



ANNUAL REPORT

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

DEPARTMENT OF PSYCHOLOGY

2020 – 2021

**ANNUAL REPORT OF DEPARTMENT OF PSYCHOLOGY,
MARKAZ ARTS AND SCIENCE COLLEGE FOR THE ACADEMIC YEAR 2020 - 2021**

In this auspicious occasion of 6th annual celebration of the department of psychology, I am privileged and honored to place the annual report of the activities of the year 2020 - 21.

The college reopened after summer vacation on 1/06/2020.

STAFF AND STUDENTS:

The department has 80 students on roll of which 23 are third year degree students, 26 are second year degree students and 30 are first year degree students. We have 2 full time faculty members and 1 part time teaching staff member for odd semester. Mr. Muhammad Sahid. K.P is Head of the Department. Ms. Fathimath Suhara has nominated as Department Secretary. Mr. Abdul Latheef K.A is part time faculty. We have three full time faculties for even semester. Mr. Abdul Latheef K.A appointed as Head of the Department of Psychology, Ms. Dhanya has nominated as staff coordinator of Department Association and Ms.Fathimath Suhara has nominated as Department Secretary.

First semester class for first year students started on 4th November 2020. Incubation programme was conducted for freshers by the department followed by one week bridge course. List of advanced learners and slow learners were created on the basis of bridge course examination marks obtained by students.

CLASS PTA - MEETINGS

- Parent - Teacher meeting for 3rd semester psychology students were conducted on 9th September, 2020 via google meet. The principal of the college, head of the department, other teaching staffs and 24 parents had attended the meeting; and had a discussion on first internal examination marks, student's attendance report and new teaching - learning methods.
- An online Parent - Teacher meeting was conducted for fifth semester psychology students on 15th September, 2020. The principal of the college, head of the department, other

teaching staffs and 20 parents had attended the meeting; and had a discussion on first internal examination marks, student's attendance reports and new teaching - learning methods.

- Department of psychology was conducted parent - teacher meeting for first semester students at Markaz Arts and Science College on 9th December, 2020. Parents were given an orientation class by the Head of the Department, Mr. Abdul Latheef about the course, scope of the subject and he also discussed about the online classes. The principal, Dr. C. P. Muhammad Kutty gave detailed talk on the rules and regulations to be followed in the college, internal mark structure and other important aspects.
- A combined PTA meeting for final year degree students was held on 25/01/2020 in MMC Hall at 11.30 AM. The major discussions in the meeting were about the University results of students till 3rd semester, 5th semester and 6th Semester APC and selection of one representative for PTA executive committee.
- Second year degree combined PTA meeting was conducted on 24/02/21 at 11.00AM in MMC hall to discuss about the internal marks of third semester, fourth semester APC and for selection of one representative for PTA executive committee.



From parent - teacher meeting conducted for first semester degree

SUICIDE PREVENTION WEEK

Department of psychology was conducted couple of programs on “working together to prevent suicide” to raise awareness around the globe that suicide can be prevented. In order to achieve this goal, department successfully completed theme video presentation, letter writing competition, prevention at home, poster making completion and national webinar on theme.

WORLD MENTAL HEALTH DAY

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. Department of psychology has conducted three day international webinar on 12th 13th and 14th October 2020. Department also conducted a national level PowerPoint presentation competition on "Post COVID Mental Health - the role of kindness".

STATE LEVEL PROGRAMS

Department had conducted one day webinar on 17th August 2020 on the topic" how social media ruining young minds" and another webinar on” Be assertive and kind yourself” on 5th October 2020. On behalf of world mental health day the department organized one day webinar on “emotional challenges in old age people in the pandemic era”.

ALUMINI MEET UP

The Department also was conducted Alumini Meet for the batches of 2015-2018 and 2016-2019 through Zoom and Google Meet Platform. The alumni meet of 2015-2018 batche was inaugurated by Mr. Haris Rahman Ozhukur (health service, community health center, chittar). There were twenty participants including teachers and students. The Second Psychology batch (2016- 2019) online alumni meet was on 21st September 2020 and it was inaugurated by Mr. Asif Hyder (Animal Husbandry). There was fifteen participants including teachers and students.

Detailed reports of webinars, competitions and other activities are as follows:

ONE DAY WEBINAR

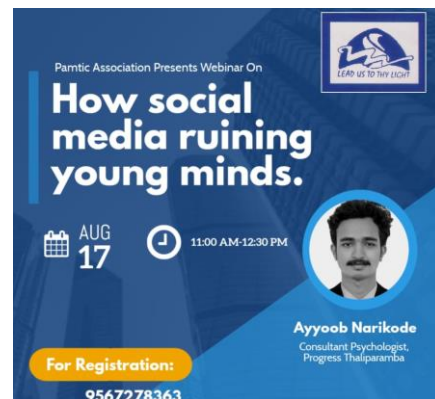
Topic : How social media ruining young minds

Venue : Google Meet

Date : 17th August 2020

The youth and teenagers are the leading and most fanatic of social platforms and have found that these social sites impact the lives of our youth in a society a great deal in terms of morals, behavior and even education-wise. On behalf of this topic the Department of Psychology organized a one day webinar on the topic “How social Media Ruining Young Minds” on 17th August 2020 via Google meet.

The webinar started at 11 am via google meet. Welcome speech is given by student coordinator **Mr. Abdul Latheef**. The webinar was inaugurated by **Mr. C.P Mohammed Kutty** (Principal, Markaz Arts and Science College). 176 people participated in this programme. The webinar was handled by **Mr. Ayyoob Narikode** (Consultant psychologist, Progress Thaliparamba). Participants in the webinar were given a feedback form. All participants had very positive comments about the webinar. The session ended by delivering a vote of thanks by the student coordinator **Ms. Thanseeha.M.**



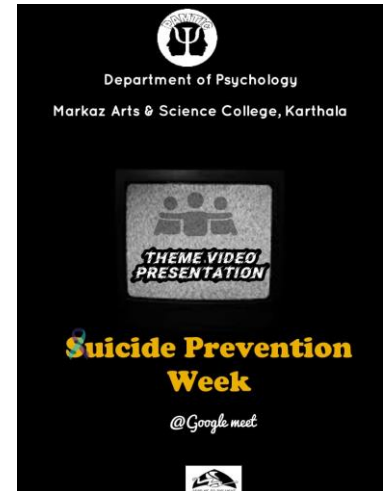
THEME VIDEO PRESENTATION

Topic : Suicide prevention

Venue : Instagram and You Tube

Date : 10th September 2020

World suicide prevention day is an awareness day observed on **10th September** every year in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since **2003**. On this day department of psychology, Markaz arts and science college organized Theme video presentation on the topic **suicide prevention** on 10th September 2020. The videos were published through the official Instagram account and You Tube channel of the college. The aim of the video presentation was to provide insight about suicide prevention.



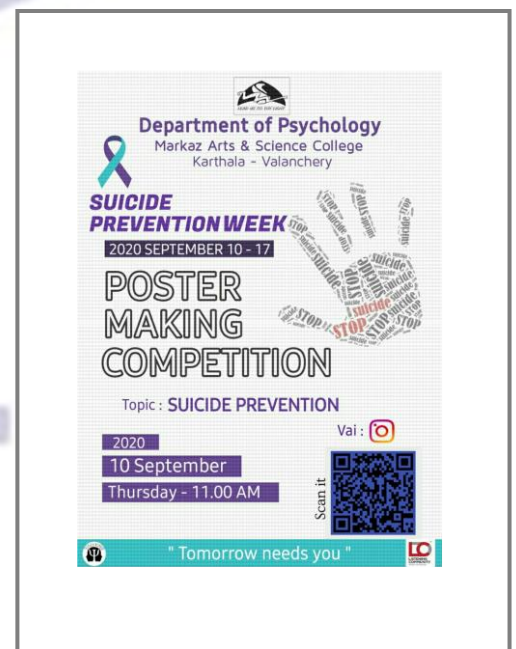
POSTER MAKING CONTEST

Topic : Suicide Prevention

Venue : Instagram

Date : 10th september 2020

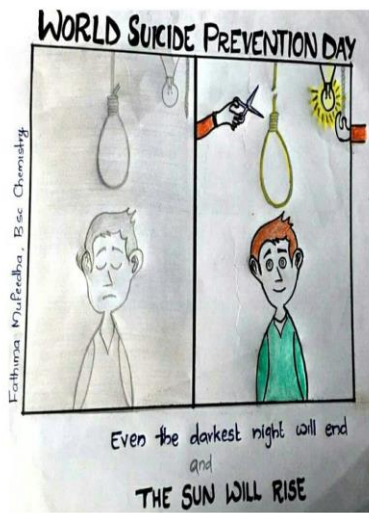
World Suicide Prevention Day (WSPD) is an awareness day observed on **10 September** every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003. On behalf of this day Department of Psychology organized an intra-college Poster making contest on the topic Suicide Prevention on 10th September,



2020 via Instagram. The aim of the contest was to provide insight about suicide prevention.

The poster making contest was an intra-college competition in which two students from each class participated in it. The guidelines for this contest were given to the participants before the competition. It was a 1 hour competition. The designed posters were published through the official Instagram account of the Psychology Department. The winners were selected based on like given to the posted works and its content. The winners of the contest were announced on 14th September 2020 via Instagram. Total 19 students were participated in this contest. Among them the best 3 were selected.

Winners:



1st prize

Fathima mufeeda (2nd year)

2nd prize

Rinsha Nazrin (2nd year)

3rd prize

Basila Thesni (2nd year)

The winners were provided with E-Certificates.

LETTER WRITING CONTESTES

Topic: The hands of God

Venue: WhatsApp

Date : 10th September, 2020

World Suicide Prevention Day (WSPD) is an awareness day observed on **10 September** every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003. On behalf of this day Department of Psychology organized an intra-college Letter writing contest on the topic Suicide Prevention on 10th September 2020 via WhatsApp. The aim of the contest was to write a letter to your friend who thinks about suicide to prevent suicide & also to provide insight about suicide prevention.

The letter writing contest was an intra-college competition in which two students from each class was asked participates in it. The guidelines for this contest were given to the participants before the competition. It was a 1 hour competition. The designed posters were published through the WhatsApp Group & official Instagram account of the Psychology Department.

The winners were selected based on the content of the letter. The winners of the contest were announced on 14th September 2020 via Instagram & What's App Group. Total 9 students were participated in this contest. Among them the best 3 were selected.

Winners:

- ☆1st prize - Safna Nasrin, B.A English (2nd year)
- ☆2nd prize - Hafila Jasmine, B.A English (2nd year)
- ☆3rd prize - Fathima Hanan, B.Sc Psychology (3rd year)

They were Appreciated & provided with E-Certificates.



ONE DAY NATIONAL WEBINAR

Topic : Working Together To Prevent Suicide

Venue : Google Meet

Date : 14th September 2020

World Suicide Prevention Day is an awareness day observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003. On behalf of this day Department of Psychology & Internal Quality Assurance Cell in collaboration with Listening Community & Sisters Living Works Inc. Organized a one day national webinar on the topic Working Together To Prevent Suicide Prevention on 14th September 2020 via Google meet. The webinar was organized by Mr. Abdul Latheef (Assistant Professor, Department of Psychology).

The aim of the webinar was to provide a insight on

- How to prevent suicide
- Who can prevent suicide
- Conditions to prevent suicide

The webinar started at 10 am in the morning via Google meet. It was an 3 hr session. Around 200 people participated in this webinar. And it was divided into two different sessions handled by two excellent speakers. The programme started with a welcome speech delivered by **Mr. Abdul Latheef** (Assistant professor Psychology Department). **Mr. Mohammed Sahid.K.P** (HOD Of Psychology Department) delivered the Presidential Address and **Ms.Fathimath Suhara** (Assistant Professor Psychology Department) given a Theme Presentation on World Suicide Prevention Day . The webinar was inaugurated by **Dr.C.P Muhammad Kutty** (Principal of Markaz Arts and Science College, Athavanad). People from all over the Nation



participated in this programme. UG/PG students, scholars, researchers, psychologists from New Delhi, Assam, Karnataka, Tamil Nadu, West Bengal also participated in it. The first session of the webinar was handled by **Ms.Ketki Sanghavi** (Child Rights, Menstrual Hygiene and Suicide Prevention Professional, Mumbai) dealing with the topic "**Students role in suicide prevention**". She told about how a student can help to prevent suicide, factors affecting suicide, about suicidal tendency, why there is an increase in suicide during this era etc.

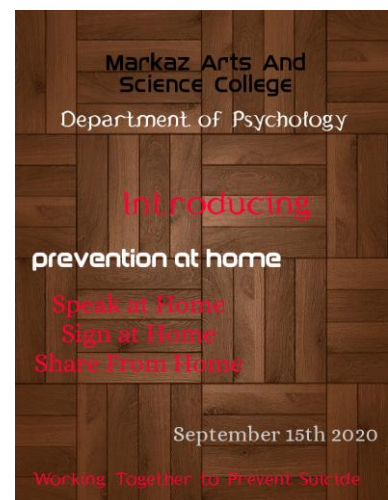
The second session was handled by **Mr.Abdul Gafoor** (Clinical Psychologist, Research Scholar Jamia Millia Central University, New Delhi) dealing with the topic " **Lets lend our ears**". He told about how Active listening plays an important role in individuals' life? He also said that it demonstrates sincerity, and that nothing is being assumed or being taken for granted. Listening is a medium of gaining or exchanging information and knowledge, it helps you achieve your goals and getting things done. It helps building trust and credibility; it is a good supportive activity that people appreciate especially when they are upset or otherwise concerned. He concluded that active Listening is a tool for effective communication leading to healthier relationships that result in emotional security which could help in overcoming isolation. Participants in the webinar were provided with a feedback form. All participants had very positive response about the webinar. The session ended at 1.30 pm by delivering a Vote of thanks by the student coordinator **Ms. Hana Basheer**.

PREVENTION AT HOME

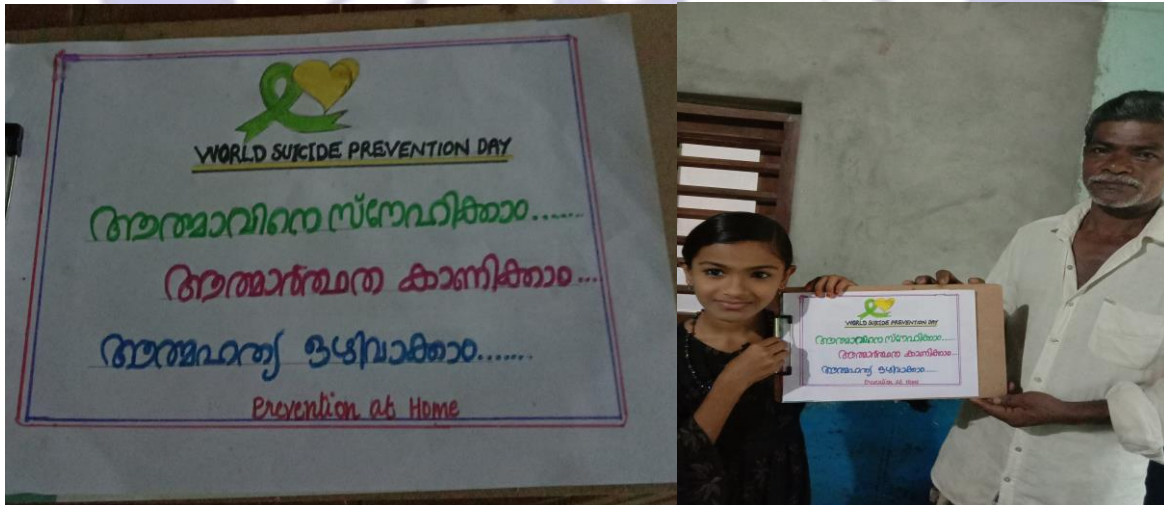
Topic: Working Together to Prevent Suicide

Speak at Home
Sign at Home
Share from Home

On **september 15th**, the department of psychology organized a program called '**Prevention at Home**' to inform the public that suicide prevention should be introduced in every home and to make a general public understand the importance of, September



10th, Suicide Prevention Day. Department introduced different activities such as '**Speak at Home**' with the aim of presenting a speech on suicide prevention in front of family members, '**Sign at Home**' to create placards on theme and share it with others, and '**Share from Home**' to record a voice on theme and share it through social media. A lot of people did those activities and expressed their gratitude to the department for introducing such ideas.



CENTRE FOR COUNSELLING AND PSYCHOSOCIAL SUPPORT

Date: 18th September, 2019

Platform: Google meet

Psychology Association of Markazu Tharbiyyathil Islamiyyah College (PAMTIC) launched a centre focusing on social commitment. Initiative was inaugurated by honorable M.L.A Prof. Abid Hussain Thangal. Presidential address was given by College Principal Dr.C.P.Muhammed Kutty. Keynote address was given by Mr.K.M.Gafoor on social attitude towards counselling. HOD of Psychology department Mr.Muhammed Sahid.K.P addressed the audience on need and importance of

MARKAZ Arts & Science College
Atharvath
DEPARTMENT OF PSYCHOLOGY
(Affiliated by Calicut University)

On Google Meet

CENTER FOR COUNSELLING AND PSYCHOSOCIAL SUPPORT
September 18, 2020
Friday, 11:00 am
Inauguration

Programme Schedule

Welcome : Fathimath Zahra
Asst. Professor
Dept. of Psychology

Chair : Dr. C.P. Muhammed Kutty
Principal, Markaz Arts & Science College, Atharvath

Inauguration : Prof. Abid Hussain Thangal
M.L.A

Key Note 1:
K.M. Gafoor
Social Attitude towards Counselling

Key Note 2:
Muhammed Sahid K.P
Need and Importance of Counselling

Key Note 3:
K.A. Lathief
What you will Get-?

Word of Thanks
Nibena
Student Coordinator

Pamtic-Psychology Association of Markaz Arts @ Science College

counselling. Assistant professor of psychology Mr.K.A.Latheef outlined the process and function of counselling centre.

Inauguration of the new venture was the closing ceremony of a week-long programme to mark suicide prevention day. The aim of the centre is to provide mental support for all needy individuals who face any kind of psychological problems which has increased widely in this modern era.

ALUMNI MEET REPORT

Alumni Meet Up Details

NO.	BATCH	DATE	PLATFORM	PARTICIPATION
1	2015-18	20 th September 2020	ZOOM meet	20 (including teachers and students)
2	2016-19	21 st September 2020	Google meet	15 (including teachers and students)

MARKAZ ARTS AND SCIENCE COLLEGE,
ATHAVANAD
(Affiliated to University of Calicut)
DEPARTMENT OF PSYCHOLOGY
ALUMNI MEET DETAILS



E-Mail ID:
Pamticmedia@gmail.com

Alumni Meet 2015-18 Batch (Online)

Date: 20th September, 2020

Time: 7:00 pm - 9.00 pm IST

Platform: Zoom meet

First psychology batch (2015_2018) of MASC conducted their online alumni meet on 20th September 2020 through Zoom platform. The programme started at 7pm with the welcome speech of HOD Mr. Muhammed Sahid. The presidential address was given by the assistant professor Mr. Abdulatheef Naranippuzha. The alumni meet was inaugurated by Mr. Haris Rahman Ozhukur (health service, community health center, chittar). There was twenty participants including teachers and students. Each of them shared their memories and took a decision to help each other when required. The programme ended with the vote of thanks by Ms. Ummukulsu.



Alumni Meet 2016-19 Batch (Online)

Date: 21st September, 2020

Time: 7:00 pm – 9.00 pm IST

Platform: Google Meet

Second Psychology batch (2016- 2019) of MASC conducted their online alumni meet on 21st September 2020 at Googlemeet platform. The programme started at 7pm with the welcome speech of HOD Mr. Sahid Payyanur. Pressidential address was given by the assistant professor Mr. Abdulatheef Naranippuzha. The alumni meet was inaugurated by Mr. Asif Hyder (Animal Husbandry). There was fifteen participants including teachers and students. Each of them shared their memories and took decision to help eachother when required. The programme ended with the vote of thanks by Ms. Linitha Zerlin.



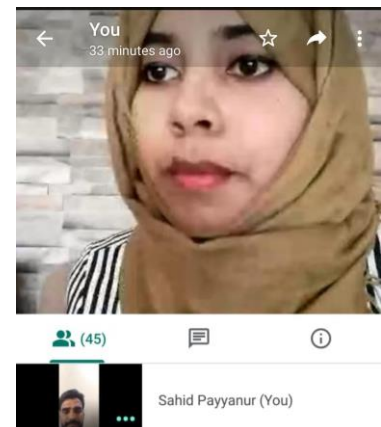
ONE DAY WEBINAR

Topic : Be Assertive And Kind To Yourself

Venue : Google Meet

Date : 5th October 2020

World Mental Health Day is observed on **10th October** every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. On behalf of this day **Department of Psychology** organized a one day webinar on the topic **Be Assertive and Kind to Yourself** on 5th October 2020 via Google meet. The webinar started at 11 am via google meet. Welcome speech is given by student coordinator **Ms. Thashreefa**. The webinar was inaugurated by **Mr. Sahid Payyannur** (HOD of Psychology Department). 52 people participated in this programme. The webinar was handled by **Ms. Aiysha Shaharban** (Former Counselling Psychologist, Kannur University Campus) dealing with the topic "**Be Assertive And Kind To Yourself**". Participants in the webinar were given a feedback form. All participants had very positive comments about the webinar. The session ended by delivering a vote of thanks by the student coordinator **Ms. Dhana**.



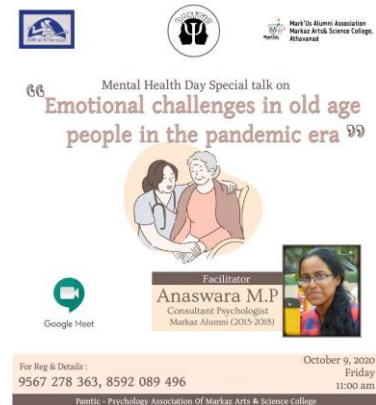
ONE DAY WEBINAR

Topic : Emotional Challenges In Old Age People In The Pandemic Era

Venue : Google Meet

Date : 9th October 2020

World Mental Health Day is observed on 10th October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. On behalf of this day the Department of Psychology organized a one day webinar on the topic Emotional challenges in old age people in the pandemic era on 9th October 2020 via google meet. The webinar started at 11 am via google meet. Welcome speech is given by student coordinator Ms. Faheema Yasmin. The webinar was inaugurated by Mr. Mohammed Sahid Payyanur (HOD of Psychology Department). 52 people participated in this programme. The webinar was handled by Ms. Anaswara M.P (Consultant psychologist, Markaz Alumni (2015-18) dealing with the topic "Emotional challenges in old age people in the pandemic era". Participants in the webinar were given a feedback form. All participants had very positive comments about the webinar. The session ended by delivering a vote of thanks by the student coordinator Ms. Thanseeha.M .



BLINKAN TALKS

Topic : A SPECIAL TALK WITH AN AUTO DRIVER, BUS CONDUCTOR CUM PSYCHOLOGIST

Date : October 10, 2020

Platform : Google Meet

PAMTIC (Psychology association of Markaz Arts and Science College) had organized a mental health awareness talk with Rabeesh(Consultant psychologist, auto driver cum bus conductor) through Google Meet platform from 4pm to 5pm. It was inaugurated by Mr Sahid Payyanur, HOD OF psychology department. The participants of the program were the students of psychology department, some of his friends who worked as autodrivers and bus conductors and some housewives. Mr. Abdul Latheef and Miss. Fathimath Suhara(faculties-department of psychology)also took part in this program.



The program was not like the formal ones which are usually conducted. The speaker of the session, Mr Rabeesh handled the program in his own unique way. It was a very interactive session with the involvement of common people in the society. He spoke about what mental health was importance of mental health etc. It was a very new experience for those who all took participate in the session.

WORLD MENTAL HEALTH DAY

THREE DAY INTERNATIONAL WEBINAR AND NATIONAL POWERPOINT PRESENTATION COMPETITION

The image shows two promotional posters. The left poster is for the 'NATIONAL LEVEL ONLINE POWERPOINT PRESENTATION COMPETITION 2020' organized by the Department of Psychology at Markaz Arts & Science College, Karthala Valanchery. The topic is 'Post covid mental Health : the role of kindness'. Registration is open until 30th September 2020. Contact information is provided at the bottom. The right poster is for an 'International Webinar on POST COVID MENTAL HEALTH: THE ROLE OF KINDNESS' held on October 10th. It features three speakers: Dra. Suhati Kurniawati, Francisca, and Shakir Nk. Contact details for registration are also provided.

Topic : Post COVID Mental Health- The Role Of Kindness

Platform : Google Meet

Date : 12th, 13th and 14th October, 2020

World Mental Health Day is observed on 10th October every year with a certain theme. This year it is Mental Health for All: Greater investment Greater Access. On behalf of this day Psychology Association of Markaz Arts And Science College(PAMTIC) in collaboration with Internal Quality Assurance Cell organized a three day webinar on the topic Post Covid Mental Health-The Role Of Kindness on 12th,13th and 14th October 2020 via Google meet.

Sessions were conducted as scheduled, beginning at sharp 10:30 AM. Each session was of one and half hours. Around hundred people participated in the webinar. On Day 1 the programme started with welcome speech by Mr. Abdul Latheef (Assistant professor of psychology department). Mr. Muhammed Sahid.K.P (HOD of psychology department) delivered the presidential address and Mr. Fathimath Zuhara (Assistant professor of psychology department)

given a theme presentation on World Mental Health Day. The programme was inaugurated by Dr.CP.Muhammed kutty(Principal). The session was handled by Ms.Suhati Kurniawati(Clinical psychologist,Institute of applied psychology, University of Indonesia) and Ms.Francisca(Clinical psychologist,Institute of applied psychology, University of Indonesia). They talked about self- compassion, its elements and the difference between self -compassion and self-esteem. Tiredness of the participants was refreshed by songs played during the session breaks.

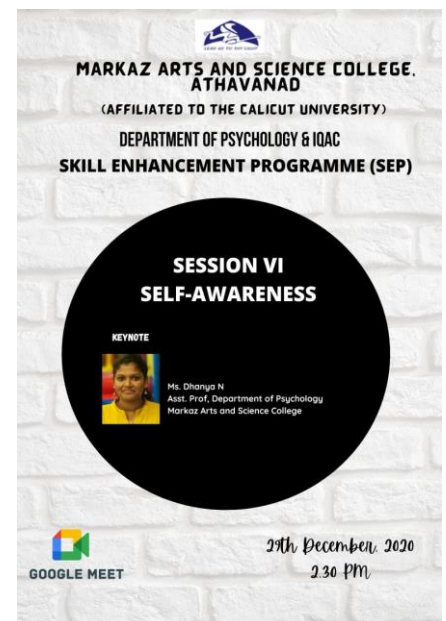
On the 2nd day of webinar, the session was handled by Mr.Shakir.N.K (School counsellor, Oasis International School, Al ain) about Different fields in Mental Health sector and importance of Mental Health. Ms.Nida Hasan(Counselling psychologist directorate of education, Delhi) handled the last day session . She talked about The Role of Kindness and Need of investment during this pandemic situation. There was a question and answer session to clear the doubts of the participants in each session. Feedback form was provided at the end of the session. All the three sessions were informative, interesting and interactive. The aim of the webinar was to provide an insight about role of kindness, inform about significance of mental health and to make awareness about different types of mental health conditions.

The department also conducted a PPT Presentation competition via Google meet on the topics: kindness and mental health, Kindfull culture, Science of kindness, Acts of kindness, and mental health concern. More than 6 entries were there among which 5 were selected for presentation.



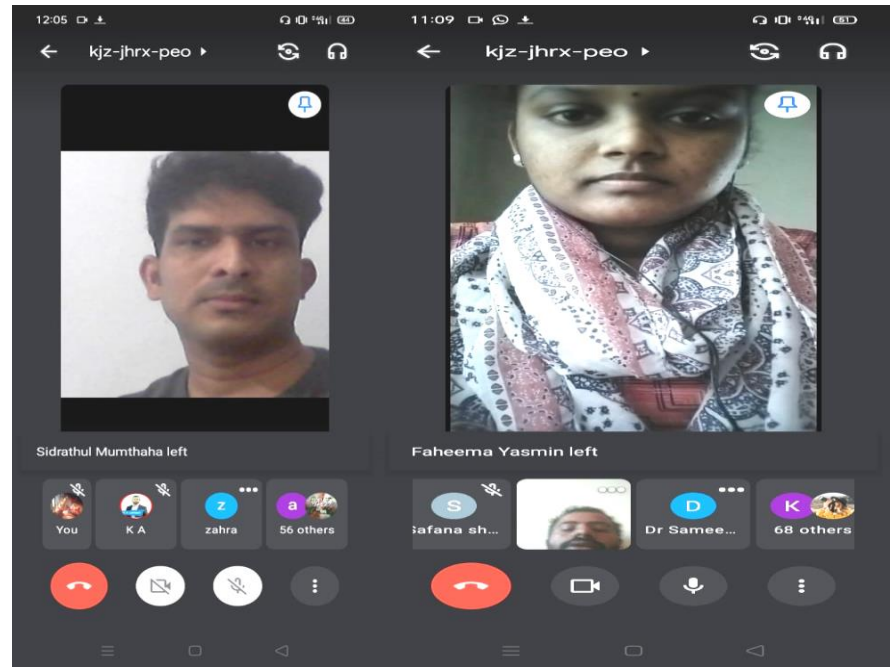
SKILL DEVELOPMENT PROGRAMMES

The Department of Psychology and IQAC conducted a webinar on the topic “Positive Communication” on 30th November, 2020 via Google Meet. The session was handled by Ms. Fathimath Suhara (Assistant Professor, Department of Psychology, Markaz Arts and Science College). The 1 hour session was part of the Skill Enhancement Program. The webinar had a participation of 55 students.



The Department of Psychology and IQAC also conducted a webinar on the topic “Self-awareness” on 29th December, 2020 via Google Meet.

The session was handled by Ms. Dhanya N (Assistant Professor, Department of Psychology, Markaz Arts and Science College). The 1 hour session was part of the Skill Enhancement Program. The webinar had a participation of 39 students.



The Department of Psychology, Markaz arts and science college and The Department of Education, University of Kerala had jointly organized a department level webinar on 2nd march 2020. The resource person Dr. Sameer babu, assistant professor of university of Kerala, had given an excellent session on "career preparedness for the future" to help students understand their strengths and weaknesses and then match them with their skills and interest so that they get the best suitable career choice. The 1 hour session was part of the career guidance programme. The Webinar had a participation of 65 students and 3 teachers

NATIONAL SCIENCE DAY CELEBRATION

TWO DAY EXHIBITION AND AWARENESS PROGRAMME

Psychophysics Science Exhibition

On National Science Day, "psychophysics" exhibition was held by the department of Psychology and physics on 26th and 27th of Feb 2021. It was a two day session. Students from all the departments participated. This exhibition was inaugurated by Dr. CP Muhammed Kutty, principal of MAASC. It was held in physics lab on the first day. It commenced at 11:00 AM and got over by 3:30 PM. The students of Psychology and physics department participated enthusiastically. The exhibition was open for all students, teachers and other staffs.

On second day it was held at Valanchery Municipal Community Hall and the exhibition was inaugurated by Ashraf.A, Municipal chairman, Valanchery Municipality. The program also included wonderful sessions by Dr. CP Muhammed Kutty, Dr. Muhammed Safeer PI and Mr. Latheef. Everyone enjoyed the science exhibition and praised the effort of the students and congratulated them for putting their best foot forward. Mr. Abdul Latheef KA, Head of the Department of Psychology, was conducted a seminar on "Impact of Technology on Mental Health" to raise awareness of the importance of mental health and the impact of technology on mental health.



Markaz Arts & Science College (MASC),Karthala
In association with
Valanchery Municipality

Science Departments

NATIONAL SCIENCE DAY CELEBRATION

2021 February 27, 10 AM to 4 PM
Valanchery Municipal Community Hall

Inauguration

Asharaf Ambalathingal
(Municipal Chairman, Valanchery Municipality)
"Exhibition on Energy Conservation Tips"
10.00 AM - 10.30 AM

Talk

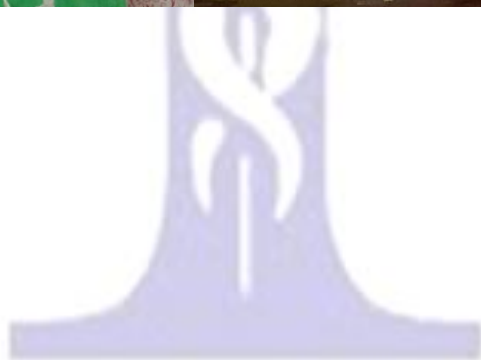
Dr. C. P. Mohammed Kutty
(Principal, MASC)
"Importance of Food & Nutrition
in the Context of COVID-19"
10.30 AM - 11.30 AM

Talk

Dr. Muhammed Saifeer P I
(V.P.S.V Ayurveda College, Kotakkal)
"Science in Everyday Life"
11.30 AM - 12.30 PM

Talk

Lathief K.K
(HOD, Department of Psychology, MASC)
"Impact of Technology on Mental Health"
2.30 PM - 3.30 PM



AASRAYA INAUGURATION



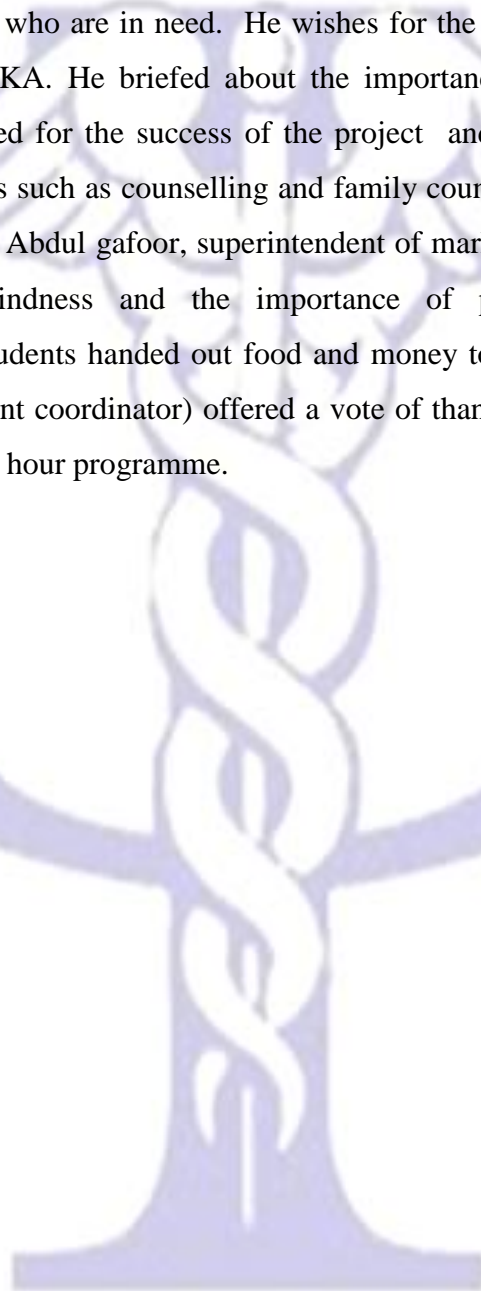
The poster for the AASRAYA inauguration features a dark green background with white and yellow text. At the top, it reads 'തെരുവിലെ ദുരൂഹമായ പ്രതീകങ്ങളുടെ തിരുത്തലുകൾ' (Mysteries of the street symbols and their corrections). The main title is '“ആശ്രയം”' (Aashrayam). Below it, the text says 'മരിക്കാൻ ആർട്സ് ആൻഡ് സയൻസ് കോളേജ് മനഃശാസ്ത്ര വിഭാഗം നടപ്പിലാക്കുന്ന സാമൂഹിക പരിഹാസികളുടെ ഭാഗമായുള്ള പദ്ധതി' (A plan as part of the social service activities organized by the Department of Psychology, Markaz Arts and Science College, to support people living on the street). The central text reads 'ഉദ്ഘാടനം' (Inauguration) and '2021 മാർച്ച് 31 ബുധൻ 11 AM' (March 31, 2021, Wednesday, 11 AM) at 'MMC ഹാൾ , മർക്കസ് കോമ്പസ്' (MMC Hall, Markaz Campus). A small photo of a man in a red shirt is shown with the caption 'വിനോദ് കോവ്വർ' (Vinoth Kovver). At the bottom, it lists services: '*Happiness Lunch *Dress Bank *Free Medicine *Psychosocial Care' and 'IN ASSOCIATION WITH: തെരുവോരം' (Theruvoram).

The inaugural ceremony of the "AASRAYA" was conducted by the department of psychology in association with "THERUVORAM" on 31st march, 2021 at MMC hall. Dignitaries of Markaz arts and science college, Dr.Cp muhammad kutty (Principal), Mr.Abdul latheef KA (Head of the department of psychology-Markaz), Mr.Abdul gafoor (superintendent -Markaz) , Mr.Javed ramzan(Head of the department of physics) and Mr Rakhesh (secretary of" theruvoram") sincerely participated in the program.The program was followed by prayer. Asst. Prof. Dhanya formally welcomed all the dignitaries present and HOD's from various departments, colleagues & students. She mentioned about the significance of" AASRAYA" and its aims- support people who can stand on the street, help feed the poor living on the street, help make free medicine available to the street people who are in need of medical care, develop students' interest in community service and provide psycho-social services such as counselling and family counselling to those living on the streets and those in need.

Dr.Cp.Muhammad kutti inaugurated the programme with an informative inaugural speech. He invited students into the field of social service by sharing his experiences of relying on people living on streets by providing community services.

Mr. Rakesh, Secretary of "Theruvoram", shared his experiences related with the organization of "Theruvoram" to make plans to cultivate a positive attitude towards those on the streets in the general community. He motivated everyone to actively participate in the project to get benefited.

The "AASRAYA" was inaugurated by Vinod Koor and he encouraged all to provide psycho-social care for people who are in need. He wishes for the success of the project. In his address, Mr. Abdul Latheef KA. He briefed about the importance of the "AASRAYA" and "THETUVORAM". He wished for the success of the project and inspired the participants to provide psycho-social services such as counselling and family counselling to those living on the streets and those in need. Mr. Abdul gafoor, superintendent of markaz, conducted an interactive session about humanity, kindness and the importance of psycho-social support. The "AASRAYA" began when students handed out food and money to people on the street. In the end, Miss Irshana TK (Student coordinator) offered a vote of thanks to all. Sixty students had participated for this 2 and half hour programme.



WEBINARS ATTENDED BY STUDENTS (2020-2021)

SL. No	Name of the Institution	Theme of Webinar	Date	Level	No.Of Sudents	Remarks
1	Markaz Arts and Science College, Athavanad with Childline Malappuram	Role of Youth In Preventing Child Abuse	25/07/2020	State	24	
2	MES Keveeyam College, Valanchery	Psychopathology and Suicide Prevention During Covid 19 Pandemic	03/08/2020	International	15	
3	St.Mary's Puthanangadi	Mental Health During and After Covid 19	07/08/2020	State	12	
4	St.Joseph's College, Moolamattam	Psychological Wellbeing of Elderly During Covid 19 Pandemic & Role of Social Worker	14/08/2020	National	9	
5	Al Jamia Arts and Science College, Perinthalmanna	Life Skills Training- Method, Scope & Limitations	19/08/2020	National	14	
6	MES Keveeyam, Valanchery	Working Together to Prevent Suicide	10/09/2020	State	28	
7	Markaz Arts and Science College, Athavanad	Working Together to Prevent Suicide	14/09/2020	National	46	
8	Yuvakshethra Institute of	New Trends In Organizational	22/09/2020	International	10	

	Management Studies, Palakkad	Behavior		1		
9	Regional Centre in Geriatric Care, Gandhian Studies Center, PSGR Krishnammal College for Women, Tamilnadu.	Battling Depression in Elderly During Covid 19	07/08/2020	National	4	
10	Carmelgiri College, Adimali, Idukki	Restoration 2020	05/08/2020-07/08/2020	National	2	
11	Markaz Arts and Science College, Athavanad	How Social Media Ruining Young Minds	17/08/2020	State	38	
12	Markaz Arts and Science College, Athavanad	Life Skill- Be Assertive and Kind to Yourself	5/10/2020	State	30	
13	Inpsyght	How to Set a Real Life Goal	15/08/2020	State	25	
14	Dept.Of Microbiology- Markaz Arts and Science College, Athavanad	Current Research Perspective on Bioremediation	12/09/2020	National	3	
15	Nirmala Arts and Science College, Mulanthuruthi.	Mental Health During Pandemic	10/10/2020	National	4	
16	LISSAH Collsge, Calicut.	Impact of Lockdown on Mental Health- Psychological Perspective	10/10/2020	State	2	

17	LISSAH College,Calicut.	Psychology in Kerala -Then and Now	11/10/2020	State	2	
18	Markaz arts and science college, Athavanad	Positive communication	30/11/2020	College	55	
19	Markaz arts and science college, Athavanad	Self awareness	29/12/2020	College	39	
20	Markaz arts and science college, Athavanad	Impact of technology on mental health	27/2/2020	State	25	
21	Markaz arts and science college, Athavanad	Career preparedness for the future	2/3/2020	State	65	
22	Markaz arts and science college,Athavanad.	Post covid mental health- the role of kindness	12th,13th and 14th October, 2020	Internationa l	50	

INTERNAL EXAMINATION

Internal examination details of academic year 2020-21 are as follows:

SEMESTER	DATE
THIRD SEMESTER	24/08/2020- 26/08/2020
FIFTH SEMESTER(1st internal)	24/08/2020- 26/08/2020
FIFTH SEMESTER(2nd internal)	15/12/2020- 18/12/2020
FOURTH SEMESTER	08/03/2021- 10/03/2021
SIXTH SEMESTER	03/02/2021- 05/03/2021

TEACHERS ATTENDED WEBINARS, SEMINARS AND WORKSHOP

Mr. ABDUL LATHEEF K. A.

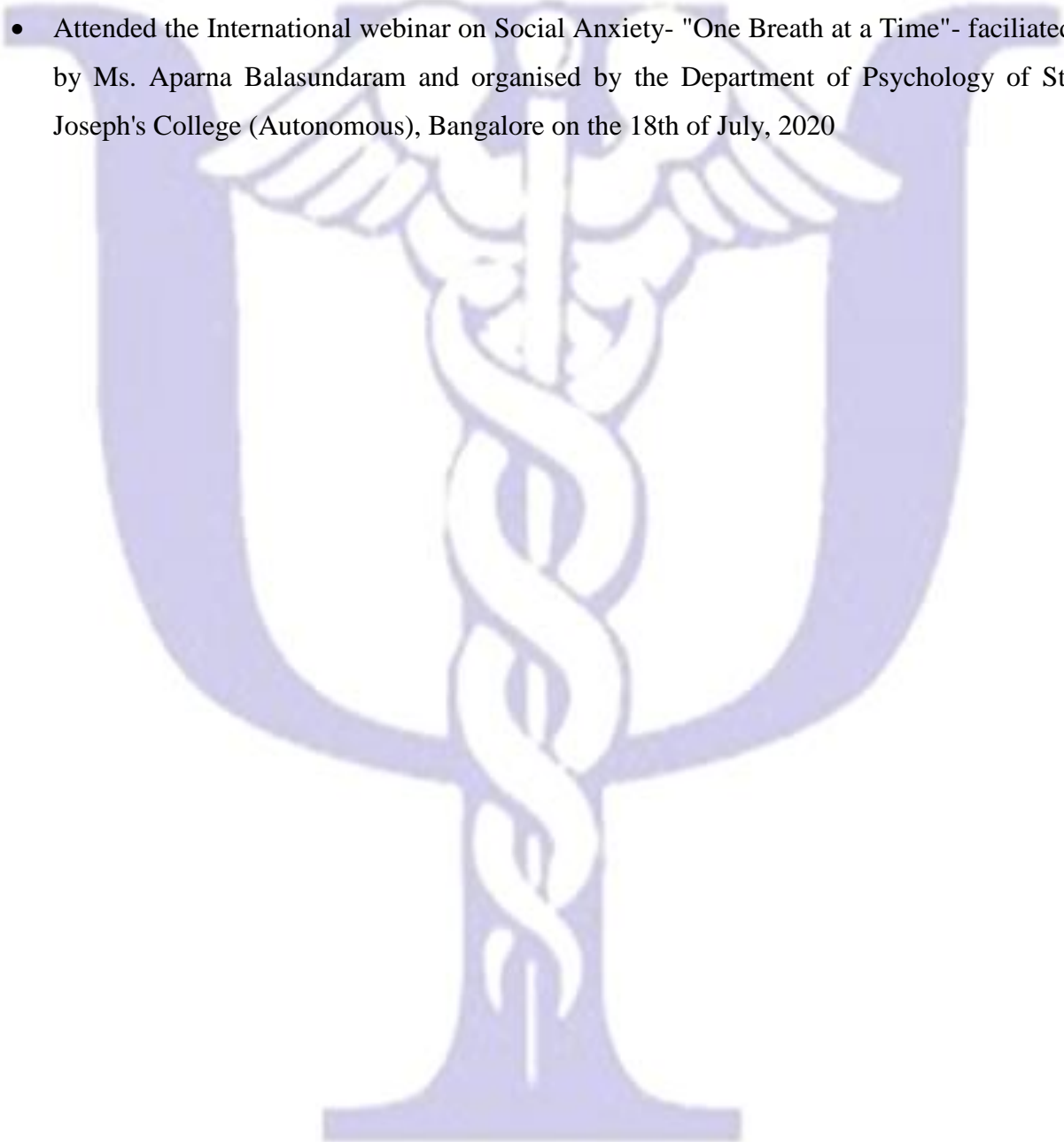
- Coordinated an international level webinar on “Post-Covid Mental Health - The role of kindness” on 12th, 13th and 14th October, 2020.
- Coordinated national level webinar on "working together to prevent suicide" on 14/9/2020.
- Attended a state level webinar on "Working Together to Prevent Suicide" conducted by MES Keveeyam College- Valanchery on 10/09/2020.

Ms. FATHIMATH SUHARA K. K.

- Attended an international level webinar on "New Trends in Organizational Behavior" organized by Yuvakshethra Institute of Management Studies, Palakkad on 22/09/2020.
- Attended a state level webinar on "Working Together to Prevent Suicide" conducted by MES Keveeyam College- Valanchery on 10/09/2020.
- Attended a national level webinar on " Pedagogical Approaches & Digital Tools for Effective Teaching Learning" organized by MES Keveeyam College Valanchery on 3rd July to 7th July 2020.
- Attended a state level webinar on "Moodle Cloud and Effective Online Teaching" organized by WIRAS, Kannur on 16/08/2020.
- Participated in a national level webinar on " Trends in Counseling During Covid-19" organized by Mahatma Gandhi College- Thiruvananthapuram on 27th & 28th June 2020.
- Participated in a state level webinar on Psychopathology & Suicide Prevention during COVID-19 Pandemic organized by MES Keveeyam College, Valanchery.
- Coordinated an international level webinar on “Post-Covid Mental Health - The role of kindness” on 12th, 13th and 14th October, 2020.
- Coordinated national level webinar on "working together to prevent suicide" on 14/9/2020.

MS. DHANYA N

- Participated in the Webinar on 'Case History and Verbatim in Counselling' organised by the Department of Applied Psychology, Central University of Tamil Nadu on 14th August 2020.
- Attended the International webinar on Social Anxiety- "One Breath at a Time"- facilitated by Ms. Aparna Balasundaram and organised by the Department of Psychology of St. Joseph's College (Autonomous), Bangalore on the 18th of July, 2020



MAJOR ACHIEVEMENTS AND ACCOMPLISHMENTS

Examination result

- Students (2018 admission) achieved 95% result in third semester.
- Shahana Thasni (First Year Psychology) won in the social entrepreneurship development institutional competition.
- Suhaila. V (third year psychology) secured second place on a state level letter writing competition on "suicide prevention" organized by St. Mary's college puthanathani on 15th september 2020.



FINE ARTS WINNERS 2020-2021

The department of psychology secured 4th place in fine arts 2020-21.

- Faheema Yasmin from third year psychology won first place in mappilappattu.
- Anas Muhammad from third year psychology secured first place in Arabic recitation and second place in mappilappatt.
- Fareeda Faiza, Rinshifa and Shahana Thasni from First Year Psychology won first prize in collage making competition.
- Fidha from third year psychology won first place in poster making competition.
- Ameera from third year psychology secured first place in English story writing.
- Shahsiya from second year psychology won first place in versification English.
- Nihana from second year psychology secured second place in Hindi recitation and light music.
- Jaseena from first year psychology won third prize in mappilappattu.
- Safana Sherin from first year psychology won third prize in Malayalam recitation.
- Anas Ibrahim from third year psychology won third place in spot photography.
- Suhaila V from third year psychology won second prize in Arabic story writing competition.

CONCLUSION

Concluding this report, I express my heartfelt gratitude to University of Calicut, Principal, Members of the management committee, members of teaching and non-teaching staff, parents, members of college union, all students and well-wishers for their sincere cooperation and assistance bestowed upon this department.

Thank you all
Head of the department