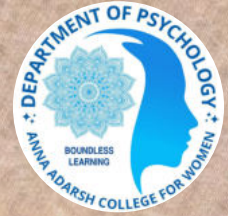




ANNA ADARSH COLLEGE FOR WOMEN



PSYCONNECT

VOLUME 2

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OFFICIAL BIENNIAL NEWSLETTER
THE DEPARTMENT OF PSYCHOLOGY
SHIFT I & II

Peep in to see....

- Cohorts
- Our Faculty Team
- In Our Department
- In Our College
- The Achievers
- We feel...
- Showcase
- Crafty Crew

**"ONCE YOU START MAKING THE
EFFORT TO 'WAKE YOURSELF UP'-
THAT IS, BE MORE MINDFUL IN YOUR
ACTIVITIES-YOU SUDDENLY START
APPRECIATING LIFE A LOT MORE".**

-ROBERT BISWAS-DIENER

Cohorts::



Our Faculty Team

"Leadership is not about being best, it is about making everyone else better"



Ms. D. Padmalakshmi
M.Sc., M.Phil., SET Qualified
Assistant Professor - Shift II



Ms. S. Varsha Vardhini
M.Sc., SET Qualified
Assistant Professor - Shift I



Dr. P. MALATHI
M.A., M.Phil., Ph.D
Head, Department of Psychology



Ms. K. Shanmugapriya
M.Sc., NET Qualified
Assistant Professor - Shift I



Ms. T. Aarthi
M.Sc., NET Qualified
Assistant Professor - Shift II



Ms. F. Mary Suzan Monisha
M.Sc., Applied psychology
Assistant Professor - Shift II

In Our Department

The Event : Outreach program

The Dates : 16.12.22-21.12.22

The outreach programme for the year was at MITHRA Foundation, Annanagar, serving the cause of special children for more than 4 decades. Our students visited the institution in 5 batches between the 16th and 21st of December, 2022. They were taken around the different units in the NGO and briefed about the various activities carried out there, strengthening their resolve towards working for the cause of mental health.



The Event : 'Gender sexuality' Workshop

The Date : 20.01.23



The workshop on 'Gender Identity & Sexuality' was an insightful learning experience for the students. Ms. Vidya Dinakaran, a Psychotherapist, enlightened the audience with her clear explanations of concepts such as gender roles, cultural stereotypes and other relevant aspects, encouraging the students to reflect and infer.



The Event : Promotional Initiatives

The Date : 22.01.23

The opportunity to create awareness about the expanding scope of Psychology to the general public at the Trade Fair held at the Island Grounds, Chennai was well utilised by showcasing the potential of our students. Innovative models based on concepts in Biopsychology, designed by our students were displayed in the stall provided to us along with a few interesting games that tested attention and alertness. The number of visitors kept increasing, attracted by the motivated and clear explanation of the exhibits, rendered by our students.



The Event : Endowment Lecture

The Dates : 24.01.23

Our students participated in the 'Professor S. Karunanidhi Endowment Lectures - Series II' by the Department of Psychology, University of Madras. Professor Dr. Mohan Rajan, Chairman & Medical Director, Rajan Eye Care Hospital presented informative sessions on accessible and affordable eye care; psychological aspects of eye problems and the role of Psychologists in creating awareness about the same.



The Event : Industrial visit

The Dates : 21.02.23-23.02.23



The Industrial visit to the National Institute for Empowerment of Persons with Multiple Disabilities in 3 batches was a cherished exposure for students to the various services, interventions and rehabilitation measures available for individuals with multiple disabilities. Students were oriented on the services provided by the institute namely, rehabilitation medicine, occupational therapy, physiotherapy, sensory integration, early intervention, prosthetics & orthotics, vocational training and the like.

The Event : TALK SHOW

The Dates : 26.2.23-19.3.23

Quite a few of our students from II B.Sc Psychology were shortlisted through an audition, to participate in the popular 'Talk show - NEEYA NAANA'. Kaviya. S & Keerthana. S voiced their opinions in the show on 26/02/2023. O. Smitha & Anju Parthasarathy contributed their views in another episode of the show on 19/03/2023. Anju Parthasarathy received a gift voucher for Rs.10000/- for her relevantly meaningful inputs in the programme.



The Event : PTA MEETING

The Date: 04.03.23

Meeting with the parents has always turned out to be fruitful in terms of strengthening their association with the Department. Parents were met individually by the respective Class-In-Charges and kept informed about the performance of their wards. Their queries and concerns were appropriately addressed.



The Event : Research Methodology Workshop

The Dates: 16.03.23-18.03.23

The 3-day workshop on “Literature review: Strategies, Sources & Challenges” was facilitated by Ms. Kanmani Radhakrishnan - Founder of Zest Psychology & Consultant Psychologist. A comprehensive account of the basic concepts in Research Methodology was presented in an interactive mode, requiring the students to work in groups on the task assigned and present the results subsequently. Each group was duly reviewed and constructive feedback given by the resource person.



The Event : Symposium

The Date : 27.03.23



Students attended the one-day symposium on ‘Brain and Behavior’ jointly organised by the Department of Counselling Psychology, University of Madras and M.O.P. Vaishnav College for Women. Dr. Jamuna Rajeswaran, Professor & Head, Dept. of Clinical Neuropsychology, NIMHANS shared interesting facts on the aforementioned topic. This intellectual experience kindled students’ curiosity to learn more about the vast potential of the human brain.

The Event : NAAC Visit

The Dates: 27.4.23-28.4.23



The much awaited visit of the Peer Team was faced with a lot of enthusiasm and confidence by the students and Faculties alike. The pre-preparation involved creation of models, posters and charts by the students on facts and concepts relevant to the field. Models of the human brain and neurons were exhibited in the auditorium and highly appreciated by visitors. Activities and accolades of the Department were presented to the NAAC Team by the Head of the Department.



In Our College

The Event : Pongal Celebration

The Date: 12.01.23

Students from our Department were a part of the Pongal celebrations in the college ground. They were clad in saris; participated in preparing sweet Pongal; distributed it to others and celebrated with folk dance, coloring the whole event with our native tradition and culture.



The Event : Punjabi Mela

The Date: 21.1.23



The Punjabi Mela was organised in the college grounds and auditorium by the Innovation Council & Entrepreneurial Development Cell in association with PACTO as an "Inter Institutional business exhibition". The Grand Mela was a cultural extravaganza, with more than 100 stalls of garments, handicrafts, kids' carnival, delicious food varieties, games and entertainment, retaining the excitement of the visiting crowd throughout the two-day event. NSS volunteers from the Department contributed to the success by extending their help and support during the occasion.

The Event: Adarsh Angadi

The Date: 23.1.23



The Adarsh Angadi was an "Intra institutional innovation" competition to encourage entrepreneurship, coordinated by the IIC and ED cell of the institution. Amongst 45 stalls put up and managed exclusively by student teams from different departments, the Rotaract Club bagged the best stall award. Ms. Bhakya Shekina of II B.Sc Psychology was a part of the winning team.



The Event: Cancer Day

The Date: 4.02.23

The World Cancer Day was observed on campus to create awareness about the significance of prevention, early detection and treatment. Our students in the NSS team were a part of the Red Ribbon Formation, all of them clad in hues of red.



The Event : Neherika & Meghmalar

The Date: 16.2.23

Our dance team made the Department proud, securing the first prize under the Best dance category in Meghmalar. The vibrant moves choreographed under the theme "Live and let live" was highly appreciated, winning the hearts of onlookers. It reassured the self-motivated team that sincere intentions and hard work would reap deserving rewards.



The Event : Sports day

The Date: 18.2.23

The 38th Annual Sports Day was a prestigious event, graced by the presence of Mr. Devarajan, Arjuna Awardee and World cup medalist. Students of our Department participated in good numbers, in the March past; cheer claps and few other events. The exceptional show of Mallakhamb staged by Suchitra of I B.Sc Psychology was witnessed with awe and astonishment.



The Event : Election

The Date: 24.3.23

The Department saw quite a few nominees for different posts in the Student Council Elections. The debut representation of the Department in this forum was confirmed by Ms. Kirthana. G of II B.Sc Psychology, elected as the Cultural Secretary of the Council.



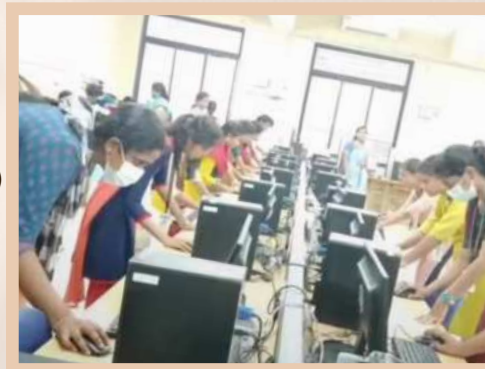
Jennifer Aajith(I)



Steffi Dennis(I)



Jayshree Sahana(II)



Nithisha.A (II)



Kirthana.G(II)

The Event : Investiture ceremony

The Date: 31.3.23



Investiture ceremony of the Student Council 2023-24 was a solemn occasion of crowning the elected student representatives with their respective titles and entrusting them with the functions and responsibilities that their roles call for. The elected Cultural Secretary of the Council from II B.Sc Psychology was badged with her title by our beloved Principal Mam, Dr. R. Shanthi.

The Event :NSS CAMP

The Date: 26.3.23

The NSS camp held at Vaniyanchavadi extended over a period of 7 days. Seven volunteers from our Department participated in the camp. Residents in the locality were requested to answer a series of questions relevant to Unnat Bharat Abhiyan Scheme. This survey exercise proved to be a hands-on towards the first step in advocacy efforts.



" THE ACHIEVERS "

YEAR 1



S.M. Muhsina

Connections-3rd prize
Interdepartmental
Anna Adarsh College for Women

Poster making-3rd prize
Interdepartmental
Anna Adarsh College for Women

Ayisha Nowreen

Shipwreck-3rd prize
Interdepartmental
Anna Adarsh College for Women

Block and tackle-3rd prize
Interdepartmental
Anna Adarsh College for Women



K. Srinidhi



Memeomania-1st prize
Interdepartmental
Anna Adarsh College for Women

K. Suchitraa

Kabbadi-1st place
Interdepartmental
Anna Adarsh College for Women

Individual rope apparatus
championship
3rd prize
Chennai Mallakhamb Association

4x400 relay-3rd prize
Interdepartmental
Anna Adarsh College for Women





Bhakiyalakshmi

Women Kabaddi Championship
2nd prize
Chellamal Women's College

Samundeeshwari

Thirukkural competition-3rd prize
Interdepartmental
Anna Adarsh College for Women



Harini Kamaraj

Letter to leader-2nd prize
Interdepartmental
Anna Adarsh College for Women



Mosaic snapshot-2nd prize
Intercollegiate



Dhanalakshmi

Radhivarshini

Reshma

Smyrna

K. Srinidhi



YEAR 2



Neha

Argumentative essay-1st prize
Interdepartmental
Anna Adarsh College for Women

Joann Marlene Woods

Graphic designing-1st prize
Interdepartmental
Anna Adarsh College for Women



K. Jeevitha

4x400mts relay-3rd prize
Interdepartmental
Anna Adarsh College for Women



Anju Parthasarathy

Relay 4x100 -3rd prize &
Relay 4x400mts-3rd prize
Interdepartmental
Anna Adarsh College for Women



A. Nithisha

Nobel World Record Holder in
silambam

Slogan competition-3rd prize &
Tamil poem-2nd prize
Interdepartmental
Anna Adarsh College for
Women



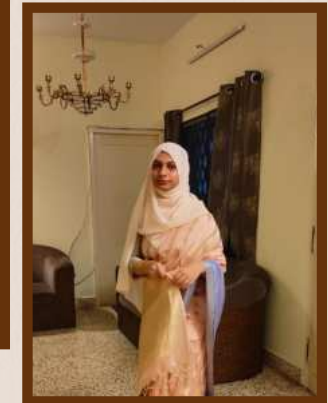
Tamil speech-1st prize
Intercollegiate
St.Anne Arts and Science
College

Tamil poem-consolation prize
Tamil Literary Academy

"Maanbumigu Magalir "Award
Holder



Short film - 2nd prize
Intercollegiate



Yasmine

Inaya Mansoor

Lakshmi Soorupini

S. Keerthana

S. Abhinandhana

Tasneem Firdaus

A. Nithisha

Fathima Sanaya



Dance -1st place
Intercollegiate



Geethapriya

Shirly Brightlin

Yasna

Lakshmi Soorupini

Bhakya Shekina

'Hope' - Mime - 1st prize Intercollegiate



Antonie Annie Roselin

Vigneshwari.S

Sornaparvathi

J. Saidharshini

Swetha

R. P. Akshaya

Lakshaya Shresth

A. Nithisha



We Feel....

Le département de psychologie est le meilleur ! Notre corps professoral accorde de l'importance à la fois aux universitaires et aux activités extrascolaires. Les étudiants et la faculté sont très gentils et humbles envers tout le monde. Nous sommes plus qu'un simple département. Nous sommes une famille.
- Kirthana.G

My department staffs have always been the best examples of role model to us. They give equal importance to studies, extracurricular activities and sports and motivate us to participate in all the events. If we feel stressed or depressed, our staffs help us to overcome the issues and give counseling to sort out the most complex situation in our life. We have lovely professors and I always be thankful to our department and our teachers who put their souls and heart in uplifting us.
Thank you!
- Saidharshini Jayavel

मनोविज्ञान विभाग बहुत अच्छा है, और शिक्षक और विभागाध्यक्ष वास्तव में अद्भुत हैं। उनके पढ़ाने और शंकाओं को दूर करने का तरीका बहुत अच्छा है, और वे बहुत सारे अवसर प्रदान करते हैं और छात्रों को उनकी पढ़ाई और संचार में सहज महसूस करने में मदद करते हैं। उस विभाग के लिए धन्यवाद

- YASMINE .S

I've completed my 1st year of B.Sc Psychology in Anna Adarsh College for Women. I had a great year of experiencing the academic opportunities and the cultural as well. We had many sessions regarding our higher studies and future plans which gave us a great insight about our plans. Some guest lecturers were invited to give us more clear understanding about the subjects. We had a good exposure for our skills. Apart from all these, the staffs of our department are so friendly and encouraging with all necessary support and guidance.
-Steffi

I have finished my 1st year of BSC Psychology in Anna Adarsh College for Women. My experience in this department was wholesome. This department has been very helpful for me, they encourage me and give me so many opportunities which helps in developing my character as well as my passion. I loved studying here as there is more practical based teaching as well as theoretical. Teachers give better examples which helps us to understand the concept very easily. We get all the necessary guidance in this department.
-Lakshaya Sheeth

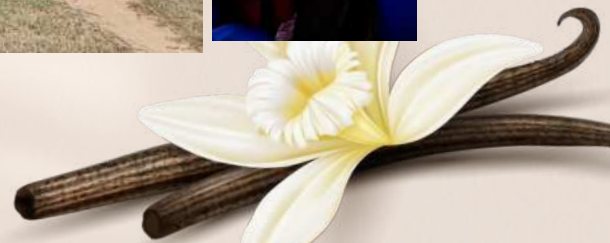
The department of psychology is very nice, and the teachers and the head of the department are really wonderful. Their method of teaching and clarifying doubts is something sweet, and they offer lots of opportunities and help students feel comfortable in their studies and communications. Thanks for that department.
-Vigneshwan.S

கசந்த தேன் போன்று கண்டிப்புடன் கலந்து
உளவியல் பாடத்துடன் வாழ்க்கைப்
பாடத்தையும் கற்றுத்தரும் எங்கள் துறைக்கு
மனமாரர்ந்த நன்றிகள்...

அ.நிதிஷா



SHOWCASE



Crafty Crew



Kaviya.A



Lakshmi soorubini. N



Saidharshini. J



Vigneshwari. S



Nithisha.A

**" The self is not something one finds,
it is something one creates".**

-Thomas Szasz

