

**DEPARTMENT OF APPLIED PSYCHOLOGY AND BEHAVIOURAL
RESEARCH**

The Department conducted a host of events which addressed current topics and was of immense value to UG, PG students and research Scholars.

- Inauguration of **Association Meet** on 7 Aug 2019 was attended by all the students of the department and Mr. R.M. Karthik Lakshmanan, the Guest Speaker spoke on Easy Integration Counselling Model
- An **inter collegiate competition Suicide prevention** was conducted on 10th October 2019 , to commemorate world mental health day. There were 161 participants from different city colleges.
- A **two-day workshop, Psychology of Our Inner Being** was conducted by Dr Arul Dev on 14 and 15 Oct, with PG, Research scholars and staff to aid them develop into wholesome individuals.
- **An International workshop on Cross Cultural Counseling**, which highlighted the importance of culture in making an accurate diagnosis and designing a proper treatment plan was conducted on 8 Nov by Anne Theresa Sureshkumar, Cannada
- **A workshop on Counselling skills** for the PG students was conducted on 14 Feb 2020 by Dr. Vasuki Mathivanan. It

focused on different counseling skills and its application

- **A workshop for school students Sparkle 2020**, was conducted on 19 Feb 2020 to motivate and encourage good study habits, and taught steps to avoid examination anxiety for students appearing for board exam.
- **A workshop on Resume Writing and Body language Skills for Interview** was conducted for PG students by Aamirah Majid

ONLINE EVENTS CONDUCTED DURING LOCKDOWN PERIOD

- **A Quiz on Mental Health Awareness** was started on 22 May and ongoing for participants from various disciplines, who understood the fundamentals of mental health and hygiene. 2013 e certificates have been issued to participants till date
- **A webinar on Emotional Wellbeing** was conducted on 28 May, by Dr.Karthikeyan and was attended by 73 participants, who learned the importance and ways to maintain practical emotional well being.

Dr.Waheeda Matheen

HEAD,DEPARTMENT OF PSYCHOLOGY