

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

News letter

2018 - 2019

UJ

Department of

PSYCHOLOGY





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 department's activities. This newsletter we can get an overview of our optimistic department.

"We are the starting step to a greater vision "



EDITORIAL TEAM

CHIEF EDITOR
Irin Jeya Sheela

EDITORS
Maria Sneha
Padma
Thangarathi
Priya Dharshini

PHOTOGRAPHER
Pon Bala priya
Ummul Rizwana



■ Association meeting ■



6.2.2019

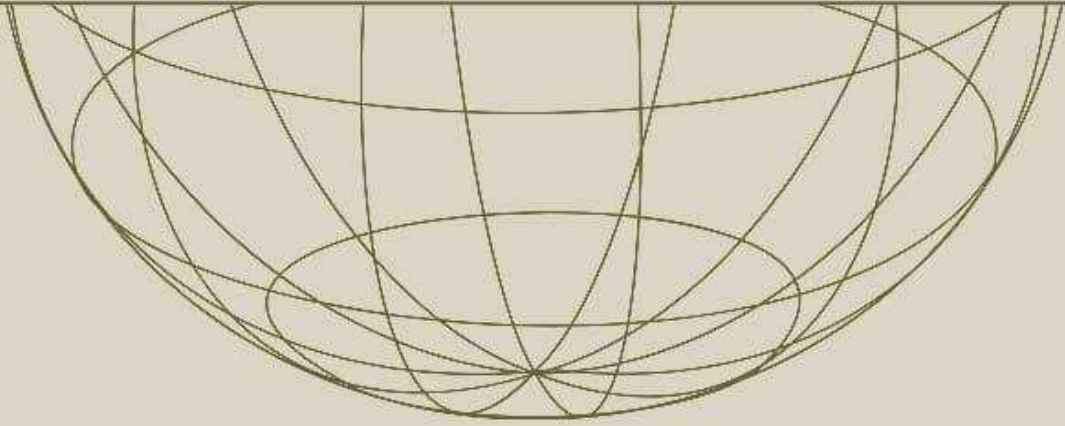
The resource person was Sr. Iruthaya, Principal, Pearl Special School, Thoothukudi. She addressed the students on the causes and impact of Mental Retardation. She beautifully created an awareness among the students on how well these Intellectually Challenged children can be trained to lead a self-dependent life when they grow up.

She also explained the challenges faced by the parents and teachers of the mentally challenged and the stereotypic attitude of the society towards these mentally challenged children. She also volunteered to clear the doubts of the students who were very enthusiastic to know more about Mental Retardation and offered to permit the students to visit their Pearl Special School. The second Association meeting was held on 6.2.2019 at the Star Hall in the afternoon between 2.00pm to 4.00pm. The chief guest was Mr. John Moses Giritharan, Counsellor, District Child Protection Centre, Thoothukudi. He addressed the students of the Psychology Department on the ways and means of protecting children and also briefed them about the various job opportunities that are awaiting them once they complete their graduation. He made the meeting highly interesting and informative by quoting case studies from his job experience.

He explained on how high the juvenile crime rate is high in Thoothukudi District and how as a counsellor he is contributing to the preservation of the mental health of the people here. The session was highly interactive and student centered that they posed a lot of questions to the resource person that were very skillfully clarified.

Thus both the Association Meetings were very fruitful for all the participants. It has only deepened the passion towards the field.

September 10



World Suicide Prevention Day

Help, healing and hope are always possible..

Suicide Prevention Day Awareness Program



18.09.2018

The Suicide Prevention Day Awareness Program was conducted on 18.9.18. The chief guest was Inspector Padmakumari, Alwarthirunagairi. The program was highly informative and useful as the chief guest addressed on not just the causes of suicide in today's world but also on the after effects of committing suicide which the youth usually don't think of. The inspector who has ample experience in this area was the right choice to address the students. The third UG and the second PG students were the audience.



6.10.2018

Mental Health Day

AN AWARENESS WAS CREATED AMONG THE STUDENTS ABOUT THE NECESSITY OF MENTAL HEALTH WHICH CAN ONLY CONTRIBUTE TO PROPER PHYSICAL HEALTH. THE PROGRAM WAS BEAUTIFULLY ORGANISED BY THE STUDENTS OF THE PSYCHOLOGY DEPARTMENT WHEREIN THEY DID FACE PAINTINGS OF THE VARIOUS POSITIVE AND NEGATIVE EMOTIONS AND DISPLAYED THEMSELVES IN THE OPEN AIR AUDITORIUM DURING THE MORNING BREAK. IT OFFERED A JOICE OF EMOTIONS FOR ALL THE COLLEGE STUDENTS ON THE VARIOUS EMOTIONS FROM WHICH WE HAVE THE RIGHT TO CHOOSE THE EMOTIONS WE WANT. THIS CREATED A AWARENESS THAT MENTAL HEALTH DEPENDED COMPLETED ONLY THE INDIVIDUAL PERSON AND HIS/HER CHOICE OF EMOTIONS.

DEPARTMENT OF PSYCHOLOGY



WELCOME TO OUR

Department Election



06.07.2018

The Department Election of the President, Vice President and the Secretary was conducted in a democratic way and the following students were selected for this academic year:

President: Selva Princy Ebenezer (II BSc Psychology)

Vice President: Nisha Priyadarshini (II BSc Psychology)

Secretary: Sharon (I BSc Psychology)



BOS :

Dr. Bhuvaneshwari

Dr.Sudha Kumari

Dr.Rowena

Ms.Asha

Faculty :

Dr.Jeya Bharathi

Mrs. Rohini

STAFF ACCOMPLISHMENTS:

1. DR. S. JEYABHARATHI

Workshop/ Seminar/ FDP	Type	Paper Presented/ Participated	Title of the Paper	Organized By	Date
National workshop on Qualitative methods in educational research	National Workshop	Participated		Annammal college of education, Tuty.	10.08.18
Workshop on Healing the Inner Child	Workshop	Participated		Anugraha college of Counselling, Dindigul.	3.12.18-11.12.18
19 TH National conference and international workshop on TCI	National Conference & International Workshop	Participant and Organising Committee member		Ruth Cohn Institute India for TCI	12.1.19-14.1.19
National Seminar on Juvenile Justice System in India Contemporary issues & Challenges	National Seminar	Co-Chair person: Juvenile Justice Presented Paper	Sexual Harassment as a fatal violence against children and its impact on their personality development.	DOCPA, Kamaraj College, Thoothukudi	18.1.19

2.MRS. ROHINI

Workshop/ Seminar/ FDP	Type	Paper Presented/ Participated	Title of the Paper	Organized By	Date
Workshop on Healing the Inner Child	Workshop	Participated	Anugraha college of Counselling, Dindigul.		3.12.18-11.12.18
National conference on counselling practices	Conference	Participated			15.2.19,16.2.19

STUDENTS ENROLLMENT :

**Number of students
enrolled - 24**

LAB ACTIVITIES :

**Odd Semester : II UG - 5 Experiments
I UG - 5 Experiments**

**Even Semester : II UG - 5 Experiments
I UG - 5 Experiments**

STUDENTS' ACCOMPLISHMENT

Date	Event	Organized By	Student Name	Accomplishment
12.7.18	Folk Dance	Kamaraj College, Thoothukudi	Irin Jeya Sheela	III Place
18.8.18	Group Dance	VVV College, Viruthunagar	Irin Jeya Sheela	I Place
28.9.18	Fusion Dance	Annamal College, Thoothukud	Irin Jeya Sheela	I Place
29.9.18-30.9.18	RYLA Camp: Pencil Drawing	Rotary Club, Thoothukudi	Selva Princy Ebenezer	I Place
29.9.18-30.9.18	RYLA Camp: Overall trophy for active participation	Rotary Club, Thoothukudi	Irin, Princy, Sharon, Suji, Shenaz	Overall Trophy

26.10.18-29.10.18	RYLA Camp: Singing	Rotary Club, Thoothukudi	Veda Shree	II Place
26.10.18-29.10.18	RYLA Camp: Dancing	Rotary Club, Thoothukudi	Roseline	II Place
3.12.18-10.12.18	Workshop	Anugraha College for Social Sciences, Dindigul	I & II UG Students	Participation
18.1.19	National seminar: Participation	Kamraj College, Thoothukudi	Jessima, Suji, Rinthya	
31.1.19	Tamil fest: Solo Singing	Wavoo Wajeeha Women' s College	Sneha	I Place

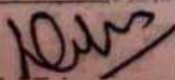
31.1.19	Tamil fest: Dumb Charades	Wavoo Wajeeha Women' s College	Pon Vennila, Ummul Rizwana	III Place
28.2.19	Fine arts: Wealth from Waste	St. Mary' s College	Ummul Rizwana	I Place
28.2.19	Fine Arts: Creative Drawing	St. Mary' s College	Afrin Shenaz	II Place
28.2.19	Fine Arts: Glass Painting	St. Mary' s College	Nisha Priyadhar shini	III Place
1.3.19	Fine Arts: Solo Singing	St. Mary' s College	Maria Sneha	II Place

ST.MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI
DEPARTMENT OF PSYCHOLOGY
MENTOR MENTEE LIST 2018-2019

Mrs. R. Rohini

I Bsc.PSYCHOLOGY

REG NO	NAMES
18SUPS01	K. AFRIN SHENAZ
18SUPS02	V. AKILA
18SUPS03	V. ARUNA DEVI
18SUPS04	T. ELIZABETH REGINA
18SUPS06	T. GNANA PRIYA
18SUPS07	I. JERLIN ESTHER
18SUPS08	R. JESSIMA
18SUPS09	P. JEYASUDHA
18SUPS10	M. KARTHIKA
18SUPS11	R. MALATHI
18SUPS12	M. MARIA PRIYANKA
18SUPS13	R. MARIESH RINTHYA
18SUPS14	S.MARY ANGEL
18SUPS16	P. REVATHI
18SUPS17	A. ROSELIN MARY
18SUPS18	A. SAHAYA VENI
18SUPS19	M. SHABANA AFRIN
18SUPS20	G. SHARON CHELLA ROSY
18SUPS21	A. SUBBULAXMI
18SUPS22	T. SUJI
18SUPS23	M. THIYOFICA
18SUPS24	P. VEDHASHREE
18SUPS25	R. VINO ROSHINI
18SUPS26	S.VISHWA PRIYA


STAFF INCHARGE


Dr.S.JEYA BHARATHI
Co-Ordinator
Department of Psychology
St.Mary's College (Autonomous)
Thoothukudi - 628 001

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

DEPARTMENT OF PSYCHOLOGY

MENTOR MENTEE LIST 2018-2019

Dr.S.Jeya Bharathi

II Bsc.PSYCHOLOGY

REG NO	NAMES
17SUPS01	A. ANTONY ROSE RASHMI
17SUPS04	J. IRIN JEYA SHEELA
17SUPS05	V. LOHITHA
17SUPS06	S. MANICKA DEVI
17SUPS07	S. MARIA SNEHA
17SUPS08	B. MARIA THOMMAI PRINKA VAZ
17SUPS09	M. MARIYA JENCI
17SUPS10	K. MARY VADHANA DEVI
17SUPS11	D. NISHA PRIYADHARSHINI
17SUPS12	M. PADMA
17SUPS13	G. PON BALA PRIYA
17SUPS14	P. PON VENNILA
17SUPS15	S. PRIZILA
17SUPS16	Y. RAJALAKSHMI
17SUPS17	J. SELVA PRINCY EBENEZER
17SUPS18	H. THANGARATHI
17SUPS19	S. UMMUL RIZWANA
17SUPS20	S. PRIYA DHARSHINI

STAFF INCHARGE

Dr.S.JEYA BHARATHI
HOD
Co-Ordinator
Department of Psychol. y
St.Mary's College (Autonomous)
Thoothukudi - 628 001



CDP

As part of the Community Development Program, the area allotted to the Psychology Department along with the BBA Department and the Microbiology Department was Kumaragiri in Puthukottai District. Students of the Psychology Department went around the rural area collecting surveys on the basic needs of the area that are being overlooked.



NSS

NSS students of the college went on an awareness creating rally to the Sub Collector's Office on "Ban Plastic". NSS students on various issues like "Voting Rights" that was held on 24.1.2019 and "Importance of Moral Values" that was held on 4.2.2019. A documentary movie was also shown to the students on "Social Awareness" on 11.3.19.

NCC

THE COLLEGE HAS STRONG NCC, NSS AND SPORTS WINGS OF WHICH THE PSYCHOLOGY STUDENTS ALSO FORM A PART. OUT OF THE FORTY THREE STUDENTS FROM BOTH THE I AND II UG, THIRTY STUDENTS PARTICIPATE IN SPORTS ACTIVITIES WHILE SEVEN STUDENTS TAKE PART IN NSS ACTIVITIES. THERE ARE NO NCC STUDENTS IN THE DEPARTMENT. NCC, NSS AND SPORTS BELONG TO THE PART V ACTIVITIES OF THE COLLEGE AND IS A PART OF THE CURRICULUM. IT IS CARRIED OUT SYSTEMATICALLY TWICE A WEEK IN THE AFTERNOON FROM 2.00PM TO 4.00PM. BEING A PART OF THE CURRICULUM ITSELF DEMONSTRATES ITS IMPORTANCE AND MAKES THE STUDENTS ACTIVELY PARTICIPATE IN THEIR CHOSEN ACTIVITY WITH FULL INTEREST.



SPORTS

AS PART OF SPORTS, THE STUDENTS ARE MADE TO GATHER SHARPLY BY 2.00PM AT THE COLLEGE GROUND. THE COLLEGE SPORTS IN CHARGE MRS. CHRISTY TAKES CHARGE OF THE STUDENTS. SHE FIRST MAKES THEM DO SIMPLE GROUP EXERCISES AS WARMING UP AND THEN MAKES THEM PLAY SOME GROUP GAMES LIKE RUNNING, VOLLEY BALL OR OTHER GAMES. THIS IS A VERY GOOD PHYSICAL ACTIVITY FOR THE STUDENTS AND WE CAN SEE ALL THE STUDENTS ACTIVELY BURN ALL THEIR EXTRA CALORIES AND THE PENT UP EMOTIONS AND FEELINGS IN THE GROUND.



“PRIORITIZE SELF-HEALING TODAY”

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

DEPARTMENT OF PSYCHOLOGY

**INNER CHILD HEALING WORKSHOP AT ANUGRAHA INSTITUTE OF SOCIAL
SCIENCES, DINDIGUL.**

**SKILL DEVELOPMENT PROGRAM REPORT
03.12.2018 - 10.12.2018**

Trip schedule :

Date : 03.12.2018 - 10.12.2018
Visit to : Anugraha Institute of Social Science, Dindigul
Departure from SMC : 4 am (03.12.2018)
Arrival at SMC : 11 pm (10.12.2018)
Students taken : 42 students (I & II UG)

Introduction :

The Department of Psychology took its students to Anugraha Institute of social sciences, Dindigul to participate in the Workshop on Inner child healing as part of the curriculum.

Workshop Objective :

The objective of the workshop was to provide practical knowledge on the concepts of Inner child healing which is a part of the curriculum.



About the Workshop :

Anugraha institute of social sciences organizes a workshop on Inner child healing every year. Our students who are studying Inner child healing was taken there as part of the curriculum. The workshop gave practical exposure and training in what the students had already learnt theoretically.

Conclusion :

The psychology department students participated in an 8 days training program on Inner Child Healing, held at Anugraha college of social sciences, Dindigul. It was a very informative and learning experience for all the students who attended the program. The participants included 18 Second UG and 25 First UG students along with 2 staff members. It gave them training on Inner Child Healing, a part of the IV Semester Curriculum .

