



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## DEPARTMENT OF PSYCHOLOGY

### Introduction

In the dynamic landscape of higher education, the adoption of student-centric methods has become imperative for institutions committed to providing a holistic and enriching learning experience. Student-centric approaches play a very significant role in shaping a learning environment that caters to the diverse needs and aspirations of students.

Three key student-centric methodologies are—Experiential Learning, Participative Learning, and Problem-Solving Methodologies—and their transformative impact on education.

Experiential learning is an educational approach that engages students in direct experiences, encouraging reflection and the application of knowledge to real-world situations. It includes different methods like internships, field trips, making of products, fests, simulation etc.

Participative learning involves active involvement and engagement of students in the learning process, fostering collaboration, discussion, and shared exploration. It includes activities like debates, seminars, group discussions, interactive workshops and so on.

And Problem-solving methodologies involve teaching students systematic approaches to address complex issues, emphasizing critical thinking and analytical skills.

Department of psychology conduct innovative programs which stimulate the creative ability of students and provide them a platform to nurture their problem-solving skills and ensure participative learning.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

2.3.1(a) Participative Learning	2.3.1(b) Experiential Learning	2.3.1(c) Problem solving methodologies
1. CBT Workshop  2. Dog squad training  3. National seminar  4. Invited talk (BCC)	1. Healthy mind 2. ZETEO PSYCH FEST	1. UG Projects  2. PG Projects

## PARTICIPATIVE LEARNING

### Program Name : CBT work shop

On Thursday, November 23, 2023, a Cognitive Behavioral Therapy (CBT) workshop was conducted for second-year M.Sc Clinical Psychology students. The workshop was facilitated by Bright P Jacob, a seasoned clinical psychologist, and Ms. Remey K, a consultant psychologist, both from the Genesis Clinic for Counselling and Psychotherapy.

### Workshop Agenda:

1. Introduction to Cognitive Behavioral Therapy (CBT)
2. Key Concepts and Principles of CBT
3. Techniques and Interventions in CBT



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

4. Case Studies and Practical Applications

5. Q&A Session

**Objectives:**

- 1. Introduction to CBT:** Bright P Jacob initiated the workshop by providing an overview of Cognitive Behavioral Therapy, elucidating its theoretical framework, and highlighting its significance in contemporary clinical psychology practice.
- 2. Key Concepts and Principles:** The workshop delved into fundamental CBT concepts such as cognitive restructuring, behavior modification, and the interplay between thoughts, feelings, and behaviors. Ms. Remey K elucidated these concepts through engaging examples and interactive discussions.
- 3. Techniques and Interventions:** Various CBT techniques and interventions were explored, including thought challenging, behavioral experiments, exposure therapy, and relaxation techniques. Participants actively engaged in role-plays and practical exercises to grasp the application of these techniques in therapeutic settings.
- 4. Case Studies and Practical Applications:** The resource persons presented real-life case studies demonstrating the implementation of CBT strategies to address diverse psychological issues such as anxiety disorders, depression, and trauma. Participants



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

analyzed these cases, identifying appropriate CBT interventions and formulating treatment plans.

5. **Q&A Session:** The workshop concluded with a lively Q&A session, wherein participants sought clarification on CBT principles, discussed ethical considerations in therapy, and solicited advice on integrating CBT into their clinical practice.

### Program Report

On Thursday, November 23, 2023, a Cognitive Behavioral Therapy (CBT) workshop was conducted for second-year M.Sc Clinical Psychology students, facilitated by seasoned clinical psychologist Bright P Jacob and consultant psychologist Ms. Remey K from the Genesis Clinic for Counselling and Psychotherapy. The workshop covered an introduction to CBT, key concepts and principles, techniques and interventions, case studies and practical applications, and concluded with a Q&A session. Bright P Jacob provided an overview of CBT, emphasizing its theoretical framework and contemporary significance. Ms. Remey K elucidated fundamental concepts such as cognitive restructuring and behavior modification through engaging examples. Participants explored various CBT techniques including thought challenging and exposure therapy through role-plays and practical exercises. Real-life case studies were analyzed to demonstrate CBT strategies for addressing issues like anxiety, depression, and trauma. The Q&A session allowed participants to seek clarifications and discuss ethical considerations. The workshop enhanced



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

participants' understanding of CBT, developed their therapeutic skills, stimulated critical thinking, and provided networking opportunities with experienced clinicians, thereby fostering continued learning and professional growth. Overall, the workshop was a valuable learning experience, equipping students with essential knowledge and skills for future clinical practice.

### Outcomes of the Program:

The CBT workshop yielded several significant outcomes:

1. **Enhanced Understanding:** Participants gained a comprehensive understanding of CBT principles, techniques, and their practical applications in clinical settings.
2. **Skill Development:** Through interactive activities and case studies, participants honed their skills in applying CBT interventions, fostering confidence in their therapeutic abilities.
3. **Critical Thinking:** The workshop stimulated critical thinking and analytical skills among participants, enabling them to critically evaluate psychological issues and formulate evidence-based treatment plans.
4. **Networking Opportunities:** Participants had the opportunity to interact with experienced clinicians from the Genesis Clinic, fostering professional networking and mentorship opportunities.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

5. **Continued Learning:** The workshop served as a catalyst for continued learning and exploration of CBT principles, inspiring participants to further develop their expertise in this therapeutic approach.

Overall, the CBT workshop proved to be a valuable learning experience for second-year M.Sc Clinical Psychology students, equipping them with essential knowledge and skills to excel in their future clinical practice.

**BROCHURE**



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

**ATTENDANCE**

**CBT WORKSHOP ATTEENDANCE**

Student Name	FN	Signature
ANEETA GRACE	<i>Aneta</i>	<i>Aneta</i>
ANJALA FARHATH	<i>Anjala</i>	<i>Anjala</i>
ANUJ K.	<i>Anuj</i>	<i>Anuj</i>
ASWIN BHARATHAN K	<i>Aswin</i>	<i>Aswin</i>
DIYA HAMEED	<i>Diya</i>	<i>Diya</i>
FARHA ABDULNAZAR PUTHUVEETIL	<i>Farha</i>	<i>Farha</i>
FERZIN V M	<i>Ferzin</i>	<i>Ferzin</i>
KASYAP S	<i>Kasyap</i>	<i>Kasyap</i>
KATHLYN BENNETT	<i>Kathlyn</i>	<i>Kathlyn</i>
NIALA GAFOOR	<i>Niala</i>	<i>Niala</i>
NILANJANA S	<i>Nilanjana</i>	<i>Nilanjana</i>
NISHMA MUJEEB	<i>Nishma</i>	<i>Nishma</i>
RADHA.R.PANICKER	<i>Radha</i>	<i>Radha</i>
RITHIKA RAJ	<i>Rithika</i>	<i>Rithika</i>
SANDRA A S	<i>Sandra</i>	<i>Sandra</i>
SANDRA ZACHARIA	<i>Sandra</i>	<i>Sandra</i>
SHAMNA T S	<i>Shamna</i>	<i>Shamna</i>
SREELAKSHMI M	<i>Sreelakshmi</i>	<i>Sreelakshmi</i>
SRUTHI.P.M	<i>Sruthi</i>	<i>Sruthi</i>
UNNIMAYA M S	<i>Unnimaya</i>	<i>Unnimaya</i>



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## PHOTOS







CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## 2.DOG SQUAD TRAINING

### Program Objectives

1. **Promote Awareness of K-9 Contributions:** To shed light on the invaluable contributions of K-9 squads and their role in maintaining public safety.
2. **Showcase Canine Skills:** To demonstrate the exceptional skills and expertise of the K-9 squad in various aspects of law enforcement to an audience of students and faculty.
3. **Educational Engagement:** To provide an educational opportunity for students and faculty members to witness and understand the practical applications of K-9 training in public safety and security.
4. **Foster Collaborative Learning:** To encourage collaboration between the Department of Psychology at Christ College and the State Dog Training School, Kerala Police Academy, enhancing the learning experience through real-life demonstrations.
5. **Highlight Public Safety Initiatives:** To emphasize the significance of the K-9 squad's role in public safety and security, thereby fostering a deeper understanding of law enforcement practices among participants.
6. **Encourage Community Involvement:** To engage first-year postgraduate and final-year undergraduate students actively in the organization and execution of the event, promoting a sense of responsibility and teamwork.
7. **Address Societal Issues:** To reaffirm the department's commitment to addressing critical societal issues by highlighting the importance of law enforcement and public safety measures.
8. **Strengthen Institutional Relationships:** To reinforce the partnership between Christ College and the Kerala Police Academy, promoting continued collaboration on initiatives that benefit both the institution and the community



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## Program Report

In continuation of our commitment to promoting awareness and addressing critical societal issues, the Department of Psychology at Christ College (Autonomous), Irinjalakuda, in collaboration with the state Dog Training School, Kerala Police Academy, organized a remarkable Dog Squad Training Program on the 13<sup>th</sup> of September, 2023. This initiative aimed to shed light on the invaluable contribution of K-9 squads and their role in maintaining public safety.

The event commenced at an auspicious hour in the guidance of our esteemed dignitaries, Rev. Dr. Wilson Tharayil CMI, S.F. Director, and Dr. Vivekanandan T, S.F. Coordinator. Their unwavering support and guidance were instrumental in making this event a reality.

With the dedicated efforts of Ms. Christina Tony, Department Coordinator, and Ms. Sreya V S, Programme Coordinator, along with the active participation of our faculty and students, the program was meticulously organized to ensure its success.

The venue for this enlightening event was the space in front of the Fr. Jose Thekkan Seminar Hall, which provided an ideal setting for the gathering of students and faculty members from various departments, all eager to witness the showcase of canine strength.

The K-9 squad, renowned for their exceptional skills and contributions to law enforcement, demonstrated their abilities to the captivated audience. The program included various demonstrations that highlighted the squad's expertise in different aspects of their work, emphasizing their significance in public safety and security.

The success of this event can be attributed to the collaborative efforts of our first year post graduate students and final-year undergraduate students and the tireless dedication of our teachers from the Psychology department.

In conclusion, the Department of Psychology, in partnership with the State Dog Training School, Kerala Police Academy, successfully organized the Dog Squad Training Program, which not only showcased the remarkable abilities of our K-9 heroes but also fostered awareness of their crucial role in ensuring public safety. This event was a testament to our commitment to addressing societal issues and promoting the welfare of our community.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

**Outcomes**

1. The program significantly increased awareness about the vital role of K-9 squads in public safety.
2. Attendees gained a deep appreciation for the exceptional skills and contributions of the K-9 squad members.
3. The event showcased the success of collaborative efforts between the Department of Psychology and the Kerala Police Academy in addressing critical societal issues.

**Brochure**

DEPARTMENT OF PSYCHOLOGY  
IN COLLABORATION WITH THE STATE DOG  
TRAINING SCHOOL, KERALA POLICE ACADEMY  
PRESENTS

**DOG SQUAD TRAINING**

Join Us for a Pawsome Experience!

Discover the Magic of Canine Companions at Christ College, Irinjalakuda

Are you ready to witness the extraordinary bond between humans and our K-9 squad of Kerala police? The Department of Psychology invites you to a captivating Dog Squad training , an event that promises excitement, insights, and tail-wagging fun!

**Date:** 13th September 2023  
**Time:** 10 am  
**Venue:** Christ College, Irinjalakuda

**PRINCIPAL:** Rev.Fr.Dr.Jolly Andrews  
**DIRECTOR:** Rev.Fr.Dr.Wilson Tharayil  
**HOD & CONVENOR :** Miss.Christina Tony  
**CO-ORDINATOR :** Miss. Sreya VS

**List of Participants**

All students from Christ college autonomous, Irinjalakuda

All faculty members from Christ college autonomous, Irinjalakuda



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

PHOTOS





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

P.O. Irinjalakuda North, 680125

Office : 0480 2825258

Email : [office@christcollegeijk.edu.in](mailto:office@christcollegeijk.edu.in)

<http://christcollegeijk.edu.in>

CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:



### 3.NATIONAL SEMINAR

#### InterPsych Summit: Exploring Multidimensional Perspectives of Psychology

##### Program Objectives

1. **Illuminate Forensic Psychology:** To provide an in-depth understanding of forensic psychology, its advanced trends, and the intersection of artificial intelligence and criminology, as presented by Dr. Lancy D'Souza.
2. **Career Path Exploration:** To explore the journey to becoming an organizational psychologist, highlighting skill sets, opportunities, and industry trends, through the seminar by Mr. Amar Rajan.





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

- 3. Rehabilitation Psychology Trends:** To discuss the latest trends and opportunities in rehabilitation psychology, as delivered by Dr. Raheemudheen PK, providing students with insights into this specialized field.
- 4. Positive Psychology Principles:** To engage participants in understanding the principles and applications of positive psychology, emphasizing its role in enhancing wellbeing, through the interactive session by Dr. Leemamol.
- 5. Neuroscience Insights:** To decode the biological circuitry of the mind, providing a comprehensive view of neuroscience, its branches, and methodologies, as presented by Dr. Atul Gopal.
- 6. Encourage Interactive Learning:** To foster an interactive learning environment where students can engage with experts, ask questions, and gain deeper insights into various psychology disciplines.
- 7. Promote Professional Networking:** To facilitate networking opportunities among students, faculty, and professionals in psychology, enhancing collaborative learning and future mentorship possibilities.
- 8. Highlight Practical Applications:** To demonstrate the practical applications of psychological principles across different subfields, ensuring participants can relate theoretical knowledge to real-world scenarios.
- 9. Inspire Continued Learning:** To motivate students to pursue further studies and careers in psychology by showcasing the diverse opportunities and advancements in the field through various expert-led sessions.

## Program Report

The Inaugural Ceremony for the Two-Day National Conference 'Interpsych Summit' was held on Thursday, 1 February 2024 at 10:00 a.m. in the College Auditorium. Ms. Christina Tony, Head of



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

the department, Psychology formally welcomed the Chief Guest, V.R.Krishna Teja IAS, District Collector, Thrissur and all other dignitaries present in the dias and participants. The welcome speech was followed by Lamp Lighting Ceremony which was further followed by the Presidential Address by Rev. Fr.Dr.Jolly Andrews CMI, Principal. Rev. Fr. Joy P.T.Manager. Rev. Dr. Wilson Tharayil CMI, Director of Self Financing and Dr. Xavier Joseph, Vice Principal delivered felicitation.

The official inauguration was held at 5:00 p.m. as the District Collector arrived at 4:50 p.m.He delivered an inspiring speech to the students about his own life experiences. He also mentioned that it is important to learn from the failure and reach the right destination. He also had an interactive session with students where he explained how to manage stress. The session was followed by Memento Presentation to the Chief Guest by the Principal followed by Vote of Thanks by NPM Hasmina Fathima, Assistant Professor, Department of Psychology. The program marked its conclusion by 6:00 p.m.

The Keynote Address was delivered by Dr. Lancy D'Souza Professor of Psychology, Maharaja's College. Dr.Lancy D'Souza is a professor of psychology at Maharajas college, University of Bangalore. His presentation began shortly after tea break at 11:00 AM. He commenced his presentation on forensic psychology, exploring its connection with advanced trends, the relationship between forensic psychology and artificial intelligence and linking artificial intelligence with criminology. He explained the advanced trends in the field of forensic psychology and the process in neuroimaging psychology. He provided us with a detailed description of artificial intelligence, including its pros and cons, and discussed its diverse application. At the end of programs, students had a great opportunity to ask questions regarding the topics discussed in the presentation.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

The session “JOURNEY TO BECOMING AN ORGANIZATIONAL PSYCHOLOGIST” held by Mr. Amar Rajan, Organizational Psychologist took place at 1pm. Mr. Amar Rajan is a Cambridge trained psychometric expert, an experienced educator of Psychology International Baccalaureate, OD consultant and entrepreneur with over a decade of experience in the Learning and Development Industry. He focuses on mind research and performance management training. The seminar focused on his journey and the steps in becoming an organizational psychologist including skill setting, opportunities, trends, pros and cons.

The session by Dr. Raheemudheen pk, clinical psychologist in health services, Govt. of Kerala health center Thrissur, India started at around 2 : 40 pm. The session began with a short introduction about Dr. Raheemudheen by our anchor and then further welcomed by NPM Hasmina Fathima, Assistant Professor, Department of Psychology, Christ College (Autonomous), Irinjalakuda . Then shortly after that he began his session on the topic “Trends and opportunities in rehabilitation psychology”.

The session conducted by Dr. Leemamol at the national conference hosted by the Psychology Department of Christ College Irinjalakuda focused on the principles and applications of positive psychology. Over the course of an hour, Dr. Leemamol engaged the audience in an insightful exploration of the field, emphasizing its significance in enhancing subjective wellbeing and promoting a fulfilling life.

Dr. Leemamol initiated the seminar with an interactive session on positive psychology, encouraging active participation from all attendees. Through engaging discussions, she questioned the audience, fostering a collaborative learning environment. In conclusion, the seminar conducted by Dr. Leemamol on positive psychology at the national conference hosted by Christ College Irinjalakuda’s Psychology Department was both enlightening and engaging. Through insightful discussions, historical perspectives, and practical activities, attendees gained a deeper



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

understanding of positive psychology principles and their applications in fostering individual and collective wellbeing.

On February 2, 2024 the session by respected Dr.Atul Gopal, Neuroscientist and Research fellow, National Eye Institute, United States started at around 11:10 am. The session began by a short introduction about Dr.Atul Gopal by our anchor and then further welcomed by NPM Hasmina Fathima, Assistant Professor, Department of Psychology, Christ College(Autonomous), Irinjalakuda . Then shortly after that he began his session on the topic "Decoding Biological Circuitry of the Mind".Dr. Atul Gopal talked about "Decoding Biological Circuitry of the Mind" Starting from the definition of Neuroscience and its branches, explained about neurons and its significance, talked about the major questions to understand the mission of neuroscience.He further lectured on Neuroscience in the ancient times, also about the early days of neuroscience research by explaining Neuronal doctrine. He spoke about the Basic organisation of the brain and also the methods of neuroscience by explaining each method briefly. He provided a vast view on neurophysiology, neurophysiology of decision making, neural mechanism of vision, transduction the input cells of retina, retinal ganglion cells, information processing in the visual cortex, hierarchical processing of vision, neural mechanism of motor action, complexities in movement generation, hierarchy of motor control and many more other related topics.

### PAPER PRESENTATIONS

The National Conference on Psychology organised by Christ college autonomous irinjalakuda, department of psychology has provided a platform for scholars, researchers, and practitioners to exchange insights, discuss recent developments, and explore future directions in the field of psychology. Over the course of two days, a series of paper presentations showcased diverse topics ranging from cognitive psychology to clinical applications, offering attendees a comprehensive overview of contemporary issues and emerging trends. This report highlights key themes and findings presented during the conference.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

Day 1: 1 February 2024

The inaugural day of the conference commenced with an opening ceremony followed by keynote addresses from eminent psychologists. Subsequently, parallel sessions were organized, covering various subfields of psychology. The presentations started at 11:45 am at venue 1 auditorium and was chaired by Dr. Febin Baby and Dr. Raheemudheen P K. Some of the notable presentations included:

1. Title: "Emotional dissonance and burnout among mental health professionals" Presenter: Sandra Zacharia.
2. Title: "Body image: exploring self-esteem and gender differences among college going students" Presenter: Malavika N S
3. Title: "A study on influence between altruism and happiness among young adults" Presenter: Sooraj S Warriar
4. Title: "Self-efficacy among male and female adolescents" Presenter: Athulya M K
5. Title: "The effects of sexual frustrations on academic performance among young adults" Presenter: Adya M Sidharth

The first day witnessed an array of insightful paper presentations, where researchers and scholars shared their findings, discoveries and perspectives contributing significantly to the collective knowledge base of the seminar.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

Day 2: 2 February 2024

The second day of the conference featured further paper presentations, panel discussions, and workshops, providing participants with opportunities for in-depth discussions and knowledge exchange. There were two sessions for paper presentations on day two through online and offline modes. The 5 presentations through the online session were chaired by Dr. Febin Baby and Remya S Chithran at venue 2 Saint Chavara seminar hall. The presentations included:

- 1.Title: “A study on how the attitude of the public towards formerly incarcerated individuals impact their journey towards reintegration to society” Presenters: Gopika K B and Einstein C Tony
- 2.Title: “A study on psychology of community policing in unveiling crime prevention mechanisms , Thrissur ,kerala” Presenters: Aparna S Muthu and SreedurgaMadhu
- 3.Title: “The impact of Kerala’s patriarchal society on women’s mental health and wellbeing an in-depth investigation” Presenter: Jisna M
- 4.Title: “impact of parenting on children and crime” presenter: Arnold Jose
- 5.Title:”A comparative study on toxic masculinity and its psychological affects among adolescents and the adult male population in Kochi” Presenter: Keziya R Chitteth

The second session started at 1 pm at venue 1 auditorium and was chaired by Dr.Febbin Baby and Nimmy pg. Some highlights from the day include:

1. Title: "A study on the effect of hemispheric dominance in reaction time" Presenter: Fathimathul Sabira
2. Title: "Interpersonal dependency assertiveness and self-efficacy in birth order among emerging adults" Presenter: Eldho Paul



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

- Title: "Social connectedness and psychological wellbeing of employees" Presenter: Ammelia Dipu
- Title: "Holiday to hell: how flight anxiety and aggression lead to air rage, a pilot study" Presenter: Advika Narang
- Title: "Personality traits and their impact on consumer decision making styles among college students" Presenter: Aparna Raj
- Title: "The power of hashtag: Analysing the psychological impact of social media hashtags on mob formation behaviour" Presenters: Lakshmi suryakanthi and Govardhan M
- Title: "An intervention study on anger management and emotional regulations in psychiatric inpatients" Presenter: Husnamol R H
- Title: "Quality of life among older adults with and without pets" Presenter: Aswathy Lekshmi S
- Title: "Relationship between an individuals academic engagement , job satisfaction and job engagement" Presenter: Gisha Reji

The National Conference on Psychology provided a dynamic forum for scholars and practitioners to engage in dialogue, share research findings, and collaborate on advancing the field. The diverse range of topics covered over the two-day event reflected the breadth and depth of contemporary psychological inquiry. As the conference concluded, participants left with new insights, fresh perspectives, and a renewed commitment to advancing the science and practice of psychology. The paper presentation on day 2 was conducted in two parts. The first part began at about 10:30 and



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

lasted till about 12:30. The judges for this part were Miss Remya from St Joseph's College and Miss Nimi from Christ college irinjalakuda. Each contestants were given 7 minutes each and about 3 minutes was allotted for asking questions regarding thier presentation. The presentation was done both online and offline. Gopika K Bwas the first to present her paper on the topic A study on how the attitude of public towards formerly incarcerated individuals impact thier journey reintegration to society. Sandra A S presented her paper on the influence of FoMo(feeling of missing out) on social anxiety she concluded that there was no relationship between both. After this the rest of the presentation was continued online Aparna Muthu and Sreedurga Madhu were the first to present online on the topic A study on psychology of community policing in unveiling crime prevention mechanism. Followed by Jisna M on the topic of The impact of Kerala's patriarchal society on women's mental health and wellbeing, Arnold Jose on the topic Effects of parenting on children and crime, and impact of parenting on children and crime, Keziya .R. Chitteth on the topic A comparative study on toxic masculinity and its psychological affects among adolescents and the Adult male population in kochi, and Sandra A Nair and Einstein C Tony On the topic increasing aggressive behavior at the time of pandemic.

Then after lunch break the paper presentation resumed the judge for this part was Dr Fabin Baby. Fathima Sabira presented her paper on Study on effect of hemisphere dominance on reaction time. Followed by Eldho Paul on the topic interpersonal dependency, assertiveness and self efficacy in birth order among emerging adults, Amelia Dipu on the topic social connectedness and psychological well being of employees who work remotely, Adwika Narag on the topic Holiday to hell : how flight anxiety and aggression leads to air rage, Aparna Raj R on Personality trait and thier impact on consumer decision making style among college students, Govardhan and Lakshmi on the power of hashtag : analyzing psychological impact of social media, Hasna Mol RH on an intervention study on anger management and emotion regulations in psychiatric patients, Aswathy Lekshmi on quality of life in older adults with or without pets and finally Gisha Reji on relationship





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

between individual and academic engagement, job engagement and job satisfaction. With this the paper presented came to an end.

### Program Outcomes

- **Enhanced Knowledge and Understanding:** Participants gained in-depth knowledge on various aspects of psychology, including forensic psychology, organizational psychology, rehabilitation psychology, positive psychology, and neuroscience, through expert presentations and interactive sessions.
- **Inspiration and Motivation:** The inspirational speech by V.R. Krishna Teja IAS and the keynote address by Dr. Lancy D'Souza inspired students to learn from failures, manage stress effectively, and explore advanced trends in psychology.
- **Skill Development:** Sessions like "Journey to Becoming an Organizational Psychologist" by Mr. Amar Rajan provided participants with practical insights and skills necessary for pursuing a career in organizational psychology, including psychometric expertise and performance management training.
- **Awareness of Advanced Trends:** Dr. Lancy D'Souza's presentation on forensic psychology and AI, and Dr. Atul Gopal's session on neuroscience, educated attendees on the integration of artificial intelligence with criminology and the latest advancements in neuroscience research.
- **Interactive Learning:** The conference facilitated interactive learning through Q&A sessions, where students had the opportunity to engage with experts, ask questions, and deepen their understanding of complex psychological concepts.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

- Professional Networking:** The event provided a platform for students and faculty to interact with esteemed professionals and researchers in the field of psychology, fostering networking and potential mentorship opportunities.
- Practical Applications:** The workshops and sessions focused on the practical applications of psychological principles in various domains, including law enforcement, organizational settings, health services, and personal wellbeing.
- Promotion of Positive Psychology:** Dr. Leemamol's session emphasized the significance of positive psychology in enhancing subjective wellbeing and promoting a fulfilling life, encouraging participants to apply these principles in their personal and professional lives.
- Comprehensive Understanding of Neuroscience:** Dr. Atul Gopal's detailed lecture on neuroscience provided attendees with a thorough understanding of the biological circuitry of the mind, the organization of the brain, and the mechanisms underlying vision and motor action.
- Commitment to Societal Issues:** The conference reinforced the commitment of Christ College's Department of Psychology to addressing critical societal issues and promoting community welfare through education and awareness programs.

## BROCHURE



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

P.O. Irinjalakuda North, 680125


Office : 0480 2825258

Email : office@christcollegeijk.edu.in


http://christcollegeijk.edu.in

CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:


### OUR RESOURCE PERSONS




**Key-note speaker**  
**Lancy D'Souza**  
Ph.D Professor of Psychology,  
Maharaja's College, University of  
Mysore




**Dr. Leenamol Mathew**  
Associate professor  
Department of Psychology  
Christ University Bangalore



**Dr. Raheemudheen PK**  
CLINICAL PSYCHOLOGIST In Health  
Services,  
Govt. of Kerala Govt. Mental Health  
Center  
Thrissur, India



**Amar Rajan**  
Organizational psychologist  
Mind Carter(Founder,  
Director and CEO)



**Dr. Atul Gopal**  
Neuroscientist &  
Research Fellow  
National Eye Institute,  
United States

### SUB-THEMES

- Mental Health and Well-being
- Cognitive Psychology
- Social Psychology
- Developmental Psychology
- Clinical Psychology
- Health Psychology
- Educational Psychology
- Forensic Psychology
- Positive Psychology
- Neuropsychology
- Cross-cultural Psychology
- Environmental Psychology
- Sports Psychology
- Emotion and Motivation
- Human Factors and Ergonomics

### ABOUT CONFERENCE

This conference aims to bring together scholars and researchers in the fields related to psychology, providing a unique platform to explore diverse multidisciplinary fields. This unique platform offers visibility, networking, and collaborative exploration across diverse fields in psychology. Benefit from recognition, connect with scholars, and contribute to an intellectual exchange that goes beyond disciplinary boundaries.

### REGISTRATION FEES


Participation Fees:

- Students: Rs 800
- Scholars: Rs 1000
- Professionals: Rs 1500


For Presentation:

- Students: Rs 1000
- Scholars: Rs 1200
- Professionals: Rs 1700


### SCAN TO REGISTER



Our Contact : 8547444218, 9188339642,  
9072443466




DEPARTMENT OF PSYCHOLOGY  
PRESENTS  
**TWO-DAY  
NATIONAL  
CONFERENCE  
2024**  
INTERPSYCH SUMMIT



EXPLORING MULTIDIMENSIONAL  
PERSPECTIVE OF PSYCHOLOGY  
FEBRUARY 1&2  
Venue: Christ College  
Auditorium

SUBMISSION DATES:  
Abstract - January 20, 2024  
Full Paper - January 28, 2024



OUR MEDIA PARTNER

Principal : Fr. Dr. Jolly Andrews CMI  
Organizing secretary and HOD : Ms. Christina Tony



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## ATTENDANCE

32	JUHI C V	✓	✓	✓	✓
33	KARTHIKA SURESH SURESH	✓	✓	✓	✓
34	MEGHA KN	✓	✓	✓	✓
35	MISNA MOHAMMED ALI	✓	✓	✓	✓
36	NAGALAKSHMI PM	✓	✓	✓	✓
37	NANDHANA. PK	✓	✓	✓	✓
38	NASEEBA AA	✓	✓	✓	✓
39	NEHA JOSE	✗	✗	✗	✗
40	NITHYA S W WARRIOR	✓	✓	✓	✓
41	PM RANIYA	✓	✓	✓	✓
42	PARVATHY PRAKASAN	✓	✓	✓	✓
43	PRANAV PARAKUNNNATH	✓	✓	✓	✓
44	RAMEESA CR	✓	✓	✓	✓
45	SANA PUTHIYAVEETIL SALIMUDEEN	✓	✓	✓	✓
46	SANA SHAJI	✗	✗	✗	✗
47	SANDRA BENNY	✓	✓	✓	✓
48	SNEHAGAYATHRI M	✓	✓	✓	✓
49	SREEMOLCS	✓	✓	✓	✓
50	STEVE REXNER GEORGE	✗	✗	✓	✓
51	SUMAYA VELIYATH RAJENDRAN	✓	✓	✓	✓
52	VIDHUKRISHNA K	✓	✓	✓	✓
53	VYSHNAVI M S	✓	✓	✓	✓



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

ATTENDANCE  
BSc Psychology (2021-24)  
3<sup>rd</sup> DC PSYCHOLOGY B

Sl. No.	NAME	FEB 1 FN	FEB 1 AN	FEB 2 FN	FEB 2 AN
1	ADWATH SREERAJ C	✓	✓	✓	✓
2	AKASH THOMAS	✓	✓	✓	✓
3	AKHINA ROSE MARTIN	✓	✓	✓	✓
4	ALEENA SIBHU	✓	✓	✓	✓
5	ALEENA VARGHESE	✓	✓	✓	✓
6	ALFY VARGHESE	✓	✓	✓	✓
7	AMAL JAMAL	✓	✓	✓	✓
8	AMRUTHA KS	✓	✓	✓	✓
9	ANAGHA K	✓	✓	✓	✓
10	ANAMIKA P MENON	✓	✓	✓	✓
11	ANGEL MARY VINOD	✓	✓	✓	✓
12	ANGELIN TRESA PETER	✓	✓	✓	✓
13	ANIKKA M KANNAN	✓	✓	✓	✓
14	ANIKET	✓	✓	✓	✓
15	ANNA CLELIA JAISON	✓	✓	✓	✓
16	ANNA MARIYA SIRU	✓	✓	✓	✓
17	ANUPRIYA	✓	✓	✓	✓
18	ASHIN K SHIBU	✓	✓	✓	✓
19	ASWATHY SADHASIVAN	✓	✓	✓	✓
20	BHAVANA PS	✓	✓	✓	✓
21	CHRISTY ROSE DEVASSY	✓	✓	✓	✓
22	DIHAYA SANKER SHINE	✓	✓	✓	✓
23	DILNA V A	✓	✓	✓	✓
24	ESTEENA MARIYA MARTIN	✓	✓	✓	✓
25	FABHANAN TG	✓	✓	✓	✓
26	GODCY MARIA SHAJU	✓	✓	✓	✓
27	GOWRI NANDANA	✗	✗	✗	✗
28	GOUTHAM KIRAN C	✓	✓	✓	✓
29	HAZEL JOY K	✓	✓	✓	✓
30	HAJIRA RALI	✓	✓	✓	✓
31	IRINE THOMAS	✓	✓	✓	✓

ATTENDANCE  
BSc Psychology (2021-24)  
3<sup>rd</sup> DC PSYCHOLOGY A

Sl no	Name	Feb 1 FN	Feb 1 AN	Feb 2 FN	Feb 2 AN
1	Aalia Ashraf	✓	✓	✓	✓
2	Aarsha K Sudheesh	✗	✗	✓	✓
3	Abel Benedict	✓	✓	✓	✓
4	Abina M Wilson	✓	✓	✓	✓
5	Adithya S	✓	✗	✗	✗
6	Akshina K	✓	✓	✓	✓
7	Aleena Joseph	✓	✓	✓	✓
8	Alex Jijo	✓	✓	✓	✓
9	Alooya Joshy	✗	✗	✓	✓
10	Amritha Babu	✓	✓	✓	✓
11	Anju PR	✓	✓	✓	✓
12	Anusha NR	✓	✓	✓	✓
13	Aparna KA	✓	✓	✓	✓
14	Archana Sunil	✓	✓	✓	✓
15	Aromal Anil	✓	✓	✓	✓
16	Arya Ajith	✓	✓	✓	✓
17	Aswathy PM	✓	✓	✓	✓
18	Austin Soy	✓	✓	✓	✓
19	Christeena PS	✓	✓	✓	✓
20	Daniel P Nelson	✓	✓	✓	✓
21	Dija Ahamed C	✓	✓	✓	✓
22	Elizabeth Joby	✓	✓	✓	✓
23	Fathimath Sahala	✓	✓	✓	✓
24	Fathiyya Fathim	✓	✓	✓	✓
25	Gopika Syam	✓	✓	✓	✓
26	Gowri Nandana	✓	✓	✓	✓
27	Harishma P	✓	✓	✓	✓
28	Haritha Krishna	✓	✓	✓	✓
29	Haritha PV	✓	✓	✓	✓
30	Jisya Thomas	✓	✓	✓	✓
31	Jyoti Joseph	✓	✓	✓	✓
32	KP Athira	✗	✗	✓	✓
33	Karthika G	✓	✓	✓	✓
34	Krishna Harinarayanan	✓	✓	✓	✓
35	Mehjabin PK	✓	✓	✓	✓
36	Merlin Wilson	✓	✓	✓	✓



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

ATTENDANCE  
B.sc psychology 2023-26 A batch

Sl NO	Name	Feb 1 FN	Feb 1 AN	Feb 2 FN	Feb 2 AN
1	Abel	✓	✓	✓	✓
2	Adhitiya	✓	✓	✓	✓
3	Adona	✓	✓	✓	✓
4	Aien	✓	✓	✓	✓
5	Ameena	✓	✓	✓	✓
6	Aneena	✓	✓	✓	✓
7	Aneesha	✗	✗	✗	✗
8	Angel	✓	✓	✓	✓
9	Anjana	✓	✓	✓	✓
10	Ann sneha	✓	✓	✓	✓
11	Archana	✓	✓	✓	✓
12	Ashmiya	✓	✓	✓	✓
13	Aswathi	✓	✓	✓	✓
14	Athana	✓	✓	✓	✓
15	Devapriya	✓	✓	✓	✓
16	Devika	✓	✓	✓	✓
17	Gadha	✓	✓	✓	✓
18	Gayathry	✓	✓	✓	✓
19	Hana farish	✓	✓	✓	✓
20	Hana mohamad	✓	✓	✓	✓
21	Hanrish	✓	✓	✓	✓
22	Hasna	✓	✓	✓	✓
23	Hrikshara	✓	✓	✓	✓
24	Irene	✓	✓	✓	✓
25	Jannath	✓	✓	✓	✓
26	Jesliya	✓	✓	✓	✓
27	Joseph	✓	✓	✓	✓
28	Josina	✓	✓	✓	✓
29	Lakshmi	✓	✓	✓	✓



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

ATTENDANCE  
1<sup>st</sup> YR MSC CLINICAL PSYCHOLOGY 2023-25 BATCH

Name	Feb 1 FN	Feb 1 AN	Feb 2 FN	Feb 2 AN	Feb 5 FN	Feb 5 AN
Aagnay Sunil	✓	✓	✓	✓	✓	✓
Aleena Joshy M	✓	✓	✓	✓	✓	✓
Aswathi P D	✓	✓	✓	✓	✓	✓
Athulya M K	✓	✓	✓	✓	✓	✓
Gowri Soman	✓	✓	✓	✓	✓	✓
Irene Anna Blessan	✓	✓	✓	✓	✓	✓
Irin Rolly	✓	✓	✓	✓	X	X
Malavika N S	✓	✓	✓	✓	✓	✓
Mubashira .Y	✓	✓	✓	✓	✓	✓
Niranjana Raj K	✓	✓	✓	✓	✓	✓
P P Shifa Aboobacker	X	X	X	X	✓	✓
Remya K R	✓	✓	✓	✓	✓	✓
Rithika K R	✓	✓	✓	✓	✓	✓
Sooraj S Warriar	✓	✓	✓	✓	✓	✓
Sravan P	✓	✓	✓	✓	✓	✓
Sruthi I S	✓	✓	✓	✓	✓	✓
Vyshnavi Pramod	✓	✓	✓	✓	✓	✓



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## PHOTOS







CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

#### 4,BASIC COUNSELLING CERTIFICATE COURSE INVITED TALK ON

#### MENTAL HEALTH

##### Program Objectives

**Provide Foundational Knowledge:** To offer participants a solid foundation in the principles of counseling, focusing on understanding human emotions and enhancing communication skills

**Promote Personal Development:** To support personal growth and self-awareness among individuals seeking to understand counseling principles without pursuing a counseling career.

**Improve Communication Skills:** To help parents improve their communication and interpersonal skills within their families, fostering better relationships and family dynamics.

**Enhance Teaching Strategies:** To provide teachers with innovative strategies to enhance student engagement and learning, integrating counseling principles into their educational approach.

**Foster Community Engagement:** To involve students and faculty from all departments in the event, promoting interdisciplinary learning and community engagement.

**Highlight Societal Issues:** To raise awareness about important societal issues, such as cyber crimes among adolescents, through expert sessions and discussions.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

- Encourage Professional Support:** To organize and conduct the program with the support of faculty and staff, ensuring a well-coordinated and successful event.
- Celebrate Academic Milestones:** To formally inaugurate the academic year 2023 for the counseling certificate course, marking the beginning of a new phase of learning and development for the participants.
- Inspire Lifelong Learning:** To inspire participants to continue exploring and learning about counseling principles and their applications in various aspects of life.
- Acknowledge Contributions:** To recognize and appreciate the efforts of the students, faculty, and coordinators in organizing and supporting the event, ensuring its success.

### Program Report

The Department of Psychology Christ college, Irinjalakuda started basic counseling certificate course in the year 2022. The course is designed to provide participants with a solid foundation in the principles of counseling focusing on understanding human emotions and enhancing communication skills. While this programme does not qualify graduates to become practicing counselors. It offers valuable insights into the world of counseling and personal development. As part of this course, the inauguration ceremony for the academic year 2023 was held on 19/09/2023. The programme commenced in chavara seminar hall at 3 PM with prayer. All the dignitaries present in the dais were honorably invited by Malavika, 1<sup>st</sup> year pg student. And the programme was inaugurated in the guidance of Fr. Wilson Tharayil (Director of self-financing departments) with the presence of chief guest Dr. Febin Baby (HOD of St. Thomas College Thrissur). The programme was held with the support of Dr. Vivekanandan T, S.F. Co-ordinator. The programme was organized with the help of Ms. Christeena Tony (Department Coordinator)



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

Ms.Akhila P.J Programme Coordinator and all the teachers and students of the department.All the students and faculties from all the departments were invited to Participate the event. The program highly focused to the seeking individuals personal growth and self awareness.And the students intrested in understanding counseling principles without pursuing counseling career.Also the parents aiming to improve their communication and interpersonal skills within their families.The course provides teachers with innovative strategies to enhance students engagement and learning strategies. The official programme was concluded at 3.30pm and vote of thanks delivered by Mr.Kasyab (2 nd year pg student), After that chief guest Dr.Febin Baby conducted a session about the topic ‘cyber Crimes among adolescents ‘. The efforts of all the students and teachers of the Psychology department made the event a grand success.

### Program Outcomes

1. The program aims to seeking individuals personal growth and self awareness
2. The students intrested in understanding counseling principles without pursuing counseling career.
3. Also the parents aiming to improve their communication and interpersonal skills within their families.
4. The course provides teachers with innovative strategies to enhance students engagement and learning strategies.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

**Brochures**

**BASIC COUNSELLING CERTIFICATION COURSE**

**IT'S TIME TO TALK ABOUT MENTAL HEALTH**

We are delighted to invite you to the Inaugural Ceremony of the Basic Counselling Certification Course conducted by the Psychology Department of Christ College, Irinjalakuda in collaboration with the chair for Christian studies and research, University of Calicut.

Join us as we kickstart this enriching journey in the field of counselling. Your presence will make this event even more special. We look forward to seeing you there!

**JOIN US!**

- Date: 19th Sept 2023
- Time: 3:00 PM - 4:30 PM
- Venue: Chavara Hall

**DEPARTMENT OF PSYCHOLOGY**

PRINCIPAL: Rev. Dr. Jolly Andrews CMI  
DIRECTOR: Rev. Dr. Wilson Tharayil CMI  
HOD & CONVENOR : Ms.Christina Tony  
COORDINATOR: Ms.Akhila PJ & Nimmy PG

**DISCOVER THE FOUNDATIONS OF COUNSELLING: BASIC COUNSELLING CERTIFICATION COURSE**

ARE YOU INTRIGUED BY THE WORLD OF COUNSELLING AND EAGER TO EXPLORE ITS FUNDAMENTAL PRINCIPLES? LOOK NO FURTHER! THE CHAIR FOR CHRISTIAN STUDIES AND RESEARCH, UNIVERSITY OF CALICUT INVITES YOU TO ENROLL IN OUR ENLIGHTENING BASIC COUNSELLING CERTIFICATION COURSE

**COURSE OVERVIEW**

This course is designed to provide participants with a solid foundation in the principles of counselling, focusing on understanding human emotions and enhancing communication skills. While this program does not qualify graduates to become practicing counsellors, it offers valuable insights into the world of counselling and personal development.

**WHO CAN BENEFIT:**

- Individuals seeking personal growth and self-awareness
- Students interested in understanding counselling principles without pursuing a counselling career
- Parents aiming to improve their communication and interpersonal skills within their families
- The course provides teachers with innovative strategies to enhance student engagement and learning outcomes.

**APPLICATION PROCESS**

Submit your application through our student co-ordinator through the number given below or through the respective tutor. Act quickly, as applications will close on 17th September.

- Course Commencement: 19th September
- Duration: 3 months
- Location: Christ college, Irinjalakuda

**CONTACT US**  
**9072443466**  
DEPARTMENT OF PSYCHOLOGY  
CHRIST COLLEGE, IRINJALAKUDA

Limited Enrollment: Don't miss this opportunity to gain insights into the world of counselling and personal development. Apply now to secure your spot!

PRINCIPAL : Rev.Fr.Dr.Jolly andrews  
DIRECTOR : Rev.Fr.Dr.Wilson Tharayil  
CO-ORDINATOR : Dr.T.Vivekanadhan



# CHRIST

COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

P.O. Irinjalakuda North, 680125

Office : 0480 2825258

Email : office@christcollegeijk.edu.in

http://christcollegeijk.edu.in

CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## Attendance

Register of Attendance and Fees for the  
A-BATCH

Admission No.	S.No.	NAME	Days Eng: Date	1	2	3	4	5	6	7	8	9
1		Poojathy										
2		Amal										
3		Anga										
4		Rameesa										
5		AIRY										
6		Akash										
7		Gaubam										
8		Abra Masliya										
9		Steve										
10		Esteeva										
11		Adwait										
12		Neha										
13		Dina										
14		Nandana T.S										
15		Megha										
16		Akhina										
17		Ravi										
18		Gauri										
19		Uthasa										
20		Aswathi										
21		Anya										
22		Aparna										
23		Tyathi										
24		Vinaya										
25		Shruti										
26		Haritha Vasudevan										
27		Neelika Wilson										
28		Asishana Sunil										
29		Rubeena										
30		Abra										
31		Abra Jayesh										
32		Nidhina A.D										
33		Asiya K										
34		Aparna M										
35		Abanambha K Abdul										
36		Jana Rose Masina										
37		Sara Jose										
38		Devanandha										
39		Naja Fatima										
40		K.K Husna										
41		Gauri Poojathy										
42		Payal Dasgupta										
43		Mehjabin Mubassir										
44		Anesta										
45		Snehalakshmi										
46		Sandhya Z										
47		Sandhya A S										
48		Nidhina										
49		Sasitha Geegy										
50		Jefny										
51		Poojathy Niyesh										
52		Irene Anasudara P.S										

Register of Attendance and  
B-BATCH

Admission No.	S.No.	NAME	Days Eng: Date	1	2	3	4	5	6	7	8	9
1		Aneesha MA										
2		Hannah Rose										
3		Jayath BM										
4		Lakshmi										
5		Nandana P.S										
6		Nibia Fatima										
7		Pranav P Pramad										
8		Prasanna										
9		Abel Paul										
10		Aneena Sebastian										
11		Adithyana										
12		Gayathri V.S										
13		Hanna Edgesey										
14		Jesija P.S										
15		Joseph Lakkhan										
16		Mohammed Aras										
17		Nandana										
18		Rishi Azeez										
19		Saranya Saranya										
20		Vishrupsaiya										
21		Ashraya Jathish										
22		Harsha Mohammed										
23		Irene Siva										
24		Athen Helen										
25		Hasina Veena										
26		Mohammed Saifan (Anwar)										
27		Shabla S Anwar										
28		Raniya P.N										
29		Saeedhaddana P.D										
30		Roshni Ray										
31		Daya K Siva										
32		Abra Manasudheen										
33		Tessa										
34		Malauka Ravi										
35		Sarthiyaga										
36		Anagha M.S										
37		Abhishta Nambodini										
38		Nandana T.S										
39		Keishhambha B.S										
40		Amogh Husna K.S										
41		Fathimathul Huda U.R										
42		Akhil K.K										
43		Alana Sidha										
44		Abhisami Deepak										
45		Muhammad										
46		Rony Paul										
47		Jayath Mathan										
48		Sini Geegy										
49		Crista Geegy										
50		Abhirami Deepak										
51		Pranav P. Pramad										
52		DANNA MADHAN										

NAME	Days Eng: Date	1	2	3	4	5	6	7	8	9
Amala Benny										
Sarthiyaga										
Alisha Pulath										
Freethy Nagesh X										
Hanna Rose										
Hannah Rose										
Adithyana										
Aparna M										
Chauva Parvathi NS										
Thamanna K Abdul										
Deva Nanda S Naif										
Sana C.S										
Aathira A Saleem										
Keishhambha K.K										
Aisha Hanan P.M										
Amisha K.S										
Keishhambha K.V										
Anshitha V. Khadar										
canalicia Gomez										
Amala Rony										
Keishhambha T.M										
Maliya Jany										
Hannah Rose										
Thamanna Sidhale										
Megha Gopi										
Tessa Christa										
Adithyana										
Prishnathaya P.										
Vishvadas T.S										
Saranya Seethoshi										
Aneena Sebastian										
Surya Sheela										





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

### PHOTOS



### EXPERIENTIAL LEARNING



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## 1.HEALTHY MIND

### Program Objectives

- Promote Mental Health Awareness:** To increase awareness about mental health among higher secondary students in Thrissur district, emphasizing the importance of mental well-being.
- Equip Future Psychologists:** To provide M.Sc Clinical Psychology students with practical experience and professional skills necessary for their future careers as psychologists.
- Social Responsibility:** To fulfill a social responsibility by collaborating with the Kerala State Police (Thrissur Rural District Police) and contributing to the mental health education of the community.
- Educational Outreach:** To deliver engaging and enlightening psychological sessions to higher secondary students, covering essential topics such as life skills, adolescent challenges, and their solutions.
- Interactive Learning:** To create interactive and thought-provoking activities and games that encourage student participation and enhance their understanding of psychological concepts.
- Skill Development:** To provide first-year M.Sc Clinical Psychology students with opportunities to conduct sessions, thereby enhancing their teaching, communication, and counseling skills.
- Relaxation Techniques:** To introduce and teach mind-relaxing techniques to help students manage stress and improve their mental health.
- Encourage Active Participation:** To foster an environment where school students actively engage in the program, ensuring they benefit from the sessions and activities provided.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

- Collaborative Effort:** To systematically plan and execute the program with the combined efforts of the department coordinator, program coordinators, and students, ensuring its success and effectiveness.
- Long-Term Impact:** To inspire and prepare higher secondary students to prioritize their mental health and equip them with practical skills to handle adolescence challenges effectively.

### Program Report

‘Healthy mind’ - is a mental health awareness program starting by Department of Psychology of Christ College (Autonomous), Irinjalkkuda in collaboration with Kerala state police (Thrissur Rural District Police). This new venture is a part of equipping students of M.Sc Clinical psychology as professional psychologists and also as an act of social responsibility. The program aims at giving interesting and enlightening psychological sessions particularly to the higher secondary students of Thrissur district.

The first session of the program was conducted at Gurusree Public School (Senior Secondary), Kodungallur on 25<sup>th</sup> September, 2023. The program was commenced at 2 pm with a two minute silent prayer. All the dignitaries present in the dais were honorably welcomed by Malavika.N.S. A brief introduction about the program was given by Circle Inspector, Women Cell.

The program, brainchild of Ms. Christina Tony, Department coordinator was systematically planned and executed with her great efforts along with the support from other program coordinators and all the students of first year M.Sc Clinical Psychology.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

30 higher secondary students of the Gurusree Public school attended the program. And the whole sessions were handled by the 1<sup>st</sup> year PG students. Different teams of students from the department conducted several interesting sessions for the school students.

The different insightful sessions included- short classes on life skills, main problems faced in adolescence and its solutions and other thought provoking interesting games and activities. The students were also provided with a mind relaxing technique session.

The whole program was thoroughly enjoyed by the school students and they actively participated in all the activities. It was a great opportunity and an encouragement for the 1<sup>st</sup> year PG students to develop more professional skills and competencies.

### Outcomes

1. The program provided the students a platform to apply their subject knowledge.
2. The students became more aware of the mental health problems faced by the senior secondary students.
3. The feedbacks from the students as well as the police department encouraged the students and also shed light on the areas where they need to work more to be a well equipped psychologist.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

**Brochures**

**DISCOVER THE POWER OF HEALTHY MIND :**

**ABOUT 'HEALTHY MIND'**

The 'Healthy Mind' initiative, a collaborative effort between the Department of Psychology at Christ College, Irinjalakuda, and the Kerala Police, is dedicated to enhancing the mental well-being of students. With a focus on higher secondary school students across Thrissur, this program aims to empower students to prioritize their mental health, providing them with valuable tools and support.

**PROMOTING MENTAL HEALTH:**

'Healthy Mind' delves into various aspects of mental health, offering insights, strategies, and resources to help students navigate the challenges of adolescence and young adulthood. We believe that a healthy mind is the foundation for a bright future.

**GIVING A HELPING HAND:**

We understand that everyone faces ups and downs in life. 'Healthy Mind' is here to lend a helping hand, creating a safe and supportive space for students to express themselves, seek guidance, and build resilience.

**JOIN US IN CULTIVATING WELLNESS:**

Let's embark on this journey to foster mental well-being, together. 'Healthy Mind' is more than a program; it's a community that cares about your mental health and believes in your potential.

**DEPARTMENT OF PSYCHOLOGY**

**HEALTHY MIND**

UNLOCKING POTENTIAL. CULTIVATING WELLNESS:

PRESENTED BY THE DEPARTMENT OF PSYCHOLOGY, CHRIST COLLEGE, IRINJALAKUDA, IN COLLABORATION WITH THE KERALA POLICE

PRINCIPAL: Rev. Dr. Jolly Andrews CMI  
DIRECTOR: Rev. Dr. Wilson Tharayil CMI  
HOD & CONVENOR: Ms. Christina Tony  
COORDINATOR: Ms. Parvanendhu K.V

**Date:** 25th September 2023  
**Time:** 2pm - 4pm  
**Venue:** Gurusree Public School  
Chappara, Kodungallur

**Attendance**

30 Higher secondary students of Gurusree Public School, Kodungallur



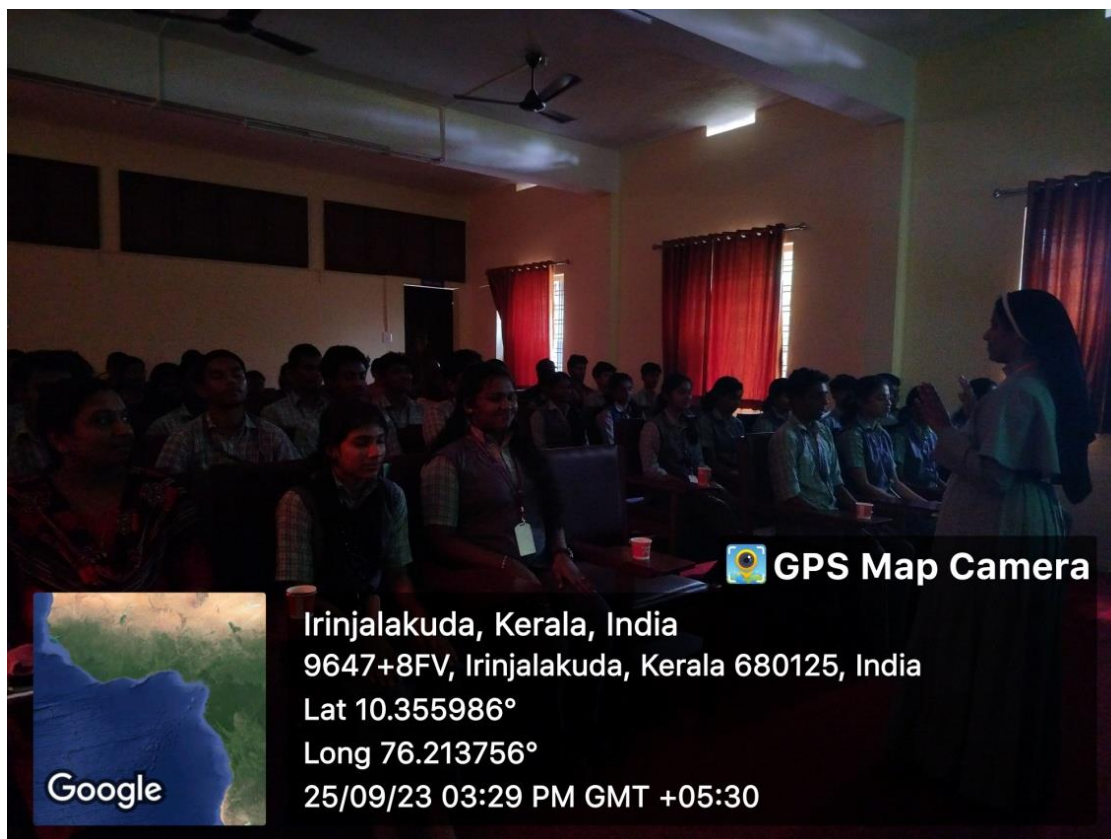
CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

PHOTOS



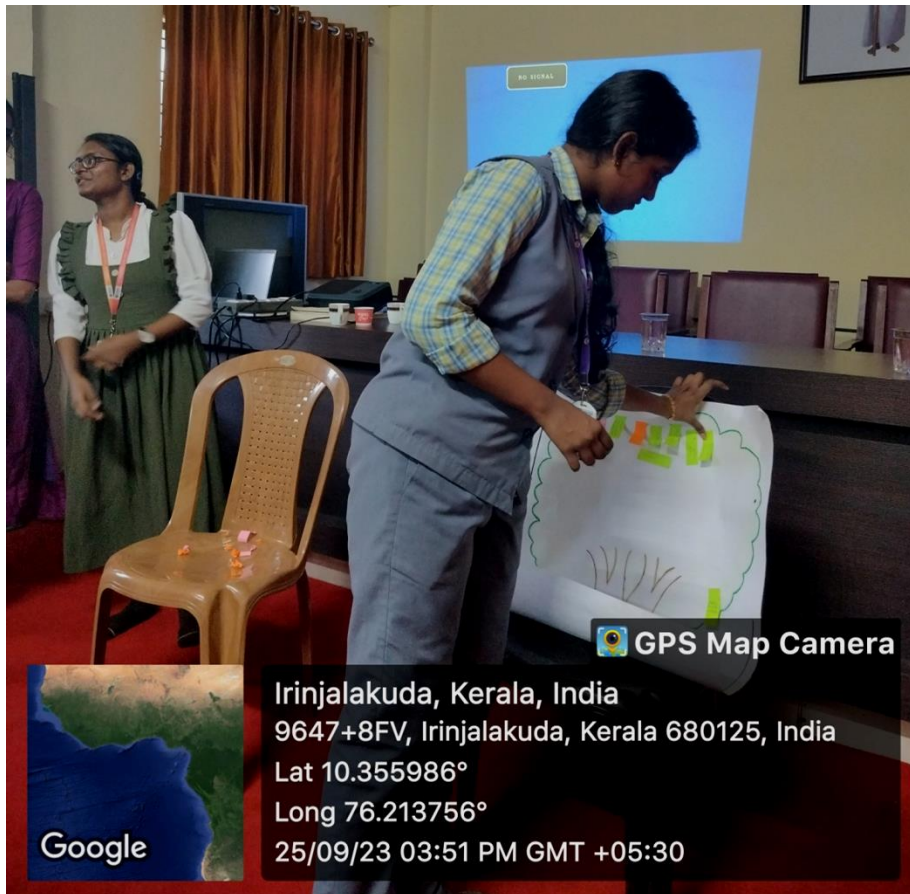


CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:



## 2.PSY FEST ZETO

### Program Objectives

1. **Explore Developmental Psychology:** To delve into the intricacies of developmental psychology, examining human growth and behavior from conception through various life stages to death.
2. **Promote Mental Health Awareness:** To raise awareness about mental health issues at different stages of human development, emphasizing the importance of mental well-being.





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

3. **Educational Engagement:** To provide an engaging educational experience for students through interactive sessions and informative stalls that illustrate key concepts in developmental psychology.
4. **PCOD Awareness:** To empower attendees with knowledge about Polycystic Ovary Syndrome (PCOD), promoting awareness of women's health issues and preventive measures.
5. **Encourage Participation:** To foster enthusiastic participation from students across the college, encouraging active engagement in learning about developmental psychology and mental health.
6. **Facilitate Interactive Learning:** To create an environment for engaging discussions and demonstrations that facilitate a deeper understanding of developmental psychology concepts among participants.
7. **Holistic Education:** To support the college's commitment to holistic education by integrating developmental psychology themes into academic curriculum and extracurricular activities.
8. **Collaborative Efforts:** To strengthen collaborations with healthcare professionals and organizations to support PCOD awareness campaigns and broader women's health initiatives.
9. **NAAC Accreditation Alignment:** To align the fest's activities with the objectives of NAAC accreditation standards, showcasing the college's dedication to social responsibility and comprehensive student engagement.
10. **Leave a Lasting Impact:** To ensure that the fest leaves a lasting impact on participants, highlighting the significance of developmental psychology, mental health, and PCOD awareness in society.

### Program Report

The Psych Fest 2024, organized by the Department of Psychology at Christ College (Autonomous), Irinjalakuda on February 5, 2024, under the esteemed patronage of Rev. Fr. Dr. Jolly Andrews CMI, Principal, was a significant event dedicated to exploring Developmental Psychology. Inaugurated by Rev. Fr. Dr. Jolly Andrews CMI, with key participants including Dr. Vivekanandan Tulasi and Ms. Hasmina, the event featured a range of interactive sessions and informative stalls focused on human development from conception to death, mental health awareness, and PCOD education. The fest saw enthusiastic participation from students across the college, who engaged deeply with the themes through



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

discussions, demonstrations, and educational activities. The event highlighted the importance of addressing mental health concerns at all life stages and empowering attendees with knowledge about women's health issues. Concluding successfully at 4 pm, the Psych Fest 2024 left a lasting impact on participants and underscored the significance of mental health and PCOD awareness. The collaborative efforts of the organizing committee, faculty, and students ensured the fest's success, reinforcing the college's commitment to holistic education and social responsibility, in line with NAAC accreditation standards.

### Program Outcomes

- ❑ **Enhanced Understanding of Developmental Psychology:** Participants gained a comprehensive understanding of human development from conception to death, emphasizing the importance of mental health awareness at each stage of life.
- ❑ **Increased Mental Health Awareness:** The event successfully raised awareness about mental health issues, providing attendees with valuable information on how to address and manage these concerns effectively.
- ❑ **Awareness of PCOD and Women's Health:** The PCOD awareness initiatives empowered attendees with knowledge about women's health issues, promoting preventive measures and encouraging proactive health management.
- ❑ **Interactive Learning Experience:** The diverse range of activities, including interactive sessions and informative stalls, facilitated a deeper understanding of developmental psychology concepts, making the learning experience engaging and impactful.
- ❑ **Engagement and Participation:** The enthusiastic participation from students across the college highlighted the event's success in fostering a sense of community and collective learning.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

- Collaboration and Support:** The collaborative efforts of the organizing committee, faculty members, and students were instrumental in the success of the fest, demonstrating effective teamwork and dedication.
- Promotion of Holistic Education:** The fest underscored the college's commitment to holistic education by integrating developmental psychology themes into both academic and extracurricular activities, aligning with NAAC accreditation standards.
- Strengthened Community Ties:** The event strengthened collaborations with healthcare professionals and organizations, supporting ongoing initiatives related to mental health and women's health.
- Sustainable Initiatives:** Recommendations from the fest encouraged sustained efforts to promote mental health awareness and integrate developmental psychology into the curriculum, ensuring long-term benefits for the college community.



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

**Brochure**

**RADIO PARTNER**  

 DEPARTMENT OF PSYCHOLOGY

**ZETEO FESTIVAL**  
FEBRUARY, 5, 2024

Rev. Fr. Dr. JOLLY ANDREWS CMI  
PRINCIPAL

Rev. Fr. Dr. WILSON THARAYIL CMI  
SELF FINANCING DIRECTOR

Dr. VIVEKANANDHAN, T  
SELF FINANCING CO-ORDINATOR

Ms. CHRISTINA TONY  
HEAD OF THE DEPARTMENT

NPM HASMINA FATHIMA  
PROGRAMME CO-ORDINATOR

5:00 p.m.

**THANKS**  
for your assistance  
@psyzeteo

Date: 5 th February 2024  
Time: 9.00 am to 5.30 PM  
Venue: College Auditorium

9:00 a.m. **EXHIBITION**  
 Trance room  
 Prenatal  
 Infancy  
 Childhood  
 Adolescence  
 Archetypes  
 Myth Busters  
 Dreams  
 Stress  
 Oldage  
 Dance and music therapy

10:00 a.m. **face painting**

9:00 a.m. **PSYCHOMETRIC TESTS**  
 Rorschach Test  
 Bhatia's Test  
 Colour Blindness Test  
 Finger and Tweezer Test  
 Test of Illusion  
 Rosenberg's Self-esteem Scale

9:00 a.m. **ZETEO's GAME LAND**  
 1. WONDERLANDS COLOR QUEST  
 2. ALICE'S CURIOUS LABYRINTH  
 3. LEILANI  
 4. ENCHANTABLOOM  
 5. TEA PARTY TUMBLE  
 6. TWEEDLEDEE AND TWEEDLE DUM  
 7. BROKEN TELEPHONE GOSSIP  
 8. WONDER LIND COLOUR CLASH  
 9. WONDERLAND WHIMSYWOOD  
 10. BASKET OF WONDER  
 11. WONDER IND WHISP VOICE  
 12. INVADING BALLS

**SPONSORS**



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

**Attendance**

**CBT WORKSHOP ATTEENDANCE**

Student Name	Signature	
	FN	AN
ANEETA GRACE		
ANJALA FARHATH		
ANUJ K.		
ASWIN BHARATHAN K		
DIYA HAMEED		
FARHA ABDULNAZAR PUTHUVEETIL		
FERZIN V M		
KASYAP S		
KATHLYN BENNETT		
NIALA GAFOOR		
NILANJANA S		
NISHMA MUJEEB		
RADHA.R.PANICKER		
RITHIKA RAJ		
SANDRA A S		
SANDRA ZACHARIA		
SHAMNA T S		
SREELAKSHMI M		
SRUTHI.P.M		
UNNIMAYA M S		



CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

### Photos





CRITERION	II	Teaching-Learning and Evaluation
KEY INDICATOR	2.3	Teaching - Learning Process
METRIC	2.3.1	Student-centric methods such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences:

## PROBLEM SOLVING METHODOLOGIES

### 1. UG Projects

The students of B. Sc Psychology carried out project works individually. Students were assigned under a faculty for the guidance. Students with the help of their mentor formulated research problems, hypotheses and then collected data for analysis. Results were obtained through statistical analysis in SPSS. And the results are discussed and conclusions are arrived.

#### OUTCOMES

Students got a scientific understanding about formulating and solving a research problem scientifically.

#### Project Files

[https://drive.google.com/drive/folders/1LIW4MID\\_Hx4Y-2OSv4VKizWboVWqh0D](https://drive.google.com/drive/folders/1LIW4MID_Hx4Y-2OSv4VKizWboVWqh0D)

[https://drive.google.com/drive/folders/1LGel\\_uetCj27DsqF0opmz25xbzpRtOqP](https://drive.google.com/drive/folders/1LGel_uetCj27DsqF0opmz25xbzpRtOqP)

<https://drive.google.com/drive/folders/1KDmdBZ6OsUr6pHqzSzCzjdO3Dzm-aEmv>

<https://drive.google.com/drive/folders/18d2NRXCqVxkzgzksNfSANKlnueJjCBji>

### 2. PG Projects

The students of M. Sc Clinical Psychology carried out project works individually. Students were assigned under a faculty for the guidance. Students with the help of their mentor formulated research problems, hypotheses and then collected data for analysis. Results were obtained through statistical analysis in SPSS. And the results are discussed and conclusions are arrived.

#### OUTCOMES

Students got a scientific understanding about formulating and solving a research problem scientifically.

#### Project Files

[https://drive.google.com/drive/folders/1Ux3UvfOgZkf954aF\\_n882moA1ZcK0mJH?usp=sharing](https://drive.google.com/drive/folders/1Ux3UvfOgZkf954aF_n882moA1ZcK0mJH?usp=sharing)

