

HOLY CROSS COLLEGE (AUTONOMOUS)

TIRUCHIRAPPALLI-02

DEPARTMENT OF PSYCHOLOGY

Annual Report 2020-2021

ONE DAY NATIONAL WEBINAR ON STRESS COPING MECHANISM

A one day National webinar was conducted on 28th July 2020 on Stress Coping Mechanism. The resource person was Dr. A. Mathalaimuthu, Faculty, CONCEPTS IAS ACADEMY, CHENNAI.

There were 80 participants consist of students, research scholars and faculty members from various institutions.

Introduction to stress and coping mechanism, Types of coping strategies, General classification of coping mechanism, Sources of stress, Effects of stress and how to manage the stress were discussed. The participants found it very useful to handle the problems faced during the Pandemic COVID-19.

ONE DAY NATIONAL WEBINAR ON SKILLS FOR LIFE: POST COVID-19 LOCK DOWN

A one day national webinar was conducted on 12th August 2020. The resource person was Dr. D.V. Nithyanandhan, Assistant Professor, Department of Psychology, Periyar University, Salem.

The total number of participants were 61. Students, research scholars & faculty from various institutions had participated in the webinar.

Introduction to what we know about covid-19, symptoms, preventions, impacts of covid-19, covid-19 stressors and stress symptoms, coping with stress during covid-19, how to practice social distance were discussed. Tips and skills to cope with quarantine stress and stay safe was given.

TWO DAY NATIONAL WEBINAR ON “NEURO LINGUSTIC PROGRAMMING”

A two days national webinar conducted on 26th & 27th August 2020. The resource person was Mr. Seethalakshmi Sivakumar, Managing Director of Emocare Chennai.

Students, research scholars and faculty from various institutions were the participants of the webinar. The total no. of participants were 69.

Introduction to the NLP, the methodology of NLP, NLP communication model, basic principles of NLP, advantages of NLP were discussed. Tips and skills were taught through exercises. Games were conducted for the better understanding of the content and active involvement by the participants.

ONE DAY NATIONAL WEBINAR ON “SICKNESS IS EMOTION STAYING IN BODY”

A one day national webinar was conducted on 7th September 2020. The resource person was Dr. Fr. Wilson, Director, Anugraha Institute of Counseling Psychotherapy & research, Dindigul.

129 participants participated including Students, Research Scholars and faculty from various institutions.

The mind body relationship, relation of emotion to health, how our emotions affect our health, characteristics of Vaata Dosha, Pitta Dosha, Kaba Dosha were discussed.

ONE DAY NATIONAL WEBINAR ON “MENTAL HEALTH FOR ALL -GREATER INVESTMENT GREATER ACCESS”

A one day national webinar was conducted on 10th October 2020. The resource person was Dr. Suresh Kumar Murugesan, Head, Department of psychology, The American College, Madurai.

The total number of participants were 45. Students, research scholars and faculty from various institutions had participated in the webinar.

Introduction to Gestalt Therapy, the important concepts such as Holism, Field theory, Figure formation process and organismic self-regulation were discussed. The session included games and exercises. The interpersonal and intrapersonal conflict, warring factors and the power of subconscious mind and how the unfulfilled wishes of the infancy creates imbalance in the personality were also dealt in the webinar.

HALCYON CLUB INAGURATION

Halcyon club was inaugurated on 2nd Dec. 2020. The resource person was Sr. Josephine Dolly Mole, College Counsellor of Holy Cross College, Trichy.

The programme began with the prayer service by the students of Psychology. Then the session was handed over to the chief guest Sr. Josephine. The importance of the field of Psychology and the role of counsellors in the society were given to the students. The students were encouraged and motivated to work with conviction as counsellors. The President, Secretary, Joint secretary of halcyon club were introduced by the students. The session was concluded with the vote of thanks.

TWO DAYS GUEST LECTURE ON TRANSCATIONAL ANALYSIS AND GESTALT THERAPY

Two days guest lecture was conducted on 26th January and 1st February 2021. The resource person was Sr. Josephine Dolly Mole, M.Sc. Psy., M. Sc. (C&P), B.Ed.(SE-MR), PGDCP student counselor of HOLY CROSS COLLEGE TRICHY.

The total number of participants was 73 from the Department of Rehabilitation Science and Psychology, Holy Cross College Trichy.

In the first day introduction to Transactional Analysis and its types, basics, Ego states and its types, Transactions and its types, strokes and need for strokes, types of strokes were discussed. In the second day session introduction to Gestalt Therapy, Holism, Top dog technique, Empty

chair technique were discussed. The session ended with the feedback from students and Vote of Thanks.

TWO DAYS GUEST LECTURE ON SOLUTION FOCUSED BRIEF THERAPY

Two days guest lecture on “Solution focused brief Therapy” was conducted on 12th Feb. 2021 by Fr. Richard S.J., Assistant Professor, Department of Counseling Psychology, St. Joseph’s College. Trichy. The Total number of participants were 73 Department of Rehabilitation Science and Psychology, Holy Cross College Trichy. The session was very interactive with the lively participation from the students.

ALUMNAE REUNION

Alumnae reunion was conducted on 3rd March 2021. The total number of participants were 80 including the current year students from department of psychology. The entire programme was organized by the second year students of II PG Psychology. The day was inaugurated by invoking the blessings of the Almighty. The programme consisted of games for the alumnae along with sharing of their experiences, entertainments and honouring the alumnae.

The day came to an end with the College anthem and refreshments.

FIELD VISIT TO SOCSEAD

The IPG students of the Department of Psychology along with Sr. Bridget Chelladurai visited SOCSEAD. Sr. Bridget Chelladurai gave a session on “Handling Emotions” to the members of the de-addiction program. Various techniques to handle the emotions when discharged from the program such as breathing exercises, meditation, listening to songs, walking and cycling were explained. The inmates found the session very useful. The students observed that the longing for raising hope and getting better in life had deeply imprinted in them to work for their up-liftment.

The students were exposed to the reality how an addiction can ruin one’s life and the role of psychologists in the process of rehabilitation. The students were immensely pleased by the immediate results among de-addicts and hoping for the good long term effects. They comply to implement things they have learned for their career.