students conducted a workshop on **“Emotional Intelligence”** for 11th-grade students at Vidyodaya Matriculation Higher Secondary School. The workshop introduced students to the concept of Emotional Intelligence and its five components: self-awareness, self-regulation, motivation, empathy, and relationship management.



5. On 21st August, 2023, II M.Sc. Psychology students conducted a workshop on **“Social and Emotional Learning”** for 7th and 8th grade students at St. Joseph’s High School, Nungambakkam. The workshop covered concepts of self-awareness and self-management through various activities such as keeping an emotional journal, completing personal identity worksheets, using emotion cards, practicing gratitude exercises, and engaging in guided imagery.



6. A college-level seminar on “**Cognitive Neuroimaging and Data Science**” was organized in collaboration with the Department of Psychology - Shift II and the Career Guidance Cell. It was attended by III B.Sc. Psychology students from both Shift I and Shift II. The seminar was facilitated by **Professor Flowe**, a researcher and educator from the **University of Birmingham**.

Women's Christian College
An Autonomous Institution affiliated to the University of Madras
Re-Accredited by NAAC in July 2019 with Grade A+
College with Potential for Excellence

G2
गुरु 2023 INDIA

**IN COLLABORATION WITH
CAREER GUIDANCE CELL**

**DEPARTMENT OF PSYCHOLOGY
SHIFT I & II**

JOINTLY PRESENTS

**SEMINAR ON
COGNITIVE
NEUROIMAGING AND
DATA SCIENCE**

RESOURCE PERSON
Professor Heather D. Flowe PhD
Professor of Psychology
University of Birmingham

BENEDICTA ROWE | WCC, CHENNAI

DATE | 20.07.2023 TIME | 12:30 - 1:30 PM



- On 24th August, 2023, M.Sc. Psychology students conducted CALM Workshop #1 titled **“Eco-Consumerism – Sustainably Chic: Tips and Tricks to be Ethically Aesthetic”** under the guidance of **Ms. Nazneen Polad Mogrelia**. The workshop aimed to educate and inspire participants about the benefits and possibilities of sustainable fashion.



- On 28th August, 2023, M.Sc. Psychology students conducted CALM Workshop #2 titled **“The Social Media Savvy – Mastering Social Media: Shield Yourself from the Market Trap”** under the guidance of **Ms. Nazneen Polad Mogrelia**. The workshop focused on phone usage and aimed to help participants improve their well-being.



9. On 30th August, 2023, a **Breast Cancer Awareness** workshop was held for undergraduate students of the department. The workshop aimed to educate students on the importance of early screening for breast cancer, the risk factors associated with it, breast self-examination, and painless treatment methods. The guest speakers were **Dr. Devi Meenal**, Professor and Head of the Department of Radiology at Kilpauk Medical College and Hospital, and **Dr. Bhawana**, Professor and Head of the Department of Radiology at Sri Ramachandra Institute of Higher Education and Research.



10. On 1st September, 2023, II M.Sc. students peer-facilitated a CALM workshop titled **“Setbacks to Comebacks – A Session on Building Resilience.”** The workshop outlined healthy interpersonal and intrapersonal relationships and introduced participants to the six essential factors of resilience. The activity-driven self-discovery

process provided valuable insights and rekindled a sense of purpose and determination among the attendees.



11. On 12th September, 2023, II M.Sc. Psychology students peer-facilitated CALM Workshop #4 titled “**Relationship Management.**” The session covered topics such as empathy, trust, genuineness, comfort, self-disclosure, communication, and conflict management. Each topic was explained in detail and complemented with relevant exercises.



12. On 14th September, 2023, I M.Sc. Psychology students peer-facilitated the CALM workshop titled **“Talk the Talk: Let Your Voice Be Heard.”** The workshop featured engaging activities and a lecture on effective communication strategies. At the end of the session, participants received affirmative cards and handmade pictures.



13. On 15th September, 2023, the Department of Psychology, in collaboration with the Young Indians Club (Shift I) of the college, organized the CALM workshop titled **“Habits of the Heart.”** The workshop was led by **Mr. Krish Dhanam**, Co-Founder of Skylife Success and a renowned motivational speaker mentored by Zig Ziglar. It focused on key Habits of the Heart, including listening, hard work, and persevering in the purpose that God has placed in our lives.



14. On 5th October, 2023, I M.Sc. Psychology students peer-facilitated the CALM workshop titled **“ACE YOUR ACADEMICS: Workshop on Study Skills & Time Management”** in commemoration of World Mental Health Day. The workshop featured discussions and activities related to personal and life values. It was a significant initiative aimed at promoting a healthy studying lifestyle and efficient time management among the participants.

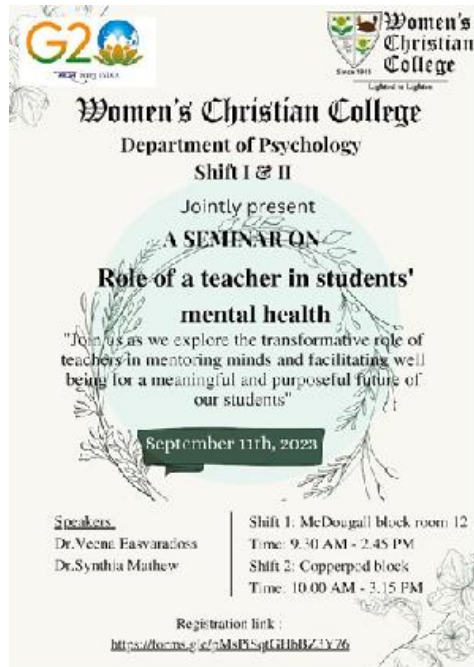


15. On 6th October, 2023, I M.Sc. Psychology students peer-facilitated the CALM Workshop titled **“ELEVATE YOU: Enhancing Self-Esteem for Emerging Adults”** in commemoration of World Mental Health Day. The workshop featured discussions and activities focused on self-esteem, self-confidence, and self-compassion.






16. To celebrate World Mental Health Day 2023, the Department of Psychology (Shift I and Shift II) conducted a seminar for teachers on 11th September 2023, themed **“Role of a Teacher in Students’ Mental Health.”** The resource persons were **Dr. Veena**

Easvaradoss and Dr. Cynthia Mathew. Each of the two sessions began with a warm-up activity in which all the teachers actively participated. Throughout the seminar, various topics were discussed, guiding teachers to consider and analyze personal conflicts, environmental situations, interpersonal conflicts, and career conflicts that students might face. Additionally, strategies for how teachers can provide support were explored.




17. On 5th October, 2023, a seminar on **“Healthy Intimate Relationships”** was conducted exclusively for final year undergraduate students of the college. **Dr. Sangeetha Makesh from PsyCafe** served as the resource person. The seminar was attended by 128 students from various departments. Dr. Sangeetha provided an

insightful overview of love, its stages, the underlying neuroscience, love languages, and various forms of abuse and abusers in intimate relationships.

  **Women's
Christian
College** 
Since 1915
Lighted to Lighten

Women's Christian College
In collaboration with Psycafe
Department of Psychology
Shift I & II
Jointly presents
**A SEMINAR ON
HEALTHY INTIMATE
RELATIONSHIPS**

The purpose of this session is to throw light on the science behind intimate relationships which will help individuals understand the dynamics of a healthy relationship and also recognise when relationships turn toxic. It further helps regulate the self in the face of a relationship dissolution and move towards the path of recovery.


Date: 5th October 2023
Venue: Bamford Hall
Time: 10.00 AM - 3.00 PM
Registration Link:
<https://forms.gle/qUVLDgCWqeYdBK6b8>
Dr. Sangeetha Makesh



18. On 11th October, 2023, a guest lecture titled “**Career Guidance in Elementary, Middle, and High School: An Exploration from Theoretical and Practical Viewpoints**” was organized for II M.Sc. Psychology students. The lecture was delivered by **Dr. Sumathi Pratap**.

19. On 9th October, 2023, a guest lecture titled “**Crimes Against Women**” was organized for II M.Sc. Psychology students by Ms. Rini Rajan. The lecture was facilitated by criminologist **Dr. P.T. Uma Maheswari**.



20. On 12th January, 2024, Dr. Divya Dovina T. organized a webinar titled **“Bridging Psychology and Entrepreneurship”** for UG and PG Psychology students. The session's speaker was **Mr. Saajan**, Founder and Psychologist of Fika Psycare Organization.

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Department of Psychology
organizes a talk on

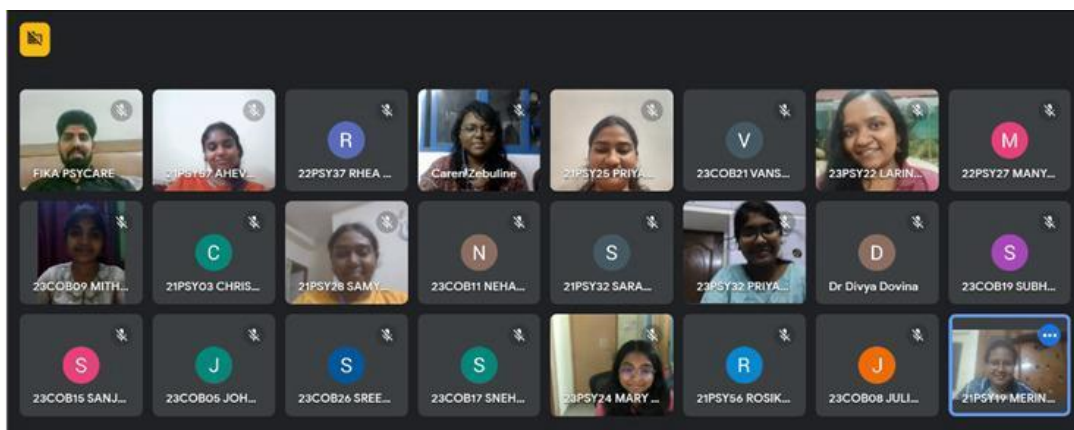
**Psychology's
Entrepreneurial Frontier**

-Innovation in the Mind-

**“Bridging Psychology and
Entrepreneurship”**

Speaker:
Mr. Saajan
Founder and Psychologist
Fika Psycare Organization

12th January
5:00 PM
Online Mode



21. The CALM Campaign workshop on “**Value Clarification**” was facilitated by **Ms. Vaijyanthi**, a research scholar in the Psychology Department, for the extension activities students of Shift I and Shift II at the college.

Women's Christian College, Chennai
Department of Psychology - Shift I
In Collaboration with Extension Activities

CALM
Campaign to Activate a Life of Mental Wealth

A Self Development Workshop series
Vaanga Pesalaam!!

Workshop 9
Value Clarification
Understanding your personal values

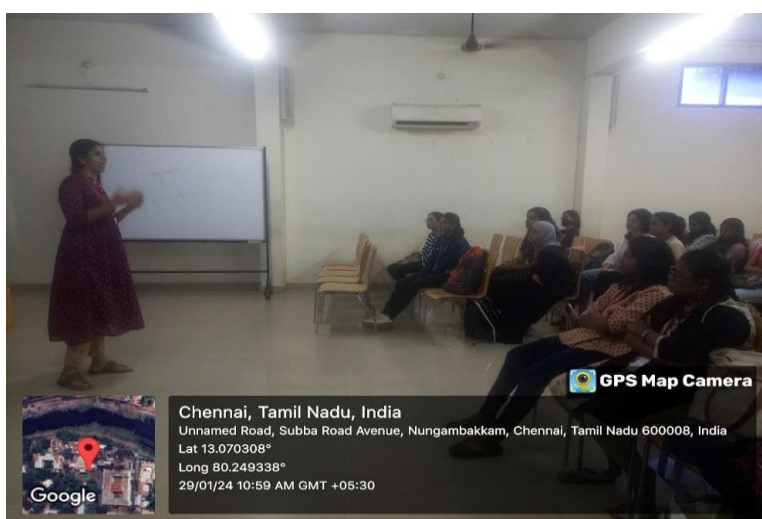
Venue : Copper pod
Date : 29.01.2024
Time : 10.00 am - 11.30 am (For Shift II students)
02.00 pm - 03.30 pm (For Shift I students)

Open to WCC Students only
Certificates will be provided

LAST DATE FOR REGISTRATION : 27.01.2024 (09.30 PM)
LIMITED TO FIRST 80 STUDENTS!

FOR REGISTRATION,
SHIFT I - CLICK [HERE](#)
SHIFT II - CLICK [HERE](#)

Kindly refrain from backing out after registration,
to keep the seats open for others



22. The CALM Campaign workshop on “**Responsibility in the Workplace**” was facilitated by I M.Sc. Psychology students from the OB stream, under the guidance of **Ms. Nazneen Polad Mogrelia**. The workshop aimed to boost ethical behavior among the college's maintenance staff.



23. On 31st January, 2024, the CALM Campaign workshop on “**Emotions and Moods**” was peer-facilitated by I M.Sc. Psychology students under the guidance of **Ms. Nazneen Polad Mogrelia**. The workshop was attended by extension activities students of Shift I.

DATE & TIME
31ST JANUARY, 2024
1.45 P.M – 3.00 P.M

**Woman's Christian College
Chennai**
Department of Psychology SHIFT-1
In collaboration
with
Extension Activities

CALM
Campaign to Activate a Life of
Mental Health

WORKSHOP #12
on
*Emotions
and
Communication*

VENUE : COPPER POD
Opposite to Psychology
Department,
McDougall block,
WCC

REGISTERED
Certificates will be
provided for participants
who attend the entire
workshop

REGISTRATION DETAILS

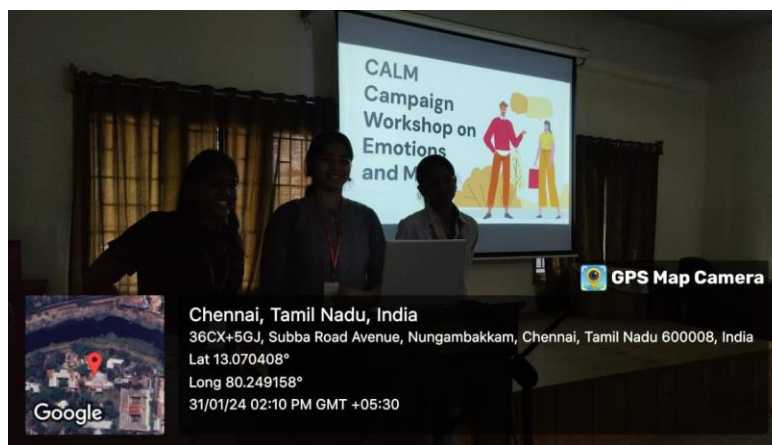
- Open to Shift I students of all the Departments.
- Limited to first 70 students.
- Kindly refrain from backing out after registration.

LINK FOR REGISTRATION
<https://forms.gle/GDsvwtR8vL5T8EAA>

**JOIN US
FOR AN AFTERNOON
FILLED WITH**

- FUN GAMES
- ACTIVITIES
- INTERACTIONS
- LEARNING

EXPRESS
CONNECT
THRIVE



24.A CALM Campaign titled **“Digital Harmony: Mindfulness Techniques for Smartphone Serenity”** was peer-facilitated by II M.Sc. Psychology students under the guidance of **Ms. Priscilla**. Extension activities students attended four sessions held across January and February 2024.



25. Unified Brain Health Care and the Department of Psychology at Women's Christian College, Chennai, invited undergraduate and postgraduate psychology students in Chennai to a talk on the foundations of neuropsychology titled **"Unraveling the Mystery: A Journey into the World of Neuropsychology"** on 19th February, 2024. The two-hour interactive talk was led by **Dr. Laura A. Rabin, Professor of Psychology at Brooklyn College and The Graduate Center of The City University of New York, and Visiting Professor of Neurology at The Albert Einstein College of Medicine**. Students from 19 colleges across Chennai participated in this academic event.

Hosted by: Department of Psychology, WCC &
Unified Brain Health Care

**Unraveling the Mystery:
A Journey into the World of Neuropsychology**
with

Bertha Corfield
Auditorium,
WCC
19th February, 2024
11:30 am-1:30 pm




 **Laura A Rabin, PhD**
Professor of Psychology
Brooklyn College and The Graduate Center
The City University of New York
Visiting Professor of Neurology
The Albert Einstein College of Medicine



Dr. Laura A.Rabin received her B.A. from Northwestern University and a master's degree from Oxford University. She completed her Ph.D. in Clinical Psychology/Neuropsychology at Fordham University and a postdoctoral fellowship in clinical neuropsychology and neuroimaging at Dartmouth Medical School. In her research, Dr. Rabin utilizes neuropsychological tests, self- and informant-report questionnaires, genetic testing, and neuroimaging. These tools enable her to investigate cognitive and neurophysiological changes associated with symptomatic prodromal stages of dementia, toward identification of the earliest markers of dementia risk. An important aspect of this research is the development and refinement of assessment tools that effectively distinguish categories along the continuum from normal aging through varying degrees of cognitive dysfunction. She also studies changes in judgment and problem solving along the Alzheimer's disease continuum with implications for preventing exploitative, unsafe behaviors, and functional dependence in those most vulnerable. Dr. Rabin has a line of survey work on neuropsychological test usage patterns and a line of educational research focused on understanding factors that impact academic performance and mental health outcomes of diverse students. In addition, she mentors students at all levels of training and maintains a clinical practice with older adults who present with various cognitive and psychological disturbances.