

Centenary Projects Department of Psychology

1. CENTENARY WEBINAR SERIES BY ALUMNI FOR PSYCHOLOGISTS
2. ADD ON PG DEPLOMA COURSE IN MARINE PSYCHOLOGY
3. COMPUTER SOFTWARE FOR PSYCHOLOGICAL EXPERIMENTS (interdisciplinary)
4. MENTAL HEALTH APP FOR COLLEGE COMMUNITY (interdisciplinary)
5. CERTIFICATE COURSE ON LIFE SKILLS FOR ALL GRADUATE STUDENTS IN COLLEGE
6. ASSERTIVENESS TRAINING PROGRAM FOR ALL U. C. COLLEGE STUDENTS
7. WEBINAR SERIES FOR GENERAL PUBLIC ON MENTAL HEALTH PROBLEMS AND MANAGEMENT (community extension program)
8. PSYCHOLOGICAL SERVICES TO LOCAL COMMUNITY (community extension program)
9. DREAMS : MOTIVATIONAL PROGRAM FOR SCHOOL STUDENTS (community extension program)
10. SCREENING FOR DEMENTIA PROGRAM FOR THE ELDERLY (community extension program)

Project 1: CENTENARY WEBINAR SERIES BY ALUMNI

Coordinators: All Faculty members based on their areas of specialization

The department intends to conduct a series of seminars during the centenary year involving alumni members who are working in India and abroad. The seminar is planned to begin from July 2020 to March 2022. Seminars are organized to simulate the thought process of students and to exchange new information that would not have been available otherwise and ultimately help them to immerse themselves in what is new and current to better the lives and education.

Target Group – Psychology students, Professionals and Faculty members

General Objective- To help students, academicians and researchers to update knowledge in subject in the light of recent advances in the different fields of Psychology.

Specific Objectives

1. To help professionals in Psychology develop a sense of camaraderie, offer a platform to meet experts and share views and provide and seek professional advice.

2. To develop a sense of renewed hope and inspiration among students.
3. To update skills, attitudes and approaches in light of the development of new techniques, objectives, new circumstances and new research in Psychology.
4. To create awareness of how to use core values and competencies in improving professionalism
5. To showcase the achievements of alumni

Action Plan

Seminars will be conducted in 7 sections and by expert Alumni who are working in different fields of Psychology around the world, in premier institutions of India, major universities, inter-disciplinary areas of Psychology, clinical psychology and counselling psychology. The resource persons in each section will be alumni of the department from 1960s to 2019

All the seminars will be conducted in the online platform Stream yard which will be live telecasted in you tube. The sessions would be available for future references.

Time period: the webinars will be conducted on a regular basis (at least once in every fortnight) from July 2020 to March 2022.

Beneficiary- Psychology students, professionals and faculty members

PROJECT 2: ADD ON PG DEPLOMA COURSE IN MARINE PSYCHOLOGY

Coordinator: Dr. Neelima Ranjith

Target Group: PG students in Psychology

Objectives : To provide vocational training in specific field and to improve employability potential of PG students. To assist students with placement opportunities.

Action Plan : to arrive at MoU training and placement agencies in Marine Psychology which currently has big shortage of trained professionals.

Time period : Batch of 40 students every year.

Project 3: DEVELOPMENT OF COMPUTER SOFTWARE FOR PSYCHOLOGICAL EXPERIMENTS

Coordinator: Dr. Malini R.

Project rationale

Experimental Psychology forms one of the basic courses offered under B.Sc. psychology programme and it involves understanding of human mind and behaviour through experimentation. Experiments aim at understanding cause-effect relationships between variables and helps to pursue one of the chief goals of Psychology as a science. Experiments are generally conducted in laboratory settings and scientists have developed instruments and apparatuses for the assessment of psychological attributes such as attention, perception and other cognitive variables. It is a well known fact that the development of ICT has resulted in tremendous change in experimentation and apparatuses have been replaced by computer software. It is in this context that a proposal has been prepared towards the development of software for the conduct of experiments in Psychology.

Objectives

1. The interdisciplinary project aims at developing computer software for experiments in Psychology.
2. To upgrade laboratory facilities and technology to meet new age challenges.
3. In future such software may be patented.

Action plan

The development of computer software will be done in association with Department of Computer Science, Union Christian College, Aluva. Undergraduate students of the Department of Computer science will be given the opportunity to develop software under the supervision of faculty of the department. The requirements for the development of software will be discussed by faculty of both the departments and students of computer science will be assigned the task of developing software for each experiment.

Time period : In the first stage software for assessing basic cognitive processes would be developed. The project would be a long term work.

Project 4 : MENTAL HEALTH APP FOR COLLEGE COMMUNITY (interdisciplinary)

Coordinator: Ms. Shema Elizabeth Kovoov

Target and beneficiary Group: Students and faculty of U. C. College

Objectives :

1. The aim of this interdisciplinary project is to develop a mobile app for mental health promotion.
2. The app would help in Psychological assessment, identifying people who need psychological services and reducing distress

Action Plan: In association with department of Computer science, U. C. College, a mobile app would be developed. This would help college community to seek assistance of experts for emotional issues ensuring anonymity.

Time period: The app is expected to be in service within one year.

Project 5 : CERTIFICATE COURSE ON LIFE SKILLS FOR GRADUATE STUDENTS

Coordinator: Dr. Vidhya Ravindranadan

Target group: Under Graduate Students of the college

Rationale: Life Skills Education is the study of abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and the challenges of day to day life. It is critical that youth should be equipped with life skills to grow into well functioning adults in addition to academic skills. Life skills equip students to thrive in the classroom and in the world beyond. Imparting life skills education to the students can be helpful as it specifically addresses the needs of children and reducing emotional problems.

Objectives :

1. To develop understanding into the fundamentals of life skills, improve self-awareness and develop key competencies to face demands and challenges of life.
2. Develop skills to understand and handle issues and challenges in real world.

Action plan: The program would be for selected 30-35 students per batch. The selection would be on need basis

Time Plan: Long term programme of 20-25 weeks (2days in a week-3:30-4:30pm) per year

PROJECT 6 : ASSERTIVENESS TRAINING PROGRAM

Coordinator: Dr. Neelima Ranjith

Target group: college students, faculty (special focus to women and minority groups)

General objective - Enable the students and faculty, females in particular to enhance assertiveness, in turn enabling them to stand against and protest the potential sexual, emotional, physical, verbal, financial abuses against them, and express their opinion , decision without hurting theirs as well as others feelings

Specific objective:

1. Help the target group to differentiate between aggressive, assertive and submissive behaviours and responses
2. Enable the target group to become aware of their own pattern of behaviour and response.
3. Train the target group to develop assertive behaviour

Action Plan

1. Assessment of assertive behaviour in students class wise and other members of college using standardised psychological tests.
2. Identify the target group – group high in aggressive, submissive behaviour and low in assertive behaviour

3. Provide awareness classes on assertiveness by dividing the identified target members into different group (classes by psychologists)
4. Provide assertiveness training for this group and help the identified group to enhance assertive behaviour

Beneficiary : 40 College students; females in particular, teaching nonteaching staff

Time Plan: long term program one batch each year

PROJECT 7: WEBINAR SERIES FOR GENERAL PUBLIC ON MENTAL HEALTH PROBLEMS AND MANAGEMENT OF ISSUES AND CHALLENGES FACED AT VARIOUS STAGES OF LIFE SPAN.

Coordinator: Dr. Marikkutty P. J.

Target Group: General Public

Objectives:

1. To create awareness among general public about various types of mental health problems.
2. To communicate possible causes of mental health problems.
3. To emphasize the need to seek professional help in the initial stages itself.
4. To discuss challenges and possibilities of people at different stages of life span.

Action Plan: The community extension program is aimed to improve mental health awareness among general public, the program would be popularized among general public through schools, panchayath, resident associations, social media and news papers. The sessions would be through the YouTube channel of the department and would be available for future references.

Time Plan: 12 webinars by expert psychologists starting from June 2021.

PROJECT 8 : PSYCHOLOGICAL SERVICES TO LOCAL COMMUNITY.

Coordinator: Syna Soosan Abraham

Target group & Beneficiaries: neighbourhood groups for women, children and families & students of Psychology.

Objectives: Major aim is to provide mental health services to local community.

1. Training: life skills training, parenting and marital adjustment, premarital classes.
2. Education: testing and evaluation services, Career guidance, sex education, for students.
3. Counselling: provide a platform for counselling services by research scholars, PG students and link them to services given by professionals if and when necessary.
4. Students would be part of planning execution and evaluation of the success of the programs which would be an ideal learning experience for them.

Action plan :

1. Use existing/ Establish new contacts with local community through platforms provided by local service groups like kudumbasree, residence associations, YMCA, sastrasahityaparishad, PTA meetings, Vayanasala /anganwadi or programs organized by panchayat or municipality ward members.
2. Students and faculty members of the department would plan and execute the programs: a) communicating with relevant organizers, b) designing training modules, c) collecting and evaluating effectiveness of the program through feedbacks, d) maintaining reports and records.
3. The program essentially is service oriented however we may keep nominal fee for some services provided the target group can afford it. Seek assistance from College management in establishing initial contacts, financial resources till the program is financially self-sustaining.

Time Plan: Long term program where all students of the department would be part of it. At least one program per semester would be done depending upon need for service.

Project 9: DREAMS (Desire, Readiness, Empowerment, Action, and Mastery, for Success)

Coordinator: Dr.Seena M. Mathai

It is a 3-year community intervention program developed by Fr. Lijo Thomas who was a former student of the Department. The model has evolved through experimental implementation in several locations in India and USA and will continue to evolve based on

specific local conceptualizations it expands to additional locations in India and other countries.

Target Group & Beneficiaries- Selected College students, selected School students, and community members

General Objective : This programme intends to contribute to community development activities with the intention of developing intra personal, Interpersonal and leadership qualities in college and school children

Specific Objectives

1. Fostering character strengths among underserved middle school referral students through the DREAMS Model
2. Develop character strengths among undergraduate college students through volunteering opportunities to help needy the underserved middle school referral children
3. Promoting volunteerism among community adults.

Action Plan : The program is designed as a systemic collaborative effort for development of unique character strengths for each stakeholder group. First year degree students are the chosen group to conduct the programme in schools. They are given training in implementing the programme by Fr. Lijo Thomas and team.

Through this intervention model, the needy middle school students are offered of life skills training and motivational sessions and engage in music, dance and games. This gives them the opportunity to develop respective character strengths

The peer mentors from colleges / universities engage with the needy children, mentor them and act as responsible role models. In the process they develop respective character strengths.

There will be a mentor for every school child who is a college student, The adult member from the community is expected to coordinate the activities of college students and supervise them.

Time plan: The programme is conducted for a period of three years.

PROJECT 10: SCREENING FOR DEMENTIA: A COMMUNITY BASED PROGRAM FOR THE ELDERLY

Coordinator: Dr. Neelima Ranjith

Target group & Beneficiaries : : Elderly people who are in the age range of 60 years and above, their care givers and post graduate students of psychology through assessment and training can put theoretical knowledge into practice under supervised assessment and training.

General objective – Screen all elderly people in the panchyath ward to which the college belong to detect cognitive decline or dementia

Specific objectives:

1. Identify early signs of cognitive decline in the elderly people belonging to 60 years and above and help them to seek treatment.
2. Provide detailed neuropsychological investigation to identify and diagnose dementia
4. Provide necessary psychological support to care givers and cognitive retraining for those with symptoms

Action Plan

1. Select particular housing areas with the help of panchayat member
2. Provide screening tests for people who are 60 years and above through home visit by PG final year students
3. Based on test result identify elderly people with cognitive decline and potential risk for developing dementia
4. Provide cognitive training for the elderly who are at risk to protect from potential progressive decline in cognitive functions.

Time plan: 1 panchayath ward per year