

**DEPARTMENT OF
PSYCHOLOGY
EXTENSION**

(2023-2024)

REPORT



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NO.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
1	Healthy Mind	Department of Psychology	Awareness Program	Sep 23	17
2	Suicide Prevention	Department of Psychology	Awareness Program	Sep 24	52
3	CBT	Department of Psychology	Workshop	Nov 23	21
4	Dog Squad	Department of Psychology	Awareness Program	Jul 23	53
5	CBT extended	Department of Psychology	Workshop	jul-24	52

HEALTHY MIND

'Healthy mind' - is a mental health awareness program starting by Department of Psychology of Christ College (Autonomous), Irinjalakkuda 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.

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

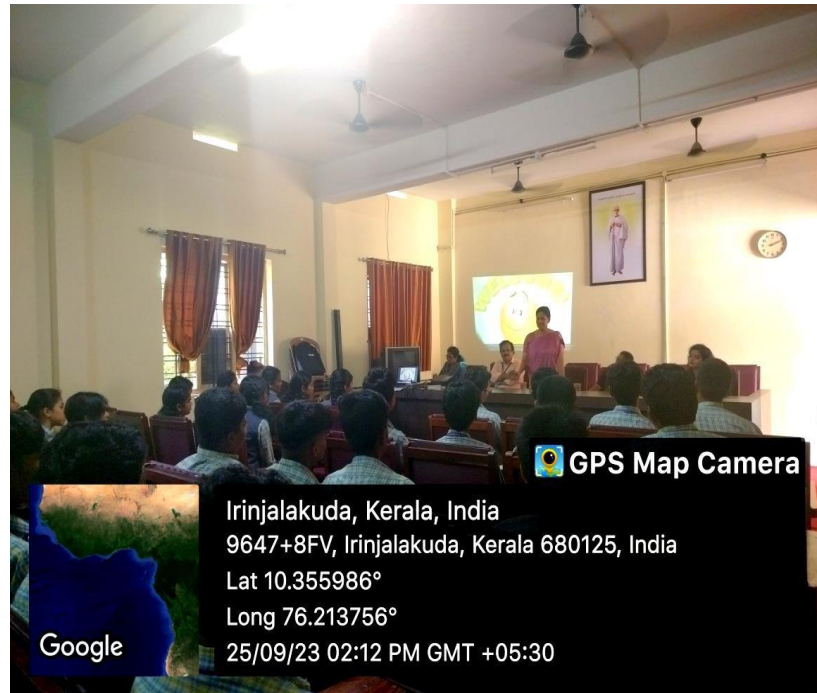
UNLOCKING POTENTIAL, CULTIVATING WELLNESS:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA, KERALA
Reaccredited by NAAC with 'A++' grade

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



GPS Map Camera

Irinjalakuda, Kerala, India
9647+8FV, Irinjalakuda, Kerala 680125, India
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Long 76.213756°
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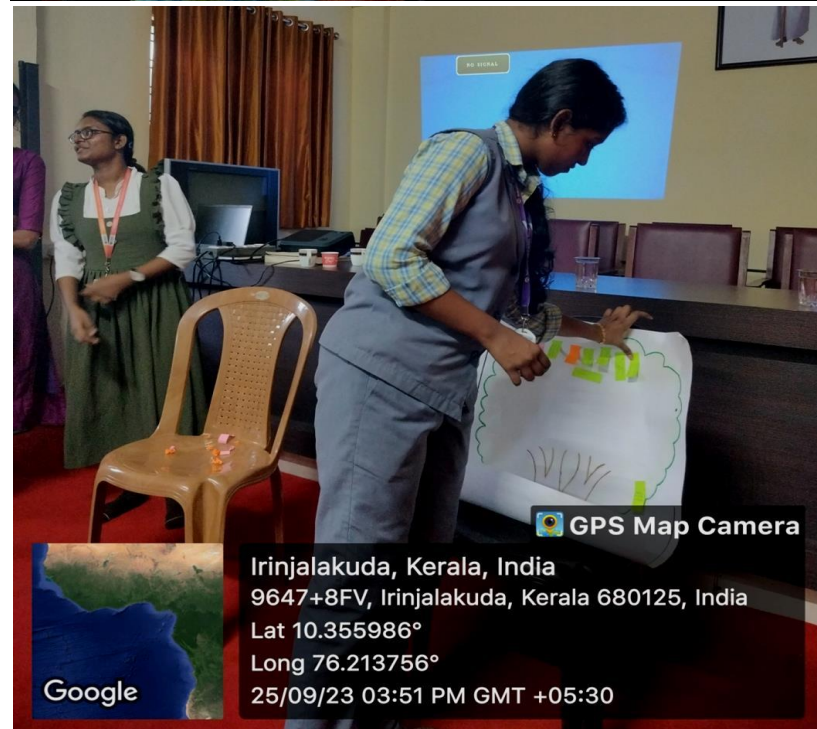
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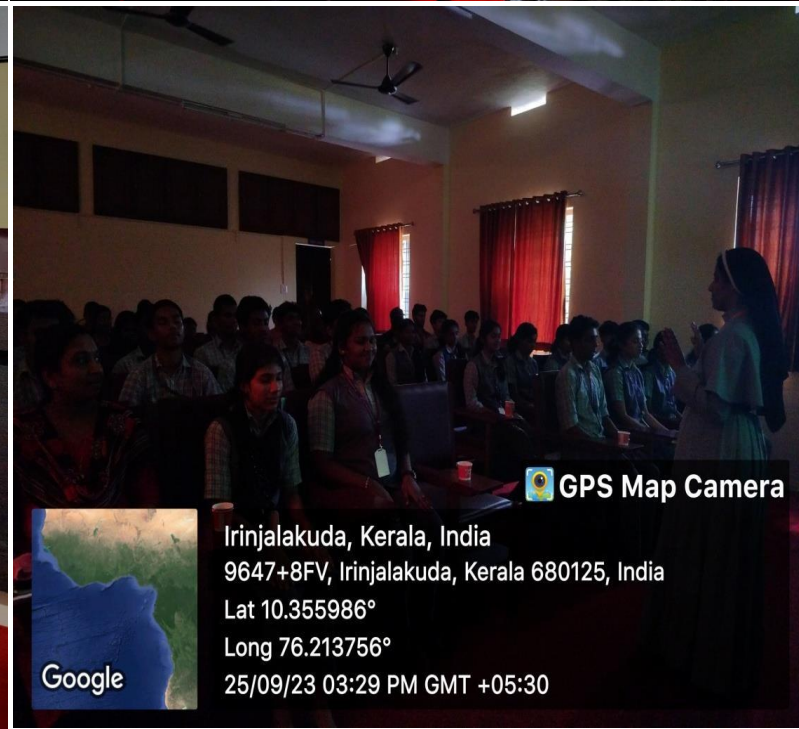
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25/09/23 03:51 PM GMT +05:30

Google



GPS Map Camera

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



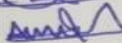
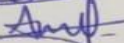
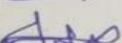
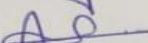


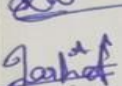
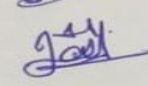
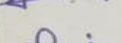






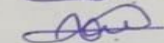
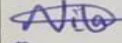
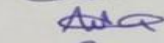



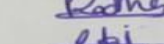


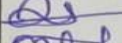
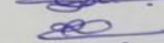

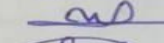
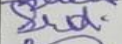

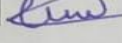
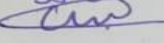




Google

List of Participants

30 Higher secondary students of Gurusree Public School, Kodungallur

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.

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		

SUICIDE PREVENTION AWARENESS PROGRAMME

- 10 September

CHRIST COLLEGE (AUTONOMOUS)
TRINJALAKUDA

#StartTheConversation

DEPARTMENT OF PSYCHOLOGY

WORLD
SUICIDE
PREVENTION
DAY 10 SEP

“Changing The Narrative On Suicide”

Principal: Rev. Dr. Jolly Andrews CMI
Director: Rev. Dr. Wilson Tharayil CMI
Self-financing Director: Dr. T Vivekanandan
HOD: Ms. Christina Tony
Program Coordinator: Ms. Vandhana V S

• Suicide prevention: awareness and thematic performance At 3PM in front of Auditorium

• Please Try To Wear The Badges Provided

Helpline Numbers:
+91 77365 48365
+91-0484-2540530

The department of Psychology conducted a suicide prevention awareness programme in the campus, coordinated by Ms. Vandana VS and HOD Ms. Christina Tony. The theme of this year's suicide prevention day was “Changing the narrative on Suicide” under the tagline “Start the Conversation”. This theme aims to raise awareness about reducing the stigma and encouraging open conversations to prevent suicides.



CHRIST COLLEGE
IrinjalakudaKerala-680125

Department:PSYCHOLOGY Batch:BSC PSY SF B 2023 Semester:54

Student List

Sl.No.	Roll No.	Reg. No.	Student Name	SIGN
1	1164	CCAXSPY064	A NRIPAN KANNAN	<i>[Signature]</i>
2	1165	CCAXSPY065	ABHINAV MENON	<i>[Signature]</i>
3	1166	CCAXSPY098	ABHIRAM MANOJ KUMAR	<i>[Signature]</i>
4	1167	CCAXSPY099	ABHIRAMI KRISHNA V G	<i>[Signature]</i>
5	1168	CCAXSPY100	ABHIRAMI P R	<i>[Signature]</i>
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35	1199	CCAXSPY076	MEERA SURESH	<i>[Signature]</i>
36	1200	CCAXSPY110	MEHJABIN MUBARAK	<i>[Signature]</i>
37	1201	CCAXSPY111	MIDHUNA A D	<i>[Signature]</i>

38	1202	CCAXSPY112	N G DEVIKA	<i>[Signature]</i>
39	1203	CCAXSPY113	NAJA FATHIMA .PK.	<i>[Signature]</i>
40	1204	CCAXSPY092	NIRANJAN V JYOTHI	<i>[Signature]</i>
41	1205	CCAXSPY093	PARVATHI ANOOP	<i>[Signature]</i>
42	1206	CCAXSPY077	PAVITHRA V	<i>[Signature]</i>
43	1207	CCAXSPY078	POORNIMA PREMANAND	<i>[Signature]</i>
44	1208	CCAXSPY094	PRIYADARSAN SADANANDAN	<i>[Signature]</i>
45	1209	CCAXSPY095	SANDHRA JENSON	<i>[Signature]</i>
46	1210	CCAXSPY114	SANIYA V S	<i>[Signature]</i>
47	1211	CCAXSPY079	SARA JOSE	<i>[Signature]</i>
48	1212	CCAXSPY115	SHANIA SHAJI	<i>[Signature]</i>
49	1213	CCAXSPY096	SHRAVAN SUNIL	<i>[Signature]</i>
50	1214	CCAXSPY097	SREEDEVI M	<i>[Signature]</i>
51	1215	CCAXSPY080	SREEVIDYA K P	<i>[Signature]</i>
52	1216	CCAXSPY116	THAMANNA K ABDUL	<i>[Signature]</i>

REPORT ON THE CBT WORKSHOP

A Cognitive Behavioral Therapy (CBT) workshop was successfully conducted at Christ College (Autonomous), Irinjalakuda, organized by the Department of Psychology, on 4th of September, 2024, Wednesday, from 9:30 am to 3:30 pm. The workshop aimed to provide both theoretical knowledge and practical insights into CBT, a widely recognized and effective psychotherapeutic approach used in mental health treatment.

CHRIST COLLEGE IrinjalakudaKerala-680125				
Department:PSYCHOLOGY Batch:BSC PSY SF B 2023 Semester:54				
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37	1201	CCAXSPY111	MIDHUNA A D	[Signature]

DOG SQUAD TRAINING

Presidential Address by Rev. Dr. Wilson Tharayil CMI, S.F.

Director K-9 squad of Kerala police

Teachers and Students as audience

Presenting a memento for the Kerala police team from the Department of psychology List of participants

Outcomes

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 13th of September, 2023. This initiative aimed to shed light on the invaluable contribution of K-9 squads and their role in maintaining public safety.

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!

CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Reaccredited by NAAC with 'A++' grade

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

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



List of Participants

All students from Christ college autonomous, Irinjalakuda

All faculty members from Christ college autonomous, Irinjalakuda

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.

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37	1201	CCAXSPY111	MIDHUNA A D	[Signature]

COGNITIVE BEHAVIORAL THERAPY (CBT) WORKSHOP

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
4. Case Studies and Practical Applications
5. Q&A Session

Resource Persons

Bright P Jacob
Clinical Psychologist
The Genesis Clinic for
counselling and psychotherapy

REMEY K
Consultant Psychologist
The Genesis Clinic for
counselling and psychotherapy

CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Reaccredited by NAAC with 'A++'

**DEPARTMENT OF
PSYCHOLOGY**

9.30 am - 3.00 pm

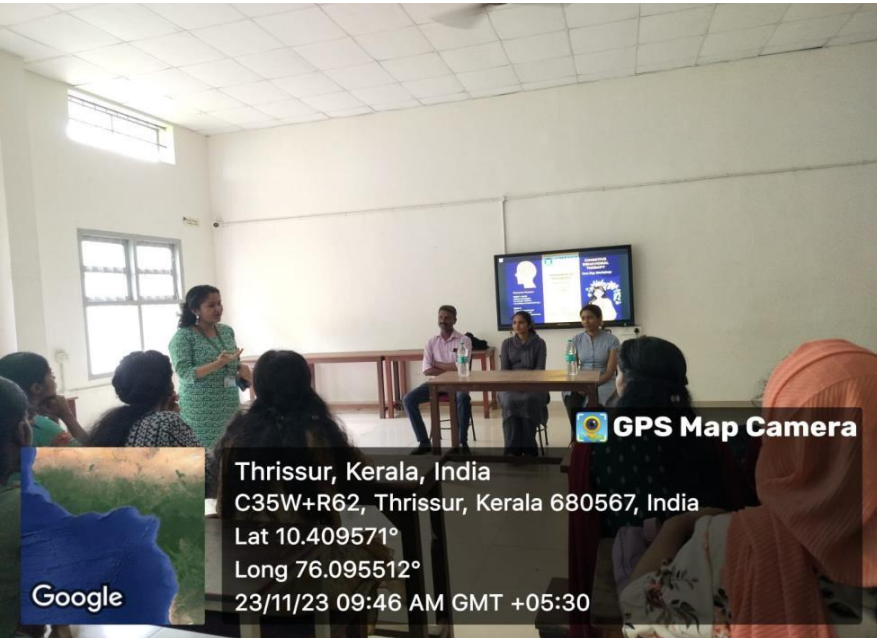
NOV 23
Thursday

Dr. Fr Jolly Andrews CMI
Principal

Ms. Christina Tony HoD Ms. Parvanendhu K V
Cordinator

**COGNITIVE
BEHAVIORAL
THERAPY**

One Day Workshop



GPS Map Camera

Thrissur, Kerala, India
C35W+R62, Thrissur, Kerala 680567, India
Lat 10.409571°
Long 76.095512°
23/11/23 09:46 AM GMT +05:30

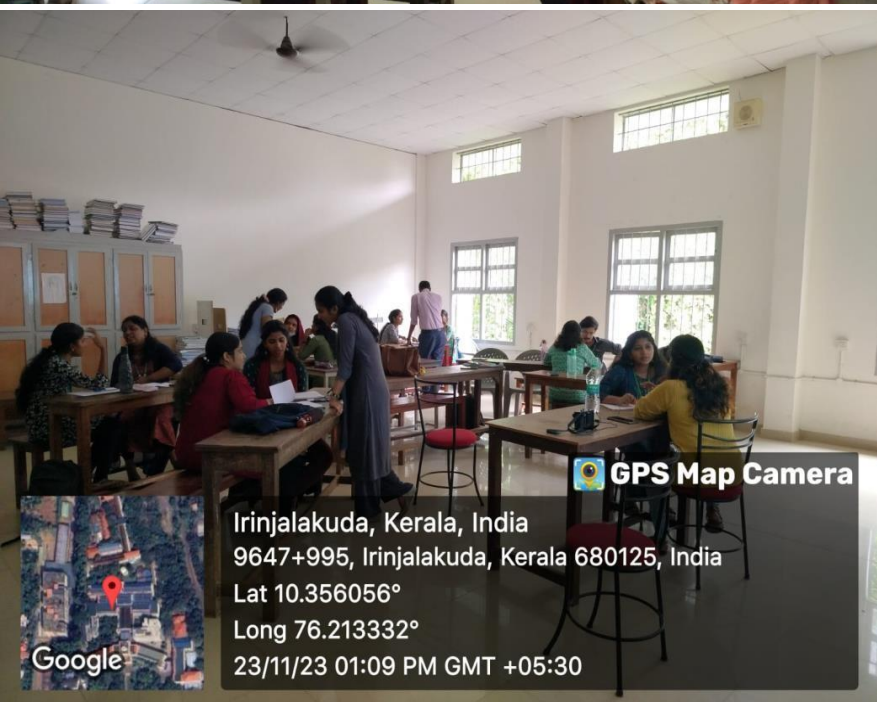
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GPS Map Camera

Irinjalakuda, Kerala, India
9647+995, Irinjalakuda, Kerala 680125, India
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23/11/23 01:09 PM GMT +05:30

Google



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9647+995, Irinjalakuda, Kerala 680125, India
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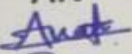


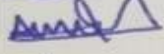
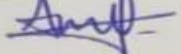

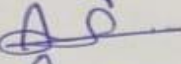
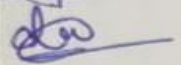
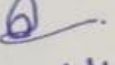
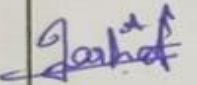
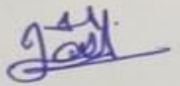
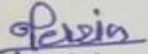
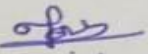

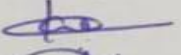


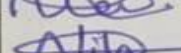
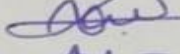
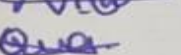
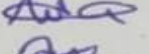
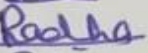
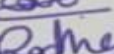
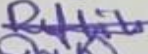
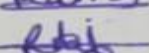
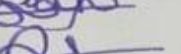

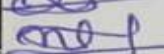
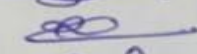
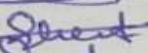
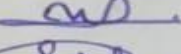
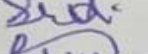
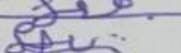
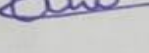
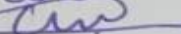




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CBT WORKSHOP ATTEANDANCE

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	