



ETHIRAJ COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to the University of Madras

College with Potential for Excellence

Reaccredited with A+ Grade by NAAC

ACTIVITIES OF THE DEPARTMENT

The Department being largest science department in the self - supporting stream of the college and having run over 20 plus years of academic engagement, has its core expertise in departmental activities that are academically driven, community engaged and a host of cultural activities. A brief listing of the activities over the past three years are given below:

SEMINARS, CONFERENCES, WORKSHOPS

S.NO.	ACADEMIC YEAR	TITLE OF THE EVENT	BENEFICIARIES	ORGANIZERS
1	Oct 2022	National Symposium - Mental Health and Well-being: A Global Priority	UG and PG students of the department	Department of Psychology In Collaboration with Clinical Psychology Society of India
2.	Feb 2024	Multidisciplinary Conference- Embracing the Future with Advances in Science and Technology	Students of the organizing department and Registered Participants	The Departments of Biochemistry, Microbiology, Psychology, BCA, Mathematics with CA
3.	Aug 2024	Workshop on Schizophrenia Awareness by SCARF, India	UG and PG students of the department	Department of Psychology
4.	Feb 2025	Workshop on Research Article Writing	IIIUG and PG students of the Department	Department of Psychology
5.	Feb 2025	Workshop on SPSS	IIIUG and PG students of the Department	Department of Psychology

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S.NO.	COLLABORATING BODY	ACTIVITY	BENEFICIARIES
1	KIDS Learning Centre	Annually - Value Added Course On Dyslexia	All The Registered UG & PG Students
2	Captain Singaraja	Annually – Scholarship for Best Research done on the Elderly	Any one best Research done on the Elderly by UG /PG Student of the department

PSYNERGY – DEPARTMENT'S ANNUAL ASSOCIATION MEET

S.NO.	ACADEMIC YEAR	TITLE OF THE EVENT	BENEFICIARIES	NAME OF THE SPEAKER	ACTIVITIES ORGANIZED
1	2022-23	Theme : Education and	UG and PG students of the Department and	Mr.Rajendran Dhandapani Director Of Technology ,Zoho	Intercollegiate Events : Mono

		Psychology	registered participants from city colleges	Corporation; President, Zoho Schools of Learning. Inaugural Address : Ctrl-Alt-Del – An Academic Reboot : Lessons From Zoho Schools of Learning	Acting, Stress Interview, Shark Tank, and Elocution – Ed Talk
2	2023-2024	Theme: Media and Psychology	UG and PG students of the Department and registered participants from city colleges	Mr. Thangavel Appachi , Editor, BBC News, Tamil Inaugural Address : Critical Role Of Media In Disseminating News and Shaping Perceptions Ms. Vaishali Vijaykumar , Communications Manager at Krea University/ Independent Journalist Special Address : Impact of Social Media Dependence and Engagement	Intercollegiate Events - Film Analysis, Podcast Pitch Battle, Advertising Campaign and YouTube Shorts and Reels Making
3	2024-2025	Theme: Psychology in Relationships	UG and PG students of the Department and registered participants from city colleges	Dr. Kailash Suresh Kumar , Professor and Head, Department of Psychiatry, Chettinad Hospital and Research Institute Inaugural Address: Neuroscience of Relationships Mrs. Sivakami , Family Therapist Special Address : Integral Elements to Experience Healthy Relationships	Intercollegiate Events- Mime, Mono Acting, Case Study Analysis

GUEST LECTURES AND CAREER GUIDANCE PROGRAMMES

S.NO.	ACADEMIC YEAR	TITLE OF THE EVENT	BENEFICIARIES	NAME OF THE SPEAKER
1	July 2023	Guest Lecture : Methods Of Studying the Living Human Brain	I UG (A & B Batch) Students of the Department	Dr. Vijayalatha, Assistant Professor, Department of Biochemistry, Ethiraj College For Women
2	Oct 2023	Guest Lecture : Group Discussion – Mental Health	All The UG and PG Students of the Department	Mrs. Aksheya Akilan, Psychologist and Founder of The House of Hibiscus (Alumni)
3	Feb 2024	Guest Lecture : Chronic Health Conditions and Quality of Life	PG Students of the Department	Ms. K.M. Visalakshi, Psychologist
4	Feb 2024	Guest Lecture : Forensic	III UG & PG students	Ms. Krupa Nisha

		Psychology	of the Department	Forensic Psychologist
5	Mar 2024	Guest Lecture : Domestic Violence and Interventions	UG and PG students of the Department	Ms. Sujitha Psychologist
6	Oct 2024	Guest Lecture : Recent Trends in Problem-Solving and Decision Making	III UG and I PG students of the Department	Ms. Smrithi, Doctoral Scholar, Department of Mind-Body Medicine & Lifestyle Sciences, Sri Ramachandra Institute of Higher Education and Research
7	Oct 2023	Career Guidance Programme : Exploring a Career in Psychology after University	All The UG and PG Students of the Department	Ms. Sanah Thakur, Psychologist from Doha
8	June 2024	Career Guidance Programme- Opportunities for Higher Education Abroad	III UG Students	Mr. H. Abdul Navas, Career Counsellor, KC Overseas and Azent Education
9	June 2024	Career Guidance Programme : Embark your Global Career Connect	III UG Students	Mr. Muralikrishnan, Ms. Sumaya and Mr. Rajasekar Career Counsellors
10	Dec 2024	Career Guidance Programme : Secure your Scholarships For Master's Abroad	III UG Students	Manjari & Santhosh Career Counsellors
11	Jan 2025	Career Guidance Programme - Clinical Psychology- Careers, Growth and Going Beyond Diagnosis	UG and PG students of the Department	Dr. Poornima Viswanathan, Assistant Professor, Jindal Global University (Alumini, Ethiraj)
12	Feb 2025	Career Guidance Programme : Abroad Study Programmes	III UG Students	Edvoy

STRIDE ACTIVITIES AND BOOK REVIEWS OF THE DEPARTMENT

Stride sessions are designed to be hand on zones for both personal and professional grooming. Book reviews are taken to understand psychology in literature and to be able to take psychology to everyday life.

S.NO.	ACADEMIC YEAR	TITLE OF THE EVENT	BENEFICIARIES	NAME OF THE PRESENTER
1	April 2022	Stride – Topic: Breaking a Bad Habit	UG and PG Registered Participants of the Department	Faculty Dr. K. Jayanthi Rani
2	April 2022	Stride – Topic : Oral Presentation Skills	UG and PG Registered Participants of the Department	Faculty :Ms. Radhikaa
3	May 2022	Stride – Topic : Interview Skills	UG and PG Registered Participants of the Department	Faculty :Mrs. Linda M
4	Feb 2023	Stride - Topic: Dealing with Moral Dilemma	UG and PGRegistered Participants of the Department	Faculty - Dr. M. Ramya Maheswari
5	Mar 2023	Stride - Topic : SPSS –A	All the UG and PG Registered	Faculty – Ms. Helina Susan

		Crash Course	Participants of the Department	Shaji
6	Jul 2023	Stride - Topic:APA 101 – Learning To Cite, One Step at a time	UG and PG Registered Participants of the Department	Faculty – Ms Shruthi Kothari
7	Aug 2023	Stride – Topic : Exam Presentation	UG and PG Registered Participants of the Department	Faculty – Ms. Radhikaa
8	Sep 2023	Stride – Topic : Exam Presentation	UG and PG Registered Participants of the Department	Faculty – Ms. Radhikaa
9	Oct 2023	Stride – Topic : Theatre of the Oppressed	UG and PG Registered Participants of the Department	Faculty – Ms. Mrunalini Ranganathan
10	Oct 2023	Stride – Topic : Relaxation Techniques	UG and PG Registered Participants of the Department	Faculty –Ms. Adhila
11	Feb 2024	Stride – Topic : Deconstructing the Questions and Framing Answers	UG and PG Registered Participants of the Department	Faculty – Ms. Karthiga
12	Oct 2024	Stride -Topic: Basics of Research	UG and PG Registered Participants of the Department	Faculty – Dr K Jayanthi Rani
13	Dec 2024	Stride – Topic: Applying Appropriate Statistical Tools for Analysis and Overview of SPSS	UG and PG Registered Participants of the Department	Faculty - Dr. M. Ramya Maheswari
14	Dec 2024	Stride – Topic : Stress Management	UG and PG Registered Participants of the Department	Dr. K. Jayanthi Rani
15	Aug 2022	Book Review - "The Man Who Mistook his Wife for A Hat." - Oliver Sacks	UG and PG students of the department	Ms Sai Amritha Ramanan (II UG)
16	Sep 2022	Book Review - "Think Like A Monk." – Jay Shetty	UG and PG students of the department	Ms Thejaswini Sharma (III UG)
17	Feb 2023	Book Review - "The Crossway" - Guy Stagg	UG and PG students of the department	Dr K Jayanthi Rani – Faculty
18	Aug 2024	Book Review – “Stolen Focus” - Johan Hari	UG and PG students of the department	Dr. K. Jayanthi Rani – Faculty
19	Aug 2024	Book Review – “The Power of your Subconscious Mind” - Joseph Murphy	UG and PG students of the department	Ms. Soundarya(III UG)
20	Jan 2025	Book Review – “Anxious People” - Frederic Backman	UG and PG students of the department	Ms. Logapriya (II UG)
21	Jan 2025	Book Review – “Atomic Habits” -James Clear	UG and PG students of the department	Ms Nivethitha (II PG)
22	Feb 2025	Book Review – “Psychology of Money” –Morgan Housel	UG and PG students of the department	Ms. Mahalakshmi (II UG B Batch)
23	Feb 2025	Book Review – “Art of Being Alone” –Renuka Gavrani	UG and PG students of the department	Ms. Mridhula (II UG A Batch)

EXTENSION AND COMMUNITY ENGAGEMENT:

S.NO.	ACADEMIC YEAR	TITLE OF THE EVENT	BENEFICIARIES	ORGSNIZERS
1.	Annually	Suicide Prevention Awareness Activities Sep 2022 : Awareness of Mental Health and Suicide Prevention in every classroom across disciplines in the self-supporting stream Oct 2023: Wall of Hope Sep 2024: Pathway to wellness :Flash mob and other activities	All the Students of The College	Faculty and Students of The Department
2	Annually	World Mental Health Month Activities Oct 2023 Expert Talk : “Teen To Adult: Frying Pan To Fire”	All the UG and PG Students of The Department	Key Note Speaker : Dr .Gauthamadas Udupi Psychiatrist
3	Annually	Psychological Assessments have been carried out in diverse settings in the community	Target Community : Across Developmental Stages, Mental Health& Centres, Special Schools, Old Age Homes	Faculty and PG Students of the Department
4	Annually	Psychological training based on need assessment is carried out to diverse populations.Topic include Academic motivation. Time management, Managing stress and Burnout, Dealing with Addiction, Health Promotion etc	Target population included but not restricted to Expectant Mothers, Migrant workers, IT Employees, Nurses in Critical Care Unit , Children and Adolescents	Faculty and PG Students of the Department

DAYS CELEBRATED:

Special Days are observed as a means of embracing diversity and promoting positive mental health

S.NO.	ACADEMIC YEAR	TITLE OF THE EVENT	BENEFICIARIES	ORGANIZERS
1	Annually	Teachers Day : Felicitation of Staff Members	Faculty of the Department	Students of the Department
2	Annually	Valentine’s day: Notes of love distributed across college	All the students of the Department	Students and Faculty of the Department
3	Annually	Ethnic Day : Students Adorned in their Native Ethnic Wear	All the students of the Department	Students and Faculty of the Department
4	Annually	World Elders Day :Documentary Screening " Embracing Aging : Families Facing	All the students of the Department	Students and Faculty of the Department

		Change"		
5	Annually	Madras Day	All the students of the Department	Students and Faculty of the Department
6	Annually	Christmas	All the students of the Department	Students and Faculty of the Department
7	Annually	Onam	All the students of the Department	Students and Faculty of the Department