

ANNUAL REPORT

**“CREATE UNIQUE HUMAN BEINGS WHO CAN BENEFIT
SOCIETY, PROFESSION AND THEIR OWN CONSCIENCE”**

**PG DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE
COLLEGE,ATHAVANAD**

2024 – 2025

The college reopened for the academic year 2024-25 On 1 st June.First UG and PG admitted to college on 1st August

The following was the advisory details of 2024-202

FACULTY DETAILS OF 2023-24

NAME	DESIGNATION	QUALIFICATION
Dr. VINEETHA.KJ	HEAD OF THE DEPARTMENT	M.Sc ,NET, PhD
ANAGHA KS	ASSISTANT PROFESSOR	M.Sc
HASBEENA K	ASSISTANT PROFESSOR	M.Sc,SET
FATHIMATH SUHARA	ASSISTANT PROFESSOR	M.Sc, SET
ARSHA M	ASSISTANT PROFESSOR	M.Sc
PRANAV KRISHNA	ASSISTANT PROFESSOR	M.Sc,NET

ADVISORY DETAILS

The following was the details of class advisors for the academic year 2024-25

NAME OF ADVISOR	CLASS
ARSHA M	FIRST YEAR UG
ANAGHA K.S	SECOND YEAR UG
PRANAV KRISHNA	THIRD YEAR UG
FATHIMATH SUHARA	FIRST YEAR PG
HASBEENA K	SECOND YEAR P G

STUDENTS DETAILS OF 2023-24

The department had 97 students in department, first year degree has strength of 21(20 girls and 1 boy),second year UG had 21 students(19 girls and 2 boy), third year UG had 29 students(27 girls and 2 boys) , first year PG had strength of 10 students and second year PG had 6students.

LAST YEAR ACADEMIC RESULT

The pass percentage for the academic batch 2021-2024 was 81%, Number of students appeared for the examination 26, out of which 21 students got passed. The pass percentage for PG was 80%, Number of students appeared for the examination 10, out of which 8 students got passed.

CLASS PTA - MEETINGS

Parent - Teacher meeting for psychology students were conducted on 18th February, 2025.

SUICIDE PREVENTION WEEK

World Suicide prevention day was established in 2003 by international association for suicide prevention. Department of Psychology organized Suicide Prevention Week awareness programme from 11th September 2024 to 18th September 2024. The theme of 2024 suicide prevention day was “ Changing the Narrative on Suicide”, This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides.



Date : 09/ 09/2024

Venue: MMC Hall

Speaker: SHAMIL BIN UMMER

Consultant Psychologist , Wellness clinic, Calicut

On 9th September, Shamil Bin Ummer (Consultant Psychologist, Calicut) delivered a talk on the topic ‘ Suicide Prevention ’ at MMC Hall. The resource person discussed about the root cause of suicide, and psychologist’s role in it. After the session, students participated in an open discussion with the resource person and clarified their doubts.

POSTER MAKING AND LETTER WRITING COMPETITION

Department also conducted poster making competition ,a letter writing competition,drama and Panel discussion on the topic ‘ Suicide Prevention’ as a part of the programme.Department programme related to suicide prevention week wind up with the presentation of a mime by the students in-front of the campus main block. 30 minutes mime discussed about various leading causes leads to suicide among the youngsters including exam failure,addiction, family issues, relationship issues etc.



PAMTIC ASSOCIATION
DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE COLLEGE

WORLD SUICIDE PREVENTION WEEK

SPECIAL PROGRAMS

- 09/09 GUEST TALK
- 09/09 AWARENESS SESSIONS
- 11/09 PANEL DISCUSSION
- 11/09 POSTER MAKING COMPETITION
- 11/09 DRAMA
- 11/09 MIMING
- 12/09 LETTER WRITING COMPETITION



PAMTIC ASSOCIATION
DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE COLLEGE

Suicide prevention week

LETTER WRITING

CONTEST

WIN!

UNLIMITED MOBILE RECHARGE
28 days

DROP YOUR LETTER /
MAIL YOUR ENTRY

✉ markazpsych23@gmail.com

LAST DATE : 12 SEPTEMBER



PAMTIC ASSOCIATION
DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE COLLEGE

11/09/2024 10:00 AM

Panel Discussion

Suicide prevention week

A panel discussion tailored specifically for department students, exploring the vital role psychologists and students play in preventing suicides and learning practical strategies for supporting vulnerable individuals and coping with crisis situations.

MMC Hall
Markaz B Ed Block

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DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE COLLEGE

Suicide prevention week

POSTER MAKING

CONTEST

WIN!

UNLIMITED MOBILE RECHARGE
28 days

SEPTEMBER 11 TH
EVENT STARTS AT 10:30 AM
MSC FIRST YEAR PSYCHOLOGY CLASS

09/09/2024 02:00 PM

Awareness program

world suicide prevention week

Our students will visit each department classes to conduct awareness sessions on the significance of mental health and the importance of observing Suicide Prevention Week, highlighting the need to prioritize well-being and promote a supportive community.

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WORLD MENTAL HEALTH DAY

This World Mental Health Day, WHO is uniting with partners to highlight the vital connection between mental health and work. Safe, healthy working environments can act as a protective factor for mental health. In connection with this theme, a work health survey was conducted among teachers in our college, survey questions measured financial insecurity, burnout, supervisor support, workplace stress, and mental illness. The survey explored the relationship between workplace and supervisor support, and its impact on burnout and employee mental health outcomes as work environments adapted to pandemic-related changes.

WORK HEALTH SURVEY QUESTIONS

The Work Health Survey included the following questions and statements: Individuals were asked to rate each question/statement below using the following scale: Strongly Disagree, Disagree, Somewhat Disagree, Somewhat Agree, Agree, Strongly Agree:

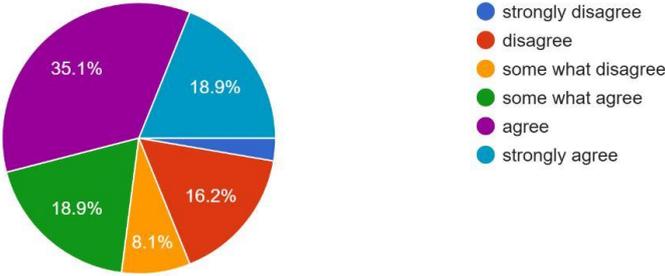
1. My supervisor provides emotional support to help me manage my stress.
2. My supervisor regularly checks in on me.
3. I can talk to my supervisor to change stressful things about my work (e.g. workload, time off, changing tasks/ responsibilities).
4. I know what resources I can use if I feel like I need emotional support (e.g. accessing insurance benefits, mental health benefits, employee assistance programs, or onsite supports).
5. I feel emotionally drained from my work.
6. I have accomplished many worthwhile things in my job.
7. I really don't care what happens to my colleagues or clients at my job.
8. I feel more callous toward people since I took this job.
9. I worry about not having enough money to pay for my living expenses.
10. I am paid enough to save 3 months' worth of expenses for an emergency.
11. I am unable to afford my or my family's health care costs.
12. My workplace stress affects my mental health (i.e. depression or anxiety).
13. I feel distracted or find it difficult to concentrate because of my work environment.
14. My employer provides a safe and welcoming environment for employees who live with mental illnesses.
15. I feel acknowledged and accepted at work.
16. I spend time looking for a new position while at work or outside of work.

The survey also collected work environment information, including employment status and benefits they believe would help workplace stress and mental health. It also collected respondents' age and gender.

FINANCIAL INSECURITY

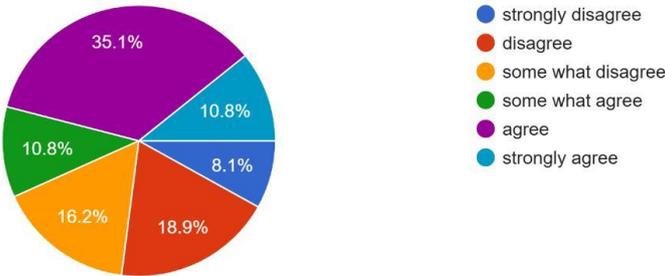
I worry about not having enough money to pay for my living expenses.

37 responses



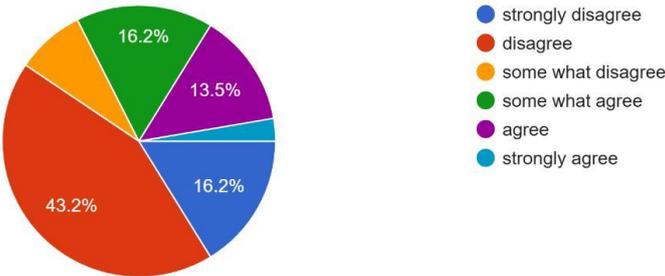
I am unable to afford my or my family's health care costs.

37 responses



I am paid enough to save 3 months' worth of expenses for an emergency.

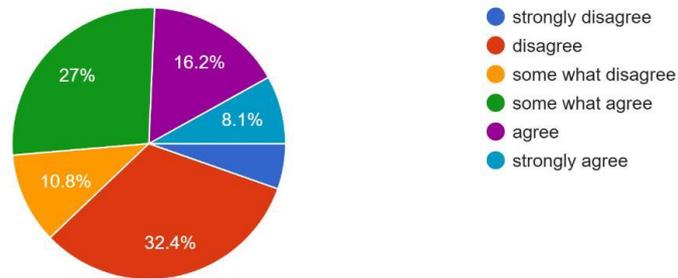
37 responses



EMPLOYEE BURNOUT

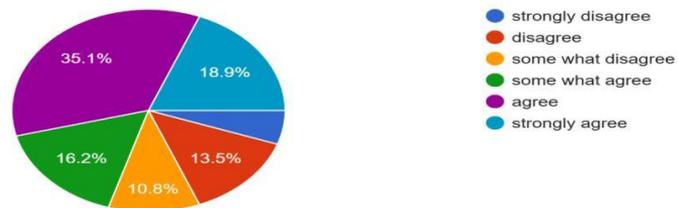
I feel distracted or find it difficult to concentrate because of my work environment.

37 responses



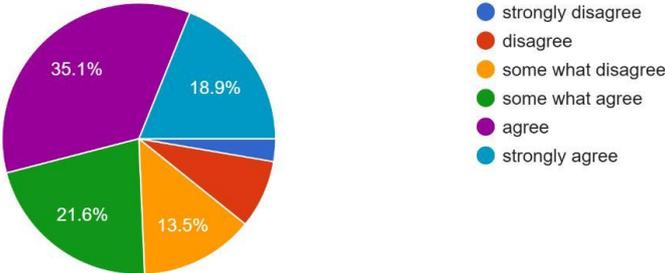
My workplace stress affects my mental health (i.e. depression or anxiety).

37 responses



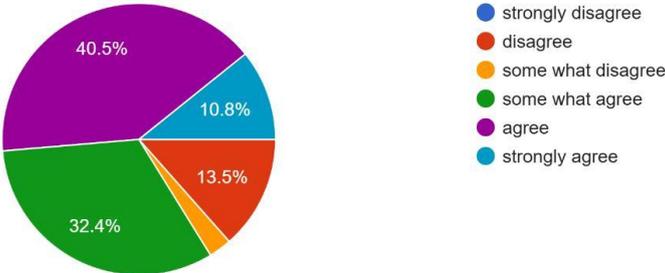
I can talk to my supervisor to change stressful things about my work (e.g. workload, time off, changing tasks/ responsibilities).

37 responses



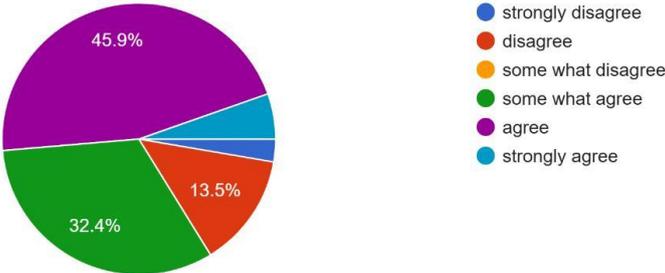
My supervisor provides emotional support to help me manage my stress.

37 responses



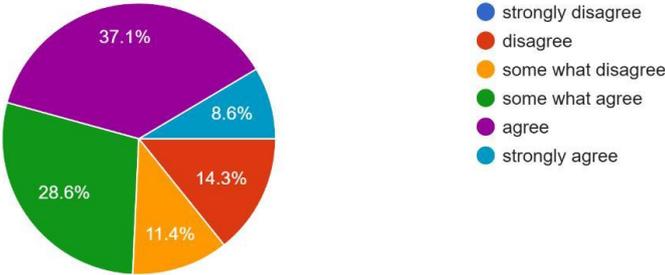
My supervisor regularly checks in on me.

37 responses



My employer provides a safe and welcoming environment for employees who live with mental illnesses.

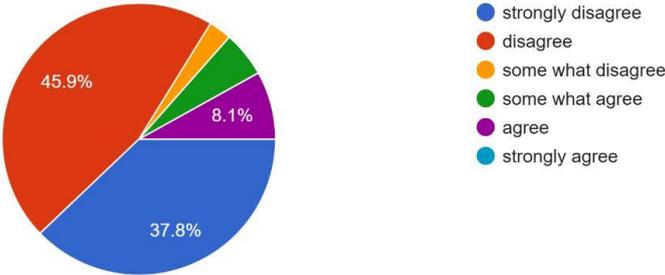
35 responses



WORKPLACE STRESS AND MENTAL ILLNES

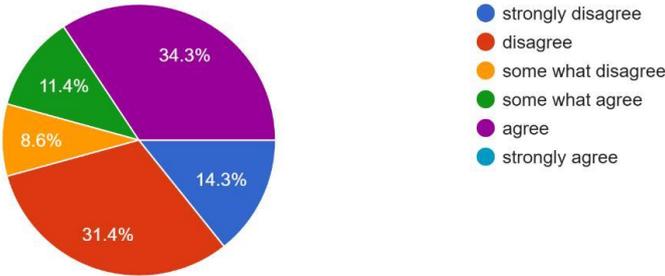
I really don't care what happens to my colleagues or clients at my job

37 responses



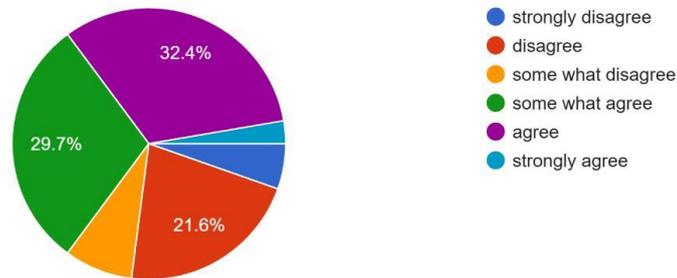
I feel more callous toward people since I took this job

35 responses



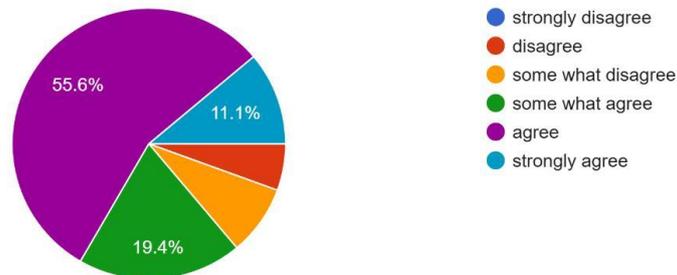
I spend time looking for a new position while at work or outside of work.

37 responses



I feel acknowledged and accepted at work.

36 responses



54% of respondents reported that they worry about not having enough money to pay for their living expenses, with 18.9% employees strongly agreeing with this statement. Over 50% of respondents reported that they are not paid enough to save for an emergency, with nearly 13.5% agreeing with this statement. Nearly 43 percent of respondents reported that they were unable to afford their health care costs. Nearly 18.9 percent of respondents felt emotionally drained from their work. . Over 37.5 percent of employees reported that they don't care what happens to their colleagues .About 51 percent of respondents agreed that their supervisor provides emotional support to help them manage their stress.. Of employees who strongly agreed that their supervisors provide emotional support, 45% agreed that their employers provide a safe and welcoming environment for employees who live with mental illnesses. 32 percent of employees reported that they spend time looking for a new position.

NATIONAL WEBINAR

PG DEPARTMENT OF PSYCHOLOGY
MARKAZ ARTS AND SCIENCE COLLEGE
KARTHALA POST, KATHAWANAD

NATIONAL WEBINAR ON HOW TO FORMULATE A RESEARCH PROBLEM

CONTACT DETAILS OF ORGANIZING COMMITTEE
 markazpsycho23@gmail.com
 9745457361

18th NOV 2024
 2PM TO 3.30 PM
 GOOGLE MEET
 LINK WILL BE PROVIDED AT THE TIME OF SESSION

HOW TO FORMULATE A RESEARCH PROBLEM

THE SPEAKER
 Dr. Arjun Sekhar PM
 Assistant Professor
 Dept. of Psychology
 Kristu Jayanti College
 Bangalore

Contact Us

MARKAZ ARTS AND SCIENCE COLLEGE
 (Affiliated to University of Calicut)
 KARTHALA POST, MALAPPURAM DIST.,
 679571

VENUE: GOOGLE MEET

DATE; NOVEMBER 18.2024

The programme started with welcome speech by Hasna Sumayya (1 st year PG student).Dr.Vineetha.K.J (HOD of psychology department) delivered the presidential address . The session was handled by Dr.Arjun Sekhar P M(Assistant Professor,Dept of Psychology,Kristu Jayanthi College,Banglore).He explained in a very simple way how to formulate a research problem and included different types of examples. .There was forty-six participants including UG and PG students.Participants in the webinar were given a feedback form. All participants had very positive comments about the webinar. The session ended by delivering a vote of thanks by the PG student Faheema.

FACULTY DEVELOPMENT PROGRAMME

Five days online faculty development programme on ‘Stepping Stone To Excellence of Higher Education Institutions as envisaged by NEP’Organized by the Internal Quality Assurance Cell ,MES college Mannarkkad from 14-2-2025 to 18-02-2025. Anagha KS, Hasbeena K,Arsha M and Pranav Krishna participated.

CAREER GUIDANCE PROGRAMME

In alignment with academic enrichment initiatives, a WhatsApp group titled “NET/JRF Psychology Coaching 2025–26” was created under the guidance of Mr. Pranav Krishna V, Department of Psychology, on March 30, 2025. The initiative aims to foster collaborative learning and structured preparation for aspirants targeting the UGC-NET/JRF examinations scheduled for 2025–26.

Objectives of the Initiative:

1. To provide a collaborative space for NET/JRF aspirants from the Psychology department.
2. To share study resources, research papers, mock tests, and relevant updates.

3. To conduct discussions on key topics, theories, and exam strategies.
4. To enhance peer-to-peer support and mentor-ship by faculty and past qualifiers.
5. To offer reminders and schedules for tests, lectures, and important deadlines.

Expected Outcomes:

- * Improved preparedness among students appearing for NET/JRF.
- * Increased academic collaboration and peer support.
- * Higher success rates in the Psychology discipline under NET/JRF 2025–26.

CONCLUSION

Concluding this report, I express my heartfelt gratitude to , Principal, Members of the management committee, members of teaching and non-teaching staff, parents, members of college union and all students for their sincere cooperation and assistance bestowed upon this department.