

# THE MIND

*bi annual news letter of department of  
psychology*



*Mahatma Gandhi College  
Thiruvananthapuram*

*College with potential for excellence*

*Accredited by NAAC with A Grade*

# NEWS LETTER

-AN ENERGISED 2016-2017

## DEPARTMENT OF PSYCHOLOGY

### PRINCIPAL



*The dept of psychology organized various programmes during the academic year and I was really amazed by the way they organized the programme. They arranged the programme on international yoga day where the various scientific aspects of yoga was discussed. The programme on gender equality covered a discussion on contemporary issues on various departments and had participants from various depts. The pre submission seminar is an innovative programme. The dept can arrange more programmes for the benefit of students of other depts/public.*

## *OUR STRENGTHS*

- *Active tutorship.*
- *Ready for collaboration with other departments.*
- *Team work.*
- *Always approachable.*
- *Friendly atmosphere.*

## *WE ARE FOR THE OTHER DEPARTMENT.*

- *Yoga certificate course.*
- *Counseling.*
- *Talk for the students of English department.*



## DEPARTMENT PROGRAMMES

**21<sup>ST</sup> June:**

### *INTERNATIONAL YOGA DAY*

*Sree sundar shanmugham spoke about different yoga systems. Yoga demonstrations by sree suneesh and alumni of the department.*



**24<sup>th</sup> July:**

- *Talk by kavita, a special need psychologist from Dubai. An informative talk on learning disability and other.*
- *special needs and how to meet those needs.*
- *Continuation of certificate course in YOGA conducted by our department. Students of various department participated.*

**26<sup>th</sup> August:**

**SEMINAR ON PERCEPTION OF GENDER EQUALITY**

**GUESTS: Aiswarya K. K**

*' Breaking the glass ceiling start up, to embrace equality'*

**Anitha Dorairay**

*(Principal Bodhi School)*



*Spoke on gender spectrum: 'Understanding gender in detail. Dr. N. Lekshmipriya of English department Acted as the moderator.*

**25<sup>th</sup> November:**

**BEHAVIOR MODIFICATION IN ROAD SAFETY**

*In memory of Arun, a talk by Samuel D (sub inspector of police) was held along with a ppt by Jithin prem on " Neuropsychology of Rash driving"*

## *PRESUBMISSION SEMINAR*

*Our department conducted the pre submission seminar for final year students which was presided by Dr. Shiju Joseph, Asst. Prof. Govt. College for Women, Vazhuthacaud. The project on "Narcissism and avoidance attachment style"- was selected as the best project and the project on "Altruistic behavior among male and female undergraduate students" was selected as the best presentation.*





*20<sup>th</sup> January 2017:*

*In collaboration with the department of Physical Education a workshop was held on 'YOGA - A way of life.' The event was blessed with presence of Swami Raja Krishna. The welcome speech was given by Biju Kumar, HOD of physical education and Council secretary Dr. Prathibha HOD of psychology department. The presidential address was by the Principal and the Felicitation was by Dr. Gopi.*

### *WORLD MENTAL HEALTH DAY*

*We celebrated the World Mental health Day in our college. The theme of 2016 Mental Health Day was 'Psychiatric Emergencies'. Dr. Rahul V.R was the chief guest. We performed Street play at the college portico. various models of neurophysiology made by I and II DC students were exhibited at the venue. The bi-annual newsletter of Dept of psychology was also published. Also, as a part of the mental health day celebrations, the III DC BSc Psychology students screened documentaries related to abnormal psychology. The department visited the NGO S.I.C.K (St. Ignatius Charity Kendra) which is a psychosocial rehabilitation center for the mentally ill patients. Cultural programs and games were held for the inmates.*

*Dr Rahul, Educational Psychologist and Assistant Professor at the Government Teachers Education Centre, Trivandrum, gave a small introduction to the BSc students about the topic and also to make them realize the emerging importance of General Psychology in today's world.*



*The department also held a Kite making and Kite flying session. Each kite contained an important message about the importance of mental health and the need to make people realize that mental health is just as important as physical health. The inmates and staff of S.I.C.K and the students were sponsored by SBT Bank. Five students of the department, Namita, Anandakrishnan, Haripriya, Abhijith and Jeevan, recorded a show with Club FM. They spoke about the events organized by the Department on World mental health day. The show was aired on 10.10.16.*





## **ONAM CELEBRATION**


Department celebrated Onam with a festive mood. Students Participated in Athapoo competition and Tug of War which won us the first prize. The tastiest part was when students brought each item cooked in their homes and together the whole Department had Onam Sadhya on Plantain.

## **SENT OFF PARTY TO GUEST FACULTY**

Students arranged a small sent off party to Sarika, who worked as Guest Faculty. Sarika also **secured JRF** during her tenure in the college.

## **INTER DEPARTMENT PROGRAMMES**


*"Excel in the other department"*

- In the **Environmental poster making competition** conducted by the department of Chemistry (spons
  - by STEC) **Niranjana Sunil of S4 got the first price.**
  - Six of our students participated in the flash presentation conducted by the chemistry dept and attended talks in which **Niranjana and Abhirami of our dept. secured 2<sup>nd</sup> position.**
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- *In the Flash presentation conducted by the department of History on disabled persons who changed history Anandha Krishnan and Jithin Prem of our dept. secured the first prize.*
  - *Niranjana S and Abhirami participated in Quiz conducted by the History department.*
  - *Aparna Thampi has participated in elocution based on corruption.*
  - *Aparna Thampi and Malavika S P participated in Quiz competition .*
  - *Namitha Sankar and Shyama S took part in the flash presentation competition held by the Physics Dept. on the topic "Lanterns of the Last Millennium"*



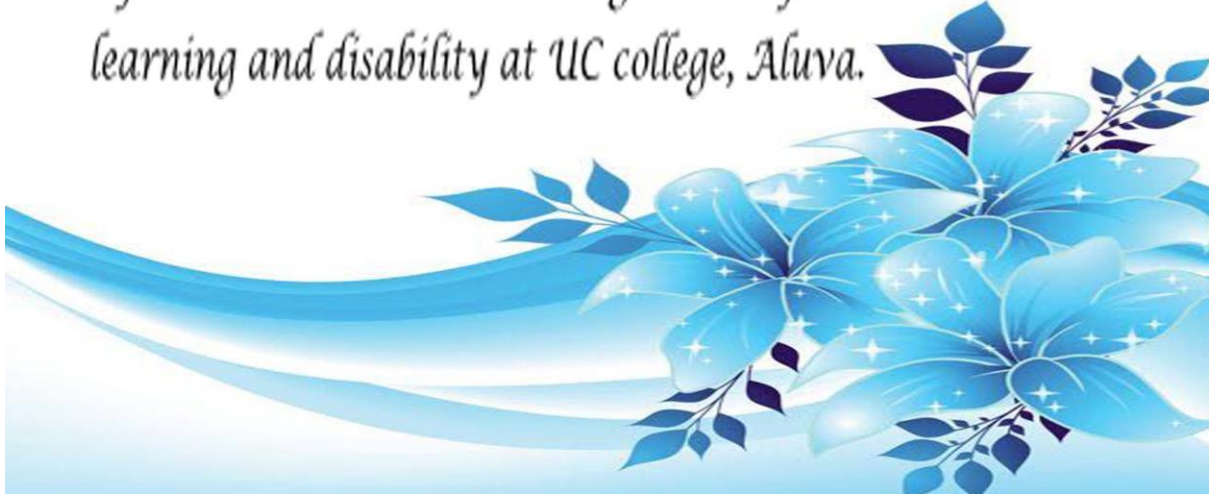
## ***SEMINAR ATTENDED***

- *Students from 2<sup>nd</sup> DC Psychology attended a 2 day National Seminar at University College on 21<sup>st</sup> and 22<sup>nd</sup> feb. 2017. The first day was handled by Dr. Kathiravan on aspect 'Hyposis psycho analysis' and the topic of the 2<sup>nd</sup> day was handled by Jini K Kumar and Abdhul Salam.*
  - *Students from 2<sup>nd</sup> DC psychology attended a seminar on 'Emerging Trend in Cyber Psychology' at Loyola College on 27<sup>th</sup> feb. 2017.*
  - *morning section was handled by Dr. Robin Mathew and Dr. Arun B Nair. And the afternoon section included pen talk and discussion.*
  - *A Group of 11 students participated in the national seminar on "Innovations and Challenges in Counselling" at University College, Karyavattom.*
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- *Abhijith J S* attended information section on the topic 'The Influence Of Human Behavior in accordance to climate change in seasons and about ayurvedic treatment for seasonal mood changes' at *Karuna Sai* Vellanad. It had a very interesting talk by Pathmasree Harindhra Nair.
- 23 Students from S1 and 8 students from S2 attended an online class by Dr. Adhithi N retd. HOD of psychology of MG college, tvpm. The class was on '**Perception**' and was held in Sanskrit college, tvpm.
- Jithin Prem attended a National Seminar on the topic assessment and management of intellectual learning and disability at UC college, Aluva.



## INTER COLLEGE COMPETITION

*17 December:*

➤ Three teams participated in Manomedham Quiz Competition held at *Karuna Sai* and secured 2<sup>nd</sup> and 3<sup>rd</sup> position.

2<sup>nd</sup> prize : *NamitaSankar, Ananthakrishnan and Niranjana S*

3<sup>rd</sup> prize : *Krishnendhu G S, Aju and Neenu Thomas,  
Jithin Prem, Lekshmi*



- *Abhijith J S, Gireesh and Akhil* won the 2<sup>nd</sup> prize in
- Documentary Competition held at **Fathima Matha College**, Kollam.
- *Ananthakrishnan* got first prize in paper presentation on "**Eucledian Geometry and Gestalt Psychology**" held at TKM college, Kollam.
- A Group of 5 students of s4 had done a paper presentation at SN College, Chempazhanthy,.
- *Ananthakrishnan* of s4 had done a paper presentation at Bishop Moore college, Mavelikara





## *PSYCH FEST AT FATIMA MATA COLLEGE*

***SHORT FILM COMPETITION*** - All the four short films made by the students of Psychology were screened at the competition at PsychFest 'Cognethra' conducted by Fatima Mata College , Kollam. One of the films "GAD" (Generalised Anxiety Disorder) by Jeena Shah and group **WON THE SECOND PRIZE.**



## *VISIT TO OTHER ORGANISATIONS.*

### *SANJEEVANI*

*The students of 3<sup>rd</sup> DC Psychology were sent to Sanjeevani organization for internship. The batches were sent on 14<sup>th</sup> to 22<sup>nd</sup> Oct 2016. Sanjeevani is an organization that works under the charter of Befriender's International organization . Their main aim is to prevent suicide attempt and to reduce suicide rates. This idea was brought forward by Rev.Chedwarah. Mr Mathew Vengal is the director of Sanjeevani.*

### *INTERNSHIP AT KARUNASAYI*

*Every year during summer holidays students go for a one month internship at Karunasayi. We are grateful to Dr Madhujan and his team. In April 2016, before the commencement of this academic year, final year students went for a one month internship program at Karunasayi De-addiction centre, Vellanad. The institution is run by Mr Madhujan, an Alumni of the college.*



## **INAUGURATION OF MEDIA CLUB IN MAHATMA GANDHI COLLEGE, TVM (30.9.16)**

*'With active participation of our dept'*

**Dr M. R Sudarsanakumar** (Principal of MGC,TVM) presided over the function. **The convener of the club, Dr. Jayaraj B, Dr. Oleena O.J, Dr. K Jyothishkumar** (H.O.D ,Department of Malayalam) delivered the felicitations. After the inauguration, the club screened an original screenplay written by a 3rd year BSc. student of the Department of Physics, **Bhavapriya J.U** titled "**Athmavinte Chikilsalayam**". Also, in the afternoon session, documentaries made by 3rd year psychology students were played. These documentaries were based on topics of abnormal psychology like **OCD, GAD, phobia and medical student's syndrome**. The main idea behind the event was to highlight the importance of media in raising our awareness about the world around us.



### ***WE ARE PROUD OF;***

#### ***➤ MEERA RAJ***

*Meera Raj who continuously visited SICK (St. Ignatius Charity Kendra) every week and rendered her service for the mentally ill people of SICK. This was a continuous programme and she was supported by Suneesh an alumni of the department who took yoga classes for the inmates of SICK. Meera is also currently doing a diploma in LD and another course in sign language.*

- SIX STUDENTS*** *of the department did a certificate course in LD management at MG University Kottayam. They travelled every week to Kottayam for 15 classes and successfully secured the certificate. We congratulate them.*

#### ***➤ NAMITHA SANKAR***

*Namitha Sankar of S4 selected as the student convener of women cell.*

#### ***➤ POOJA S MADHU***

*Pooja of S4 selected as the convener of Arts Fest.*

➤ **JACOB CHALAKUZH**

*In the academic year 2016-17 Jacob( known as KOD in game) has attended a few Lan events, securing first place in the 'cross roads' Data 2 tournament held at Mar Basalious, first place at the 'Agnaya' Barton Hill Data 2 tournament. He also played in the LAN event held in Kochi , FISAT, where his team played against members of team PoC , which was the 3<sup>rd</sup> best team in India at the time, to secure a strong victory, with a score of 2-1, granted him 1<sup>st</sup> place in the FIAT tournament as well!*

➤ **PALLAVI KRISHNA**

*Pallavi of S4 mesmerized audience with her veena magic.*

➤ **VAISHNAVI**

Vaishnavi of s2 secured first prize in English poetry writing conducted at our college as a part of the arts day.

➤ **THIRUVATHIRA**

Our department secured 3<sup>rd</sup> prize in thiruvathira competition.





## GLORIOUS ACHIEVEMENT IN NCC

### ➤ DEVIKA S MOHAN

*Devika S Mohan of S6 participated in Republic Day Parade and also attended youth exchery programme arranged by the Defence Ministry in Bhutan 2017.*



### ➤ ADWAYTH

*Adwayth S Milan of S4 participated in Republic Day Parade 2017.*



# SPORTS DAY).

Department Psychology students participated actively in the Sports Day of Mahatma Gandhi college , securing first prize, which they shared with the History Department, in March past.



## *SPORTS*

### *➤ AKSHAY KRISHNA G*

❖ *Akshay Krishna G of S2 have been part of the **Ball Badminton Team** at All India Inter University held at Chennai, All India Championship held at Bangalore and All India Championship held at Chennai.*

❖ *Winner of the Senior State held at TVM, Runner Up Of Junior state held at Kozhikode, Winner of Federation state championship held at Kottayam ,*



*runner up of All Kerala Championship Kollam , winner of Inter colligate held at Nilamel ,winner of All Kerala Senior State Championship held at TVM , winner of TVM Senior District Championship held at Nedumangad , winner of. ,TVM junior district championship held at Nedumangadu.*



## **ARUNIMA A G**

*Arunima A G secured 3<sup>rd</sup> position in summer classics junior squash championship 2016 and 2<sup>nd</sup> position in district level.*

## **RAKESH M**

*Rakesh M of s6 have been part of the college team which won the Inter colligate, (Ball badminton) held at Nilamel.*

## **LEKSHMI RAJENDRAN**

*Lekshmi Rajendran won the 3<sup>rd</sup> place in the 100m race in the annual athletic meet 2016-17.*



## OUR TEACHERS.

*"We are very grateful to have such mentors"*

**DR. PRATHIBHA S NAIR**

❖ HOD of the department.


❖ As walk with scholar mentor.

**DR.JAYARAJ B**

Media club and Career Guidance club is very actively being led by Dr Jayaraj who is the Convener of both. Many programs were organised in both clubs. Active leadership was given for both Onam Celebrations and Arts Festival Co-ordination by Dr Jayaraj B who also acted as the Arts Festival Convener. Dr Jayaraj B regularly writes article in monthly popular magazine Kaumudi. Dr Jayaraj published a poem in Kaumudi

**DR.SUBHA SACHITHANAND**

DR. Subha Sachithanand, Asst. Professor of the department of psychology and the programme officer of NSS has successfully coordinated the annual camp of 2016-17 . The camp was conducted at MG College on 3<sup>rd</sup> March 2017 . The volunteers of the camp got the opportunity to attend the motivational classes.



They also visited the Karuna sai psychopark. As a measure to make the Earth a more greener place ,they conducted many activities like plastic disposal at Kowdiar park and Vivekanandha park. The camp turned out to be a successful one.

### OUR GUESTS

*“ Although it has been only a few months since they joined our college , they have proved to be a treasure to our dept. They actively encourage the students for their better performance”*

➤ SARIKA A

➤ MEERA R

### CLASS REPRESENTATIVES







*Leaving with a lot of memories to  
cherish....*



*"WE LOVE NATURE, SO WE BRING  
LUNCH IN STEEL LUNCH BOXES"*





Front cover photo: Aparna k Nair

Back cover photo: Meera.R

(Guest Lecturer)

Student Editors: Aparna Thampi

Athira.B

Salabha Sajan