

Assabah Arts and Science College, Valayamkulam

DEPARTMENT OF PSYCHOLOGY

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**ANNUAL REPORT 2022-23**

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## 1.WORKSHOP ON RESEARCH METHODOLOGY

|                      |                                    |
|----------------------|------------------------------------|
| <b>Date and Time</b> | 31/08/2022,9.30 am                 |
| <b>Organized by</b>  | Department of Psychology           |
| <b>Participants</b>  | BSc Psychology final year students |
| <b>Venue</b>         | College Auditorium                 |

Department of Psychology organized a one-day seminar named "Trigger Visions determined to give the students general idea about research methodology in social sciences and hypnosis. The program was conducted on 31/08/2022, Wednesday at College auditorium, Assabah Arts and Science College, Valayamkulam

The event began at 9.30am following the inaugural session. The program was inaugurated by Prof Mohammed Koy, Principal, Assabah Arts and College, Valayamkulam. The department head, Ms. Huzna Ishak gave the presidential address. Then, the first session on Research Methodology was led by Mr.K. A Latheef, Psychologist and HOD, Markaz Arts and Science College, Atlhavanad. The session was very informative to the students and they got the clear-cut idea regarding research. session came to an end at 12.30 pm,



## **2. MENTAL HEALTH CLUB INAUGURATION AND WORKSHOP ON STAGE HYPNOSIS**

|                      |                             |
|----------------------|-----------------------------|
| <b>Date and Time</b> | 31/08/2022, 1.30            |
| <b>Organized by</b>  | Department of Psychology    |
| <b>Participants</b>  | Students of Assabah College |
| <b>Venue</b>         | College Auditorium          |

The afternoon session began at 1.30pm and the topic dealt was Hypnosis. The session was inaugurated by Prof Mohammed Koya, Principal, Assabah Arts and College, Valayamkulam. The department head, Ms.Huzna Ishak gave the presidential address. The official inauguration of mental health club was done by Mr.K.A Latheef, Psychologist and HOD, Markaz Arts and Science College, Athavanad.The session enlightened the students regarding the need of addressing mental health at college level. After the inauguration, the session on hypnosis began. Our resource person enacted live stage hypnosis which gave the audience, an idea about hypnosis and it also broke the myths surrounding it. The audience was very excited for the session and it give them an excellent experience related to hypnosis. After the session a certificate was given to our resource person, Mr. K.A Latheet, for engaging the both sessions excellently. The toppers of first semester university exam were awarded with token of honor. The session concluded at 3.30 pm with vote of thanks

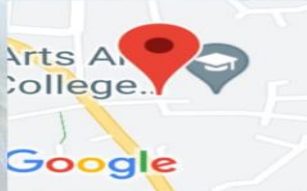


### **3.MENTAL HEALTH DAY OBSERVATION**

|                      |                            |
|----------------------|----------------------------|
| <b>Date and Time</b> | 10/10/2022                 |
| <b>Organized by</b>  | Department of Psychology   |
| <b>Participants</b>  | Mental Health club members |
| <b>Venue</b>         | Psychology Lab             |

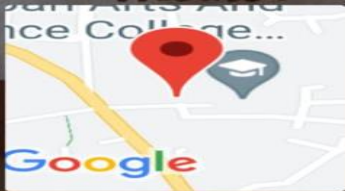
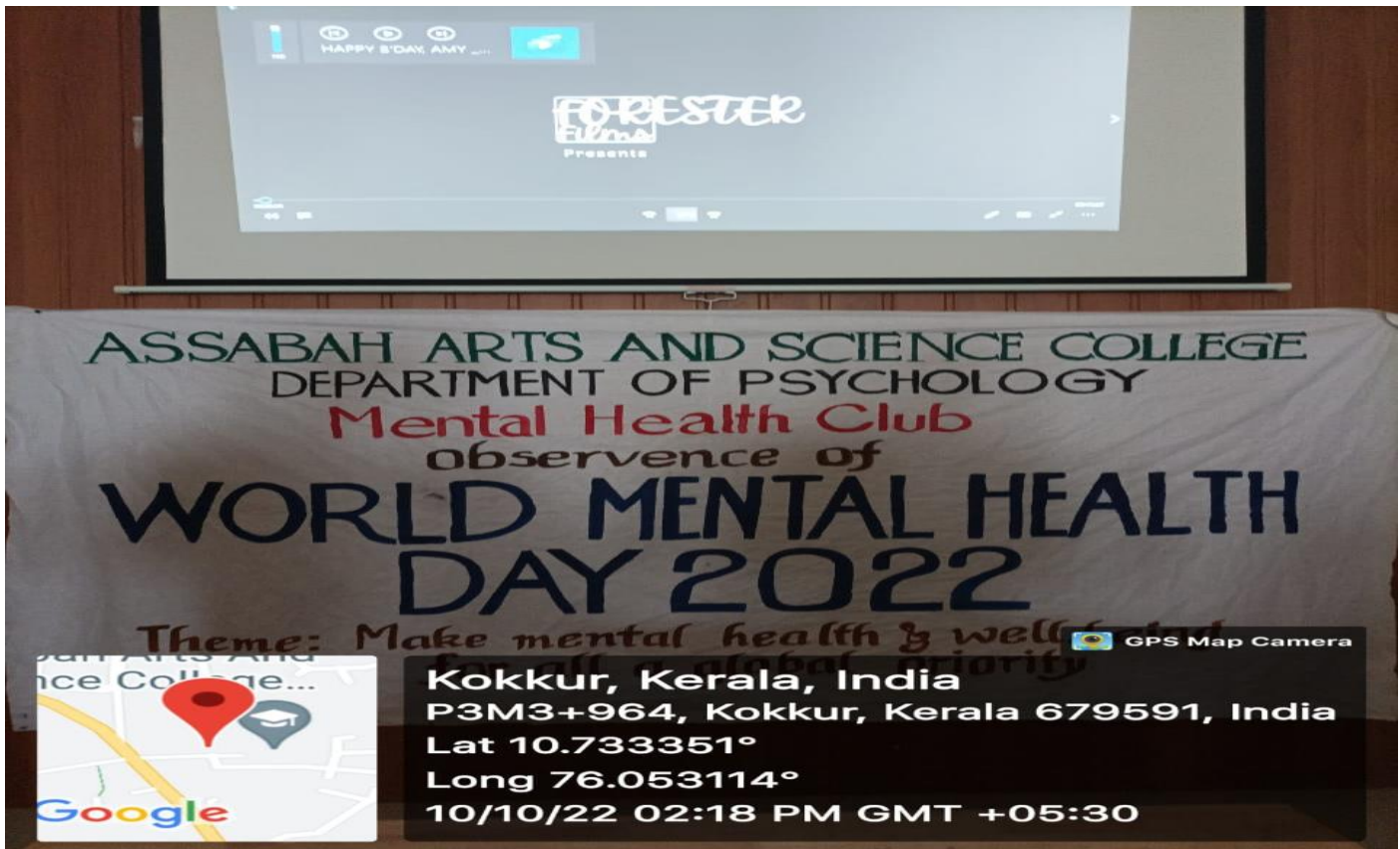
The mental health day observance aimed to raise awareness about mental health issues, reduce stigma surrounding them and to promote mental health among students and staff of the college. The session started at 10 am in psychology lab. The gathering was welcomed by Aysha P (3<sup>rd</sup> Se BSC Psychology student) and Mr. Mohammed Ajmal R S (Assistant Professor, Dept of psychology) gave the presidential address. Our respected principal Mr. Mohammed Koya M N inaugurated the session. The inaugural session came to an end by 11.30 am and scheduled activities was followed by the inaugural session are given below:

1. Poster Presentation
2. Flash mob
3. Paint party



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P3M3+86F, Kokkur, Kerala 679591, India  
Lat 10.733282°  
Long 76.053124°  
10/10/22 11:36 AM GMT +05:30

GPS Map Camera



Kokkur, Kerala, India  
P3M3+964, Kokkur, Kerala 679591, India  
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Long 76.053114°  
10/10/22 02:18 PM GMT +05:30

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#### 4.. INDUSTRIAL VISIT TO PSYCHOPARK

|                      |                          |
|----------------------|--------------------------|
| <b>Date and Time</b> | 12/11/2022               |
| <b>Organized by</b>  | Department of Psychology |
| <b>Participants</b>  | Final year students      |
| <b>Venue</b>         | Psychopark, Trivandrum   |

Department of Psychology organized an industrial visit to Psychopark, Trivandrum for final year students of Bsc Psychology. The purpose of the visit was to make the students to see and understand the world's first psychological theme park, complete with sculptures, paintings and other demonstration.

The industrial visit kick started on 12<sup>th</sup> November 2022 via train from Thrissur railway station. There were 25 students accompanied by 2 staffs and they were Ms. Rose Ann Paulson (Department of Psychology) and Mr. Abdulrahman P (Department of English). Psychopark team provided food and accommodation for both teachers and students. The institution provided two guides who explained the concepts regarding the sculptures and ideas behind them. The students were able to understand psychology both philosophically and spiritually. The team returned to college on 14<sup>th</sup> November 2022 after the visit.





## 5. PATHFINDER: CAREER GUIDANCE PROGRAM

|                         |                          |
|-------------------------|--------------------------|
| <b>Date and Time</b>    | 15/12/2022,1.30 pm       |
| <b>Organized by</b>     | Department of Psychology |
| <b>Participants</b>     | Final year students      |
| <b>Venue</b>            | Psychology lab           |
| <b>Association with</b> | Team incubation          |

The career guidance session organized by the Department of psychology in collaboration with Team incubation aimed to provide students with valuable insights into career opportunities and premier institutes in India. The session, led by Ashfaq Jafer, Psychologist and HR trainer from team incubation, focused on empowering students with information to make informed decisions about their future career paths. The session began at 1.30 pm and ended by 3.30 pm the key topic discussed were as follows:

- Premier institutes s in India
- Career Opportunities
- Personal development

The poster features a pink banner at the top left with the text '52/100'. Below it, the 'Incubation Pathfinder' logo is displayed. To the right, there is a logo for '100 100' with Malayalam text: 'കേരളത്തിലെ 100 ക്യാമ്പസുകളിൽ സാമൂഹ്യ കർമ്മ പ്രവർത്തകൾ'. The 'team INCUBATION' logo with the tagline 'nourishing your dreams' is in the top right. The college logo and name 'Assabah Arts & Science College, Valayamkulam' are on the left. The main title 'Exploring Career in Psychology' is in large, bold letters. Below it, the resource person's name 'Ashfaq Jafar' and his role '(Psychologist & HR Trainer, Team Incubation)' are listed. A circular image of Ashfaq Jafar speaking into a microphone is on the right. At the bottom left, the date and time '15 December 2022 Thursday | 01:30 PM' and the venue 'Venue: Psychology Lab' are provided.

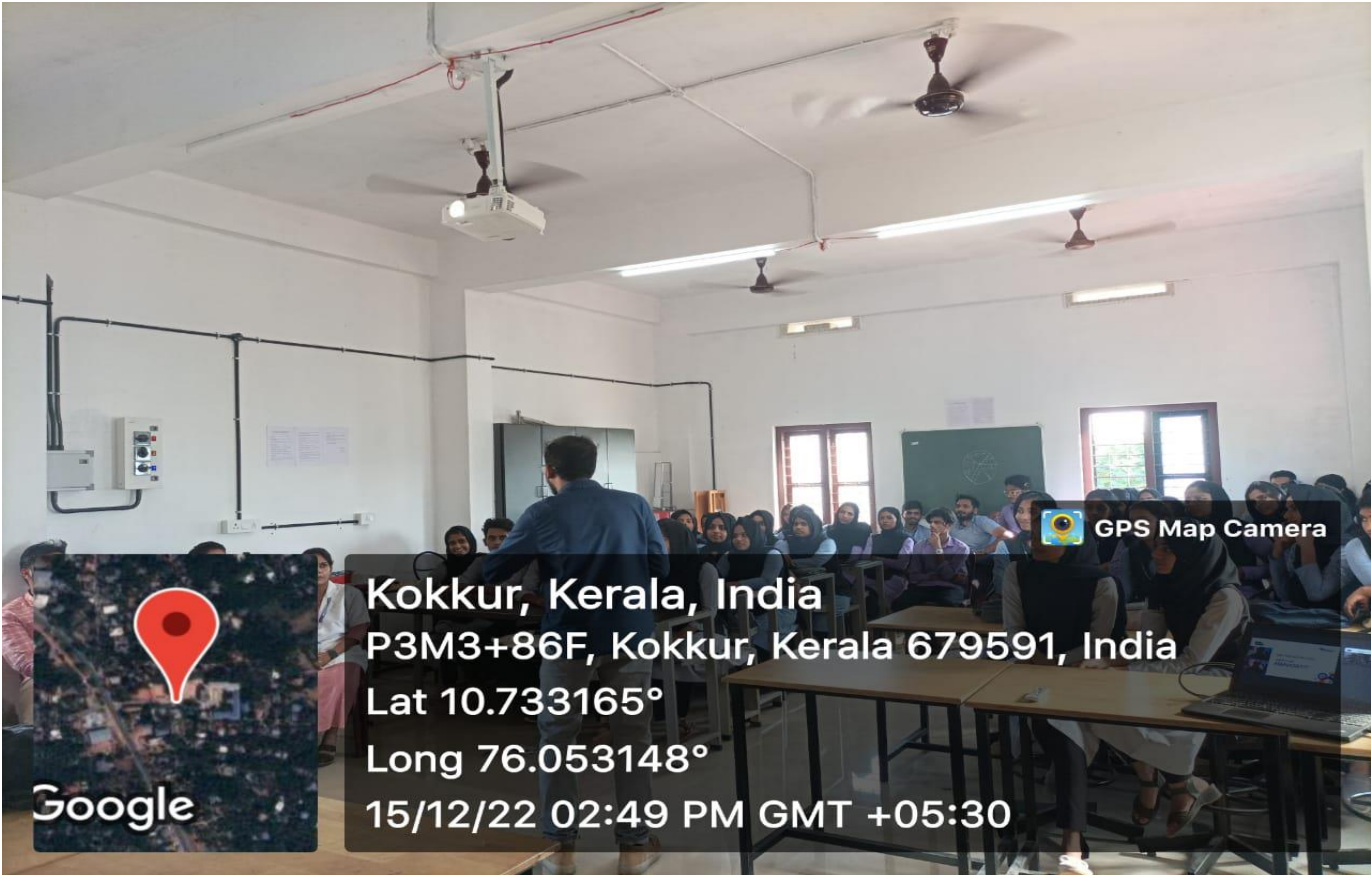


GPS Map Camera

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Long 76.05315°  
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Google



GPS Map Camera

Kokkur, Kerala, India  
P3M3+86F, Kokkur, Kerala 679591, India  
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Long 76.053148°  
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Google

## 6.SCOPE OF PSYCHOLOGY IN DEVELOPING ERA

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Date and Time</b> | 20/12/2022                        |
| <b>Organized by</b>  | Department of Psychology          |
| <b>Participants</b>  | Students of Psychology department |
| <b>Venue</b>         | College auditorium                |

Department of psychology organized a seminar on theme called the role of psychologists in the future world with regard to Psychology association inauguration and logo launch on 20/12/2022 at college auditorium. The session was led by famous career coach and psychologist Mr. Mohammed Riyas. The session began at 10.30 am and ended by 12.30 pm. The session was followed by paper presentation competition.

**DEPARTMENT OF PSYCHOLOGY**  
PSYCHOLOGY ASSOCIATION INAUGURATION  
SEMINAR  
PAPER PRESENTATION COMPETITION

**20/12/2022**  
10.00 AM -12.30 PM  
1.30 PM -3.30 PM  
COLLEGE AUDITORIUM

**10.00 AM-10.30**  
PSYCHOLOGY ASSOCIATION  
INAUGURATION  
LOGO LAUNCH

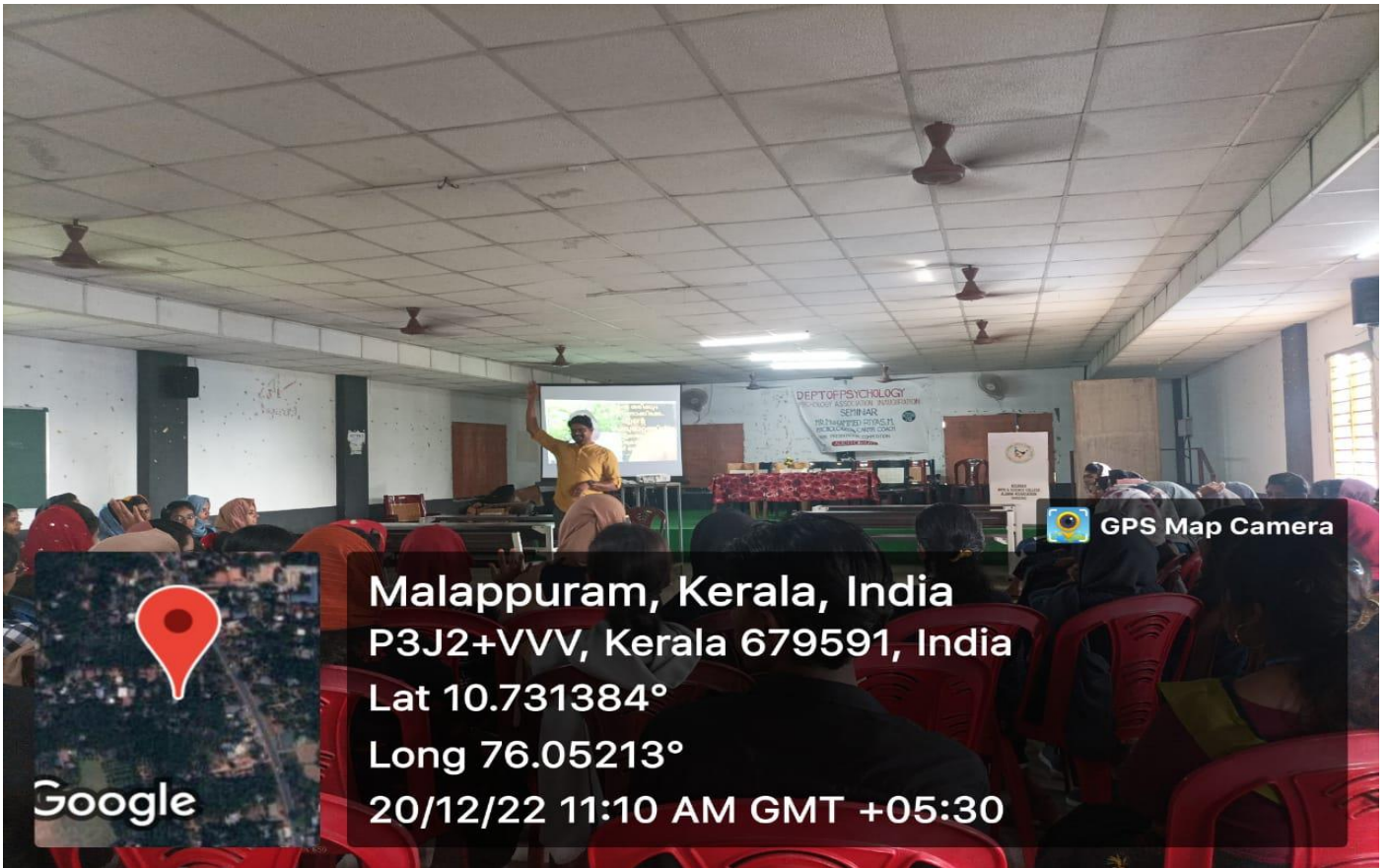
**1.30 PM -3.30 PM**  
PAPER PRESENTATION  
COMPETITION

**10.30 AM-12.30 PM**  
SEMINAR  
THE ROLE OF PSYCHOLOGISTS IN THE FUTURE WORLD

**MR. MUHAMMED RIYAS M**  
PSYCHOLOGIST & CAREER  
COACH

PSYCHOLOGY LAB

The poster features a background image of the college entrance with a sign that reads 'ASSABAH ARTS AND SCIENCE COLLEGE VALAYAMKULAM'. It includes icons for a calendar, a clock, and a location pin. A circular inset photo shows Mr. Muhammed Riyas M speaking at a podium. The Psychology Lab logo is also present.



GPS Map Camera



Google

Malappuram, Kerala, India  
P3J2+VVV, Kerala 679591, India  
Lat 10.731384°  
Long 76.05213°  
20/12/22 11:10 AM GMT +05:30



GPS Map Camera



Google

Kokkur, Kerala, India  
P3M3+9CM, Thrissur - Kunnamkulam  
Rd, Kokkur, Kerala 679591, India  
Lat 10.733474°  
Long 76.053866°  
20/12/22 10:50 AM GMT +05:30

## **7.PATHWAY SOCIAL LIFE WELLNESS PROGRAMME**

|                      |   |
|----------------------|---|
| <b>Date and Time</b> | 17/01/23-19/01/23                           |
| <b>Organized by</b>  | Department of Psychology                    |
| <b>Participants</b>  | Minority students                           |
| <b>Sponsored by</b>  | Minority welfare Department, Govt of Kerala |

The department of psychology and mental health club ASSABAH arts and Science College has conducted the first batch of three days pathway social life wellness program for minority youth on January 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> 2023 at college auditorium, ASSABAH arts and Science College. Kerala Government-Minority Affairs Department Project Pathway-Social Life Wellness Program three-day camp was inaugurated by Alamkode Grama Panchayat President K V Shaheer at college auditorium on 9.30 am. Ponnani Coaching Center for Minority Youth Principal Mr. Sarath Chandra Babu delivered the keynote address. College Principal **Prof. MN Muhammad Koya** presided the function, Vice Principal **Dr. Baiju M K** welcomed. Assabah College General Secretary **Muhammad Unni Haji**, Assabah Trust President **P P M Ashraf**, Staff Secretary **Praveen K U**, Student Advisor **Renju Raj**, Head of Psychology Department **Husna Ishaq**, College Union office bearers **Muhammad Faiz, Shibil M J** were felicitated for the program. Pathway Coordinator **Mohammad Ajmal** expressed vote of thanks. Total 33 UG and 2 PG students attended the program and we have received awesome feedback from the participants. We have distributed Pen and Writing Notes to Participants and Lunch, Tea with Snacks in each session. At the end of the course Principal Prof: MN Muhammed Koya, Mrs. Rajeena (CCMY Ponnani staff), Shaheem (Asst. Professor English Department) Riswana Nasrin (Asst. Professor Food Tech Department) Mohammed Ajmal (Program Coordinator) distributed Certificates to all participants.

