
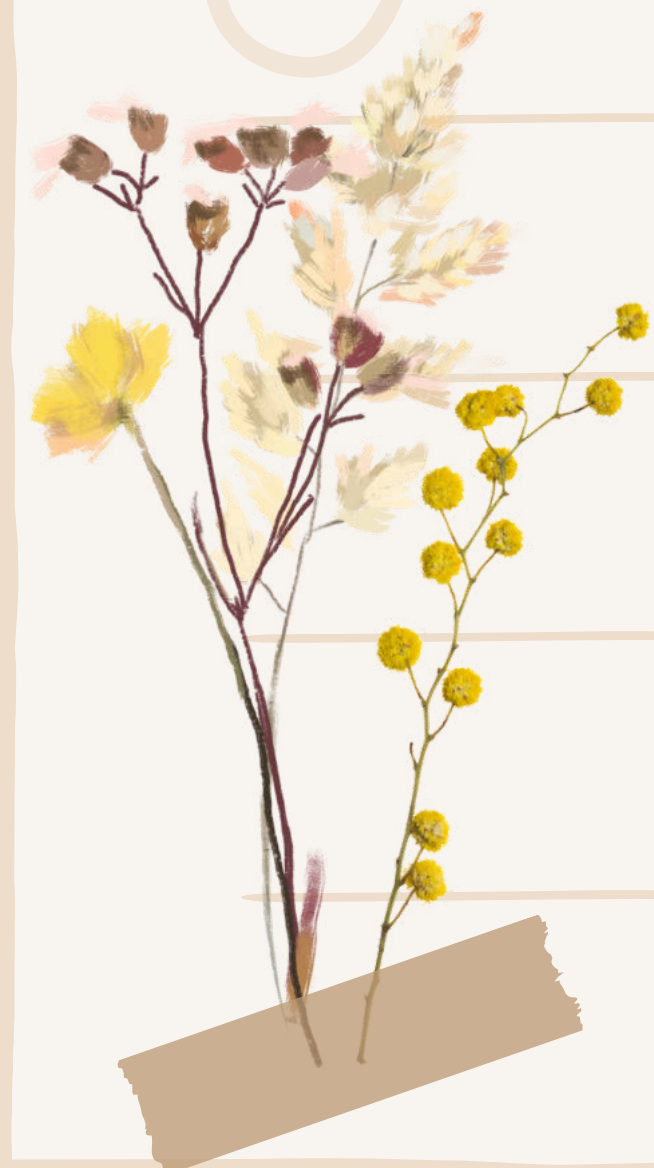


NEWS LETTER



2022-2023

**DEPARTMENT OF
PSYCHOLOGY ,**

**ST.MARY'S
COLLEGE
(AUTONOMOUS)
THOOTHUKUDI.**



Hod's message

"Believe you can and you are halfway there"

-Theodore Roosevelt

I am very happy and delightful in presenting our department's enormous growth . We begunas a small sapling but now we stand as a sign of excellence and eminence. To experience the subject, many outdoor programmes have been conducted. Not Only in academic even in extracurricular activities our students have outshined and brought laurels. We flourish and thrive as a department, supporting each other for their uplifting. It fills

Me with no much pride in putting forth all our department's activities.
This newsletter we can get an overview of our optimistic
department.





Chief Editor :

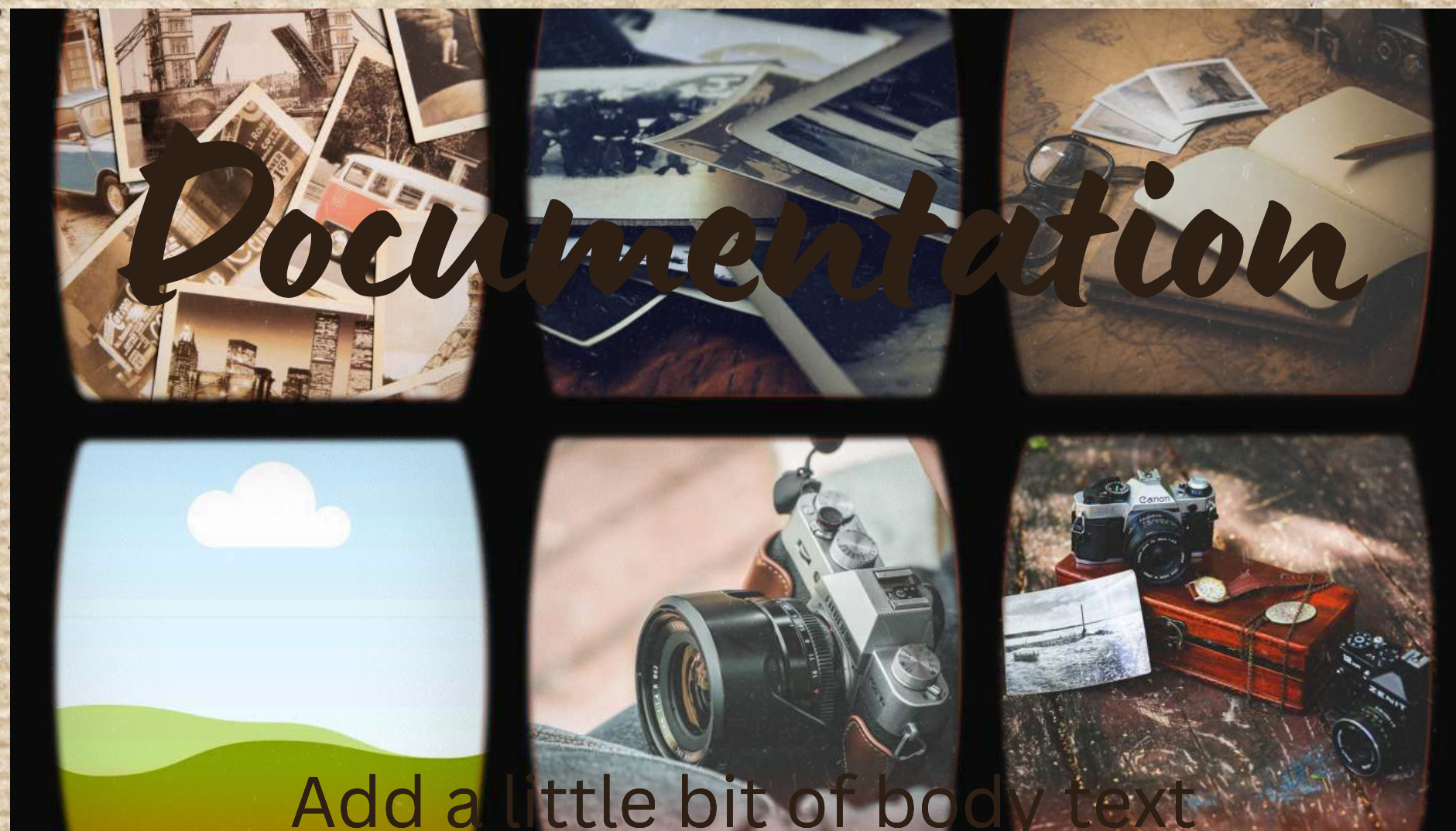
Sathya

Photographers:

Iswarya
Madhu

Editors:

Uthitha
Priya
kaviya



Documentation

Add a little bit of body text

Trip schedule :

Date : 10.09.2022
visite to : Kokirakulam prison for women
Departure time: 9.00 AM
Taken students: I,II&III UG students
Title : Celebrating life



staff members :

Dr.Jeya Bharathi

Mrs.Rohini

Ms.pon bala priya

Ns.Mary vadhana Devi

New staff appointments:

Ms. Pon bala priya

ms.Mary vadhana devi

Bos-24.04.2023:

Mr.subair

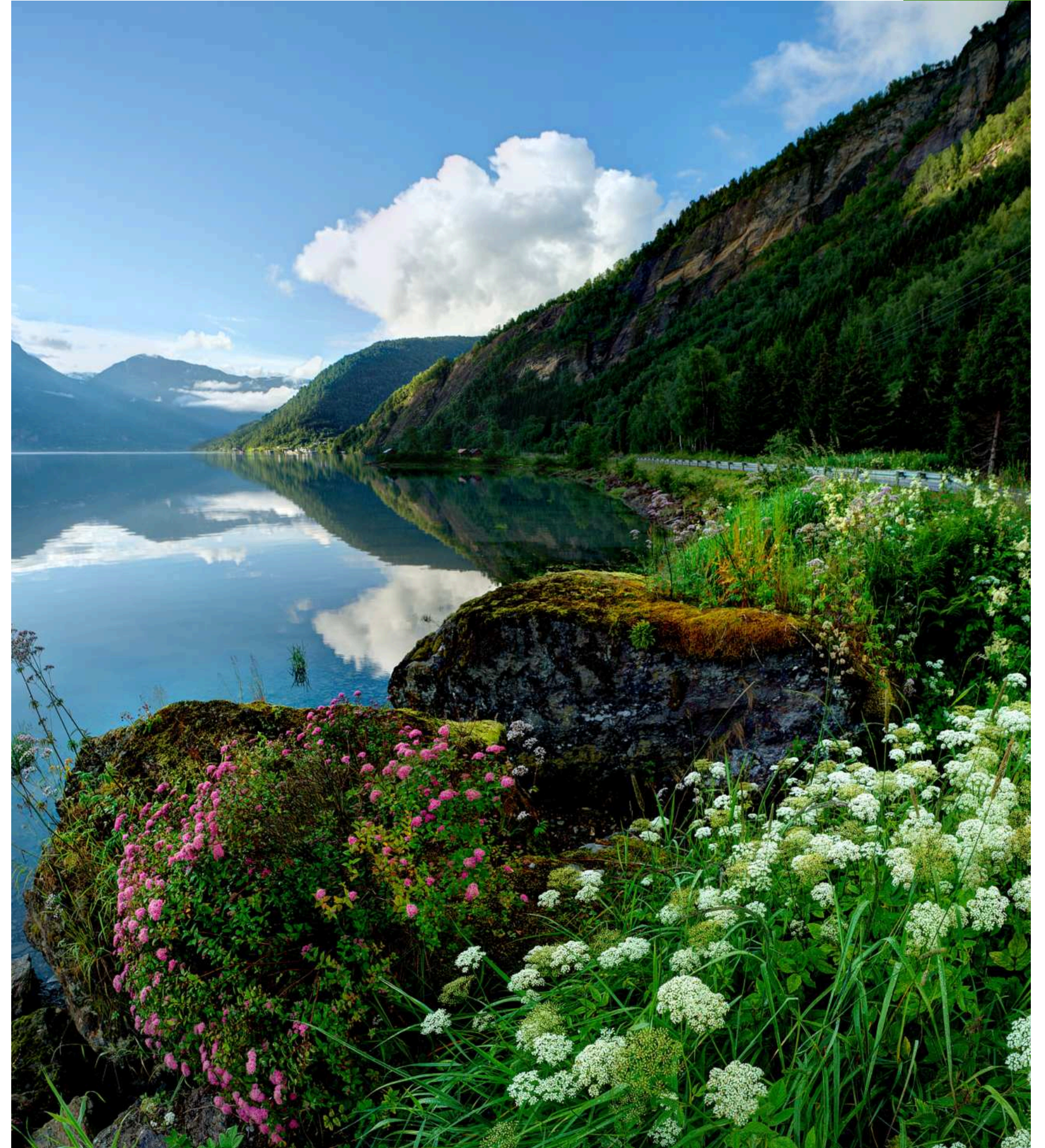
ms.padma

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New letter 2022-2023

- Research publication:



- Research out for Help :

9.9.202 - Suicide Prevention Awareness still

All college staff & students



- The department, to create an awareness among the college students regarding the prevention of Suicide and to create an awareness regarding the availability of various resources to whom we can reach out during times of crisis, organized an Awareness Still at both the entrances of the college on 9.9.2022, between 8.00 am to 8.40 am. The still was self-explanatory, depicting the presence of family, friends, psychologists, psychiatrists, law and spirituality to whom we should be willing to reach out and seek help to maintain our mental health.



- The department, with reference to Suicide Prevention Day, along with the Counselling Forum of the college, organized a Field Trip to Kokirakulam Prison for Women, Tirunelveli on 10.9.2022. The trip was initiated to insist the value of life and need for leading a model life amongst the inmates of the prison. The students performed cultural activities that uplifted the mood and wellbeing of the inmates. Biscuits and towels were distributed as a token of love for the inmates.

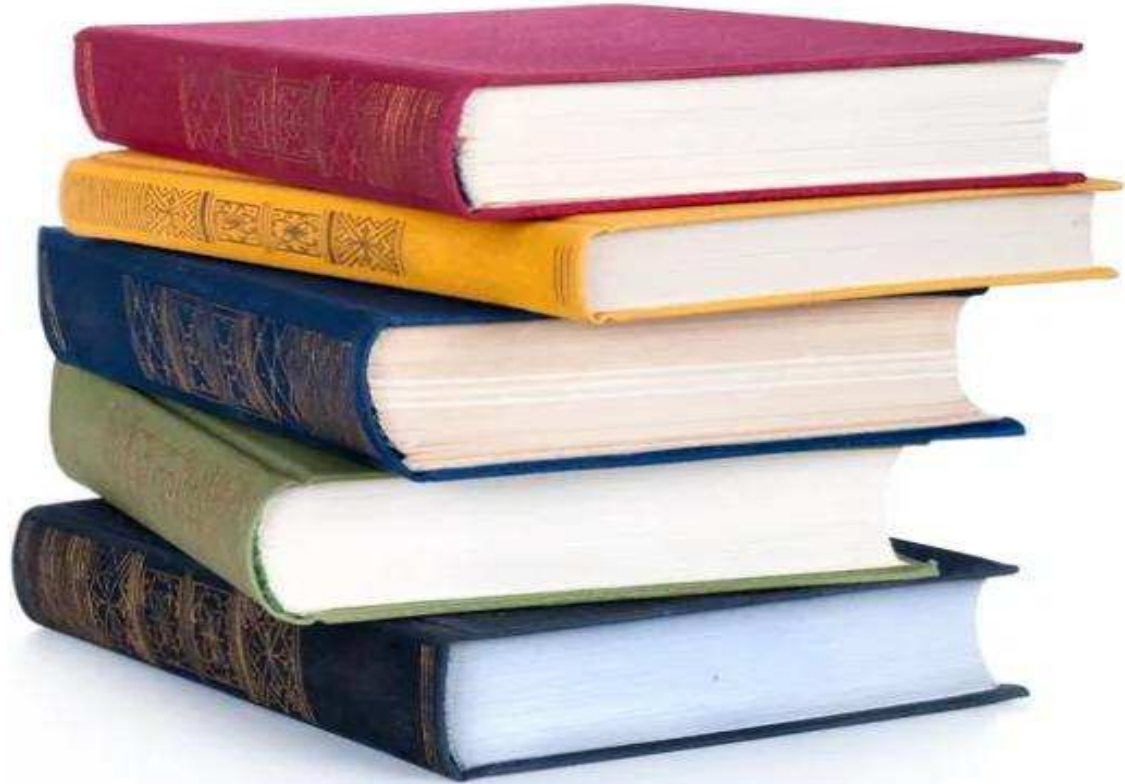


- Presentation:



- A presentation conveys information from a speaker to an audience. Presentations are typically demonstrations, introduction, lecture, or speech meant to inform, persuade, inspire, motivate, build goodwill, or present a new idea/product.
- A presentation requires you to get a message across to the listeners and will often contain a 'persuasive' element. It may, for example, be a talk about the positive work of your organization, what you could offer an employer, or why you should receive additional funding for a project.

- Books:



- Resources person :



- The department, along with the Department of Mathematics (SSC), organized a Two days National Workshop on Statistics: Future's Demand. The resource persons were Dr. Rameshbabu Tamarana, Assistant Professor of Psychology, Christ University, Bangalore and Dr. Senthil Kumar, Assistant Professor, Department of Statistics, Thanthai Periyar College of arts and science, Trichy were the resource persons. The beneficiaries were the students of the departments of Psychology and Mathematics (SSC), along with students of PG Economics and Computer Science. The sessions were highly interactive and informative and the students found it to be very knowledge enriching.

- The Department of Psychology, in collaboration with the Ahana Hospitals for Mental Health, Madurai, organized a Two days training program for the III UG and I PG students on Counselling skills and Psychological testing on 19 and 20 November, 2022. It was a very informative and interactive training program and the students were highly motivated as it was their first hospital visit where they got to interact with the patients admitted for psychological reasons. It was an opportunity for them to see in real life what they had only learnt from books. The training program was very well organized with a set frame work wherein the students were first taught how to interact with the clients. They were instructed on what to ask and what not to ask. It was a fruitful training program and the students greatly benefitted out of it.

Chapter:

Mental health day celebration - 10.10 2022. (Ms. Chandrika V)

Counsellor, PCOS Ambassador, Zumba instructor, Fitness anchor, Colours Tamil All III UG students (245 students)

The department, with reference to World Mental Health Day, organized a Mental Health Day Celebrations on 10.10.2022. All III UG students, both from the Regular and SSC Streams were the beneficiaries. Ms. Chandrika V, Counsellor, PCOS Ambassador, Zumba Instructor and Fitness Anchor, Colours Tamil was the resource person. The program included a short motivational session on the importance of mental health and a Zumba session which the participants enjoyed a lot. The students had fun dancing for their favourite cine songs to the steps of the resource person.


ST. MARY'S COLLEGE (AUTONOMOUS) THOOTHUKUDI
(Re-accredited with A+ Grade by NAAC)
75 YEARS OF EXCELLENCE

Department of Psychology
Organises
World Mental Health Day Celebration
10.10.2022 @ Auditorium at 12.30 p.m.

Resource Person
CHANDRIKA V

Counsellor, Natural Motivation Expert,
PCOS Ambassador, Zumba Instructor,
Fitness Anchor-Colours Tamil
Thoothukudi

With Best Wishes From
REV. DR. SR. C. SHIBANA
SECRETARY
REV. DR. SR. A.S.J. LUCIA ROSE
PRINCIPAL
REV. SR. JOSEPHINE JEYARANI
DIRECTOR, SSC



- Participation in RC/OC seminars:



 **ST. MARY'S COLLEGE (AUTONOMOUS)**
(RE ACCREDITED WITH A+ GRADE BY NAAC)
THOOTHUKUDI

 **INSTITUTION'S
INNOVATION
COUNCIL**

 **DEPARTMENT OF PSYCHOLOGY & IIC**

JOINTLY ORGANIZES

SELF MENTORING SESSION
ON 30.8.2022 @ 10.00 AM

RESOURCE PERSON
DR. FR. JOHN SURESH
FINANCIAL ADMINISTRATOR, TMSSS, THOOTHUKUDI

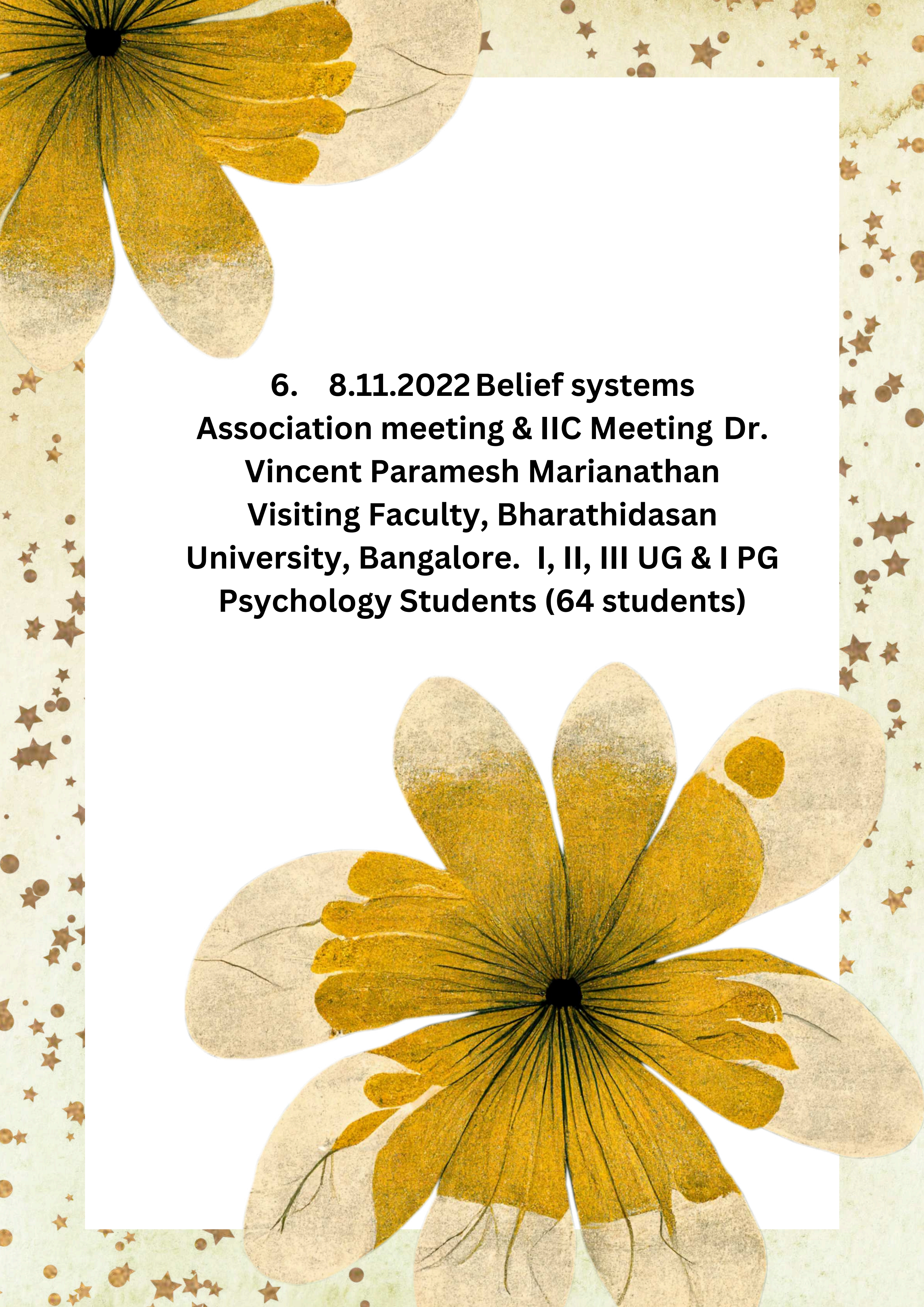
WITH BEST WISHES FROM
REV. DR. SR. C. SHIBANA
SECRETARY & IIC VICE PRESIDENT
REV. DR. SR. A.S.J. LUCIA ROSE
PRINCIPAL & IIC PRESIDENT
REV. SR. JOSEPHINE JEYARANI
DIRECTOR, SSC

- The Department of Psychology, in association with IIC, organized a special session on Self Mentoring. The meeting was held in Offline Mode on 30.8.2022 at 10.00 am at Star Hall. The resource person of the day was Rev. Fr. Dr. John Suresh, Financial Administrator, TMSSS, Thoothukudi and Assistant Professor, Department of Psychology, St. Mary's College, Thoothukudi. All the UG and PG students of the Department of Psychology were the beneficiaries. The session was a very informative one teaching the skills of self-mentoring for the students of the department of Psychology.

association meeting



The department, along with the Department of Mathematics (SSC), organized a Two days National Workshop on Statistics: Future's Demand. The resource persons were Dr. Rameshbabu Tamarana, Assistant Professor of Psychology, Christ University, Bangalore and Dr. Senthil Kumar, Assistant Professor, Department of Statistics, Thanthai Periyar College of arts and science, Trichy were the resource persons. The beneficiaries were the students of the departments of Psychology and Mathematics (SSC), along with students of PG Economics

The background features a light green and beige color palette. It is decorated with several large, dried, pressed leaves in shades of yellow and brown, showing detailed vein structures. Scattered throughout are small, brown star-shaped patterns and circular motifs, creating a textured, artistic feel.

**6. 8.11.2022 Belief systems
Association meeting & IIC Meeting Dr.
Vincent Paramesh Marianathan
Visiting Faculty, Bharathidasan
University, Bangalore. I, II, III UG & I PG
Psychology Students (64 students)**





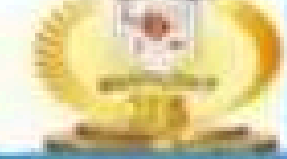

The department, to create an awareness among the college students regarding the prevention of Suicide and to create an awareness regarding the availability of various resources to whom we can reach out during times of crisis, organized an Awareness Still at both the entrances of the college on 9.9.2022, between 8.00 am to 8.40 am. The still was self-explanatory, depicting the presence of family, friends, psychologists, psychiatrists, law and spirituality to whom we should be willing to reach out and seek help to maintain our mental health.



IIC meeting

The department, in association with IIC, organised its Association Meeting on the topic Belief Systems as per the IIC suggestion of a program on the Problem solving and ideation. Dr. Vincent, Visiting faculty, Bharathidasan University, Bangalore addressed the department students on the topic and gave them an in-depth perspective on the ways and means of problem solving and decision making. It was an interactive and interesting session.





ST. MARY'S COLLEGE (AUTONOMOUS)
Re-accredited with 'A+' Grade by NAAC
Thoothukudi
75 YEARS OF EXCELLENCE IN EDUCATION
DEPARTMENT OF PSYCHOLOGY
Organises
ASSOCIATION MEETING
BELIEF SYSTEM
RESOURCE PERSON
**Fr. Dr. Vincent Paramesh
Marianathan.MD.**
BEST WISHES FROM
Rev. Dr. Sr. C. Shibana, Secretary
Rev. Dr. Sr. A.S.J Lucia Rose, Principal
Rev. Dr. Sr. Kulandhai Therese, Deputy Principal
Rev. Sr. Josephine Jeyarani, Director, SSC
Date: 8.11.2022
Venue: Star Hall





TOPIC

STUDENT ACTIVITIES

SUIDICAL PREVENTION DAY





The department, with reference to Suicide Prevention Day, along with the Counselling Faculty of the college, organized a Field Trip to Kokirakulam Prison for Women, Thiruvelli on 10.9.2022. The trip was initiated to insist the value of life and need for leading a model life amongst the inmates of the prison. The students performed cultural activities that uplifted the mood and wellbeing of the inmates. Biscuits and

A watercolor-style illustration of various pink and purple flowers, including orchids and smaller blossoms, scattered across a soft, multi-colored gradient background. The colors transition from warm pinks and oranges on the left to cool blues and greens on the right. The text is overlaid on this artistic composition.

**WORLD MENTAL HEALTH
DAY**




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75 YEARS OF EXCELLENCE

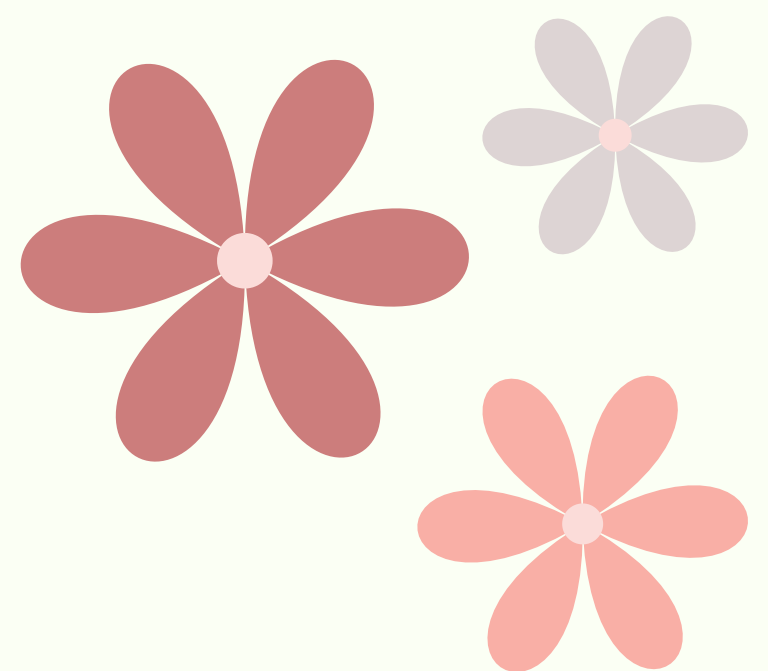
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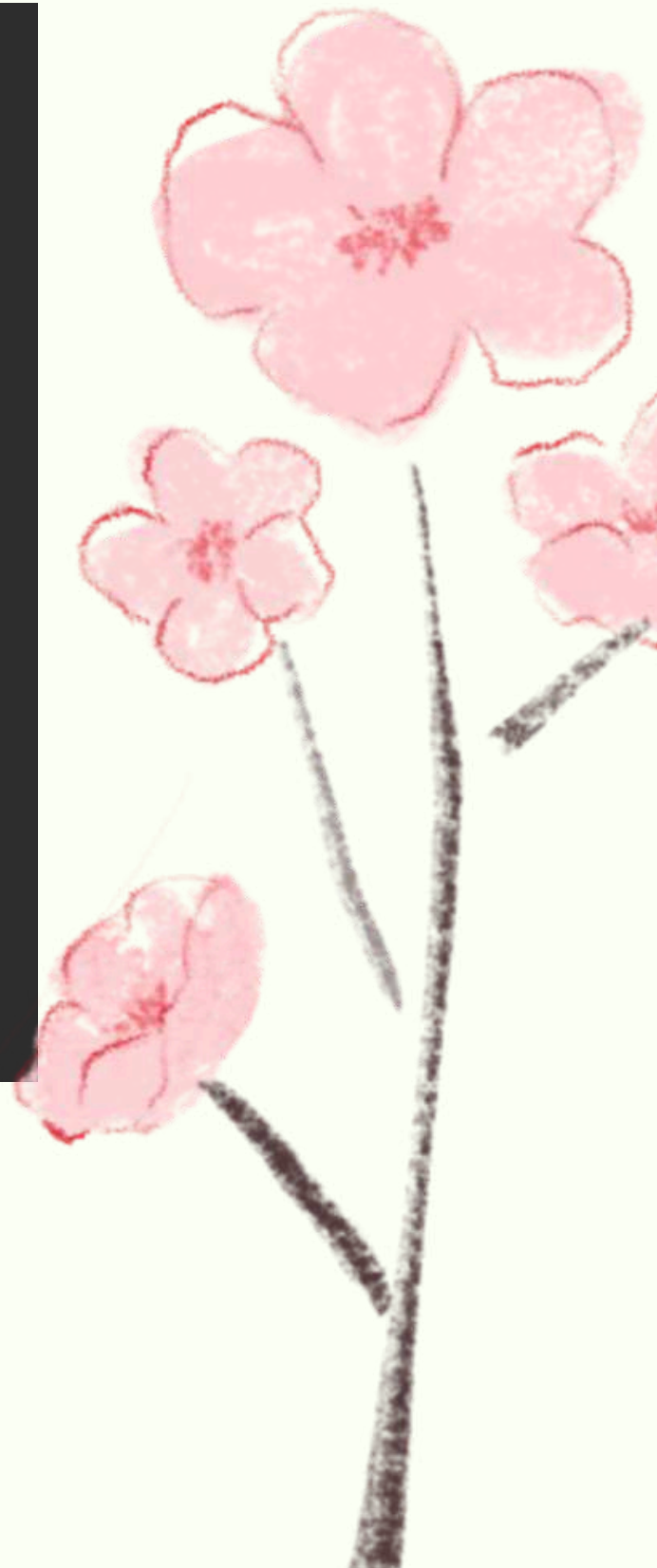
Resource Person
CHANDRIKA V

Counsellor, Natural Motivation Expert,
PCOS Ambassador, Zumba Instructor,
Fitness Anchor-Colours Tamil
Thoothukudi



With Best Wishes From
REV. DR. SR. C. SHIBANA
SECRETARY
REV. DR. SR. A.S.J. LUCIA ROSE
PRINCIPAL
REV. SR. JOSEPHINE JEYARAJ
DIRECTOR, SSC





PAPER PRESENTATION

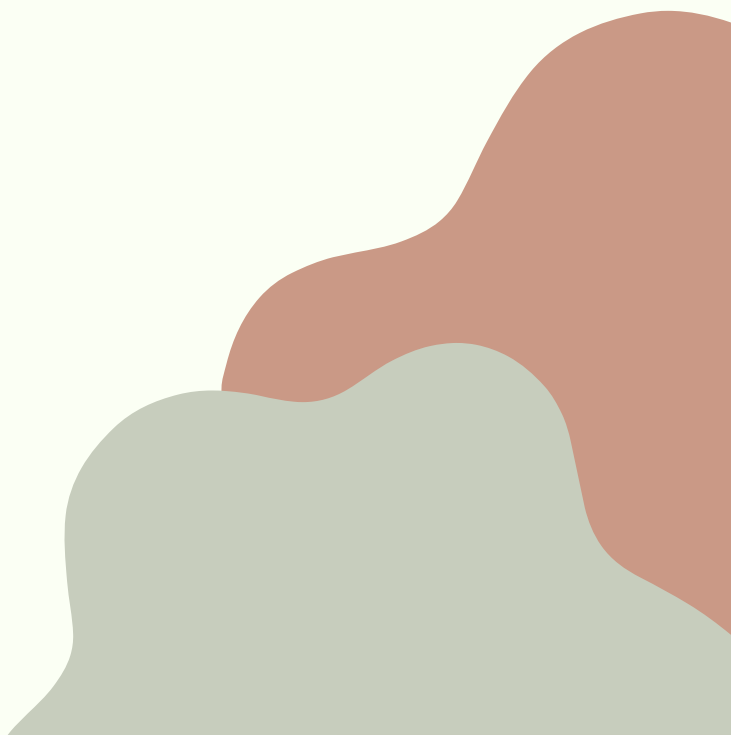
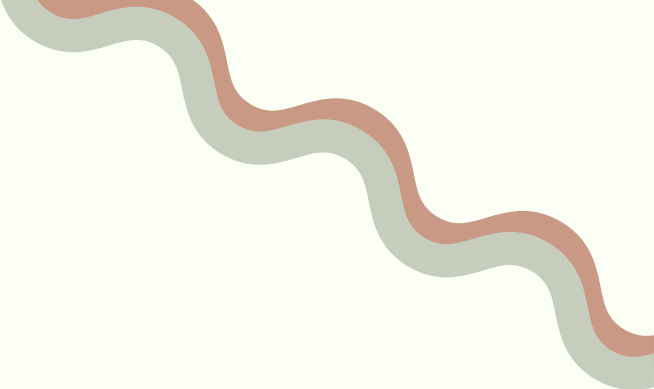
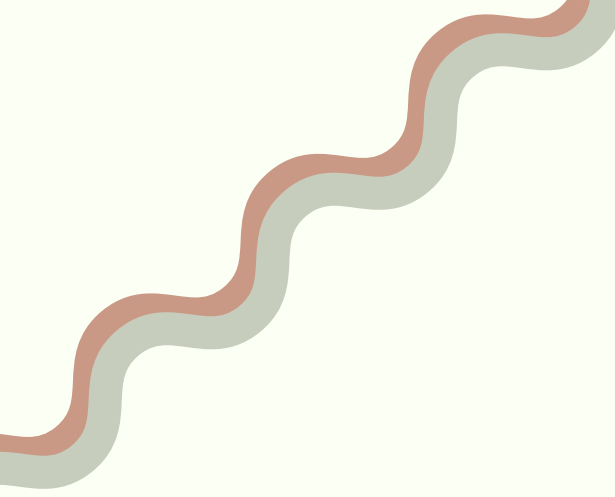


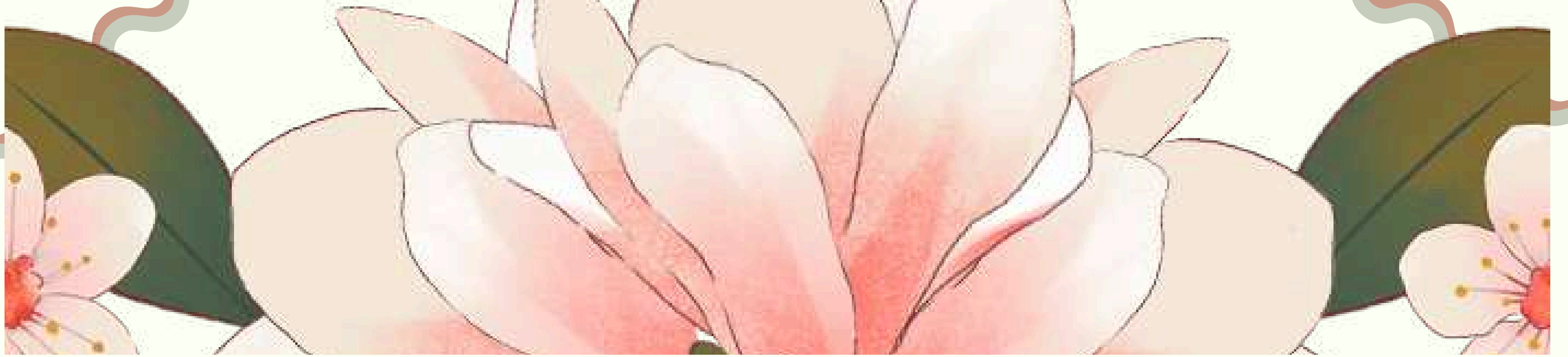
FINE ARTS



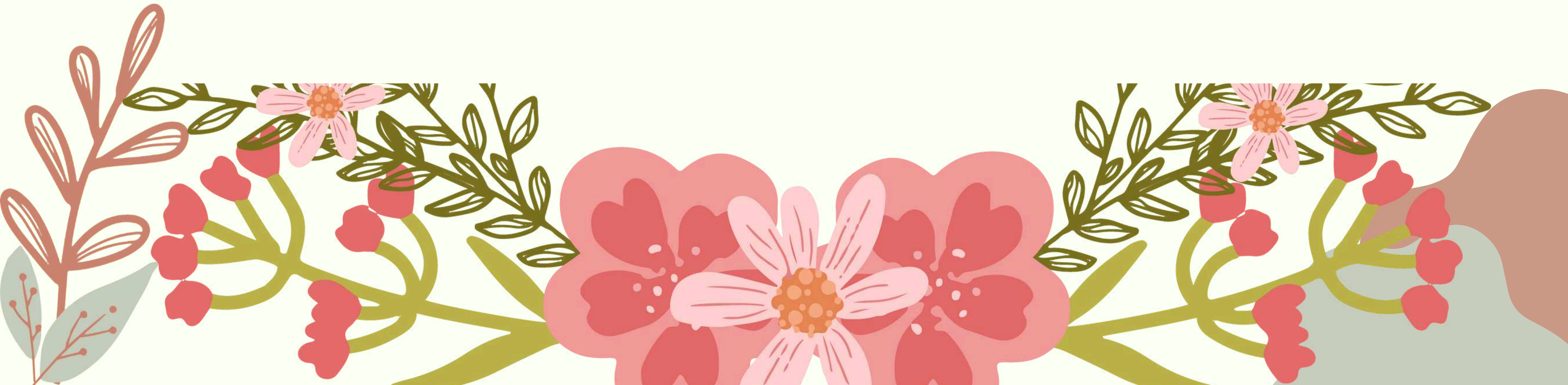


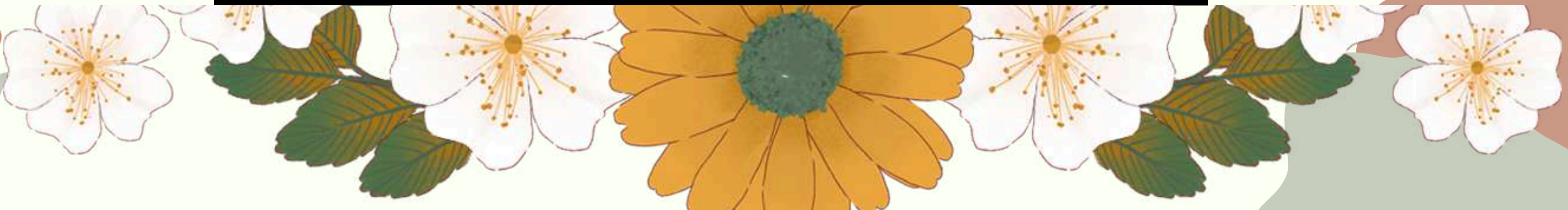
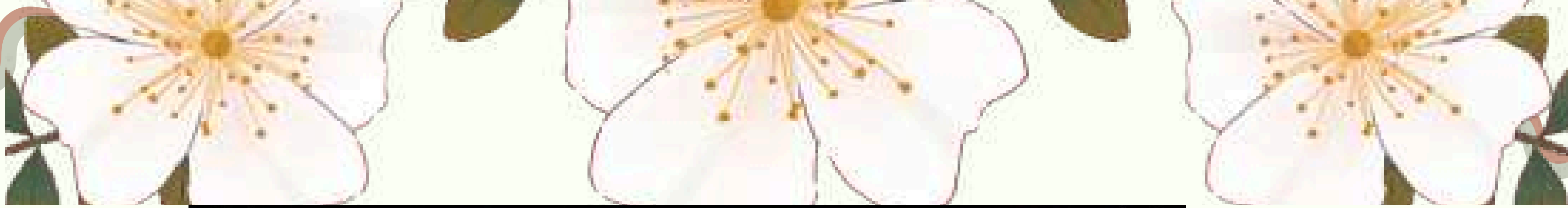
• MAGAZINE COMMITTEE

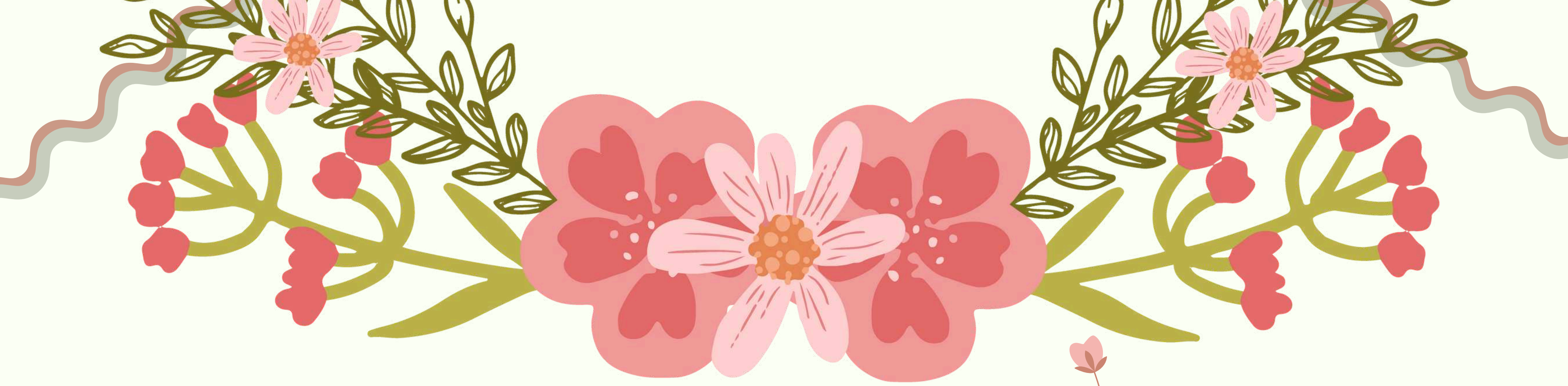




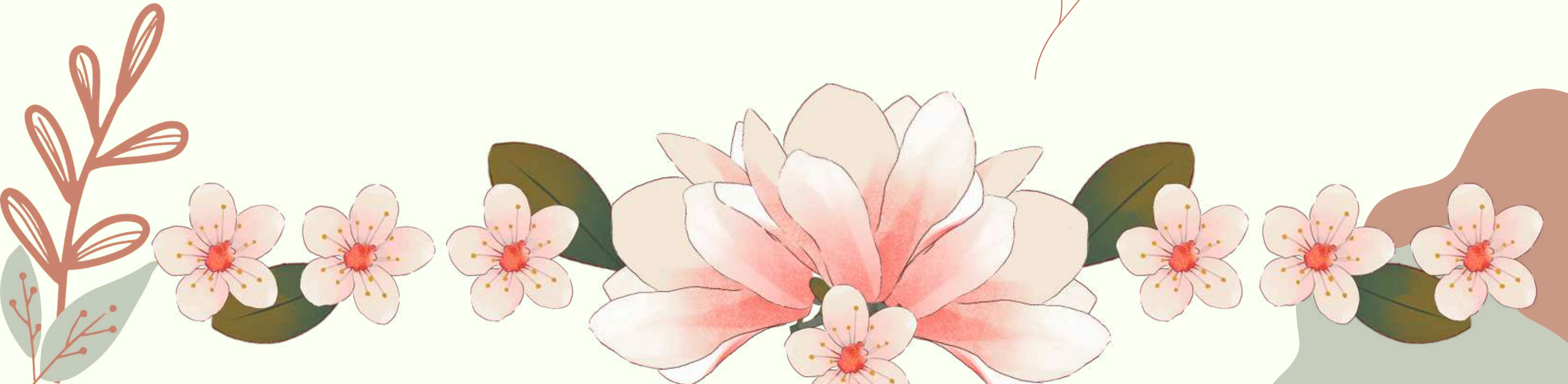
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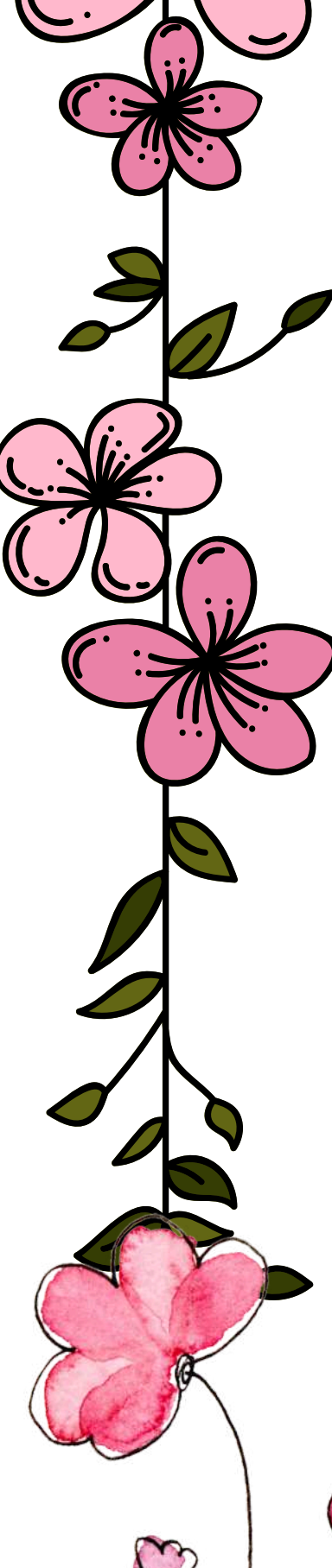
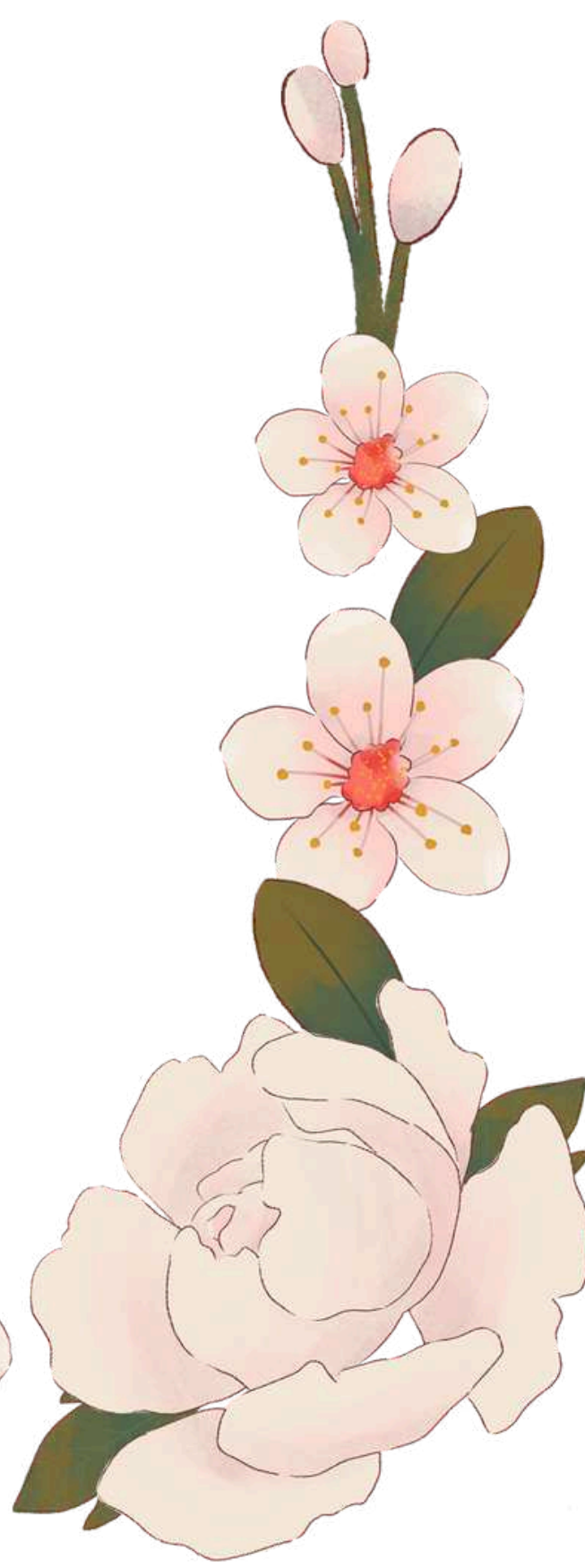
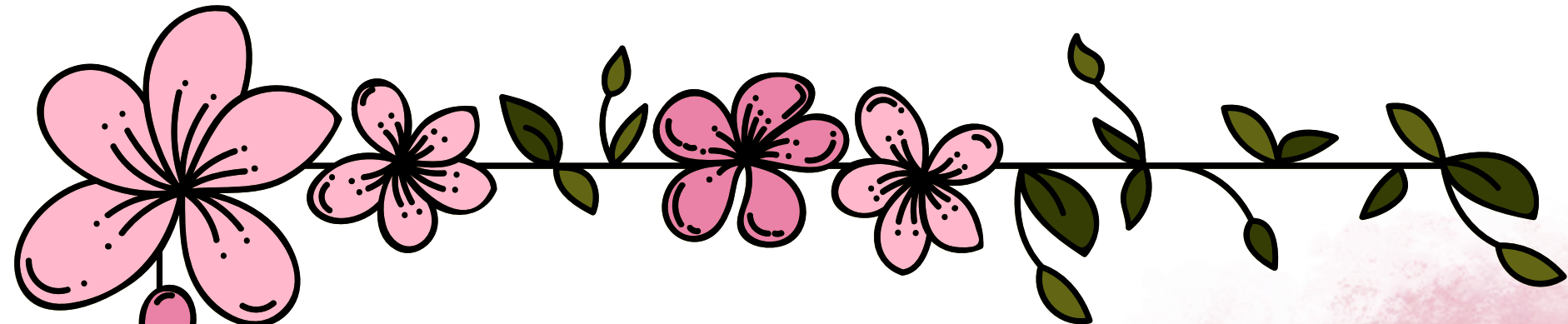




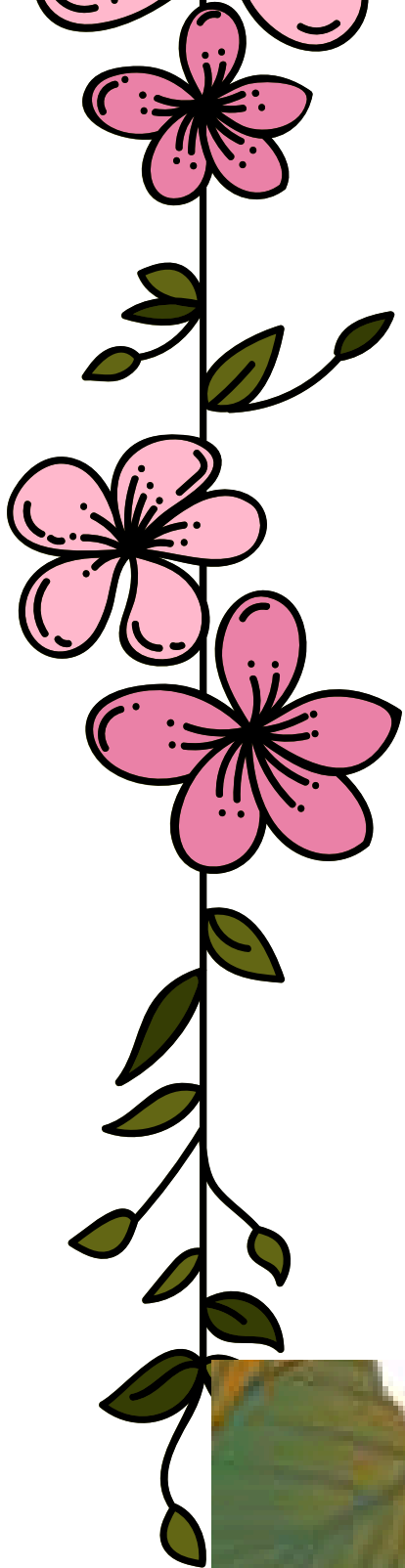
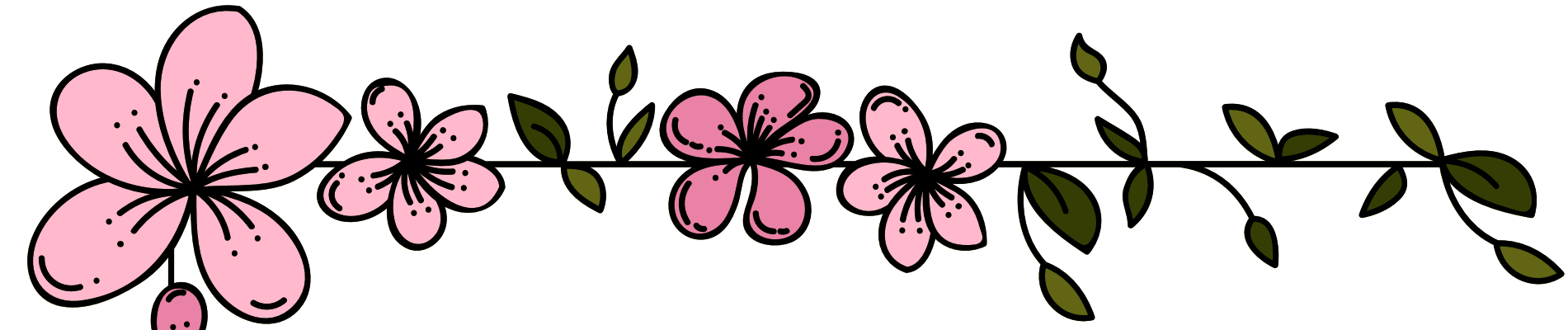


SPOKEN ENGLISH VIVA






PARTICIPATION AND PRIZE



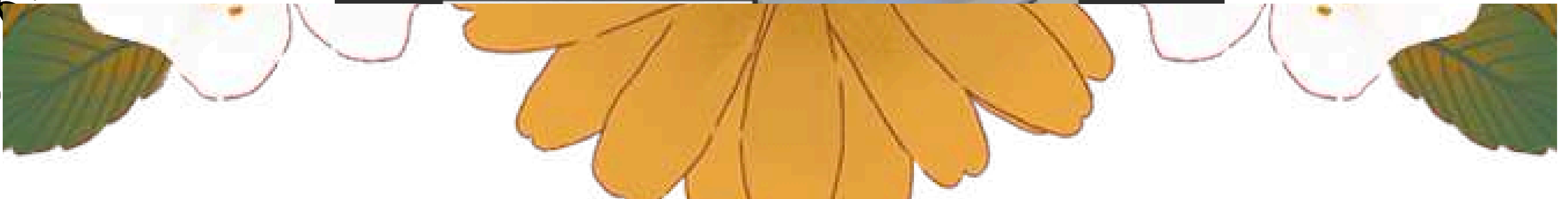
St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)
Thoothukudi

With reference to
MAKE A FRIEND DAY (11.2.2023),
Department of Psychology
Organizes
INTER DEPARTMENTAL ART COMPETITION
On
POETRY WRITING & ZENTANGLE
On the topic
HEALTHY FRIENDSHIP

With Best Wishes from
Rev. Dr. Sr. C. Shibana
Secretary
Rev. Dr. Sr. A.S.J. Lucia Rose
Principal
Rev. Dr. Sr. S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC



With reference to Eating Disorders Awareness week that is observed worldwide during Feb 20 to Feb 26, the Department of Psychology organised an Orientation Program on the topic "Mindful eating: An effective strategy against eating disorders". Mr. Arunkumar, Level 4 Personal trainer, Registered Professional under ICREPS & SI and Performance Nutritionist, Thoothukudi was the resource person who addressed the gathering on the importance of healthy diet and a balanced diet. He also gave useful and easy techniques to maintain a healthy life style. It was an interactive and interesting session.



HIGHER EDUCATION

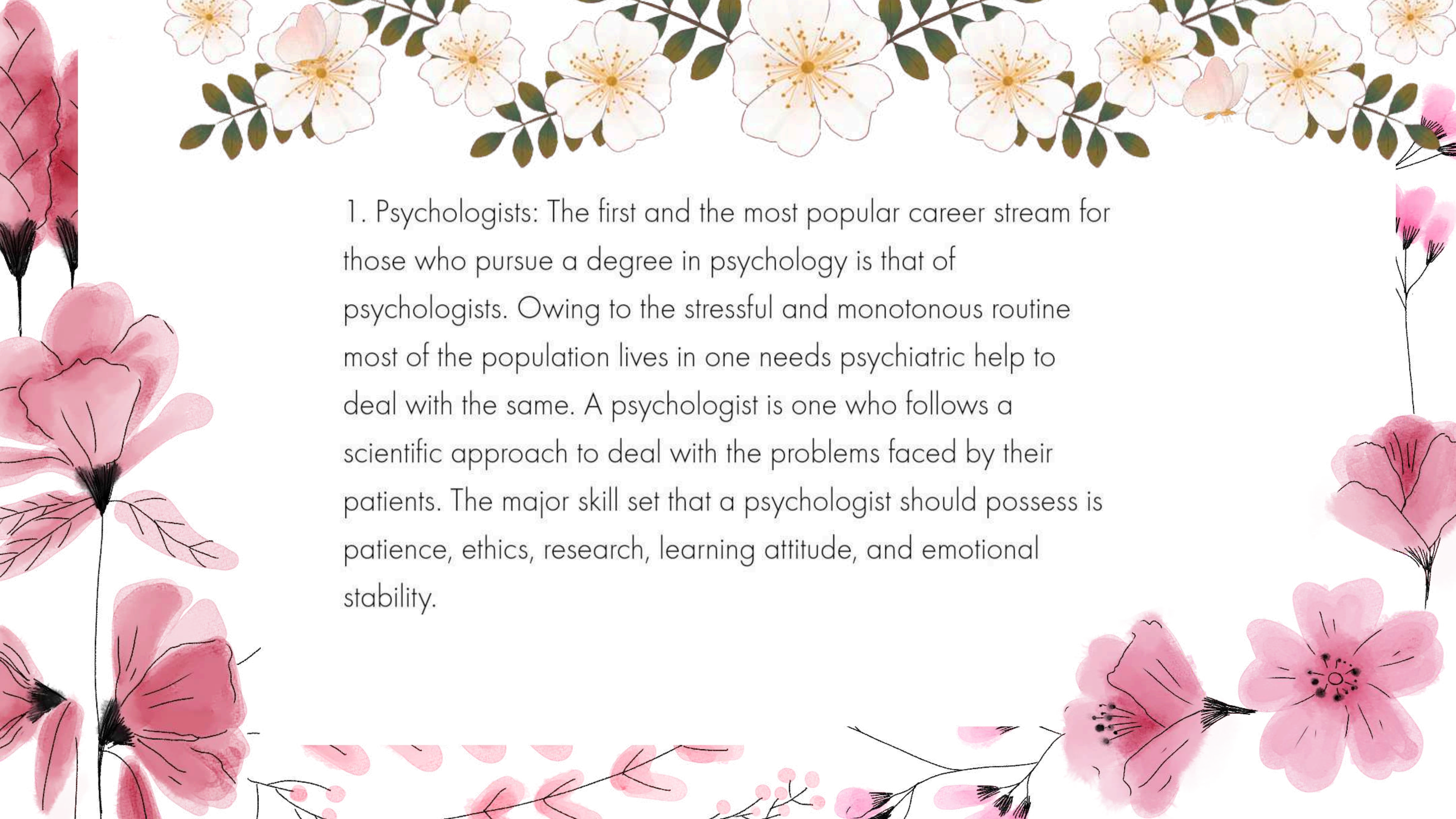
/PLACEMENT OF

PSYCHOLOGY DEPARTMENT

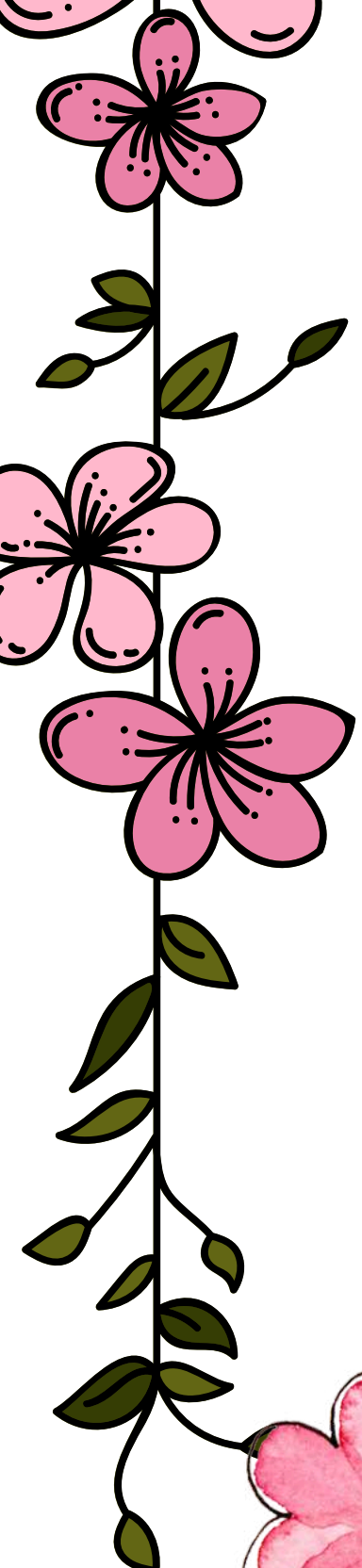
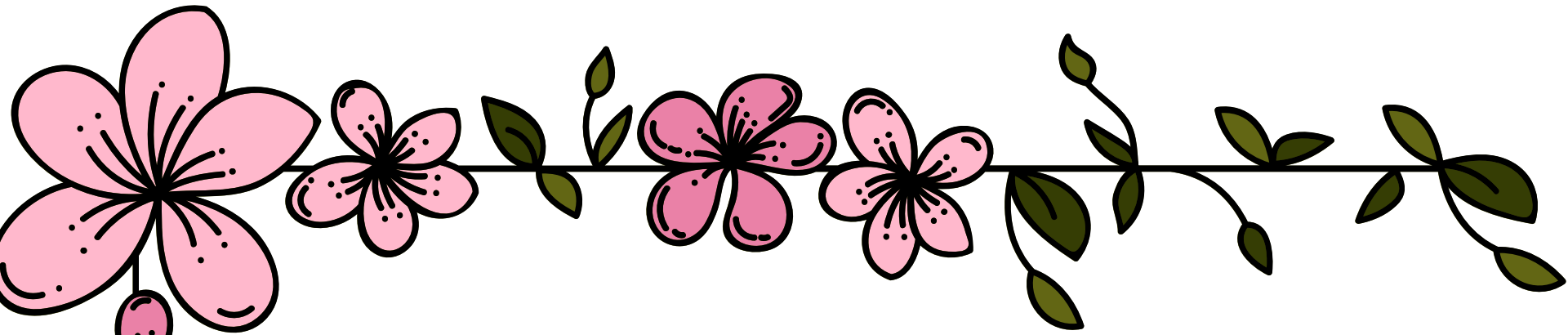


Top Careers in Psychology (Career profiles)

A lot of surveys have stated that psychology is known to offer positive career growth to professionals. Be it any field they are needed in every industry because they help individuals get on the path of self-discovery. Additionally, they also help in making the lives of people better by playing a significant role in improving their mental condition. Psychologists are known to help individuals by working on their behavioural tendencies




1. Psychologists: The first and the most popular career stream for those who pursue a degree in psychology is that of psychologists. Owing to the stressful and monotonous routine most of the population lives in one needs psychiatric help to deal with the same. A psychologist is one who follows a scientific approach to deal with the problems faced by their patients. The major skill set that a psychologist should possess is patience, ethics, research, learning attitude, and emotional stability.



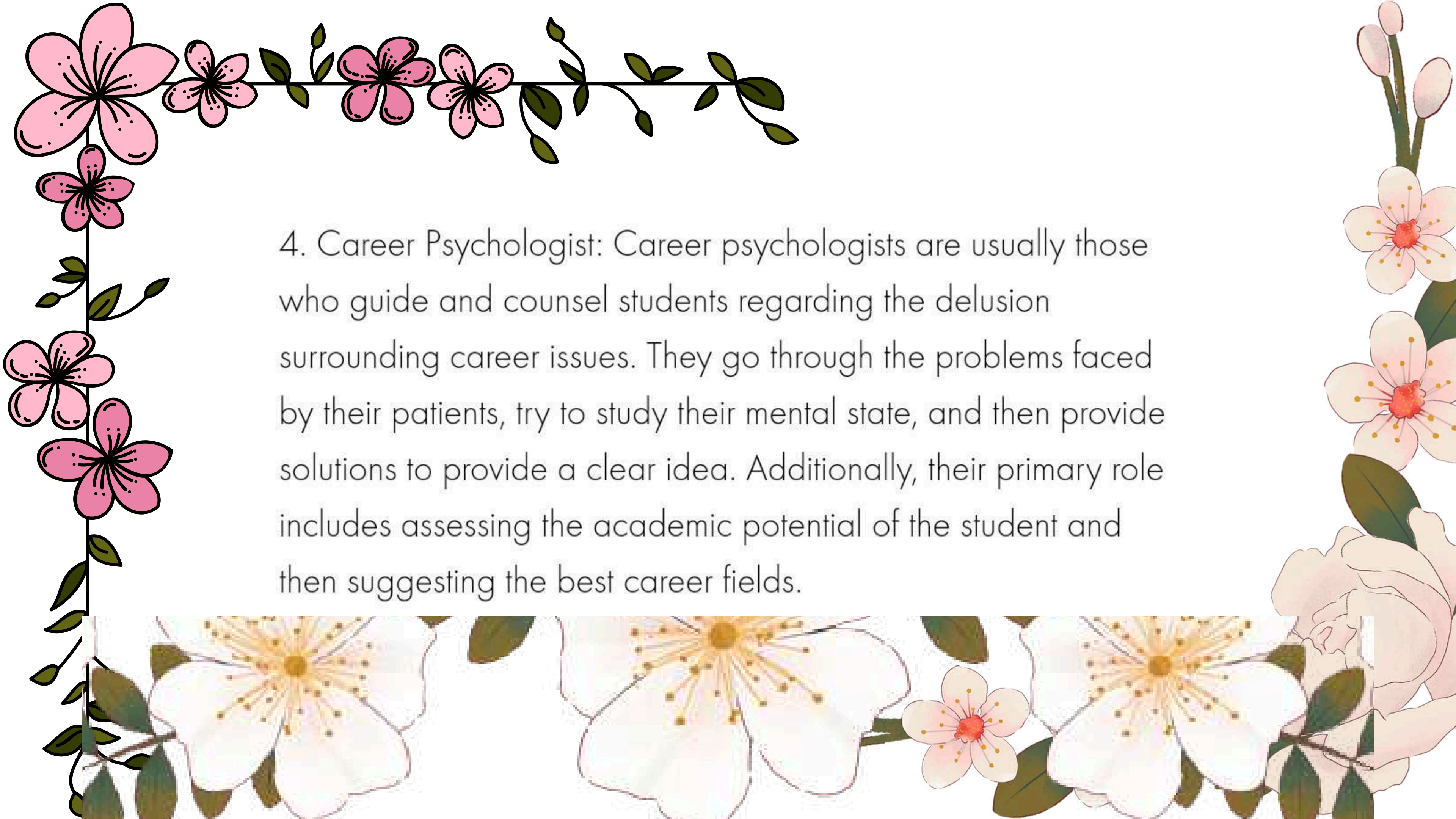
2. Counsellor:

A counsellor is a person who studies the patient's history and tries to know about the major events that have led to their emotional disparity. They usually offer immediate help by talking to them and listening to their problems. Counsellors are often considered for those who are facing issues in their studies, marriage, relationships, and work, etc. They usually empathise with the situation of their patients and provide them with solutions that help them to return to normal life with ease.

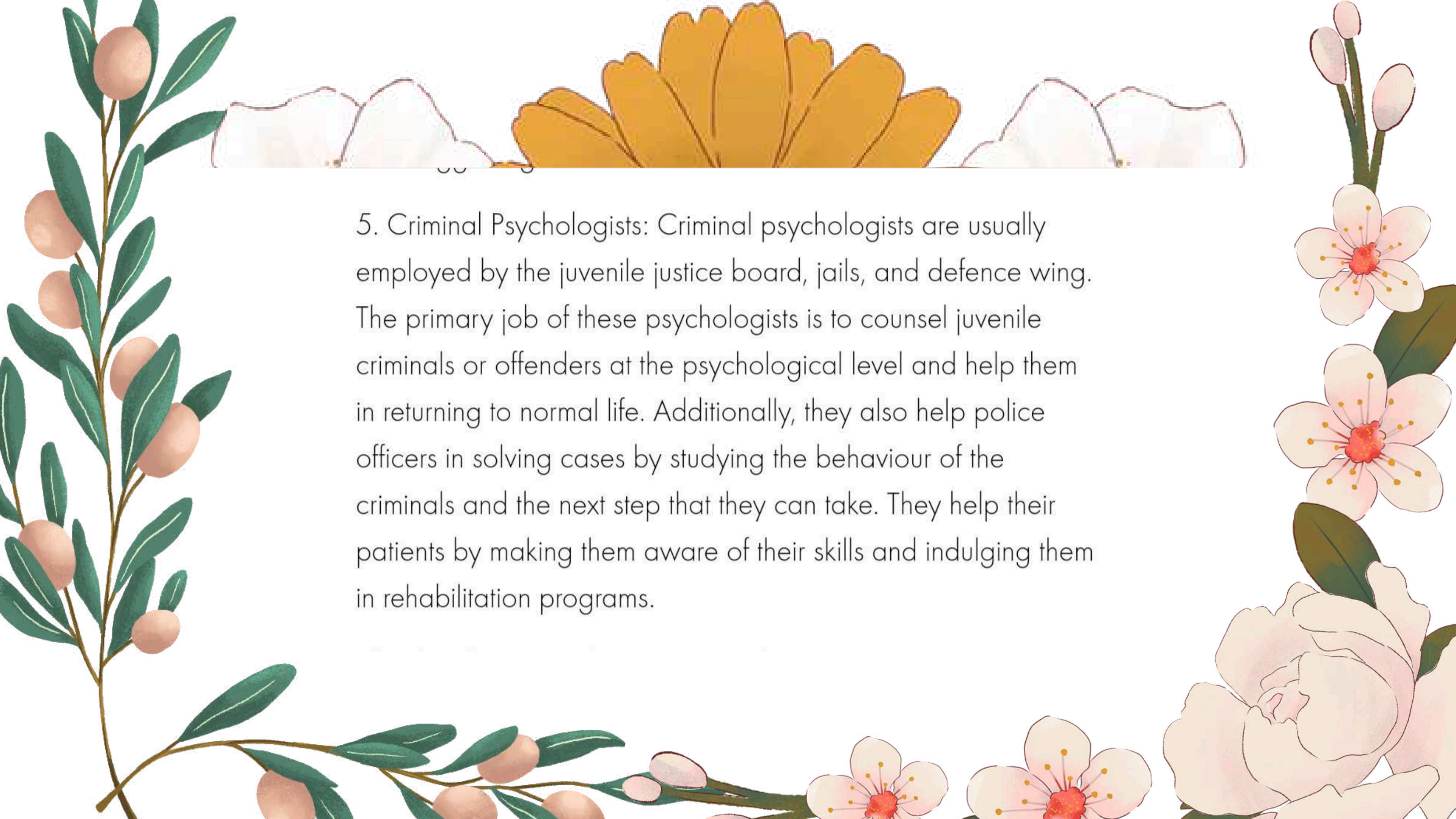




3. Psychotherapist: As the name suggests, their primary work area is to deal with the mental problems faced by their patients. The patients that seek the help of psychotherapists are those who deal with any type of behavioural or accidental trauma. They usually provide cognitive solutions to personality disorders, depression, narcissism, and obsessive-compulsive disorders. Consulting a psychotherapist helps one with coping up with anxiety, and building self-confidence and self-esteem. They help their patients by using cognitive behaviour therapy.



4. Career Psychologist: Career psychologists are usually those who guide and counsel students regarding the delusion surrounding career issues. They go through the problems faced by their patients, try to study their mental state, and then provide solutions to provide a clear idea. Additionally, their primary role includes assessing the academic potential of the student and then suggesting the best career fields.

A decorative border surrounds the text, featuring a variety of flowers and greenery. On the left, there is a branch with green leaves and small, round, light-brown fruits. At the top, there are several large, stylized flowers in shades of yellow, orange, and white. On the right, there are pink and white flowers with prominent red centers and yellow stamens. At the bottom, there are more green leaves and small, round, light-brown fruits, along with a large, detailed pink flower.

5. Criminal Psychologists: Criminal psychologists are usually employed by the juvenile justice board, jails, and defence wing. The primary job of these psychologists is to counsel juvenile criminals or offenders at the psychological level and help them in returning to normal life. Additionally, they also help police officers in solving cases by studying the behaviour of the criminals and the next step that they can take. They help their patients by making them aware of their skills and indulging them in rehabilitation programs.