

Awareness Session on “Drug Abuse and Its Ill Effects”

21/06/2022

As part of the International Day against Drug Abuse and Illicit, Trafficking, a session on was conducted at 3: 00 pm on June 21, 2022 at Rajagiri College of Social Sciences in the Carmel Hall. As scheduled the program started at the Carmel Hall with the Rajagiri Anthem. Dr. Binoy Joseph, Principal of Rajagiri College of Social Sciences. delivered the welcome speech for the session. The event was graced by the presence of officials from the Narcotics Control Bureau (NCB), Kochi. The Chief Guests of the event were Mr. Saiju Varghese, Senior Intelligence Office NCB and Mrs. Divyalakshmi. The audience consisted of faculty, non-teaching staff and students from BSc Psychology, BBA, BCom CA and MSc Library Science.



Mental Health Literacy for Art Therapy

06/07/2022

Conducted a two-day introductory course on mental health literacy for MSW 2nd year students as the foundation course for Art Therapy on 6th July. Mental health literacy for art therapy is an introductory course on mental health for social work students to bridge them to higher levels of Art therapy. Through this course, the social work students were able to understand the concept of mental health and how a person with positive mental health would be. It covered common mental health issues and its signs and symptoms, various causal factors of mental health conditions, and their impact on an individual’s personal, social and occupational functioning that social workers could come across in their respective fields. The courses also introduce the multidisciplinary team involved and the various kinds of professional biopsychosocial interventions used in the area of mental health. The concept of Art therapy and its underlying principles are covered through experiential learning. The course links how art therapy can be used in social work for clients as well as for selfcare of social workers. The session included lectures, video presentation and reflective art therapy exercises for students.

18th Vikas Samvaad, the NGO discussion series

25/08/2022

The 18th Vikas Samvaad, the NGO discussion series, was held on 25th August 2022. Ms. Roshini Bhowmik, CSR Executive, UNICHARM INDIA, was the resource person for the same. The session was on Menstrual Hygiene, and it proved to be very beneficial to the students. The Program was coordinated by sr. Bincy assistant professor, department of social work. MC was done by Lekshmi J Narayanan BSW 2nd year. Dr. Fr. M k Joseph (CMI) head of the social work department addressed the meeting. Ms. Roshini Bhowmik, spoke about measures needed to take during menses, precautions needed to take, and the health problems that can come due to carelessness at the time of mensuration. There was an interactive session followed by this. Ms. Sreya Aji BSW 2nd year student delivered the Vote of thanks and the meeting ended by 4:00 pm.

“Cup of Life 2022”

31/08/2022

RCSS joined hands to participate in “Cup of Life 2022”, an initiative of the honorable MP Shri Hibi Eden, in association with IMA Cochin & the local district administration to distribute one lakh Menstrual Cups in a single day within the Ernakulam parliament constituency through 118 venues on the 31st of August. Dr. Joseph M K, Head, Department of Social work inaugurated the campaign by distributing the menstrual cups. Training sessions for the students and staff were conducted on 31st August. A talk show on “Break the Taboo” and a live band performance were organized on the 30th August in the Courtyard of Hill Campus.



National Webinar - Yoga Therapy: Alternative Therapies in Clinical Setting-I

30/09/2022

The Department of Psychology conducted a national level webinar on Yoga Therapy; Alternative therapies in Clinical Setting-I on September 30th 2022. This was the first of a series on Alternative Therapies in Clinical Setting. Dr Aswini Devi, Yoga Therapist, of SDM College of Ayurveda and Hospital, Udupi was the resource person. The webinar was attended by Clinical Psychologists, Counselors, Academicians, Research scholars and students of UG and PG courses of Psychology and Social Work. The number of registered participants was 373 from more than 60 academic institutions and mental health institutions.

International Webinar on- Suicide Prevention among Young Adults

12/09/2022

The Department of Psychology, Rajagiri College of Social Sciences (Autonomous) organized an International Webinar on Suicide Prevention among Young Adults. This webinar was organised in the month of September during which we observed the World Suicide Prevention Day. Since WHO has reported Suicide as the fourth leading cause of death among young adults, we targeted the population of young adults.

Aims of the Webinar:

- Create an Awareness
- Point out Factors Contributing to Suicide
- Provide Methods for Primary Prevention
- Introduce Intervention Strategies

The Expert Speaker for this Webinar was Dr. Parvathy Varma S., Ph. D.; Director, Graduate Programs in Counseling Psychology; Assumption University of Thailand; Bangkok; Thailand. Participants were All College Students & Professionals. No Registration Fee was allotted. Participants from around India attended this program. At the Department of Psychology & Social Work students attended the same from their respective classrooms over the Smart Panel.



Webinar as an Observation of the World Mental Health Day

09/10/2022

The Department of Psychology, Rajagiri College of Social Sciences (Autonomous) organized a Webinar on the Topic: Making Mental Health & Well-Being for All a Global Priority. This webinar is being organized in the month of October, observing the World Mental Health Day 2022. The Speaker for the Webinar was Mrs. Divya K Thomas (M.Phil. Clin. Psy.), Consultant - Clinical Psychologist, from Rajagiri Hospital. Participants were I Sem. B. Sc. & I Sem. M. Sc. Psychology Students. No Registration Fee was collected. Students attended the Webinar in their respective Class rooms on the Smart Panel. Faculty members joined from the respective cabins.



Vikas Samvaad #20

27/10/2022

The 20th edition of Vikas Samvaad, an NGO connect discussion series, was conducted on 27th October, by the Department of Social Work at Rajagiri College of Social Sciences. The guest of the day was Mr. Harsh Pandey, who is the Manager, Corporate Social Responsibility, Business and Human Rights, Tata Sustainability Group at Tata Group. The session began with a welcome note by Fr. Dr. Joseph M. K, Head of the Department of Social Work. The emcee of the session, Sterick Eben Stanly, a student of MSW, invited the speaker to share his experience in the CSR field. Then the students had an interactive session with Mr. Harsh on CSR laws. The unequal distribution of CSR funds, as well as the challenges and perspectives of corporate social responsibility, were some of the major topics of discussion.



“BE AN ANGEL”- Awareness Programme

08/11/2022

Be an Angel, an awareness programme on First Aid was held on November 8, 2022 (Tuesday) in Carmel hall at 10.00 am. The session was handled by Dr Rubiya, Dr Fabina and Dr Sreejith from Aster Medicity. The session started with the Rajagiri anthem. Ebin Babu P, Assistant Professor (DCPS) welcomed Doctors and support team to the programme. The first session was engaged by Dr Rubiya on emergency assistance. Followed by practical workshops on first aid, basic life support, advanced cardiac life support and paediatric advanced life support (PALS) were taken by the doctors and team. The session by Aster medicity team was really helpful and inspiring to all the participants. Representing our sincere gratitude and appreciation, Prof. Ebin Babu P (YI Coordinator) presented a memento to the guests. Nayana Anna Varghese (B.Com M I F&T A) was the MC for the event.

Outbound Training Program

05/11/2022 - 12/11/2022

The Department of Commerce and Professional Studies organised an Outbound Training Program for second year B.Com and BBA students. The OBT was scheduled from November 05 – 12, 2023. Each batch was allotted two days each for the OBT. The training program was facilitated by Kalypso Adventures in Suryanelli, Munnar. The training program intend to provide deeper insights to students in team building, communication skills and group behaviour skills. The pedagogical approach was more into learning through activities and the same was remarked as the highlight of the OBT by the students. Altogether 348 students (B.Com – 290 and BBA – 58) were part of this OBT. Each batch was accompanied by two faculty members from the department.



Zumba Session

23/11/2022

On 23rd November 2022, the MSW first-year students organized a zumba session titled "Let's Choose Fitness; Zumba Session" in partnership with Fitness4ever and zumba trainer Mr. Santhosh Krishna as part of DYUTI 2023 promotions. The chief guest of the event was celebrity trainer Mr Vipin Xavier.

Brisk Walk: Mental Health Awareness Campaign

24/11/2022

As part of DYUTI 2023 'Walk to Talk', a brisk walk campaign from Rajagiri College of Social Sciences to the Kalamassery Town Metro Station and back were organized promotions, on 24th November, 2022. Dr. Binoy Joseph flagged off this campaign for mental health, which saw participants from both MSW and BSW batches.

World AIDS Day Awareness Programme

1/12/2022

On 1st December, the Department of Social Work organized an awareness programme marking World AIDS Day. The programme was conducted in collaboration with AHF (AIDS Healthcare Foundation, India), Red Cross, NSS and DYUTI 2023. The keynote speaker for the day, Mr. Johnson Puthenthura, spoke about his experiences after being diagnosed with AIDS.



Session on Stress Management

14/12/2022

Rajagiri college of social sciences conducted a beautiful session on stress management on 14th December, Wednesday for its first year BBA students. The session was hosted by Ms. Meghna Girish. Ms Meghna Girish is a qualified, trained and practicing Art Therapist and an Artrepreneur. She successfully completed her MA in Creative Arts Therapies, from the University of Haifa, Israel and her Bachelor's in Psychology with second rank from UC College, Aluva. Post her Masters, she successfully completed a research thesis in association with a project under the University of Haifa. She has worked with a Mumbai-based NGO, which fights against human trafficking for a yearlong art-therapy project for the inmates at the shelter home. Her expertise in therapeutic practice is trauma and abuse. She's an Executive Board member of TATAI (The Art Therapy Association of India) which works towards credible practice and advocacy of the field of Art Therapy in India. Along with workshops, seminars and private art therapy sessions for clients, Meghna runs an online art store on social media platforms. The session began with the welcome speech given by Muhammed Shamil. Then Meghna Ma'am took over the stage and briefly introduced herself to the audience. Next, she took her due time in explaining the basics of art therapy and how its effect is far more beneficial compared to other therapeutic forms. She then lightened the session up a small activity portraying the distress of burdening oneself with stress. Ananya KG officially ended the session by proposing the vote of thanks.



Effective stress management –Art Therapy

14/12/2022

As part of the Skill Enhancement and Entrepreneurship Development (SEED) program done by the Department of Commerce and Professional Studies at Rajagiri College of Social Sciences (RCSS), Ms. Meghna Girish conducted an Art Therapy based session on the topic “Effective Stress Management” with the 1st year BBA students on December 14, 2022, from 2.00 to 3.30 pm. The session involved interactive, hands-on activities and art therapy-based relaxation techniques, giving the students an enriching experience with the field of art therapy and as a tool for personal self-care in managing stressors faced during student life.

International Expert Lecture on Health & Clinical Psychology

16/01/2023

The Department of Psychology, Rajagiri College of Social Sciences (Autonomous) organized an International Expert Lecture On Health & Clinical Psychology. On 16th January there were 3 lectures. 1. Ms. Eveline Le Roy (Vives University of Applied Science, Belgium) on the Education System at Vives University, 2. Mr. Frank Van den Bulke (Vives University of Applied Science, Belgium) on the Topic of Good Practice on Dealing with Violence & Destructive Behaviour in Mental Health Care, 3. Dr. Palayoor Benyne Jos on Practicing and Changing Health Behaviours: An Overview. It was facilitated with the help of the International Office at Rajagiri College of Social Sciences, The Program coordinator was Dr. Palayoor Benyne Jos. Participants were II Sem. M. Sc. Psychology Students. No Registration Fee was collected. Students attended the same in their respective Class rooms. The Chief

Guests were introduced and Welcomed by Dr. Fr. Varghese K. Varghese (Dean Dept. of Psychology, RCSS).


Concurrent Clinical Training

2022-2023

In the fourth semester, M.Sc Psychology students did Concurrent Clinical Training which was two days of training in a Mental Health Hospital every week. During the internship, students learned skills related to assessment, diagnosis, and intervention

Under the mentorship of Clinical Psychologists. As part of CCT, students were placed in hospitals such as Bethesda Hospital, Perumbavoor, Sree Narayana Institute of Medical Sciences Chalakka; Nair's Hospital, Chambakkara, Lourdes Hospital, and Stella Maris Hospital Karukutti. At the end of the semester, students submitted a report which included their daily reports, case studies taken, and learning outcomes.




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