

St.Mary's College
(autonomous)
Thoothukudi

News letter

2020 - 2021

Department of
psychology



Hod's message

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

I am very happy and delightful our department's enormous growth we begin as a sapling but now we stand as a sign of excellence and eminence to experience the subject, many outdoor programs have been conducted. Not only academics even extra curricular activities our students have outshined by brought laurels. We flourish by thrive as a dependent . supporting each other for the upliftment it fills me with no much pride in putting forth all our department's activities. This is newsletter is the handwork.

Our Student. From this newsletter we can get an Overview of our optimistic department.

we are the starting step to a greater vision



otbridge. There is
his southern bank

Editorial team



CHIEF EDITOR
JESSIMA

THIYOFICA, SUJI, VEDHASHREE, VINO ROSHNI, AND
AFRIN SHENAZ - THE FABULOUS EDITING SQUAD!

PHOTO GRAPHER
ELIZABETH REGINA
VISHWA PRIYA



Objectives :

Mutual recognition of existence of other institution and mutually endorse the expertise of each other. sharing of technical expertise .

Academic visit .

joint teaching programme ,research activities &publication .

Exchange of academic materials and other materials.



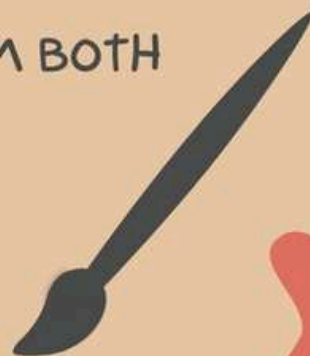
DEPARTMENT ACTIVITIES PSYCHOLOGY 2020-2021

ART COMPETITION

18 OCTOBER 2020
10 AM

ON 18TH OCTOBER 2020 THE DEPARTMENT OF PSYCHOLOGY HAS ORGANIZED AN INTERCOLLEGIATE ART COMPETITION ON THE TITLE "LOCKDOWN EMOTIONS".

PHOTOGRAPHS AND PENCIL DRAWINGS WERE ACCEPTED FROM COLLEGE STUDENTS FROM VARIOUS DISCIPLINES AND PRIZES WERE AWARDED TO THE BEST 3 ENTRIES FROM BOTH PHOTOGRAPHS AND PENCIL DRAWING.



ONLINE WORKSHOP ON MSE 13.04.2020



The department organized an Online Workshop for all the UG students of the department. The resource person was Dr. S. Srinithi, Asst. Professor, Dept.of Psychology, MSU, was the resource person. All the 68 students of the department were the beneficiaries and they were provided with e certificates after the evaluation of their assignments. The workshop was done with no registration fees.

Live Webinar



Online webinar on Psychological First aid (11.5.2020)

The department organized an Online Webinar for all teaching faculty from various disciplines from across the state on the topic Psychological First aid. The resource person was Ms. Divya Sundaram, a Freelance Counsellor from Coimbatore. 261 faculties had benefitted from this webinar and the relevance of the topic to the current situation was widely appreciated.



**Monday
11.05.2020**

ONLINE WEBINAR ON IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH (16.5.2020)

The department organized an Online Webinar for students from all disciplines on the topic Impact of social media on mental health. This webinar was aptly organized during the Mental Health Awareness Week that was observed from 18.5.2020–24.5.2020. The resource person was Ms. Divyavarshini Murugavel, People advisory service, EYGDS, Chennai. 107 students from various disciplines benefitted from the webinar.

MAY 16, 2020

03.00 PM – 06.00 PM

SPEAKER

MS.DIVYAVARSHINI
MURUGAVEL

JOIN NOW



Online webinar on Teacher Resilience: The blueprint for efficiency during uncertainty (23.5.2020)



Having the mental stress and burnout state of school teachers in mind, the department organized an Online Webinar for the school teaching faculties from all over Tamil Nadu. This was done in collaboration with the Annammal College of Education, Thoothukudi. The resource person was Dr. Fr. Lawrence Soosai Nathan, Head, Psychology Department, Anugraha Institute of Social Sciences, Dindigul. 195 school teachers benefitted from the webinar.

23.05.2020

MENTAL HEALTH AWARENESS WEEK (18.5.2020-24.5.2020)



With reference to the Mental Health Awareness Week that was observed worldwide from 18.5.2020-24.5.2020, the department organized Mental health challenges for all 7 days that the department students carried out and posted their experiences.

The challenges were so designed as to promote mental health among the department students. The students actively participated in the tasks and contributed to the success of the initiative taken.



*Online Faculty
Development Program*

2020

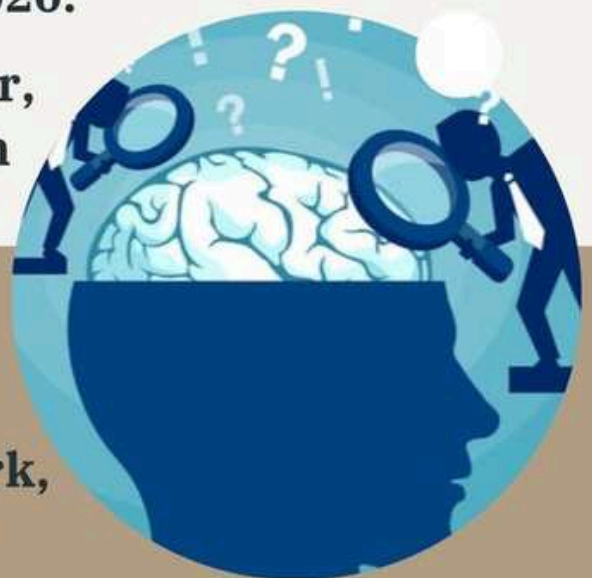
TALK ABOUT QUALITATIVE REASERCH

INSIGHTFUL DISCUSSION



The Department of Psychology, in collaboration with Counselling Forum, St. Mary's College (Autonomous), Thoothukudi and Sneka Mind Care centre, Tirunelveli, has organized an online Faculty Development Program on "Qualitative Research – A Research with Quality" from 16th June 2020 to 19th June 2020.

**Dr. Srinivasan Kannan, Professor,
Achutha Menon Centre for health
science studies, Sri Chithra
Thirunaal Institute for medical
science and technology,
Trivandrum and Sok Paneith,
Assistant Professor in Social work,
Royal University of Phnom Penh**



WEBINAR



A Webinar was conducted on the title “Cyber Security” by the department on 27th July 2020, and Mr. Vinoth, Criminology Department, MSU was the resource person. Over 120 students participated in the webinar and were enlightened on how to keep themselves cyber safe.



ASSOCIATION MEETING

OCTOBER 13, 2020 | 09:00 – 11:00 AM


Association meeting was held by the department of Psychology on 13th October 2020 on the topic "Building professionalism among budding psychologists". Madhuri, Assistant professor, MSSW, Chennai. She created an awareness among the students on how to be professional.





Mental health month

Mental health month challenge was conducted by the Department of Psychology from 1st May to 31st May 2020 to the students of Psychology department. The students were given one mental health challenge every day and were made to do such mental health promoting activities throughout the month. This greatly helped in enhancing the over all mental health of the students.



2020-2021

BOS

27.02.2021

Dr.Yuvaraj
Dr.Tamil selvan
Ms.koperundevi
Ms.shiny silveira

Staff Members

Dr.Jeya Bharathi
Mrs.Rohini
Ms.Yuva Bala
Ms.Jeya Bala
Ms.christina

New Staff Appointment

Ms.christina

MOU

10.08.2020

Annamal College of education for
women



PSYCHOLOGY DEPARTMENT ACTIVITIES

MARCH-MAY 2020

SN	ACTIVITY	DATE	TOPIC	RESOURCE PERSONS	BENEFICIARIES
1.	Online workshop	13. 4.2020	Mental Status Examination (MSE)	Dr. S. Srinithi, Asst. Prof, Dept. of Psychology, MSU.	I II & III UG Psychology Students
2.	Online Webinar	11.5.2020	Psychological first aid.	Ms. Divya Sundaram, Freelance Counsellor, CBE.	College Teaching Faculty
3.	Online Webinar	16.5.2020	Impact of social media on Mental Health	Ms. Divyavarshini Murugavel, People advisory service, EYGDS Chennai.	College students from all disciplines.
4.			Mental health awareness		I, II & III UG Psychology

	Mental Health Awareness Week	18.5.2020-24.5.2020	challenges	Department Faculties	students
5.	Online Webinar	23.5.2020	Teacher Resilience: The blueprint for efficiency during uncertainty	Dr. Fr. Lawrence Soosai Nathan, Head of Psychology Dept., Anugraha Institute for Social Sciences, Dindigul.	School Teachers

Staff activities

Name	Department	Workshop/ Seminar/ Training/ FDP/ Journal	Paper Presented/ Participated	Title	Organised By	Date
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M, Ms Christina S	Psychology	Workshop	Participated	Thematic Apperception Test	Psychoshiksha	21-Nov-2020
Ms Christina S	Psychology	Webinar	Participated	Stress Management	Sound Mind Clinic	29-Aug-2020
Ms Christina S	Psychology	Webinar	Participated	Introduction to Positive Psychology	Department of Mental Health and Behavioural Sciences, Fortis	02-Aug-2020

					Mental Health Care Limited	
Ms Christina S	Psychology	Webinar	Participated	Music and Movement Therapy	Department of Mental Health and Behavioural Sciences, Fortis Mental Health Care Limited	01-Aug-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online FDP	Participated	Online Faculty Development Program on "Essentials of Academic Writing"	Department of Education, University of Madras & IQAC, Annamalai College of Education for Women, Thoothukudi	09-July-2020 – 13-July-2020
Ms Jeyabala P	Psychology	Webinar	Participated	Webinar on Defence Psychology	Department of Psychology, Women's Christian College, Chennai.	06-July-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	International Web Conference	Presented	International Web Conference on Women Empowerment Through Education, Employment and Entrepreneurship (IWCWEEEE)	Department of Economics, St. Mary's College (Autonomous), Thoothukudi & National Foundation for Entrepreneurship Development (NFED), Coimbatore, TN	26-Jun-2020 & 27-Jun-2020
Ms. Yuvabala M		Online Series Course		Online Series Course of Domestic Violence and Well Being during Covid 19	Department of Psychology, Manonmaniam Sundarnar University, Tirunelveli	21-Jun-2020

Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Webinar	Participated	One Day International Motivational Webinar on “நான் வல்லினம்”	Department of Tamil, Sree Saraswathi Thiyagarajar College, Pollaci and Department of Business Administration, Geetha Jeevan Arts and Science College, Thoothukudi	23-Jun-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	International Online FDP	Organized	International Online Faculty Development Programme on Qualitative Research- A Research with Quality	Department of Psychology, in collaboration with Counselling Forum, St. Mary's College (Autonomous), Thoothukudi and Sneka Mind Care centre, Tirunelveli.	16-Jun-2020 -19-Jun-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Internship	Participated	Internship on “Expressive Arts Based Therapy”	Department of Mental Health and Behavioural Sciences, Fortis Mental Health Care Limited	02-Jun-2020 – 04-Jun-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	International online FDP	Participated	International FDP on Invisible Scholars: Students with Learning Disabilities & Identification	Internal Quality Assessment Cell (IQAC) of St. Mary's College (Autonomous), Thoothukudi.	02-Jun-2020

				of students with Learning disabilities		
Dr. Jeyabharathi S, Ms Jeyabala P	Psychology	Webinar	Participated	A Webinar on An Overview of E-content Development	Department of visual communication, St. Mary's College (Autonomous), Thoothukudi.	29-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online FDP	Participated	Online Faculty Development Programme On "Moodle Learning Management System"	GRABS Education Charitable Trust and Tamilnadu Association of Intellectuals and Faculty	25-May-2020 - 29-May-2020
Ms Jeyabala P	Psychology	Webinar	Participated	Webinar on Positive Psychology	Department of Psychology, HINDUSTAN College, Chennai	26-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online Seminar	Participated	Online Power Seminar on Change is the Essence of Life	ICTACADEMY & Sky campus	25-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online Webinar	Organised	Online webinar for school teachers	Psychology Department, St. Mary's College & Annammal college of Education, Tutu.	23-May-2020
Ms Jeyabala P, Ms Yuvabala M	Psychology	Online lecture	Participated	A participatory lecture demonstration on Creative	Tripura kashyap	22-May-2020

				movement therapy		
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online webinar	Participated	Three days webinar series on Covid 19	PSG College of Arts and Science, CBE	19-May-2020 – 21-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online webinar	Participated	Online webinar on Mind, Health and Healing	Rathinam college of arts and science, CBE	16-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online webinar	Participated	Online webinar on Emotional wellbeing and coping.	Rathinam college of arts and science, CBE	16-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online webinar	Organised	Online webinar on Impact of social media on mental health	Psychology Department, St. Mary's College, Tutu.	16-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online workshop	Participated	Two days online workshop	St. Mary's College, Tutu. In association with Aathi Foundation, CBE.	13-May-2020, 14-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online webinar	Participated	Online webinar on Selection of statistical tools	Research Advisory committee, St. Mary's College, Tutu.	12-May-2020

Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Online webinar	Organised	Online webinar on Psychological first aid	Psychology department, St. Mary's College, Tutty.	11-May-2020
Dr. Jeyabharathi S, Ms Jeyabala P, Ms Yuvabala M	Psychology	Faculty Development Webinar		Faculty Development Webinar on "Revisiting Life through Positivity"	PG & Research Department of Social Work and Department of Psychology, Sree Saraswathi Thyagaraja College, Pollachi.	01-May-2020

Paper Published

Name	Department	Workshop/ Seminar/ Training/ FDP/ Journal	Title	Date
Dr. Jeyabharathi S	Psychology	Journal	Assessment of the impact of self-concept on the life satisfaction among college students	29-Oct-2020
Dr. Jeyabharathi S	Psychology	Journal	Assessment and analysis of the relationship between facebook addiction and family pathology	31-Oct-2020
Ms Yuvabala M	Psychology	Journal	A study on the occupational stress and resilience among Fishermen	20-Nov-2020

Annexure II Students' achievements

Name of the Student	Department	Event	Venue	Prize	Date
Suji T	Psychology	Corona Awareness Video	St. Mary's College (Autonomous) Thoothukudi	I	10.05.2020
Vedhashree	Psychology	Srujana-Singing Competition	NEC Science and Humanities Kovilpatti	III	30.06.2020
Roselin Mary	Psychology	Dance	Ilanthamilar Peravai	V	20.07.2020
Vedhashree	Psychology	Singing Competition	Mai Abhi Super Star	III	07.08.2020

Mentor mentee list

2020-2021

MS. R. ROHINI

SN	REG NO	NAME
1.	18SUPS01	K. Afrin Shenaz
2.	18SUPS02	V. Akila
3.	18SUPS03	V. Aruna Devi
4.	18SUPS04	T. Elizabeth Regina
5.	18SUPS06	T. Gnana Priya
6.	18SUPS07	I. Jerlin Esther
7.	18SUPS08	R. Jessima
8.	18SUPS09	P. Jeya Sudha
9.	18SUPS10	M. Karthika
10.	18SUPS11	R. Malathi
11.	18SUPS12	M. Maria Priyanka
12.	18SUPS13	P. Mariesh Rinthya
13.	18SUPS14	S. Mary Angel
14.	18SUPS16	P. Revathi
15.	18SUPS17	A. Roselin Mary



16.	18SUPPS18	A. Sahaya Veni
17.	18SUPS19	M. Shabana Afrin
18.	18SUPS20	G. Sharon Chella Rosy
19.	18SUPS21	A. Subbulaxmi
20.	18SUPS22	T. Suji
21.	18SUPS23	M. Thiyofica
22.	18SUPS24	P. Vedhashree
23.	18SUPS25	R. Vino Roshini
24.	18SUPS26	S. Viswa Priya



MS. P. JEYA BALA

SN	REGNO	NAME
1	19SUPS01	Aarthi M
2	19SUPS02	Abinaya A
3	19SUPS03	Alfina S
4	19SUPS04	Anusiya Devi S
5	19SUPS06	Bharathi M
6	19SUPS07	Gayathri P
7	19SUPS08	Gomathi Swetha S
8	19SUPS09	Grace Sheeba Rani P
9	19SUPS10	Initha Merline V
10	19SUPS11	Jenifer M
11	19SUPS12	Jenifer J
12	19SUPS13	Jeya Sharon R
13	19SUPS14	Katherik Asha V

MS. YUVABALA M

SN	REG NO	NAMES
1	19SUPS15	Malini M
2	19SUPS16	Megha J
3	19SUPS17	Nadhira Sherin K
4	19SUPS18	Noorjahan Beevi M
5	19SUPS19	Pethimi S
6	19SUPS20	Priyadharshini C
7	19SUPS21	Sajin Sofia N
8	19SUPS22	Seetha S
9	19SUPS23	Sherine Heavenshah M
10	19SUPS24	Shiny Josena S
11	19SUPS25	Subalakshmi P
12	19SUPS26	Velkani P

MS. CHRISTINA S

SN	REGISTER NUMBER	NAME
1	20SUPS01	Abithamary.A
2	20SUPS02	Aishwarya Durga .S
3	20SUPS03	Annie Pushpa Jeffi.A
4	20SUPS04	Aswini. k
5	20SUPS05	Bhavani.k
6	20SUPS06	Bijo sherly. y
7	20SUPS07	Dhasnevis udhithaa.H
8	20sups08	Durga . M
9	20SUPS09	Durga Gayathri.M
10	20SUPS10	Jerin Minisha R
11	20SUPS11	kavya Meera. M
12	20SUPS20	M.syed Ali Fathima
13	20SUPS12	Mathu Mitha.s
14	20SUPS13	Muthusundari Sathiya.S
15	20SUPS14	Priyanka. K
16	20SUPS 15	Resha Simeen M.K
17	20SUPS19	Sripadmini S
18	20SUPS16	Selvamathi .S
19	20SUPS17	Sharly.J

STAFF ACCOMPLISHMENTS

Dr Jeyabharathi S

Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper/Workshop/ Webinar/Seminar	Organised By	Date
Online webinar on Mind, Health and Healing	Online webinar	Participated	Mind, health and healing	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Emotional well being	Online Webinar	Participated	Emotional wellbeing	Rathinam college of arts and science, CBE	16.5.2020
National level FDP Webinar	Online webinar	Participated	Managing your finances and investments during the pandemic and current economic meltdown	PG & Research Department of Commerce of St. Mary's College (Autonomous)	25.5.2020
Online webinar for school teachers	Online webinar	Organised	Teacher Resilience: The blueprint for Efficiency during uncertainty	Psychology Department, St. Mary's College & Annammal college of Education, Tutu.	23.5.2020
Online webinar on Mind, Health and Healing	Online webinar	Participated	Mind, health and healing.	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Emotional wellbeing and coping.	Online webinar	Participated	Emotional well being and coping	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Impact of social media on mental health	Online webinar	Organised	Impact of social media on mental health	Department of Psychology, St. Mary's College (Autonomous), Thoothukudi.	16.5.2020
Two days online workshop	Online workshop	Participated	Mental health & psycho social consideration during lockdown	St. Mary's College, Tutu. In association with Aathi Foundation CBE.	13.5.2020. 14.5.2020
Online webinar on Selection of statistical tools	Online webinar	Participated	Selection of appropriate statistical tools: A Critical Way for Successful Research	Research Advisory committee, St. Mary's College, Tutu.	12.5.2020

Online webinar on Psychological first aid	Online webinar	Organised	Psychological first aid	Psychology department, St. Mary's College, Tutu.	11.5.2020
Online webinar on Revisiting life through Positivity	Online webinar	Participated	Revisiting life through Positivity	Sri Saraswathi Thiyagaraja College, Pollachi	1.5.2020
Online FDP on Managing online classes and co creating MOOC	Online FDP	Participated	Managing online classes and co creating MOOC	Teaching & learning centre, Ramanujan college, Delhi University.	20.4.2020 – 2.5.2020
Online workshop on RM	Online workshop	Participated	RM	REST Society of Research International, Krishnagiri	12.4.2020 – 14.4.2020
One Day Online Workshop on Mental Status Examination (MSE)	Online Workshop	Organised	MSE	Department of Psychology, St. Mary's College (Autonomous), Thoothukudi.	13.04.2020
Online Workshop on "Mindfulness"	Online Workshop	Participated	Mindfulness	Kaaryatripti, CBE	08.04.2020 – 10.04.2020
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	13.03.2020 - 14.03.2020

Ms. Jeya Bala P.

Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper/Workshop/ Webinar/ Seminar	Organised By	Date
National level FDP Webinar	Online webinar	Participated	Managing your finances and investments during the pandemic and current economic meltdown	PG & Research Department of Commerce of St. Mary's College (Autonomous)	25.5.2020
Online webinar for school teachers	Online webinar	Organised	Teacher Resilience: The blueprint for Efficiency during uncertainty	Psychology Department, St. Mary's College & Annammal college of Education, Tutu.	23.5.2020
A participatory lecture demonstration on Creative movement therapy	Online lecture	Participated	Creative movement therapy	Tripura kashyap	22.5.2020
Online webinar on Mind, Health and Healing	Online webinar	Participated	Mind, health and healing.	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Emotional wellbeing and coping.	Online webinar	Participated	Emotional well being and coping	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Impact of social media on mental health	Online webinar	Organised	Impact of social media on mental health	Psychology Department, St. Mary's College	16.5.2020
Online webinar on Selection of statistical tools	Online webinar	Participated	Selection of appropriate statistical tools: A Critical Way for Successful Research	Research Advisory committee, St. Mary's College, Tutu.	12.5.2020

Online webinar on Psychological first aid	Online webinar	Organised	Psychological first aid	Psychology department, St. Mary's College, Tuty.	11.5.2020
Online webinar on Revisiting life through Positivity	Online webinar	Participated	Revisiting life through Positivity	Sri Saraswathi Thiyagaraja College, Pollachi	1.5.2020
Online FDP on Managing online classes and co creating MOOC	Online FDP	Participated	Managing online classes and co creating MOOC	Teaching & learning centre, Ramanujan college, Delhi University.	20.4.2020 – 6.5.2020
Online FDP on Moodle learning management system	Online FDP	Participated	Moodle learning management system	Spoken tutorial project, IIT Bombay & Vidyalankar school of Information Technology-Mumbai.	20.4.2020 - 25.4.2020
Two days online workshop	Online webinar	Participated	Mental health & psycho social consideration during lockdown	St. Mary's College, Tuty. In association with Aathi Foundation, CBE.	13.5.2020, 14.5.2020
Online workshop on RM	Online workshop	Participated	RM	REST Society of Research International, Krishnagiri	12.4.2020 – 14.4.2020
One Day Online Workshop on Mental Status Examination (MSE)	Online Workshop	Organised	MSE	Department of Psychology, St. Mary's College (Autonomous), Thoothukudi.	13.04.2020
Online Workshop on "Mindfulness"	Online Workshop	Participated	Mindfulness	Kaaryatripti	08.04.2020 – 10.04.2020

Ms. Yuvabala M.

Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper/workshop/ Seminar/webinar	Organised By	Date
National level FDP Webinar	Online webinar	Participated	Managing your finances and investments during the pandemic and current economic meltdown	PG & Research Department of Commerce of St. Mary's College (Autonomous)	25.5.2020
Online webinar for school teachers	Online Webinar	Organised	Teacher Resilience The blueprint for Efficiency during uncertainty	Psychology Department, St. Mary's College & Annammal college of Education, Tutu.	23.5.2020
A participatory lecture demonstration on Creative movement therapy	Online lecture	Participated	Creative movement therapy	Tripura kashyap	22.5.2020
Three days webinar series on Covid 19	Online webinar	Participated	Covid 19 and Mental health	PSG College of Arts and Science, CBE	19.5.2020 – 21.5.2020
Online webinar on Mind, Health and Healing	Online webinar	Participated	Mind, health and healing.	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Emotional wellbeing and coping.	Online webinar	Participated	Emotional well being and coping	Rathinam college of arts and science, CBE	16.5.2020
Online webinar on Impact of social media on mental health	Online webinar	Organised	Impact of social media on mental health	Psychology Department, St. Mary's College, Tutu.	16.5.2020
Two days online workshop	Online workshop	Participated	Mental health & psycho social consideration during lockdown	St. Mary's College, Tutu. In association with Aathi Foundation, CBE.	13.5.2020, 14.5.2020

Online webinar on Selection of statistical tools	Online webinar	Participated	Selection of appropriate statistical tools: A Critical Way for Successful Research	Research Advisory committee, St. Mary's College, Tuty.	12.5.2020
Online webinar on Psychological first aid	Online webinar	Organised	Psychological first aid	Psychology department, St. Mary's College, Tuty.	11.5.2020
Online webinar on Revisiting life through Positivity	Online webinar	Participated	Revisiting life through Positivity	Sri Saraswathi Thiyagaraja College, Pollachi	1.5.2020
Online FDP on Managing online classes and co creating MOOC	Online FDP	Participated	Managing online classes and co creating MOOC	Teaching & learning centre, Ramanujan college, Delhi University.	20.4.2020 – 2.5.2020
Online webinar on Revisiting life through Positivity	Online webinar	Participated	Revisiting life through Positivity	Sri Saraswathi Thiyagaraja College, Pollachi	1.1.2020
Online workshop on RM	Online workshop	Participated	RM	REST Society of Research International, Krishnagiri	12.4.2020 – 14.4.2020
Online workshop on Supportive therapy	Online workshop	Participated	Supportive therapy	Cognizavest	13.4.2020
One Day Online Workshop on Mental Status Examination (MSE)	Online Workshop	Organised	MSE	Department of Psychology, St. Mary's College (Autonomous), Thoothukudi.	13.04.2020
National conference on Mental health and Well being	National Conference	Presented	Social Desirability and life orientation	PSG College, Coimbatore	13.03.2020 – 14.03.2020

Workshop/ Seminar	Type	Paper Presented/ Participated	Title of the Paper	Organised By	Date
FDP	Online Workshop	Participated	Faculty developmen t programme	Geetha Jeevan arts and science college	21.4.2020
	Online Workshop	Participated	Online training of psychologist s for providing brief & basic telephonic psychologic al support in context of COVID-19	National institute of Mental health and neurosciences (NIMHANS)	16.04.202 0
	Online Workshop	Presented	General science quiz	Kamala Nehru Mahavidyalay a, Nagpur	26.04.202 0
	Online Workshop I	Participated	Edspire Webinar series 2019-2020	VET institute of arts and science	27.04.202 0
	Online Workshop	Participated	21 st century teacher skills	SRM institute of science & technology, Ramapuram	28.04.202 0
FDP	Online Workshop	Participated	Emotional intelligence	KG college of arts and science	28.04.202 0- 30.04.202 0
	Online Workshop	Participated	Examination guidance for qualifying NET/SET	M.S college of arts, science, commerce & BMS, Mumbra	29.04.202 0
	Online Workshop	Participated	International webinar symposium on relevance of Gandhian ideology	NGM College	29.04.202 0
	Online Workshop	Participated	10 days free online workshop for teachers	Universal academy of teachers	21.04.202 0- 30.04.202 0
	Online Workshop	Participated	Effective behaviour managemen t techniques	Arasu college of education for women, Ponkaliaamma n college of education	01.05.202 0
	Online Workshop	Participated	A new era in learning special references to NDIL	National digital library of India	01.05.202 0
	Online Workshop	Participated	COVID-19 pandemic general awareness quiz	Dhanalakshim i Srinivasan engineering college	05.05.202 0
	Online Workshop	Participated	Selection of appropriate statistical tools	St.Mary's college (autonomous)	12.05 2020
FDP	Online Workshop	Participated	e-content preparation- finding copyright free images and sounds	Loyola college of education	13.05.202 0
	Online Workshop	Participated	Personal effectivenes s need of the hour	Sakthi institute of information and management studies	14.05.202 0

	Online Workshop	Participated	Benchmark of research	Loyola college of education	7.1.2016-8.1.2016
	Online Workshop	Participated	Web series programme on COVID-19 virus	Nature science foundation	21.11.2013-22.11.2013

	Online Workshop	Participated	Webinar on mental health and hygiene	Arasu college of education for women, Ponkaliamman college of education	19.05.2020
	Online Workshop	Participated	Humanistic strategies for mental health and wellbeing	The American college, Madurai, Tamil Nadu	24.04.2020
	Online Workshop	Participated	Optimizing family amidst lockdown	The American college, Madurai, Tamil Nadu	30.04.2020
	Online Workshop	Participated	Psychological wellbeing of men	The American college, Madurai, Tamil Nadu	21.04.2020
	Online Workshop	Participated	Psychological wellbeing during the pandemic	The American college, Madurai, Tamil Nadu	17.04.2020
	Online Workshop	Participated	Understanding tele-counselling	The American college, Madurai, Tamil Nadu	15.04.2020

STUDENTS ACCOMPLISHMENTS

Date	Event	Organized by	Student name	Accomplishment
11.3.2020	Padaipaalar payirchi pattarai	Tamil Dept. (SSC)	Elizabeth Regina & Jessima II UG	Participated
01.04.2020 – 07.04.2020	Workshop on “Re-Styling your Inner Self”	Kaaryatriptih	Anusiya Devi S & Alfina S I UG	Participated
04.04.2020 – 14.04.2020	Online Internship on Statistics and Applications	Department of Mathematics, St Peter's Institute of Higher Education and Research	Bharathi M I UG; Thiyofica & Afrin Shenaz II UG; Pon Bala Priya & Mariya Jenci III UG	Participated
08.04.2020 – 10.04.2020	Workshop on Mindfulness	Kaaryatriptih	Alfina S I UG; Suji, Vedhashree, Vino Roshni & Afrin Shenaz II UG; Padma & Pon Vennila III UG	Participated
11.04.2020 – 16.04.2020	Workshop on “Re-Styling your Inner Self”	Kaaryatriptih	Gayathri P, Shiny Josena Jeya Sharon R & Jenifer M I UG; Vishwa Priya & Vedha shree II UG; Pon Bala Priya III UG	Participated

12.4.2020 – 14.4.2020	Research Methodology	REST Society for RSRI, Krishnagiri	Pon Bala Priya, Irin Jeya Sheela, Padma & Pon Vennila III UG	Participated
27.04.2020 – 28.04.2020	Workshop on "Conquering your cravings"	Kaaryatriptih	Sajin Sofia I UG	Participated
27.04.2020 – 28.04.2020	Workshop on "The Art of De-Cluttering"	Kaaryatriptih	Sherine Heavenshah M Abinaya A	Participated
09.05.2020	Online course of Mental Health & well-being during COVID-19	Department of Psychology & Student Counselling Cell, Manonmaniam Sundarnar University, Tirunelveli.	Gayathri P, Grace Sheeba Rani P & Nadhira Sherin K I UG	Completed
11.05.2020	Power Seminar on "The Power of You"	ICT Academy	Jenifer M & Alfina S I UG	
15.5.2020	Cyber security essentials	Cisco Networking Academy	Elizabeth Regina II UG	Participated
18.05.2020	Workshop on "Impact of Social Media on Mental Health"	Department of Psychology, St Mary's College (Autonomous), Thoothukudi	Jenifer J, Alfina, Sajin Sofia N & Abinaya A I UG; Jenifer M I UG; Elizabeth Regina, Jerlin, Roselin Mary, Karthika, Vishwa Priya, Vedha Shree & Afrin Shenaz II	Participated

19.05.2020 – 21.05.2020	3 Day Webinar series on COVID-19 and Mental Health	Department of Psychology (Aided), PSG College of Arts & Science, Coimbatore -641014,	Jenifer M, Abinaya A & Alfina S I UG; Roselin Mary, Vedha shree & Afrin Shenaz II UG	Participated
20.05.2020	Power Seminar on "You can do it"	ICT Academy	Alfina S I UG	Participated
20.05.2020	Online Course on Cyber Security Essentials & Entrepreneurship	ICT Academy	Nadhira Sherin K I UG	Completed
20.5.2020	Introduction to IoT	Cisco Networking Academy	Elizabeth Regina II UG	Participated
21.5.2020	Online course on Introduction to Packet Tracer	Cisco Networking Academy	Elizabeth Regina II UG	Participated
21.5.2020	Get Connected	Cisco Networking Academy	Elizabeth Regina II UG	Participated
22.5.2020	Entrepreneurship	Cisco Networking Academy	Elizabeth Regina II UG	Participated
23.5.2020	Machine learning on ramp	Mathworks Training services	Elizabeth Regina II UG	Participated
23.5.2020	Deep learning on ramp	Mathworks Training services	Elizabeth Regina II UG	Participated
23.5.2020	Holistic wellness	American College, Madurai	Mariya Jenci III UG	Participated

25.05.2020 – 26.05.2020	National Level Media Webinar Series	Department of Visual Communication, VLB Janakiammal College of Arts and Science, Coimbatore	Sherine, Heavenshah M I UG	Participated
25.05.2020	National Webinar on “Careers in Psychology”	IQAC & Department of Psychology, Sri Kanyaka Parameswari College for Women	Jenifer M I UG; Elizabeth Regina, Karthika, Vishwa Priya, Vedha shree II UG	Participated
25.5.2020	National level online contest	Sri Vidhya College of arts and science, Viruthunagar	Anusiya Devi I UG	Participated
25.5.2020	From Books to the Screen	VLB Janakiammal college of arts and science, CBE	Sherine Heavenshah I UG & Thiyofica II UG	Participated
26.5.2020	Exposing the Wildlife	VLB Janakiammal college of arts and science, CBE	Sherine Heavenshah I UG; Thiyofica II UG	Participated
26.5.2020	Let's Write on Screen	VLB Janakiammal College of arts and science, CBE	Elizabeth Regina, Thiyofica & Vishwa Priya II UG	Participated
26.05.2020	Webinar on Positive Psychology	Hindustan College of Arts and Science, Chennai	Alfina S I UG; Thiyofica & Vedha shree II UG	Participated
26.5.2020	The story of kutty story	VLB Janakiammal College of arts and science, CBE	Vishwa Priya & Jeya Sudha II UG	Participated

26.5.2020	Webinar on psycho oncology an area of mental health practice	American college, Madurai	Pon Bala Priya G III UG	Participated
29.5.2020	Online personality test	Tirunelveli Dhakshina Mara Nadar sanga college	Vino Roshni, Vedha shree Vishwa Priya, Jeyasudha, Afrin Shenaz, Akila Aruna Devi & Elizabeth Regina II UG	Participated
May 2020	One minute video Quarantine champ 20	JP College of arts and science, Ayikudy	Roselin Mary	II Prize