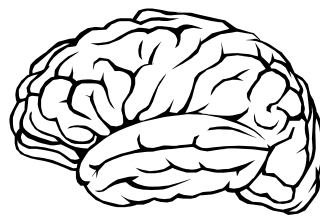


St. Mary's College (Autonomous)
Thoothukudi








♥ Department of Psychology ♥



News Letter
(2019-2020)



S. NO	ACTIVITY	DATE	TOPIC	RESOURCE PERSONS	BENEFICIARIES
1	 <p>Interschool Expressive Art Competition</p>	19.08.19	Youth and Addiction		School students from the locality
	 <p>International workshop</p>	7.09.2019	Ethical Values as a means of effective communication	<p>Mr. Sanjay Felix, Ass. Prof. Gambella</p> <p>University, Ethiopia.</p> <p>Dr. Morris Anthonysamy</p> <p>Prof., TN Theological Seminary, Madurai.</p>	I, II & III UG Psychology students, III UG & PG English students & staff from outside.

<p>World Suicide Prevention day Awareness program</p> 	12.09.2019	Nerkonda Paarvai	Mr. Vasnatha Kumar, International Speaker, Madurai	All III UG Students
<p>World Gratitude Day Celebration</p> 	26.09.2019	Acknowledging Service of Sanitary Workers		Sanitary workers of the college
<p>World Mental Health Day Awareness Program</p> 	25.10.2019	Psychological Resilience	Dr. Bharathi Mathan, MBBS, MD Ass. Prof. Thoothukudi Medical College	UG Psychology and III UG BBA students
<p>Association Meeting</p> 	25.10.2019	Women safety and campaign: Crime Awareness and Prevention health	Mr. Ramesh Krishnan Ramar, Ass. Prof & Head, Criminology Dept, Kamaraj college, Tutu.	All Psychology Students
<p>Guest lecture</p> 	24.02.2020	Introduction to basics of statistics	Mrs. Anuratha, Ass. Prof., Economics Dept(SSC)	II & III UG Psychology Students



Hod's Message

*"Believe you can and you're halfway there "
-Theodore Roosevelt*

I am very happy and delightful in presenting our department's enormous growth. 'We begun as a small sapling but now we stand as a sign of excellence and eminence'. To experience the subject, many outdoor programmes have been conducted. Not only in academics even in extracurricular activities. Our students have outshined and brought laurels. We flourish and thrive as a department. Supporting each other for their upliftment. It fills me with no much pride in putting forth all our department's activities. This newsletter is the handwork of our students. From this newsletter we can get an overview of our optimistic department.

'We are the starting step to a greater version'





Editorial Team

CHIEF EDITOR:

Elizabeth Regina

EDITORS:

Revathi

Vishwa Priya

Mary Angel

Akila

Malathi

PHOTOGRAPHER:

Sharon Chella Rosy

Afrin Shenaz

Association Meeting (25.10.2019)

The Psychology Department organised the Association Meeting on 25.10.2019 in the Fatima Hall from 12.00noon to 1.15pm. Mr. Ramesh Kanna Ramar, Head, Criminology Department, Kamaraj College addressed the Psychology Department students on the topic

“ Women Safety and Health Campaign: Crime Awareness and Prevention” Importance of women safety was stressed by the resource person and he also offered a list of helpline numbers that was of great use to the students. The program started with a prayer song and ended with the college anthem. The program was highly interactive and informative and the students found it very useful.



Guest lecture (24.02.2020)

A Guest Lecture was arranged on 24.02.2020 in the topic “Introduction to basics of Statistics” for the II & III UG students. Mrs. Anuratha, Ass. Prof., Economics Department (SSC) was the resource person. She gave an introduction to the Basics of Psychological statistics which was very useful for the students. She gave a class room like effect by using the chalk and talk method. Feedback was collected on the program which gave a majority of positive response from the students. The Commerce Department (SSC), provided with a class room to organise the Guest Lecture.





Lab Activities

ODD SEMESTER: II UG – 5 EXPERIMENTS

I UG – 5 EXPERIMENTS

EVEN SEMESTER: II UG – 5 EXPERIMENTS

I UG – 5 EXPERIMENTS

Students Enrollment:

NUMBER OF STUDENTS

ENROLLED

– 25



External Experts (01.02.2020)

- **Dr. Bhuvaneswari**
- **Dr. Sudha Kumari**
- **Dr. Rowena**
- **Dr. Asha**



Staff Members:

- **Dr. Jeya Bharathi**
- **Mrs. Rohini**
- **Ms. Yuva Bala**
- **Ms. Jeya Bala**



MOU ACTIVITY

23.05.2020 - ANNAMAL COLLEGE OF EDUCATION
FOR WOMEN

OBJECTIVE:

To help the school teacher's cope with the challenges they face during COVID - 19 pandemic.

NEW STAFF APPOINTMENT:

→ **Ms. Yuva Bala**

→ **Ms. Jeya Bala**

STAFF ACCOMPLISHMENTS

DR. S. JEYA BHARATHI

Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper	Organized by	Date
One day International workshop on Ethical values as a means of Effective communication.	International Workshop		Organised	Department of Tamil & Department of Psychology, St.Marys college (Autonomous), Tuticorin.	7.9.2019
National Conference on “Strategic Human Resource Management-A Global Perspective”	National conference	Presented	Attrition: A major problem among women work force and the need for reframing retention strategies	Marian Research forum, St.Marys college (Autonomous) Tuticorin.	13.9.2019
International Conference on “Scientific & Social Approaches to Mental well being- 2019”	International Conference	Presented	Gardening: An effective means of achieving Mental Health. A Literature Review	VVV College, Viruthunagar.	4.10.2019
Workshop		Participated	IQAC organized FDP	St.Marys college (Autonomous) Tuticorin.	26.11.2029

55th National & 24th International Conference of IAAP	International conference	Presented/ Chaired	The use of positive therapy in the enhancement of GWB among the victims of SH	MSU, Tirunelveli	23.01.2020-25.01.2020
National seminar on scientific publications and evaluation: Reference tools, citation analysis and plagiarism.	National seminar	Participated		Library department and research. forum, St. Mary's College, Thoothukudi.	03.02.2020
content workshop	Institutional	Participated	Workshop on e content development	St. Mary's College, Thoothukudi	18.02.2020-22.02.2020
National conference on Mental health and Well being	National conference	Presented	A descriptive analysis of the leadership qualities of Tamil kings as depicted in Sanga Illakiyam	PSG College, Coimbatore	13.04.2020, 14.04.2020

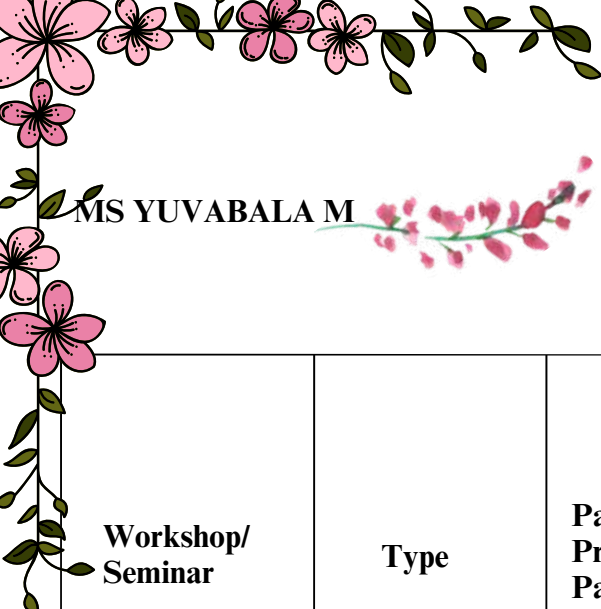
Workshop/ Seminar/FDP	Type	Paper Presented/ Participated	Title of the Paper	Organised By	Date
One day International workshop on Ethical values as a means of Effective communication	Workshop	Organised		Department of Tamil SSC & Department of Psychology, St.Mary's college (Autonomous), Thoothukudi	7.9.2019
Writing research proposal for funded projects.	Conference	Participated		Marian Research Forum, St.Mary's College (Autonomous), Thoothukudi.	14.09.2019
Writing and publishing research articles.	National conference	Participated		Kamaraj college, Tuticorin	1.10.2019
"Strategic Human Resource Management-A Global Perspective"	National Conference	Presented	Psychologic al well being at workplace, Pleasure Vs Pressure	Marian Research forum St.Marys college (Autonomous) Tuticorin.	13.09.2019



Women Empowerment & Women Entrepreneurship (w e2 2019)	International seminar	Participated		St.Xaviers Institute of Business Administration,Palaya mkottai.	12.10.2019
55th National & 24th International Conference of IAAP	International Conference	Presented	Self love - An effective key to be resilient.	MSU, Tirunelveli	23.01.2020 25.01.2020
National seminar on National scientific publications and evaluation: Reference tools, citation analysis and plagiarism.	National seminar	Participated		Library department and research forum, St. Mary's College, Thoothukudi.	03.02.2020



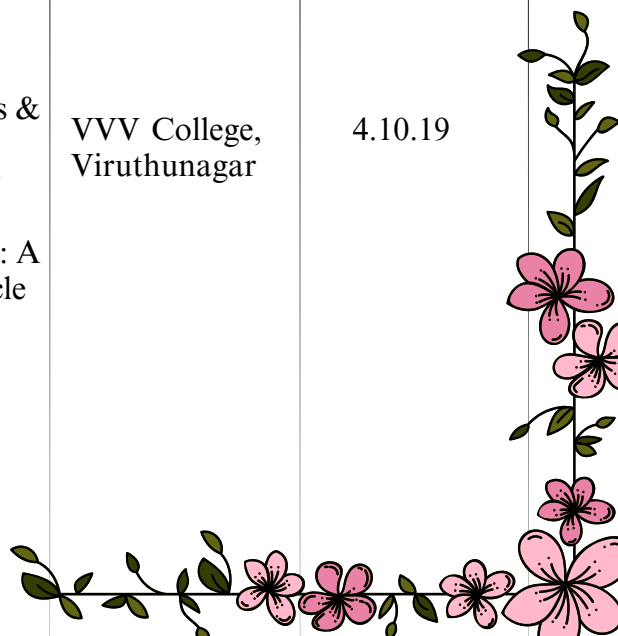
Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper	Organised By	Date
One day International workshop on Ethical values as a means of Effective communication.	International workshop	Organised		Department of Tamil & Department of Psychology, St.Marys college (Autonomous), Tuticorin	7.9.2019
National workshop on "Writing research proposal for funded projects"	National workshop	Participated		Marian Research Forum, St.Mary's College (Autonomous), Tuticorin.	14.09.2019
International Conference on "Scientific & Social Approaches to Mental well being-2019"	International Conference	Presented	Coping styles & Coping strategies for stress management: A Review Article	VVV College, Viruthunagar	4.10.19
Two day training Program on Yoga and meditation	Institutional	Participated		St. Mary's College, Thoothukudi	22.11.2019, 23.11.2019
55th National & 24th International Conference of IAAP	International Conference	Presented	A correlation study on self regulation, student self efficacy, life satisfaction and academic pro- crastination among college students.	MSU, Tirunelveli	23.01.2020- 25.01.2020



MS YUVABALA M

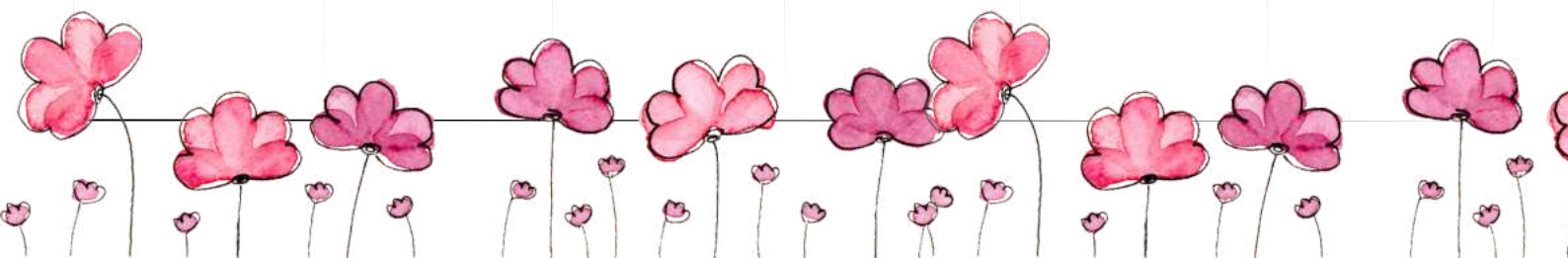
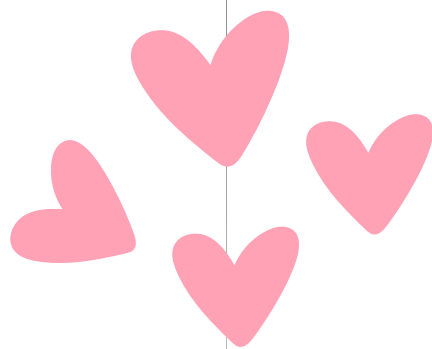


Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper	Organised By	Date
One day international workshop on Ethical values as a means of Effective communication	International workshop	Organised		Department of Tamil & Department of Psychology, St.Marys college (Autonomous), Tuticorin.	7.9.19
National Conference on “Strategic Human Resource Management-A Global Perspective”	National Conference	Presented	Human Resource Strategies of Amazon	Marian Research Forum, St.Mary’s College (Autonomous), Tuticorin.	13.09.2019
International Conference on “Scientific & Social Approaches to Mental well being-2019”	International Conference	Presented	Coping styles & Coping strategies for stress management: A Review Article	VVV College, Viruthunagar	4.10.19






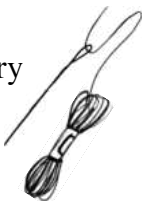
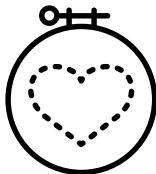
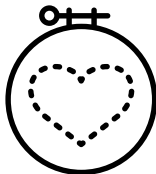


55th National & 24th International Conference of IAAP	International conference	Presented	Certain psychological factors related to Facebook addiction: A study among college students.	MSU, Tirunelveli	23.01.2020-25.01.2020
National seminar on scientific publications and evaluation: Reference tools, citation analysis and plagiarism	National seminar	Participated		Library department and Research forum, St. Mary's college, Thoothukudi	03.02.2020
National conference on Mental health and Well being	National Conference	Presented/ Chaired	Social desirability and life orientation	PSG College, Coimbatore	13.04.2020, 14.04.2020



STUDENTS ACCOMPLISHMENT

Date	Event	Organized by	Student name	Accomplishment
14.8.19	Tamil Slogan Writing	St. Mary's College (Independence day Competitions)	Padma (III UG)	I Place
14.8.19	Card Making	St. Mary's College (Independence day Competitions)	Pethimi (I UG)	I Place
13.9.19	Paper Presentation at National Conference on "Strategic Human Resource Management-A Global Perspective"	Marian Research Forum, St.Mary's College (Autonomous), Tuticorin.	Jessima, Shabana Afrin (II UG)	
19.9.19	Light Music	St. Mary's College (Fine Arts)	Sneha (III UG)	I Place
19.9.19	Pot Painting	St. Mary's College (Fine Arts)	Pon Vennila (III UG)	I Place

19.9.19	Vegetable Carving 	St. Mary's College (Fine Arts)	Mary Vadhana Devi, Maria Thomma Prinka Vaz (III UG)	I Place
20.9.19	Photography 	St. Mary's College (Fine Arts)	H. Thanga Rathi (III UG)	I Place
20.9.19	Art from Waste 	St. Mary's College (Fine Arts)	Ummul Rizwana (III UG)	II Place
20.9.19	Embroidery 	St. Mary's College (Fine Arts)	Sajin (I UG)	II Place
20.9.19	Comedy Track 	St. Mary's College (Fine Arts)	Jennifer, Arthi (I UG)	II Place
24.9.19	Speak India Contest 	St. Mary's College (Fine Arts)	Vedashree (II UG)	Zonals Selected

4.10.19	Paper Presentation at International Conference on “Scientific & Social Approaches to Mental well being- 2019”	VVV College, Viruthunagar	Pon Vennila, M & Padma, Ummul Rizwana & Pon Bala Priya, Irin Jeya Sheela & Mary Vadhana (III UG)	
4.10.19	Poster Presentation at International Conference on “Scientific & Social Approaches to Mental well being- 2019”	VVV College, Viruthunagar	Priya Dharshini, Antony Rose Reshmi (III UG) Jessima & Shabana Afrin, Roseline & Vishwa Priya (II UG)	
4.10.19	Poster Presentation at International Conference on “Scientific & Social Approaches to Mental well being- 2019”	VVV College, Viruthunagar	Suji, Vino Roshini (II UG)	II Place
4.10.19	Poetry Writing	Krishnammal College, Coimbatore (Inter college meet)	H. Thanga Rathi (III UG)	I Place
4.10.19	Solo Singing	Krishnammal College, Coimbatore (Inter college meet)	Maria Sneha (III UG)	II Place

30.11.2019	Essay competition	Tamilnadu State AIDS Control Society and Red Ribbon Club	Priyadarshini C	I Place
20.12.2019 - 22.12.2019	Participation in NAOP Conference	Pondicherry University	Shabana Afrin & Jessima (II UG) Irin Jeya Sheela, Mary Vadhana, Antony Rose Reshmi, Nisha Priyadarshini & Selva Princy Ebenezer (III UG)	
20.12.2019 -22.12.2019	Poster presentation at the NAOP Conference	Pondicherry University	Irin Jeya Sheela (III UG)	
23.1.2020 - 25.01.2020	Poster presentation at the 55th National & 24th International conference of IAAP	MSU, Tirunelveli	Irin Jeya Sheela, Pon Bala Priya & Lohitha, Padma & Venilla (III UG) Shabana Afrin & Jessima, Vedashree Suji (II UG)	
3. 01.2020 - 25.01.2020	Paper presentation at the 55th National & 24th International conference of IAAP	MSU, Tirunelveli	Afrin Shenaz (II UG)	

5.3.2020	One day training program on Human Rights	Sociology Dept., MSU	M. Sherine Heavenshah (I UG)	Participated
11.3.2020	Padaipaalar payirchi pattarai	Tamil Dept (SSC) St.Mary's college	H. Thanga Rathi	First Prize
11.3.2020	Padaipaalar payirchi pattarai	Tamil Dept (SSC) St.Mary's college	M. Jennifer	Second Prize
13.3.2020, 14.3.2020	Paper presentation at the National conference on Mental health and Well being	PSG College of Arts and Science, CBE	Afrin Shenaz Vedha Shree Shabana Afrin (II UG)	
13.3.2020, 14.3.2020	Poster presentation at the National conference on Mental health and Well being	PSG College of Arts and Science, CBE	Irin Jeya Sheela, Mary Vadhana Devi, Nisha Priyadharshini, Selva Princy Ebenezer, Maria Prinka Vaz, Mariya Sneha, Prizilla, Antony Rose Reshmi, Priya Dharshmi, Padma, Pon Vennila (IIIUG) Suji, Thiyofica, Vino Roshini, Roseline, Subbulakshmi,	

Elizabeth Regina,
Karthiga, Mariesh
Rinithiya, Vishva
Priya, Sharon Sella
Rosy, Jessima

(II UG)

13.3.2020,
14.3.2020

Poster presentation
at the National
conference on
Mental health and
Well being

PSG College of Arts
and Science, CBE

Mana Prinka Vaz
(III UG)

First Prize

DEPARTMENT ACTIVITIES

Interschool expressive art competition: (19.8.19)

The Psychology Department organized an Interschool Art competition on 19.8.19 in the Star Hall. 64 Students from 5 schools participated in the competitions. The topic was Youth and Addiction and art forms were created in the form of posters, collages and poems. The students actively participated. The President of Rotary Club of Pearl city and the Secretary of Rotary Club of Pearl City were the Chief Guests. The Heads of the various departments of the SSC were the judges who evaluated the various events.



International Workshop on “Ethical Values as a means of Effective Communication” (7.9.19)

The Psychology department in association with the Tamil department (SSC), organized a One Day International Workshop on The Ethical Values as an Effective means of Communication on 7.9.19 at the Pearl Conference Hall from 9.00 am to 3.30 pm. The resource persons were Mr. Sanjay Felix, Ass. Prof., Gambella University, Ethiopia who addressed the gathering on “Values for a valuable life” and Dr. Morris Anthonymsamy, Prof., TN Theological Seminary, Madurai who addressed the gathering on “Communication skills: Challenges and Chances. The beneficiaries were the students of the Psychology department and the III UG & PG students of the English department (SSC). Staff from other colleges also attended the workshop and were benefitted.



Awareness program on Suicide Prevention on the topic “ Nerkonda Paarvai” (12.09.2019)

The Psychology Department in association with the Counselling Forum organized an awareness program on suicide prevention on 12.09.2019 in the college auditorium from 11.30am to 1.30 pm.

International Speaker and Psycho Therapist Mr. Vasantha Kumar addressed all the III UG students on the topic “Nerkonda Paarvai”. He aptly addressed the students on the value of life and how girls should courageously face life’s challenges and lead a successful life. The program was very interactive and useful for the students.



World Gratitude Day Celebration (26.09.2019)

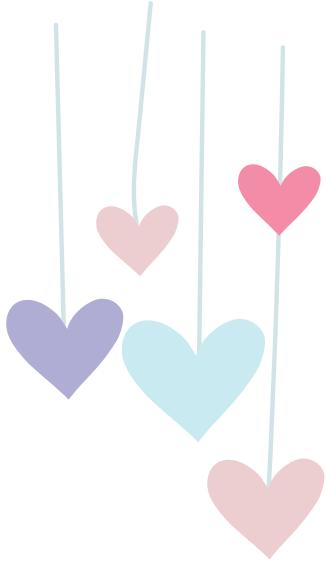
The Psychology Department organized a program for the Sanitary Workers of the college with regard to World Gratitude Day that was celebrated worldwide on 21. 09.2019. The program was organized on 26.09.2019 at the Star Hall from 9.30am to 10.30am. SSC Director Sr. Mary Joyce Baby presided over the program and honored the sanitary workers of the college who were the chief guests. The students of the Psychology Department performed various art forms for the chief guests. The program was a very fulfilling and heart touching event for both the organizers and the beneficiaries.



World Mental Health Day Awareness Program (25.10.2019)

With reference to the World Mental Health Day that is observed universally on October 10 every year, the Psychology Department in association with the Counselling Forum, organised an Awareness Program on 25.10.2019 in the Fatima Hall from 9.30am to 11.00am. Dr. Bharathi Mathan, MBBS, MD, Assistant Professor in General Medicine, Thoothukudi Medical College, addressed the Psychology students and the III UG BBA students on the topic “Psychological Resilience”. Awareness on the need for perfect mental health to lead a happy life was beautifully stressed by the resource person. Posters made by the Psychology students on Mental Health were displayed and greatly appreciated by the Resource Person.





ST.MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI.

DEPARTMENT OF PSYCHOLOGY

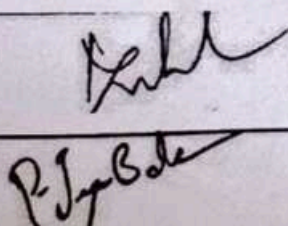
MENTOR MENTEE LIST 2019-2020

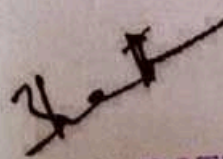
Ms. P. Jeya Bala (19SUPS01- 19SUPS14)

Ms. M. Yuva Bala (19SUPS15- 19SUPS26)

I BSc PSYCHOLOGY

REGNO	NAMES
19SUPS01	AARTHI M
19SUPS02	ABINAYA A
19SUPS03	ALFINA S
19SUPS04	ANUSIYA DEVI S
19SUPS06	BHARATHI M
19SUPS07	GAYATHRI P
19SUPS08	GOMATHI SWETHA S
19SUPS09	GRACE SHEEBA RANI P
19SUPS10	INITHA MERLINE V
19SUPS11	JENIFER M
19SUPS12	JENIFER J
19SUPS13	JEYA SHARON R
19SUPS14	KATHERIK ASHA V
19SUPS15	MALINI M
19SUPS16	MEGHA J
19SUPS17	NADHIRA SHERIN K
19SUPS18	NOORJAHAN BEEVI M
19SUPS19	PETHIMI S
19SUPS20	PRIYADHARSHINI C
19SUPS21	SAJIN SOFIA N
19SUPS22	SEETHA S
19SUPS23	SHERINE HEAVENSHAH M
19SUPS24	SHINY JOSENA S
19SUPS25	SUBALAKSHMI P
19SUPS26	VELKANI P


P. Jeya Bala
STAFF INCHARGE


Dr. S. JEYA BHARATHI
Co-Ordinator
HOD
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ST.MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI.

DEPARTMENT OF PSYCHOLOGY

MENTOR MENTEE LIST 2019-2020

Mrs.R.Rohini

II Bsc.PSYCHOLOGY



REG NO	NAMES
18SUPS01	K. AFRIN SHENAZ
18SUPS02	V. AKILA
18SUPS03	V. ARUNA DEVI
18SUPS04	T. ELIZABETH REGINA
18SUPS06	T. GNANA PRIYA
18SUPS07	I. JERLIN ESTHER
18SUPS08	R. JESSIMA
18SUPS09	P. JEYASUDHA
18SUPS10	M. KARTHIKA
18SUPS11	R. MALATHI
18SUPS12	M. MARIA PRIYANKA
18SUPS13	R. MARIESH RINTHYA
18SUPS14	S.MARY ANGEL
18SUPS16	P. REVATHI
18SUPS17	A. ROSELIN MARY
18SUPS18	A. SAHAYA VENI
18SUPS19	M. SHABANA AFRIN
18SUPS20	G. SHARON CHELLA ROSY
18SUPS21	A. SUBBULAXMI
18SUPS22	T. SUJI
18SUPS23	M. THIYOFICA
18SUPS24	P. VEDHASHREE
18SUPS25	R. VINO ROSHINI
18SUPS26	S.VISHWA PRIYA

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ST.MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI.

DEPARTMENT OF PSYCHOLOGY

MENTOR MENTEE LIST 2019-2020

Dr.S.Jeya Bharathi

III Bsc.PSYCHOLOGY

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17SUPS04	J. IRIN JEYA SHEELA
17SUPS05	V. LOHITHA
17SUPS06	S. MANICKA DEVI
17SUPS07	S. MARIA SNEHA
17SUPS08	B. MARIA THOMMAI PRINKA VAZ
17SUPS09	M. MARIYA JENCI
17SUPS10	K. MARY VADHANA DEVI
17SUPS11	D. NISHA PRIYADHARSHINI
17SUPS12	M. PADMA
17SUPS13	G. PON BALA PRIYA
17SUPS14	P. PON VENNILA
17SUPS15	S. PRIZILA
17SUPS16	Y. RAJALAKSHMI
17SUPS17	J. SELVA PRINCY EBENEZER
17SUPS18	H. THANGARATHI
17SUPS19	S. UMMUL RIZWANA
17SUPS20	S. PRIYA DHARSHINI

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