

Assabah Arts and Science College,
Valayamkulam DEPARTMENT OF

PSYCHOLOGY

ANNUAL REPORT 2024-25

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1. WORKSHOP ON SOCIAL PREVENTION OF DRUG ADDICTION

Date and Time	26/06/2025
Organized by	VRC Hospital and Rehabilitation Centre, Vettom, Tirur
Participants	Graduate students in Psychology
Association with	Department of Psychology, Assabah Arts and Science College, Valayamkulam

As part of the academic enrichment and community engagement initiatives under the Department of Psychology, Assabah Arts and Science College, Valayamkulam, graduate students attended a one-day workshop on the Social Prevention of Drug Addiction at VRC Hospital and Rehabilitation Centre, Vettom, Tirur, on 26th June 2025. The session was led by professionals and rehabilitation experts who addressed the growing concern of substance abuse and the importance of social-level preventive measures. The program included lectures, interactive discussions, and real-life case illustrations that helped students understand the multifaceted nature of addiction, its psychological implications, and effective preventive strategies. The workshop emphasized the significance of awareness, early intervention, and rehabilitation support in combating drug addiction in society.

2. INDUCTION PROGRAM FOR FIRST-YEAR STUDENTS (2024)

Date	Event
17/07/2024	Department-level orientation, interactive activities, introduction by faculty
18/07/2024	College-level UG program orientation for students and parents
19/07/2024 (Morning)	Library and lab tour, <i>Madhuram Malayalam</i> session
19/07/2024 (Noon)	Stress management & mentor-mentee awareness session
19/07/2024 (Afternoon)	Senior students' sharing session and expert talk by Jaleel Cholayil

The Department of Psychology at Assabah Arts and Science College conducted a three-day induction program for first-year students of the four-year undergraduate program from July 17 to 19, 2024. The program included an orientation about the course, departmental facilities, and interactive sessions, followed by a college-level briefing for students and parents on the new UG structure. Students were given tours of the library and psychology lab, attended a language-focused session titled *Madhuram Malayalam*, and participated in stress management and mentor-mentee awareness activities. Senior students shared learning strategies, and a concluding session by expert trainer Jaleel Cholayil provided guidance on career paths and entrance exam preparation.



ASSABAH
Arts and Science College
വഴിയമ്പലം
DEPARTMENT OF PSYCHOLOGY

**DEPARTMENT LEVEL
STUDENT INDUCTION
PROGRAM**

17/07/2024
To
19/07/2024

Starting Strong: Your Journey to a Brighter Future

Sessions: Part-1 17/07/2024

- Introduction and Orientation: Mohammed Ajmal R S (HOD)
- Overview of Department Facilities and Resources: Harsheena E A (Assistant professor)
- Ice-Breaking: Sandra P (Assistant professor and class tutor)

Part-2 College level orientation 18/07/2024

Part-3 19/07/2024

- Laboratory and library Tour
- Madhuram Malayalam: Praveen K U (HOD, Malayalam Department)
- Stress management: Anshifa T (Psychologist)

Part-4 Sessions by Senior students

- Life as a Psychology Student
- Self Development
- Learning Strategies

Sessions Part-5 Talk on careers in psychology

RESOURCE PERSON **JALEEL CHOLAYIL**

Director and founder of InPsyGht, Managing Director
Incare psychological service, Sports Psychologist,
Consultant Psychologist, Expert Psychology Trainer



MONITERED BY IQAC

3. DECODE YOUR PATH: CAREER GUIDANCE FOR PSYCHOLOGY STUDENTS”

Date: 19/07/2024

Time: 2:00 PM – 4:00 PM

Program Schedule

Time	Session	Speaker
2:00 PM	Welcome	Mrs. Harsheena Aboobacker (Assistant Professor, Psychology)
2:05 PM	Presidential Address	Mr. Ajmal R S (HOD, Department of Psychology)
2:15 PM	Inauguration	Prof. Mohammed Koya M N (Principal, Assabah College)
2:25 PM	Felicitation	Nusaiba Nadhran (College Union Chairperson)
2:35 PM	Keynote Address	Mr. Jaleel Cholayil (Director and Founder of InPsyGht)
3:45 PM	Vote of Thanks	Hiba Sultana (Assistant Professor, Psychology)

The Department of Psychology at Assabah Arts and Science College organized a career guidance program titled “Decode Your Path: Career Guidance for Psychology Students” on 19th July 2024, from 2:00 PM to 4:00 PM. The event began with a welcome address by Mrs. Harsheena Aboobacker, followed by the presidential address by Mr. Ajmal R S, Head of the Department. The session was officially inaugurated by Principal Prof. Mohammed Koya M N. College Union Chairperson Nusaiba Nadhran offered her felicitations. The keynote address was delivered by Mr. Jaleel Cholayil, Director and Founder of InPsyGht, who shared valuable insights into career opportunities in psychology. The event concluded with a vote of thanks by Ms. Hiba Sultana.

4. ONE DAY INSTITUTIONAL VISIT TO RIGHTS- THANAL, DIALYSIS, PALLIATIVE AND CHILD DEVELOPMENT CENTER

Date and Time	22/07/2024, 10:00 AM
Venue	Rights Palliative Care and Rehabilitation Centre, Perumpadappu
Participants	Final Year BSc Psychology Students
Organized by	Department of Psychology, Assabah Arts and Science College
Staff Accompanied	Mohammed Ajmal R. S, Ansida K, Anshifa T (Consultant Psychologist)

The Department of Psychology at Assabah Arts and Science College, Valayamkulam, organized a clinical visit for final-year BSc Psychology students to Rights Palliative Care and Rehabilitation Centre, Perumpadappu, on 22nd July 2024 at 10:00 AM. The visit aimed to offer students practical exposure to child development practices. Ms. Aswani, the psychologist at the center, introduced the clinic and explained developmental milestones, assessment methods, and intervention strategies. Students had the opportunity to interact with a developmental therapist and a speech therapist and toured various therapeutic settings, including the counseling room, sensory integration room, and therapy areas. The visit provided meaningful insights into therapeutic approaches in child development and inspired students to consider career paths in child psychology and related disciplines.

5. THE PSYCHOLOGY OF READING: HOW BOOKS INFLUENCE MIND”

Program Report

Date and Time 12/08/2024, 10:00 AM

Organized by Department of Psychology

Association with Library Council

Venue Library Hall

Participants Psychology Students

As part of the Library Week celebrations at Assabah Arts and Science College, the Department of Psychology in collaboration with the Library Council organized a seminar titled “The Psychology of Reading: How Books Influence Mind” on 12th August 2024 at 10:00 AM in the Library Hall. The seminar, led by Ms. Sandra P, aimed to educate students on how reading affects cognitive functions, emotional well-being, and critical thinking. The keynote session explored the psychological effects of literature and included real-life examples and research findings. An interactive discussion followed, where students interpreted short stories and poems through a psychological lens. The event witnessed active participation from students of all years, successfully fostering awareness about the cognitive and emotional impact of reading and promoting a reading culture within the college.



6. SUICIDE GATEKEEPER TRAINING PROGRAM

In Collaboration with Listening Community

Date: 02/09/2024 Time: 9.30 AM Venue: Library Hall

Target Participants: Students from Various Colleges

Resource Person: Dr. Abdul Gafoor (Clinical Psychologist, MIMHAR, Founder – Listening Community)

PROGRAM SCHEDULE

Time	Session	Facilitator / Guest
9.30 AM	Prayer	–
9.35 AM	Welcome Address	Mrs. Harsheena E. A (Head, Department of Psychology)
9.45 AM	Presidential Address	Mr. PPM Asharaf (President, Assabah College Management)
9.55 AM	Inauguration	Prof. Mohamed Koya M. N (Principal, Assabah College)
10.05 AM	Felicitation	1. Mr. Muhammed Unni Haji (General Secretary) 2. Mr. Abdul Rahman (NSS Program Officer) 3. Ms. Anshifa. T (Consultant Psychologist, UNARVU)
10.20 AM	Vote of Thanks	Nusaiba Nadhran O. A (College Chairperson)
10.30 AM onward	Training Session	Dr. Abdul Gafoor (Clinical Psychologist, Founder – Listening Community)

REPORT

On the occasion of Suicide Prevention Day, the Department of Psychology and UNARVU Counseling Centre at Assabah Arts and Science College, in association with the Listening Community, organized a Suicide Gatekeeper Training Program on September 2, 2024. The session was inaugurated by Principal Prof. Mohamed Koya M. N., and the main workshop was led by Dr. Abdul Gafoor, an eminent Clinical Psychologist. The training focused on suicide prevention strategies, identification of warning signs, and how to provide initial support. A total of 107 students from various colleges actively participated. The workshop was engaging and informative, fostering open discussions and strengthening mental health awareness among youth.

7. ALZHEIMER’S AND THE AGING MIND: PSYCHOLOGICAL INSIGHTS AND INTERVENTIONS”

Date: 24/09/2024 Time: 10.00 AM Venue: Seminar Hall

Organized by: Department of Psychology

In Association with: Mental Health Club

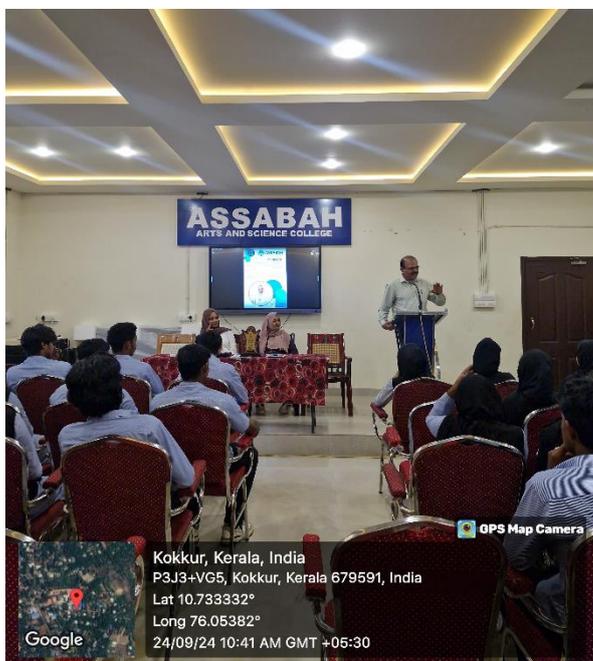
Participants: Students from Various Departments

PROGRAM DETAILS

Date and Time	Venue	Organized by	Association with	Participants
24/09/2024, 10.00 AM	Seminar Hall, Assabah Arts and Science College	Department of Psychology	Mental Health Club	Students from various departments

PROGRAM REPORT

The Department of Psychology, in collaboration with the Mental Health Club, conducted a seminar on "Alzheimer’s and the Aging Mind: Psychological Insights and Interventions" on 24th September 2024 at the Seminar Hall. The session aimed to enhance awareness about Alzheimer's disease, its psychological impacts, and effective intervention strategies. The keynote address was delivered by Ms. Aqeelah, Consultant Psychologist from Becoming Mental Health Service, who provided insights into cognitive decline, emotional challenges, and caregiver support. The seminar covered psychological therapies like CBT, mindfulness practices, and stress management for caregivers. An interactive Q&A session followed, encouraging discussion on early detection, caregiving, and stigma. With active participation from students across departments, the seminar was an informative and impactful step toward promoting mental health awareness in the context of aging.



8. PARTICIPATION REPORT

Event: Psychology Fest – *Psychedelia 2K24*

Date: 04/10/2024

Venue: K R's Sree Narayana College, Valachery

Participants: Students from the Department of Psychology

EVENT DETAILS

Date	Event Name	Venue	Organized by	Participants
04/10/2024	Psychedelia 2K24 – Psychology Fest	K R's Sree Narayana College, Valachery	Department of Psychology, K R's Sree Narayana College	Psychology Students, Assabah Arts and Science College

REPORT

On 4th October 2024, students from the Department of Psychology at Assabah Arts and Science College actively participated in *Psychedelia 2K24*, a Psychology Fest organized by K R's Sree Narayana College, Valachery. The fest featured a range of academic and creative events including paper presentations, poster making, psychological games, and cultural programs. It served as a platform for students to showcase their talents, interact with peers from other institutions, and gain exposure to contemporary psychological topics in an engaging environment. The event was an enriching experience that enhanced both academic insight and team spirit among participants.

9. PSYXPO – PSYCHOLOGY EXPO

Date: 21st October 2024 Time: 10.00 AM

Organized by: Department of Psychology, in association with Mental Health Club

Venue: New Block

Participants: Students, Teachers, and Non-Teaching Staff

PROGRAM DETAILS

Date & Time	Venue	Organized by	Participants
21st October 2024, 10.00 AM	New Block	Department of Psychology & Mental Health Club	Students, Teachers, Non-Teaching Staff

PROGRAM REPORT

In observance of World Mental Health Day, the Department of Psychology, in association with the Mental Health Club, hosted an interactive psychology expo titled PSYXPO on 21st October 2024. The event was inaugurated by Ms. Sunaina M Sulaiman, Assistant Professor and Head of the Department at Ansar Women's College, who emphasized the relevance of mental health awareness in academic institutions.

The expo featured a variety of engaging activities, including a Psychology Exhibition, Psychological Games, Movie Screening, and a highly popular Crime Scene Simulation Game. The exhibition showcased key psychological concepts, historical models, and brain structure visuals. Psychological games tested participants' cognitive abilities and emotional intelligence. The movie screening promoted discussion on how mental health is portrayed in cinema. The crime scene activity offered a creative, hands-on experience in forensic psychology, receiving enthusiastic participation.

PSYXPO drew active involvement from students, faculty, and non-teaching staff across disciplines, promoting interdisciplinary learning and mental health awareness. The feedback was overwhelmingly positive, making the event a memorable and educational success.



10. Learning Strategies and Effective Memorization Techniques

Date: 26th October 2024 Time: 10.00 AM

Organized by: Islahiya Senior Secondary School, Padinjarangadi

In Collaboration with: UNARVU Counseling Centre & Department of Psychology

Venue: Islahiya Senior Secondary School, Padinjarangadi

Target Participants: Students of Islahiya Senior Secondary School

Resource Person: Ms. Anshifa. T, Consultant Psychologist, UNARVU Counseling Centre, Assabah Arts and Science College

PROGRAM DETAILS

Date & Time	Venue	Organized by	Resource Person	Participants
26th October 2024, 10 AM	Islahiya Senior Secondary School, Padinjarangadi	Islahiya Senior Secondary School, UNARVU Counseling Centre & Department of Psychology	Ms. Anshifa. T, Consultant Psychologist	Students of Islahiya Senior Secondary School

PROGRAM REPORT

As part of the students' Bridging Camp at Islahiya Senior Secondary School, Padinjarangadi, a session titled "*Learning Strategies and Effective Memorization Techniques*" was conducted on October 26, 2024, by Ms. Anshifa. T, Consultant Psychologist, from UNARVU Counseling Centre, Assabah Arts and Science College, Valayamkulam.

The session focused on equipping students with science-based learning methods and memory enhancement techniques to support academic success. Key areas addressed included:

- Introduction to effective learning strategies and how to implement them.
- Demonstration of memory improvement techniques such as chunking, visualization, and association.
- Tips to reduce exam-related stress through planning and mindfulness.
- Discussion on the importance of sleep, nutrition, and overall well-being in learning.
- Encouragement to cultivate a positive attitude towards learning and academic challenges.

The session concluded with an interactive Q&A segment, allowing students to express their individual challenges and receive tailored guidance. The overall response was highly positive, with many students appreciating the practicality, engagement, and clarity of the session.

11. Pathway: Social Life Wellness Program

Date: 07th to 09th January 2025

Time: 9.30 AM to 5.00 PM

Organized by: Minority Affairs Department, Government of Kerala

Venue: Assabah Arts and Science College, Valayamkulam

Participants: 35 students

Resource Persons: Experts from psychology, law, and counselling

PROGRAM DETAILS

Date	Time	Session Title / Activity	Resource Person
07/01/2025	9.30–10.00 AM	Inauguration	PPM Ashraf (President, Assabah Trust), Mr. Sarath Chandra Babu, Prof. M N Mohamed Koya, Mrs. Harsheena E A, Ms. Anshifa. T
07/01/2025	10.00 AM–1.00 PM	Marriage for Social Wellness	Mrs. Sabira V
07/01/2025	2.00 PM–5.00 PM	Effective Communication Skills for Couples & Online Communication	Mrs. Jumana Thasneem K P
08/01/2025	10.00 AM–1.00 PM	Conflict Resolution in Legal Relationships	Mrs. Muneera K
08/01/2025	2.00 PM–5.00 PM	Parenting, Sex Education & Pregnancy	Dr. Jaliba Shirin A P
09/01/2025	10.00 AM–1.00 PM	Family Budgeting	Mrs. Suharabi P
09/01/2025	2.00 PM–5.00 PM	Legal and Religious Aspects of Marriage	Adv. P Hamzakutty

PROGRAM REPORT

As part of the Kerala Government Minority Affairs Department's initiative, a three-day residential camp titled "*Pathway: Social Life Wellness Program*" was conducted from 07th to 09th January 2025 at Assabah Arts and Science College, Valayamkulam. The program was coordinated by the Department of Psychology and UNARVU Counseling Centre.

Inauguration

The camp began with an inaugural function on 07/01/2025 at 9.30 AM. The event was presided over by Prof. M N Mohamed Koya (Principal), and PPM Ashraf (President, Assabah Trust) inaugurated the program. Mr. Sarath Chandra Babu (Principal, Ponnani Coaching Centre) delivered the keynote address. Felicitations were given by Muhammed Unni Haji (General Secretary), Mr. Abdul Rahman (NSS Coordinator), and Mr. Muhammed Suhail (College Union Chairperson). The welcome speech was delivered by Mrs. Harsheena E A (HOD, Psychology) and the vote of thanks was given by Ms. Anshifa. T (Program Coordinator).

SESSION HIGHLIGHTS

Day 1

- Session 1: *Marriage for Social Wellness*
Led by Mrs. Sabira V, focused on the role of marriage in promoting family structure, social bonding,

emotional support, and community health.

- Session 2: *Communication in Relationships and Online Spaces*
Handled by Mrs. Jumana Thasneem K P, this session covered offline and online communication, empathy, non-verbal cues, conflict resolution, and balancing digital intimacy.

Day 2

- Session 1: *Conflict Management in Legal Relationships*
Mrs. Muneera K explained legal rights, constructive conflict resolution, and maintaining mutual respect in legally binding relationships.
- Session 2: *Parenting, Sex Education & Pregnancy*
Dr. Jaliba Shirin A P provided insights on parenting strategies, adolescent guidance, sexual health education, and preparation for parenthood.

Day 3

- Session 1: *Family Budgeting*
Mrs. Suharabi P conducted a practical session on managing household finances, saving, spending plans, and financial decision-making.
- Session 2: *Legal and Religious Aspects of Marriage*
Led by Adv. P Hamzakutty, the session covered legal contract elements of marriage and its religious significance across communities.

A total of 35 students participated in the program. All participants were provided with stationery materials (pen and notepad), lunch, tea, and snacks during each session. The feedback was overwhelmingly positive, with students finding the sessions informative, engaging, and practical.

The camp concluded with the distribution of certificates by Principal Prof. M N Mohamed Koya, HOD Mrs. Harsheena E A, and Program Coordinator Ms. Anshifa. T. The initiative successfully equipped youth with critical life skills necessary for social and personal well-being.



11. Seminar On Research Methodology

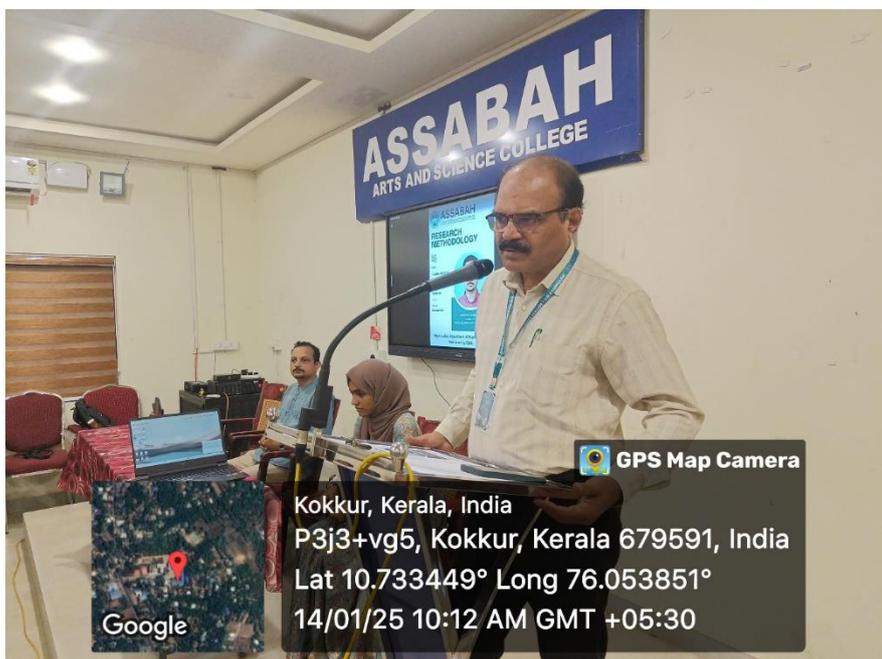
Date and Time	14/01/2025
Organized by	Department of Psychology, Assabah Arts and Science College, Valayamkulam
Event Title	Research Methodology
Venue	Conference Hall, Assabah Arts and Science College, Valayamkulam

On January 14, 2024, the Department of Psychology conducted a Workshop on Research Methodology to enhance students' understanding of research processes and support them in their academic pursuits. The event commenced with a welcome address by Ms. Sandra P, faculty of the Department of Psychology. Professor M. N. Mohammed Koya, Principal, formally inaugurated the session.

The workshop was led by Mr. Shimil P. V., Chair of Counseling at St. Aloysius University, Mangalore. With an MPhil and as a PhD scholar, his extensive academic experience and expertise in research methodology greatly contributed to the success of the session.

Mr. Shimil began by outlining the key steps in the research process, providing students with a structured understanding of how to conduct research effectively. To reinforce learning, he facilitated an engaging activity where students were divided into groups and tasked with selecting a research topic. Each group then applied the research methodology discussed, allowing them to practically implement theoretical concepts. This interactive approach deepened their understanding and made the session more engaging and impactful.

The workshop was highly interactive and insightful, providing valuable learning experiences for all participants. The event concluded with a vote of thanks delivered by our student Ms. Nusaiba Nadhran O N.



13. Institutional Visit to Louise Mount Hospital

Date: 08th February 2025

Time: 10:00 AM onwards

Venue: Louise Mount Hospital, Wayanad

Organized by: Department of Psychology

Participants: Final Year BSc Psychology Students and Faculty Members

INTRODUCTION

As part of the academic curriculum and experiential learning initiatives, the Department of Psychology at Assabah Arts and Science College, Valayankulam organized an institutional visit to Louise Mount Hospital, Wayanad on 8th February 2025. The visit aimed to expose students to the practical aspects of clinical psychology and hospital-based mental health services.

OBJECTIVES OF THE VISIT

- To familiarize students with the functioning of a multidisciplinary hospital setting.
- To observe real-time applications of psychological assessment and interventions.
- To understand the role of psychologists, psychiatrists, and other mental health professionals in a clinical environment.
- To bridge theoretical knowledge with practical experience in patient care and rehabilitation.

HIGHLIGHTS OF THE VISIT

- Students were given a guided tour of the hospital facilities including the Psychiatry Ward, Counseling Centre, Emergency Unit, and In-patient Department.
- An interactive session was held with the Clinical Psychologist, who explained the daily workflow, common psychological conditions treated, therapeutic techniques used, and ethical issues in mental health care.
- The hospital social worker provided insights into the community mental health programs and the support systems extended to patients and their families.
- Students had the opportunity to observe the use of psychometric tools, case history documentation, and therapeutic sessions under professional supervision.

OUTCOME OF THE VISIT

The visit was a highly beneficial learning experience for the students. It:

- Deepened their understanding of clinical roles and responsibilities.
- Clarified the real-world application of psychological theories and interventions.
- Encouraged reflective learning through discussions with professionals.
- Inspired interest in clinical careers and the scope of mental health services in multidisciplinary teams.

The institutional visit to Louise Mount Hospital, Wayanad was a valuable experiential component of the BSc Psychology program. Students gained practical insights into clinical settings, interacted with mental health professionals, and developed a broader perspective on psychological care. The Department of Psychology thanks Louise Mount Hospital for their cooperation and hospitality.