

PROGRAMS ORGANISED

The Department of Psychology celebrated **Mental Health Awareness Day** on October 9, 2020, from 10.15 to 11.15 AM via Google Meet. The event featured Rev. Fr. Arul Prabhakar from the Thoothukudi Diocese and Dr. Emilda Josephine, Asst. Prof. at the Lebanese French University. Rev. Fr. Arul Prabhakar delivered the keynote address. Dr. Emilda Josephine, the guest of the day, spoke on the need for mental health awareness for prospective psychologists. The celebration included a prayer song, welcome speech, Tamil speech, poetry, a motivational song, and a PowerPoint presentation on mental health.

The **webinar on roles of a psychologist in different areas** was conducted by the Department of Psychology online through Google Meet on 18th September 2021 for students. From 10.30 AM to 12.30 PM. The resource person was Mrs. A. Thendral Asasi, Head and Assistant Professor, Department of Psychology, Apollo Arts and Science College, Chennai. She is also the founder and counselling psychologist of LIFECARE, a counselling and behavioural training center. Mrs. Thendral Asasi delivered an in-depth lecture that explored various fields in psychology, the roles that psychologists play in each field, and job opportunities available in those fields. The webinar served as an introduction to the profession of psychology, highlighting its diverse career paths and the importance of psychologists in different sectors. The event was informative and beneficial for the students, providing them with a comprehensive overview of potential career opportunities in psychology.

The Department of Psychology celebrated **World Mental Health Day** on 13th October 2021, from 10.00 AM to 11.30 AM in Room No. 1 of the Arts Block. The guest of honour was Mr. Arul Prabakaran, Assistant Professor, Department of Psychology, Sacred Heart College, Tirupattur. He presented an interactive session on "Mental Health and Psychological Wellbeing," which was greatly enjoyed by the students. The event was organized by the class of II B.Sc Psychology, with all students actively participating in the planning and execution of the celebration. The session provided valuable insights into mental health and the importance of psychological well-being. Mr. Arul Prabakaran's engaging presentation covered various aspects of mental health, emphasizing practical strategies for maintaining psychological wellbeing. The students appreciated the opportunity to interact with the guest and gain a deeper understanding of the subject.

The celebration of World Mental Health Day highlighted the significance of mental health awareness and the role of psychology in promoting overall well-being. The event concluded with a vote of thanks, acknowledging the efforts of the organizing students and the valuable contribution of the guest of honour.

The Department of Psychology organized a three-day training program titled "**Innovation Insights**" to train teaching staff in the mental wellbeing of students and staff, class management, and counseling. The training began on 5th January 2022 at SEARCH Ashram Manivakkam, Chennai. A total of 19 teachers from various Auxilium institutions in the North

Tamil Nadu region participated. Rev. Sr. Irene covered a series of counselling steps in sessions on the 7th, where participants were taught 12 steps of counselling and encouraged to practise in pairs. On the 7th, Ms. Keren handled a session on "Wellbeing" from 6.30 to 7.30 PM, focusing on practical measures to enhance the mental and emotional wellbeing of teaching staff.

On the 8th, Ms. Keren conducted back-to-back sessions on the variant behaviour of students in an educational setup. These sessions delved into the developmental needs and requirements of students and how these manifest as various behaviours previously identified by the teachers. The session also provided tips for handling online classes and included a small Q&A session towards the end. The training program aimed to equip teaching staff with essential skills and knowledge to improve their effectiveness in managing classroom dynamics and supporting the mental health of both students and staff. The participants found the program highly beneficial and engaging. The event concluded with appreciating the efforts of the active participation of the teaching faculty.

The Department of Psychology organized a workshop on **"Assessment for Learning Disability"** on 12th April 2023 in Room No. 12 of the Arts Block. Thirty students from B.Sc. Psychology participated in the workshop, which was designed to assist them with the Learning Disability Assessment portion of their project paper.

The resource person was Mr. Neethipathi Rajan, M.A. (Psychology), M.A. (Sociology), Dip. Ind. Psy, P.G. Dip in Guidance and Counseling, Former WHO Fellow in Clinical Psychology, and Recipient of the 2008 PPA Best Educationist Award. He is also a psychometric trainer and consultant. During the workshop, students were taught about the various symptoms that present in different learning disabilities. Mr. Neethipathi Rajan guided the students in creating a valid assessment tool and choosing relevant items for the assessment tool.

The workshop provided valuable insights into identifying and assessing learning disabilities. Students learned practical techniques for developing and implementing effective assessment tools. The interactive nature of the workshop allowed students to engage actively and clarify their doubts.

The session concluded with positive feedback from the participants, who appreciated the detailed explanations and practical applications shared by Mr. Neethipathi Rajan.

The Department of Psychology, in collaboration with the FMA Youth Ministry Team Chennai Province, organized a seminar titled **"Teaching Students with Learning Disabilities: A Challenge to School Teachers."** This two-day event aimed to address the pressing issue of accommodating students with learning disabilities within the educational system. The seminar commenced on October 13, 2023, with an insightful session on raising awareness among faculty members about the unique challenges faced by students with learning disabilities. Experts in the field shed light on the importance of mental health services and the role educators play in supporting the well-being of these students. Day two of the seminar, held on October 14, 2023, focused on practical strategies for facilitating learning in students with disabilities within regular classroom settings. Participants engaged in discussions and workshops aimed at identifying physical and academic adaptations necessary to promote

systematic reading and writing for children with learning disabilities. Throughout the seminar, educators were empowered with the knowledge and tools needed to effectively support students with learning disabilities, nurturing their overall growth and skill development. The event exemplified the department's commitment to addressing the diverse needs of students and fostering an inclusive and supportive learning environment.

On January 19, 2024, at 10 AM, the **Department of Communication Media, in collaboration with the Department of Psychology**, organized a workshop on AI Tools in Designing. Held at the Media Block Seminar Hall on the Auxilium College Campus, the event brought together students from B.Sc. Visual Communication and B.Sc. Psychology in a collaborative endeavour to explore the intersection of technology and design. The workshop featured Tekra Infotainment Media Graphic Designer, Dhanalakshmi, as the resource person, who shared insightful knowledge and experiences with the participants. Throughout the session, students were immersed in a practical exploration of AI technologies in design, gaining hands-on experience with various tools and techniques. Under the guidance of the resource person, participants delved into the application of AI tools in different aspects of design, from graphic design to multimedia production. Through interactive discussions and demonstrations, students gained a deeper understanding of how AI can enhance creativity, efficiency, and innovation in the design process.

The workshop exemplified the departments' commitment to integrating cutting-edge technologies into academic programs and promoting interdisciplinary learning. By providing students with practical exposure to AI tools in design, the event not only expanded their skill set but also inspired them to explore new avenues for creative expression and problem-solving in their respective fields.

The Department of Psychology recently organized a dynamic **Workshop** addressing two crucial themes - **Assessment for Dyslexia Learning Disabilities and Optimistic Approach towards Emerging Adulthood** on February 23, 2024. The workshop commenced with a session on Assessment for Dyslexia/Learning Disabilities led by Mr. Neethpathi Rayan, a distinguished Psychometric Session trainer and consultant, who delved into various assessment methodologies and interventions aimed at supporting individuals with dyslexia and learning disabilities.

Following this insightful session, Mrs. Aarthi .D, Head and Assistant Professor at DKM College (Autonomous), Vellore, facilitated a session on Optimistic Approach towards Emerging Adulthood. Through engaging discussions and practical exercises, participants were equipped with strategies to cultivate a positive outlook and resilience among young adults navigating the complexities of emerging adulthood.

The event provided attendees with valuable knowledge and practical insights, reflecting the department's commitment to holistic education and professional development. Participants appreciated the opportunity to learn from experts in the field and engage in meaningful discussions that enriched their understanding of dyslexia assessment and the challenges faced by emerging adults.