

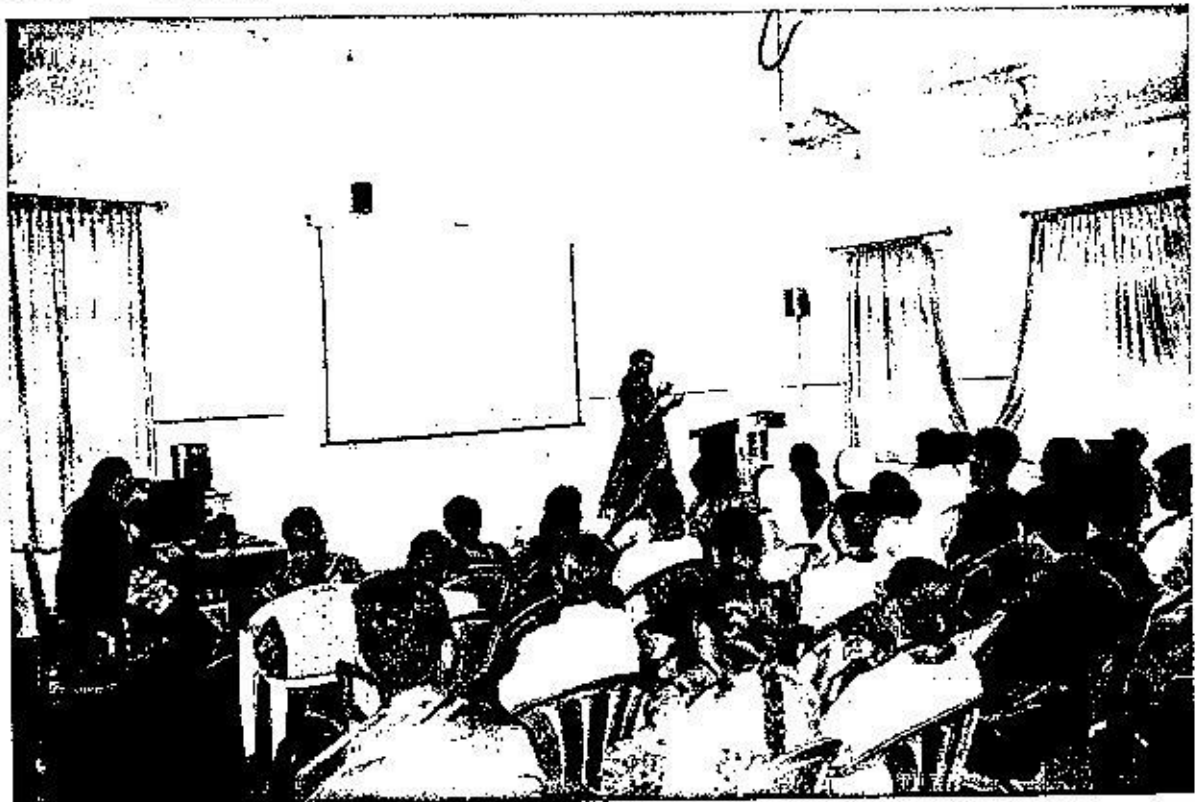
Department of Psychology report 2019 – 2020

The seminar on stress management

Professor John Kemming once said, "The only reason psychology students don't have to do more and harder mathematics than physics students is because the mathematicians haven't yet discovered ways of dealing with problems as hard as those in psychology".

I deem it my privilege to greet all of you present here this morning on behalf of the college manager Rev Fr Vinoo Fabian, The principal Sr Philomena Cardoza, head of the psychology department Mrs Nikath Seema, take pride in welcoming our eminent speaker of the day Mrs Svathika.H.

Psychology Department is the first of its kind faculty introduced in St. Aloysius Degree College. It runs with a current strength of 12 students slotted in the 1st year degree inspired with our humble beginnings our symbol/logo has a background of a green tree portraying a sign of growth and new life. I wish and hope that this session may impact you in some way or the other. Good morning once again and have a nice day.



On the 18th of February 2020 at 09:30am a session was held by the staff and students of department of psychology on the topic Stress Management. The head of the psychology department Mrs Nikath Seema had invited Mrs Swarthika.H., who is a counselor psychotherapist and she is currently a counselor in St Anne's woman's college to come and deliver this seminar.

The seminar started with an introduction which was given by one of the psychology students Mario after which Mrs Swarthika began her seminar. She began with an action song after which she posed a question to the students asking them what stress means to them? The students gladly responded to her question, Mrs. Swarthika then explained to the gathering as to what stress was.

She then told us that there are different ways to manage stress and as to why we get stress, she went on to explain to us that there were different levels of stress and that the first type of stress is harmful and the so is the last stage. The first stage of stress is; no stress here the person doesn't get stressed at all and to some people it is very harmful. The second stage of stress is the tolerable stage where people are controllable with stress. The third and the last stage is which is distress here the person cannot control it.

She then concluded her talk with a visual activity where the students were asked to close their eyes and breathe in and out, then she asked them to relax their minds while she counted up to 10, she then requested the students to visualize a event or a moment in their lives which they would like to remember always or a happy memory. She then said asked them to visually capture that moment and then rub their palms followed by which they had to cover their faces and slowly open their eyes and remove the palms. She then told the students that this was a very good technique to calm themselves. She also advise the students to motivate themselves when ever they are free. The reason being that it is what will motivate them. Mrs Swarthika then again concluded her seminar by another action song. Followed by which the vote of thanks was given by Philippa from the 1st year B.A psychology department.

REPORT - Psychology Webinar 2020

On 10th October 2020, the world celebrated - "World Mental Health Day", and the Psychology Department of St.Aloysius Degree College,B'lore, conducted a Webinar on "Awareness to Mental health and its importance", under the organiser, Asst. Prof. Nikhath Seema Department of Psychology SADC, Bengaluru, to show its respect and create awareness about the same.

The Webinar commenced at 11:30am, with a prayer by Fr. Vinoo Fabian, the Vice Principal and a welcome speech by Arun Prasad of 2nd BA Psychology.

The speaker of the Webinar was Rev. Fr. Peter B CSSR Research Scholar Christ University (Deemed to be University).

The Speaker enlightened the students with so much information about mental health, how to cope up, and how to overcome and as well reach out to people who need help with dealing their own battle inside their head. The students were highly impressed with the insights given to them and were really happy with Webinar.

Our Principal, Dr.Sr.Sagaya Mary , shared her views on the webinar and announced the winner of the contest held during the Mental health week. Our Principal also gladly announced the commencement of a short term course in collaboration with Banjara Academy.

DEPARTMENT REPORT - 2020 - 2021

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The Webinar ended with a Vote of Thanks by Prof. Hemanth.

Thankyou.

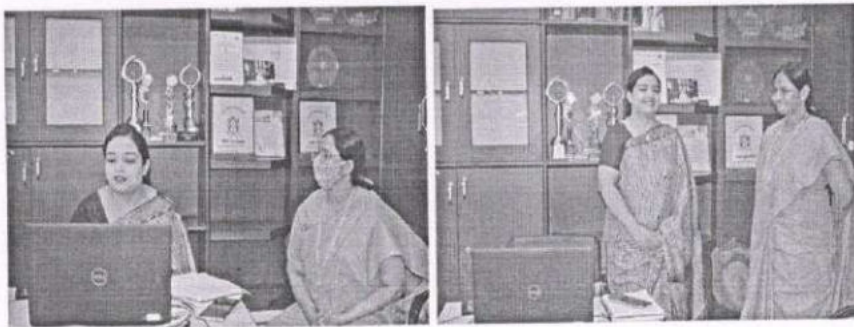


World Mental Health day. Oct. 10. 2020

"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all." –Erik Erikson.

With the pandemic setting a strong foot forward, Mental health became a top priority, The Department of Psychology paved the way in helping students cope with the new normal.

- On 18th July, 2020 - the students were given an opportunity to join a Webinar on - The Power of Positive Thinking, organised by Holy Cross Home Science College, Thoothukudi, Tamilnadu. The Webinar was addressed by Dr. A. Malathi, who beautifully took us through the concepts of Positive Thinking, Negative Thinking, Mindset, Attitude and Happiness.
- On 11th September, 2020 - We had another chance to take part in the - Awareness of Covid-19 Webinar, organised by St. Annes College, that threw light on how we need to take care of ourselves during these tough times.
- On the 30th of September, 2020 - The department held a Virtual Psychology Scramble Competition for its students, which was a well organised - game, learning strategy, and a great mind relaxer. Christopher. A, from IIBA, bagged the first place in this competition.
- On 10th October, 2020 - St. Aloysius Degree College, with the help of the Department of Psychology HOD - Prof. Nikhath Seema, organised a Webinar on - Awareness to Mental Health and its Importance, for all the students of the college, which was extremely necessary, and highly informative.



- The Department of Psychology held its first exhibition on 29th January, 2021. The Exhibition concentrated on showcasing the various concepts hidden in Psychology, namely, Maslov's Hierarchy, Memory, the various Scopes of Psychology, the 5 senses, Colour Psychology, Skinner Box, etc. The students paired up together, made their models and charts and exhibited and explained the concepts very well.

The first place was bagged by -

Christopher. A and P. Mario Anthony Zinedine (Maslov's Hierarchy) and, John Bosco and Arun Prasad. (Skinner Box) of IIBA, followed by Samuel Abhi and Anthony John Melvin (Scope of Psychology) of IBA, in second place.

- On 26th June, 2021 - St. Clare College, Bengaluru, gave an eye opener by organising a Webinar on - Mental Health and Coping during Covid-19, this definitely threw light on how to cope up with the constant changing and evolving of the present crisis. The Webinar Resource Person was - Dr. Avinash De Sousa, Consultant Psychiatrist and Psychotherapist, he truly enlightened us with a lot of information and left us with a new mind to cope with the reality.

Thank you!!

The Exhibition, 2021 -



Se. Sagarany - B.
Principal
ST. ALOYSIUS DEGREE COLLEGE
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Bangalore - 560 005

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DEPARTMENT OF ENGLISH

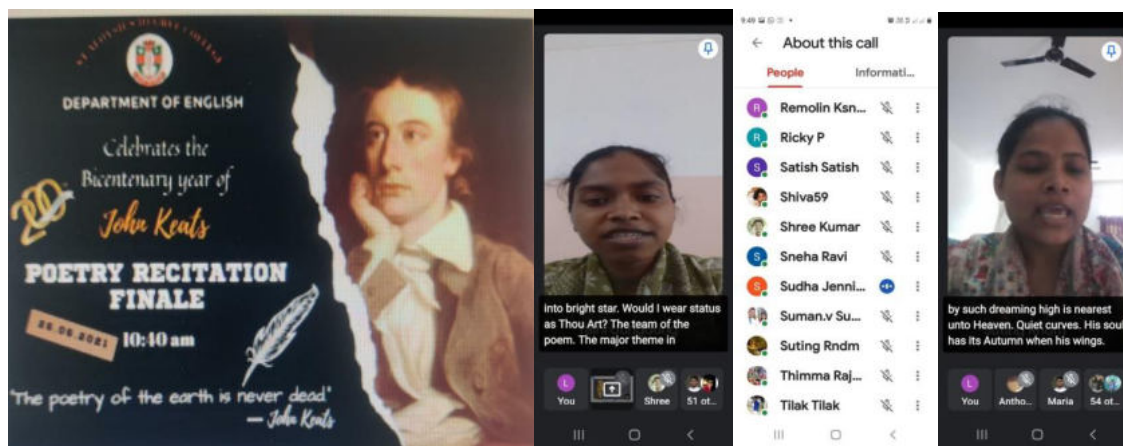
REPORT 2021 -2022

The Department of English organized a number of activities conducted by the students .The English literary activities helps in enhancing the literary outlook of the students and to love the language and literature, hence the Department with the consent of the Principal Dr.Sr.Sagaya Mary held a few literary events after the working hours in the college campus. The faculty of English Department, Dr. Karan, Mrs. Laly Mathew and Dexter Sam, extended their supportive spirit for the success of the events.

The activities were held from 1:30 to 3:00 PM so that students can engage themselves based on their interest. Here are the activities conducted along with the winners list, which helped and encouraged the students to be not only participants but also excellent organizers.

Event	Name	Place Secured
PICK AND SPEAK 28/06/2022	John Britto	I
	Stanley David	II
	Fredrick J	III
POETRY WRITING 22/06/2022	Deepika and Sudharshan	I
	John Britto	II
	Chris Joel	III
JOHN KEATS' BICENTENARY CELEBRATION	Virtual mode	
ESSAY WRITING COMPETITION	P Mario Anthony	1st Place
	Zinedine	
	Sr Rajanitha	2nd Place
	Tarun	3rd Place
FDP - NEP	Ms. Laly Mathew	
VISIT TO CENTAL LIBRARY 30/06/2022	Students of III & II BA	

JOHN KEATS' BICENTENARY CELEBRATION 2021 **JOHN KEATS' BICENTENARY CELEBRATION 2021**



When I have fears that I may cease to be before my pen has glean'd my teeming brain.' John Keats On 25th June, 2021 - The Department of English (Mrs. Laly Mathew, Ms. Maria and Mr. Karan), organized a - Poetry Recitation Competition in view of the Celebration of the Bicentenary Year of John Keats. John Keats - a prominent English poet, in the 2nd generation of Romantic poets. He always accentuated extreme emotion through emphasis on natural imagery. Although prolific during his short career, and now was one of the most studied and admired British Poets, his reputation rests in a small body of work. The students of I, II and III BA, participated in the competition, each introducing their sonnets and poems from the view of John Keats, and beautifully showcasing their recitation skills. The first round of the competition was held on the 25th and the final round was conducted on 26th June, 2021 by the Department of English along with the student coordinators (Kevin, Sr. Remolin, Sr. Dolly, Divya Kamal, Vijay Bharath and John Britto in the virtual presence of our three Judges - Mr. Karan Alistair, Mrs. Laly Mathew and Ms. Maria Leena. The Competition, not only celebrated the occasion, and brought out the hidden talents of our students, but it gave a quality insight in the works of John Keats' and his way of viewing the world and it didn't allow the competition to be a mere competition, but a great learning experience.

ESSAY WRITING COMPETITION 2021 - 2022



On the 27th of January 2021 an Essay Writing Competition was held by the Department of English for the students of the first, Second and third year B.A. The Department of English

Literature had decided to hold this competition in order to test the writing skills of the students and to see how well they could write essays, leading them to a college team. The topic was the great pandemic, Covid-19. All the students were given opportunity to write an essay on this topic and the following three students were chosen as the winners:

P Mario Anthony Zinedine 1st Place

Sr Rajanitha 2nd Place

Tarun 3rd Place

FDP - NEP 2020



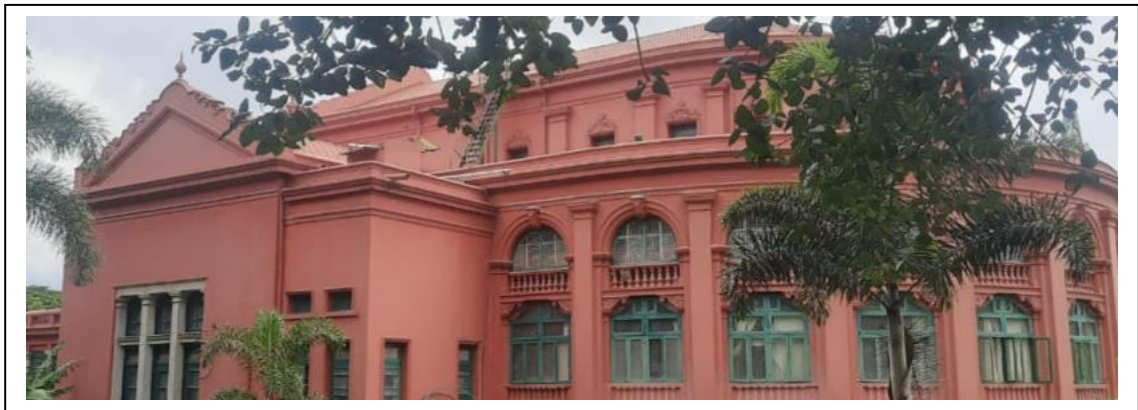
The session also highlighted the revised framework of NAAC, the need for assessment and documentation. NEP 2020 ENGLISH Syllabus committee members of B.A, B.SC, B.COM Presented PPT and explained in detail about the new syllabus, question pattern, work allotment, credits. Ms. Laly Mathew from the Department of English participated in the program. It was needless to say an excellent experience and enrichment for the teaching fraternity.

Poetry Writing Competition



The Poetry Writing Competition was a resounding success, bringing together a diverse group of poets and providing a platform for their artistic expression. It celebrated the beauty of language, creativity, and the power of poetry. The event left a lasting impact on the participants and the audience, and it is hoped that future editions will continue to foster the love of poetry.

Visit to Central Library



REPORT – DEPARTMENT OF PSYCHOLOGY 2022-23

Department of psychology had an array of event throughout the year; the events were facilitative to the students .

The list of events held are as follows:

1. On 2nd June 2022 – “Mental health and Counseling”- in association with Global school of Counseling. An interactive session with games. The session was an introduction to counselling and its importance, to break the stigma of encountering mental health.

Resource people were Dr.Shobitha _ Principal – Global school & Mr.Gaurav



2. 28th July 2022- students participated in a State Level Student Seminar- “Reinforcing Scientific Temper for Social Research “ This was hosted by St . Anne’s Degree College for Women.

The chief guest were Dr.srinivas,Dr,rashmi and Dr.Akkai Padmashali.



3. CERTIFICATE COURSE

The final year students of the Department of Psychology, had the great opportunity to do a Certificate Program on Positive Psychology* that was organized by the Psychology Department of ST PAULS COLLEGE, Bengaluru, under the guidance of Dr. Shailaja M, HOD - Department of Humanities

The program consisted of Conceptual Learning, Practical orientation and Evaluation. and duration of 40 hrs.

Starting off as Interactive Webinars everyday, the students were enlightened with, what is positive psychology, aspects, types and forms, and how we can use it in our day to day life, and how important and essential it was especially during the time of pandemic, and also helped the students understand the concept of self and others around them.

Certificates were handed over to students who completed the practical sessions as well.



4. 10TH October is celebrated as the World Mental Health Day- This day marks an importance of mental health awareness & Counselors are mediators and make us understand the importance.

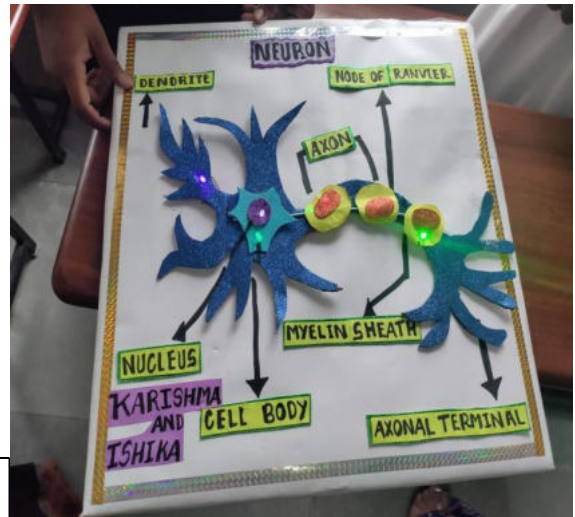
Our Principal Dr. Sr. Sagaymary and Fr. Arun Santhosh were the chief guests of the day.



5. Students participated in an Educational survey on 13th Feb 2023 –Place of visit Maria Niketan School and Government high school,cox town for their survey.This suurvey was to encourage students the importance of research. With this survey the students will analyse the questionnaires and make a mark in the field of research .



6. Department of psychology in Association with IQAC – conducted FDP o topic – “Different Styles of leaderhip capacity of being motivators” resource person – Prof.Clement – Principal St.Joseph College.
7. On 3rd of July students of psychology displayed an extravaganza of working models in the exhibition “Mind Info”.



8. On 14th Aug 2023 – students visited to APD –Association of people with Disability. The center provides early intervention for Autistic children with giving understanding of how these special children should be raised. Autism a spectrum disorder which is in children,parents and care givers need to be given special training to handle such children.



9. 3 day work shop - NIMHANS - Bangalore Urban Development department held a workshop on “Mental Health” This was a 3 day work shop held by a team of psychologists and psychiatric social work faculty form Nimhans. This was conducted on 6, 7 & 14 of September.



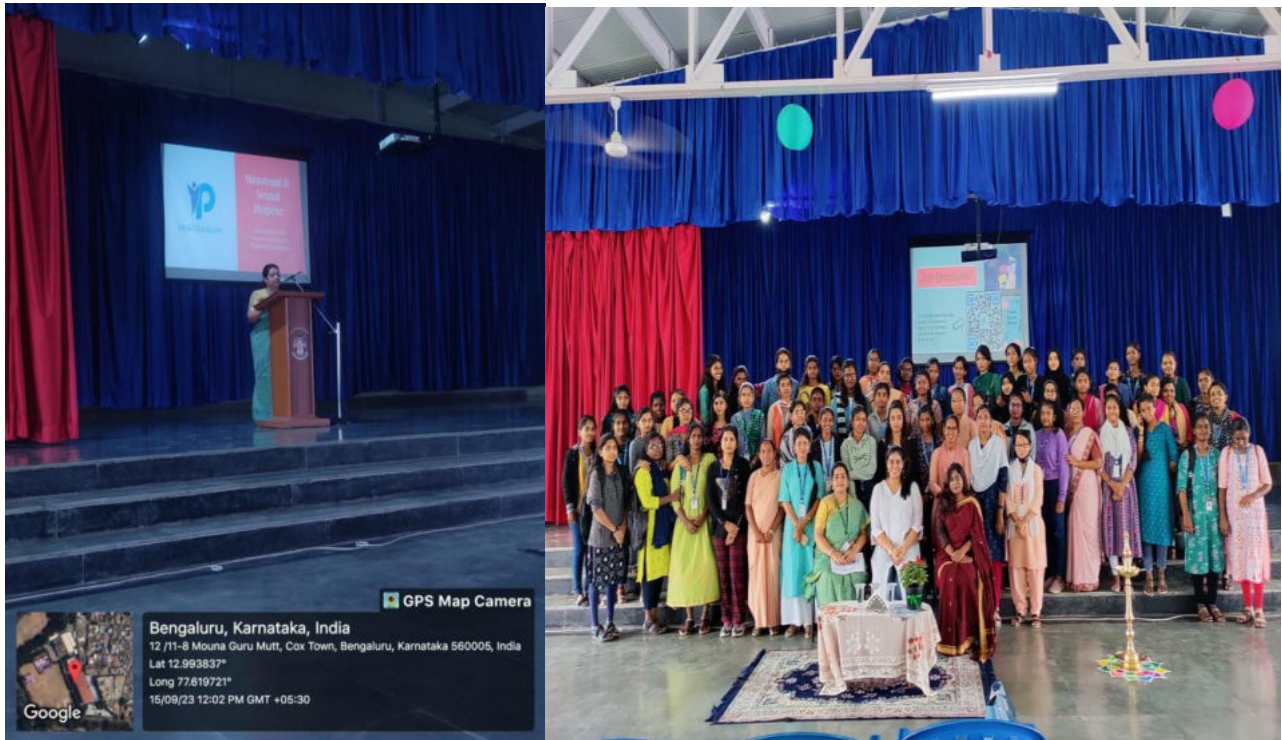
10. World Suicide Prevention Day - This day is commemorated In the world every year on September 10th . The theme of the year was “ Creating hope through actions” The students actively participated in spreading awareness among fellow members. The students also performed a skit displaying few risk factors which lead to suicide. As the number of suicides are rising its important that sensitization of such are given to students.





11. On 15th Sep 2023 – An awareness program was held specially designed for female students. This was a program for understanding the importance of sexual and menstrual hygiene. Resource person- Ms. Niyati Sharma – PRATISANDHI – NGO. The session was very effective and informative. Active participation was there by the students. Myths and facts were discussed with the students. Session ended with a round of questions, answers and clarifications.





.....END OF REPORT.....

REPORT ON STUDENT COUNSELLING 2022-23

Counseling is professional way to resolve our problems. This may include career decisions, psychological issues, Personal matters etc.

Counselors give professional help to students. Counseling also gives a direction or advice as to a decision or course of cations.

We have students counselors and trainees coming from various institutions to help the students at our institution.

Some of the institutions to name with whom we are associated are : Sampoorana Mont-fort Degree College, Global School Of Counseling.

We also have a professional counselor Ms.Malathi , associated with us who has completed her course of counseling from Banjara Academy - specialized in methods and therapy in counseling.

We have successfully helped more than 149 students from 5 - 8 - 2022 till 9 -9 -20 23



.....End of Report.....