

DEPARTMENT OF PSYCHOLOGY
PSYCON - STUDENT CLUB ACTIVITIES
2024-25

The Psycon club hosted an engaging icebreaker session on July 10, 2024, facilitated by the core committee. This event was exclusively tailored for the first-year psychology students, who brimmed with anticipation. The students present included all three years of the BA PLP, PPP and the first batch of MLPsy program.

The Department of Psychology observes Suicide Prevention Week in the month of September, aligning its events with World Suicide Prevention Day, which is observed on September 10th. Throughout the week, the Department along with the Psycon Club, the student Psychology club, a series of activities are organized to raise awareness and promote mental health. The week began with an inaugural ceremony, where the importance of suicide prevention was highlighted, and the event included the launch of "Psyche: The Essence of Life," a book written by student Reesha Karim. The psychology students also organized a ribbon drive and performed a flash mob to spread a message of hope and unity.

The week featured an engaging session on "Becoming A First Responder for Psychological Distress: An Orientation", led by Dr. Anupama from Osmania University. This session helped students learn how to identify the signs of distress and support those in need. Creative outlets, such as the Express Station, offered calming activities like bead-making, cartoon coloring, and clay modeling, allowing students to express their emotions through art.

A guest lecture by Dr. P. Swathi on "Personal and Occupational Stress and Coping Strategies" provided practical coping strategies for students. The week concluded with a "Take a Message, Leave a Message" booth, where students and staff exchanged positive notes, emphasizing the importance of support and solidarity.