SAFA | COLLEGE OF ARTS AND SCIENCE

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ANNUAL 2023 REPORT 2024

DEPARTMENT OF PSYCHOLOGY

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SAFA COLLEGE OF ARTS AND SCIENCE

INDEX

SL NO	CONTENT	PAGE NO
01	About The Department	
02	Vision And Mission	
03	Department Council	
04	Department Club	
05	Department Anti-Ragging Squad	
06	Department Senator System	
07	Student Statistics	
08	Mentor-Mentee System	
09	Tutor Meeting	
10	Faculty Development &Professional Development	
11	Capacity Enhancement Programs	
12	Student Centric Method	
13	Examinations and Results	
14	Student Progression To Higher Education & Placement Details	
15	Awards & Medals For Outstanding Performance	
16	Research Methodology Workshop	
17	Cultural & Sports Activities	
18	Seminars And Conferences	
19	PTA Meeting	
20	Extension And Out Reaching Activities	
21	Collaboration and MOUs	
22	Library-N-List User Statistics	
23	Alumni	
24	Cross Cutting Issues	
25	Conclusion	
26	Photos	

1. About the Department

The department of psychology of Safa college of arts & science, Pookkattiri is established in the year of 2020. It is an under-graduate program for the students to give a strong foundation in psychology.

The first batch of graduation was started in 2020 with a strength of 21 students. Psychology is the scientific study of human behavior & mental process. The department of psychology conducted various socially oriented programs along with the academics. The department is reaching out to the community, offering mental health awareness and services, including counseling, to those in need.

The department boasts a dedicated and dynamic team of four faculty members who bring a wealth of knowledge and experience to the students. Beyond traditional academics, the department is committed to enhancing the overall educational experience by organizing various programs, extension activities, exhibitions, and industrial visits.

2. Vision and Mission

Mission

- To advance the field of psychology through excellence in research, education & clinical practice.
- To providing high-quality education that equips our students with the knowledge, skills & ethical values necessary to make a positive impact in the field of psychology.

Vision

- To create a thriving & compassionate community where individuals can enhance their psychological well-being & fulfilling lives.
- Aim to be at the forefront of psychological research, education & practice fostering a deep understanding of human behavior & promoting mental health across diverse populations.

3. Department council

Composition of Department Council

SL NO	NAME OF THE FACULTY	DESIGNATION	DEPARTMENTAL DUTY IN CHARGE
1	FAYIZE PV	Head Of The Department	Iv/Education Tour And Class Pta Extension Activities And Mou.
2	JALVA NUSRIN CK	Asst Professor	Department Mentor
3	SHEHLA ALMAS VT	Asst Professor	Department Programs In Charge
4	AJISHA THASNEEM T	Asst Professor	Department Co-ordinator And Add On Course Co-ordinator
5	FATHIMATH NASRIN .EK	Asst Professor	Audit Course And Department Grievance Internal Examination Charge And Remedial Coaching

4. Department Club

Name of The Club: Counseling centre

Faculty coordinator: Fayize PV

Student coordinator: Sinan Abdullah

Objectives

Counseling centres typically aim to provide a safe and supportive environment where individuals can address various personal, emotional, and psychological challenges. Some common objectives of counselling centres include:

- Support: Offering emotional support and a safe space for individuals to express their thoughts and feelings without judgment.
- Problem Solving: Helping individuals identify and develop strategies to cope with or overcome personal challenges and difficulties.
- Mental Health: Promoting mental wellness and providing resources for managing stress, anxiety, depression, and other mental health issues.
- Personal Growth: Facilitating personal development and growth by helping individuals explore their values, goals, and strengths.
- Relationships: Assisting individuals in improving communication skills, resolving conflicts, and enhancing relationships with others.
- Crisis Intervention: Providing immediate support and assistance during times of crisis or emergency situations.
- Education and Awareness: Offering workshops, seminars, and resources to educate individuals about mental health, self-care, and other relevant topics.
- Referral: Connecting individuals with additional support services or resources, such as psychiatrists, support groups, or community organizations, when needed.

5. Department Anti-Ragging Squad

An anti-ragging squad in a campus is a group of designated faculty members, administrators, and sometimes students, tasked with preventing and addressing ragging incidents. Ragging refers to any act that causes physical, mental, or emotional harm to students, particularly newcomers, through harassment or bullying by senior students. The primary purposes of an anti-ragging squad include Prevention, Monitoring, Reporting, Enforcement and Awareness. The following is the list of Anti-Ragging Squad of the department

Sl.No	Name of the Students	Reg No	Class	Semester
1	PALLAVI VIJAY	SFAXSPY033	BSc Psychology	Semester 1&2
2	SEYYID FAHEEM MUSTHAFA	SFAXSPY019	BSc Psychology	Semester 1&2
3	FATHIMA HIBA	SFAWSPY019	BSc Psychology	Semester 3&4
4	SHAHMIL BABU	SFAWSPY032	BSc Psychology	Semester 3&4
5	FATHIMA RISHANA	SFAVSPY007	BSc Psychology	Semester 5&6
6	SINAN ABDULLAH	SFAVSPY021	BSc Psychology	Semester 5&6

6. Department Senator system

The department senator system on a campus is designed to ensure student representation in the decision-making processes of academic departments and the broader university administration. The primary purposes of this system include

- Representation: To provide a voice for students in departmental and university governance, ensuring that their concerns, suggestions, and needs are considered.

- Communication: To facilitate effective communication between students and faculty/administration, keeping students informed about important developments, policies, and opportunities within the department and university.
- Feedback: To gather and relay feedback from the student body to the department, helping to improve educational programs, support services, and overall student experience.

- Engagement: To promote student engagement and participation in departmental activities, events, and initiatives, fostering a sense of community and collaboration

The following is the list of senators in the department

Sl.No	Name of the Students	Reg No	Class	Semester
1	SHAHANA SHIRIN.C.P	SFAXSPY016	BSc Psychology	Semester 1&2
2	SHIBIN RANEESH P	SFAXSPY019	BSc Psychology	Semester 1&2
3	FATHIMATH NAFLA	SFAWSPY021	BSc Psychology	Semester 3&4
4	ASHIK MUHAMMED	SFAWSPY030	BSc Psychology	Semester 3&4
5	SINAN ABDULLAH	SFAVSPY021	BSc Psychology	Semester 5&6
6	NANDANA	SFAVSPY012	BSc Psychology	Semester 5&6

7. Student statistics

UG					
SL NO	**BATCH**	**YEAR**	**MALE**	**FEMALE**	**Number of students**
1	B.Sc Psychology 2021-2024	Final	3	18	21
2	B.Sc Psychology 2022-2025	Second	13	21	34
3	B.Sc psychology 2023-2026	First	3	36	39

8. Mentor-Mentee System

The department mentor-mentee system in a college is a structured program designed to support students' academic, professional, and personal development through guidance and mentorship. The primary purposes of this system include Guidance, Support. Development, Integration and Engagement. The mentor-mentee system aims to create a supportive and nurturing environment where students can thrive academically and personally, benefiting from the guidance and experience of their mentors

MENTOR MENTEE ALLOCATION	
NAME OF THE FACULTY : FAYIZE	
FINAL B.Sc PSYCHOLOGY	**SECOND B..Ss PSYCHOLOGY**
Rinsha Sherin VK	Diya P
Nihal Mohammed M	Fathima Ansara KP
Afeefa Sherin P	Hasna Febin K

Afna Beevi OKS	Jumana Hasin VP
Dilsana EV	Shifana Thasni UV
Shifana Sherin N	Ahammed Yaseen P
Umaira Jabi A	Mohammed Sinan NK
Naseef Anwar PK	Muhammed Mishal PK
Sinan Abdullah	Shamil Babu
Ansiya V	Vishakh MP
	Ziyad KP
FIRST B.S.c PSYCHOLOGY	
Ajila Asni P	
Fahma CP	
Fathima Asna OP	
Fathima Nabeela M	
Fathima Safana K	
Farisa KP	
Hasnath U	
Heba O	
Harshida Thaslia P	
Shythya K	
Sreejisha KT	
Shereeja V	
Hiba Sherin P	

NAME OF THE FACULTY : AJISHA THASNEEM	
FINAL B.SC PSYCHOLOGY	**SECOND B.SC PSYCHOLOGY**
Fatjima Fida E	Muhammed Anshif NT
Fathima Rishana K	Muhammed Favas K
Fathima Shadha N	Muhammed Mirshal P
Hudha Ashraf KP	Saifudheen
Jasna PT	Fathima Nasrin

	Sanaya T
	Shana P
	Aboobakar Sidhiquee
	Ashik Muhammed
FIRST B.SC PSYCHOLOGY	
Jasla	
Jumana Sheri	
Muhsina M	
Najiya Nasrin K	
Jannath Sherin VP	
Mumthaz Misriya T	
Najiya KP	
Pallavi Vijay	
Pavithra VT	
Rinshana Sherin AC	
Sajila KP	
Nasarathunissa	
Rishana Sherin NT	

MENTOR MENTEE ALLOCATION	
NAME OF THE FACULTY : Shahala Almas	
FINAL B.Sc PSYCHOLOGY	**SECOND B..Ss PSYCHOLOGY**
Najiya Nasli P	Adhila Yasmin PP
Nandana VS	Anagha krishna
Rabeeha N	Fathima Hiba
Sajna Jasmin E	Fathima Hida P
Shabna VP	Fathimath nafla
Shehma Sherin CP	Insha KK

	Manjima PP
	Nahan mariyam M
	Rahmath Shahana V
	Rinsha febin KT
	Saniga M
FIRST B.S.c PSYCHOLOGY	
Safnas	
Siyyadath Ayisha Jumana AT	
Shahana Sherin CP	
Shamila Thasli	
Muhammed Farshid KP	
Adila Semeema KM	
Anamika M	
Hasna Sherin MK	
Saliha CN	
Drishya KP	
Erfana MP	
Sayyid Faheem Musthafa AT	
Shibin Raneesh P	

9. Tutor Meeting

Purpose: The primary purpose of our monthly tutor meetings is to facilitate collaboration, foster a sense of community among faculty members, and address any challenges or concerns related to teaching and learning.

Objective: Our overarching objective is to enhance the quality of education delivered at our institution by promoting continuous professional development, sharing best practices, and staying abreast of the latest pedagogical trends and advancements.

Meeting Time: In order to ensure consistency and facilitate planning, the monthly tutor meetings are scheduled to take place before the 5th of every month. The specific time and location will be communicated well in advance, allowing ample time for preparation.

Frequency: Each month, a single tutor meeting will be held, providing an opportunity for all faculty members to actively participate and contribute to the ongoing dialogue surrounding education excellence.

Total Number of Meetings: Over the course of the academic year, a total of 10 tutor meetings will be convened, enabling us to maintain regular communication and collaboration throughout the entire academic cycle.

These meetings are not only a platform for professional growth but also an occasion to celebrate our collective achievements and reaffirm our commitment to student succe

10. Research publication

Sl. No	Name of the teacher	Title of the book/chapters published	Title of the paper	Calendar Year of publication	ISBN number of the proceeding	Affiliating Institute at the time of publication	**Name of the publisher**
1	Asla. DS	Psychology of Sustainability: Self, Culture and Collective Conscience	Preliminary item analysis of scientific temper questionnaire	Jun-23	978-81-961 212-4-2	Safa College of Arts and Science	**Childage Educaion Publication & Sky Books**
2	Fayize PV	Psychology of Sustainability: Self, Culture and Collective	Preliminary item analysis of scientific temper	Jun-23	978-81-961 212-4-2	Safa College of Arts and Science	**Childage Educaion Publication & Sky**

		Conscience	questionnaire				**Books**
3	Shahasin Fairos	Psychology of Sustainability: Self, Culture and Collective Conscience	Preliminary item analysis of scientific temper questionnaire	Jun-23	978-81-961 212-4-2	Safa College of Arts and Science	**Childage Educaion Publication & Sky Books**
4	Ajisha Thasneem	Stress and death anxiety among workers and non workers during covid 19 pandameic	Stress and death anxiety among workers and non workers during covid 19 pandameic	April 24	2348-5396	Safa college odf arts and science	**The internation al journal of indian psychology**

11.Faculty Development & Professional Development

LIST OF PROFESSIONAL DEVELOPMENT PROGRAMS				
SL NO	**NAME OF THE FACULTY**	**NAME OF THE PDP**	**DATE**	**NAME OF THE ORGANISING INSTITUTION**
1	FAYIZE P.V	OBE & AI Tool For Faculties	08-12-2023	Safa College
2	AJISHA THASNEEM	OBE & AI Tool For Faculties	08-12-2023	Safa College

3	SHAHALA ALMAS	OBE & AI Tool For Faculties	08-12-2023	Safa College
4	FATHIMATH NASRIN	OBE & AI Tool For Faculties	08-12-2023	Safa College

12.Capacity enhancement programs

Capacity enhancement programs for students are designed to improve a range of essential skills, including soft skills, life skills, communication skills, and technology proficiency. These programs help students develop critical thinking, teamwork, and emotional intelligence, as well as practical abilities like effective communication, problem-solving, and adaptability in a tech-driven world. By participating in these programs, students become better equipped to succeed both academically and in their future careers.

Soft Skill				
SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Webinar on digital detox ; managing technology for healthier mind	20-06-2023	FAYIZE P.V head and Assisstant professor of department of psychology)	30
2	Workshop on wellness through yogic practice	21-06-2023	AMRUTHAVIJESH AND SINI (Clinial research institute for yoga and Ayurveda)	14
3	Essay writing , pencil drawing, caption writing	26-06-2023	B.Sc 2022-25 batch	34

	competition on international day against drug abuse and illicit trafficking			
4	Talk on post traumatic stress disorder on PTSD awareness day	27-06-2023	SHEHLA ALMAS (Assistant professor , safa college of arts and science)	43
5	Two days webinar on qualitative research method	11-07-2023 to 12-07-2023	Dr SUDARSHAN H.L (HoD department of psychology , Surana college)	37
4	Synopsis presentation and talk on self care day	24-07-2023	FAYIZE P.V head and Assisstant professor of department of psychology)	50
5	Program on paving path central and state universities	25-07-2023	Jaahi nasrin (M.Sc clinical psychology, national forensic science university, Gujarat)	48
6	One day intercollegiate Workshop on solution focused approach in counseling	08-08-2023	Dr Jaseem koorankot (clinical psychologist and solution practioner)	38
7	Case assistance : experience sharing	17-08-2023	DHILNA (Alumini of safa college)	67
8	Sucide prevention	11-09-2023	Dr ABDUL	70

	awareness class		GAFOOR (MIMHAR malappuram founder)	
9	Seminar On international alzhiemer's Awareness day	21-09-2023	AJISHA THASNEEM (Assisstant professor of department of psychology)	86
10	International student seminar	26-10-2023	Sabna giri (psychologist, Nepal)	22

Communication Skill

SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Speak Craft Studio: Talk Like A Pro - Language Skill Enhancement Program For Advanced Learners	03-01-2024	Vidhya Vishwanathan (Assistant Professor In PG Department of English, Safa College)	30
2				

Recent Trends In Technology

SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Effective use of AI Tools in Education	29-02-2024	Jamshad Kalody Co-ordinator Clezz Aap Kottakkal	49

13.Student centric method

Student-centric programs are designed to enhance the skills and knowledge of students by focusing on their individual needs and interests. These programs include workshops, seminars, hands-on projects, and interactive sessions that promote critical thinking, problem-solving, and leadership skills. The PG Department of Commerce actively organizes such programs, providing students with practical experiences and opportunities to apply their learning in real-world scenarios. This approach ensures that students are well-prepared for academic and professional challenges, boosting their overall competence and confidence.

Experiential Learning				
SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Workshop on wellness through yogic practice	21-06-2023	AMRUTHAVIJESH AND SINI (Clinial research institute for yoga and Ayurveda)	14
2	Field visit		Abhayam koppom	25
3				
Participative Learning				
SL NO	**Name of the program**	**Date**	**Resource Person/collaboration**	**Number of students**

			agency	participated
1	Synopsis presentation and talk on self care day	24-07-2023	FAYIZE P.V (head and Assisstant professor of department of psychology)	50
2	One day intercollegiate Workshop on solution focused approach in counseling	08-08-2023	Dr Jaseem koorankot (clinical psychologist and solution practioner)	38
3				

Problem Solving

SL NO	Name of the program	Date	Resource Person/collaboration agency	Number of students participated
1	Essay writing , pencil drawing, caption writing competition on international day against drug abuse and illicit trafficking	26-06-2023	B.Sc 2022-25 batch	34

14. Examination and Results

Result Evaluation - UG																
NAME OF THE PROGRAM	BATCH	NUMBER OF STUDENTS APPEARED							NUMBER OF STUDENTS PASSED							PASS PERCENTAGE (10/3*100)
		GENDER WISE CLASSIFICATION			CASTE WISE CLASSIFICATION				GENDER WISE CLASSIFICATION			CASTE WISE CLASSIFICATION				
		MALE(1)	FEMALE(2)	TOTAL(3)	OBC(4)	SC(5)	ST(6)	OTHER(7)	MALE(8)	FEMALE(9)	TOTAL(10)	OBC(11)	SC(12)	ST(13)	OTHER(14)	
B.Sc PSYCHOLOGY	2020-23	4	18	22	22	0	0	0	1	15	16	16	0	0	0	72.7%

15. Student progression to higher education and Placement details

UG					
BATCH	TOTAL NO OF STUDENTS	NO OF STUDENTS PLACED	PERCENTAGE OF STUDENTS PLACED	NO OF STUDENTS PROGRESSING FOR HIGHER EDUCATION	PERCENTAGE OF STUDENTS PROGRESSING FOR HIGHER

					EDUCATION
2020-2023	23	2	2	19	82.60

16. Awards and medals for outstanding performance

Sl No	**Name Of The Award/ Medal**	**Team / Individual**	**Level Of Competition (University / State / National / International)**	**Nature Of Competition (Sports / Cultural/academic)**	**Name Of The Student(S)**
1	Best paper award	individual	international	Academic	Sinan Abdullah
2	Best paper award	individual	National	Academic	Sinan Abdullah
3	Unveiling the connection: exploring leisure activities and subjective wellbeing in aging population-wellcon24	individual	international	Academic	Sinan Abdullah

4	Paper presentation-a study on the relationship between fear of missing out and internet addiction among youth adults	Team	international	Academic	Afeefa shirin Fathima Shadha.N
5	Paper presentation on impact of spirituality and thanatophobia among health workers in the aftermath of covid 19 pandemic	Team	international	Academic	Afna beevi oks Shifana sherin .N
6	Paper presentation on the relationship between shyness and social interaction anxiety in early adulthood	Team	international	Academic	Fathima rishana.K Nandana VS Sajna Jasmin.E

7	Paper presentation on a study on the relationship between test anxiety and self efficiency	Individual	international	Academic	Sinan Abdullah
8	Paper presentation on Resilience and mental well being outcomes among healthcare workers in the aftermath of covid 19 pandemic	individual	international	Academic	Sinan Abdullah
9	Paper presentation on social media studies and its impact on psychological well being and life satisfaction-SYNOD	Team	international	Academic	Ashik Muhammed
10	Participation in an workshop on	Team	national	Academic	Muhammed Mishal PK

	solution focused Approach in counselling				Ashik Muhammed

17. Research methodology workshop

Research methodology programs are designed to equip students with the skills and techniques necessary to conduct effective and rigorous research. These programs cover various aspects of research, including data collection, analysis, and interpretation, as well as the proper use of statistical tools and research ethics. The Department of Psychology organizes such programs, providing students with hands-on experience and practical knowledge to enhance their research capabilities. This comprehensive approach helps students produce high-quality research work, preparing them for advanced academic pursuits and professional roles.

The program to promote the importance of mental and physical well being through yoga. Conducting this workshop on international yoga day will inspire out students and staff to embrace healthcare lifestyle. The workshop will cover various music practices including asana pranayama and meditation which are known to have numerous physical and psychological benefits. The estamed resource persons Mrs Amrita and Mrs sini are experienced and certified yoga instructors who are passionate about sharing the transformative power of yoga.

Next we organised the webinar on qualitative research methodology. Dr Sudarshan HL, (head of the Psychology department Surana college autonomous) as the resource person for this webinar. The webinar will cover essential topics related to qualitative research design, data collection analysis and interpretation. Participants will have the opportunity to interact with Dr Sudarshan HL and gain valuable insights from his expertise.

Next a intercollegiate workshop on solution focused counselling organised collaboratively by Assaba arts and science College , safa arts and college and Ansar women's College was held on August 8, 2023 and the program led by expert doctor Jaseem Koorankott, this workshop will explore the practical applications of the solution focused approach in counselling.

As a part of world mental health day the department of psychology safa College of arts and conducted a one day international student seminar named PSYSISS with theme of mental health is a universal human right on 26 October 2023 at AV hall. This program was an intercollegiate event brought together students from various colleges and university's providing a platform for them to share insights and research on the theme of mindfulness.

Sl No	Name Of The Workshop/ Seminar/ Conference	Name Of The Resource Person/Collaborating Agency	Number Of Participants	Date From – To
1	Workshop on Wellness through Yogic Practice	MRS.AMRUTHAVIJESH MRS.SINI	53	21-6-2023
2	National seminar on Qualitative research Methodology	DR.SUDHARSHAN	30	11-7-2023 to 12-7-2023
3	Workshop on solution focused approached in Counselling	DR.JASEEM KOORANKOT	38	1/8/2023

4	International student seminar-PSYSIS	NASIR GEELANI FARIHA ISHRAT ULLAH SABINA GIRI SHADIYA T SUNI MS ATHIRA ANILKUMAR	30	26/11/2023

18. Cultural and sports activities in which students of the institution participated conducted by other institution and institution and department organized

Sl No	Date Of Event/Activity (DD-MM-YYYY)	Name Of The Event/Activity	Name Of The Organizing Institution	Name Of The Student Participated
1	31/7/2023-1/8/2023	Synod of psychologists 2.0	Surana college autonomous	Fathima Rishana.K
2	26/6/2023	Debate competition	Noble womens college Manjeri & Al shifa college of arts and science keezhattur	Sinan Abdullah Shahmil babu
3	11/7/2023	World Population day Quiz program	EMS seminar complex,Calicut university	Sinan Abdullah

4	8/9/2023	Debate competition-first place	Dept. of social work safa college of arts and science	Sinan Abdullah
5	18/10/2023	First place in best manager of Synergesta 2023	Department of management studies ,safa college of arts and science	Sinan Abdullah
6	2/8/2023	2nd place in quiz competition as a part of WWW day celebration	Dept. of BCA Safa college of arts and science	Sinan Abdullah
7	27/6/2023	Mehandi fest – third place	Dept. of BCA Safa college of arts and science	Rinsha febin Fathima Nasrin

19. Seminar and conferences

Seminars and conferences are valuable platforms for students and professionals to exchange ideas, discuss current trends, and enhance their knowledge in various fields. These events typically feature guest speakers, presentations, panel discussions, and networking opportunities, providing attendees with insights and inspiration for their academic and professional pursuits. The Department of PsychologyS organizes such programs regularly, bringing together experts and enthusiasts to explore emerging topics and share expertise, enriching the learning experience for students and contributing to the academic community at large.

SEMINAR AND CONFERENCES				
Sl	**Name Of The Program**	**Date**	**Resource**	**Number Of**

No			Person/Collaboration Agency	Students Participated
1	National webinar-Digital detox: managing technology for healthier mind	20-6-2023	SINAN ABDULLAH	30
2	Seminar Talk on PTSD	27-6-2023	SHEHALA ALMAS VT	43
3	Case assistance and Experience sharing	17/8/2023	DHILNA	67
4	Suicide prevention awareness	11-9-2023	DR.ABDUL GAFOOR	70
5	Alzheimers day awareness class	21/9/2023	Ajisha Thasneem. T	86
6	National seminar on Qualitative research Methodology	11-7-2023 to12-7-2023	DR.SUDHARSHAN	30
7	International student seminar-PSYSIS	26/11/2023	NASIR GEELANI FARIHA ISHRAT ULLAH SABINA GIRI SHADIYA T SUNI MS ATHIRA ANILKUMAR	30
8	Synopsis Presentation	24/7/2023	DR.ANSHAD KOLATHUR	13
9	Paving path to Central and state universities	26/7/2023	JOOHI NASRIN KC	48

20. PTA Meeting

Parent meetings are essential gatherings that provide an opportunity for parents and teachers to discuss the progress and development of students. These meetings typically involve discussions about academic performance, behavior, and any concerns or challenges the student may be facing. They also serve as a platform for parents to provide feedback and suggestions to improve the educational experience of their children. Our department conducts these meetings regularly, fostering collaboration between home and school to ensure that students receive the necessary support and guidance to thrive academically and personal.

Department of psychology conducted six PTA meetings for 2021-24, 2022-25, 2023-26 batches in various purposes in the 2023-24 academic year. In the beginning of the academic year first PTA meeting conducted for2021-24 batch on 19/7/2023 at 10.00 am in I3 to discuss about 5^{th} and 6^{th} semester,3^{rd} and 4^{th} semester internal exam marks, test paper marks at current academic year, and also about 1^{st} semester university exam results ,class discipline, students achievements and also to select PTA executive members. Discussed about academic performance of current year marks of module tests were discussed. PTA executive members were selected ;they are VP Surendran P/O Nandana VS, Yousuf MK P/O Sinan Abdullah, Sajitha P/O Sajna jasmine. Next Parents meeting were conducted on 27/7/23 in AV hall at 10am to 12.30 pm. Agendas discussed were about upcoming semester 3^{rd} and 4^{th},class

discipline, uniform, distribute internal examination papers, internal consolidated marks ,mobile phone usage during class time,students achievements,students APC.PTA executive members were Suresh T P/O sanaya and Sulaikha CP P/O Ziyad KP.In 30th September 2023 a parents meeting arranged due to quarrel between our department and other department, total discipline of all students, Mobile phone restrictions, attendance and uniforms. After that a PTA meeting were conducted for new admission students ie, 2023-26 batch on 18-1-2024 in seminar hall at 10am to 12 pm to discuss about upcoming semesters, class discipline, uniform, internal exam marks, first semester university exams APC of 1st semester, importance of attendance, assignment, seminar.

Also discussed about extra curricular opportunities and counseling centre facility in department. Finally selected PTA executive members ;they are Naseema M P/O jaseela P/O Shahana Sherin. Finally conducted a PTA meeting for sixth semester students parents on 18/1/2024 at 1pm in I3 to discuss about the students APC internal, external examinations project and IV. And added that the academic Progression and PG entrance exam preparation.

21. Extension and outreaching activities

Extension and outreach programs in college are initiatives aimed at extending the institution's resources and expertise to the surrounding community or specific target groups. These programs often involve various activities such as workshops, seminars, training sessions, community service projects, and awareness campaigns. They serve to bridge the gap between academia and society by addressing local needs, promoting social responsibility, and fostering mutual learning and collaboration. Extension and outreach programs not only benefit the community by providing access to knowledge and resources but also enrich the educational experience of students by allowing them to apply their skills in real-world contexts and develop a sense of civic engagement.

Sl No	Name Of the Activity	Organizing Unit/ Agency/	Date	Resources Person /	Number Of Participants

		Collaborating Agency		Coordinator	
1	Family relationship and drug abuse awareness program	Department of Psychology, Safa College In Association With Erumapetty Masjid committee	09-06-2023	Mrs Shehla Almas. VT (assistant professor department of psychology)	25
2	Learning Behavior Disorder Assessment Camp	Department of Psychology, Safa College In Association With NEST TWC Manjery	21-01-2023		18

22. Collaboration and MOU

Collaboration and Memorandums of Understanding (MOUs) between colleges and other institutions are vital for fostering partnerships and enhancing educational opportunities. These collaborations can involve joint research projects, faculty exchanges, student exchange programs, and sharing of resources and expertise. Through MOUs, colleges can establish formal agreements outlining the terms of collaboration, including goals, responsibilities, and areas of cooperation. Such partnerships not only enrich the academic experience for students but also promote knowledge exchange and innovation. They facilitate the sharing of best practices and resources, ultimately benefiting both institutions and contributing to the advancement of education and research.

Sl. No.	Name of the MoU / linkage	Name of the institution / industry with whom the MoU / linkage is made, with contact details	Purpose of the MoU/Linkage (Internship, on-the-job training, project work, student / faculty exchange and collaborative research)	Duration of MoU / linkage	List the actual activities under each MOU/ Linkage and web -links year-wise
1	Professional	Surana College Banglore	Faculty Support , joint organization of seminars, symposium and workshops, guidance in career counselling	3 Years	TWO DAY Workshop on qualitative research methods
2	Professional	Team InpsyGht, Non-Govenment	Conducting add on course for students, collaborating	3 Years	Learning Disability Course

		Organization (Malappuram P. O., Mylappuram, Kottappadi, Kerala.)	with psychological wellbeing centre for various programs, offer internship programe for students, students can participate in camp conducted by InpsyGht.		

23. Library N List User Statistics

SAFA COLLEGE OF ARTS AND SCIENCE POOKKATTIRI						
DEPARTMENT OF PSYCHOLOGY						
N-LIST STATISTICS						
Name	**Username**	**Department**	**Month**	**Year**	**Logged In Times**	**Page Views**
Jalva Nasrin	Jalvanasrinck@gmail.com	B.Sc. Psychology 2023-26	1	2024	1	1
Asia Thasni VA	Ahammedfiroz396@gmail.com	B.Sc. Psychology 2023-26	9	2023	1	2
Asia Thasni VA	Ahammedfiroz396@gmail.com	B.Sc. Psychology 2023-26	8	2023	2	7

shahala Almas	shahalaalmas@gmail.com	B.Sc Psychology	7	2023	1	5
Ajisha Thasneem	azeezajisha@gmail.com	B.Sc psychology	6	2023	2	6
Fathimath Nasrin	Nasrinsalah24@gmail.com	B.Sc psychology	6	2023	2	2

24. Alumni

Alumni play a vital role in the life of a college, contributing in numerous ways that benefit both the institution and current students. Here is a brief overview of their importance and involvement. Importance of Alumni Contributions are Financial Support, Networking Opportunities, Mentorship, Reputation and Prestige and Volunteering. Alumni Meetups and Activities are Reunions, Networking Events, Workshops and Seminars, Social and Cultural Events and Community Service Projects. In the year 2023-2024 department conducted an alumni interaction with the students of the institution in the head **SAY IT (Safa Alumni Youth Inspirational Talk)**. The details are given below

SAY IT (Safa Alumni Youth Inspirational Talk)				
SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Alumni feedback session and CS histories discussion-EMPRINTS'2k22	16-11-2023	MS Harshida Thasli Alumi of department of psychology	20

25. Cross Cutting Issues

Cross-cutting issues in college syllabi and curricula are essential themes integrated across various programs to address broad societal challenges and promote holistic education. These issues often include gender, human values, professional ethics, and environmental sustainability. Integrating cross-cutting issues like gender, human values, professional ethics, and environmental sustainability into college curricula ensures that students receive a well-rounded education. This approach not only enhances their academic knowledge but also prepares them to be responsible, ethical, and informed citizens capable of contributing positively to society and the environment. The following are the programs

Human Values				
SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Family relationship and drug abuse awareness program	09-06-2023	Erumapetty, Mahallu Committee	25
2	Learning disorder assessment ccamp.	21-01-2023	NEST TWC IMHS, Manjeri	18

Professional Ethics				
SL NO	**Name of the program**	**Date**	**Resource Person/collaboration agency**	**Number of students participated**
1	Two day webinar on qualitative research method	11-12 july 2023	Dr. Sudharshan HL (HOD Department Psychology, Surana College Banglore.	30

26. Conclusion

In conclusion, the academic year 2023-2024 has been a year of remarkable achievements and progress for the Department of Psychology. Through a series of meticulously planned programs and initiatives, we have successfully fulfilled our commitment to providing holistic education and fostering a conducive learning environment.

Our department has been proactive in organizing various cross-cutting programs and capacity enhancement initiatives, aimed at nurturing well-rounded professionals equipped with both theoretical knowledge and practical skills. Collaborations through MOUs have further enriched our academic ecosystem, offering students exposure to diverse perspectives and opportunities.

The seminars conducted on Intellectual Property Rights (IPR) and research methodology have been instrumental in fostering a culture of innovation and academic rigor among our students. Furthermore, our efforts in facilitating placements and guiding students towards higher education reflect our dedication to empowering our students for successful career trajectories.

Emphasizing student-centric methods, we have implemented programs centered around problem-solving, participative learning, and experiential learning, ensuring an engaging and enriching educational experience for our students.

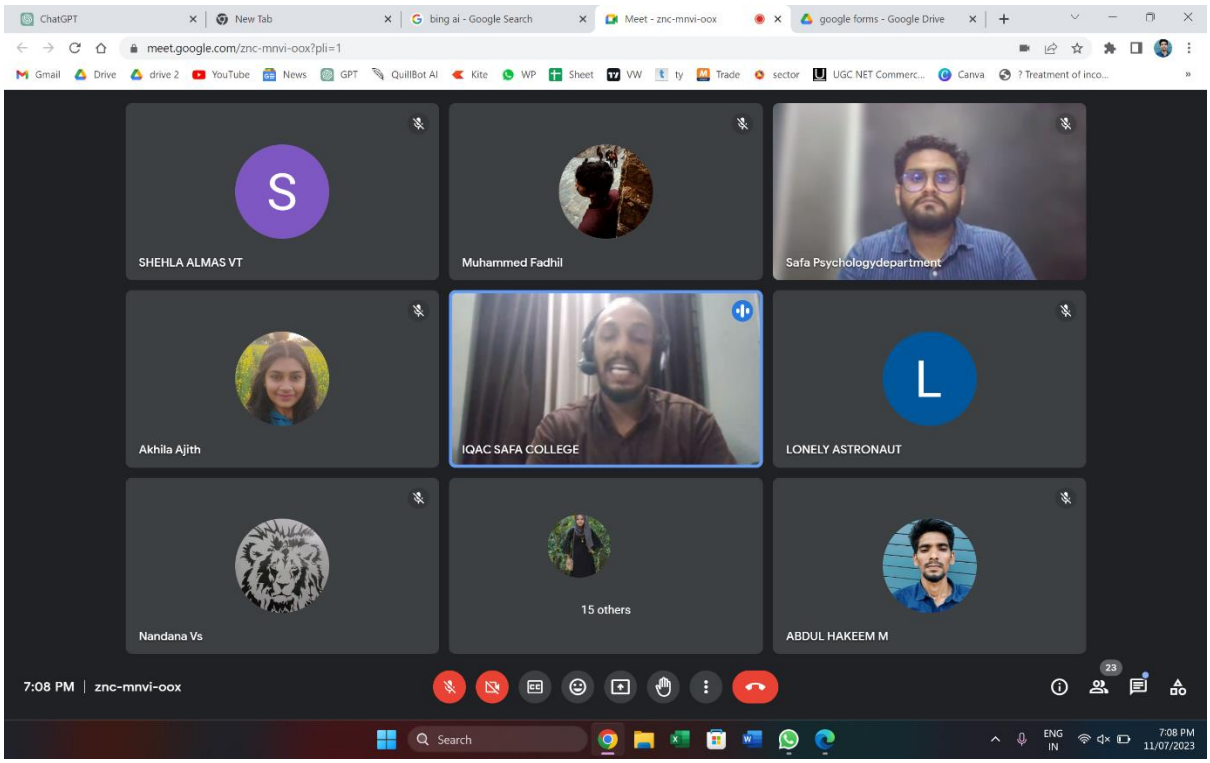
As we reflect on the accomplishments of the past academic year, we are inspired to continue our journey towards academic excellence, innovation, and student-centric learning. We extend our heartfelt gratitude to all stakeholders—faculty, students, staff, and collaborators—for their unwavering support and commitment to the vision of the department.

Looking ahead, we remain steadfast in our mission to nurture future leaders and contribute meaningfully to the academic and professional landscape.

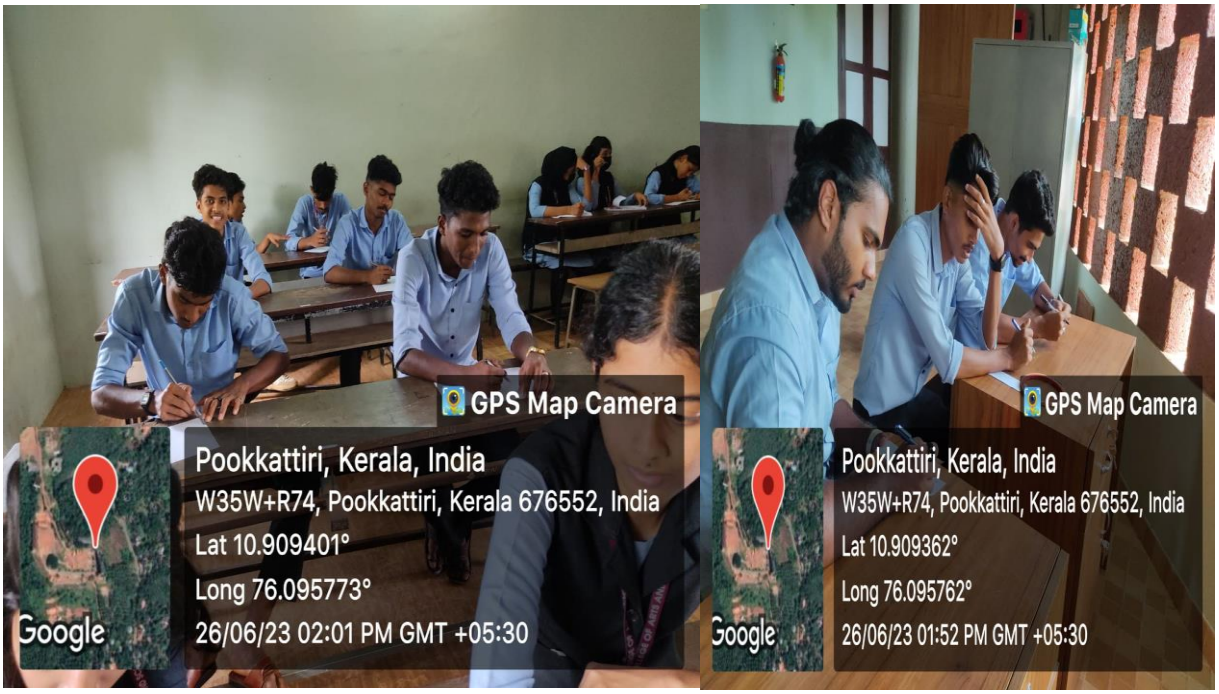
27. Photos – snapshot of major programs and events

Family relationship and drug abuse awareness program

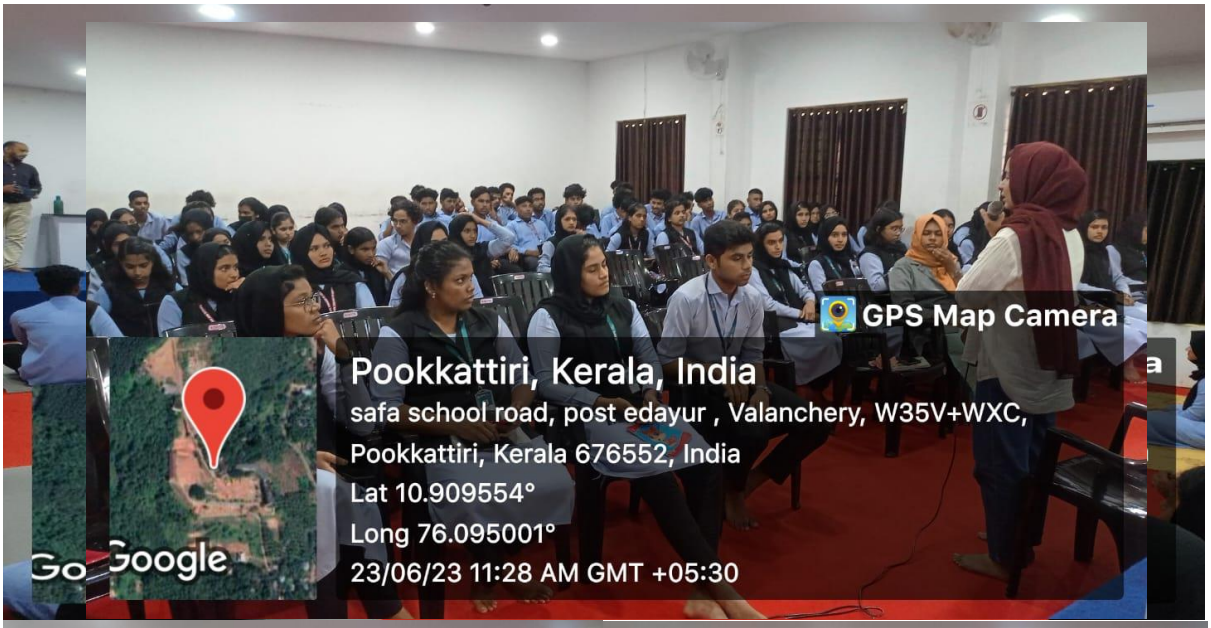
Webinar on qualitative research method



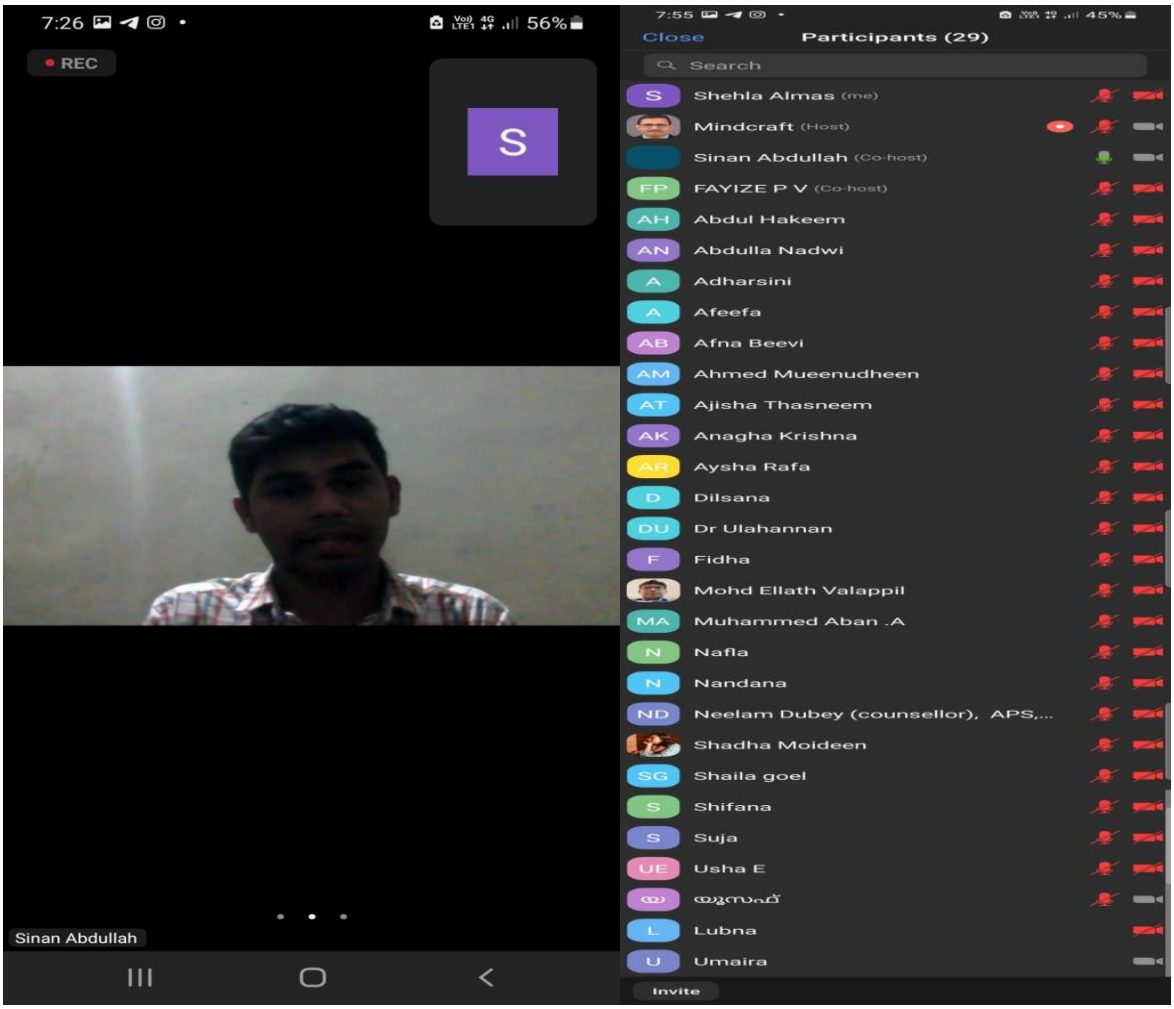
INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

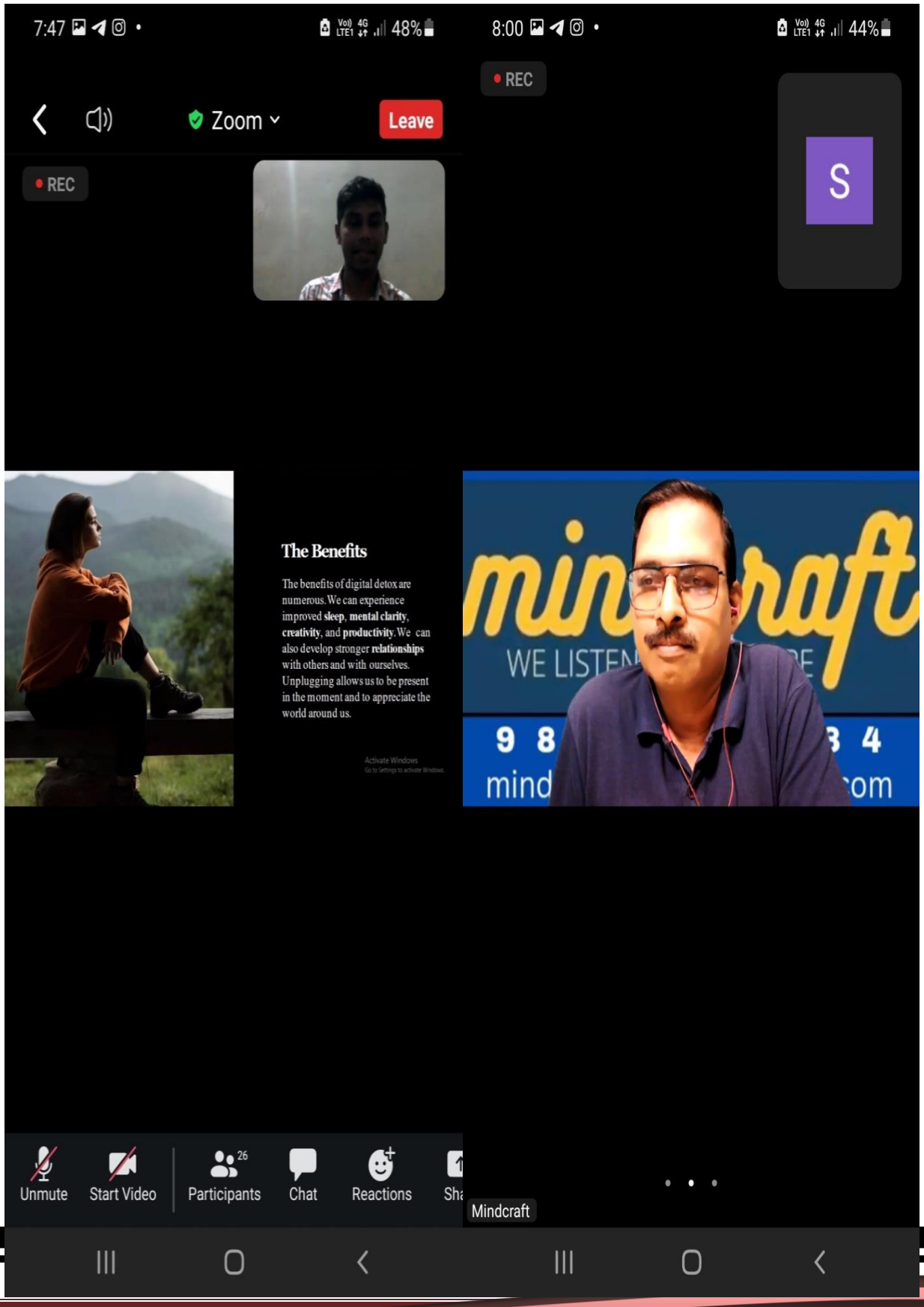


International day of yoga



WEBINAR ON DIGITAL DETOX : MANAGING TECHNOLOGY FOR HEALTHIER MIND




7:47
48%
Zoom
Leave
REC
8:00
44%
REC
S
The Benefits
The benefits of digital detox are numerous. We can experience improved sleep, mental clarity, creativity, and productivity. We can also develop stronger relationships with others and with ourselves. Unplugging allows us to be present in the moment and to appreciate the world around us.
WE LISTEN
Unmute
Start Video
Participants
26
Chat
Reactions
Mindcraft

Paving Path to central and state Universities

PTSD Awareness Day

LETTER WRITING COMPETITION – TEACHERS' DAY

Psychology association inauguration