



DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(AUTONOMOUS)

Reaccredited With A++ Grade by NAAC

College with Potential for Excellence, Linguistic Minority Institution,
Affiliated to University of Madras, Arumbakkam, Chennai - 600 106



Newsletter

DEPARTMENT OF PSYCHOLOGY

TOP NEWS OF THE ACADEMIC YEAR 2025-26

DEEKSHARAMBH 2025-26

The new academic year 2025-26 began on a cheerful note with a one-week Student Induction Program held from June 25th to July 2nd. This program warmly welcomed the first-year students and helped them get familiar with the college environment.

During the program, students were introduced to their department, faculty, seniors, and alumni. They also gained an understanding of academics and extracurricular opportunities. Fun activities like talent expo and ice-breaking sessions helped them interact with their batchmates and build new connections.



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FIELD VISIT- SOS TAMBARAM

The Department of Psychology of Dwaraka Doss Goverdhan Doss Vaishnav College organized a field visit to SOS Children's Village in Tambaram for second and third-year students. Students were introduced to the SOS model, which focuses on providing family-based care for children without parental support, and learned about the village structure with homes led by caregivers. They visited a house, interacted with the caregiver, observed the children's activities, and toured key facilities, gaining insight into the community's values and functioning.



INVESTITURE CEREMONY

The Department of Psychology conducted an Investiture Ceremony for the Psychub core committee of 2025-26, followed by a seminar on "The Role of Empathy in Building Strong Integrity in Society" by Mr. Rakesh Sharma, Educator. The event was held on 7th August 2025 in the Vallabhacharya Auditorium, for students of all three years, providing them with valuable insights and an enriching learning experience.



WORLD MENTAL HEALTH DAY

The Department of Psychology conducted a two-session program as part of World Mental Health Day, on 10th October 2025. The morning session included a panel discussion on "Breaking Barriers: Mental Health Beyond Stigma," where experts shared insights followed by an interactive Q&A. The afternoon session on "Self-Help Intervention," led by Mr. Kaleeswaran, focused on self-love, resilience, and coping strategies. The event concluded with a vote of thanks, leaving students with valuable insights.



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AWARENESS PROGRAM

On World Mental Health Day (10/10/2025), the Department of Psychology conducted an awareness program at Anna Tower Park, Anna Nagar, to promote mental health and reduce stigma. The event included a skit, a speech by Ms. R. Aswini, an interactive "Let Go" activity, a thematic dance, and a yoga session led by Mr. Naveen Kumar M, Managing Director of Man Industries, a skilled professional with over a decade of experience in Yoga, Karate, and Silambam, concluding with positive affirmations and a message of hope and well-being.



GUEST LECTURE

A guest lecture on "Mind, Behavior, and Sustainability" was conducted on 23rd December 2025 at the MBA Block, Vidya Darshan. The session by Ms. R. Swetha, Counselling Psychologist and co-founder of TheraSpace, highlighted the link between psychological choices, mental health, gender equality, and sustainability, leaving students with the message that small changes can lead to a sustainable future.

EXHIBITION- ZOOTOPIA

A two-day Psychology Exhibition was successfully organized on 6th and 7th January 2026, to introduce school students to basic psychological concepts through interactive and engaging activities. The event was inaugurated by Principal Dr. S. Santhosh Baboo and witnessed enthusiastic participation from around 350 students from various schools. Through exhibits, models, and hands-on activities, students actively explored concepts of human behaviour and mental processes, making the exhibition both educational and enjoyable. Overall, the event effectively created awareness about psychology while providing a meaningful and interactive session.



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SELF LOVE

The Department of Psychology organized a Guest Lecture titled "Self-Love: The Art of Letting Go - Understanding Emotional Healing" on 13th February at Dwaraka Doss Goverdhan Doss Vaishnav College. The session, led by Ms. Sharon Priyanka, Counselling Psychologist and Experiential Trainer, focused on the importance of self-love, emotional acceptance, and the gradual process of healing. Through relatable examples, interactive discussions, and simple breathing techniques, students gained insights into managing emotions and practicing self-compassion.



LIFE SKILLS TRAINING

The Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College, organized a four-day life-skill training programme from 16th to 19th February, focusing on personal growth, stress management, and overall well-being. The sessions were handled by Ms. Mitra S, a compassionate professional known for creating a safe, judgment-free space and using effective listening and therapeutic techniques to support personal growth. The programme introduced the 10 core life skills by WHO, with four key skills explored through interactive activities and engaging games, along with relaxation techniques for stress management.



FOOD FEST

The Cross-Cultural Food Fest was successfully conducted in the Psychology lab on 16th March 2026 to promote cultural awareness and experiential learning through food. Nine teams represented different countries, preparing traditional dishes and explaining their cultural significance, ingredients, and methods. The event was well-organized, maintaining hygiene and smooth coordination, while participants showcased creativity, teamwork, and communication skills.



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AURA 2026

The Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College (Autonomous), organized AURA'26, an intercollegiate cultural event under PSYCHUB 25-26 on 25th February 2026, in observance of World Creativity & Innovation Day. The event began with a prayer, Tamil Thai Vazhthu, and lamp lighting ceremony, followed by addresses from the Head of the Department and the Chief Guest, Dr. Sangeetha Makesh.

A variety of offline and online competitions, including debate, creative writing, photography, and quiz, provided a platform for students to showcase their creativity, analytical skills, and talent. Cultural performances added vibrancy to the program, and the event concluded with a valedictory session and prize distribution. Overall, AURA'26 was a successful and engaging event that fostered creativity, innovation, and intercollegiate collaboration.



ALUMINI MEET 2026

The Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College, organized an Alumni Meet on 15th February to reconnect with alumni and strengthen relationships. The event began with a prayer, Tamil Thai Vazhthu, and a welcome address, followed by cultural performances including Bharatanatyam and singing. Alumni participated in engaging games such as Human Bingo, Connexions, and a Talent Hunt, along with a nostalgic memory video that revisited their college days. The programme concluded with a vote of thanks and lunch, making it a memorable occasion celebrating connection, memories, and togetherness.



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AWARDS AND SUCCESSES!



Our department believes that true education goes beyond academic achievement, placing equal importance on arts and sports in shaping well-rounded individuals. Engagement in extracurricular activities enriches the learning experience by fostering creativity, teamwork, and critical thinking skills. Our students actively participate in a wide range of cultural events, sports competitions, and artistic programs, where they consistently earn recognition and accolades. Their accomplishments reflect not only their talent but also their commitment and enthusiasm. By encouraging a balance between academics and extracurricular pursuits, we aim to support holistic development, helping students grow into confident individuals with varied interests and abilities.



Students from our department, under the guided support of Ms. Veena Prathap, received the Best Paper award for "Insight" at the International Conference on Safe and Friendly Schools in the Asia Pacific Region, organised by Kristu Jayanti University, Bengaluru, in collaboration with the Asia Pacific School Psychology Association on 26th and 27th February 2026.

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FACULTY SPACE



A mental health awareness program titled "நலம் தரும் நெஞ்சம்" was organised on 22nd February 2026 by Women's Christian College in collaboration with the Don Bosco Social Service Society. Ms. R. Aswini was invited as a distinguished guest.

A sensitisation seminar for Class IX students was organised by S.N. Vidya Bhavan, focusing on digital-age challenges and emotional management. The session by Ms. Veena Prathap saw active participation from 175 students.



A workshop on "Data Analysis using SPSS" was conducted on 19th February 2026 at SRMIST, Vadapalani Campus, to familiarise UG Psychology students with statistical analysis and strengthen their research skills.

DEPARTMENT FACULTY

- Mrs. Aswini R, Head of the Department
- Ms. Jyotsna N, Assistant Professor
- Ms. Veena Prathap, Assistant Professor
- Ms. Jacquelin I., Assistant Professor
- Mr. Dinesh L , Assistant Professor