




Department of Psychology

Department Activities

2023-2024



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 begun as 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 academics even in extracurricular activities our students have outshined and brought laurels. We flourish and thrive as a department, supporting each other for their upliftment. It fills me with no much pride in putting forth all our departments activities. This newsletter we can get an overview of our optimistic department.

"We are the starting step to a greater vision"



Editorial Team



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Editors

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Ramya



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BOS

★ 09.03.2024



Dr. Uvaraj

Mr. Subair

Staff Members

Dr. Jeya Bharathi

Ms. Arokiya Godsiya Romina

Ms. Pon Bala Priya

Ms. Mary Vathana Devi

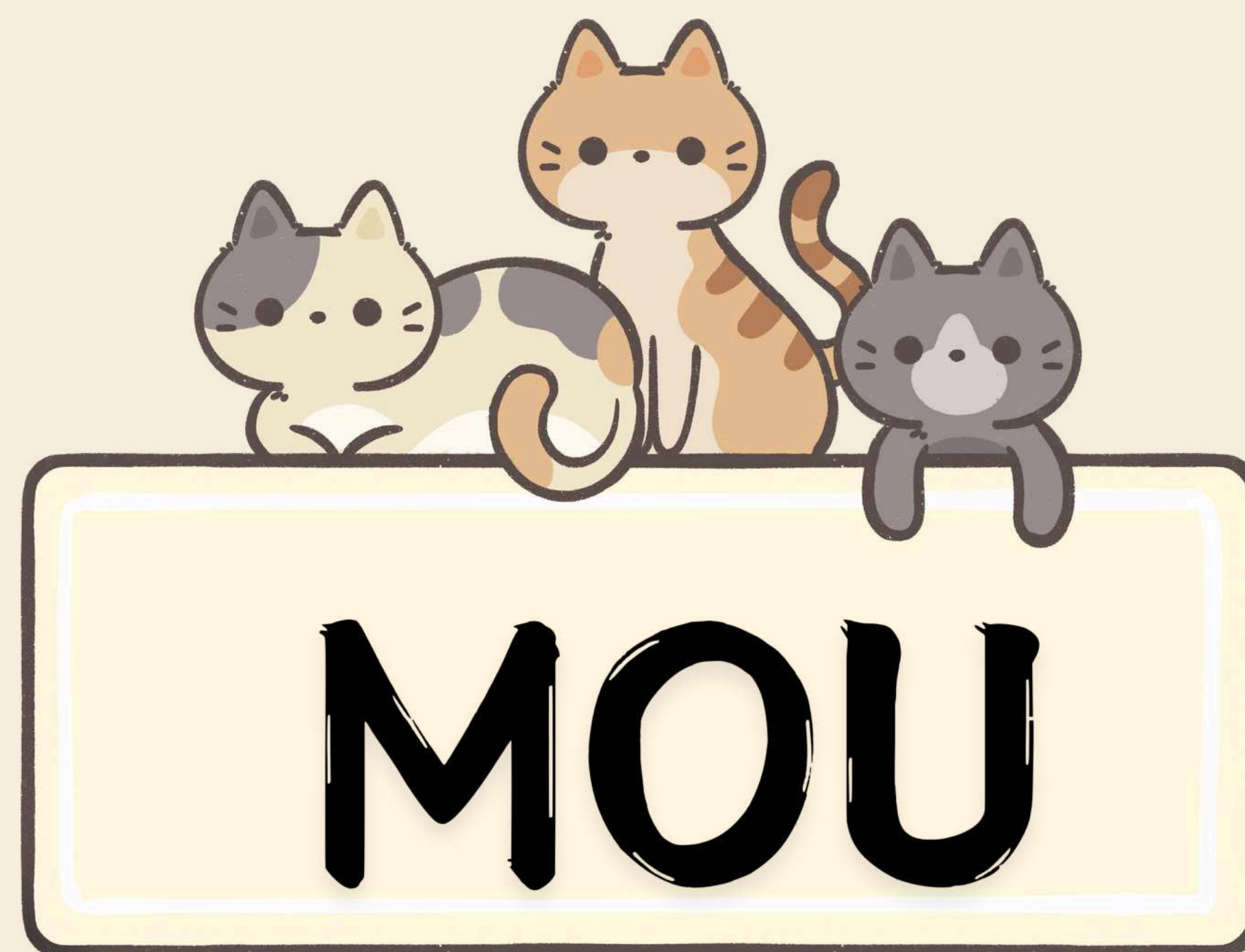
Ms. Elizebeth Regina

New Staff Appointment

Ms. Elizebeth Regina

Ms. Arokiya Godsiya Romina





WADIHUDA INSTITUTE OF RESEARCH AND ADVANCED STUDIES

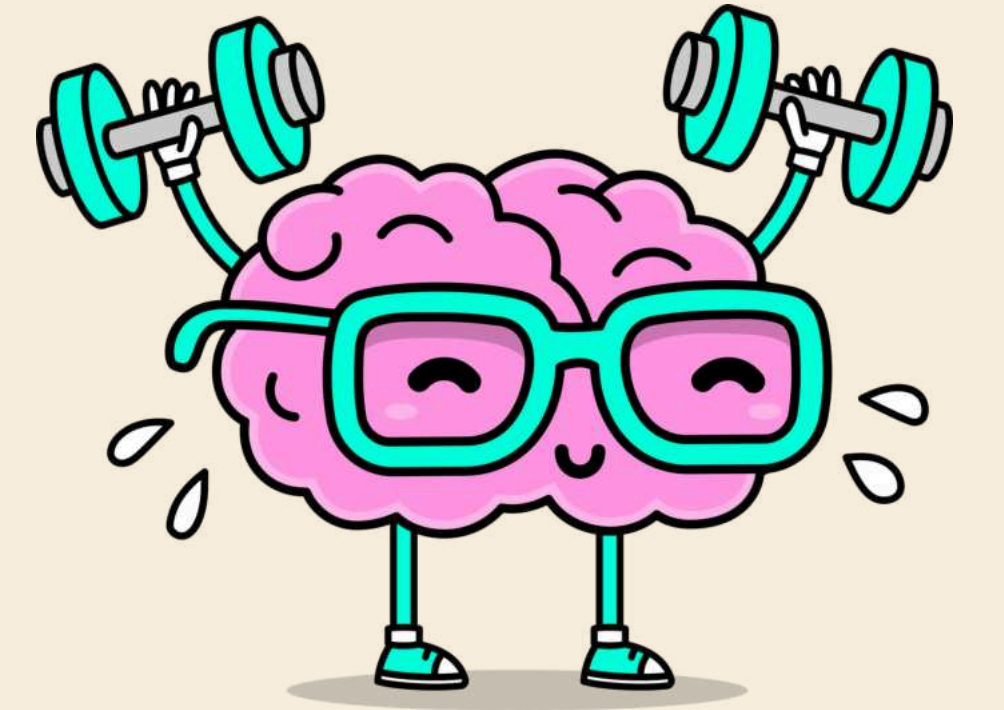
08.03.2024

Objectives:

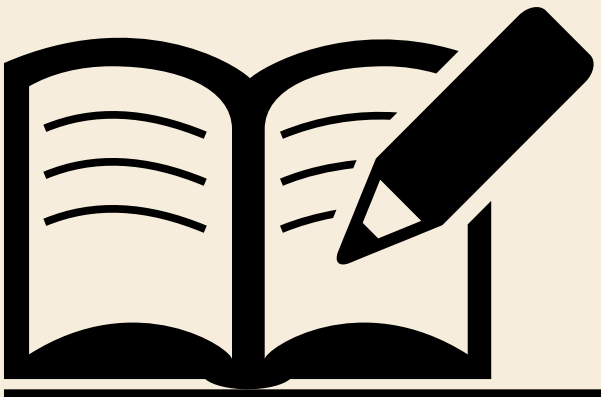
- Mutual recognition of the existence of other institution and mutually indosse the expertise of each other organising seminars , workshops and confrences
- Sharing of technical expertise
- Accadamic Visit
- Joint teaching programs research activities and publications
- Exchange of accademic meterials and other informations



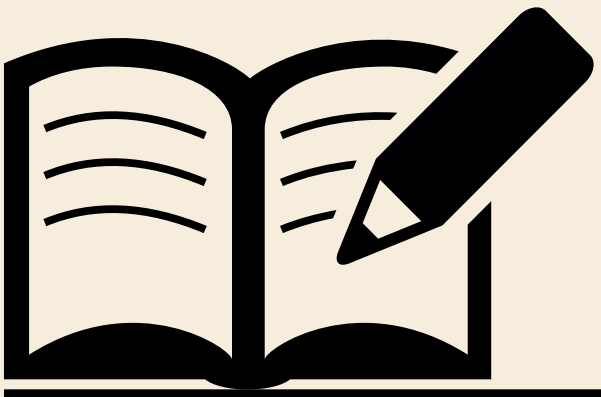
ST. MARY'S COLLEGE (AUTONOMOUS)
THOOTHUKUDI
DEPARTMENT OF PSYCHOLOGY
DEPARTMENT ACTIVITIES (2023-2024)



SN	Date	Title	Activity	Resource Person	BENEFICIARIES
1	26.6.2023	Just say NO!	Awareness programme	Mr. S. Sivasubbu, DSP, Bothai Porul thadupu matrum mathu vilaku amalaka pirivu, Tuty. Ms. C. Judy, Inspector Bothai Porul thadupu matrum mathu vilaku amalaka pirivu, Tuty.	I, II, III UG & I, II PG Psychology Students (89 students) III UG Comm. & Eng SSC
2	30.6.2023	PRIDE Month: Movie review interactive session	Movie review	Faculty, Department of Psychology, SMC	I, II, III UG & I, II PG Psychology Students (89 students)
3	11.07.2023	Millets and its uses	Interdepartmental Rangoli & Slogan Competition	-	Students from all departments
4	19.08.2023	International self-care day	Gratitude and awareness session	Rotary club of Pearl city & Students, Dept. of Psychology	50 sanitary workers from Thoothukudi Corporation



SN	Date	Title	Activity	Resource Person	BENEFICIARIES
5	23.08.2023	Psychology as a profession	Association meeting	Arun Selvaraj RCI registered Consultant Clinical Psychologist, Sneka mind care hospital, Tirunelveli	I, II, III UG & I, II PG Psychology Students (89 students)
6	28.08.2023	Observatory session	Fieldtrip to Anganvaadi,	-	I PG Students, Dept. of Psychology
7	12.9.2023	Suicide prevention & awareness	State level symposium	Faculty from Indian Psychiatric association, TN Chapter	All Psychology students & counsellors from Govt. homes and schools
8	10.10.2023	World mental health day celebration	Rally at Thenkasi with Bhodhi Mental health center	Dr. Karthick, Psyhiatrist, Bhodhi Mental health center, Thenkasi	All UG & PG students of the department of Psychology
9	14.10.2023	Movie time	Por Tholzil movie for Psychopathological behaviour	-	All UG & PG students of the department of Psychology
10	18.1.2024	Awareness session	Drug usage among adolescents	Mr. John Moses Giritharan, Asst. Prof. Dept. of Criminology, Kamaraj College, Tuty	All UG & PG students of the department of Psychology



SN	Date	Title	Activity	Resource Person	BENEFICIARIES
11	8.2.2024	Association meeting	Psychology of children in conflict with law	Mr. Alex, DCPO, Thoothukudi	All UG & PG students of the department of Psychology
12	8.2.2024	Intra departmental Poster competition	Talking is healing	Mr. Alex, DCPO, Thoothukudi	All UG & PG students of the department of Psychology
13	14.2.2024	Orientation program	Enhancing prosocial behaviour among college	Dr. Rizwana Fathima MD (Psy.) Asst. Prof. in Psychiatry, GTKMCH Mr. S.N. Saravanan Director, R-Soya, NGO Mr. P. Suresh Kumar Social worker, ECRC, Tutty.	All UG & PG students of the department of Psychology
14	17.2.2024	Field visit	Adaikalapuram St. Joseph's charity home	-	All UG & PG students of the department of Psychology
15	28.2.2024	Science exhibition	Science Expo 2024	-	School students from Thoothukudi Corporation
16	8.3.2024	One day National Workshop on Qualitative research in Psychology	National Workshop	Mr. Subair Ms. Nimitha Department of Psychology, WIRAS, Kannur	All UG & PG students of the department of Psychology

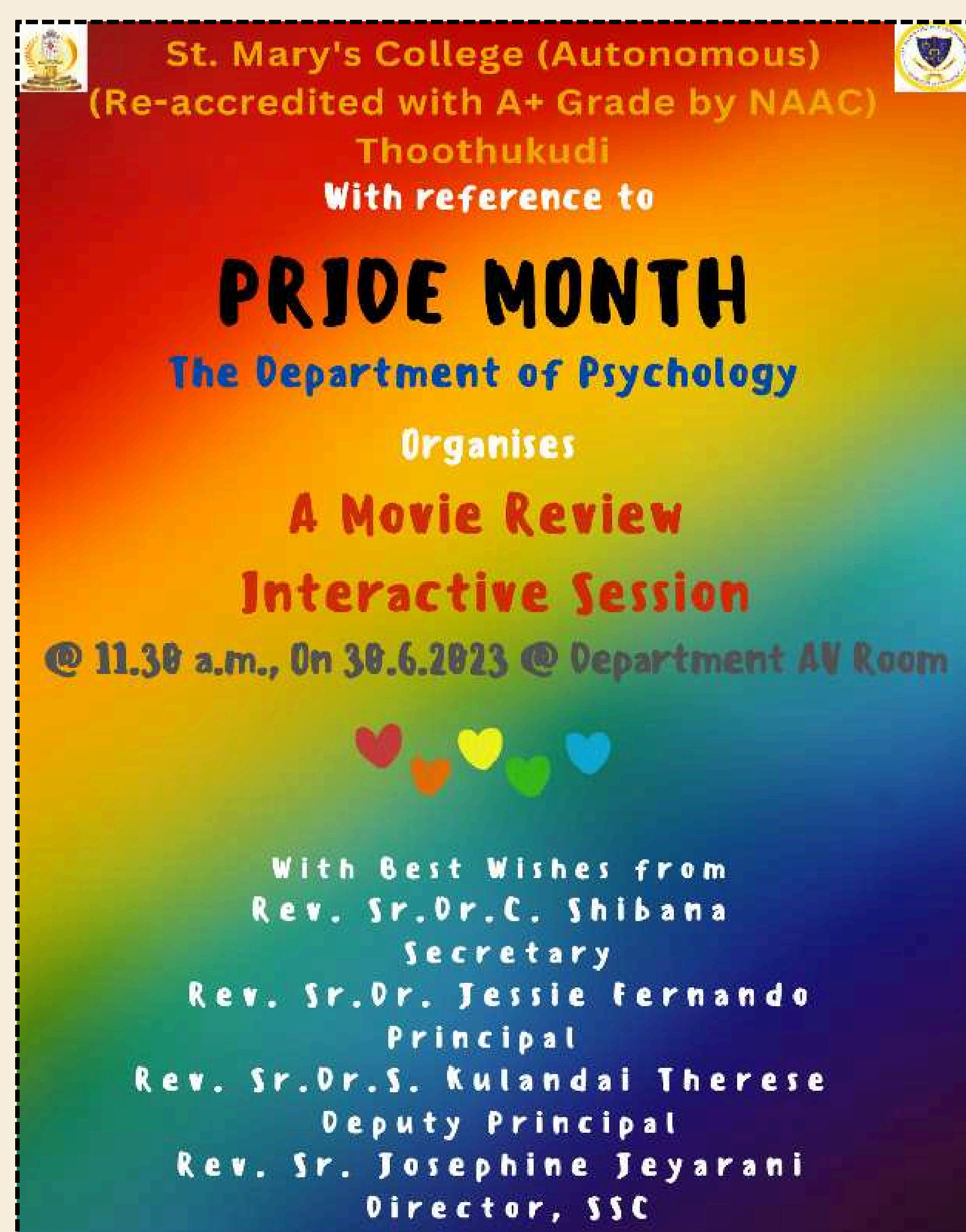
Awareness programme



With reference to International day against drug abuse and trafficking observed on 26.6.2023 worldwide, the Department of Psychology and the Anti-Drug Team of St. Mary's College (Autonomous), Thoothukudi, organized an Awareness program on the topic Just Say NO! Mr. Sivasubbu, DSP and Ms. C. Judy, Inspector, Bothai Porul thadupu matrum mathu vilaku amalaka pirivu, Tuty were the resource persons. All third UG students of Commerce and English SSC were the beneficiaries along with the students of the department of Psychology. The resource persons created an awareness on the impact dugs create in the lives of young minds. Sr. Principal and Sr. Director, SSC graced the occasion with their presence.



Movie review



* EQUALITY FOR ALL *

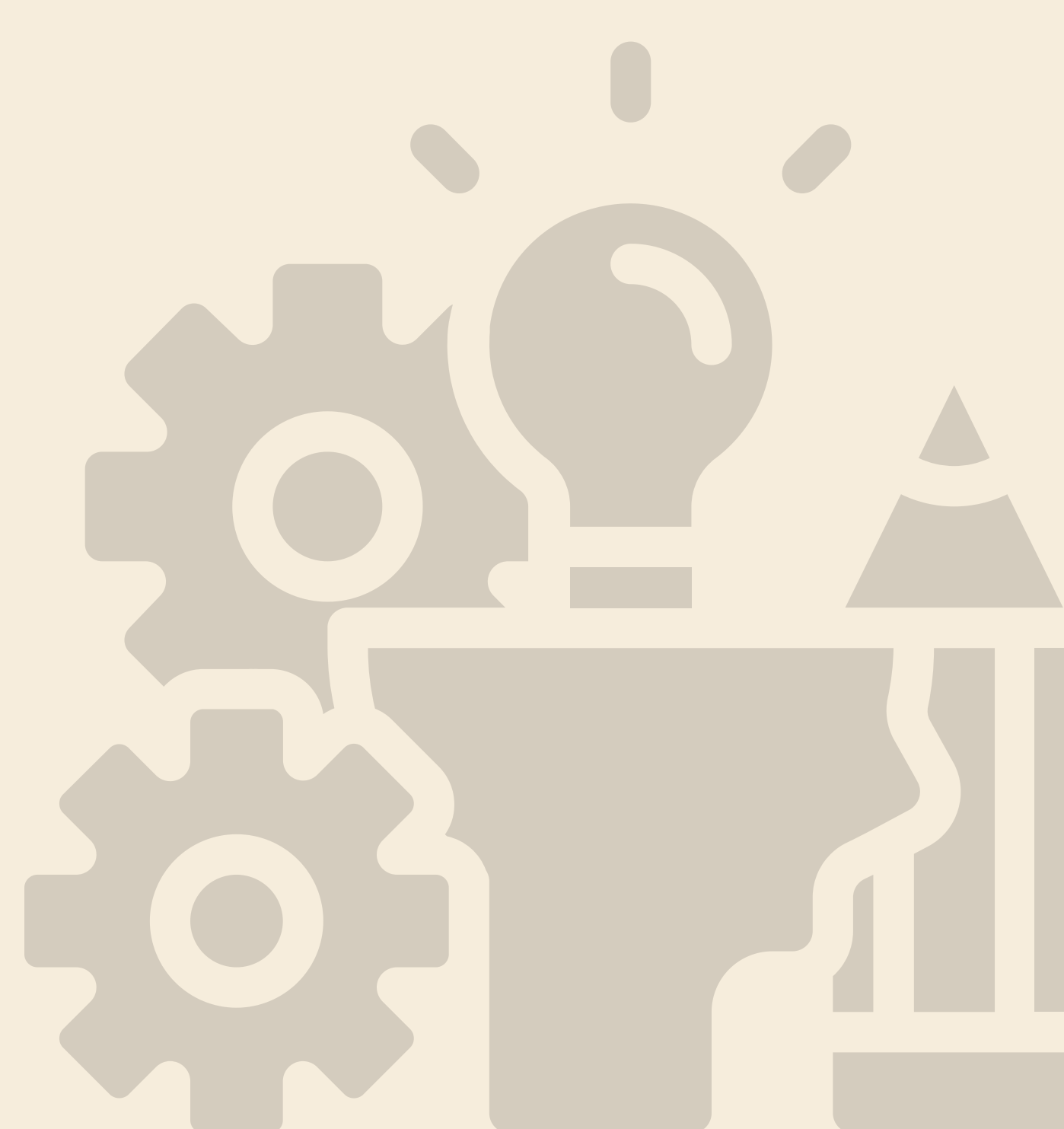
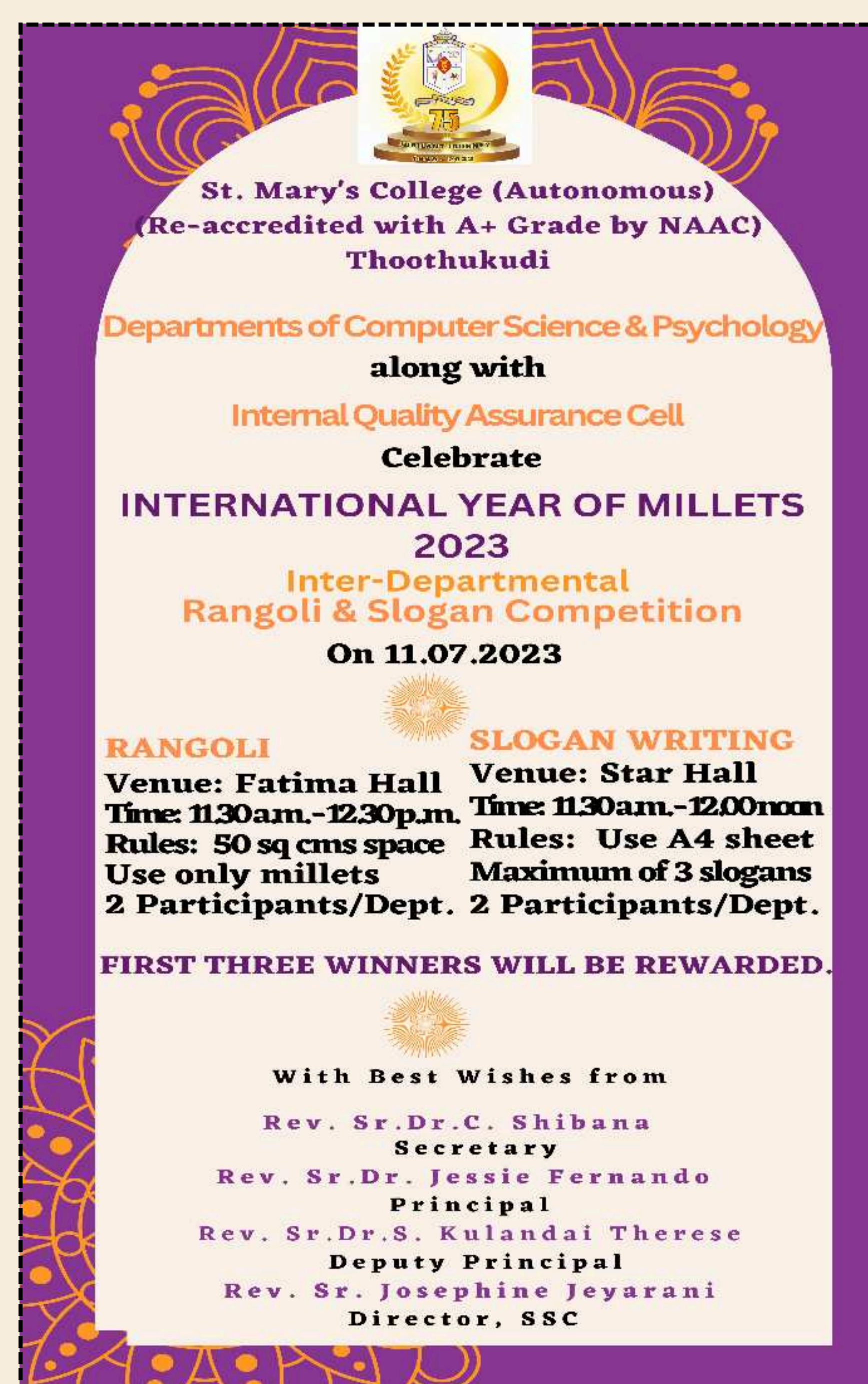


With reference to PRIDE Month, the Department of Psychology organized an Interactive Movie review Session on 30.6.2023 for the students of the Department of Psychology. Short Animation Movies on people with different sexual orientation were screened and the students discussed on the movies that were screened. It was a very useful session as it created awareness on the states of mind of these special people. Also, all the students placed their palm prints as a PRIDE Flag which was hoisted in the college campus to create awareness among the students of the other department.





Interdepartmental Rangoli & Slogan Competition



The Department of Psychology, along with the Department of Computer Science and IQAC, organized an Inter departmental Rangoli and Slogan writing competition on 11.7.2023 at the Fatima Hall from 11.30 a.m. to 12.30 p.m. Participants from 9 departments out of 17 took part in the competition and contributed to creating an awareness not only on the usefulness of millets, but also on what all falls under the category of millets. The Rangoli entries were judged by Dr. Shanthi, Head, Department of Tamil and Ms. Suji, Department of French judged the entries for slogan writing. The best 3 entries for slogan were selected while only one entry was qualified in rangoli competition. All the other entries were rejected for using pulses and cereals. The prize winners were given prizes and appreciated by the Principal in the presence of the IQAC Coordinator and the Heads of the Departments of Computer Science and Psychology.

Gratitude and awareness session

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

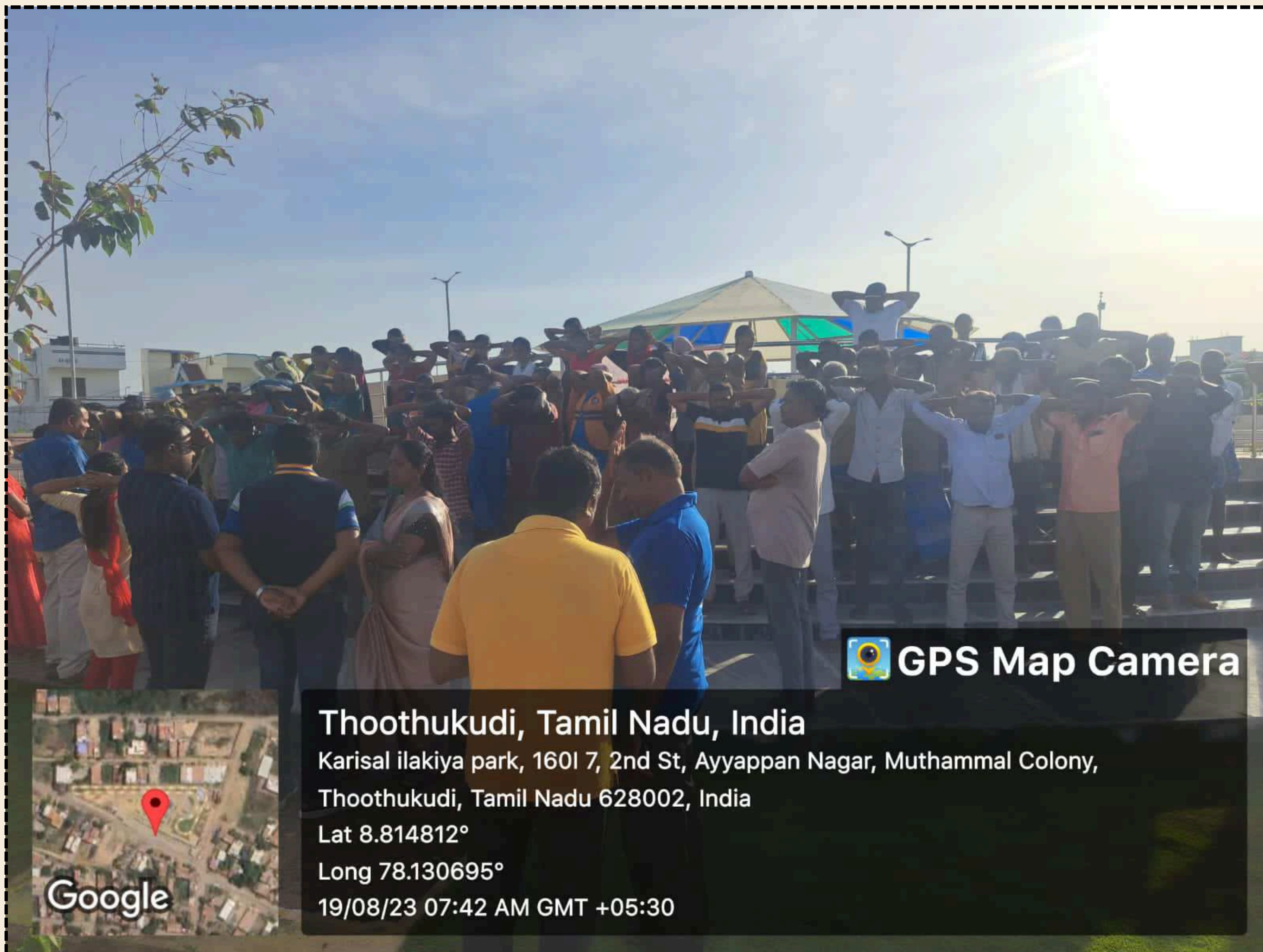
With reference to
International Selfcare Day (24.7.2023)

The Department of Psychology
&
Rotary Club of Pearlcity
Jointly Organize
A Gratitude and Awareness Session
For
The Sanitary Workers of Thoothukudi Corporation
On
19.08.2023 @ Thanasekaran Nagar Park
Between 7.00 a.m. & 8.30 a.m.

With Best Wishes from:
Rev. Sr.Dr.C. Shibana
Secretary
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr.Dr. Jessie Fernando
Principal
Rev. Sr. Josephine Jeyarani
Director, SSC

Programme Schedule:
Prayer song
Welcome address
Awareness talk on Selfcare
Words of appreciation
Meditation practice
Distribution of Gifts
Refreshment






With reference to International self care day observed world wide on July 24th, The Department of Psychology, along with the Rotary club of Pearl city organized a Gratitude and Awareness session for the sanitary workers of the Thoothukudi corporation on 19.8.2023 at Thanasekaran Park at 7.00 a.m. 50 sanitary workers were invited for the awareness session and the department students taught them breathing exercise and exercises that would help them handle the muscle pain caused due to their hectic work schedule. Rotary club of pearl city offered them towels and refreshment. The programme was graced with the presence of the President of Rotary club and the Sanitary officer who help in organizing the programme.





Association meeting


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

Department of Psychology
Organises
Psychology Association Meeting
On the Topic
Psychology as a Profession

Resource Person
MR. ARUN SELVARAJ
RCI Registered Clinical Psychologist
Sneka Mind Care Hospital, Tirunelveli

 With Best Wishes from:
Rev. Sr.Dr.C. Shibana
Secretary
Rev. Sr.Dr. Jessie Fernando
Principal
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC

 **23.08.2023**
@10.00 a.m.
STAR HALL



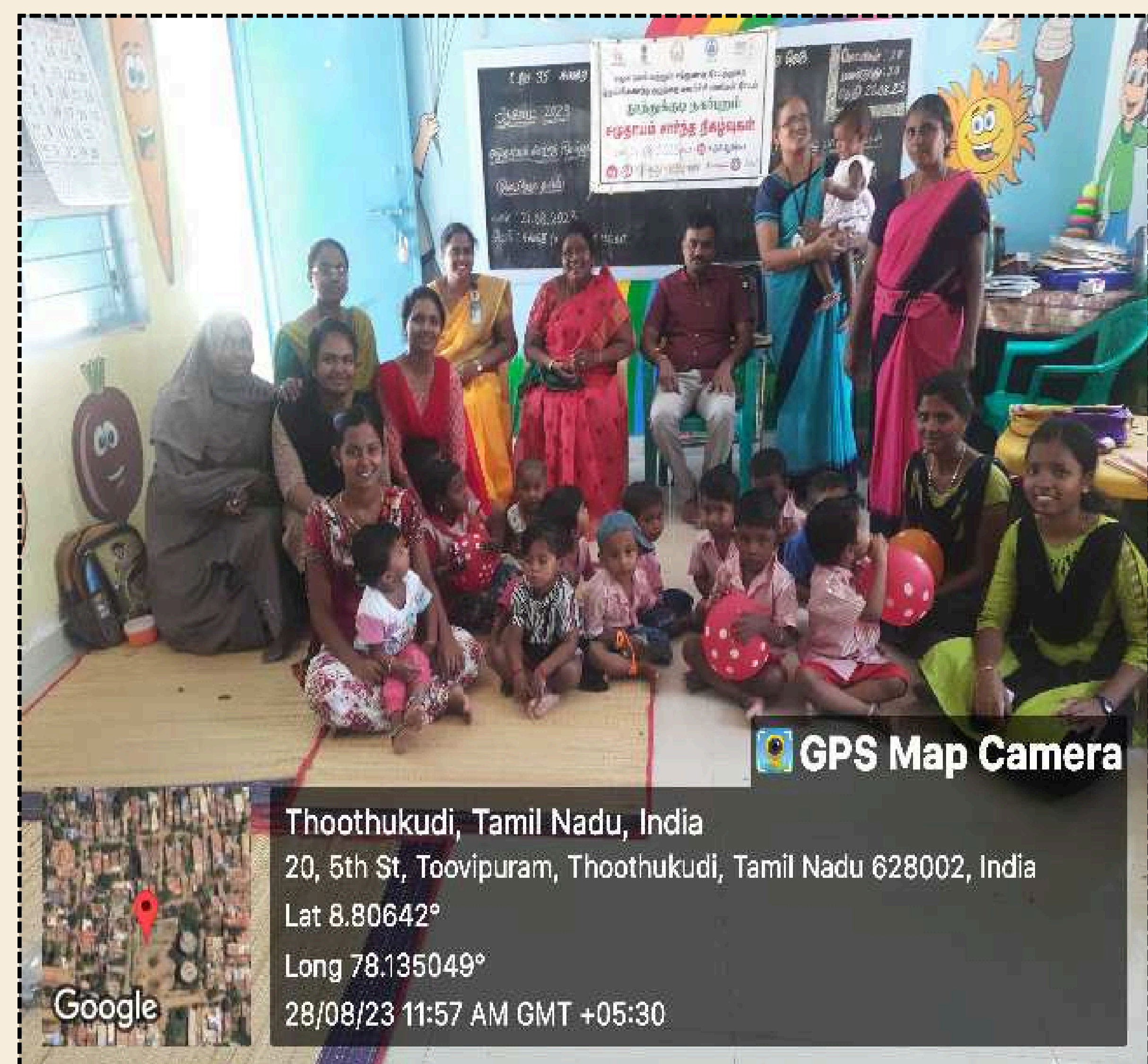


The department organized its Association meeting for the Odd Semester on 23.08.2023 at Star hall at 10.00 a.m. The resource person was Mr. Arun Selvaraj, Clinical Psychologist, Sneka Mind care hospital, Tirunelveli and he addressed the students on the topic “Psychology as a profession”. The session was highly interactive and the students gained an insight on the various career opportunities that Psychology offers in India.





Fieldtrip to Anganvaadi, Toovipuram



The Department of Psychology took I PG students to a Field Visit to Toovipuram Anganvaadi, Thoothukudi with relevance to their course papers on Theories of Personality and Developmental Psychology. It was organized to develop a practical knowledge on the above mentioned course papers on 28.8.2023.

Suicide prevention & awareness



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

Department of Psychology
Collaborates with
Indian Psychiatric Society-Tamil Nadu Chapter
In Organising
A State Level Symposium
On the topic
Suicide Prevention & Awareness

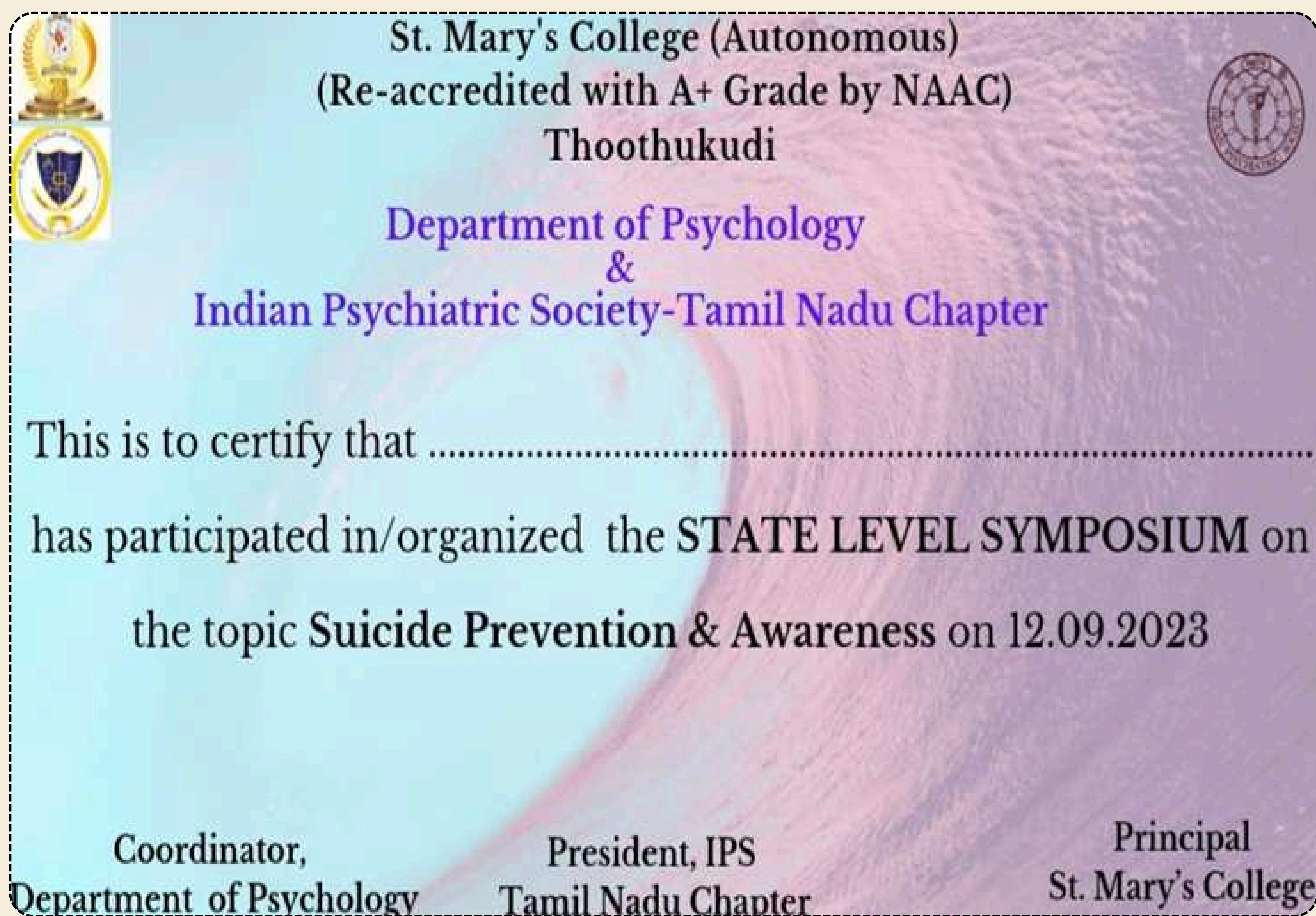
Date: 12.09.2023 @ Star Hall @ 12.00 Noon

Panel of Speakers:	Topic:
Dr. C. Paneer Selvan MD	Understanding Mental Health
Dr. S. Sivasailam DNB	Recognizing warning signs
Dr. M.B. Abdul Rahman MD	Breaking the stigma
Dr. Arvind Rengarajan MD	Building resilience
Dr. L. Sriram MD	Seeking support
Mr. Arun Selvaraj M. Phil CP (NIMHANS)	Crisis management

With Best Wishes from:

Rev. Sr.Dr.C. Shibana Secretary	Rev. Sr.Dr. Jessie Fernando Principal
Rev. Sr.Dr.S. Kulandai Therese Deputy Principal	Rev. Sr. Josephine Jeyarani Director, SSC





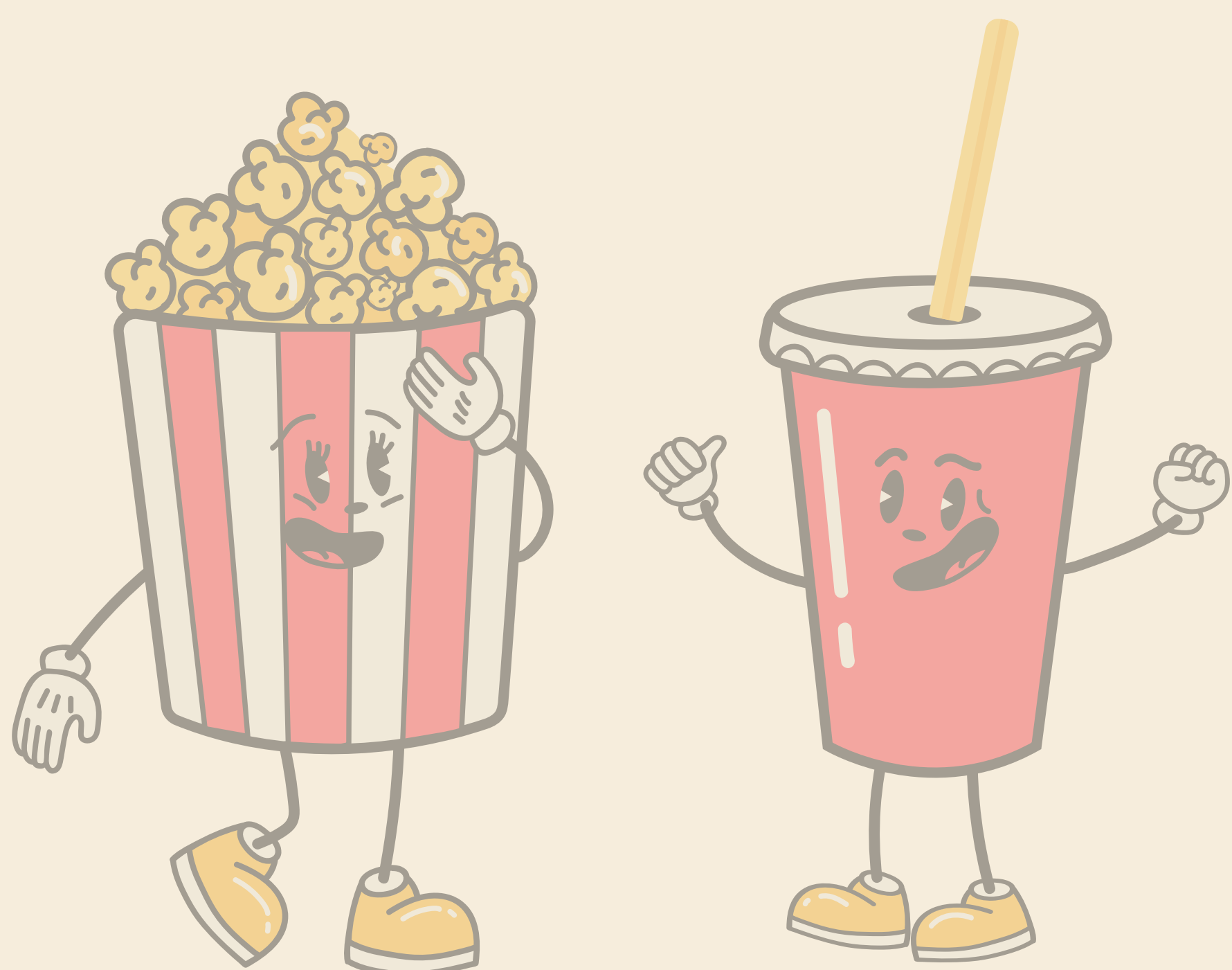
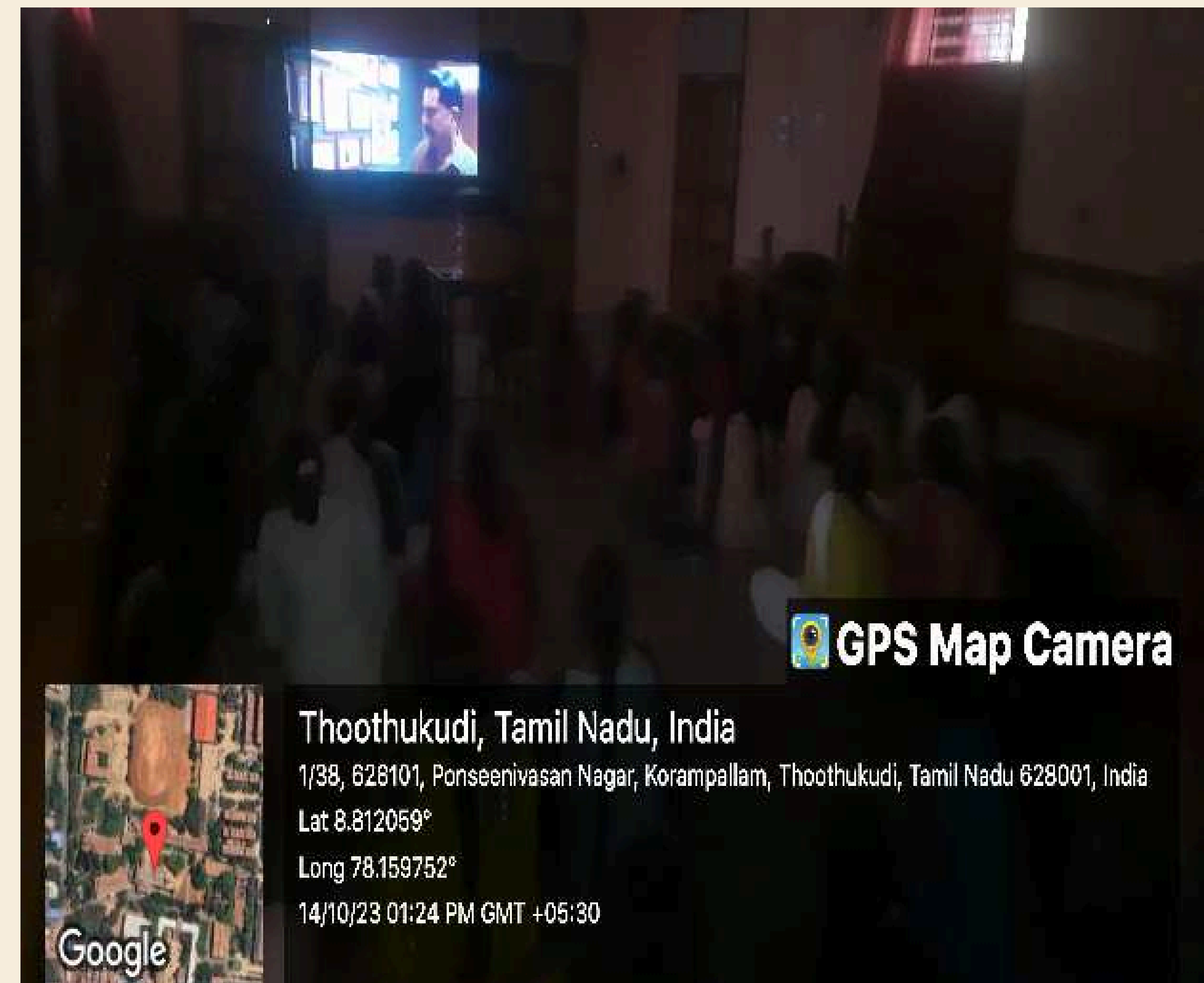
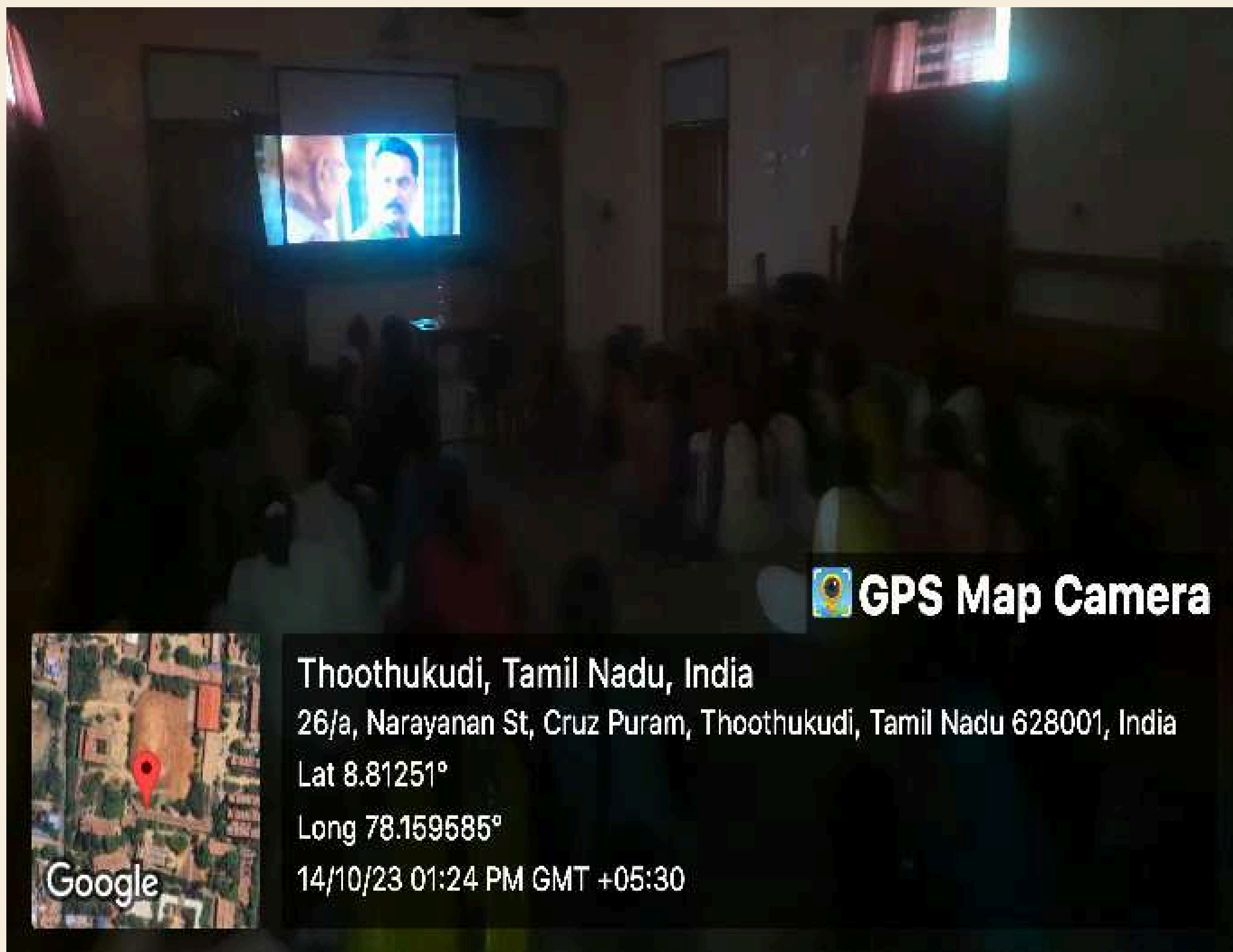
With reference to the World Suicide Prevention Day that was observed on September 10, 2023, the Department of Psychology, in collaboration with the IPS-TN Chapter, organized a State level Symposium on the topic Suicide Prevention and Awareness on 12.9.2023. School counsellors and Counsellors from Government child care centers were invited officially for the program and 32 of them had turned up. Five experts addressed the gathering on various topics related to suicide like Recognizing warning signs, Breaking stigma, etc. and created an awareness. They also answered the questions posed by the audience, which made the session highly useful and interactive.

World mental health day celebration



Mental health is an often-overlooked aspect of human life. People fail to know its importance until it is lost and hard to retrieve. World mental health day is observed to stress the importance of mental health and create awareness on the need to maintain mental health. In that context, the Department of Psychology, along with Bhodhi Mental health clinic, organized an Awareness Rally in Thenkasi on 10.10.2023. It received a wide spread approval and appreciation from the public. It was highly useful for the students also, as it created a sense of responsibility in them.

Movie time



To develop a true understanding on the psycho pathological behaviour patterns among individuals, the department of Psychology organized a Movie time on 14.10. 2023, screening the movie Por Thozil. The movie was screened also with reference to the subject Forensic Psychology. The students were encouraged to predict the plot of the movie and guess the movie plan. The session was useful in developing the critical thinking of the students.

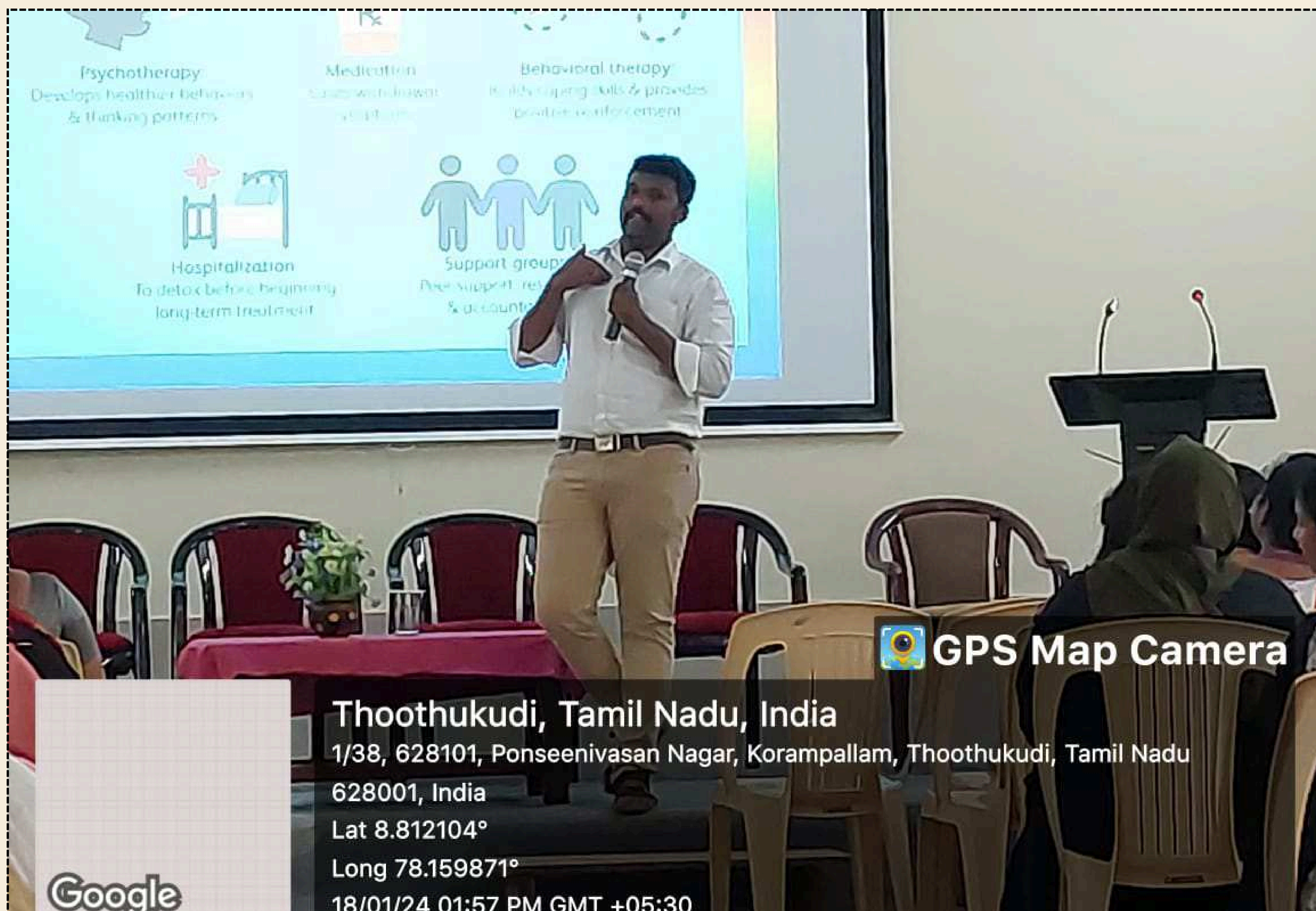


Awareness session

St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)
Thoothukudi
The Department of Psychology
In Association with
Anti drug abuse cell
Organises
An awareness session against
ADOLESCENT DRUG USAGE
on 18.01.2023 @ 1.00 p.m.

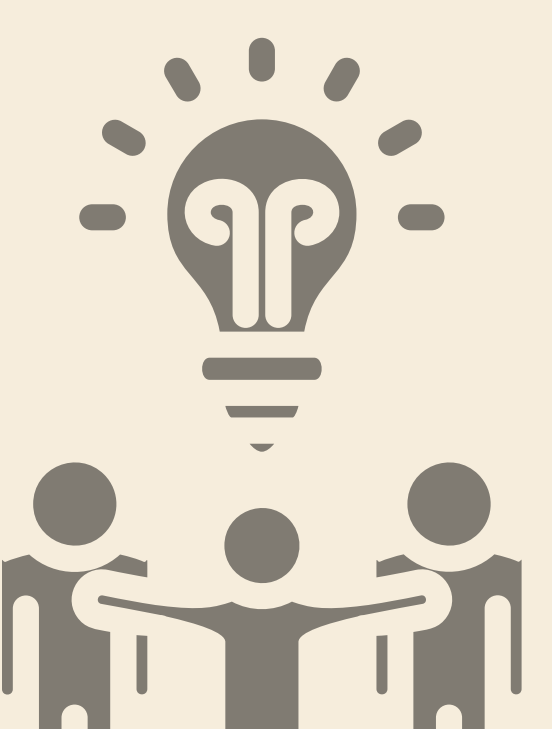
Resource Person:
MR. JOHN MOSES GIRITHARAN
Assistant Professor,
Department of Criminology
Kamaraj College, Thoothukudi

With Best Wishes from:
Rev. Sr.Dr.C. Shibana
Secretary
Rev. Sr.Dr. Jessie Fernando
Principal
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC







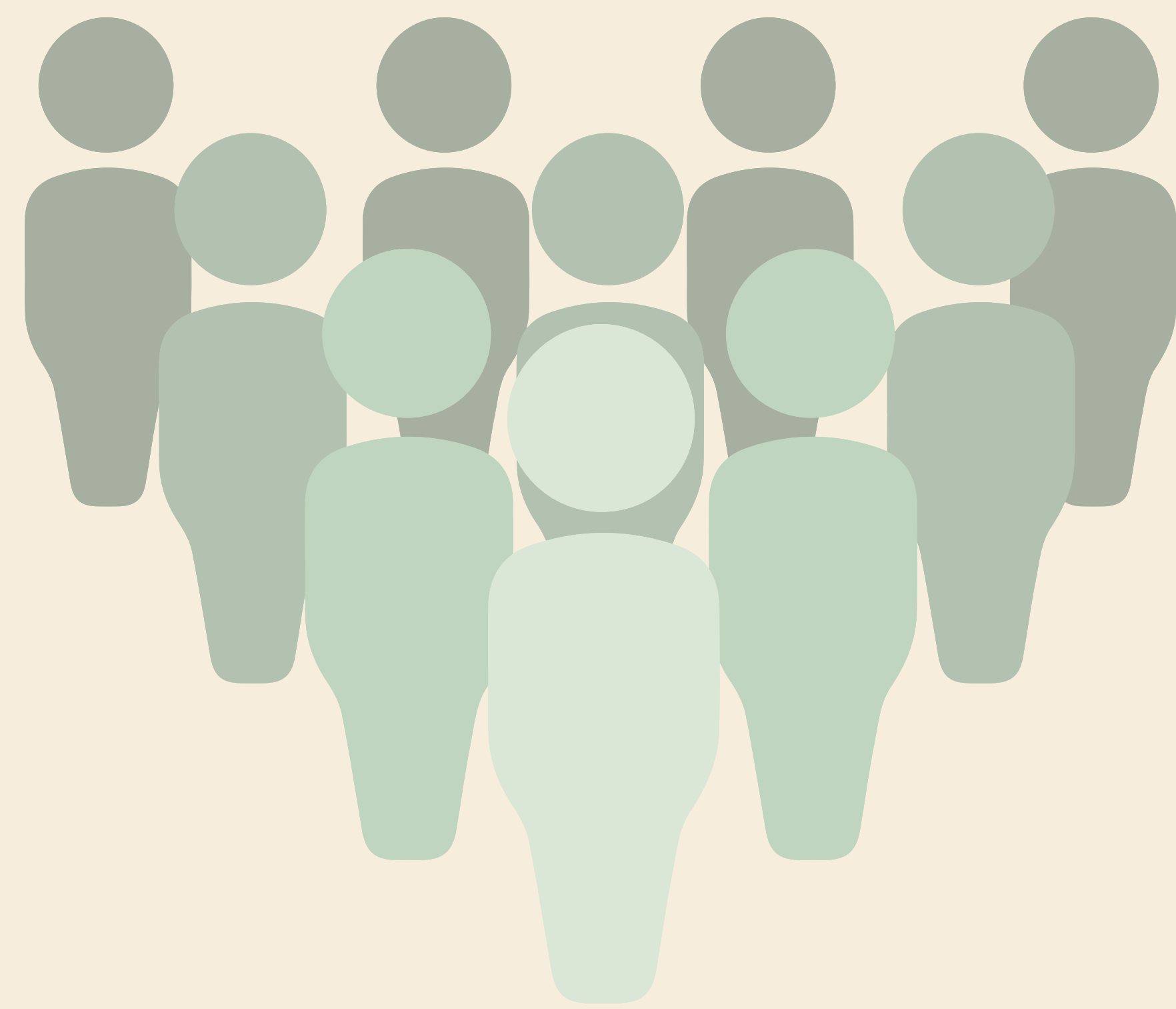
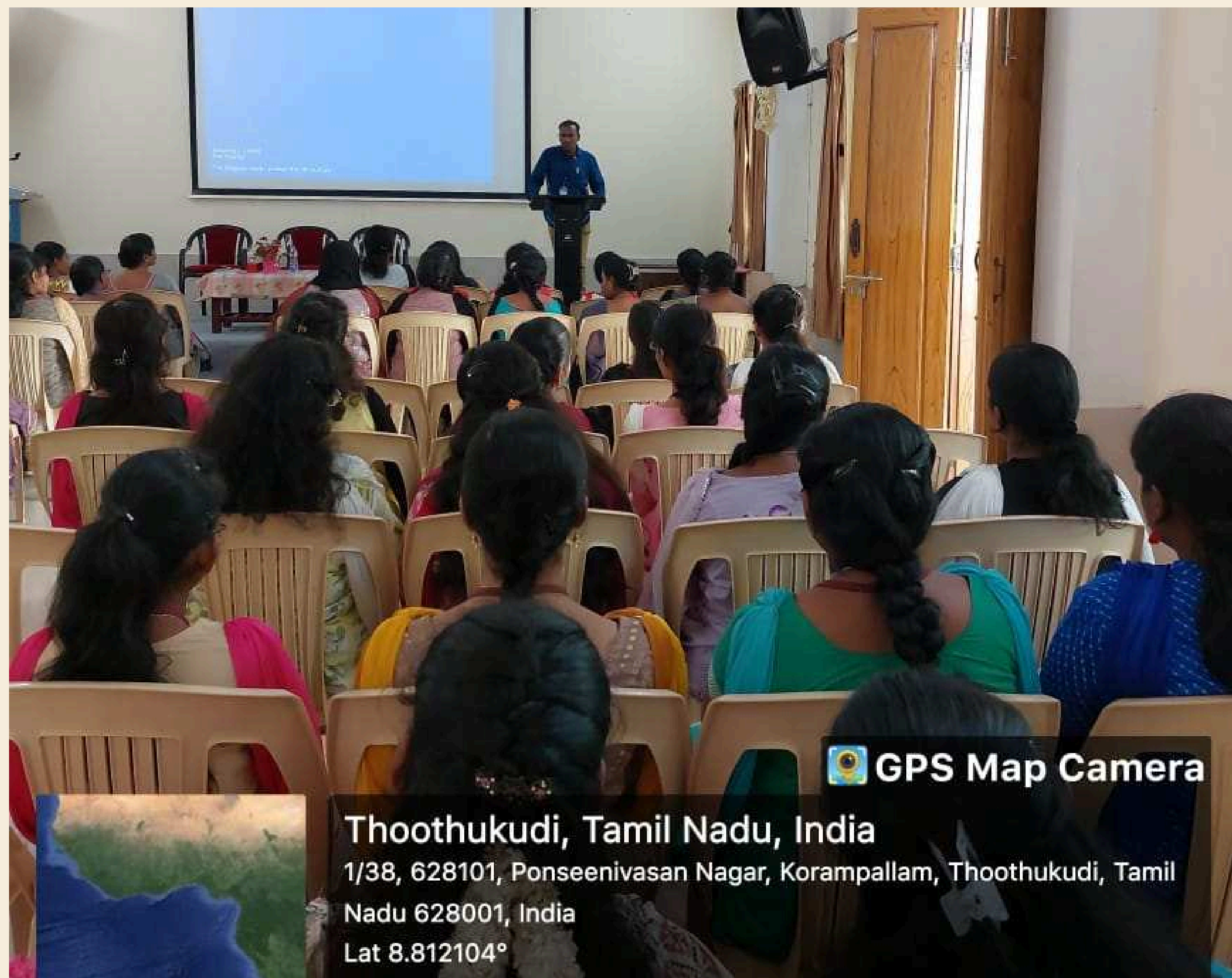
To create an awareness among the students on the availability of drugs and the various drug usage methods among the students, the Department of Psychology, along with the Anti-drug cell of the college, organized an Awareness Session on 18.1.2024 at 1.00 pm in the Star Hall. Mr. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi was the resource person. He addressed the students on the topic Adolescent Drug Usage and created an awareness among the students. All Psychology students and Anti-drug cell members were the beneficiaries.



Association meeting



 **St. Mary's College (Autonomous)** 
(Re-accredited with A+ Grade by NAAC)
Thoothukudi
The Department of Psychology
Organises its
Psychology Association Meeting
On the topic
**The Psychology of
Children in Conflict with law**
On 08.02.2024 @ 12.00 noon
Resource Persons
Mr. Alex **Dr. Fr. John Suresh**
District Child Member JJB
Protection Officer TMSSS Treasurer
Thoothukudi Thoothukudi
With Best Wishes from:
Rev. Sr.Dr.C. Shibana
Secretary
Rev. Sr.Dr. Jessie Fernando
Principal
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC





The department organized its Association meeting for the Even Semester on 08.02.204 at Star hall at 12.00 noon. The resource persons were Mr. Alex, DCPO, Thoothukudi District and Dr. Fr. John Suresh, JJB Member and Faculty, Department of Psychology, SMC. They addressed the students on the topic “Psychology of children in conflict with law”. The session was highly insightful and informative and the students gained an insight on the various crimes that minor children engage in and the various remedial measures that are being carried out by the District child protection office.

Intra departmental Poster competition

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

With reference to
TIME TO TALK DAY
Observed on 01.02.2024
The Department of Psychology
Organizes
An Intra Departmental
Poster Competition
On the topic
TALKING IS HEALING
On 08. 02.2024 @ 10.00 a.m.

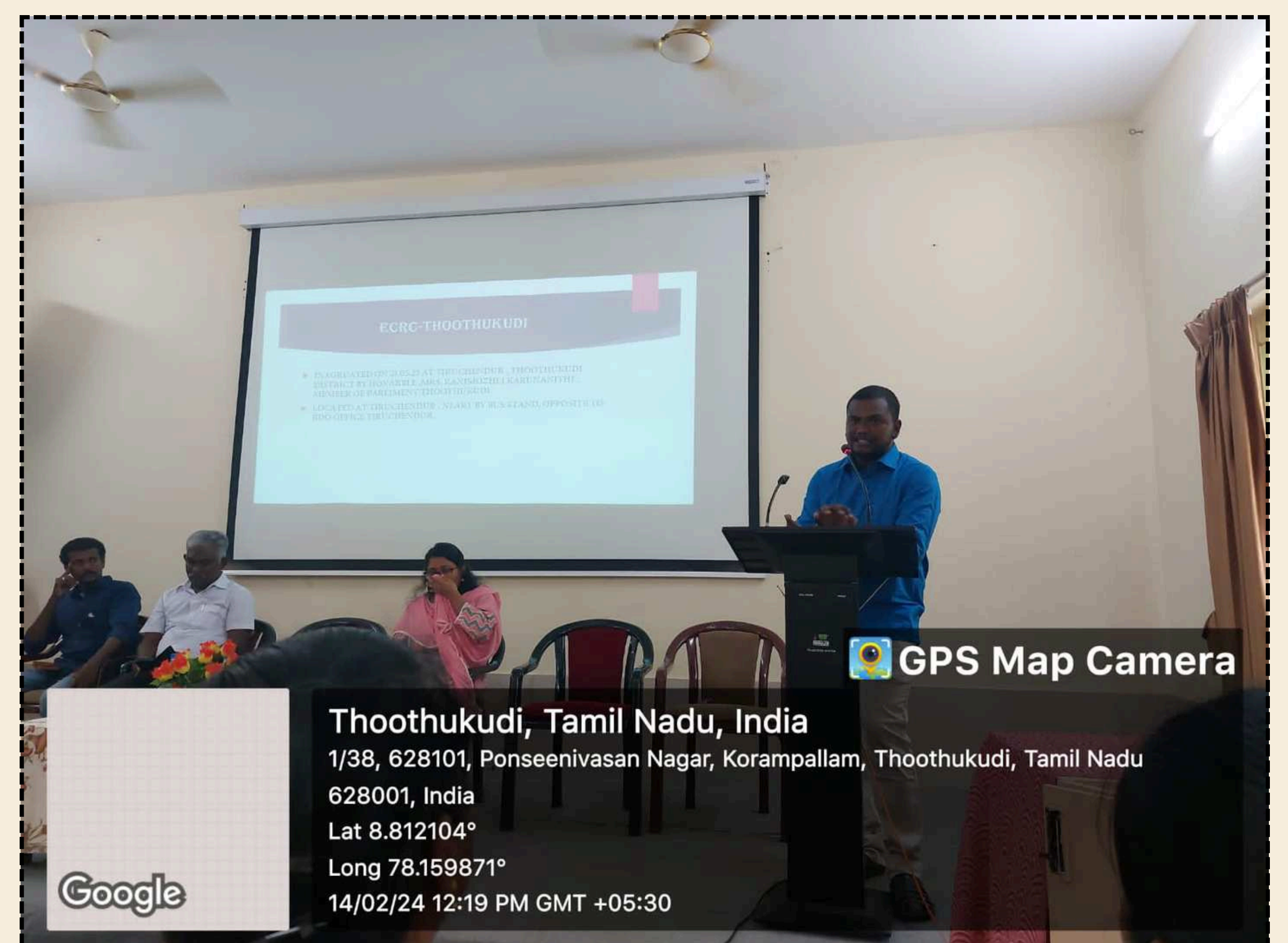
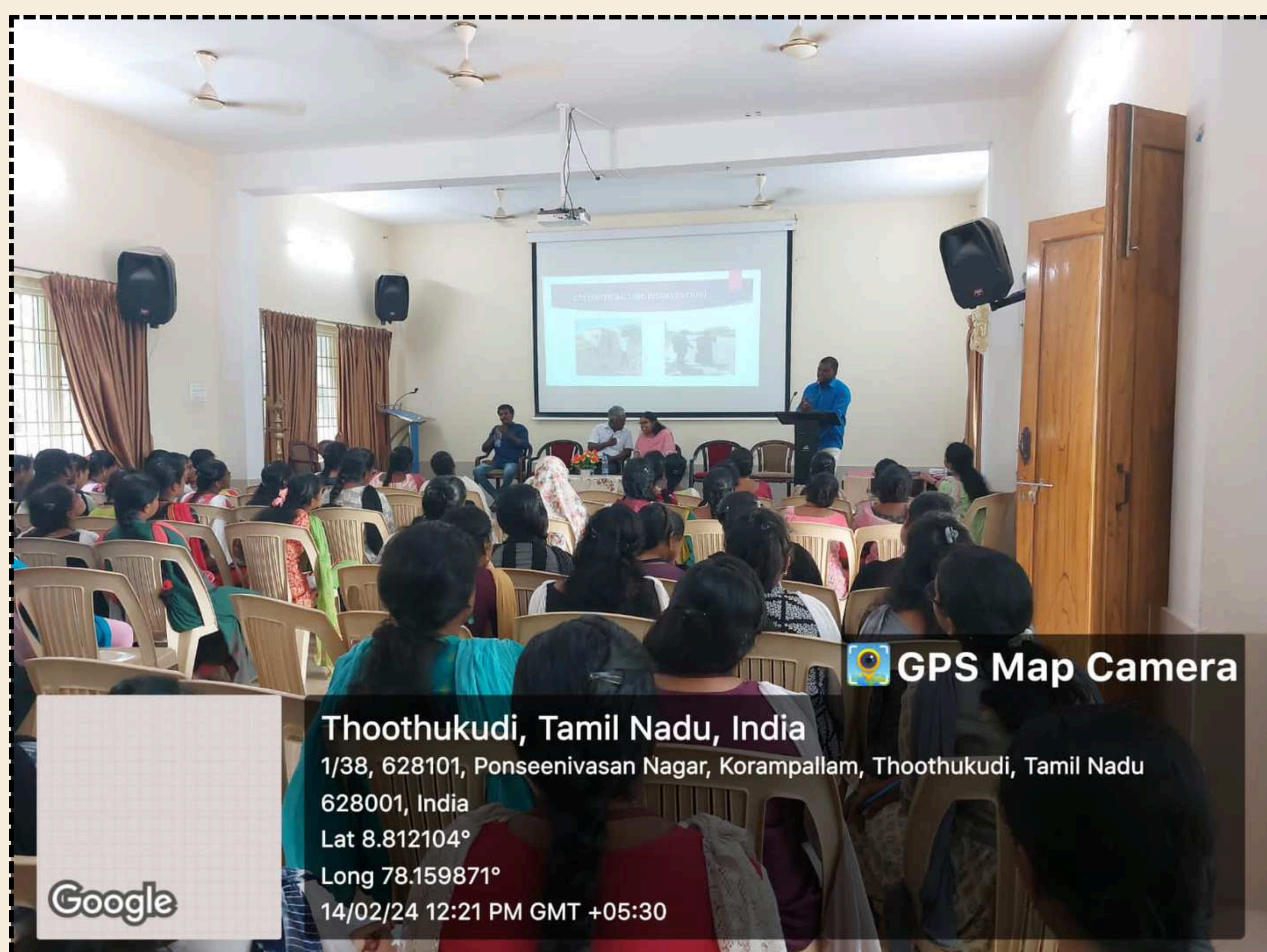
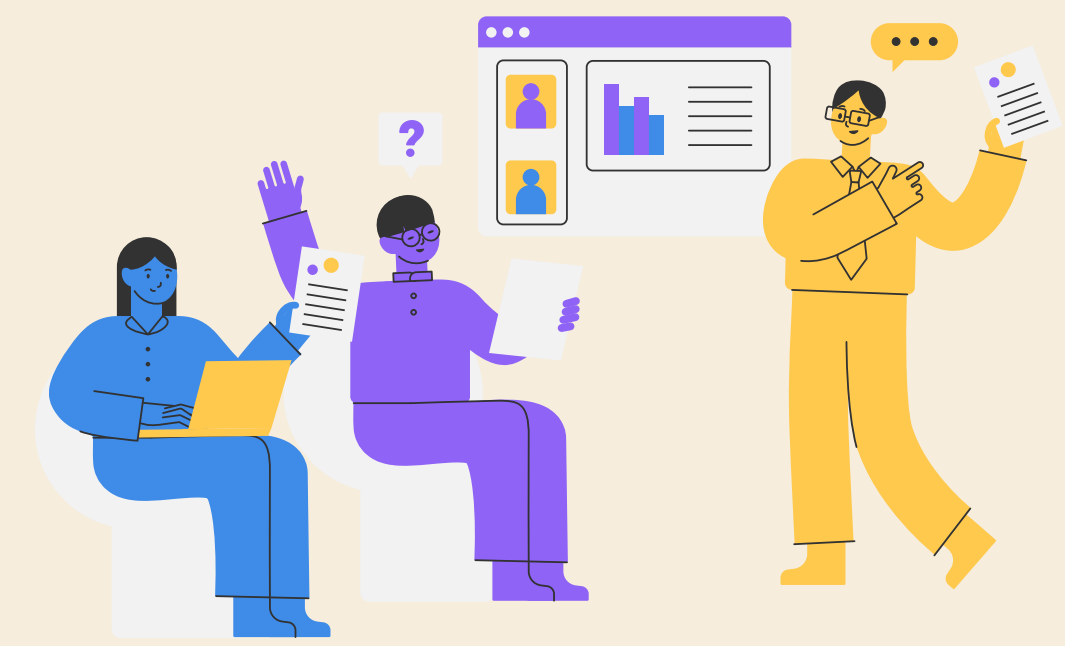
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Principal
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC





With reference to Time to talk day observed on February 1, 2024, the Department of Psychology organized an Intra Departmental Poster Competition on the Topic, Talking is Healing on 8.2.2024 at 10.00 a.m. in the department. The students participated in groups of 7 and the best 2 posters were selected by Mr. Alex, DCPO, Thoothukudi.

Orientation program





The department organized an Orientation program on 14.2.2024 on the topic Enhancing prosocial behaviour among college students. The Director of R Soya NGO, oriented the students on the services rendered by them and the job opportunities available for PG Graduate in Psychology. Dr. Rizwana spoke about the Psychology behind prosocial behaviour and gave suggestions on the ways to improve prosocial behaviour. The program was very interactive and useful to the students

Field visit



St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)
Thoothukudi
With reference to
RANDOM ACT OF KINDNESS WEEK
(16.2.2024-23.2.2024)
The Department of Psychology
Organises
A Friendly visit to
ST. JOSEPH'S CHARITY HOME
Adaikalapuram
On
17.02.2024



With Best Wishes from:
Rev. Sr.Dr.C. Shibana
Secretary
Rev. Sr.Dr. Jessie Fernando
Principal
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC



 **GPS Map Camera**

Thoothukudi, Tamil Nadu, India

1/38, 628101, Ponseenivasan Nagar, Korampallam, Thoothukudi, Tamil Nadu 628001, India

Lat 8.812028°

Long 78.159866°

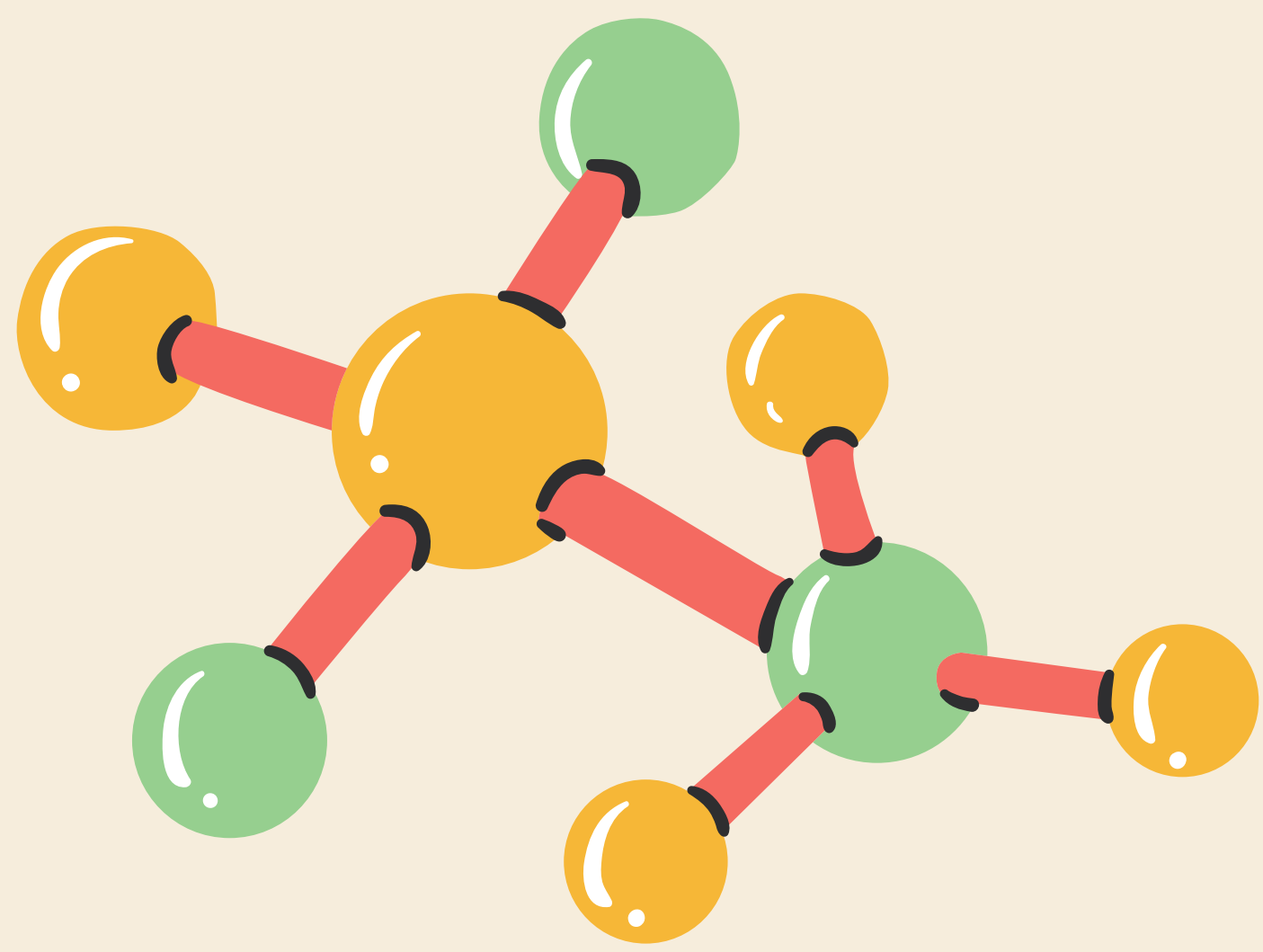
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Google



Random act of kindness week is observed worldwide from Feb 16th to Feb 23rd. It is observed to stress the importance of being kind and sharing with our fellow humans. The department of Psychology organized a field trip to Adaikalapuram St. Joseph's Charity Home on 17.2.2024 to instill in the minds of the students the need to be kind and compassionate. The students offered cultural programs for the inmates and interacted with them enthusiastically. As a random act of kindness, the department also offered a donation amount of Rs. 10,000 to the Charity home.





Science exhibition

ST. MARY'S COLLEGE (Autonomous)
Re-accredited with A grade by NAAC
THOOTHUKUDI - 628 001

Science Expo 2024

Under Star College Scheme
2023-2024
Sponsored by
Department of Biotechnology
Ministry of Science and Technology, New Delhi

Date: 28.02.2024 **Time : 9.00 a.m. - 4.00 p.m.**

Best Wishes From
Rev. Sr. Dr. C. Shibana, Secretary
Rev. Sr. Dr. Jessie Fernando, Principal
Rev. Sr. Dr. S. Kulandai Therese, Deputy Principal
Rev. Sr. Josephine Jayarani, Director (SSC)

Organizing Committee
Rev. Sr. Dr. A. Arockia Jenecius Alphonse
Star Co-ordinator & Member Secretary
Head & Associate Professor of Botany
Dr. Amala Jothi Grace
Assistant Professor of Chemistry
Dr. E. Daffodil D'Almedia
Assistant Professor of Botany
Dr. P. Anbarasi Rodrigo
Assistant Professor of Mathematics (SSC)
Ms. C. Nayantra Mascarenhas
Assistant Professor of Computer Science (SSC)

Contact Details
9629774402
7010271539



The departments of the STAR College Scheme, organized a Science Expo for all the school students of the Thoothukudi Corporation to create an interest in the Science subjects. This was organized with an initiative to develop the curiosity among the young minds and choose to become great scientists when they grow up. More than 20 students attended the Expo with more than 500 students from various schools who were the beneficiaries.



National Work shop



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

WIRAS PG DEPARTMENT OF PSYCHOLOGY

The Department of Psychology
In Collaboration with
PG Department of Psychology, WIRAS
Organises a
**ONE DAY NATIONAL WORKSHOP on
QUALITATIVE RESEARCH IN
PSYCHOLOGY**

Mr. M. SUBAIR
Asst. Prof. & Head
PG Dept. of Psychology
WIRAS, Kannur,
Kerala

Dr. S. JEYA BHARATHI
Asst. Prof. & Head
Dept. of Psychology
St. Mary's College
Thoothukudi

Ms. K.V. NIMITHA
Asst. Prof. & PG Coordinator
Dept. of Psychology
WIRAS, Kannur,
Kerala

With Best Wishes from:
Rev. Sr.Dr.C. Shibana Secretary
Rev. Sr.Dr. Jessie Fdo Principal
Rev. Sr.Dr.S. Kulandai Therese Deputy Principal
Rev. Sr. Josephine Jeyarani Director, SSC

08 MARCH 2024 9.00 AM - 4.00 PM HALL

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

WIRAS PG DEPARTMENT OF PSYCHOLOGY

The Department of Psychology
**Signs an MOU with
PG Department of Psychology, WIRAS**

08 MARCH 2024 9.30 AM HALL

Benefits:

- Organise Staff exchange programs
- Initiate Student exchange programs
- Organise Seminars & Conferences
- Share Tools and Scales
- Sharpen research mindset in students

With Best Wishes from:
Rev. Sr.Dr.C. Shibana Secretary
Rev. Sr.Dr. Jessie Fdo Principal
Rev. Sr.Dr.S. Kulandai Therese Deputy Principal
Rev. Sr. Josephine Jeyarani Director, SSC





The Psychology departments of St. Mary's College (Autonomous), Thoothukudi and WIRAS, Kannur, jointly organized a One Day National Workshop on Qualitative Research in Psychology on 8.3.2024 from 9.30 am to 4.00 pm. The workshop was very interactive and enlightening for the students. All the UG & PG students of the department were the beneficiaries. The departments also signed an MOU to enhance research and knowledge sharing among the students.



Thankyou..!