

DEPARTMENT OF PSYCHOLOGY

Holy Cross College (Autonomous),

Trichy-2

Report of 2018-2019

Awareness programme

76 students of Std XI and 67 students of Std XII from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 4th & 5th June 2018. Mr. Vijay, Asst Prof, and Mrs. Arul Subila, Asst. Prof. Department of Psychology, Holy Cross College, Trichy, conducted a session on Self Regulatory learning, overcoming exam fear and how to prepare oneself for the exam.



Inauguration of HALCYON CLUB

Inauguration of HALCYON CLUB was held on 2nd July 2018, at 9.00 am in Shanthi Hall by Rev. Fr. John Antony, Psychologist, Counselling Psychologist. The programme commenced with prayer by the students of M.Sc. Psychology. The welcome address was delivered by Mrs. S. Arul Subila, Assistant Professor, Dept. of Psychology, Holy Cross College, Trichy. The elected office bearers of the club were

Secretary - Ms. Z. Sahera Begum (IInd Year)

Joint Secretary - Ms. Rehana Rubi Barakkath (Ist year)

Treasurer - Ms. J. Jesinth Jennifer (Ist year)

The chief guest Rev. Fr. John Antony congratulated the students in his Inaugural speech. The programme came to an end with vote of Thanks.

Workshop on Skills of Counselling

The session on "Skills of Counselling" was held on 2nd July 2018, from 10.00 to 12.30 am in Shanthi Hall organized by HALCYON CLUB, Dept. of Psychology for the students of Psychology and Audiology.

The resource person was an eminent Psychologist, Therapist Rev.Fr.John Antony, gave an informative session which included key points on overview of counselling skills and its importance in client care.

Definition of counselling, the basic and important factors to be considered during counselling and the three major steps in counselling were the highlight of the workshop. Demonstration sessions on the above topics were carried out. The students benefited and gained confidence for counselling.



Workshop on research methodology

One day workshop on Research Methodology was conducted on 4th Sep. 2018, for the II PG students of Psychology. The invited speaker was Dr.Kathiravan, Head Department of Psychology, Periyar University, Salem. He gave a clear picture on research methodology and an elaborated explanation on the methods that have to be followed while working on the thesis at PG level. His ideas were crystal clear and he helped the students to decide on their project topics on the same day.



Workshop NLP

2 Days National Workshop on Neuro Linguistic Programming, was organized by the Department of Psychology on October 3rd and 4th 2018, by Mr.R. Karthick, the Master Trainer at NLP Coaching Academy Bengaluru, to enhance the personal development and to deal with anxiety and phobia.

Total no. of participants who attended the workshop are 75.

8 Trainers, 5 Research Scholars, 32 Academicians, 30 PG students from

- Amritha University, Coimbatore
- Annamalai University, Chidambaram
- Governments Arts College, Coimbatore
- Bharadhidasan University, Trichy
- Periyar Maniammai University, Tanjore
- Central University of Karnataka
- kongu College of Arts and Science, Erode
- Well Being Center, Chennai
- Synergy International, Chennai
- Governments Arts College for Women, Pudhukottai
- Anglo Indian School, Trichy
- Holy Cross School, Vellore



Report of one day Industrial Visit

On receiving the letter of permission from the Principal, Holy Cross College, Trichy, the students with two faculty members (Sr.Catherine & Mrs.Arul Subila) went on industrial visit to De-addiction centre, Aayakudi, Trichy on 16th Oct. 2018. With a brief introduction by Mr.Mathew, the staff in-charge, we entered the centre.

In the first session Mr.Mathew explained in detail about the causes and reason which made the patients to become addicted to alcohol and the procedure he uses to recover them.

During the second session, Mr.Muthu explained about the chemicals present in alcohol and how they affect human behaviour. The types of alcohol addicts were also dealt.

The last session was the discussion among the students and the patients. This session gave us a clear view about the addiction and the patient's opinion on the same. It was very informative, interesting and inspiring. We the students of psychology have learnt how to deal with alcohol addicts and help them psychologically.