

HOLY CROSS COLLEGE (AUTONOMOUS)

TIRUCHIRAPPALLI-02

DEPARTMENT OF PSYCHOLOGY

ASSOCIATION REPORT-2019-20

INAUGURATION OF CENTRE FOR PSYCHOLOGICAL WELL BEING

Inauguration of Psychological well- being center was held on 9th July 2019. The Chief Guest of the day was the Principal Dr. Sr. Christina Bridget. Sister gave special address on importance of counseling and tips for perfection. On the same day Human Chain was organised. More than 500 students took part in the human chain. The distance covered was from Sophy's Corner to Holy Cross School. The students were holding the placards that has quotes defining interpersonal relationships. The human chain was formed for nearly 10 minutes on the road. The trespassers could able to have some knowledge in the form of quotes about building relationship with others.

ORIENTATION PROGRAM FOR THE CARE GIVERS OF SPECIAL CHILDREN – BLOSSOM'S OPPURTUNITY SCHOOL.

The one day Orientation Program for the care givers of special children at Blossom's Oppurtunity School was conducted on 18th July 2019 by Sr. Bridget and Ms. R. Hind Beegam. The parents were oriented about the impact of care giver's burden on their children. The parents were taught some relaxation techniques to cope up with their day to day stress. They were also given with supportive therapy in order to enhance their parenting skills. This program, created a platform for the parents to ventilate their emotions and it also elicited a supportive group therapy session.

ORIENTATION PROGRAM FOR THE STAFFS OF SPECIAL CHILDREN – BLOSSOM'S OPPURTUNITY SCHOOL

The one day Orientation Program for the care givers of special children at Blossom's Oppurtunity School was conducted on 26th July 2019 by Ms. S. Suganya & Dr. M. Vijay. The teachers were oriented about the behaviour modification techniques that can be used to manage the maladaptive behaviour of special children. A session on classroom management was also conducted for the staffs in order to manage the classrooms effectively.

HALCYON CLUB INAUGURAL FUNCTION

The inauguration of Halcyon Club was held on 17th July 2019 in the Department of Psychology. The club was inaugurated by an alumni Ms. Vennila from the Department of Psychology, Consultant Physiotherapist, Holy Cross Blossom School, Trichy.

Inaugural function began with the prayer service by the students of M.Sc. Psychology. The welcome address was delivered by Dr. M. Vijay, Head of the Department of Psychology, Holy Cross College.

The office bearers for the year 2019-20 were selected.

Student Council Member – Varshini
President - Ram Kumar
Vice President – Mala
Secretary – Thenmozhi
Joint Secretary – Jayashree
Treasurer – Roshni

The selected students were ordained with sash by our chief guest Ms. Vennila. The inaugural speech was delivered by Ms. Vennila along with the lecture on ADHD and its causal factors & the ways of handling the child with ADHD. 21 Students benefitted from the lecture.

The program came to an end with the vote of thanks delivered by Sr. Bridget, Asst. Professor, Dpt. of Psychology.

BEHAVIOR MODIFICATION WORKSHOP

A one day National Workshop on Behavior Modification was conducted on 27th August 2019. The resource person was Dr. Vedagiri Ganesan, Director of the Global Institute of Behavior Technology. Students, research scholars and faculty from many colleges had participated in the workshop.

The workshop was inaugurated with the prayer service by the students of the Department of Psychology. The welcome address was delivered by Dr. M. Vijay the Head of the department.

Morning session began with the brief introduction about the behavior modification by the resource person. An over view of all the techniques were explained. The techniques used to decrease or increase a particular type of behavior or reaction was given. Systematic desensitization which involves the systematic application of learning principles and techniques to assess and improve individuals' covert and overt behaviors in order to enhance their daily functioning was explained. Hands on training made the session very innovative and thought provoking. Role play technique was helpful in handling the problematic social interactions. It helped us to develop our way of thinking and the feelings of empathy.

In the afternoon session a wide input on anxiety, depression and anger management was given. Brief explanation was given on how to handle gay & lesbian. Practical exercises were done during the workshop and demonstrated a set of tasks. At the end of the workshop the participants were

able to learn behavior modification techniques through case studies, discussions, practical exercises, role plays and live demonstrations. The ideas were crystal clear and helped the students to change their behaviors.

The queries and the feedback from the students were invited. The session was concluded with the valedictory function.

SOLUTION FOCUSED BRIEF COUNSELING

The two day National Workshop on Solution Focused Brief Counseling was conducted on 11th & 12th September 2019. The resource person was Dr. Jaseem Koorankot, Assistant Professor, Department of Clinical Psychology, Institute of Mental Health and Neurosciences (IMHANS), Calicut, Kerala.

Dr. Vijay, Head of the Department of Psychology, Holy Cross College welcomed the gathering. The felicitation address was given by Dr. Sr. Niranjana Anthonysamy, Secretary, Holy Cross College. Dr. Sr. Christina Bridget, Principal, Holy Cross College gave the inaugural address. Special address was given by Dr. Jaseem Koorankot. The inaugural function came to end with the vote of thanks proposed Sr. Bridget Chelladurai, Assistant Professor, Department of Psychology, Holy Cross College.

In the forenoon session the resource person gave a brief introduction about the development and approaches of SFBT. The key points in SFBT practice were discussed. Evidence based researches in SFBT were pointed out. The relevance of language and questions were discussed. In the afternoon session the relevance of positive affect in SFBT was discussed and the outline about therapeutic sessions and basic principles, core assumptions and myths were given. Role play techniques were used. All the participants were asked to form a group of 3 and do the role play of therapist, client and observer. This helped us to improve communication between team members, and see problems or situations from different perspectives. At the end of the day the discussed topics were consolidated by the resource person and the queries were clarified.

On the 2nd day various types of client -therapist relationships were discussed. He also demonstrated live therapeutic sessions for the problems of the participants who really wanted to get rid of. Many volunteers from the participants took part in the therapy and got solutions for their problems. The scaling questions which include rating the patients' goals, satisfaction, problems, coping strategies, successes, motivation for change, and hope on a numerical scale from 1 – 10 was explained. The miracle question technique helped us to think about what changes we like to make in our life. In the afternoon session the relevance of well-formed therapy goals, compliments and importance of using "how" questions, instead of "why" were discussed. He terminated the workshop by indicating the importance of proper therapeutic termination feedback and compliments. At the end of the workshop the participants came to know about how to create

a working alliance and contract in SFB counseling, constructing useful questions to make changes, evaluating the current status and the progress and building solutions by themselves.

The two day national workshop on SFBT came to an end with the valedictory function.

WORLD MENTAL HEALTH DAY CELEBRATION

On the occasion of World Mental Health Day, the department of Psychology conducted Intra departmental Psychological Exhibition on 4th October 2019 in the Department of Psychology. Totally 7 teams participated in the competition. Mr. Sundaresan, Head, Department of Audiology was invited as the judge. The students were asked to do models or experiments from Psychology.

Students chose the topics such as suicide prevention, stages of mind, music therapy, color psychology and illusions etc. Staffs and students from all the departments were invited for the exhibition. The exhibition paved the way for other department students to have a clear knowledge and interesting facts about psychology.

Judgement was based on creativity and originality of the depicted theme. The first prize was bagged by team no 7, second prize was bagged by team no1 and the third prize was shared by two teams 2 & 4.

On 10th October the World Mental Health Day was celebrated. Signature Campaign was done on the theme “Working together to prevent Suicide”. The chief guests of the day were Vice Principals of our college, Dr. Mary Jayanthi and Dr. Mary Mejrullo Merlin. The welcome address was given by Dr. Vijay, Head of the Department of Psychology. The chief guests gave special address to the students regarding team work in preventing suicide and inaugurated the campaign by signing against suicide. Many students from various departments joined the campaign and signed against suicide. On the same day the prizes were distributed for the winners of Psychologyl exhibition by the chief guests.