

**ACADEMIC ACTIVITIES 2022-2023**  
**DEPARTMENT OF PSYCHOLOGY SHIFT II**

**1. Guest Lecture on Sexual Dysfunction Disorders**

Ms. Divya, clinical psychologist .The lecture on sexual dysfunction disorders by Ms. Divya was very insightful. The lecture touched on various aspects of sexual dysfunction including the diagnosing criteria, types, causes, and treatment plans. Psychosocial factors that lead to sexual dysfunction and paraphilia were highlighted. Multiple models and theories rooted in various schools of thought that were related to sexual functioning and sexuality were also elaborated on. In addition, myths about sex and sexual disorders were discussed, especially the ones pertaining to gender stereotypes. Ms. Divya made the session a comfortable space to interact and ask questions. The session was interesting and resourceful



## 2. Workshop on Understanding Self

The workshop on “Understanding Self” was facilitated by Ms. Jemmy, Assistant Professor, Department of Psychology Shift 1, Women’s Christian College, Chennai on 12<sup>th</sup> of January 2023. The workshop was very much in line with the Skill based paper “Enhancing Personality” and was a reflective one which gave a platform for third year students to understand various concepts of self as well as to reflect on them.



### 3.A Guest Lecture on “Social works and it’s current trends”

A Guest Lecture on social works and its current trends was handled by Mr. Aswin, (Lawyer, Social worker, and President of CHEER NGO) for 2nd year B. Sc. Psychology, 2021 batch. Mr. Aswin shed light on various vulnerable populations who are in need of help, evolution and mode of service delivery of an NGO. Apart from that, students got an opportunity to appreciate the CHEER NGO, and their extended work towards community. Overall the session was constructive and advantageous.





The poster features the logos of Women's Christian College, Chennai, and G20 India 2023. It includes the text: 'WOMEN'S CHRISTIAN COLLEGE, CHENNAI', 'DEPARTMENT OF PSYCHOLOGY, SHIFT-II', 'A Guest Lecture on SOCIAL WORK AND IT'S CURRENT TRENDS', 'SPEAKER Mr. Aswin kumar, Lawyer, Social Worker & President of Cheer NGO', and 'Date : 03/02/2023, Time : 4:00 to 5:00 pm'. The background is a light green and blue gradient with a leaf illustration.



#### 4.A Guest Lecture on “ Abuse; through the lens of attribution theory “

A guest lecture on Abuse; through the lens of attribution theory, for the 2<sup>nd</sup> year B. Sc. Psychology students, was handled by Ms. Linda M (Assistant Professor, Loyola College, Chennai). The session emphasized on emotional abuse in relationship and it’s consequences on mental health. The speaker covered various aspects of emotional abuse including the characteristics and cycle of abuse. It also provided students with an opportunity to share related experience in their life. Overall, it was insightful and made students understand the importance of addressing emotional abuse equally as physical abuse.



 **WOMEN'S CHRISTIAN COLLEGE, CHENNAI**   
Since 1915

**DEPARTMENT OF PSYCHOLOGY,  
SHIFT-II**

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**A Guest Lecture on**




**ABUSE**

**THROUGH THE LENS OF ATTRIBUTION THEORY**

**SPEAKER**

**Ms. Linda M**  
Assistant Professor  
Loyola College (Autonomous),  
Chennai



 **15/02/2023** |  **McDougall Block  
Room no. 2**  
 **12.30 to 1.30 pm**

## 5. Workshop on “EMOTIONAL REGULATION”

Workshop was conducted on “Emotional Regulation” by the college Student Counsellor Ms. Rachel Esther on 17<sup>th</sup> February 2023.

Ms. Rachel then talked about how emotions are neither good or bad and how everybody has a different way to process emotions. She then continued by talking about a technique for emotional regulation, “The Process Model” by James Gross which says emotions are generated by Situation, Attention, Appraisal and Response and how we can change the emotions by changing one of the above four.



## 6.COMMUNITY OUTREACH PROGRAM IN COLLABORATION WITH JUSTICE AND HOPE

The poster features logos for G20 India 2023, Women's Christian College (founded 1915), and Justice & Hope. The text reads: 'Women's Christian College DEPARTMENT OF PSYCHOLOGY SHIFT II in collaboration with JUSTICE AND HOPE ORGANISES A COMMUNITY OUTREACH PROGRAM'. It details two phases: Phase 1 (Training) on Thursday, Feb 9 at 02:45 PM, and Phase 2 (Intervention) on Friday, Feb 17 at 10:00 AM.



The protection against child sexual abuse Workshop, in collaboration with Justice and Hope NGO was conducted in Green Valley Central School, Chennai on 17th February 2023. The workshop was divided into 2 sessions, with the first session dealing with adolescence and the changes accompanying it, and the second session focused on spreading awareness regarding child sexual abuse and safety. The sessions were held for the students of classes 5 to 9, and for 11th graders as well. The students were divided on the basis of gender to create a safe space and help them feel comfortable. While the session regarding adolescence dealt with physical, mental and emotional changes accompanying the transitional phase, the second session regarding Child Sexual Abuse and the POSCO Act aimed at creating awareness and educating students regarding abuse and the types of abuse, and equipping them with the necessary safety helplines that can be called, and other measures that can be undertaken to protect themselves and keep themselves safe.