

# LOYOLA COLLEGE OF SOCIAL SCIENCES THIRUVANANTHAPURAM



## CRITERION 5- STUDENT SUPPORT AND PROGRESSION

### 5.3 STUDENT PARTICIPATION AND ACTIVITIES

5.3.2 Institution facilitates students' representation and engagement in various administrative, co-curricular and extracurricular activities following duly established processes and norms (student council, students representation on various bodies)

Student Association -Loyola Association of Counselling Psychology Students

Documents	Page Number
Annual Report 2020-21	1
Annual Report 2019-20	27
Annual Report 2018-19	32
Annual Report 2017-18	44
Annual Report 2016-17	80

**REPORT OF ACTIVITIES CONDUCTED BY LOYOLA ASSOCIATION**  
**OF COUNSELLING PSYCHOLOGY STUDENTS**

**2020-2021**

## **WORLD MENTAL HEALTH DAY CELEBRATION,2020**

### **INAUGURATION OF WORLD MENTAL HEALTH DAY CELEBRATION**

Department of Counselling Psychology in association with LACS, conducted world mental health day celebration and the inauguration of the same was conducted on 10<sup>th</sup> October 2020. A weeklong celebration was organized by the LACS. As due to the COVID restrictions the inauguration was conducted through Zoom which was an online meeting platform. The theme for the mental health day celebration was “Mental Health for all”. The chief guest for the day was Rector Fr. Sunny Kunnappallil S J. The Inaugural speech was given by our chief guest Rector Fr. Sunny Kunnappallil.S.J. And the presidential address was delivered by our respected principal Dr.Saji P Jacob. The felicitation for the same was conducted by the vice principal Fr.Dr. Sabu P Thomas. The one hour long inaugural function began at 9.30 am with around 50 participants. And a video presentation was done by the students portraying the importance of mental health and thus by manifesting hope on others during the world mental health day. A two-minute video was made by 18 students in which they convey messages regarding mental health day. The video was presented during the inaugural function.

<p>DEPARTMENT OF COUNSELLING PSYCHOLOGY In association with <b>LAC  S</b></p> <p><b>Celebrating the world mental health day on 10<sup>th</sup> October 2020, We cordially invite all of you for the observance.</b></p> <p><b>Inaugural speech: Rector Fr. Sunny Kunnapallil S J</b> <b>Presidential address: Dr. Saji P Jacob</b> <b>Felicitation: Fr. Dr. Sabu P Thomas</b></p> <p><b>LOYOLA COLLEGE OF SOCIAL SCIENCES, SREEKARIYAM</b></p> 	 <p><b>Meeting details:</b> <b>Zoom ID: 82544131831</b> <b>Passcode: 724146</b> <b>Time: 9:30 am</b></p>
 <div data-bbox="560 766 844 892"> <p><b>MENTAL HEALTH FOR ALL</b></p> <p><small>GREATER INVESTMENT GREATER ACCESS</small></p> </div>	<p><b>Further programmes:</b> <b>Video presentation , Webinar,</b> <b>Peer counselling service etc.</b></p>

## WEBINAR ON PSYCHO-ONCOLOGY

On 13<sup>th</sup> October 2020, Department of Counselling Psychology in association with Loyola association of Counselling psychology students (LACS) conducted a webinar on the topic PSYCHO-ONCOLOGY. The webinar was conducted via Zoom. The resource person for the webinar was Ms.Bincy Mathew, who is a Psycho-oncologist, Tobacco Cessation Therapist and has 7 years of experience in the field of psycho-oncology and she has worked in many prestigious institutions like Manipal Hospitals New Delhi and so on. The webinar was conducted at 2pm on the same day and more than 50 participants attended the webinar on Psycho-oncology as apart of world mental health day observance. The staff coordinators for the webinar was Dr.Pramod.S.K, Head of the Department of counselling Psychology and Dr. Leena S.T, Assistant professor of the Department of Counselling Psychology. The entry for the webinar was free and open to all.



## DEPARTMENT OF COUNSELLING PSYCHOLOGY

In association with Loyola association of counselling  
psychology students.

*Organizing a webinar on “Psycho-oncology”  
as a part of world mental health day observance.  
We cordially invite you for the webinar*



**LOYOLA COLLEGE OF SOCIAL SCIENCES  
SREEKARIYAM, TRIVANDRUM**

**13<sup>th</sup> October 2020 at 2 pm**

Join us on 

MEETING ID: 87583669719  
PASSCODE: 886200

### ABOUT THE RESOURCE PERSON



**Ms Bincy Mathew**

Psycho-oncologist, Tobacco Cessation Therapist, with an overall seven years of experience in the field of psycho-oncology, she has worked with various prestigious institutions like, MVR Cancer Centre and Research Institute, Manipal Hospitals New Delhi. She is also a recipient of NCI Cancer Research Training Travel Award, organized by IPOS in collaboration with CRDF Global and National Cancer Institute and held in Hong Kong 2018.

Principal's address: Dr. Saji P Jacob  
Keynote address: Dr. Bincy Mathew

**Note: Free entry, open to all .**

**Coordinators : Dr. Pramod S K, contact: 9447262258**

**Dr. Leena S T, Contact: 9496468539**

**Student coordinator: Wincy Bibi, Contact: 8129310497**

## EARS TO AMIGOS

As part of world mental health day celebration department of counselling psychology along with Loyola Association of Counselling Psychology Students organized a peer counselling service, “Ears to Amigos”. The peer counselling program was conducted on 14<sup>th</sup> October 2020. The students from the whole college were the target group for the same. The program was organized in order to help students and to make them feel that we are there for them and encourage students to ask help in need. The peer counselling was scheduled from 1.30 pm to 3.30 pm. And registration for the same began from 9.30 am to 1.00pm. The staff

coordinators for the program was Dr.Pramod.S.K, Head of the Department of Counselling psychology and Dr.Leena ST, assistant professor of Department of Counselling Psychology. And the student coordinator for the same was Ms.Wincy Bibi.

**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
*in association with Loyola Association of Counselling Psychology Students*

Organizing a peer counselling service  
as a part of world mental health day observance.

**"EARS TO AMIGOS"**  
On 14<sup>th</sup> October 2020  
from 1:30 pm- 3:30 pm

**FREE Tele counselling**

**LOYOLA COLLEGE OF SOCIAL SCIENCES  
SREEKARIYAM, TRIVANDRUM**

**WE ARE HERE FOR YOU!**

**ASKING FOR HELP  
DOES NOT MAKE YOU  
A FAILURE.**

Note: Registration starts at 9:30 am and  
ends at 1:00pm  
On 14<sup>th</sup> October 2020

**For further details contact**  
Cordinators: Dr. Pramod S K, 9447262258  
Dr. Leena S T, 9496468539  
Student cordinator: Wincy Bibi, 8129310497

## INTERNATIONAL WOMEN'S DAY CELEBRATION

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality. The campaign theme for International Women's Day

2021 is 'Choose To Challenge'. A challenged world is an alert world. And from challenge comes change. So let's all #ChooseToChallenge.

## OBJECTIVES

To actively involve with the observance of international women's day

## REPORT

International Women's Day was observed on March 8<sup>th</sup> at Loyola College of Social Sciences, Trivandrum. As a part of the celebrations Students of Psychology department prepared a number of very creative attractive posters and was displayed in the premises of college.





All the students from first and fourth semester participated in the programmes. Teaching staffs Dr. Pramod, Dr. Leena S T and Dr. Ammu Luckose guided and supported the student activities of the day.



Various meaningful posters indicating women equality and women subjects very portrayed creatively throughout the posters.

## **INTERNATIONAL HAPPINESS DAY**

A day dedicated to happiness is celebrated every year on March 20. **International Day of Happiness** is a United Nations designated day "to recognize the importance of happiness in the lives of people around the world." According to the World Happiness Report published by the UN last year, Helsinki - the capital of Finland is the happiest city in the world. Amid the COVID-19 pandemic, on **International Day of Happiness**, it's important to tell each other that we are never alone. Since 2013, the United Nations has celebrated the International Day of Happiness.



The United Nations General Assembly, in a resolution, on 12 July 2012, proclaimed 20 March the International Day of Happiness. Happiness is closely linked to the Sustainable Development Goals or SDGs of the UN. Hunger, lack of education and awareness, lack of affordable medical facilities and violation of human rights are a few of the biggest causes of unhappiness among people in the world. Togetherness in a crisis situation is key to happiness. According to experts, when we are kinder and together, we are happier and we can spread happiness. But some of us live alone.

## **OBJECTIVES**

1. To engage ourselves in something that we really enjoy and learn something new.
2. To do something for others to make others happy.
3. To create happiness which makes the world a better place.

## **REPORT**

As a part of International Happiness Day 20<sup>th</sup> March 2021, students from Department of Counselling Psychology organized various programmes including poster presentation, Happiness jar programme, distribution of smiley badges etc. Student have also taken initiative to execute a half an hour programme at the lunch break. In the programme “Laugh out loud” students have entertained around 80 participants from PGDCP and other departments with various laughter practices. The programme was successful in imparting happiness and a positive vibe in the campus on the day.



All the students actively participated in the programme along with teaching fraternity. Students have displayed great team work in all the areas of programme implementation.



## **REPORT OF WEBINAR CONDUCTED BY DEPARTMENT OF COUNSELLING PSYCHOLOGY**

### **A WEBINAR ON PSYCHOLOGICAL FIRST AID**

#### Overview

When people are faced with disaster, intense emotions are often present and appropriate. Psychological First Aid (PFA) can help responders promote an environment of safety, calm, connectedness, self-efficacy, empowerment and hope. PFA was developed by the National child traumatic stress network and the national center for PTSD, with contributions from individuals involved in disaster research and responses. This webinar provides a brief overview of PFA and connects viewers with both online and interpersonal training resources.

Psychological First Aid is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. Principles and techniques of Psychological First Aid meet four basic standards. They are:

- Consistent with research evidence on risk and resilience following trauma
- Applicable and practical in field settings
- Appropriate for developmental levels across the lifespan
- Culturally informed and delivered in a flexible manner

Psychological First Aid does not assume that all survivors will develop severe mental health problems or long-term difficulties in recovery. Instead, it is based on an understanding that disaster survivors and others affected by such events will experience a broad range of early reactions (for example, physical, psychological, behavioral, spiritual). Some of these reactions will cause enough distress to interfere with adaptive coping, and recovery may be helped by support from compassionate and caring disaster responders.



### Resource person

Vani Devi PT

Consultant psychologist

Enlight center for holistic development, Kowdiar, Trivandrum

### Call materials

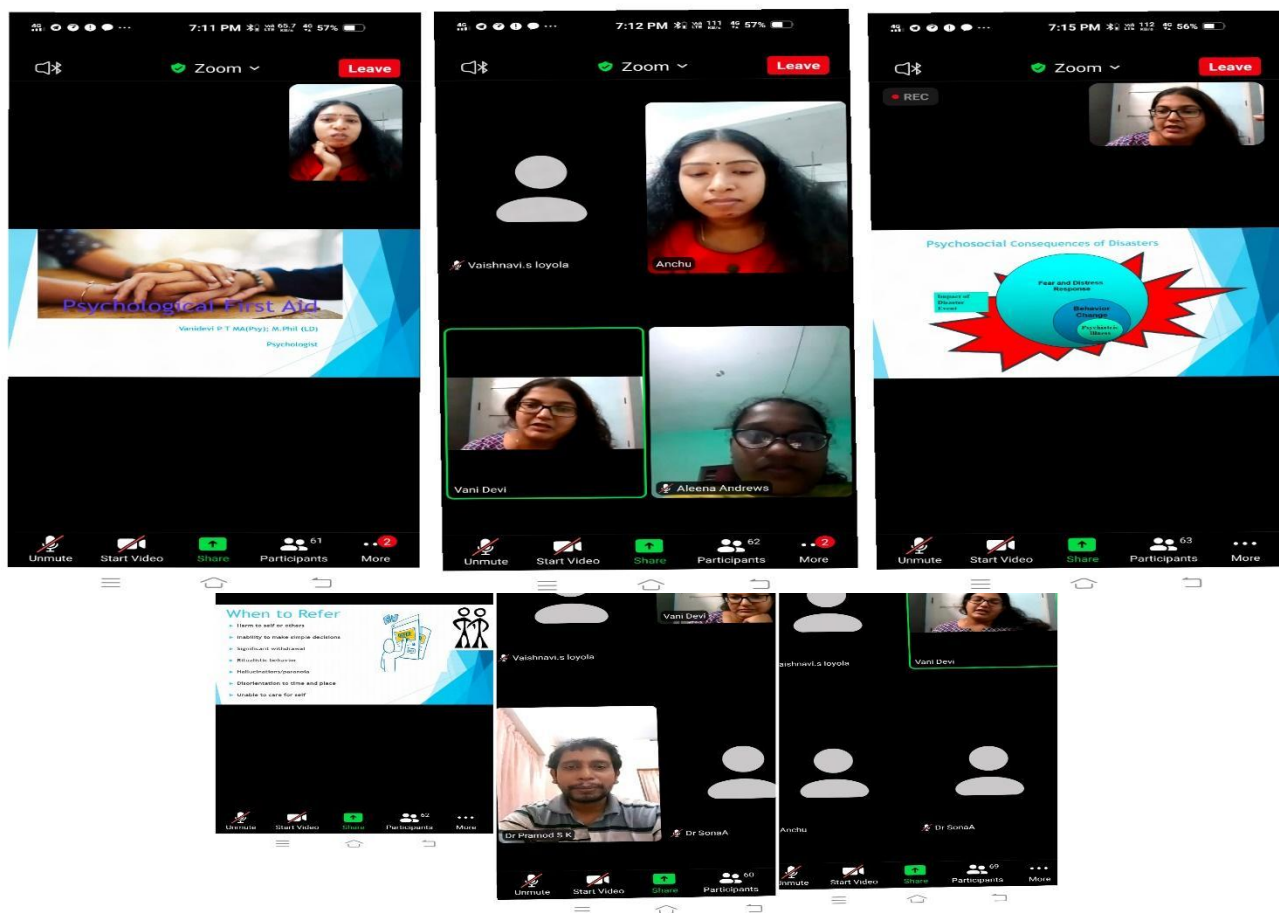
View slides

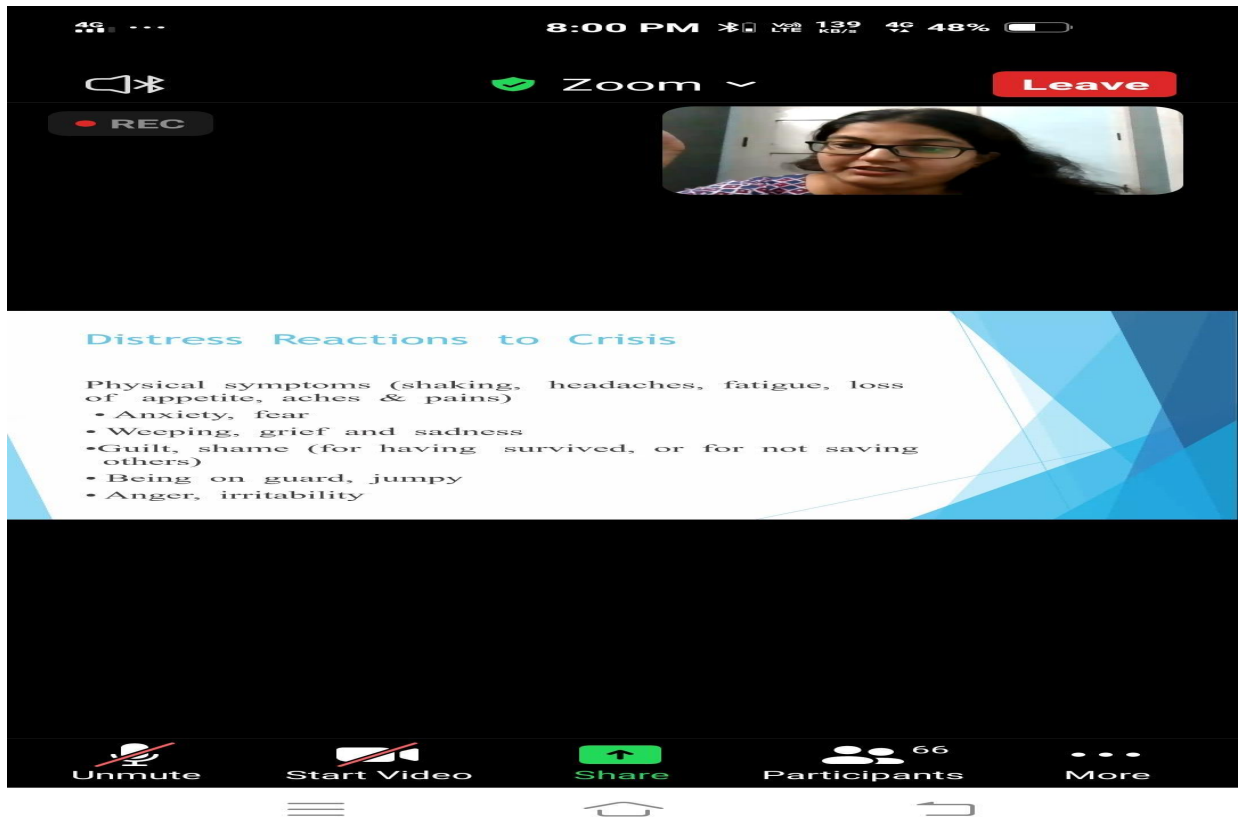
### Learning objectives

- ★ Discuss concerns and issues related to preparedness for and response to urgent public health threats
- ★ Identify reliable information resources for the topic
- ★ Describe how to promote health improvement, and wellness
- ★ Participants will be able to identify evidence based psychological first aid responses for people enduring any crisis
- ★ Participants will identify how PFA connects to treatment options to during the crisis
- ★ Participants will create plans to care themselves while responding to people in crisis

### Description of the webinar

The department of psychology organized a webinar on the theme “psychological first aid”. Over 72 participants took part in our webinar on 25th June to understand and learn about psychological first aid. The resource person for the webinar was Vanidevi PT, consultant psychologist. The student coordinators of the webinar were Vaishnavi.S & Aysha Areeba. The Faculty coordinators of the webinar were Dr.Leena ST & Ammu Lukose. The programme started with an opening remark delivered by course coordinator Dr. Pramod SK, department of Counselling Psychology Loyola College of social sciences. The MC were handled in this webinar by Ms.Aleena Andrews. Followed by welcome address from Ms. Nisha, student representative, first Msc Counselling Psychology. The question answer session was handled by Aysha Areeba. Many attendees sent in their questions and key challenges when it comes related to the psychological first aid, which Vanidevi addressed during this one-hour session. The





session ended with a round of discussion and vote of thanks by Ms.Fayiza Fyzee, student representative of first Msc Counselling Psychology.

**Conclusion:** It was an effective session to understand about psychological first aid. The widespread and relatively uncritical acceptance of PFA as the preferred approach to early intervention following disaster has brought with it concerning questions about its effectiveness. Although not clearly operationalized, the goals of PFA are broadly recognized as reducing immediate distress and optimizing short- and long-term functioning. Little evidence exists to demonstrate the effectiveness of PFA in achieving these goals. Having not been created with field evaluation in mind, researchers are now attempting to bootstrap evaluation strategies to PFA models that are frankly unwieldy to test for effectiveness.

## **WEBINAR ON SUBSTANCE USE AWARENESS-ROLE OF MENTAL HEALTH PROFESSIONALS**

**Date : 14/07/2021**

**Time : 7 pm**

**Duration : 1 hr**

**Loyola College of Social Sciences, Trivandrum**

**DEPARTMENT OF  
COUNSELLING PSYCHOLOGY**

**A webinar on**

**SUBSTANCE USE AWARENESS-ROLE OF  
MENTAL HEALTH PROFESSIONALS**

**JOBIN A**  
**CLINICAL PSYCHOLOGIST**  
**MA(PSY),MPHIL(CL.PSY),PHD(SCHOLAR)**  
**DISTRICT MENTAL HEALTH PROGRAMME,**  
**PATHANAMTHITTA**

**Platform:Zoom**  
**Meeting id:812 230 6992**  
**Passcode:1**

**14th JULY 2021, WEDNESDAY , 7PM**

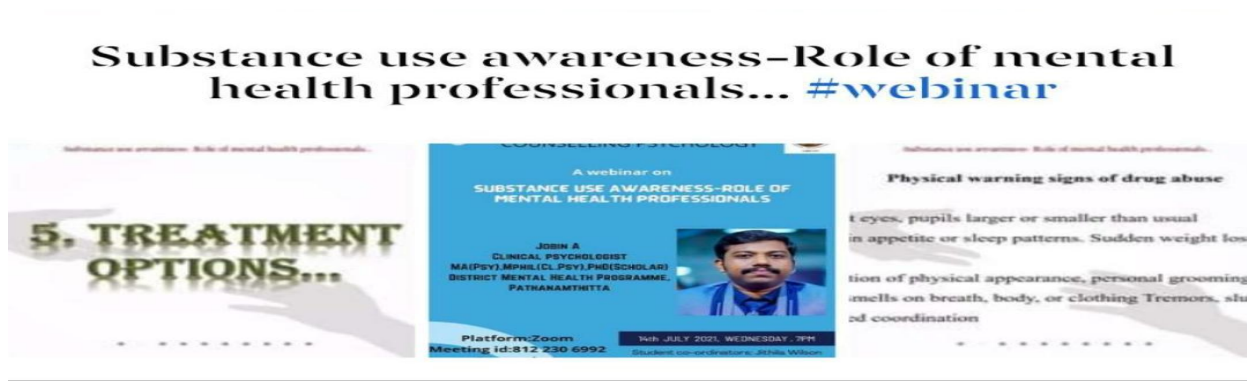
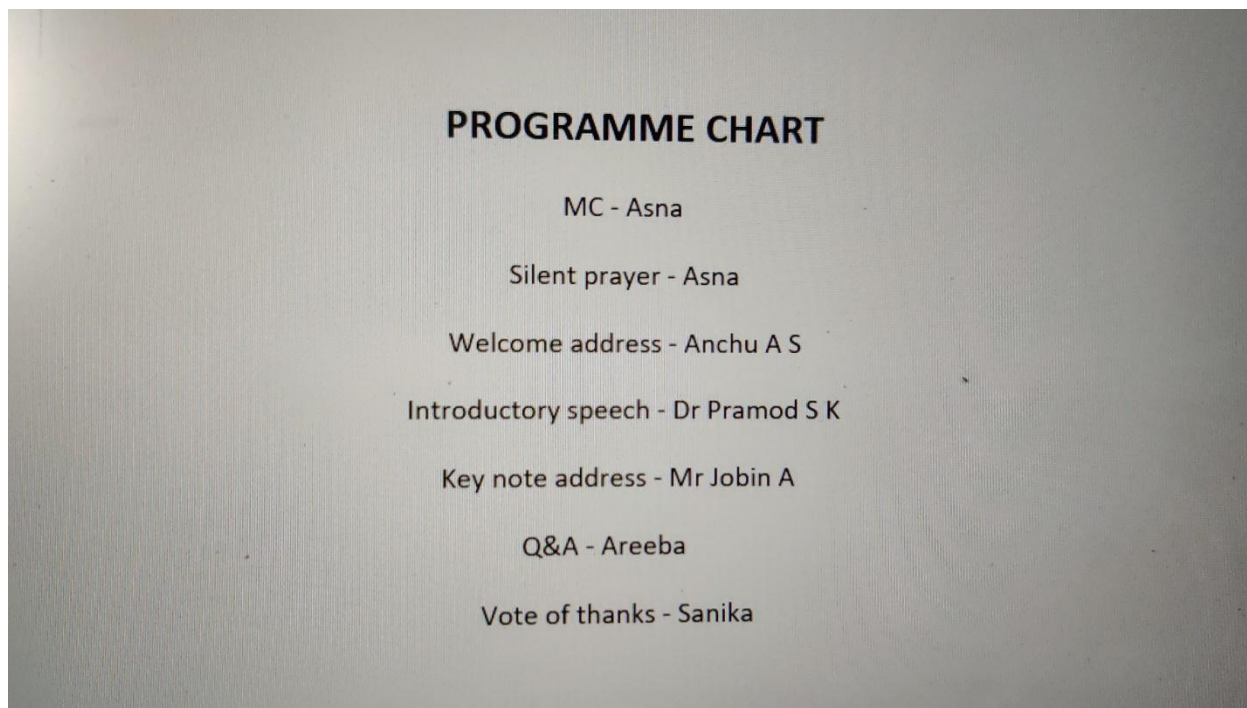
Student co-ordinators: Jithila Wilson  
(9846964780)  
Aysha Areeba

Staff co-ordinator:Dr Leena ST  
Course co-ordinator:Dr Pramod SK

Resource person: Mr Jobin A, Clinical psychologist, District Mental  
Health Programme, Pathanamthitta

The Department of Counselling Psychology at Loyola College of social sciences organized a webinar on 14/7/2021 at 7pm on Substance use awareness: role of mental health professionals. Around 87 participants including PG students and degree students from various colleges, especially Assistant Lecturers, Priests and Consultant Psychologists, participated in this webinar. The webinar begins with a silent prayer. After that Asna invited Anchu A S to give the welcome

speech. Anchu A S delivered the welcome address and Dr Pramod S k, the course coordinator delivered the introductory speech. Following this, Mr Jobin A , the resource person, took a class based on the topic of substance use awareness-role of mental health professionals.



He explained the topic very well. He explained the different kinds of substances and how to provide a professional help for drug addicts. His speech was very informative and interesting. After the class, the question-and-answer session was conducted under the leadership of Areeba.



Recording

You are viewing Jobin A's screen

View Options

Substance use awareness- Role of mental health professionals...

### Physical warning signs of drug abuse

- ❖ Bloodshot eyes, pupils larger or smaller than usual
- ❖ Changes in appetite or sleep patterns. Sudden weight loss or weight gain
- ❖ Deterioration of physical appearance, personal grooming habits
- ❖ Unusual smells on breath, body, or clothing Tremors, slurred speech, or impaired coordination

iPhone

MMS

Shaji

Prabha

nikhil manuel

Department...

Anchu

Asna

Emily Jaculine

Ammu Christ...

Jincy Shanavas

Veronica K G...

Kavitha

Omjayasree ...

Rajasree T

NANDAN R ...

Unmute

Start Video

Participants 80

Chat

Share Screen

Record

Reactions

Leave

Finally, Sanika concluded the webinar by thanking everyone who participated. Student Coordinators Jithila and Areeba, Staff Coordinator Dr Leena S T and Course Coordinator Dr Pramod S K coordinated the

webinar very well.

## FRAMES OF MIND - A BEAUTIFUL MIND

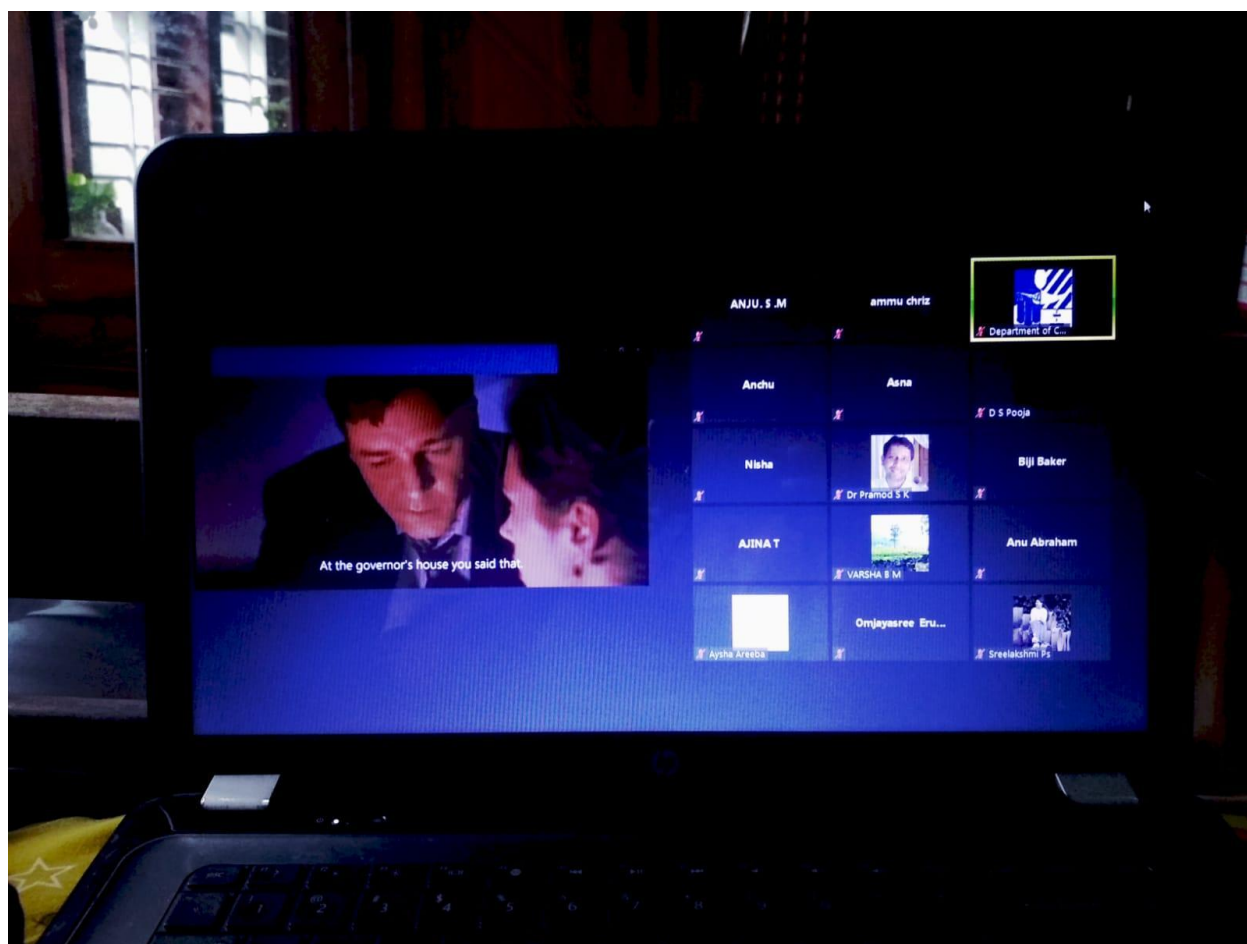
### EVENT REPORT

Frames of mind is a theatre club, organized by the Department of Counselling Psychology and Loyola Association of Counselling Psychology Students. "A beautiful mind" is the first movie featured in the academic year 2021-22. "A Beautiful Mind" is a powerful account of the life of Nobel Prize winner and mathematician John Nash. The movie depicts Nash's journey through life with schizophrenia. Nash displays many characteristic symptoms of schizophrenia, including hallucinations, delusions, fear of persecution, and lack of interpersonal relationships.

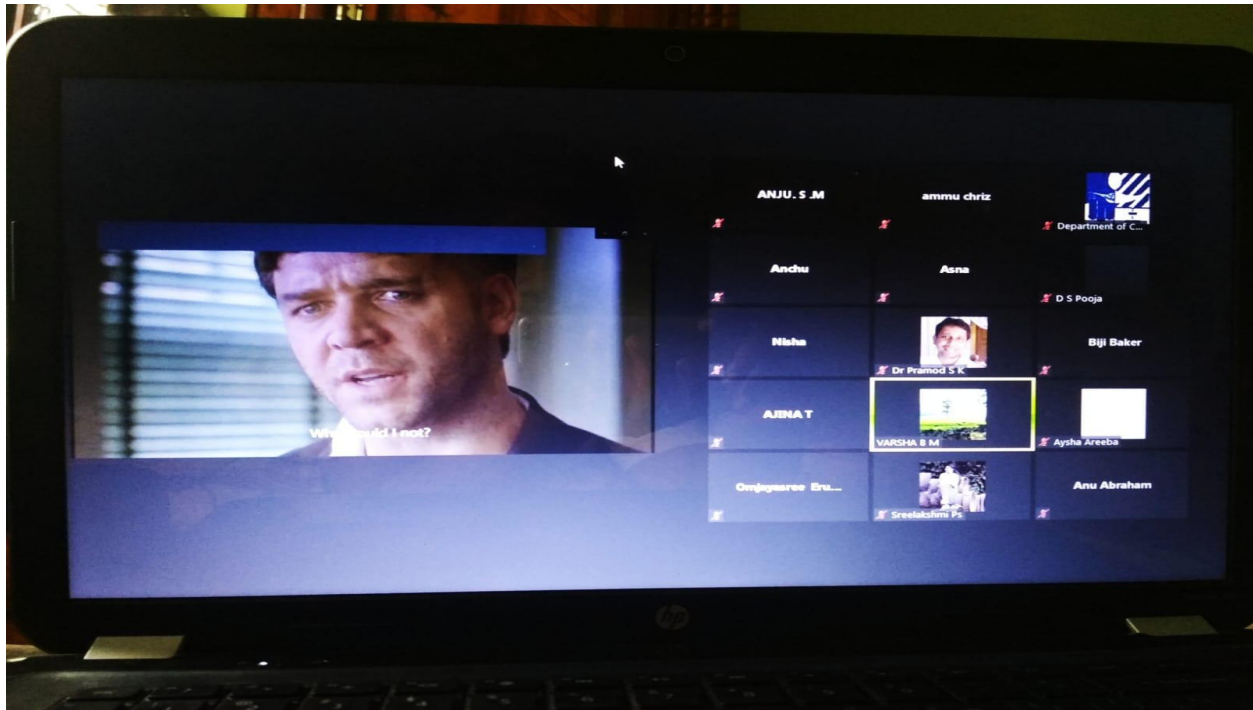




It was displayed on 20<sup>th</sup> July, 2021 at 1.30pm through online platform. It was conducted as a departmental activity, hence the first-year students and the faculties of Department of counselling psychology were being part of the event. Dr. Pramod S K, Head of the Department, gave an introduction about the movie and he wished all the students to own a beautiful mind. Dr. Leena S T, was being the host of the event and organized the entire session.



Ammu Christopher, Students representative, gave a brief idea about the movie “A Beautiful Mind”. After briefing the movie was played at 1.45pm. The movie is of 2h 20m. The movie ended at 4. 05pm. After the movie we had a review session, where individual thoughts about the movie was sought, most of the students were found the movie very interesting and informative. The movie gave a clear-cut image of schizophrenia.



The symptoms and onset of schizophrenia is well displayed in the movie. The movie also gave an insight that any psychological disorder can be carried throughout life without impairing day to day activities with the support of family and society. After review session Dr Leena S T concluded the event at 4.30pm, by thanking each and every one who were present.

## WEBINAR ON ROLE OF EMOTIONAL INTELLIGENCE IN HANDLING STRESS AND ANXIETY

Date : 02/08/2021

Time : 7.30pm

Duration : 1 hr

Venue : Zoom

Resource person : Dr Aswathy Anand , Psychologist, Carmel Hospital , Ernakulam



**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**Loyola College of Social Sciences**  
**Thiruvananthapuram**



*Webinar on*

**Role of Emotional Intelligence  
in Handling Stress And Anxiety**



**Resource Person:**  
**Dr Aswathy Anand PhD**  
**Psychologist**  
**Carmel Hospital**  
**Ernakulam**

**MEETING ID : 8122306992**  
**PASSCODE : 1**  
**DATE : AUG 2, MONDAY**  
**TIME: 7 .30 PM**  
**PLATFORM : ZOOM**

**Staff co-ordinator: Dr Leena S T**  
**Course co-ordinator : Dr Pramod S K**

*Student co-ordinators*  
**VARSHA B M**  
**(9645485973)**  
**AYSHA AREEBA**

The Department of Counselling Psychology at Loyola College of Social Science organized a webinar on 02/08/2021 at 7.30pm on Role of emotional intelligence in handling stress and

anxiety. Around 100 participants including PG students ,degree students from various colleges ,especially Assistant Lectures ,scholars, consultant psychologists and participants from abroad were in this webinar. The webinar was started with silent prayer. After that Avani invited Ajina to give the welcome speech . Ajina delivered the welcome address and Dr Pramod S K ,the course co-ordinator delivered the introductory speech.

## PROGRAMME CHART

Mc – Avani V S

Silent prayer – Avani V S

Welcome address – Ajina T

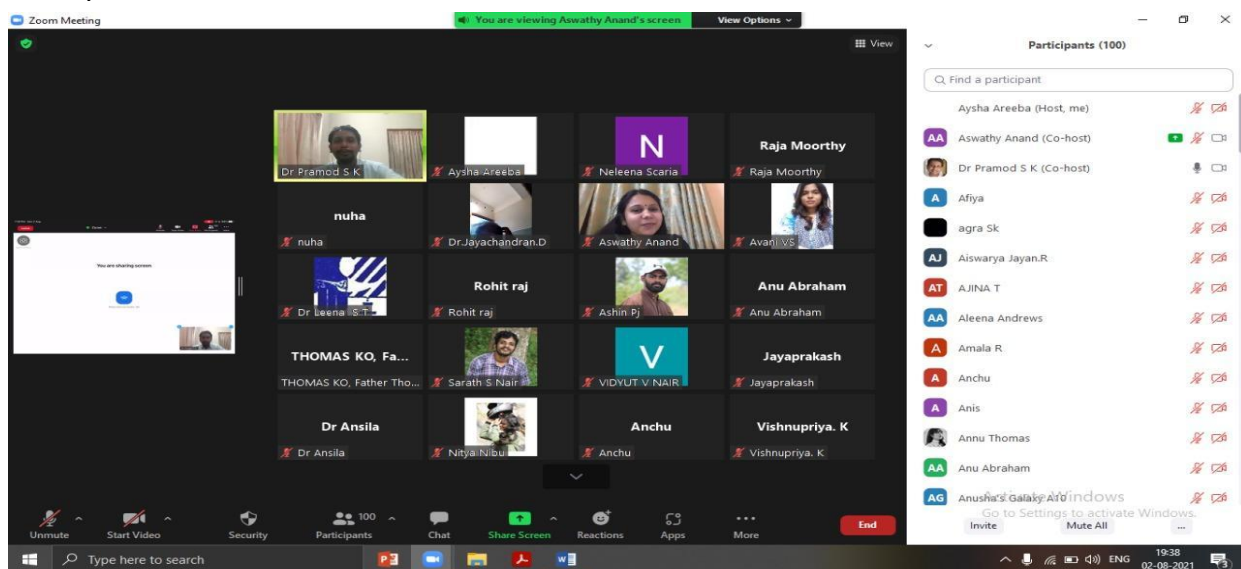
Introductory speech – Dr Pramod S K

Key note address- Dr Aswathy Anand

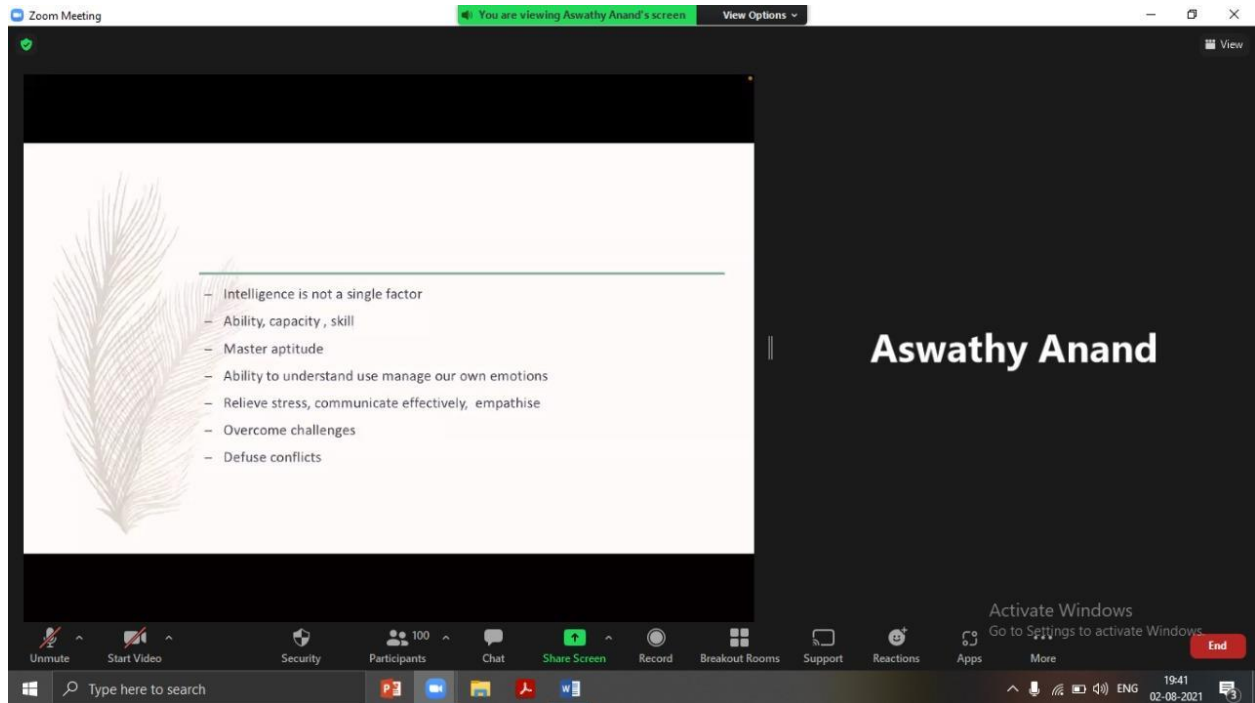
Q&A – Ayshaa Areeba

Vote of thanks- Sreelakshmi P S

Following this ,Dr Aswathy Anand ,the resource person ,took the class based on the topic on role of emotional intelligence in handling stress and anxiety .She explained the topic very well. She describes about its importance,5 domains of emotional intelligence, techniques to combat anxiety.



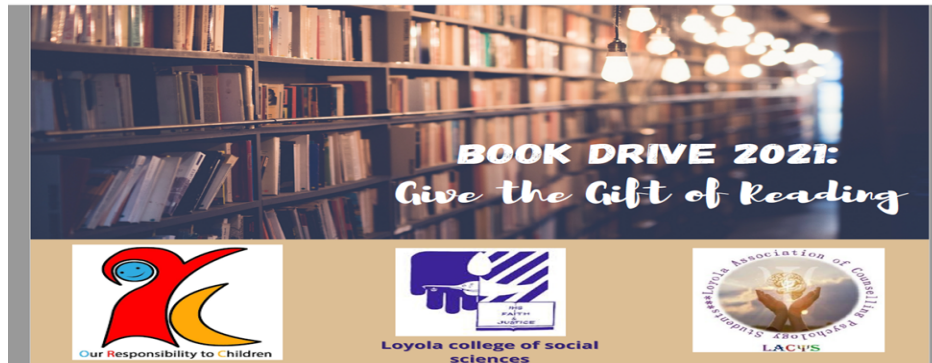
Her speech was very informative and interesting .After the class ,the question and answer session was conducted under the leadership of Areeba .Finally ,Sreelakshmi concluded the webinar by thanking everyone who participated .



Student o-coordinators Varsha and Areeba , Staff coordinator Dr Leena S T and Course coordinator Dr Pramod S K coordinated the webinar well .

## BOOK DRIVE 2021: GIVE THE GIFT OF READING

Our responsibility to Children is an innovative initiative of Integrative child protection scheme(ICPS) under the department of women and child development.



An integral part of their program was to develop equipped libraries in children's home across all districts in Kerala.



Loyola association of counselling psychology(LACS) , Loyola College of social sciences Trivandrum had taken an active role in lending hands to establish these libraries. Students from the department of counselling psychology started collecting books from may 6<sup>th</sup>. Dr ammu lucose was the faculty coordinator in this program.



## BOOK HANDING OVER CEREMONY

As the part of book collection program the students have collected around 200 books from Kerala and Bangalore.



On 26<sup>th</sup>  
July Fr.  
Sunny  
kunnappalli  
handed over  
the books to  
childline  
members in  
the presence  
of college

principal Dr.saji. p. Jacob and Dr. Ammu Luckose, faculty of department of counselling psychology. Dr. Pramod S K, being the course coordinator endowed enormous support for the successful completion of this program

**REPORT OF STUDENT'S ASSOCIATION ACTIVITIES DURING THE PERIOD OF**  
**2019-2020**



# **LOYOLA ASSOCIATION OF COUNSELLING PSYCHOLOGY STUDENTS**

## **2019-2020**

### **1. Flash mob**

Counselling Psychology students performed a flash mob to spread awareness on suicide prevention at Saphalyam complex Trivandrum on 9/10/2019. All the students from counselling psychology department actively participated in the programme. Flash mob was followed by a slow musical performance lead by the counselling psychology which depicted different suicide provoking situations and its survival.



### **2. Psychological Assessment**

A systematic psychological assessment for Loyola students was conducted in the campus on 10/10/2019. The assessment was recommended for students who are interested to learn more about their unique personal and cognitive qualities. The assessment procedure ended with the delivery of final report to the client.



### **3. Poster Presentation**

Poster presentation was done by counselling psychology students at college portico in order to create awareness on mental health promotion and suicide prevention on 10/10/2020.



#### 4. Walkathon

To create awareness on mental health promotion and suicide prevention Lacs has organized a walkathon (10/10/2019) from Museum to Palayam. Psychology students from various colleges took part in the walkathon. The flag off was done by the district police chief. The event was a memorable one. The students from different colleges including Govt College for Women, Trivandrum and University College, Trivandrum participated on the walkathon which made the event a huge success.



#### 5. World Mental Health Day

Msc Counselling Psychology students of LCSS performed a street play at Palayam on “World Mental Health Day”. The play was based on suicide prevention. The play was conducted on October 10 2019 in front of University college Trivandrum. The students participated in the play were Anaz Narayan, Anjitha A, Arathy SV, Jayaprakash Narayanan, Kavya BK, Rohit Raj, Sulekha D, Wincy Bibi SV, Mehna Nawas, Arathy B Kumar and Gokul.



## **6. College level competition**

Lacs has organized various competitions like painting, essay writing, photography and extempore for the students of all departments. Through these competitions, students had the opportunities to expose their knowledge and creativity. Active participation from students made the competition a grand success. The maximum participation trophy was bagged by sociology department. The competitions were conducted in association with World Mental Health Day 2019.



## **7. Street play at Loyola School**

Counselling Psychology students performed street play at Loyola School on 17/10/2019. The play was conducted in association with World Mental Health Day 2019. The play was based on different scenarios of mental health issues. The students participated in the play were Anaz Narayan, Anjitha A, Arathy SV, Jayaprakash Narayanan, Kavya BK, Rohit Raj, Sulekha D, Wincy Bibi SV, Mehna Nawas, Arathy B Kumar and Gokul.



## **8. Street play with Child line**

Msc Counselling Psychology students performed a street play at Vellayambalam (Tvm) on the theme “Run for safe childhood” on 20th November 2019. The play was about the issues faced by children in different situations. The students participated in the play were Devika, Abhirami JS, Sulekha D, Jayaprakash

Narayanan, Asumtha Mary Anthony, Shilpa, Arathy SV, Anjitha, Narthana S, Arathy B Kumar, Wincy Bibi SV, Rohit Raj and Gokul.



## **9. Journal Club**

Journal Club is a platform for counselling psychology students who meet once in a month to critically discuss current articles in the field of psychology. It is a framed meeting to discuss the strengths, weaknesses and practical application of selected articles from the recent literature.



**REPORT OF STUDENT'S ASSOCIATION ACTIVITIES DURING THE  
PERIOD OF 2018-2019**

## REPORT OF IKIGAI FEST 2K18



The fund rising programme “IKIGAI FEST 2K18”, was a two day fest conducted by Department of counselling psychology’s students association LACΨS on 12 December 2018 and 13 December 2018.

As part of promotion one week before the fest students association of the department (LACΨS) took initiatives and conducted flash mob around many major spots of Trivandrum starting from the college itself extending to Manaveeyam Veedhi Palayam, Mall of Travancore and Kovalam beach.

The programme was inaugurated by Mr. Kishore.N.K (Cine artist) which was held at Sutter Hall on 12 December 2018. The faculty coordinators of the programme were Dr.Aroline.K



and Ms. Aparna Pavanjan and the student coordinators were Mr.Gokul.P.G and Ms. Aneesha Joseph.



Two main venues were assigned for the fest -Sutter hall(main venue) and J.M Hall. numerous games, programmes and assessment tests were organised as part of the fest including programmes like quiz , games, persona ,spot photography, collage making and face painting. On the second and final day of the event treasure hunt and cultural programme were the major attractions





















More than 70 students from five different colleges (St. Xavier's College, Thumba, S N College Chempazhantny, MG College, Trivandrum, University College Palayam and Government College for Women, Thiruvananthapuram) marked their participation in the fest.

Scoring highest points in total in all competitions including the highest number of participants point St. Xavier's College, Thumba' bagged Championship Trophy along with a cash prize of Rs. 10,000/- and runners up were SN college Chempazhantny.



**Mystic Room**  
A space to explore the science behind the super natural sciences... Witness & get thrilled with the Parapsychological Works!!!

**Cultural Eve**  
An evening of music, dance & laughs... Please join us on the extravaganza of performance.



**About Us**  
Loyola College of Social Sciences. Loyola College of Social Sciences is an advanced institute of social sciences, Re-accredited at A grade by the NAAC with a CGPA of 3.72 on a 4 point scale in 2014. The College offers four post graduate courses, besides doctoral programmes.

**Department of Counselling Psychology**  
Department of Counselling Psychology was established in 2013, at Loyola College of Social Science is the first of its kind at the University of Kerala. The motto of the department is Engaged Learning in Caring and Healing.

*Celebration of Oneness & Oneself*



**AN INTERCOLLEGIATE FEST**  
**DATE : 12 & 13 DECEMBER 2018**

**1st Prize**  
Best College Trophy & ₹ 10000

**2nd Prize**  
Trophy & ₹ 5000

**Best Performer**  
₹ 2500

**SPARSHAM**



**SPARSHAM** is Counselling Psychology Student Association. Sparsham is a platform for enriching knowledge through experiential learning. It gives a frame work for personal and professional competence. It act as a strong support system for social commitment.

Organized By :  
**Sparsham**  
Counselling Psychology Students Association

Venue  
**Loyola College of Social Sciences**  
Sreekaryam, Thiruvananthapuram

For Details:  
Faculty Co-ordinator  
**Aroline. K. Tom: 9745034009**  
Student Co-ordinators  
**Gokul P G : 8086715626**  
**Anagha Suresh : 9066414138**

The moto of the fest was fund raising and the surplus amount of Rs.13,000/- which was raised from the fest were handed over to the AIDS patients of St. Jones Hospital Pirappancode for the purpose of their rehabilitation.



**SPARSHAM**  
Presents

*ikigai*

Passion, Mission, Profession & Vocation.

The Blend of all is the reason for everyone's BEING.  
So Lets all come together to find our ikigai by **Celebrating Oneness and Oneself.**

Hence, hear all and come all – The sophic group of Counselling Psychology Department. We Sparshamites, invite all the young, vibrant and dynamic psyche to revel in our fete.

EXHIBITION

COMPETITIONS

GAME ZONE

**DAY 1**  
**12 DECEMBER 2018**  
Inaugural Function - 9.30 am – 10.30 am

**Programmes**

**Impression**  
(Spot Photography)  
10.30 am – 12.30 pm

**Bhavana**  
(Face Painting)  
10.30 am – 11.30 am

**Surjan**  
(Collage Making)  
Reg. Fees : ₹ 20  
10.30 am – 11.30 am

**Adayabam**  
(Character Presentation)  
12.00 pm – 1.00 pm

**Boudhika**  
(Quiz)  
Reg. Fees: ₹ 20  
Prelims: 12.00 pm – 1.00 pm  
Mains: 2.00 pm – 3.00 pm

**Valledictory Function**  
2.00 pm – 3.00 pm  
Chief Guest : **Dr. L.R. Madhujan**  
(Director, Karunasai Psycho Park)

**DAY 2**  
**13 DECEMBER 2018**

**Tik Tik Tik**  
(Treasure Hunt)  
Reg. Fees: ₹ 40  
10.00 am – 11.00 am

**Ice The Stress**  
(Stress Management)  
11.00 am – 12.00 pm

**Avishkar**  
(Mime)  
Reg. Fee: ₹ 100  
12.00 pm – 1.00 pm

**Capsule Film Contest**  
Reg. Fees: ₹ 100  
Prize: ₹ 1500

42



**STUDENT'S ASSOCIATION OF COUNSELLING**

**PSYCHOLOGY STUDENTS (SPARSHAM )**

**ANNUAL REPORT**

**2017- 2018**

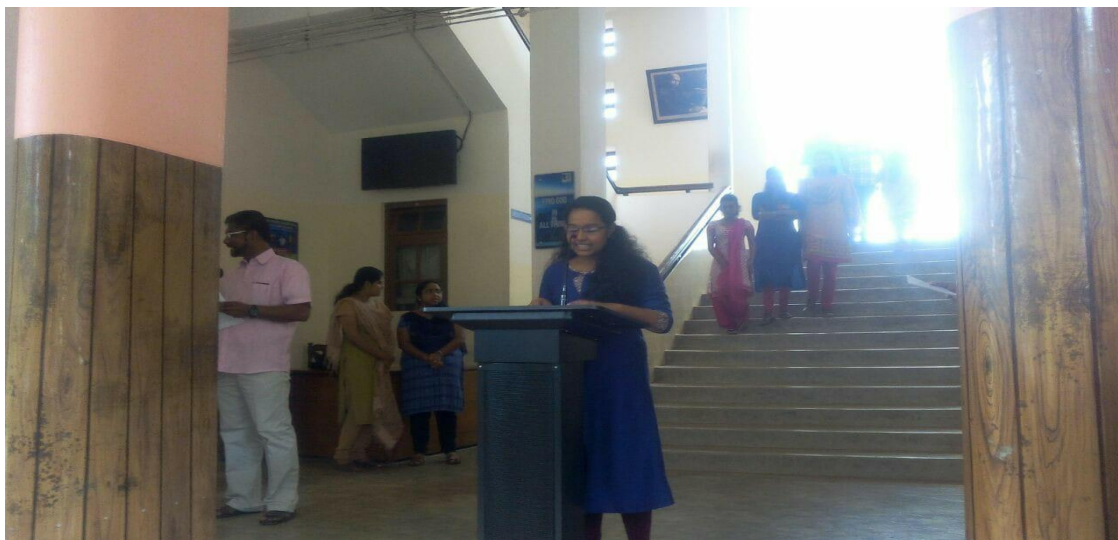
### **Meeting report of 26<sup>th</sup> October 2017**

The initial meeting of sparsham 2017-2018 was conducted on 26<sup>th</sup> October 2017. The meeting was started with an orientation programme about sparsham 2017-18. The orientation programme was led by the student coordinator Aardra Madhusoodanan. The orientation program given the awareness about the various activities that have to be done till March. After the discussion plans for anti-bullying day, World kindness day and children's day were done. It was decided to conduct anti-bullying awareness on 31<sup>st</sup> October 2017 at 10.20 am at portico, Loyola college of social sciences. It is decided to give a message and oath against bullying for the program. Charts bullying were also planned to prepare. Remya has taken the responsibility for chart works. A small screening regarding anti-bullying was planned to do and the responsibility was taken up by Sony. Sony and Sruthi were recruited to give an idea about our activities to the manager of Loyola institutions. Then World kindness day and hunger day has been planned to conduct in the same day of 13<sup>th</sup> November 2017 by serving lunch to the needy people around medical college area after collecting pothichoru from students, teachers and other non-teaching staffs. After all

the planning of anti-bullying day and world kindness and hunger day was done next moved on to the planning of children's day activity. Cheruvickal School was selected to carry out sparsham activities on children's day. Aardra Madhusoodanan Nisha R.K and Neha were selected for the overall coordination of children's day. General responsibilities like sparsham board updation for November month and photography of all the programs were allotted to Greeshma, Aswathi and Remya, Anagha respectively. First and third Thursdays of each month were selected for conducting the sparsham meeting. The meeting came to an end by 4.15pm.

### **31<sup>st</sup> October 2017- Anti bullying day Awareness at Portico**

Sparsham Activity – Anti bullying awareness was done on 31/October 2017 at college portico. Anagha has welcomed everyone to the programme, and then Reshama has given a message on anti-bullying.



Then the faculty coordinator Dr. Leena S.T has talked a few words regarding anti-bullying. After that Aardra Madhusoodanan has taken up the charge of oath taking. The meeting has come to an end by the vote of thanks by Nisha.



Along with giving vote of thanks, she also gave an announcement about pothichoru activity. Nisha has also prepared pamphlets which contained messages against bullying and it was handed over to the students in the campus. The LED projection was also done by Sony G Tharakan. Greeshma and Aswathi.A has prepared two charts and that was displayed.

#### EVALUATION REPORT-

The following suggestions were raised by the senior students of the department

1. It was suggested to improve the all over quality of the programme as the charts or any other programmes associated with this event didn't keep the standards.



### **14<sup>th</sup> November 2017 – Children's day program at Cheruvickal School**

As part of 128<sup>th</sup> Children's day, Sparsham (student association of department of counselling psychology, Loyola College of Social Sciences) have arranged a celebration in collaboration with students of Loyola College and students of Cheruvickal School. The program was conducted on 14<sup>th</sup> November 2017 at 9:30 am to 10:30 am. The compare of the program was Aardra.



The program started with welcome speech by Anagha Suresh. She welcomed all the teachers and students of both Cheruvickal School and Loyola college. Next was Nehru's speech. It was done by a smart boy named Akash of 7<sup>th</sup> standard. He did it very confidentially and vibrantly. After that few students of the school sang a beautiful folk song. That was also really good. Then the next item was done by few of the students of counseling psychology. It was an awareness skit about child abuse and different touches. The main roles played by Aardra, Nisha, Abhishek and

Aswathy. Nisha gave an awareness talk about child abuse, good touch and bad touch. She conveyed through pictures and oral medium.



After the skit there happened a marvelous dance by school students. Everybody enjoyed it a lot. Then there were a funny game conducted by Aardra with participation of school students. The game named as “1, 2, and 3”. Students really enjoyed the game. After the game, Abhishek of Loyola college sang a fabulous song in the presence of a special child named Alex of Cheruvickal School. Last but not the least was an action song done together by both school and

college students. It was Cambodian folk song. And it was very funny too. All the programs were very beautiful and enjoyable.



We ended up the program with sweets distribution and pencil distribution to the children.

#### EVALUATION REPORT:

1. The seniors have pointed that the programmes conducted were so entertaining and done well by the juniors.



2. It was pointed out that basics of conducting an official programme were lacking throughout the programme.

### **Frames of mind (Psychological film review)**

On behalf of the activities conducted by Sparsham (students association of department of counselling psychology) frames of mind; psychological film review was conducted on 15<sup>th</sup> November 2017. The movie was screened in the lecture hall 8 of department of social work at 1:30 pm. There were 17 students presented for the movie review. The movie screened was Pasanga 2 is a 2015 Indian Tamil children's film directed by Pandiraj.



The film focuses on the issue of attention deficit disorder in children and is set in the city. The film, starring Karthik Kumar, Bindu Madhavi, and Jayaram, who also appears in a supporting role along with his daughter, was released in December 2015 and was declared as a "year-end best film" by the Filmfare Awards. The film stars Karthik Kumar, Bindu Madhavi, and Jayaram who having ADHD. The

struggles faced by them and their parents due to this disorder is clearly depicting in the movie. Then a Doctor (child psychiatrist) and his family came to help this children and parents to overcome their difficulties in the society. They are giving training to these children in very much positive and enthusiastic way. This helped both the children and their family to overcome their difficulties and to cope up with the society. The film also mentioning about kleptomania. One of the child's fathers has this disorder. Overall the film is giving good insight for everyone who may or may not have special children and also giving awareness about disorders like ADHD and other childhood disorders. The review ended up at 3; 45pm. The film was really wonderful and everybody enjoyed a lot.

#### EVALUATION REPORT

1. There was delay in playing movie.
2. The movie was well selected; it was enjoyed by almost everybody.



**November 13<sup>th</sup> 2017- Pothichoru distribution at medical college.**

As part of hunger and kindness day, Sparsham conducted an activity named “Pothichoru” in medical college side on 13<sup>th</sup> November 2017 in between 12; 15 and 12; 45 pm. The pothichoru was distributed to the needy people of medical college and was conducted in the common space of medical college.



Most of the students, teachers and non-teaching staffs of Loyola College were given lunch packets for this activity. The journey for giving lunch packets started from the college at 11; 45am. The distribution started at 12; 15 pm. Around 100 packets were given to the needy people.

It was huge crowd in medical college, they stand up in a queue for relieve their hunger. Every student struggled a lot to buy more lunch packets for the people.



A FM radio channel Big FM was also incorporated with us for this activity. Before the pothichoru distribution Parvathy and Jude went to radio station and given a briefing about the pothichoru activity and the overall activity of Sparsham. It was telecasted at 3pm in the channel.

The participation of other students' teachers and non-teaching staffs in the college is best proof for the success of the activity. And it given a warm satisfaction for everyone who participated in this activity.

### EVALUATION REPORT

1. It is better to make a prior appointment with medical college authorities and seek permission before the event.
2. Also can think about other places too.

### **Meeting report of 23<sup>rd</sup> November, 2017**

The second meeting of Sparsham, for Christmas celebration was conducted on 23<sup>rd</sup> November, 2017 at 1:45 pm. Sparsham coordinator Dr. Leena S.T. gave an introduction about the purpose of the gathering and suggested the Christmas program to be conducted on December 16 or December 14. The date for December 14 was fixed upon everyone's opinion. The Christmas coordinators Prisma and Sruthy were asked about the programs planned for Christmas. Song, skit, dance and bible visualization were the programs planned. Then there was a small discussion about the bible visualization. The different venues for the Christmas celebration were suggested: Kripalaya, Bethelgram, Divine children's Home, open prison, Azeez and Snehalaya. Travelling facilitators Jude S. and Abhishek Sathyan were assigned to check for the availability of the suggested venues. Carol in-charge, Abhishek and Neha gave updates about the carol songs. The Christmas papa's role and message was discussed. Food committee in-charge, Aswathy V.S. and

decoration committee in-charge Prisma and Remya gave updates about their plannings. Anagha and Brightly, gift committee in-charges proposed giving cards to inmates and sapling for the organization. The task of compeering the programme was taken up by Dyna and Divya. Costume in-charge, Abhishek and Jude were assigned to inform about the costumes. The screening for the Christmas program was announced to be held on December 11, 2017.

### **Meeting report of 23<sup>rd</sup> November, 2017**

The third meeting of Sparsham, for Christmas celebration was conducted on 30<sup>th</sup> November, 2017. Mr. Jude S. and Dr. Leena S.T. searched different venues and enquired about their availability and Bethelgram, an old age home in Mukkola was finally fixed. The expected costs of different items were proposed by the in-charges of the different committees. Aswathy V.S. suggested 4 kg cake to be brought and estimated price was 1000 Rs. Decoration committee in-charges Remya and Prisma estimated Rs 250 for the decoration. Brightly and Anagha, gift committee in-charges expected their budget to be below 100. Mr. Abhishek , Costume in-charge, estimated Rs 600 for Santa's dress. Bible visualization was also estimated to cost maximum of Rs 100 for costumes and accessories. After the budget estimation, the dress code for Christmas celebration was agreed upon as 'white and red'. It was planned to provide the inmates with bedsheets and also Christmas cards. Gifting of sapling to the organization was finally fixed. Carol in-charge Neha provided the list for carol songs. Sruthy and Aswathy V.S. proposed anthakshari to be played in Bethelgram and suggested that the inmates would enjoy. Ardra was assigned to prepare the program chart. It was decided that the welcome speech would be delivered by Dr. Pramod S.K. and vote of thanks by Dr. Leena S.T. Afterwards Rs 100 was collected from each member for the Christmas budget.



## Screening report

- The first screening for the Christmas celebration was held on 12<sup>th</sup> December, 2017 in 1<sup>st</sup> year counselling psychology classroom. The programs were presented before the faculty members. Miss Divya compeered the program. First year students presented a set of film songs related to Christmas but due to lack of preparation it was left for representing after proper practice. Bible visualization was presented and more practice was suggested. Carol songs were sung and semi-classical dance was presented. Dyna and Parvathy practiced interaction with Santa Claus. Neha and Brightly sang a collection of film songs. A demo of game presenting was done by Aswathy V.S. and Sruthi. After this, a second screening was announced on 13<sup>th</sup> December.
- The second screening for the Christmas celebration was held on 13<sup>th</sup> December, 2017 in Sutter Hall. The programs were presented before the faculty members. Miss Divya compeered the program. Bible visualization was presented followed by carol songs. Then a semi-classical dance was presented. Dyna and Parvathy presented interaction with Santa Claus. Neha and Brightly sang a collection of film songs. A demo of game presenting was done by Aswathy V.S. and Sruthi.
- The screening helped to improve the quality of the programs .

### **Christmas celebration at Bethelgram**

Sparsham, the student association of counselling psychology, Loyola College of Social Sciences celebrated Christmas at the old age home, Bethelgram in Mukola. Mr Jude S. took the initiative for getting the permission to do this programme from the organization. Mr. Jude visited the old age home to get an idea about the needs of the inmates and their expectations from us and he reported to the department faculties and members. The programme was conducted on 14-12-2017 and started at 10:30 am. Miss Divya gave the introduction about Sparsham, introduced everyone to them and compeered the programme. The prayer song was sung by Miss Neha and Brightly. Rev. Father Edison Philip, Manager of Bethelgram, introduced the Sparsham team to the inmates and welcomed us to Bethelgram.



The welcome speech, on behalf of Sparsham was given by our respected HoD Dr. Pramod S.K. He addressed the gathering and expressed his happiness of being one among them and shared his happiness of Christmas. Then it was time for Bible visualization, a combined effort of team spirit by the first year and second year students. They could give a wonderful play of the birth of Christ and created an atmosphere of Bethlehem in Bethelgram. Everyone seemed to enjoy it very well. The carol was the next programme guided by Dr. Pramod and team, the songs enriched everyone with love and joy of Christmas. Jingle bells was sung by the carol team and Miss. Parvathy entered as Santa Claus. Her dance and enthusiasm created a happy mood and applause among the inmates. Then the Christmas father interacted with Dyna Scaria. Then it was

time for a semi-classical dance by Greeshma and Ardra. After this, a game ‘anthakshari’ was conducted by Sruthi and Aswathy V.S., where they divided the inmates into two groups. They gave a letter in Malayalam and were told to sing a song starting with the letter. The inmates actively got involved in the game and the students have got a chance to be a part of the game also. Next programme was by Neha and Brightly. They sang a collection of old Malayalam songs.





Then it was time to cut the Christmas cake. Dyna and Santa Claus conveyed to the audience about the cake cutting and invited one of the inmate of Bethelgram to cut the cake. Carol songs were being sung in the background while the cake was distributed. Papa said good bye to everyone and left while the carol team wished everyone a merry Christmas and happy new year. Then it was time for the gifting of the tree sapling. Dr. Pramod S.K., along with Sparsham coordinators Dr. Leena S.T. and student coordinators Remya, Ardra and Christmas coordinators Prisma and Sruthi , gifted the sapling to rev. Father Edison Philip, the manager of Bethelgram.



The program had come to an end and Sparsham coordinator Dr, Leena S.T. delivered the vote of thanks. She thanked all the teachers and students for their support and thanked Bethelgram for

their love and support. Then Rev. Father Edison Philip, manager of Bethelgram, expressed his gratitude to the whole crew of Sparsham for being there for them and prayed for the well being of all. Thereafter, we had lunch with the inmates of Bethelgram. It was around 2 p.m. then and the Sparsham group set back to the college.

### **Conclusion**

- The program was a wonderful success despite the limited time for interaction we had with the inmates.
- The juniors and the seniors have actively worked together for this programme
- There was good coordination among the students

### **Special thanks to:**

- Jude.S for taking the initiative to enquire about Bethelgram and ensuring everything on 13<sup>th</sup> December. Thanks to Remya also.
- Mrs Sony , Jude, Brightly, Dyna and Sruthi for making arrangements for the costumes and accessories for bible visualisation and santa.
- Abhishek Sathyan for the script for Santa and Dyna.
- Mrs Nisha R.K. for the tree sapling and baby doll.
- Miss Supriya, student of diploma in counselling psychology for offering us cards and helping us gather bedsheets.
- Dr. Leena S.T. , Dr. Pramod S.K. and Mrs. Dia Therese jose for facilitating transportation, for their suggestions, help and support throughout the preparation and also for the successful execution of the program.



## **REPORT OF HANDMADE CARDS EXIBITION AND SALES**

Sparsham, the Student's Association of Department of Counselling Psychology organized an exhibition and sales of handmade Christmas cards on 18<sup>th</sup> December 2017, Monday at the college premises. The sale was conducted as a fund raising event for outreach programmes for the underprivileged. The teachers and the students of Department of Counselling Psychology

made

the

cards.



The cards displayed for sale were of different rates. There were five counters for each card that was categorised by different rates based on the quality. Ms. Dyna Scaria handled the first counter, and she sold 5 cards each costs rupees 20. The second counter was handled by Ms Sruthi and Ms Prisma,, and they sold 11 cards, each cost rupees 15 Ms. Remya and Mrs. Nisha handled the third counter, and they sold 6 cards each cost rupees 10. Ms. Brightly and Aswathy handled the fourth counter; and they sold 24 cards each cost rupees 5. Ms. Neha and Anagha handled the fifth counter; they sold 10 cards, which cost 2 rupees for each. Mrs. Sony collected the cash. In total an amount of 465 rupees collected as fund raising for the outreach programmes of Sparsham.



It was a new experiential learning for the student's of the Department of Counselling Psychology. The student's and faculties of the college was very supportive and they supported this initiative by whole heartedly buying the handmade cards.

### **REPORT OF THE VISIT TO ANANDA NILAYAM ORPHANAGE**

As a part of the outreach services of Dept. Of Counselling Psychology, Loyola College of Social Sciences, the first year and second year students of MSc counselling Psychology, accompanied



by Dr. Leena, S.T and Mrs. Dia Therese Jose visited Ananda Nilayam Orphanage, Manacaud. Kuriyathi in Trivandrum. The team reached the place at 9.30 am on 24<sup>th</sup> March 2018. The secretary of the orphanage welcomed us warmly and we started the programme. There were about twenty five children in the orphanage and two staff at the time.



The students of Msc counselling Psychology divided themselves to four groups and each group administered certain games to the students to build rapport with them. By about 11.30 am we divided the children into four groups to interact closely.



After the group interaction, we moved to one to one counselling with children. At about 12.30 the programme was concluded. Apart from the students of Loyola College of Social Sciences, three persons from Infosys as representatives of Sanjeevani , they have also actively participated

in the programme. After a brief feedback session from the children, The students of Msc counselling Psychology dispersed from there.

### **SPARSHAM REPORT (MANOVINJAN MEETING -1)**

**Date: - 25/6/2018**

The first meeting for planning Manovinjan 2018 is held on June 25<sup>th</sup> Monday in first year M.Sc counseling psychology classroom at 2pm. First of all it was changed the cashier of Sparsham. Aswathy Chandran was selected the new cashier. After that discussion held regarding the visit of Karunasai Psycho Park and de-addiction center Velland. June 4<sup>th</sup> 2018 was fixed as the visiting date. Then it comes to discussion of Manovinjan 2018. July 16<sup>th</sup> 2018 was selected as the date for conducting the program. Reshma M. S and Neha Suresh were selected as the respective coordinators from among first year and second year students. Chart work in charge was given to Anagha Suresh and Jude S. It was decided to done 3 to 5 charts by each student as part of chart



displaying. When it comes to the administration of psychological tests it was decided to conduct 5 tests, Standard Progressive Matrices, Emotional Intelligence Inventory, Reaction Time, Beck Depression Inventory and Big Five Personality test. The concerned persons were Aardra Madhusoodanan, Sony G. Tharakan, Aswathy V.S, Greeshma K, and Dyna Scaria respectively. Stalls were selected as Mindfulness therapy by Brightly P. Bright, Expressive Art Therapy by Abhishek S, Parapsychology by Remya Ramesh, Counseling by Sruthi Suresh and Nisha R. K and finally Memory and Learning by Jude S. Games were selected are Stroop effect, Problem Solving, Eye Hand Coordination, Multitasking and Concentration, and Transfer of Learning. The students were allotted for conducting games are Aswathi A, Ananthamadhavan T.D, Parvathy S, Divya T, and Prisma C.G. It was decided to purchase 100 charts for the chart work. Some other ideas and opinions were arising from the part of students and it was postponed for further discussion. Banner printing responsibility was given to Abhishek S. Shamiana duty was given to Sony G. Tharakan. The meeting ends by 3.30pm.

### **REPORT OF MANOVIGNYAN 2018**

Sparsham, the student's association of the department of Counselling Psychology, organized the second series of the psychological exhibition Manovignyan on July 16, 2018. The program started with the inaugural function at 10.25 am at the college portico. The function started with prayer followed by welcome address by Ms Dyna Scaria (II Year). The inauguration was done by Fr Sunny Kunnampalli, the rector of Loyola institutions. Thereafter, re-launching of happiness jar was done by Sony G Tharakan. It was followed by the felicitation addresss by Fr Joy James, the former rector and Dr Saji P Jacob, the

principal. The inaugural function ended at 10.45 am with the vote of thanks given by the Manovignyan student coordinator Ms Reshma.



Thereafter students and faculties of each department visited the exhibition. The exhibition consisted of mainly psychology stalls, testings, games and display of various charts related to the field of psychology.



The stalls were arranged in the JM hall and included stalls for memory enhancing techniques (by Jude), mindfulness (by Sruthi Suresh), art therapy (by Abhishek), parapsychology (by Prisma) and counselling (by Nisha).





The game section consisted of 5 games which included memory game (by Divya), Alexander passalong (by Aswathy), problem solving (By Remya Remesh), habit interference (By Parvathy) and color v/s brain (by Ananthamadhavan).

The psychological testing section consisted of 6 tests. The Big 5 Personality Inventory was administered by Dyna Scaria, Emotional Intelligence Inventory by Sony G Tharakan, Beck Depression Inventory by Greeshma, Standard Progressive Matrices by Aardra Mohan and Span of attention, reaction time by Aswathy V S.

The program ended at 4.00pm

### EVALUATION REPORT

It has been found that everything was well executed and organized.\

### **REPORT ON PLANNING OF MENTAL HEALTH WEEK PROGRAMMES**

On the meeting conducted on 26/9/2018 , it was decided to conduct various programmes related with mental health day celebrations; First, It was decided to conduct mental health day observance on October 10<sup>th</sup> 2018. Secondly Psy quiz 2018 prelims were decided to conduct on 29<sup>th</sup> 12.30 pm and finals were planned on 30<sup>th</sup> of October at 3 o clock. Third, on 29<sup>th</sup> evening it was decided to conduct a session on mindfulness @ 3.30 at the surroundings of College. Fourth, On November first a short movie screening will be done @ 3 pm. Along with that character presentation competition will be there at 3.30Fifth, On November 2<sup>nd</sup> at 12.30 pm a poster making competition will be conducted. On 5<sup>th</sup> November Sparsham culmination is planned and Dr, Justin Padamadan has been invited to give talk on the same day. On the same day street thereafter will be player on the surroundings of campus.

Each programme was planned and the in charges were selected to execute the same. Due to some technical issues few programme were cancelled, few were included and entire schedule was rescheduled as follows,

Date	Programme	Time	Venue	Student incharge( IInd yr)	Students incharge (I st yr)	Status
22-10-2018	Short movie competition	22/10/2018-31/10/2018	-	-	Jophy John	Carried out
22-10-2018	Photography competition	22/10/2018-31/10/2018			Anju Carmel	Carried out
31-10-2018	Psy quiz Prilims	12.45	JM Hall	Nisha	Aleena	Carried out
31-10-2018	Mindfulness	3.30		Ardra	Pallavi	Cancelled
1-11-2018	Psyquiz finals	3. 15 o'clk	Sutter Hall	Nisha	Aleena	Carried out
1-11-2018	Movie screening	3. o'clk	JM Hall	Divya	Sneha	Cancelled
2-11-2018	Poster making	12.45	Sutter Hall	Anagha	Sis. Lincy	Carried out
2-11-2018	Character presentation	3.30	Sutter Hall	Anantha Madhavan	Jophy john	Cancelled
5-11-2018	Sparsham Culmination	3 o' clk	Sutter hall	Aardra	Sister Lincy	Carried out
5-11-2018	Street play	4 o' clk	College premises	Ardra & Anagha		Cancelled

As a part of mental health day celebration Sparsham conducted a Psy Quiz. The preliminary round of quiz was conducted on 30<sup>th</sup> October 2018 at 1 o clock. 7 teams participated in the same. Four teams were elected to the final round and the final round was conducted on 2<sup>nd</sup> November 2018 at 3.30 pm at JM hall. The student in charge Nisha has actively organized entire events.

A Poster Making Competition was organized by "SPARSHAM", the students association of Department of Counselling Psychology on 31st October 2018. The competition was conducted in JM Hall at 3:30 p.m. The topic for Poster Making was ' Young People and Mental Health'. The students had to participate in a pair the materials for poster making were provided by the department. The time given to complete making the poster was 1 hour. Two teams from 1st year M.A Sociology participated in the competition. The first team included Niranjana Mohan and



Nikitha Nair and the second team included Dinu Varghese and Gayathri A . The competition started exactly at 3:30 p.m. and ended by 4:30 p.m. Anagha, the student coordinator arranged everything properly during the competitions.

A short movie making competition was announced for all the loyalites on 22<sup>nd</sup> October by putting up printed notice on the college notice board. The last date mentioned for the entries were 31<sup>st</sup> October. Some of the rules for the competition were, Should be filmed in the campus premises only, Should not be more than 5min to 7 min, and should be filmed with a mobile phone only. The theme given for the same was “healthy minds”. The Student coordinator was Jophy John; By first of November 2 entries were received and on 2<sup>nd</sup> notice was removed from the board.

A photography competition was organized by Sparsham on 22<sup>nd</sup> October 2018. This competition was conducted as a part of mental health month celebrations. The theme for photography competition was “healthy minds”. The participants were allowed to click pictures only with a mobile phone and they were permitted to snap the pictures inside the college campus. The last date to submit entries was 31<sup>st</sup> October 2018. Three candidates participated for the competitions. The competition was well handled by the student co coordinator Anju Carmel.

Due to un expected programmes at college, we were not able to conduct all the programmes as planned, Mindfulness, character presentation competition, Collage making competitions, film screening were discarded.

### **SPARSHAM CULMINATION 2018**

Sparsham culmination was organized at LES hall on 5<sup>th</sup> November 2018. The function started at 3 o'clock and Dr. Pramod SK, HOD, Department of Counselling Psychology has welcomed the gathering, Dr. Sajip Jacob has given presidential address, Father Sabu, Vice principal of Loyola college has felicitated the function. Our chief guest together with Principal, Vice principal, and staff members inaugurated the function by lighting the lamp. The Inaugural address was given by Dr. Justin Padamadan on the theme "Mental Health". Followed by that our chief guest distributed prizes to the competition winners. Then the Vote of thanks was delivered by Faculty coordinator Dr. Leena, The function came to conclusion by 4.15. The entire event was coordinated by the student coordinators Aardra and Sister Lincy. And Coordinated by Divya, Sneha Anna manoj and Saranya.

The anniversary schedule is given below,

**Anniversary Schedule**

Prayer- Jophy John

Welcome address- HOD

Presidential address- Principal

(Inauguration)

Inaugural address- Dr. Justin Padamadan

Felicitation- Fr. Sabu Thomas SJ

Report presentation- Aardra

Prize distribution- principal/ guest/ etc

Vote of thanks- faculty coordinator

**Student coordinators**

<b>Committee</b>	<b>Student incharge</b>	<b>Student incharge</b>	
All over coordination	Aardra	Sister Lincy & Arun	
Decoration	Aswathy A	Gayathri	
Tea & Snacks	Nisha& anantha madhavan	Anju Carmel & Ancy B S	
Compering	Divya	Saranya, Sneha, Haritha	
Gifts	Aardra	Sister Lincy	
Lamp	Anagha	Aneesha Joesph	

**REPORT OF ACTIVITIES CONDUCTED BY LOYOLA ASSOCIATION  
OF COUNSELLING PSYCHOLOGY STUDENTS “SPARSHAM”**

**2016-2017**

## **ANNUAL REPORT ( 2016-2017)**

Sparsham, Student's association of the Department of Counselling Psychology began its 2016-17 journey on 14<sup>th</sup> October 2016. We started our year's activities in an official event inaugurated by Dr. Robin Mathew (Psychologist, University of Toronto). Mr. Jude S was selected as the student coordinator and Ms. Dyna Scaria as the assistant student coordinator. Mrs Aroline K. Tom took charge as the staff coordinator.

1. In association with the World mental health day Sparsham celebrated mental health week from 10<sup>th</sup> to 14<sup>th</sup> October 2016. The activities were based on The WHO theme "Psychological First Aid". Interdepartmental competitions like short film competition and Psy Quiz 2016 were conducted. New initiatives – the happiness jar to spread happiness and Kanivu, a money gathering initiative for the poor- were introduced. A street play was performed within the campus and at Sreekariyam Junction as part of our outreach program



## SPARSHAM SECOND ANNIVERSARY CELEBRATION

18th October, 2016

### PROGRAMME SCHEDULE

Prayer Song

Welcome address: Dr. Susha Janardhanan, HOD, Dept. of Counselling Psychology

Presidential Address: Dr. Jose Boban, Principal

'Sparsham' Report presentation: Athira Sankar, Student Co-ordinator (2015-'16)

Inaugural Ceremony

Inauguration of 'Sparsham' Anniversary Celebration, website launch and Inaugural Address by Guest of honour

Keynote Address: Talk on 'Psychological First Aid': Dr. Robin Mathew, Psychologist, University of Toronto, Canada



Introduction to the 'happiness jar' project and inauguration: Mrs. Aroline K. Tom, Sparsham Staff Co-ordinator

'Sparsham' short film fest prize distribution ceremony

Felicitation: Fr. Joye James S.J.

Vote of thanks





**SPARSHAM 3<sup>rd</sup> ANNIVERSARY CELEBRATION**

SPARSHAM (Association of Department of Counselling Psychology)  
is conducting a Short Film Fest


**Theme: EXPLORING YOUNGSTER SERVICE MINDS**

**Last Date of Entry: 17 October 2016 (before 1.00pm)**

**Duration of short film: 5 minutes**

- Participation is open to all
- Groups need not be formed on department basis
- Short film should be shot using a mobile phone
- Short film should be shot within the Loyola college campus
- Submissions are to be sent to [sparshamloyola@gmail.com](mailto:sparshamloyola@gmail.com)

**For further details contact: Dyna Scaria (Iyr MSc. Counselling Psychology)**



2. On November 14 2016, we celebrated the children's day along with the children of Sreekariyam Govt H.S.S. Our respected former coordinator of the department Dr. Susha Janardanan inaugurated the celebration along with chachaji, Master Hafis. Our students showcased several programs like puppet show, drama, group songs, action songs to keep the little ones engaged and entertained.

**SPARSHAM**  
**Students' Association of Department of**  
**Counselling Psychology**  
**Children's Day Programmes**

14<sup>th</sup> November 2016

Prayer Song:

Welcome Speech : Dyna Scaria

Poem : Abhijith V.S.

Inauguration

Message : Hafis (Chachaji)

Group Song : Shafna Shajeer & team

Oath taking :

Song(Duet) : Girinadh & Athira

Action song : Shisana A. & team

Felicitation : Dr. Susha Janardanan (H.O.D, Counselling Psychology, Loyola College)

Felicitating 'small chachajis'

Group Song : Shivani R P & team

Skit : Sajin & team

Felicitation : Mr. Mohankumar K. R. (President, PTA)

Group Song : Varsha Vargheese & team

Puppet show : Aswathy V.S. & team

---

Vote of thanks : Mrs. M Leena (Headmistress)

Sweets distribution

Street Play : Girinadh & team



3. On December 15 2016, Sparsham organised a Christmas Outreach program with the inmates of Pulayanarakotta Old Age Home. To pay a fitting tribute to the lovely inmates, Sparsham staged several programs like bible visualization, musical games



and Christmas carols too. The hall mark of the program was the active participation of the inmates.



4. On 2<sup>nd</sup> February 2017 Sparsham organized a well received and much appreciated National Seminar on the topic “Emerging Trends in Cyber Psychology”. The sessions were led by accomplished experts in the field- Dr. Robin Mathew and Dr. Arun.B.Nair followed by an interactive panel discussion moderated by Dr.Pramod S.K and Dr. Robin Mathew, Dr. Arun.B.Nair and Dr.Susheela Mathew as the panellists

### About Us

Loyola College is an advanced institute of Social Sciences, the only one of its kind in the University of Kerala, Re-accredited at A grade by the NAAC with a CGPA of 3.72 on a 4-point scale in 2014. The college offers postgraduate courses in Social Work, Sociology, Human Resource Management and Counselling Psychology, besides doctoral programmes. Loyola Extension Services, a full-fledged extension wing, is a unique feature of the college.

**DEPARTMENT OF COUNSELLING PSYCHOLOGY**

Department of Counselling Psychology established in 2013, at Loyola College of Social Sciences is the first of its kind at the University of Kerala. Counselling Psychology focuses on personal and interpersonal functioning across the life span and on emotional, social, vocational, educational, health-related, developmental and organizational concerns. The motto of this Department is Engaged Learning in Caring and Healing.

Dr. Jose Boban  
Principal

Dr. Susha Janardanan  
Head of the Department



**LOYOLA COLLEGE OF SOCIAL SCIENCES**  
AFFILIATED TO UNIVERSITY OF KERALA  
NAAC Re-accredited in its 3rd Cycle, CGPA 3.72 out of 4 Grade A



**Counselling Psychology Students' Association**

- a platform for enriching knowledge through experiential learning
- a frame work for personal and professional competence
- a support system for social commitment

In the short span of time since its inception, SPARSHAM has organized a few talk series and other activities in connection with Mental Health Week, 2014, 2015 & 2016 and also carried out welfare activities such as interaction with psychiatric patients, elderly people, students, destitute children and HIV Aids patients' support group.



**Activities of SPARSHAM**

- Theme Based Programmes
- Outreach Programmes
- Counselling Services
- Networking
- Resource Input

### National Seminar on EMERGING TRENDS IN CYBER PSYCHOLOGY



ORGANISED BY

**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
LOYOLA COLLEGE OF SOCIAL SCIENCES,  
Sreekariyam, Thiruvananthapuram, Kerala

DATE: 27/02/2017  
VENUE: Sutter Hall (College Auditorium)


### OBJECTIVES

As the young and old seamlessly adapt to the gadgets, technology's effects on the human psyche has become unquestionably significant – this is where the field of psychology has begun another innings of exploration into the new and exciting field of cyber psychology. **Cyber Psychology**, the emerging science of studying human interactions in relation to the cyber technologies, is of high importance in understanding the behavioral dynamics in the virtual world. It has emerged as a useful frame for the exploration of psychological ramifications of cyborgs, artificial intelligence, and virtual reality. As a developing field, cyber psychology remains open to refinement and inquiry into the nature of current and future trends in the cyber space. This seminar will provide a platform to understand the current trends in Cyber Psychology, Social Engineering, Cyber Laws, related Clinical Aspects and Strategies to utilize the cyberspace productively.

**DR. ROBIN MATHEW (MScCS), MHRM, MSC(Psy), PGDPC, PG Dip (Cyber Forensics and Psychology), Ph. D CCNA, MCSE, Security+)** is an accomplished Psychologist with a wide array of experience in diverse areas like Cognitive Psychology, Information Technology and Cyber Security. His professional expertise spans academics, research, counselling and consulting. He has earlier been associated with prestigious organizations like The University of Toronto, Royal Bank of Canada, KPMG, Indian Institute of Management and ICFAI Business School. He currently serves as a Behavior Psychologist at Nova Clinic, Kanjirapally, Kottayam.



**DR. ARUN B. NAIR (MBBS, MD, FEPA, FIPS)** is an eminent Psychiatrist in Kerala who has conducted over 200 workshops on life skills, stress management, soft skills, parenting, learning techniques, premarital counselling and over 500 public talks on health and social issues. He also has the authorship of the popular book 'Advances in Medicine and Psychiatry' to his credit. He is currently working as Assistant professor in Psychiatry at Government Medical College, Trivandrum.



### PROGRAMME

9.00 - 9.30 am	: Registration
9.30 - 10.00 am	: Inaugural session
10.00 - 11.30 am	: Session I Dr. Robin Mathew (Emerging trends in Cyber Psychology and Social Engineering)
11.30 - 11.45 am	: Tea break
11.45 - 1.00 pm	: Session II Dr. Arun B. Nair (Clinical aspects of Cyber Space)
1.00 - 2.00 pm	: Lunch break
2.00 - 4.00 pm	: Panel Discussion
4.00 pm	: Tea

**REGISTRATION DETAILS**

**Registration fee:**  
Students: Rs.250/-      Professionals: Rs.400/-  
The registration fee includes seminar kit and food.

**Accommodation facilities** will be provided for outstation participants upon request on payment basis.

**CONTACT DETAILS**

**Staff Coordinators:**  
**Dr. Pramod S. K**      **Ms. Aroline K. Tom**  
**944-726-2258**      **999-562-2358**

**Student Coordinators:**  
**Ms. Arya Sundaran**      **Ms. Dyna Scaria**  
**944-760-3548**      **944-640-6045**

cpseminarloyola@gmail.com





5. 17<sup>th</sup> July 2017 saw the birth of a new initiative from the students - a psychological fest by the name 'Manovignjan' was organised under the banner of Sparsham. The event included psychological games, chart displays, psychological assessments, and stalls showcasing several interesting psychological concepts that operate in our daily lives.





6. As part of 'Frames of Mind', a film review initiative by 'Sparsham'-psychological movies are screened once in every month. Psychology related movies are screened, followed by student reviews and a critical analysis and discussion on the theoretical aspects related to the movie.

A look back at the yester years - Sparsham from its inception till this day - continues to inspire us. I am happy that the standards are soaring high year by year - a reminder for us to be more responsible too.

A wonderful journey it has been! As I draw to the concluding note, I sincerely wish the new coordinators the very best for an even more eventful year ahead. As I submit this report before our Principal Dr.Saji P Jacob, let me reiterate that this marks not just the end of the 2016-2017 Sparsham activities but another beautiful beginning of many more years of spreading the humane touch to rejuvenating lives.