

## **Department of Psychology**

### **Program organized**

**2024-25**

- The Department of Psychology at Auxilium College in Vellore organised and participated in a workshop on "*Self-care Strategies for Mental Health*" on October 16, 2024. The program was facilitated by Mr. Sunil J., a counsellor and psychotherapist, and founder of ALPAS. The workshop was attended by psychology students as well as a few outsiders.
- The Department of Psychology attended a five-day workshop organized by Anugraha Capuchin Institute of Counselling, Psychotherapy and Research in Dindigul District in Tamil Nadu on the topic "*Healing the Inner Child*" from 21.11.2024 to 24.11.2024. A total of 52 students participated in the workshop.
- The Department of Psychology at Auxilium College in Vellore organized a workshop on '*Self-awareness*' and '*Career in Psychology*' on December 16, 2024. The facilitators for the workshop were Mrs. Sheela Elizabeth J. and Ms. Jayashri N.
- Dr. James Ranjith P., Assistant Professor, Departments of Psychology at Auxilium College (Autonomous), Vellore, served as a recourse person for online session on "*Mental Health Impact of cyberbullying and Laws related to prevention of cyberbullying*" on 31-01-2025 & 10-02-2025 for the three months certificate course in "Promotion of Mental Health and Life Skills Education for Adolescents" conducted by the Department of Psychiatric Social Work, NIMHNS, Bengaluru.
- To mark International Women's Day, the Departments of Psychology at Auxilium College (Autonomous), Vellore, organized a National webinar for faculties "*Invest in yourself- Find your work life Harmony*" through the 'Teams' platform on March 8, 2025. A total of 110 participants attended the program. The speaker, Dr. Rameela Shekar, a Consultant and Mental Health Professional at Manoshanthi, Mangalore, explained the concept of self-love and its significance in everyone's life.
- The Department of Psychology organized a guest lecture on the topic "*Heterosexual Relationships*" on April 25, 2025. The speaker, Fr. Joe Sanjay Assistant Professor, Department of Psychology, Sacred Heart College (Autonomous), Tirupattur. He

emphasized the concepts of attraction, its dynamics, and processes. The workshop was attended by students of psychology.

## **2025-26**

- On Social Media Day, the Departments of Psychology & Communication Media, at Auxilium College (Autonomous), Vellore, organized a series of events on June 30, 2025 aimed at fostering digital awareness, media responsibility, and mental well-being. The day's celebration included a Reels Making Competition, a Poster & Slogan Competition, and a Workshop on Cyber Wellness, each offering a unique opportunity for students to express, reflect, and engage meaningfully with the digital world. Reels Making Competition was conducted on the theme "*Digital Detox*" and Poster & Slogan Competition on the theme "*Screen Reflections: Who Am I Online?*". The workshop on "*Cyber Wellness*" was conducted by Dr. James Ranjith, Assistant Professor, Department of Psychology, Auxilium College (Autonomous), Vellore.
- The Departments of Psychology and Social Work jointly organized and participated in a workshop titled "*Empowering Peers: Addiction Management Strategies*" on July 2, 2025. The resource person was Dr. Bharath R., Consultant Mental Health, Sozo Edurise, Chennai. The workshop aimed to equip students with knowledge and tools to understand, identify, and intervene in addiction-related issues among peers, promoting mental health awareness and peer support skills.
- The Department of Psychology organized a two-day workshop on the topic "*Counselling Skills for Student Well-being*" on July 28 & 29, 2025. The resource person of the workshop was Mr. R. Nicky Ebenezer, a Certified Psychological Counsellor Trained at the Christian Counselling Center (CCC), Vellore. The workshop aimed to equip psychology students with essential counselling skills to promote student mental health and emotional well-being. The sessions focused on developing effective communication, empathy, and support strategies through a combination of theory and practical application.
- The Department of Psychology, in collaboration with the FMA Youth Ministry Team, Chennai Province, organized a "*Two-day Workshop on the Promotion of Mental Health among adolescents using the Life Skills Approach*" on August 8 & 9, 2025. The resource persons of the workshop were Dr. James Ranjith P. & Ms. Yasina Banu, Assistant Professors, Department of Psychology, Auxilium College (Autonomous), Vellore and

Fr. Renigo Roy, HOD (UG) & Assistant Professor, Department of Psychology, Sacred Heart College (Autonomous), Tirupattur. A total of 35 school teachers and 30 psychology students participated in the program.

- The Department of Psychology, Auxilium College (Autonomous), Vellore, celebrated *International Youth Day* on August 12, 2025, with vibrant activities that inspired enthusiasm and unity among students. A special Youth Day Oath-Taking Ceremony was conducted in the College, where students collectively pledged to uphold peace, equality, justice, and harmony. Adding energy and color to the celebration, the students of the department performed a flash mob. With dynamic moves and spirited expressions, the performance captivated the audience, spreading joy and engaging a large number of students across the campus.
- Dr. James Ranjith P., Assistant Professor, Department of Psychology at Auxilium College (Autonomous), Vellore, served as a resource person for the topic “*Stress Management*” in the Monthly Conclave on August 29, 2025, organized by the Committee for Research Ethics, Publication & IPR, Auxilium College (Autonomous), Vellore.
- The Department of Psychology attended a five-day workshop organized by Anugraha Capuchin Institute of Counselling, Psychotherapy, and Research in Dindigul District in Tamil Nadu on the topic “*Expressive Arts Therapy*” on September 17–21, 2025. A total of 69 students participated in the workshop.
- An expert lecture was organized by the Department of English and the Department of Psychology on the topic “*Making Sense of My World*”- *Understanding A child’s Perspective* on September 17, 2025. The speaker, Dr. Ashok Kumar (MD), a mental health practitioner based in London, England.
- Dr. James Ranjith P., organized a workshop on the topic “*Foundations of Counselling: Essential Skills and Principles*” on September 18, 2025. The resource person of the workshop was Mrs. Sopnakumari Giftus Joshua, College Counsellor, Auxilium College, Vellore. With her extensive experience in counselling practice, she provided valuable insights and facilitated the sessions with clarity and interactive engagement.
- The Department of Psychology organized and participated in a workshop titled “*Suicide Prevention Capacity Building Program*” on October 4, 2025. The resource person was Dr. Bharath R., Assistant Professor, NSS Cell, CET, SRMIST, Kattankulathur, Chennai. The workshop aimed to equip students and faculty volunteers to gain a deeper

understanding of warning signs, risk factors, and protective factors. To develop essential skills to approach and support individuals with suicide risk and create a supportive community that promotes mental health and well-being. A total of 69 participants from various departments of Auxilium College, Vellore, attended.

- The Department of Psychology, Auxilium College, commemorated *World Mental Health Day* on October 10, 2025, with a series of impactful initiatives aimed at promoting positive mental health and fostering awareness among faculty, students, and the broader community. The department conducted three activities, including a Short Video on Positive Mental Health, a poster presentation, and the Wall of Hope Initiative. The department produced and shared a professionally crafted short video highlighting the significance of positive mental health practices. The poster presentation event was organized, showcasing creative and informative posters designed by students. The posters, which covered the topic of mental wellness, were displayed at the student corner and attracted many participants. A “Wall of Hope” was set up in the admin block to create a collaborative space for faculty and students to share their thoughts on mental well-being. Participants were invited to write messages of hope on the wall. Additionally, each participant received a small “Hope Message” card to carry with them as a reminder of the positive themes shared during the event.
- Dr. James Ranjith P., Assistant Professor, Department of Psychology at Auxilium College (Autonomous), Vellore, served as a resource person in the workshop for the topic “*Transactional Analysis*” on October 13, 2025, organized by the Rangers Unit, Auxilium College (Autonomous), Vellore.
- The Department of Social Work & Psychology, Auxilium College (Autonomous), Vellore, commemorated World Mental Health Day by organizing a national workshop on the WMH theme 2025 “*Access to Services: Mental Health in Catastrophes and Emergencies*” on October 16, 2025 in technical collaboration with the National Institute of Mental Health and Neuroscience (NIMHANS) (INI), Bengaluru. This one-day national workshop was designed to equip participants with the knowledge and skills necessary to navigate the challenges of mental health support during disasters and emergencies. Dr. Jayakumar C., Additional Professor, Department of Psychosocial Support in Disaster Management, NIMHANS, Bengaluru, served as the resource person for the national workshop, sharing valuable insights on HRV analysis, crisis intervention, and mental health management during disaster situations. The workshop

began with an introductory ceremony presided over by the principal, Dr. (Sr.) Arokia Jayaceli A., and the event attracted 169 attendees from various institutions and fields.