

Assabah Arts and Science College, Valayamkulam

DEPARTMENT OF PSYCHOLOGY_____

ANNUAL REPORT 2025-26

SLNO	DATE	PROGRAMMES
1	26/06/2025	DRUG ABUSE AWARENESS
2	2/7/2025	COUNSELLING AWARENESS SESSION
3	26/06/2025	WORLD ELDER ABUSE AWARENESS PROGRAM
4	2/6/2025	RESEARCH COLLOQUIM
5	30/7/2025	EXPLORING CAREER OPPURTUNITIES
6	8/8/2025	AWARNNESS PROGRAMME ON ANTI-DRUG
7	6/8/2025	ABA: CAREER, SCOPE AND PRACTICES
8	13/8/2025	WORKSHOP ON RELAXATION TECHNIQUES FOR TEACHERS
9	13/8/2025	FLASH MOB ON THEME FREEDOM FROM MENTAL STIGMA
10	26/8/2025	POSITIVE PARENTING AND EFFECTIVE MANAGEMENT OF CHILDREN'S BEHAVIOUR
11	27/8/2025	SPOT LITE PROGRAM (PHYSICAL HEALTH AWARENESS)
12	20/9/2025	KELKKAM (SUICIDE PREVENTION PROGRAM
13	14/10/2025	Entrepreneurship Journey: Connecting Students and Alumni
14	15/10/2025	Access to Services: Mental Health in Catastrophes and Emergencies
15	16/10/2025	Mental Health Awareness Rally
16	24/11/2025	Synopsis workshop
17	11/7/2025	Peer learning initiative
18	16/9/2025	Effective parenting at kookur school
19	26/9/2025	Faculty exchange programme
20	5/2/2026	Hug Care Placement Programme

1.DRUG ABUSE AWARENESS

Date and time	June 26, 2025 11.00 am to 12.30 pm
Organized by	UNARVU counseling centre, Department of Psychology
Target participants	Plus, two students of MVM Higher Secondary school
Venue	MVM Higher Secondary school, Valayamkulam
Resource person	Ms. Afeefa M K Consultant Psychologist UNARVU Counseling Centre & Students of department of Psychology Assabah Arts and Science College, Valayamkulam

As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking on June 26, the Unarvu Counseling Centre and the Department of Psychology, Assabah Arts and Science College, Valayamkulam, jointly organized an awareness programme for Plus Two students at MVM Higher Secondary School. The session, conducted by Ms. Afeefa MK, Psychologist at Assabah College, focused on the psychological and physical effects of drug abuse, associated mental health issues, causes of substance use, and signs of addiction. To enhance student participation, psychology students conducted an interactive quiz on drug abuse, and a prize was awarded to the winner. The programme successfully educated students about the dangers of drug abuse and emphasized the importance of adopting healthy, drug-free lifestyles.



2.COUNSELLING AWARENESS SESSION

Date and time	July 2, 2025 11.00 am to 12.30 pm
Organized by	Department of Psychology
Target participants	UG Students of Assabah
Venue	Assabah College
Resource person	DR. Anoop Consultant Psychologist

The Department of Psychology, Assabah Arts and Science College, organized an awareness programme for undergraduate students on July 2, 2025, from 11:00 a.m. to 12:30 p.m. at Assabah College. The session was led by Dr. Anoop, Consultant Psychologist, who shared valuable insights on psychological well-being, mental health awareness, and the importance of maintaining a healthy lifestyle. Through an interactive and informative presentation, the resource person encouraged students to understand the significance of mental health, develop positive coping strategies, and seek professional support when needed. The programme was well received by the participants and provided a meaningful platform for enhancing awareness and promoting psychological well-being among students

3.WORLD ELDER ABUSE AWARENESS PROGRAM

Date and time	June 26, 2025 11.00 am to 12.30 pm
Organized by	Department of Psychology NSS
Target participants	UG Students of Assabah
Venue	Assabah College
Resource person	2 ND Year Students Habeel Risha

On June 26, 2025, the Department of Psychology in association with NSS organized an awareness programme for undergraduate students of Assabah College from 11:00 a.m. to 12:30 p.m. at the college campus. The session was conducted by second-year psychology students Habeel and Risha, who delivered informative presentations and interactive activities aimed at promoting awareness on World Elder Abuse. The programme encouraged active student participation, enhanced knowledge, and fostered a sense of responsibility and social awareness among the participants. The event was well received and served as an effective platform for peer learning and student engagement

4. RESEARCH COLLOQUIUM

Date and time	June 2, 2025 11.00 am to 12.30 pm
Organized by	Department of Psychology
Target participants	UG Students of Assabah
Venue	Assabah College
Resource person	Mr. Shimil Assistant Professor Department of Psychology

The Department of Psychology, Assabah Arts and Science College, organized a Research Colloquium on June 2, 2025, from 11:00 a.m. to 12:30 p.m. for undergraduate students of the college. The programme was conducted at Assabah College and was led by Mr. Shimil, Assistant Professor, Department of Psychology. The session focused on introducing students to the fundamentals of research, the importance of scientific inquiry in psychology, and the various stages involved in conducting research. Through an engaging and informative presentation, the resource person encouraged students to develop research skills and cultivate a scientific approach to understanding psychological phenomena. The colloquium was well received and provided a valuable platform for enhancing students' knowledge and interest in psychological research.

5.EXPLORING CAREER OPPURTUNITIES

Date and time	July 30, 2025 11.00 am to 12.30 pm
Organized by	Department of Psychology
Target participants	UG Students of Assabah
Venue	Assabah College
Resource person	Mr. Afeefa MK Psychologist Department of Psychology

The Department of Psychology, Assabah College, organized a session on **Career Opportunities in Psychology** on July 30, 2025, from 11:00 a.m. to 12:30 p.m. for the undergraduate students of Assabah College. The programme was conducted at Assabah College and was led by **Mr. Afeefa M.K., Psychologist, Department of Psychology**, as the resource person. The session provided students with valuable insights into the diverse career paths available in the field of psychology, including clinical psychology, counseling psychology, industrial-organizational psychology, educational psychology, forensic psychology, and research. The resource person also discussed higher education opportunities, professional skills required for success, and the growing demand for psychology professionals in various sectors. The students actively participated in the interactive session, clarifying their doubts regarding career planning and future prospects in psychology. Overall, the programme was highly informative and helped students gain a clearer understanding of the career opportunities and professional growth available in the field of psychology.



6. AWARENESS PROGRAMME ON ANTI-DRUG

Date & Time	August 8 2025 At 10. Am
Organised By	Unarvu Counselling Center,Department of Psychology,Mental Health Club
Target Participants	High School Students
Venue	Darul Qurn Residential School, Kallumpuram
Resource Person	Afeefa M K(Psychologist) Nivya Vijayan (Assistant Professor, Department of Psychology) Assabah Arts and Science College, Valayamkulam

The Department of Psychology, in association with the UNARVU Counselling Centre and the Mental Health Club of Assabah Arts and Science College, Valayamkulam, organized an Anti-Drug Awareness Programme on August 8 at 10:00 a.m. at Darul Quran Residential High School, Kallumpuram. The programme aimed to educate school students about the harmful effects of drug abuse and promote a healthy, substance-free lifestyle. The session was led by Psychologist Afeefa and Assistant Professor Nivya Vijayan, who discussed the physical, psychological, and social consequences of substance use and provided practical guidance on resisting peer pressure and making responsible life choices. A total of 52 students participated in the programme and actively engaged in the discussions and activities. The interactive session created a supportive environment for students to express their views, clarify their doubts, and develop a better understanding of the importance of maintaining a drug-free life, making the programme both informative and impactful



7. ABA: CAREER, SCOPE AND PRACTICES

Date and Time	06 August 2025, 2.00 pm
Organized by	Department of Psychology Unarvu Counseling Centre
Target participants	1 st , 2 nd and 3 rd year Psychology Students
Venue	Conference Hall Assabah Arts and Science College, Valayamkulam
Resource person	Mr. Mohammed Ajmal RS ABA Therapist at Sanad village, Dubai

The Department of Psychology, in collaboration with the Unarvu Counselling Centre of Assabah Arts and Science College, Valayamkulam, organized a seminar on “**ABA: Career Scope and Practices**” on August 6, 2025, at 2:00 p.m. in the Conference Hall. The programme aimed to provide students with a comprehensive understanding of Applied Behavior Analysis (ABA) and its significance in contemporary therapeutic and behavioral intervention practices. The session was led by **Mr. Muhammad Ajmal R.S., ABA Therapist at Sanad Village, Dubai**, who shared his professional expertise on the fundamental principles of ABA, evidence-based intervention strategies, and its applications in addressing developmental and behavioral challenges. He also highlighted the growing demand for ABA professionals and discussed various career opportunities available in both national and international settings. The seminar was attended by students, faculty members, and professionals from related fields, fostering an interactive platform for learning and discussion. The programme was highly informative and enabled participants to gain valuable insights into the practical scope, applications, and career prospects of Applied Behavior Analysis.



8. WORKSHOP ON RELAXATION TECHNIQUES FOR TEACHERS

Date and Time	13 th August 2025, 3.00 pm
Organized by	Department of Psychology Unarvu Counselling Centre Mental Health Club
Target participants	Teachers Assabah Arts and Science College, Valayamkulam
Venue	Conference Hall
Resource person	Dr . Narayanan Senior psychologist

The Department of Psychology, Assabah Arts and Science College, Valayamkulam, in collaboration with the Mental Health Club and Unarvu Counselling Centre, organized a workshop on “Relaxation Techniques for Teachers” on 13th August 2025 at 3:00 p.m. in the College Conference Hall. The programme began with a welcome by HoD Mr. Shimil P. V., followed by the presidential address from Principal Prof. Mohamed Koya and a message from Vice Principal Dr. Byju. The session was led by Dr. Narayanan, Senior Psychologist, who introduced practical methods such as guided relaxation and breathing techniques. The workshop was designed to help teachers manage stress, improve focus, and enhance overall well-being through simple, effective practices. A total of 59 teachers from various departments actively participated in the interactive session, which created an opportunity to learn and practice stress management techniques. The programme concluded with a vote of thanks delivered by Ms. Afeefa, Psychologist.



9.FLASH MOB ON THEME FREEDOM FROM MENTAL STIGMA

Date and Time	13 th August 2025, 3.00 pm
Organized by	Department of Psychology Mental Health Club
Target participants	Students Assabah Arts and Science College, Valayankulam
Venue	Conference Hall
Resource person	Ug student of Department of psychology

As part of the Independence Day celebrations on August 15, the UG Psychology students organized a flash mob on the theme “Freedom from Mental Stigma.” The performance creatively highlighted the challenges faced by individuals experiencing mental health issues and emphasized the need to break societal stereotypes, discrimination, and misconceptions surrounding mental illness. Through music, dance, and powerful visual messages, the students conveyed the importance of acceptance, empathy, and seeking professional help without fear or shame. The flash mob attracted the attention of students, faculty members, and visitors, effectively spreading awareness about mental health and encouraging a more inclusive and supportive society. The programme was well appreciated and successfully reinforced the message that true freedom includes freedom from mental health stigma.

10. POSITIVE PARENTING AND EFFECTIVE MANAGEMENT OF CHILDREN’S BEHAVIOUR

Date & Time	August 26 2025 At 2.00.Pm
Organised By	Unarvu Counselling Center,Department Of Psychology,Mental Health Club
Target Participants	Parents
Venue	Pallikunnu Anganwadi,Valayamkulam
Resource Person	Afeefa M K(Psychologist) Nivya Vijayan (Assistant Professor, Department Of Psychology) Assabah Arts And Science College, Valayamkulam

Unarvu Counselling Centre, in collaboration with the Department of Psychology, Assabah Arts and Science College, Valayamkulam, organized an awareness session on Positive Parenting and Effective Management of Children’s Behaviour at Pallikunnu Anganwadi on 26th August 2025 at 2:00 pm. The session was jointly led by Ms. Afeefa MK, Psychologist, and Ms. Nivya Vijayan, Assistant Professor, Department of Psychology, Assabah Arts and Science College. The programme was designed with the aim of supporting parents in understanding their children’s developmental needs and the importance of adopting a nurturing and positive parenting style. By addressing common Neurodevelopmental disorders and behavioural challenges faced in childhood, the session provided insights into effective strategies that promote better communication, emotional bonding, and overall healthy growth in children.



11.SPOT LITE PROGRAM (PHYSICAL HEALTH AWARENESS)

Date & Time	August 27 2025 At 2.00. Pm
Organised By	Department Of Psychology
Target Participants	Students (UG)
Venue	Assabah Arts and Science College
Resource Person	Shareef 3rd Year BSc Psychology

As part of promoting physical health awareness among students, the Department of Psychology organized a "Spot Lite Program" on 27 August 2025 at 2:00 p.m. at Assabah Arts and Science College. The programme was conducted for both UG and PG students and aimed to enhance awareness about the importance of maintaining physical health and adopting healthy lifestyle practices. The session was led by Mr. Shareef, a third-year B.Sc. Psychology student, who shared valuable insights on physical well-being, fitness, nutrition, and preventive health measures. The programme was interactive and informative, encouraging students to take an active role in improving their overall health and well-being

12.KELKKAM (SUICIDE PREVENTION PROGRAM)

Date & Time	September 20 2025 At 9.00. Pm
Organised By	UK Global Malayali Initiative
Target Participants	Psychology Students (UG)
Venue	Thrissur Wedding Village Auditorium
Resource Person	UK Global Malayali Initiative (Faculties)

The Psychology students of Assabah Arts and Science College participated in "KELKKAM," a Suicide Prevention Programme organized by the UK Global Malayali Initiative on 20 September 2025 at 9:00 p.m. at the Thrissur Wedding Village Auditorium. The programme was conducted with the objective of creating awareness about suicide prevention, mental health support, and the importance of timely intervention. Sessions were facilitated by experts and faculty members of the UK Global Malayali Initiative, who shared valuable insights on identifying warning signs, providing emotional support, and promoting mental well-being. The programme enhanced students' understanding of suicide prevention strategies and encouraged them to contribute actively to building a supportive and compassionate society

13. Entrepreneurship Journey: Connecting Students and Alumni

Date & Time	OCTOBER 14 2025 At 10.00.am
Organised By	Unarvu Counselling Center,Department Of Psychology,Mental Health Club
Target Participants	Alumini & 3rd year students of psychology student
Venue	Conference Hall
Resource Person	Dr. Shalini C (Assistant Professor, Department Of commerce) Assabah Arts And Science College, Valayamkulam

The Department of Psychology, in collaboration with UNARVU Counselling Centre and the Mental Health Club of Assabah Arts and Science College, Valayamkulam, organized a session titled “Entrepreneurship Journey: Connecting Students and Alumni” on 14 October 2025 as part of the Mental Health Week celebrations. Held in the College Conference Hall from 10:00 a.m. to 1:00 p.m., the programme was inaugurated by Prof. Mohamed Koya M. N., Principal of Assabah Arts and Science College, who highlighted the significance of entrepreneurial thinking in enhancing self-efficacy and psychological resilience among students. The keynote address was delivered by Dr. Shalini C. S., Head of the PG Department of Commerce, who motivated participants by emphasizing innovation, adaptability, and perseverance as essential qualities for entrepreneurial success. The programme also featured an interactive online session with alumni entrepreneurs, namely Mohammed Favas C. M., Sayed Muhammed Misban, and Anoop C. D., who shared their experiences of establishing psychology-based ventures, discussed the challenges of entrepreneurship, and provided valuable insights on integrating psychological principles with business innovation. With the active participation of 15 alumni and final-year B.Sc. Psychology students, the session served as an inspiring platform that encouraged students to explore entrepreneurial opportunities in the field of psychology while fostering confidence, networking, and professional growth.



14. Access to Services: Mental Health in Catastrophes and Emergencies

Date & Time	October 15 2025 At 10.00.am
Organised By	Unarvu Counselling Center, Department Of Psychology, Mental Health Club
Target Participants	I YEAR, II YEAR& III YEAR & PFA (Minor 6) Students
Venue	Conference Hall
Resource Person	Afeefa M K(Psychologist) Assabah Arts and Science College, Valayamkulam

As part of the Mental Health Week celebrations, the Department of Psychology, in collaboration with the UNARVU Counselling Centre and the Mental Health Club of Assabah Arts and Science College, Valayamkulam, organized a programme on “Access to Services: Mental Health in Catastrophes and Emergencies” on 15th October at the College Conference Hall. The session was inaugurated by the Principal, Prof. Mohamed Koya M. N., and facilitated by Ms. Afeefa M.K., Psychologist, Assabah Arts and Science College. The programme focused on the importance of mental health support during crises such as natural disasters, pandemics, and other emergencies, highlighting the need for accessible psychological services, early intervention, and community-based mental health care to reduce trauma and strengthen coping abilities. The session also addressed the psychological impact of catastrophic events, the significance of psychological first aid, and the role of mental health professionals in disaster response and recovery. Students from the first, second, and third-year B.Sc. Psychology programmes, along with Psychology minor students, actively participated in the programme, making it an informative and engaging learning experience.



15. Mental Health Awareness Rally

Date & Time	August 16 2025 At 8.30. Am
Organised By	Unarvu Counselling Center,Department of Psychology,Mental Health Club,NSS unit,Department of physical education
Target Participants	Psychology Students,NSS student,Physical Education Students
Venue	Changaramkulam Centre
Inaugrated by	Sub-Inspector of Police, Mr. Radhakrishnan, Changaramkulam

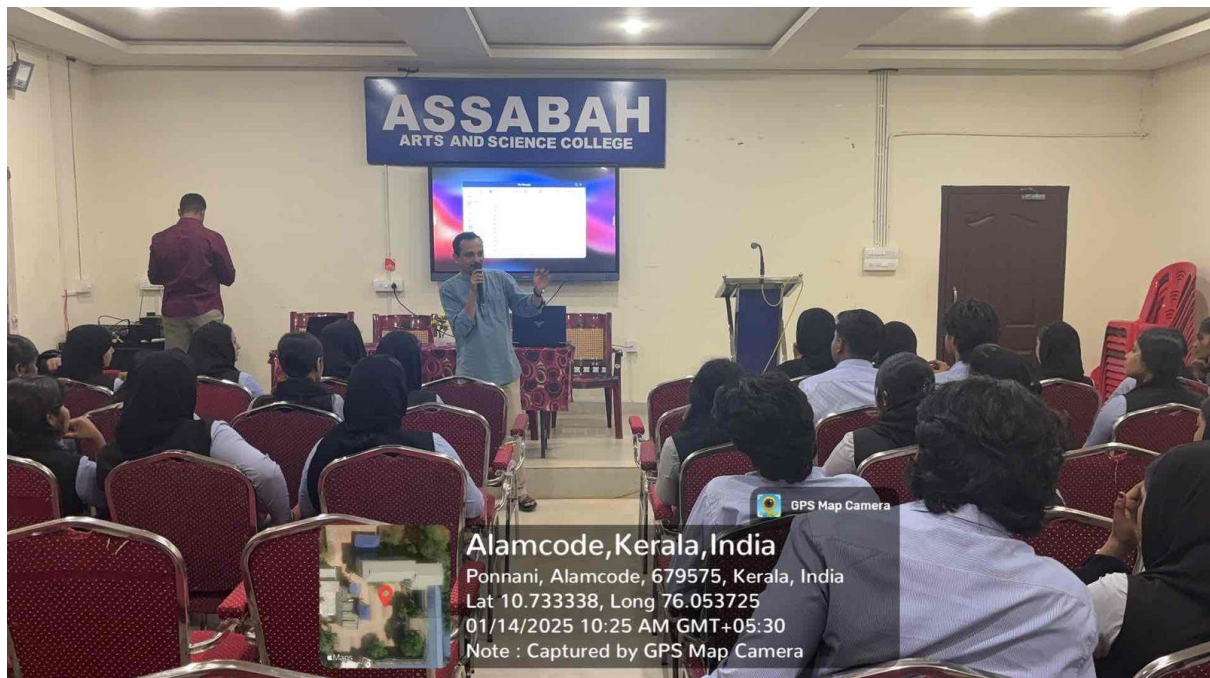
The Department of Psychology, in association with the NSS Unit (240) and the Department of Physical Education of Assabah Arts and Science College, Valayamkulam, organized a Mental Health Awareness Rally as part of Mental Health Week celebrations. Around one hundred students participated in the rally, which began at the Changaramkulam Highway Bus Stop and proceeded through the main areas of the town to spread awareness about mental health. The rally was inaugurated by Mr. Radhakrishnan, Sub-Inspector of Police, Changaramkulam Police Station, who highlighted the importance of mental health alongside physical health and stressed the need for greater public awareness to ensure societal well-being. The programme was addressed by Ms. Shimil P.V., Head of the Department of Psychology, Mr. Anshad P.T., Head of the Department of Physical Education, and Mr. Abdul Rahman P., NSS Programme Officer. Faculty members Shaharban, Anshitha, and Nivya Vijayan, along with Psychologist Afeefa Sulaiman, coordinated and led the event. The rally effectively promoted awareness among students and the public regarding the importance of mental well-being and encouraged positive attitudes toward mental health within the community.



16.SYNOPSIS WORKSHOP

Date & Time	November 24 2025
Organised By	Department Of Psychology
Target Participants	Psychology 3 rd year Students
Venue	Conference Hall
Resorce person	Shimil PV, Assistant Professor, Department Of Psychology

The Department of Psychology, Assabah Arts and Science College, Valayamkulam, organized a Synopsis Preparation Workshop for third-year B.Sc. Psychology students with the objective of guiding them in the preparation and presentation of their research synopses. The workshop was conducted by Mr. Shimil P. V., Assistant Professor, Department of Psychology, and was attended by 22 students. During the session, the resource person explained the essential components of a research synopsis, including the formulation of research problems, objectives, hypotheses, review of literature, methodology, and referencing techniques. He also provided practical guidance on selecting relevant research topics and maintaining academic standards in research writing. The interactive workshop enabled students to clarify their doubts and gain confidence in developing quality research proposals, making the programme highly beneficial for their academic and research endeavors.



17. PEER LEARNING INITIATIVE

Date & Time	July 11,2025
Organised By	Department Of Psychology
Target Participants	I YEAR, II YEAR& III YEAR
Venue	Class Room
Resource Person	Shimil PV, Shaharbhan,Nivya Vijayan, Anside k, Assabah Arts and Science College, Valayamkulam

The Department of Psychology organized a series of targeted intervention activities for slow learners under the supervision of Ms. Shaharban A., Ms. Nivya Vijayan, Ms. Anside K., and Mr. Shimil P. V., Assistant Professors of the department. The programme aimed to enhance the academic performance and learning abilities of students through a comprehensive support system that included small-group instruction, peer tutoring, remedial classes, memory enhancement techniques, study skills workshops, and active parental involvement. Personalized teaching strategies were implemented through small-group sessions, allowing individual attention and better understanding of difficult concepts, while peer tutoring encouraged collaborative learning and academic support among students. Remedial classes helped strengthen foundational knowledge, and memory-improving techniques such as mnemonic strategies enhanced retention and recall. Study skills workshops equipped students with effective time management and learning strategies, and parents were encouraged to actively participate in supporting their children's educational progress. The programme yielded positive outcomes, with students showing noticeable improvements in academic performance, motivation, classroom participation, confidence, and overall engagement in learning. The integrated approach successfully created a nurturing and supportive educational environment that promoted both academic achievement and personal growth among slow learners.

18.EFFECTIVE PARENTING AT KOOKUR SCHOOL

Date & Time	September 16,2025
Organised By	Unarvu Counselling Centre Department of Psychology and Mental health club
Target Participants	Parents
Venue	Govt Higher Secondary School, kokkur
Resource Person	Ms. Afeefa MK (Psychologist) Unarvu Counselling Centre Assabah Arts and Science College Valayamkulam

On 16th September 2025, the Unarvu Counseling Centre, in collaboration with the Department of Psychology, Assabah Arts and Science College, Valayamkulam, conducted an awareness session at Government Higher Secondary School, Kokkur. The programme, titled “The Best Way to Raise Your Kids,” was facilitated by Psychologist Ms. Afeefa M.K. and accompanied by Ms. Shifana, a first-year B.Sc. Psychology student. The session was organized with the aim of providing parents with practical knowledge and psychological insights into modern parenting practices.

The programme focused on the significance of healthy parenting in shaping the overall growth and development of children. It brought together 120 parents of students from Classes 1 to 10, offering them valuable guidance on building stronger parent–child relationships. By highlighting effective communication, emotional support, and positive behavioral strategies, the session served as a platform to help parents better understand their children’s needs and adopt constructive approaches in their upbringing



19.FACULTY EXCHANGE PROGRAMME

Date & Time	September 26,2025
Organised By	Department of Psychology
Target Participants	B.Sc Psychology Students
Venue	Ansar Women's College,perumpilavu
Resource Person	Shimil P.V Assistant Professor,Department of Psychology, Assabah Arts and Science College Valayamkulam

As part of the Faculty Exchange Programme, Mr. Shimil P.V., Assistant Professor, Department of Psychology, Assabah Arts and Science College, Valayamkulam, conducted a session on **Research Methodology** for the B.Sc. Psychology students of Ansar Women's College, Perumpilavu, on 26 September 2025. The programme was organized with the objective of enhancing students' understanding of the fundamentals of psychological research and developing their research skills. During the session, Mr. Shimil P.V. explained various aspects of research methodology, including the research process, formulation of research problems, research design, sampling techniques, data collection methods, and ethical considerations in research. The interactive session encouraged active student participation through discussions and question-and-answer segments, enabling students to gain practical insights into conducting scientific research. The programme proved to be highly informative and beneficial, enriching the academic knowledge of the participants and fostering greater interest in research among psychology students

20.Hug Care Placement Programme

Date & Time	February 5 2026 At 10.00 Pm
Organised By	Department of Psychology, Mental Health Club And Placement Cell
Target Participants	3rd and 2nd year students of psychology student
Venue	Conference Hall
Resource Person	Mr Shabeer CEO of Hug Care Group

Hug Care, in collaboration with the Psychology Department Placement Cell and the Mental Health Club of Assabah Arts and Science College, Valayamkulam, organized a Welcome Session for Selected Students on 5 February 2026 at the Hug Care Clinic, Calicut, from 10:00 a.m. to 5:00 p.m. The programme was inaugurated by Mr. Shihab, In-charge of Hug Care, who highlighted the importance of various job roles in psychology and the career opportunities available in the field. This was followed by a session led by Mr. Shabeer, CEO of Hug Care, who provided valuable insights into placement opportunities and explained the functioning and services of the institution. A musical event was also conducted as part of the programme, making the session engaging and interactive. The programme aimed to create awareness among students about employment opportunities in psychology and to familiarize them with the working structure and professional environment of Hug Care.

