

DEPARTMENT OF PSYCHOLOGY
KAHM UNITY WOMEN'S COLLEGE, MANJERI
ANNUAL REPORT 2023-2024

EVENTS ORGANIZED

- **DAY CELEBRATION**

27-06-2023: The Department of Psychology conducted a short play titled, "Let's Walk Along" in connection with Men's Mental Health Awareness Day at C H Auditorium. The play adeptly portrayed the struggles and vulnerabilities faced by men in society, shedding light on the importance of their emotional and mental well-being. Through a compelling narrative and heartfelt performance, it explored themes of loneliness, societal expectations, and the stigma surrounding men seeking help.

22-06-2023: The Department of Psychology observed International Yoga Day in association with the Department of Commerce and Physical Education. Ayisha Risni (Under Officer, NCC and Student, third year BSc Psychology) along with Mr Hamraz Ahamed M (Assistant Professor, Department of Physical Education) tutored a series of yoga sessions, where the students practiced various asanas and breathing exercises. An informative talk was also given on the benefits of yoga, highlighting its role in stress management and overall health.

27-07-2023: On the occasion of World Self Care Day, the Department of Psychology came together to raise awareness and promote the significance of self-care in maintaining a balanced and fulfilling life. Session included various activities that included guided meditation sessions, mindful exercises, and discussions about the importance of setting boundaries and managing stress effectively

19-08-2023: Department of Psychology, in collaboration with the Jeevani Centre for Well-being, organized a compelling street play at the Manjeri New Bus Stand and on the college campus. The street play served as a poignant observance of World Suicide Prevention Day, with a powerful emphasis on the theme "Creating Hope through Action."

13-10-2023: The Department of Psychology organized a movie screening to commemorate World Mental Health Day, under the title 'Elayne', exclusively for the students of the department. The movie "A Beautiful Mind" was screened with an aim to raise awareness about schizophrenia and the challenges posed by the mental health condition

16-11-2023: during the association hour as part of Stress Awareness Week, first-year BSc Psychology students conducted an insightful session that proved both engaging and informative. The session aimed to raise awareness about stress management strategies and mental well-being among participants.

7-12- 2023: first-year BSc Psychology students paid a meaningful visit to Pratheeksha Buds School in Velluvambram, marking World Disability Day.

- **SEMINAR**

A transformative workshop on listening skills was conducted at C H Auditorium for the students of the Department of Psychology as part of observing World Mental Health Day

- **ALUMNI ACTIVITIES**

13-10-2023: Sherin P, an alumna of the Department of Psychology (2019-2022 batch), delivered a thought-provoking lecture on **Mental Health Awareness** for the current students of the department on 13th October 2023 at the AC Seminar Hall

09-11-2023: Fathima Shahma, an alumna of the Department of Psychology (2020-2023 batch), delivered a session on the topic **Preparation strategies for PG entrance examination**

11-01-2024: the Department of Psychology successfully hosted its fourth alumni lecture series for the academic year 2023-2024. The session was conducted online through Google Meet platform from 7pm - 8 pm. The distinguished alumna, Shahima P, who currently pursues an MSc in Clinical Psychology at Prajyoti Niketan College, was the resource person for the event. Shahima held the audience's attention with her insightful perspective on the subject of **Emergence of Psychology: Some Major Eastern Systems**

13-01-2024: The Department of Psychology organized a successful Alumni Meet on January 13, 2024, bringing together two batches of former students currently pursuing post-graduation in diverse central, state universities, and affiliated colleges. Attendees shared their academic and

professional experiences since graduating from the department, exchanged valuable insights, and reminisced about their time at the department. The meet also facilitated networking opportunities and the exchange of ideas, reinforcing the strong bond between the department and its alumni.

23-02-2024- The Department of Psychology hosted an alumni lecture on 23rd February, 2024, at 10:30 am, at the AC seminar hall on the topic "Enhancing interpersonal relationships." The session was led by Nasla Jaleel T K, an alumna from the 2019-2022 batch, who is currently pursuing an MSc in Psychology at Noble Women's College, Manjeri. Nasla shared valuable information's and strategies drawn from her academic and personal experiences to help attendees cultivate better connections with others.

- **INNOVATIVE PRACTICE**

05-06-2023: The Department of Psychology took an initiative in promoting the creativity and entrepreneurial spirit of differently abled students through the sale of their handmade products at the college premises. This initiative not only benefited them, but also raised awareness among the college students about the abilities and potential of differently abled individuals, thereby creating a more inclusive and supportive learning environment

20-07-2023: Third year BSc psychology students conducted a group role-play on 20th July 2023, portraying individuals with hypochondriasis, also known as illness anxiety disorder. The role-play focused on showcasing the exaggerated fear of having a serious medical condition despite no or minimal evidence of such an illness. Through their performances, the students demonstrated the psychological complexities and challenges faced by individuals dealing with this disorder while highlighting the importance of empathy and understanding in therapeutic interventions.

04-08-2023: An ice-breaking session was organized by the third year BSc Psychology students for the incoming first year BSc Psychology students at B202 on 4th August 2023. The purpose of the event was to help the new students familiarize themselves with their peers, build rapport, and create a welcoming and friendly environment within the department. Ayesha Risni and Jusaina (SQAC) lead the session effectively. Through engaging and interactive activities, the participants not only enjoyed themselves but also gained valuable insights into the field of psychology.

04-08-2023 The Women's Cell and the Department of Psychology of KAHM Unity Women's College, Manjeri came together to inaugurate the Jeevani Project on 4th August 2023 at the AC Seminar Hall, which is a pioneering initiative aimed at enhancing the mental well-being of students in government colleges across Kerala.

27-07-2023: The Department of Psychology announced the reopening of the counselling cell services for the upcoming academic year through a video launch done by the honourable principal, Dr. Muhammed Basheer Ummathur at C H Auditorium. The video highlighted the significance of overcoming mental health issues of any kind, the need to prioritize one's own mental health and also emphasized the accessibility of the counselling cell.

29-09-2023: final year students undertook a commendable initiative by providing life skills training to upper primary students at HMS AUP Thurakkal School, Manjeri on 29th September 2023. Covering essential topics such as 'Body Safety and Personal Boundaries,' 'Personal Hygiene and Puberty Education,' and 'Bullying Prevention,' these budding psychologists aimed to empower the young minds with crucial life skills.

22-11-2023: As part of 'share and Care' project the staff and students of Psychology Department identified a beneficiary in Panakkad who undergoing a kidney transplant surgery. The amount rupees 15,000 handed over to the beneficiary

20-12-2023: The Department of Psychology recently organized an immersive program titled 'Nightmare Castle 2.0,' a haunted house experience designed to both entertain and raise funds.

16-01-2024: The Department of Psychology organized a transformative transgender awareness session, "Beyond Labels in collaboration with the Social Justice Department, Government of Kerala, and PG Department of Psychology, Mankada Government College

23-01-2024: Department of Psychology inaugurated the Buddy Project (a community outreach program) for differently abled children at the AC seminar hall. The event marked the beginning of a meaningful initiative aimed at fostering support and companionship for disabled children within the community

- **COURSE CONDUCTED**

- The Department of Psychology along with Psyfos Centre for Mental Health and Wellbeing, Manjeri began a 30-hour certificate course titled, '**CAPP - Case Analysis in Psychology Program**', for the third-year BSc Psychology students
- Certificate course on **LIFE SKILL** was organized. 41 students have registered
- Certificate course on **PSYCHOLOGICAL FIRST AID** was organized for first and second year students of BSC psychology

- **Visit**

02-12-2024: second-year BSc Psychology students undertook a clinical visit to the Government Mental Hospital in Thiruvananthapuram.

23-01-2024: The third-year BSc Psychology students embarked on a captivating 7-day study tour from January 23rd to January 30th, 2024, exploring the culturally rich cities of Delhi and Agra.

- **MOU**

07-07-2023: Department of psychology signed MOU with PSYFOS Clinic. Manjeri

- **PARTICIPATION IN PROGRAMS**

Third BSc Psychology students attended a learning disability orientation session on 17th July 2023 organized by Psyfos Centre for Mental Health and Wellbeing, Manjeri

Five students of third-year BSc psychology conducted an online presentation of their qualitative studies on several topics such as mental health, differently abled, suicide prevention, sexual assault awareness, and maternal mental health. The presentation was organized by the Psyfos Centre for Mental Health and Well-being, Manjeri

Jalva U K (Student, Second year BSc Psychology) conducted an insightful orientation class for the parents and students of the 7th grade at National English Medium Higher Secondary School, Chemmad, on November 21 and 22, 2023, focusing on the topic "Teenage v/s Parents." Ms Jalva U K delved into the fundamental aspects of adolescence, shedding light on the challenges and changes that come with this crucial phase of development

Mrs Fathima Shirin K A, Assistant Professor (Ad Hoc) Department of Psychology, Delivered an invited Lecture on ' Understanding Child Psychology and Nurturing young Minds' in connection with the Children's day celebration, conducted by Step International Montessori Training Institute Manjeri on 14 November 2023 through Zoom meet at 2.30 Pm

Hajara, Assistant Professor (Adhoc), Department of Psychology inaugurated the Psychology Association at Pristine Valley College, Malappuram on 8th December 2023. A session title 'Beyond words - Navigating Effective Communication' was also handled exploring the intricacies of communication beyond verbal expression, delving into non-verbal cues and interpersonal dynamics.

- **ASSOCIATION INAGURATION**

21-12-2023: The Psychology Association Inauguration took place at the AC Seminar Hall, marked by the esteemed presence of Muhammed Junaid A, Assistant Professor, and Head of the Department of Psychology at Mankada Government College in Kolathur, Malappuram

ACHIEVMENTS

Three students of BSc Psychology batch of 2020-2023, excelled in their Postgraduate (PG) entrance examinations at various central and state universities across the country. Fathima Shahma bagged 5th rank and got admitted to Jamia Millia Islamia, Delhi. Shahana Sherin P achieved 14th rank in Kerala University entrance examination. Najiya Thavarakkadan secured 20th rank in the PG entrance examination of Aligarh Muslim University, Delhi.

UO Ayisha Risni K, a student of third year BSc Psychology, successfully completed and secured selection for the RDC Pre IGC 1 conducted by 9K Girls BN NCC. The event took place at the NCC complex in Westhill, Calicut, spanning from August 15 to August 24, 2023.

Dilna, a first-year BSc Psychology student, emerged as the campus winner in the 'Meri Mitti' speech contest, organized by MSF Haritha Malappuram in collaboration with Malappuram DC

to commemorate Independence Day 2023. Her eloquent and patriotic speech resonated with the audience, earning her the well-deserved victory.

Three alumnae of BSc Psychology, excelled in their Postgraduate (PG) entrance examinations at various central universities across the country. Jalwa Mol (2020-2023 batch) secured admission at Banaras Hindu University, Jihan P (2019-2022) at Central University of Haryana and Hasna Shuhaib (2020-2023) at Central University of Andhra Pradesh

Dilna, student of first year BSc Psychology, got shortlisted under reserved candidates for Guest relations and Liason services for the event - 28th Asian Mountain Bike Championship 2023, to be held at Ponmudi, Thiruvananthapuram, organized by the Tourism Club, Department of Tourism, Government of Kerala

Nabeeha Wafa and Rida Hassan Mohammed Shajith (Second year BSc Psychology) bagged the third position and a cash prize in an online quiz competition conducted on 26th November 2023 by Absolute Mind Clinic. The online quiz competition witnessed enthusiastic participation from 15 teams comprised of both UG and PG psychology students from various academic institutions

Afla Henna and Anusha E (Students, third year BSc Psychology students) bagged third prize in the Inter Departmental Quiz Competition held on December 1, 2023 conducted by 9K girls battalion NCC, Calicut in connection with World Aids Day.

Thasneem Rahmathulla (Assistant Professor (Adhoc), Department of Psychology) cracked UGC NET in the December 2023 cycle.

TUTORIAL SYSTEM

BATCH	CLASS TUTOR
B.Sc	
I & II Sem	Mrs. Fathima Shirin KA
III & IV Sem	Mrs. Thasneem rahmathullah
V & VI Sem	Mrs. Hajara