

~TOUR~

The most awaited event of every college student's life- the tour, was made a dream come true on 17th February 2018. The final year students showed immense pleasure in coordinating the destinations and making necessary arrangements. The destinations were Munnar, Kodaikanal, and Wagamon. All 3 days were power packed and full of fun. Indeed, it was one memorable experience every student would cherish throughout their lives.



OUR 34th BATCH.....



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MAHATMA GANDHI COLLEGE



GLIMPSES 2017- 2018

DEPARTMENT OF PSYCHOLOGY

From HOD's Desk...

Dr.Prathibha.S.Nair

2017 -18 has been a very fulfilling year for the Department.To organise National Conference Psychotechniqua East and West and to host 80 plus participants from various colleges and another 80 plus participants from within the college has been a long awaiting dream come true Highly qualified resource persons opened new vistas of knowledge for the participants. Personally I was touched by words of DrV.GeorgeMathew who pointed out the relevance of learning psychological concepts from Indian traditional books which are rich theoretically. We are indebted to DrSamSanandaraj and the other eminent resource persons who graced us with their quota of skill and knowledge. This year the students made us proud by organising a week long suicide prevention awareness help desk at the college portico , an elaborate mental health day program and exhibition.Manomedham Quiz competitors brought the trophy home! Many sportive participations from the department for flash presentations, and various other extra curricular co-curricular and sports competitions were meant to keep up the sportive spirit. Sports students also did their part in bringing laurels to the college. At the end of a blissfully eventful year, we also wish to express our gratitude to Principal Dr M R Sudarsanakumar sir for his constant support.



~ACCOLADES~



Dr Subha Sachithanand got Venus International Award for outstanding personality in the field of humanities and social science She also bagged Vanitha Puraskar award 2018 from International federation of professional trainers.



Dr. Jayaraj B has bagged the Counsellor's forum's Carl Rogers Award (Psychologist - 2017)

~Our Pride~



Alumni Meet 2018

~Suicide doesn't end the pain, it just passes it on to someone else~



Third year students put up a help desk everyday from 12:30 to 3:30pm at the college portico starting from Sept-11 to 15 as a part of the event held to observe World Suicide Prevention Day in the college. The students held this even with the hope to spread the message that 'Help will always be given to those who ask for it.'



On Sept 15, a talk was held to spread awareness about suicide by Smt Ashwini Anand and Sri. Nishad from Disha (technopark), a central government project for suicide prevention



~International Yoga Day~



On International Yoga Day, there was a demonstration and workshop by Sri. Suneesh, an alumnus, and also a talk on 'Benefits of Yoga and Different Types of Yoga'.



~We Care~

Department of Psychology provides relaxation technique to faculties of other departments and non teaching staff after college hours. This is conducted as a routine program.

~A Dream Come True~

A long standing dream of the department was realized on February 8th and 9th 2018, with the inauguration of a two day National Seminar 'Psychotechniqua East and West' in the college seminar hall. There were talks on topics such as Hypnosis by Dr. Jini K Gopinath, Research Methodology and Psychological test construction by Dr Sam Sanandaraj, Tri-Gunas and Human Behavior by Smt Su-Gita Vani, Introduction to Integrative ArtTherapy by Dr Sajini Velayudhan and a talk on the importance of integrating psychological theories from the Indian traditional literature into the syllabus of Psychology by Dr .V George Mathew. The programme wrapped up with a total on 100 plus attendees, with delegates from Chennai, Bangalore, IGNOU, T.K.M College, S. D College, Alapuzha, Government Women's College Vazhuthacaud, Loyola College, Fathima Mata College, Kollam, Sanjeevani, and Mahathma Gandhi College.



~MoU signed with Sanjeevani~

Department of psychology has signed an MoU with Sanjeevani. A linkage with Sanjeevani befriending centre was already existing which now got formalized.

~It is Not All Academics~

- **Praveen Kumar**
Taekwondo national competition [silver medal].
- **Akshay Krishna G**
Inter University participation.
Inter collegiate winner [gold medal].
Senior state winner [gold].
All Kerala winner [Kollam].
- **Praveen Raj**
Inter Collegiate winner



~ONAM~



The celebrations immensely filled the department with the spirit of Onam. There were various competitions. Onam is all about sharing and caring,, students took initiative to bring food cooked at home for 'sadhya' and made it the feast even more delicious and healthy

~Mental Health day 2k17~

2017's World Mental Health Day celebrations were kicked off on 9th October through a flash mob conducted by the students of all the three batches of the department. The flash mob was used as a means to seek attention to the events to be held on the following day. On 10th of October, the events were inaugurated with a talk by



former Head of the department Dr Adithi N. The events included releasing of the book written by Dr Subha Sachithanand (Assistant professor, Department of Psychology) and inauguration of a blog, to be run by the students. There were also programmes held throughout the day such as the exhibition of the various psychological testing equipments, live models of perception, neurological models, and recreation of Asch's Conformity experiment, a street play depicting the importance of mental health along with installations (Plato's Cave), a dark room (Maze) and games



A competition was held for the teaching and non-teaching staff based on the theme - 'Your Work Place'. On the same day, Dr. Subha Sachithanand was a guest in 92.3 FM. On 11th and 12th October, inter-collegiate competitions were held at Kariavattom. Students from S3 and S5 participated in the events.

~They Made Us Proud~

ALUMNI - qualified NET- Aswathy R, Anjali Renjan and Meenu Asokan

• Niranjana S6 student got second prize for Doodling in inter-collegiate competition at LBS..

• 'Belle's Story' - Video made by Anandakrishnan (Special Jury mention in the competition held by NIMHANS) link:

<http://mgcollegetvm.ac.in/departments/psychology/impact-video-making-competition/>



Manomedham -Psychology Quiz Competition
MG College bagged first prize for Manomedham Quiz, Dec 21 2017. Ananadakrishnan, Jithin Prem and Niranjana were the team members

• Aju Nair, Minni Meriya, and Salabha Sajan participated in quiz 'Adverse Effects of Drugs' conducted at Karunasai in August.

• Exhibition at Kariavattom

a) 1st prize for exhibition

b) 1st for elocution competition- Meera Raj

c) 1st and 3rd for poster making competition

o Aparna K Nair, Anu and Aparna N.B,- first prize

o Arya Mathew, Jinu Else, Aparna Raj-second prize