

DEPARTMENT OF PSYCHOLOGY
KAHM UNITY WOMEN'S COLLEGE, MANJERI
ANNUAL REPORT 2022-2023

EVENTS ORGANIZED

- **DAY CELEBRATION**

25-06-2022: Department of psychology conducted collage making competition as part of **INTERNATIONAL DAY AGAINST DRUG ABUSE (JUNE 26)** among students. Five teams were participated from various departments. The best collage selected from 3rd sem BA English. The team members Nafeesa nidha, Salma nasiya and Jhasliya

14-10-2022: Department of psychology celebrate **mental health day**. The program was inaugurated by our honourable principal sir, Baheer Ummathur. A mental health awareness class was conducted by Aslam Siddique (clinical psychologist) at the ac seminar hall at 10am. After the session Salima, Nihla, Afla (2nd year degree students) conducted a speech in the college radio. Just after the radio announcement flash mob was led by the students of department of psychology. They had devoted much effort to provide awareness of mental health in the college campus

15-12-2022: Department of Psychology conducted a program in connection with **international day of people with disability** in collaboration with ILU Thanal intervention centre Manjeri. The program was conducted for disabled children and psychology students on 15th December 2022 at 10:00 am in college auditorium. 35 disabled children and their mothers, 9 ILU Thanal intervention centre staffs and 92 psychology students were participated. The program coordinated by Mrs.Shifana P, Assistant professor Department of Psychology.

- **SEMINAR**

12-08-2022: The Department of psychology conducted one day workshop on the topic **Learning and Behaviour Management in Children** in association with Team Wellness on at AC seminar Hall. Session inaugurated by college Principal Dr. Mohammed Basheer Ummathoor. The session handled by Mr. Jawad, Mrs Aysha sheza and Mr. Shamil. Practical sessions also included 60 students participated in the session and certificate provided for the participants.

29-08-2022: Counselling cell conducted a post marital counselling session in collaboration with ABSOLUTE MIND CLINIC MANJERI. This program was conducted for all married students in college. The program entitled as “**POST MARITAL COUNSELLING**”. The resource person was MS. KAVITHA M.A, clinical psychologist Absolute Mind Clinic. Program is coordinated by MS. FIDHA RAHMAN, Assistant Professor Department of Psychology. More than 180 students participated in this program

28-09-2022: Department of psychology conducted a session on the topic **CAREER & HIGHER EDUCATION OPPORTUNITIES IN PSYCHOLOGY** on 28th September 2022 at AC seminar hall. The resource person was Mr. Sayyid Shaheer (senior psychologist HR Trainer Team Incubation). 65 students were participated in the session

06-01-2023: department of psychology & women cell conducted a session on the topic **happiness & wellness** by Mr. Shabeer Ali. More than 100 students participated in the programme.

- **ALUMNI ACTIVITIES**

29-08-2022: Department of Psychology conducted online alumni lecture series 1 on the topic 'Personality Development'. The program was conducted for psychology students on 29th August 2022 at 8:00 pm. The resource person was Mrs.Sherin P, Alumni member of Department of Psychology (2019-22 batch). The program coordinated by Mrs.Shifana P, Assistant professor Department of Psychology. 35 students were participated through Google meet.

23-09-2022: Department of psychology conducted 2nd alumni lecture series on 23 rd. September 2022. The session handled by MS Nasla Jaleel (2019-2022 alumni) on the topic **How to improve learning skills**. 50 students participated in the session

23-10-2022: Department of psychology conducted online alumni lecture series 3 on the topic '**Defence Mechanism**'. The program was conducted for psychology students on 23-10-22 at 7:30 pm. The resource person was Mrs. Aminathy Shifa, alumni member of department of psychology (2019-2022 batch). The program coordinated by Mrs. Fidha Rahman, Assistant Professor Department of psychology. 52 Students participated in this program.

30-11-2022: Department of Psychology conducted online alumni lecture series 4 on the topic '**Key terms in Social Psychology**'. The program was conducted for psychology students on 30th November 2022 at 7:30 pm. The resource person was Ms.Nishma Shirin, Alumni member of Department of Psychology (2019-22 batch). The program coordinated by Mrs.Shifana P, Assistant professor Department of Psychology and the student coordinator was Fathima Risly AM, 4th semester Bsc psychology student. 50 students were participated through Google meet

31-12-2022: Department of psychology conducted 5th alumni lecture series on 31st December 2022. The session handled by Ms Fathima Farseena (2019-2022 alumni) on the topic **talk on personality**. 50 students participated in the session.

28-01-2023: Department of psychology conducted 6th alumni lecture series on 28th January 2022. The session handled by MS Asma Ummer (2019-2022 alumni) on the topic **Mindfulness**. 50 students participated in the session.

- **INNOVATIVE PRACTICE**

HORROR HOUSE

30-08-2022: Psychology Department created a horror house for all department students and staffs in college. The horror house titled as 'The Nightmare Castle' and the program start at 10:20 am and ended 3:30 pm. The program conducted in room no. 22 near the Psychology Department and students created varieties of ghost sessions. The program coordinated by Mrs. Shifana P, Assistant professor, Department of Psychology. The student coordinators are Salima C and Nahla Mariyam, third semester and Fifth semester respectively. More than 400 students were participated.

COMMUNITY OUTREACH PROGRAMME

21-10-2023: Department of psychology conducted community outreach programme at G L P S Narukara. Pgi memory test used to measure the memory level of 4th standard students. 23 final year students participated in the session.

27-02-2023: Department of psychology conducted a psychological movie screening for the students. The movie analysis and discussion session led by consultant psychologist Mr Abinand and Mrs Anagha. 85 students participated in the session.

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- **COURSE CONDUCTED**

Certificate course on **learning disability** was organized. 36 students have registered.

Certificate course on **success of happiness** was organized. 41students have registered

Certificate course on **self-development practical** was organized. 23students have registered

- **Visit**

12-01-2023: 17 3rd year students of psychology visited Goa and Dendeli as part of curriculum activity.

10-02-2023: 51 psychology department students visited Santhula Trust Hospital Cochin as part of curriculum. And attended session of father Edward George on the topic behaviour and its relation between brain and its mental effect and also attended the session of Mrs Deepthi on the topic psychiatric treatment.

- **MOU**

19-09-2023: Department of psychology signed MOU with team Wellness Clinic. Manjeri

27-09-2023: Department of psychology signed MOU with team incubation. Calicut

- **PARTICIPATION IN PROGRAMS**

Mrs Fathima shirin K A attended six day virtual faculty development programme conducted by PSG College of arts & science on 11-06-2022-16-06-2022 on the topic the new normalcy; psychological approaches in to the teaching learning process.

Mrs Fathima shirin K A, Mrs fidha Rahman and Mrs Shifana p participated IPR workshop conducted by IQAC KAHM unity women's college on 10-08-2022.

Mrs Fathima shirin K A, Mrs fidha Rahman participated Reboot- professional development workshop conducted by IQAC KAHM unity women's college on 16-12-2022

Mrs Fathima shirin K A, Mrs fidha Rahman and Mrs Shifana p participated national seminar on the topic NEP conducted by IQAC KAHM unity women's college on 24-02-2023.

- **ASSOCIATION INAGURATION**

27-02-2023: Psychology department association EUNOIA 2K23 inaugurated by Mrs Ameena Sithara Clinical psychologist Absolute mind.

TUTORIAL SYSTEM

BATCH	CLASS TUTOR
B.Sc	
I & II Sem	Mrs.Fidha Rahman
III & IV Sem	Mrs. Shifana P
V & VI Sem	Mrs. Fathima Shirin KA