



CO-CURRICULAR ACTIVITIES 2023-2024

DEPARTMENT OF PSYCHOLOGY (SHIFT I)



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ACTIVITIES – 2022 – 2023

1. The Department of Psychology (Shift 1) in association with Psycafe organized a one minute short film shot on mobile contest, on the occasion of **World Mental Health day** at an intercollegiate level. Students from various colleges of Chennai participated.

Department of Psychology (Shift I & II)
Women's Christian College
&
Psycafe
are delighted to have you participate in a
"One-minute Short Film Making on Mobile Contest"
to commemorate the
World Mental Health Day
(10th October, 2023)
Theme: "Mental Health is a Universal Human Right"
Deadline: 25th September, 2023 at 10 pm IST
Open to: Female students from any college

I Prize- Rs. 7000
II Prize- Rs. 5000
III Prize- Rs. 3000

Winners will be announced on 10th
October, 2023 at Bertha Corfield
Hall, Centenary Block, Women's
Christian College, at 10 am

2. A **logo design competition** took place in December 2023 for the International Seminar on Approaches to Trauma, with participation from students in both Shift I and Shift II.



3. The Psychology Department organized the **Alumnae Reunion 2024** on 6th January, 2024. The event was attended by alumnae from various batches of the Psychology Department from around the world.



Women's Christian College, Chennai
Department of Psychology

Alumna Reunion - 6th January 2024

Program schedule

VENUE: Main Auditorium

09:30 AM - 10:30 AM	<i>Meeting, greeting, eating & seating</i>
10:30 AM - 10:35 AM	<i>Giving praise & thanks</i>
10:35 AM - 10:40 AM	<i>Welcoming the home comers</i> <i>Dr. Lilian V. Jasper, Principal, WCC</i>
10:40 AM - 10:45 AM	<i>Reconnecting the past and present</i> <i>Dr. A. Zarina, Head, Dept. of Psychology, WCC</i>
10:45 AM - 11:45 AM	<i>Nostalgic narratives</i> <i>Former Faculty & Alumna</i>
11:45 AM - 12:15 PM	<i>A peep into Gen Z's frenzy</i> <i>Current students of the Department</i>
	<i>Concluding gratitude</i> <i>Ms. Nazneen Mogrelia, Assistant Professor,</i> <i>Dept. of Psychology, WCC</i>
	<i>Alma Mater</i>
12:15 PM ONWARDS	<i>Informal interactions</i> <i>Alumna & Faculty</i>





DR. SUSAN KOSHY, FORMER FACULTY OF THE PSYCHOLOGY DEPARTMENT, ADDRESSING THE ALUMNAE REUNION

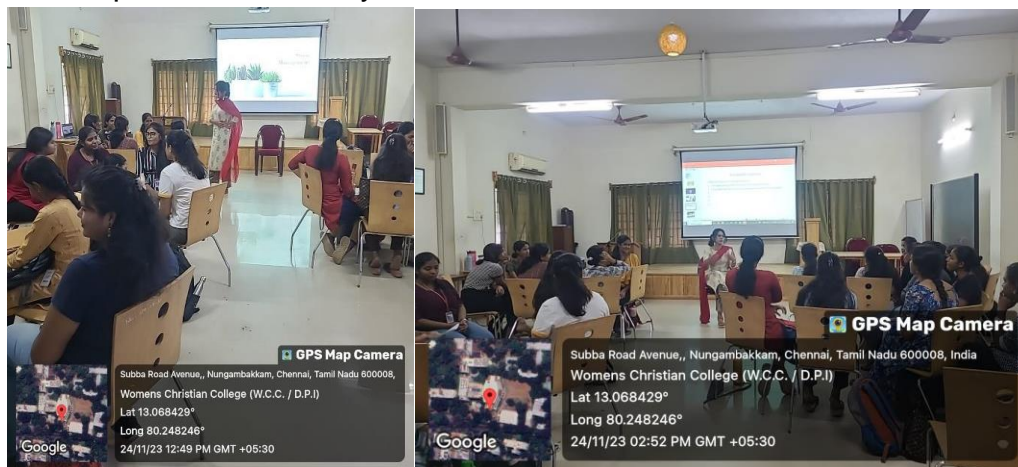


DR. SHEELA JULIUS, FORMER HEAD OF THE DEPARTMENT OF PSYCHOLOGY, WITH DISTINGUISHED ALUMNA MS. BENITA YAZHINI

4. On 12th October, 2023, an **"Educational Visit"** was organized as part of the Criminal and Forensic Psychology paper for 24 students from II M.Sc. Psychology at Women's Christian College, Chennai. They were accompanied by 4 teachers to watch the movie "Chithha" at INOX Chennai Citi Centre, Dr. Radha Krishnan Salai.



5. A 2-hour 30-minute workshop on **"Stress Management"** was conducted for the final year B.Com Hons students. The workshop included student interaction, hands-on activities, and a lecture. It covered the biological basis of stress and effective management strategies, providing students with valuable insights and practical takeaways.



6. The workshop titled **"You Need to Calm Down,"** aimed at equipping students with skills to relax and unwind under stressful or anxiety-provoking circumstances, was conducted for the final year students of the Department of Psychology, Shift II. Following a brief discussion on stress and relaxation responses, the session included practicing evidence-based strategies such as box breathing, JPMR, mindfulness meditation, and guided imagery. Students were also provided with handouts detailing how to practice these techniques at home.

