

ANNUAL REPORT

**“CREATE UNIQUE HUMAN BEINGS WHO CAN
BENEFIT SOCIETY, PROFESSION AND THEIR
OWN CONSCIENCE”**

**DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE COLLEGE**

2025 – 2026

The college reopened for the academic year 2024-2025 on 2nd June 2024 (Monday).

STAFF AND STUDENTS

Psychology Department has 6 faculty members. Dr.Vineetha KJ was the Head of The Department.Other faculties were Anagha K S,Hasbeena K, Arsha M, Fathimath Suhara K K, and Pranav Krishna V.

The Department has 89 students on roll of which 57 are degree students, in which there were 3 boys and 54 girls and 32 were PG students (32 girls and no boys).

Year	No.of students
1 st year BSc	22
2 nd year BSc	14
3 rd year BSC	21
1 st MSc	21
1 st MSc	11

ADVISORY DETAILS.

Class	Advisor
1 st year BSc	Pranav Krishna V
2 nd year BSc	Arsha M
3 rd year BSc	Anagha KS
1 st MSc	Hasbeena K
2 nd MSc	Fathimath Suhara K K

ACADEMIC RESULT (UG & PG)

The number of candidates registered for the final year UG University examinations were 29. 29 students appeared for the examination and 19 passed for the examination with a pass percentage 66%

In PG, six students appeared for final year University examination and 6 passed.The pass percentage was 100%.

NAME OF TEACHERS WHO HAVE CLEARED NET

Fathimath Suhara K.K., faculty of Psychology department cleared UGC NET December 2025.

- The faculties who attended the UGC Faculty Development Programme are Anagha K S and Hasbeena K.
- The First Year MSc Psychology students of the Department of Psychology registered for the Foundation Course on Child Growth and Development through SWAYAM Plus. A total of 19 students successfully completed the registration process.
- Shahina P for securing the Final PG Topper position and Harsha Fathima TK for achieving the Final UG Topper position in the university examinations.

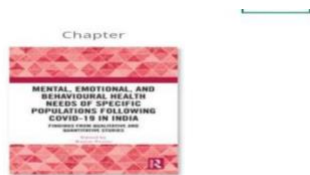
NAME OF TEACHERS ATTENDED SEMINARS WITH DETAILS:

Dr.Vineetha.KJ and PranavKrishna attended National Seminar on Contemporary Behaviour Therapies in Practice organized by PG Department of psychology,Govt Arts and Science College Mankada.

NAME TEACHERS WHO HAVE GOT PUBLICATIONS

Dr.Vineetha KJ ,department faculty got publication

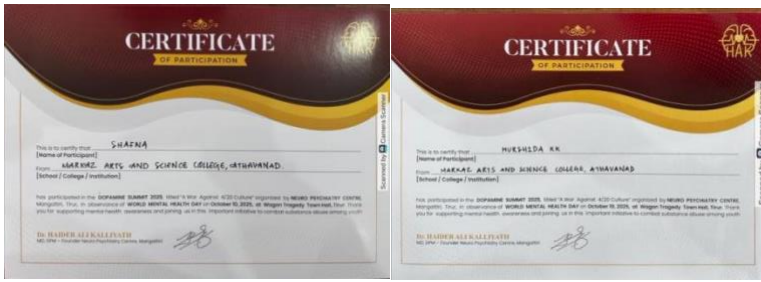
Publication details:



Resilience Amidst Adversity
 Exploration of Undergraduate Students Post-COVID-19 Experiences in Kerala
 By Soumya T Varghese, K J Vineetha
 Book: [Mental, Emotional, and Behavioural Health Needs of Specific Populations following COVID-19 in India](#)
 Edition: 1st Edition
 First Published: 2025
 Imprint: Routledge
 Pages: 19

STUDENTS ATTENDED SEMINAR & WOKSHOP WITH DETAILS

- MSc students (31 students) attended Dopamine submit 2025 titled **A war against 4/20 Culture** organized by NeuroPsychiatry Centre, Mangattiri, Tirur, in Observance of World Mental Health Day on October 10, at Wagon Tragedy Town hall, Tirur.

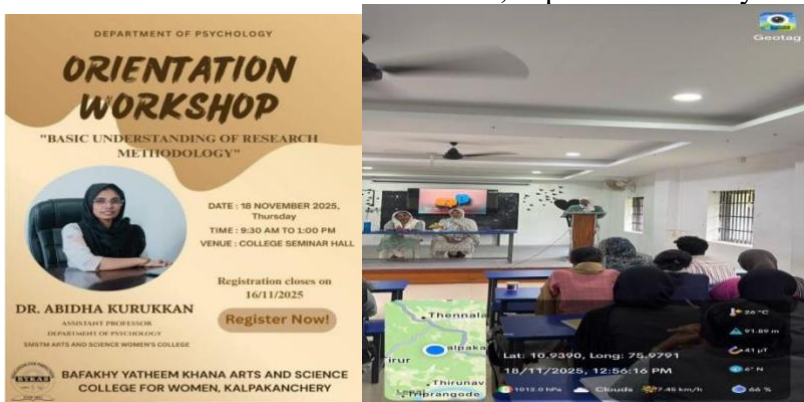


MSc students (31 students) attended “Sathrayan” organized by University of Calicut.



Sasthrayan (or Shastrayaan) is an annual science exhibition and open house hosted by the University of Calicut in Tenhipalam, Malappuram, typically held between January and November to showcase research, innovation, and academic achievements.

- Third year BSc Psychology students (21) participated in the Orientation workshop on “Basic Understanding of Research Methodology” conducted by Department of Psychology, Bafakhy Yatheemkhana Arts and Science College for Women, on 16th Nov 2025. Fathimath Suhara K K., Department faculty accompanied the students.

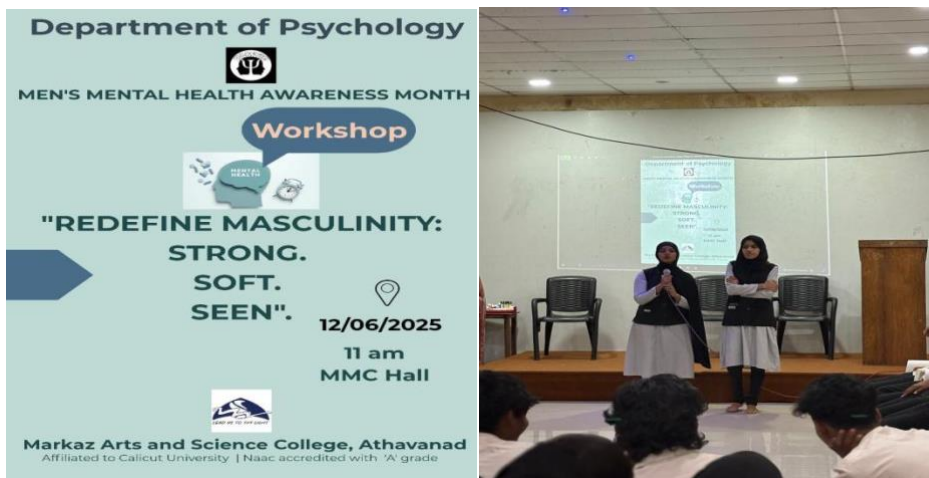


- Second MSc Psychology students participated in the Workshop on “Unmasking Men”; Bring Empathy Back- Men Fight Battles we can’t Always see-1st July 2025, Organized by Centre for Harmonious Living, Kumbidi.



DETAILS OF SEMINAR OR WORKSHOP CONDUCTED BY DEPARTMENT

- **Men’s Mental Health Awareness Month**



As part of Men’s Mental Health Awareness Month, the Department of Psychology organized a workshop titled “Redefine Masculinity: Strong, Soft, Seen” on 12 June 2025 at the MMC Hall. The programme was conducted for the Second Year BBA students with the objective of promoting awareness about men’s mental health and encouraging healthier perspectives on masculinity among young adults.

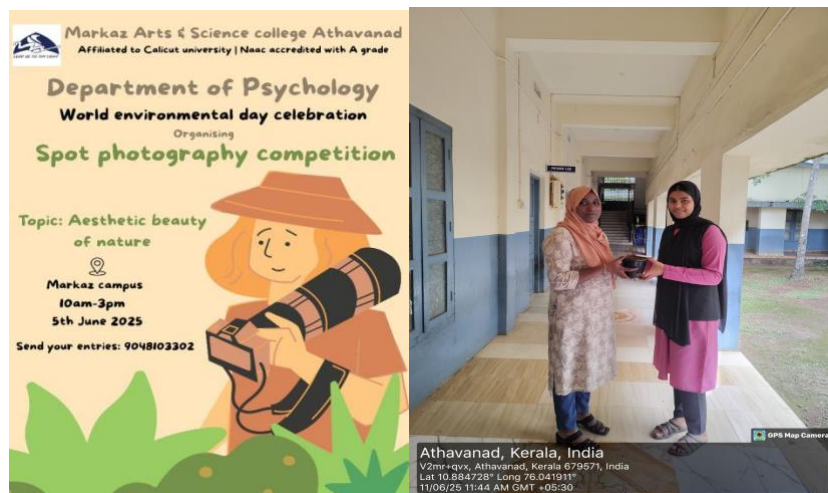
The workshop was facilitated by the Second Year M.Sc. Psychology students, who served as the resource persons. The session focused on challenging rigid societal expectations

that often define masculinity solely in terms of emotional suppression, dominance, and constant strength. The facilitators emphasized that such stereotypes can negatively impact mental health and discourage help-seeking behavior.

During the session, key topics discussed included understanding healthy masculinity, breaking gender stereotypes, emotional intelligence, stress management, and the importance of communication and peer support. The resource persons explained how academic pressure, career uncertainty, relationship challenges, and social expectations can contribute to psychological stress among young men.

The workshop was interactive and activity-based. Group discussions, reflective exercises, and role-play scenarios were conducted to help students examine their own beliefs about masculinity and mental health. Participants were encouraged to share experiences and viewpoints in a safe and respectful environment. The concept behind the theme—being “strong” through resilience, “soft” through emotional openness, and “seen” through seeking support—was clearly explained and reinforced throughout the programme.

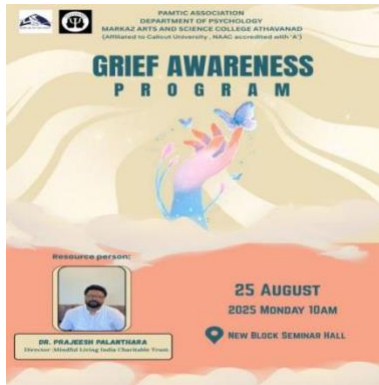
● World Environmental Day Celebration



As part of the Environmental Day celebration, the Department of Psychology organized a Spot Photography Competition to promote environmental awareness and encourage students to appreciate the beauty and importance of nature.

The programme aimed to inspire participants to observe their surroundings closely and capture meaningful images that reflect themes such as conservation, sustainability, biodiversity, and human interaction with nature. The competition provided students with an opportunity to creatively express their perspectives on environmental protection through photography.

Grief Awareness Day Program



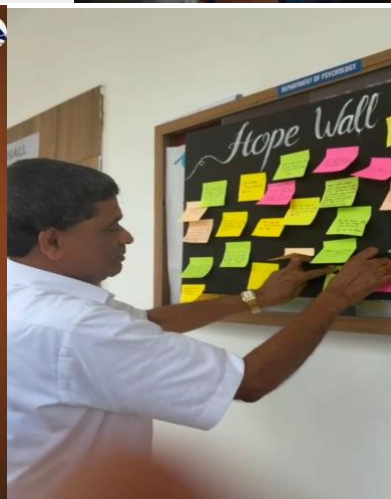
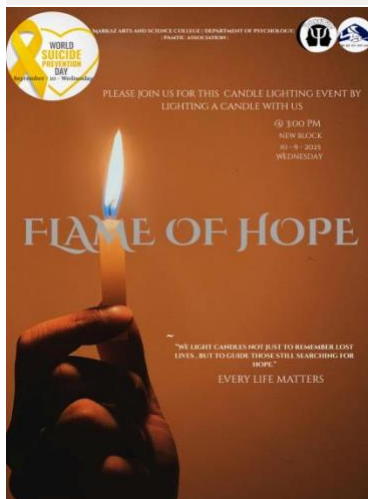
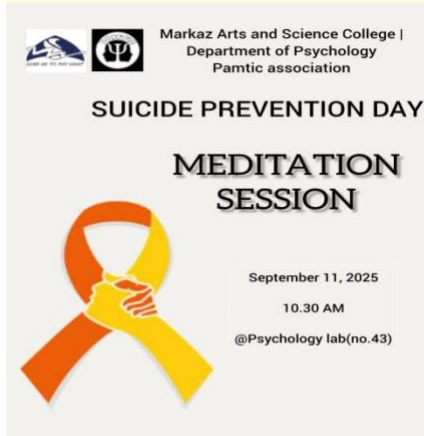
As part of the observance of Grief Awareness Day, the Department of Psychology organized a meaningful and informative programme aimed at creating awareness about grief, loss, and emotional healing. The highlight of the programme was a seminar conducted by Prajesh Palanthara, Director of Mindful Living India Charitable Trust.

The seminar focused on understanding grief as a natural psychological response to loss and emphasized the importance of acknowledging and expressing emotions rather than suppressing them. The resource person elaborated on different types of grief, including loss due to death, separation, illness, and life transitions. He explained the emotional, cognitive, behavioural, and physical responses commonly experienced during the grieving process. Special attention was given to healthy coping mechanisms, the role of social support, and the need for professional help when grief becomes prolonged or complicated.

In addition to the seminar, students actively contributed to the programme through creative awareness activities. A mime performance was presented to symbolically depict the silent struggles of individuals dealing with grief and the importance of emotional support. The non-verbal presentation powerfully conveyed the message that grief often remains unspoken but deeply felt.

A flash mob was also organized by the students to engage the audience and spread awareness in an impactful and interactive manner. The performance highlighted themes of hope, resilience, and collective support, reinforcing the message that healing is possible through understanding and community care.

- **Suicide Prevention Week Program**





The Department of Psychology organized a Suicide Prevention Week program with the objective of promoting mental health awareness, emotional well-being, and the importance of seeking help during times of distress. The program aimed to create a supportive environment where students could openly discuss their feelings and develop hope and resilience.

As part of the observance, a Poster Making Competition was conducted to encourage students to creatively express messages related to suicide prevention, hope, and emotional strength. The competition witnessed enthusiastic participation, and the posters effectively conveyed powerful themes of support, empathy, and positivity.

A guided Meditation Session was organized to help students understand the importance of mindfulness and stress management. The session focused on relaxation techniques and emotional regulation, promoting inner peace and self-awareness among participants.

One of the major highlights of the program was the “Flame of Hope” ceremony. Participants gathered to light a symbolic lamp, representing hope, solidarity, and a shared commitment toward preventing suicide and supporting individuals facing emotional challenges.

A Pledge Taking Ceremony was also conducted as part of the program. Students and faculty members collectively took a pledge to support mental health awareness, show compassion toward those in distress, and actively contribute to suicide prevention efforts within the community. The pledge reinforced a sense of responsibility and collective commitment.

Additionally, a “Hope Wall” was created where students wrote positive affirmations, encouraging messages, and personal reflections. This initiative fostered unity and inspired students to spread kindness and optimism.

An “Insight Box” was introduced to provide students with a safe and confidential platform to express their emotions, concerns, and thoughts. This initiative encouraged open communication and ensured that students feel heard, valued, and supported.

The Suicide Prevention Week program was meaningful and impactful, reinforcing the message that every life is precious and that seeking help is a sign of strength. The event successfully promoted awareness, empathy, and collective responsibility toward mental health and well-being.

BEST PRACTICE

● Mental Health Day Program

The World Federation for Mental Health has announced the theme for World Mental Health Day 2025 (October 10) as "Access to Services – Mental Health in Catastrophes

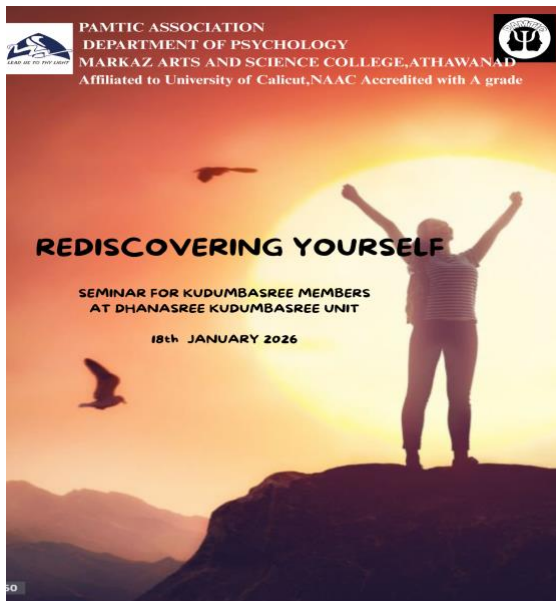
and Emergencies". This focus highlights the urgent need for accessible mental health support during crises, including conflicts, natural disasters, and other emergencies. As part of the observance of Mental Health Day, the Department of Psychology initiated a community extension programme titled "Community Care & Coping Skills Program." The programme aimed to promote mental health awareness and strengthen coping strategies within the community.

The first session of this initiative was organized exclusively for parents at Ambalaparamb Anganwadi. The programme focused on enhancing parental awareness regarding the identification and management of mental health challenges among children and adolescents.



The resource persons for the session were Dr. Vineetha K J and Mrs. Fathimath Suhara K K. The topic addressed was “Parenting Under Pressure: Managing Mental Health Emergencies.” The session emphasized the importance of recognizing early warning signs of emotional distress, understanding crisis situations, and responding effectively to mental health emergencies in children.

The resource persons discussed common stressors faced by parents, the psychological impact of academic and social pressures on children, and practical strategies to manage anxiety, behavioural issues, and emotional breakdowns. Parents were guided on developing healthy communication patterns, emotional regulation techniques, and supportive home environments. The session also highlighted the importance of seeking timely professional help when required.



As part of the community extension activities of the Department of Psychology, a special awareness programme was conducted on 18 January for women above 40 years of age at the Dhanasree Kudumbashree Meeting Venue. The session was organized exclusively for housewives who are active members of Kudumbashree.

The resource person for the programme was Dr. Vineetha K J. The session was delivered on the topic “Rediscovering Yourself.” The primary objective of the programme was to support middle-aged women in understanding their emotional needs, strengthening self-identity, and enhancing psychological well-being.

The session addressed the unique challenges faced by women above 40, including role overload, empty nest concerns, health-related anxieties, hormonal changes, and emotional fatigue resulting from prolonged caregiving responsibilities. Dr. Vineetha highlighted the importance of recognizing personal aspirations, nurturing self-worth, and prioritizing mental health during midlife.

Practical coping strategies were discussed, such as stress management techniques, relaxation exercises, positive self-talk, and developing healthy daily routines. The session also emphasized the significance of maintaining social connections, engaging in hobbies, and setting personal goals beyond family responsibilities. Participants were encouraged to identify their strengths, talents, and unfulfilled interests as part of the self-rediscovery process.



As part of the ongoing Community Care & Coping Skills Program, the Department of Psychology organized a parental awareness and training session on 2nd February at Mavandiyur Anganvadi. The programme was conducted for parents with the objective of strengthening effective parenting practices and promoting essential life skills among children.

The session was facilitated by the First Year M.Sc. Psychology students, who served as the resource persons. The programme focused on two major themes: **Life Skill Training and Parenting Styles**.

During the session, the concept of life skills was introduced, highlighting their importance in helping children develop emotional intelligence, decision-making ability, problem-solving skills, effective communication, empathy, and stress management. The facilitators explained how parents play a crucial role in nurturing these competencies through everyday interactions, modelling positive behaviour, and providing supportive guidance. A detailed discussion on various parenting styles—authoritative, authoritarian, permissive, and neglectful—was also conducted

Life skill training



As part of the continuing initiatives of the Community Care & Coping Skills Program, the Department of Psychology organized a workshop on Life Skill Training for school students at AMLUP School, Ettirikkadavu, Annara. The programme was conducted with the objective of equipping students with essential psychosocial skills required for their personal, academic, and social development.

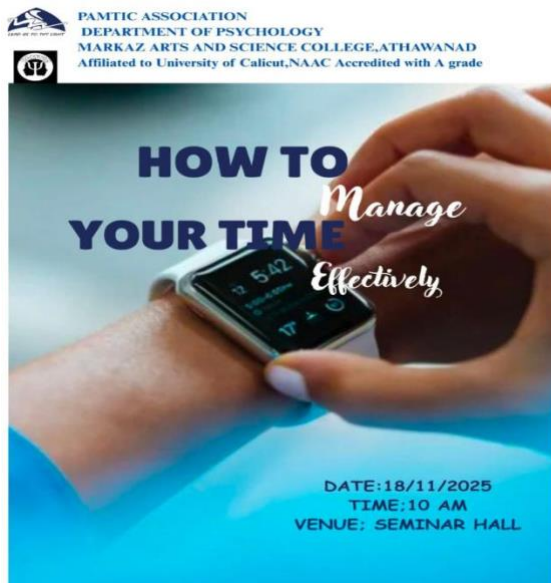
The workshop was facilitated by the First Year M.Sc. Psychology students, who served as the resource persons. The session was designed to be interactive, activity-based, and age-appropriate to effectively engage school students.



As part of the ongoing Community Care & Coping Skills Program, the Department of Psychology organized a Workshop on Life Skill Training at Valanchery Girls Higher Secondary School. The programme was conducted with the aim of empowering adolescent girls with essential psychosocial competencies necessary for their academic success, emotional well-being, and personal development.

The workshop was facilitated by the First Year M.Sc. Psychology students, who served as the resource persons. The session was structured to be interactive, engaging, and relevant to the developmental needs of higher secondary school students.

- **Workshop on Time Management**



The Department of Psychology organized a workshop on “How to Manage Time Effectively” for UG students on 18/11/2025 at the Seminar Hall. The session was conducted by the Second Year MSc Psychology students as part of their academic extension activity.

The primary objective of the workshop was to help undergraduate students understand the importance of time management in academic success and personal development. The resource persons explained key concepts such as goal setting, prioritization, avoiding procrastination, and maintaining a balanced schedule. Practical strategies including the preparation of daily planners, use of to-do lists, and the Pomodoro technique were introduced.

SPSS Workshop

The Department of Psychology organized a workshop titled “From Data Collection to Interpretations: SPSS Workshop” on 19th February at the Seminar Hall. The session was conducted by Hasbeena K for Final PG and UG students.



The primary objective of the workshop was to provide students with practical knowledge of statistical data analysis using SPSS and to enhance their research skills. The resource person explained the complete research process, beginning with data collection methods, coding of variables, data entry procedures, and data cleaning techniques. Students were guided on how to organize datasets systematically to ensure accurate analysis. The hands-on session focused on performing descriptive statistics, correlation, t-tests, and basic inferential statistics using SPSS.

Institutional Visit

- The Third Year Psychology students of the Department of Psychology undertook an educational visit to Navadarsanagram Integrated Rehabilitation Centre for Addicts on 8th December 2025 as part of their academic curriculum. The visit was accompanied by faculty members Angha KS and Hasbeena K.

The primary objective of the institutional visit was to provide students with practical exposure to rehabilitation processes, therapeutic interventions, and the functioning of a de-addiction centre. The visit aimed to bridge theoretical knowledge of addiction psychology with real-world clinical practice.

The programme began with a welcome session by the authorities of the centre, followed by an orientation on the history, mission, and services offered by the institution. The resource persons explained the multidisciplinary approach adopted in the treatment of substance dependence, including medical detoxification, psychological counselling, group therapy, family therapy, and relapse prevention strategies.

- The Second Year students of the Department of Psychology undertook a one-day institutional visit to a Scanning Centre in Sulthan Bathery as part of their academic exposure programme. The visit was accompanied by faculty members Angha KS and Arsha M.

The main objective of the visit was to provide students with practical knowledge about diagnostic procedures and to understand the role of medical imaging in the assessment and treatment of neurological and psychological conditions. The visit aimed to enhance interdisciplinary awareness by linking psychology with medical sciences.

- ARTS -KALARANG

The Department of Psychology secured Third Position in the Arts event Kalarang.