



Dwaraka Doss Goverdhan Doss Vaishnav College
(Autonomous)

College with Potential for Excellence

Linguistic Minority Institution, Affiliated to University of Madras

#833, E.V.R.Periyar Highroad, Arumbakkam, Chennai - 600106, Tamil Nadu
Ph: +91 44 2363 5101 / 02 / 03, email: admin@dgvaishnavcollege.edu.in



DEPARTMENT OF PSYCHOLOGY

EST. 2015

Newsletter

2020 - 2021

VISION

To foster human values through psychological discourses, create responsible citizenry, address contemporary societal concerns thereby contributing to the psychological well-being of the community at large.

MISSION

- Enable students to develop new perspectives about the discipline thereby contributing to the world of knowledge.
- Provide a platform for students by giving them an opportunity to have healthy discussions and deliberations in the field of Psychology.
- Inculcate a sense of responsibility, authenticity, creativity and ethical values among students.
- Contribute to the academic profile of the College and the community at large.

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Ist year Student



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IInd Year Student



- Department of Psychology conducted an exhibition in Psychology on January 22nd and 23rd 2020 focusing on the assessments and current trends in the field.
- The purpose of the program was to create awareness about the field, the scope of learning Psychology, career options available in the field, branches of Psychology, assessments in the profession and its current trends to school students both government and private.
- Approximately 800 students from 12 different private schools like SBOA, Valliammal, Vivekananda schools, etc. from Chennai city were part of the program.
- Department received a positive note about the exhibition. The exhibition was also featured in Sun news channel and Polimer news channel.



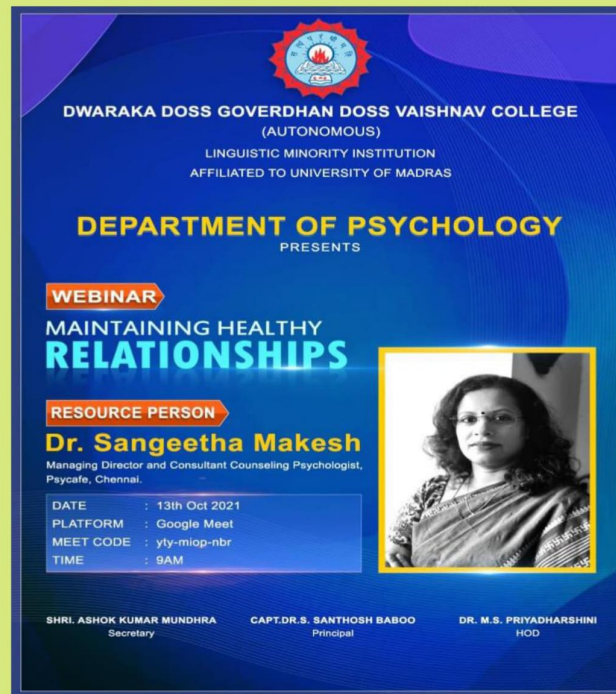
➤ An exclusive webinar session on CYBERBULLYING was organised for the students by the Psychology Department of Dwaraka Doss Goverdhan Doss Vaishnav College on 24th september 2021. The resource person Ms.Elaine Yong is a senior teaching fellow from the Psychology Department of Sunway University, Malaysia.

➤ The session was presided over by Ms.Elaine Yong, who firstly gave an introduction about the concepts of CYBERBULLYING and SCHOOL BULLYING. She further went on to give a vivid outlook of the correlation between Adolescents and the Internet. She gave a detailed explanation on the Cyberbullying Model (General Aggression Model,2002), and the Factors and Impact of Cyberbullying.

➤ The session went on to be more informative as she continued to talk about the Future Directions of Research on Cyberbullying. She concluded the session with a final message - R.S.C which implies that one should give RESPECT, be SAFE and CIVIL while using social media.

"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life."

- Abraham Maslow



- A remarkable webinar on 'MAINTAINING HEALTHY RELATIONSHIPS' was conducted exclusively for the students by the Psychology Department of Dwaraka Doss Goverdhan Doss Vaishnav College on 13th October 2021.
- Dr. Sangeetha Makesh was the honorary guest. She is the Managing Director and Consultant Counseling Psychologist of PSYCAFE.
- Dr. Sangeetha Makesh presided over the session by giving an introduction to the dynamics of a relationship. She emphasized that TRUST is fundamental for any relationship and elucidated the Seven Dimensions of Trust namely- Boundaries, Reliability, Accountability, Confidentiality, Integrity, Nonjudgmental thinking, Generosity in Thinking.
- She then discussed the Dichotomy Of Control - a Stoic practice that basically states some things are within our control and others are not. Lastly she delineated the various Attachment Styles such as Secure, Ambivalent, Avoidant, and Disorganized Attachment Styles.
- Dr. Sangeetha introduced a formula To maintain a Healthy Relationship i.e. A3 - ABC (ATTENTION, AFFECTION, APPRECIATION - ACCUSATION BLAMING CRITICISING).

"Self-belief does not necessarily ensure success, but self-disbelief assuredly spawns failure."

-Albert Bandura



➤ A remarkable Orientation Day Program was exclusively organised for the students by the Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College on 25th November, 2021. Dr. S. Sasikala was the honorary guest. She is working as an Assistant Professor in the Psychology department of Madras University.

➤ The Orientation program began by 9:30 a.m. with the college prayer song. It was followed by Lighting of Lamp by the dignitaries. The welcome address was delivered by Dr. M. S. Priyadharshini, Head of the Department, Psychology. Capt. Dr. S. Santhosh Baboo, Principal of Dwaraka Doss Goverdhan Doss Vaishnav College, addressed the gathering and felicitated the Guest of honour. The chief guest was introduced Ms. Aswini.R, Assistant Professor, Department of Psychology.

➤ The Chief Guest, Dr. S. Sasikala introduced the field of Psychology, followed by various fields and scope of Psychology. She emphasized the difference between other fields and Psychology. The respected Chief guest elaborated on Clinical Psychology, Forensic Psychology, Counselling Psychology and so on. The speech delivered by Dr. S. Sasikala was insightful and informative. A question and answer session was held after the Chief Guest's speech.

➤ Dr. S. Sasikala answered every queries which were asked by the students. As the session came to an end, Ms. Vijayalakshmi, Faculty of Psychology Department proposed the Vote of Thanks and expressed her gratitude to Dr. S. Sasikala for the valuable inputs and her exemplary efforts in providing such an informative and knowledgeable session.

"If you want to be creative, stay in part a child, with the creativity and invention that characterizes children before they are deformed by adult society."

-Jean Piaget

Achiever's Corner

NAME	ACHIEVEMENT
GOVARDHINI K.M.	She participated in Krish Kara Utsav 2020 in view of Pongal festival and won the first prize in rangoli cometition.
R. PRIYANKA	She participated in Krish Kara Utsav 2020 in view of Pongal festival and won the first prize in rangoli cometition.
THAMIZHARASI M.P.V.	She has successfully completed National Level E-Quiz on "Biodiversity Conservation of Fauna-2020" and secured 80% .
	She has successfully completed the State Level E-Quiz on Fundamentals of Botony with a score of 100% .
	She has partiipated in PsyQuiz organized by IntraPsych Club with a passing score f 95%
	She has successfully completed the online quiz on "Gardening and Ornamental Plants" with a score of 100% .

NAME	ACHIEVEMENT
ARUNA MALAYA	She has been awarded second place in Prastuti competition during Kshitij 2021 organised by the Department of Sanskrit.
GOVARDHINI K.M.	She has won first place in poster making competition held during Chintha 2021 conducted by Department of Counselling Psychology.
	She has won third place in junk art competition held during Chintha 2021 conducted by Department of Counselling Psychology.
LOKESH KANNA . S	He has secured the third place in the English debate competition.
S. SIDDARTH	He has secured the second place in the english debate competition.

NAME	ACHIEVEMENTS
DARSHINI M.	She has secured the first place in the musical band competition.
GABRIEL A.	He has secured the first place in the musical band competition.
PRASANNAKUMAR K.	He has secured the first place in the musical band competition.
SIDDARTH S.	He has secured the first place in the musical band competition.
SHWETHA V.B.	She has secured the first place in the musical band competition.

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