



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Affiliated to the University of Calicut | NAAC Fourth Cycle A+Grade |
80th NIRF Ranking 2024 | 6th KIRF Ranking 2024 | DBT Star College

PG DEPARTMENT OF PSYCHOLOGY

Organizes

MANAHSASTRAM

Psychology in Action : Building Mentally Healthy
Communities

GRAND PSYCHOLOGY FEST

11th August - 13th August 2025



ABOUT THE COLLEGE

Situated at the heart of the cultural capital of Kerala, Vimala College (Autonomous), Thrissur, is a pioneering institution devoted to the empowerment of young women through quality education, mentorship and supportive environments, enabling them to contribute to the advancement of our nation. Established in 1967 by the Congregation of Mother of Carmel (CMC) under the religious jurisdiction of the Catholic Archbishop of Thrissur, the college is affiliated to the University of Calicut and was granted autonomy in 2015. The college offers 19 undergraduate and 16 postgraduate programs, along with various certificate and research courses. With a faculty of 147, an administrative team of 64, and over 2900 students, Vimala has consistently strived for academic and institutional excellence. Recognized nationally with an A+ grade by NAAC (CGPA 3.45), it has earned numerous tributes including high NIRF rankings and participation in prestigious initiatives such as the DBT-STAR and DST-FIST schemes. Rooted in the vision of intellectual, spiritual, and social transformation, the college remains committed to its mission of forming skilled, value-driven women leaders through quality education enriched by technology, tradition, and service.

ABOUT THE DEPARTMENT

Department of Psychology was established in the year 1981 and since then the department had been serving as an auxiliary department for Departments of Sociology, Home Science and Social Work. Department had been offering complementary courses for BA Sociology and Core courses for MSW till 2020. BSc Psychology Programme was granted by the University of Calicut during the year 2020. The department offers UG Programme in Psychology with Human Physiology and Statistics as complementary courses. In 2025, the department received approval to offer the MSc Psychology programme, further expanding its academic offerings and commitment to advanced psychological education. The department is equipped with a well-established laboratory and a fully functional counselling unit. It provides opportunities for student internships and regularly conducts awareness campaigns. Additionally, the department runs Add-on course titled 'Learning Disability and Management'. Facilities are available for psychological assessments such as personality, intelligence, creativity and aptitude. The department also encourages student involvement through seminars organised and led by students.

NATIONAL SEMINAR ON Psychology in Action : Building Mentally Healthy Communities

DATE : 11, 12 August 2025

Programme Schedule

11 AUGUST 2025

9:30am-10:30am

Inauguration

10:30am-10:45am

Tea Break

10:45am-1pm

Topic: Personality Correlates of Community Mental Health
Dr. Linjo C J

1pm-2pm

Lunch Break

2pm-3:30pm

Topic: Can Kama Muta strengthen Resilience in Communities
Dr. Leemamol Mathew

3:30pm-4pm

Tea Break

12 AUGUST 2025

9:30am-11am

Topic : Building Resilience & Mental Wellness in Communities through Innovative Interventions
Dr.Sunny Joseph

11am-11:15am

Tea Break

11:15am-12:45pm

Topic: Community Mental Health:A Paradigm Shift from Institutional Care to Inclusive Support System
Dr.Raheemudheen P K

12:45pm-1.30

Lunch Break

1:30pm-3pm

Paper Presentation
Moderator : Dr.Justine K James

3pm-3:15pm

Tea Break

3:15pm-4pm

Valedictory session

OUR SPEAKERS



Dr. Linjo CJ

Clinical Psychologist,
Louise Mount Hospital,
Kalpetta



Dr. Leemamol Mathew

Associate Professor,
School of Psychological Sciences,
CHRIST University, Bangalore



Dr. Raheemudheen PK

Clinical Psychologist,
Govt Mental Health Centre,
Kuthiravattom, Kozhikode



Dr. Sunny Joseph

Resource Head,
SunnySideUp Mental Health & Wellness
Services, Bangalore



Dr. Bayana BOMS

Psychologist & ICDS Supervisor,
Vaniyankulam Panchayath,
Ottapalam Additional ICDS,
Shornur



Dr. Justine K James

Assistant Professor,
Sri C Achutha Menon Govt. College,
Thrissur

SHOWCASE YOUR RESEARCH

(CALL FOR PAPERS)

We invite original empirical research papers and thought provoking presentations for the National Seminar: "Psychology in Action : Building Mentally Healthy Communities"

We welcome contributions from Postgraduate Students, Research Scholars and Professionals in Psychology

THEME : ANY TOPIC RELATED TO MENTAL HEALTH

- Interested participants are required to submit an abstract of maximum 250 words via email.
- Full paper must be submitted by the given deadline, upon acceptance of the abstract.
- The paper should not exceed the word limit of 2500 words.
- **Submission details :**

Abstract submission : 6th August 2025

Full paper submission : 8th August 2025

We welcome your submissions at: [**grandpsyfest@gmail.com**](mailto:grandpsyfest@gmail.com)

For further information, please contact :

Faculty coordinator

Renuka Raveendran : +91 6238969496

Student Coordinators

Adithi : +91 9447240310

Pournami : +91 8590204997

Aiswarya : +91 8921407805

Registration Details

Last Date to Register : 8th August 2025

CATEGORY	SEMINAR	PAPER PRESENTATION
Students	600/-	700/-
PhD Scholars	700/-	800/-
Professionals	1000/-	1200/-

Registration Link:

<https://feebook.southindianbank.com/FeeBookUser/org?id=884>

Registration QR code



(Target Audience : Plus two Students (Psychology Stream), UG & PG Students, Ph.D. Scholars, Professionals)

EVENTS

Alter Ego

(FASHION SHOW)

The Theme Performance competition is a runway of the mind, where psychological concepts are draped in creativity and brought to life through fashion, movement, and bold artistic flair. Each presentation becomes a living statement — blending intellect with aesthetic, and turning theories into unforgettable visual narratives that strut straight into your soul.

DATE : 13th August 2025

Registration per head 100/-

CASH PRIZE : RS. 10,000

For further information, please contact:

Student coordinators

Metriza : +91 6235644130

Seethalakshmi : +91 8590191038

Thanatos

(DANCE COMPETITION)

Every moment a memory, every breath a battle between the conscious and the repressed. We dance not for applause, but for revelation. This is not just dance. This is cognition in motion. Behaviour in rhythm. We bring Freud's conflict, Jung's shadow, Pavlov's reflex... in every beat, every twist, every fall.

DATE : 13th August 2025

Registration per head 100/-

CASH PRIZE : RS. 5,000

For further information, please contact:

Student coordinators

Sreelakshmi : +91 7034960422

Sannidhi : +91 9562273697

PSYQUEST

(QUIZ)

Step into the ultimate psychology showdown—where theories twist, thoughts race, and only the sharpest minds survive. Decode the brain, outsmart the questions, and show them what you're made of.
Welcome to the quiz that Bends mind.

THEME : GENERAL PSYCHOLOGY

- **At School Level (11th August 2025)**

Registration fee per group is 100/-

- **At College Level (12th August 2025)**

Registration fee per group is 200/-

(2 members in one group)

CASH PRIZE WILL BE AWARDED

For further information, please contact:

Student coordinators

Najitha : +91 7025311124

Tanusree : +91 9544513105

Psych Ink

(POSTER MAKING)

Explore happiness through a psychological lens. From cognitive theories to emotional awareness, bring it to life visually. Use art to decode what makes us feel fulfilled. Let your poster reveal the science of joy where Psychology and creativity collide.

DATE : 11th August 2025

Registration fee 50/-

CASH PRIZE WILL BE AWARDED

For further information, please contact:

Student coordinators

Anjana : +91 9744335031

Hrithika : +91 8590997542

Clandestine (GAMES)

Step into the world of thrill, wit, mystery and psychological twist! These games aren't just for fun-they challenge your instincts, stretch your thinking, and bring out your boldest moves. Play smart. Play wild. Play to win.

DATE : 11th August 2025

Individual Games:

- Match-UNO- Match
- Sliding Puzzle
- Guess the song
- Three Men's Morris
- Mute & Guess

Registration per game 20/-

Group Games:

- Crime Investigation
- Escape Room

5 people in a group

Registration per group 200/-

For further information, please contact:

Student Coordinators

Alekhya : +91 8592011891

Akshaya : +91 87270 08747

REGISTRATION DETAILS

Registration link for events :

<https://feebook.southindianbank.com/FeeBookUser/org?id=884>

Registration QR Code



Organising Committee

PRINCIPAL

Dr. Sr. Beena Jose

FACULTY CO-ORDINATORS

Dr. Sinto P Anto (HOD)

Aparna Suresh

Deva Reghuchandran Nair

Ardra K S

Anusree M R

Renuka Raveendran

STUDENT CO-ORDINATORS

C B Annet

K S Soorya

Malavika Anilkumar

Nadia Mustafa

Sephora Sarah Paul

For Queries

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