

**PRAJYOTI NIKETAN COLLEGE**  
Govt. Aided & Affiliated to the University of Calicut  
Pudukad, Thrissur - 680301  
[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)



RESEARCH & POST GRADUATE DEPARTMENT OF  
PSYCHOLOGY ORGANIZES

*One day National Seminar on*  
**"Psychology: Research & Practice"**

**SEMINAR REPORT**  
**30 – 01 – 2023**

**DEPARTMENT OF PSYCHOLOGY**

Email: [psychology@prajyotiniketan.edu.in](mailto:psychology@prajyotiniketan.edu.in)

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Courses: B.Sc., M.Sc., Ph.D.

Address: Pudukad, Thrissur

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# ABOUT THE SEMINAR

Research and Post-Graduate Department of psychology, Prajyoti Niketan College, Pudukad organized one-day National level seminar on the topic “Psychology: Research & Practice” on behalf of the Department students’ association Inauguration, on 30<sup>th</sup> January 2023. Teachers and Students from various institutions as well as parents and subject interested people were became part of the seminar. The seminar started at 9.00 am and wide up at 4.30 pm. Writing materials, refreshments, lunch, and certificate were provided for participants. Dr. Nice Mary Francis (Asst. Prof., Dept. of Psychology) were the organizing secretary of the event. Brochure and Program Schedule of the Seminar attached below.

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RESEARCH & POST GRADUATE DEPARTMENT OF  
PSYCHOLOGY ORGANIZES

# One day National Seminar on "Psychology: Research & Practice"

In association with Psychology Association Inauguration



**30 JANUARY 2023, MONDAY**



**9.30 AM**



**ASSISI HALL**

**PSYCHOLOGISTS & DECISION  
MAKING: DO WE REALLY CARE?**



**KEYNOTE SPEAKER**  
**DR SUNNY JOSEPH**  
CONSULTANT CLINICAL PSYCHOLOGIST,  
BANGLORE



**SESSION 2**  
**FATHIMA M A**  
CLINICAL PSYCHOLOGIST & RESEARCH SCHOLAR  
KERALA

**BUSTING MYTHS ABOUT  
PSYCHOTHERAPY**

**Dr Binu P Chacko**  
Principal

**Dr Milu Maria Anto**  
HOD

**Dr Nice Mary Francis P**  
Organising Secretary

## Symposium

# "Critical Look upon Correlational Research"

## Panelists



**AJITHA V A**  
Psychologist &  
Research Scholar



**JISHA P K**  
Psychologist &  
Research Scholar



**LIBY LEO AKKARA**  
Psychologist &  
Research Scholar



**BAYANA BOMS**  
Psychologist &  
Research Scholar



**VANDANA V S**  
Psychologist &  
Research Scholar

## Paper Presentations

### **Abstract Submission:**

Last Date: **15-01-23**

### **Full paper Submission:**

Last Date: **25-01-23**

Send your abstract to

[psychology@prajyotinetan.edu.in](mailto:psychology@prajyotinetan.edu.in)

**Registration  
Started!**

For Registration & Queries: +91 94447250493, +91 9995416312



**Dr Binu P Chacko**  
Principal

**Dr Milu Maria Anto**  
HOD

**Dr Nice Mary Francis P**  
Organising Secretary



# PRAJYOTI NIKETAN COLLEGE

Research & Post-Graduate Department of Psychology organizes  
NATIONAL SEMINAR ON  
“**PSYCHOLOGY: RESEARCH & PRACTICE**”  
In association with Psychology Association Day – 30<sup>th</sup> January 2023

## PROGRAM SCHEDULE

09.00 AM - Registration  
09:30 AM - Prayer

Venue: ASSISI Hall

Welcome address - **Dr Nice Mary Francis P** (Organizing Secretary)  
Presidential address - **Dr Binu P Chacko** (Principal)  
Association Inauguration & Lighting the Candle  
Inaugural address - **Dr Sunny Joseph** (Chief Guest)  
Felicitation - **Dr Milu Maria Anto** (HOD)  
Vote of Thanks - Anson Roy Mathew

TEA (10. 15 AM – 10.30 AM)

10.30 AM - Keynote Address - Dr Sunny Joseph (*Clinical Psychologist*)  
“**PSYCHOLOGISTS & DECISION MAKING: DO WE REALLY CARE?**”

LUNCH (12.30 PM – 01.15 PM)

01.15 PM - Talk - Fathima M A (*Clinical Psychologist*)  
“**BUSTING MYTHS ABOUT PSYCHOTHERAPY**”

TEA (02.15 PM – no break)

02.15 – Paper Presentations – Chaired by Dr Sujisha T G  
(*Asst. Prof. & Head, Dept. of Psychology, Govt. College, Kuttanalloor*)

03.15 – Symposium  
“**CRITICAL LOOK UPON CORRELATIONAL RESEARCH**”

*Panelists:*

Ajitha V A  
Jisha P K  
Liby Leo Akkara  
Bayana BOMS  
Vandana V S

04.15 – Feedback & Vote of Thanks  
04.30 – National Anthem

∞ ∞ ∞ ∞ ∞ ∞ ∞



*Program Schedule*

# REGISTRATION

The individual details of the registered participants are tabulated below:

LIST OF REGISTERED PARTICIPANTS				
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# INAUGURATION

The ceremony started on time (9.30 am) with the prayer of God. Organizing Secretary Dr. Nice Mary Francis welcomed the gatherings. College Principal Dr. Binu P Chacko presided over the function. After that the chief guest was invited for the inauguration of the association. Renowned Clinical Psychologist Dr. Sunny Joseph lit the candle and performed the inauguration. Head of the Department Dr. Milu Maria Anto spoke with greetings. Association Secretary Anson Roy Mathew delivered the vote of thanks for the function.

Below are pictures of the inauguration ceremony:



**Welcome Speech:**

Dr. Nice Mary Francis P  
*(Organizing Secretary)*



Presidential Address: Dr. Binu P Chacko (*Principal*)





Association Inauguration: Dr. Sunny Joseph (*Clinical Psychologist*)



Inauguration Speech by Dr. Sunny Joseph



**Felicitation: Dr. Milu Maria Anto (HOD)**



**Vote of Thanks: Mr. Anson Roy Mathew (Asso. Secretary)**

After the inauguration ceremony, a 15-minutes break was taken for drinking tea.

# SESSION 1

## KEYNOTE ADDRESS

At 10.30, entered the keynote session of the chief guest and the inaugural by Dr. Sunny Joseph. He spoke on the topic “Psychologists & Decision making: Do we really care?”. He clearly described the contexts, facts, etc. that can be biased while taking decisions as a therapist in the field of psychology. He also gave insight on how to overcome biased situations. The very interactive session captured the audience. After the session, principal handed over the memento to him. At 12.30 everyone left the venue for a 45-minute lunch break.





Dr. Binu P Chacko gives the Memento & Certificate to Mr. Sunny Joseph

# SESSION 2

## PAPER PRESENTATIONS

There were eight papers for presentation. Degree students and PG students were among the paper presenters.

### LIST OF PAPER PRESENTATIONS

No.	Name	Title
1	Teena Thankachan, Chinchu Rani Vincent, Ammu Joe T., Sajan R.	FEAR OF SUCCESS, LIFE SATISFACTION, SELF-EFFICACY, ACHIEVEMENT MOTIVATION AMONG EMERGING ADULTS
2	Risvana Farhath, Soumya AM, Karthika Elizabeth, Hridin Dinesh	PSYCHOLOGICAL WELL-BEING AMONG THE RECOVERY COVID 19 PATIENTS
3	Hridin Dinesh, Karthika Elizabeth, Seemanth C, Risvana Farhath	PARENTAL PRESSURE ON ACHIEVEMENT MOTIVATION AMONG HIGHER SECONDARY STUDENTS
4	Ammu Joe Thomas, Neha Jimmy	BODY IMAGE AVOIDANCE AND SELF-ESTEEM AMONG FIRST TIME MOTHERS
5	Nikhil Krisha P R, Dr.Soumya Starlet CT, Alan John George	COPING STRATEGIES AMONG HEALTHCARE WORKERS DURING COVID-19 PANDEMIC
6	Hephcy James, Neha Jimmy	ALTRUISM AND INDECISIVENESS AMONG SIBLINGS
7	Fabin Paiva, Atley Joe Chacko, Karthika Elizabeth	SLEEP QUALITY, HAPPINESS AND MENTAL WELL-BEING AMONG EMERGING ADULTS
8	Neha Jimmy, Sreeparvathy J	RELATIONSHIP BETWEEN VERBAL AGGRESSIVENESS AND AGREEABLENESS AMONG COLLEGE STUDENTS



The session was chaired by Dr. Sujisha T G, Assistant professor & Head, Dept. of Psychology, Govt. College, Kuttanallur. Research Scholar Bayana gave the welcome address. At the end of the paper presentations, she had pointed and were asked questions as well as general feedback was given. She especially appreciated the students who took the initiative and presented the paper. Many who attended this event were attending an academic seminar offline for the first time after Covid. Dr. Nice Mary Francis thanked her. The memento for her was given by the department head Dr. Milu Maria Anto. Certificates were awarded to the presenters at the end of the paper presentation.



**Welcome the Chair: Bayana BOMS (*Research Scholar*)**



(1)



(2)



(3)



(4)



(5)



(6)

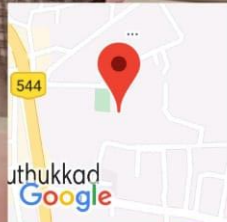
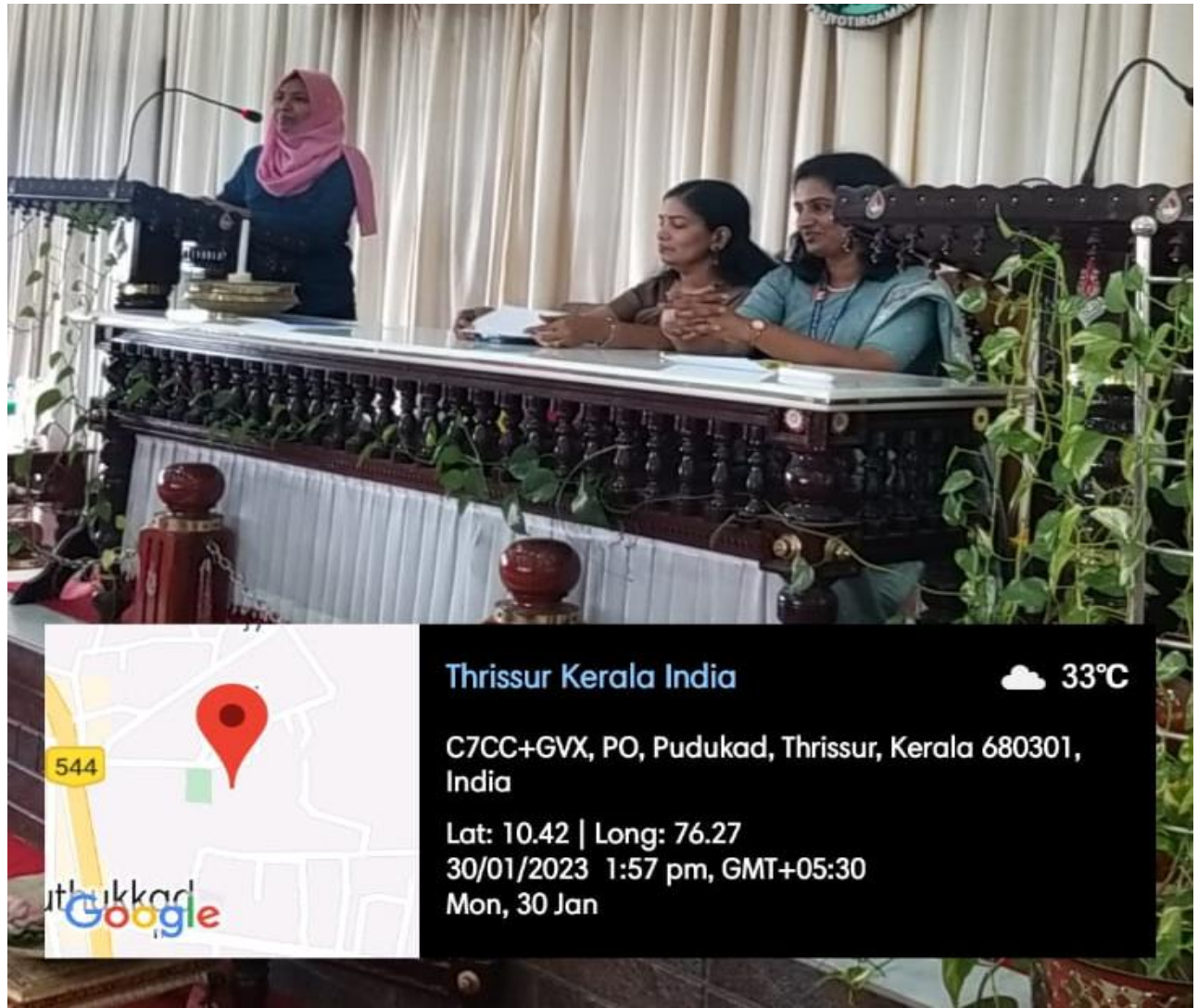


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(8)

----- Paper Presentations -----





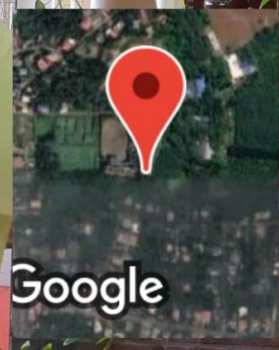
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Govt. Arts & Science College, Puthukkad, Kerala - 680301  
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RESEARCH & POST GRADUATE DEPARTMENT OF  
PSYCHOLOGY ASSOCIATION

One day National Seminar  
"Psychology: Research & Practice"  
In association with Psychology Association Inauguration  
30 JANUARY 2023, MONDAY  
9.30 AM  
ASSISI HALL



GPS Map Camera



Puthukkad, Kerala, India  
C7CC+5XR, Puthukkad, Kerala 680301, India  
Lat 10.420868°  
Long 76.272162°  
30/01/23 03:02 PM GMT +05:30

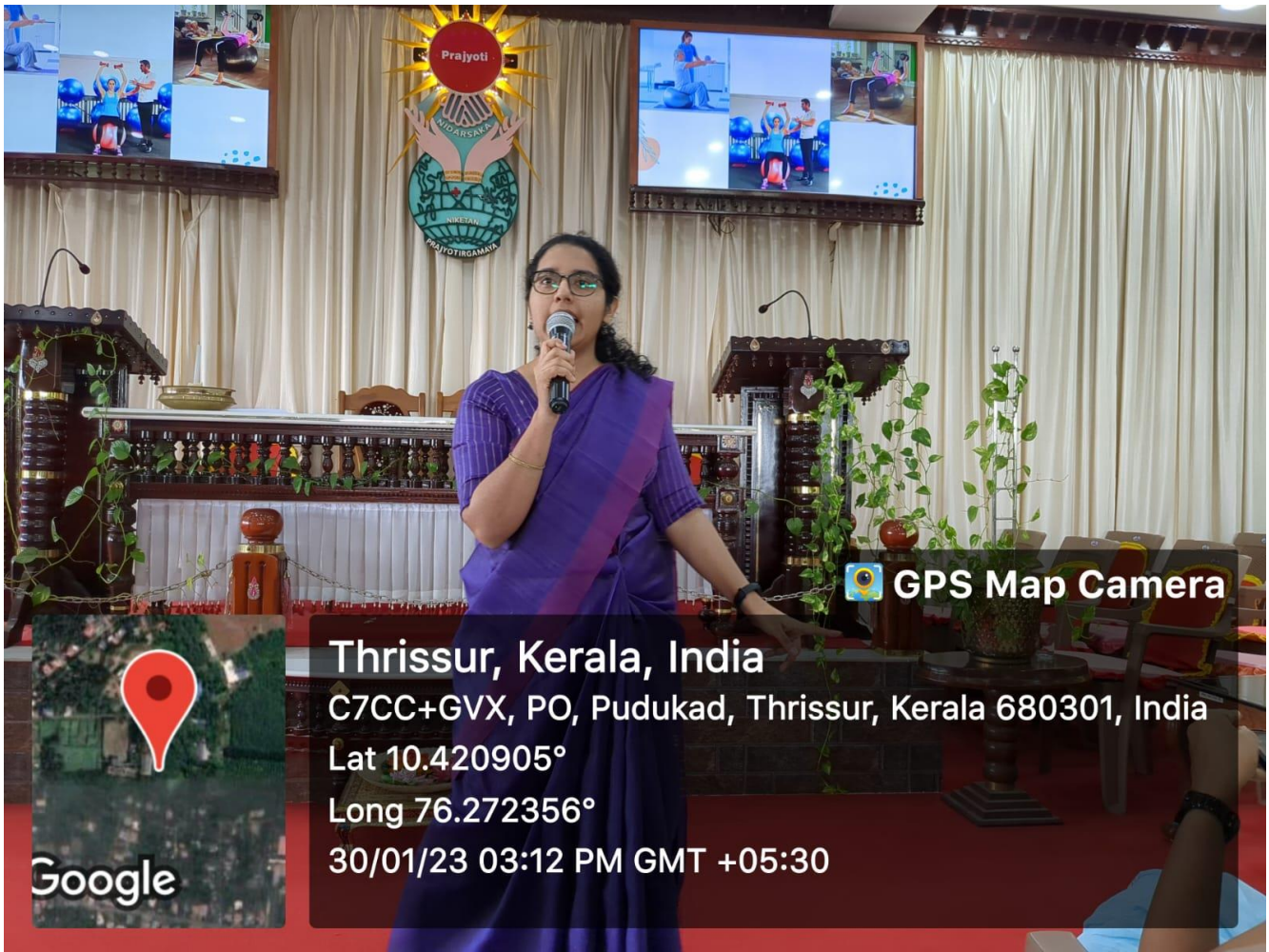
Dr. Milu Maria Anto gives the Memento & Certificate to Dr. Sujisha T G

# SESSION 3 TALK

The session was handled by Fathima M A, Clinical Psychologist and Research scholar. The session was held on the topic “Busting myths about Psychotherapy”. He spoke about the misconceptions that hold people back from seeking help with mental health issues and the professional personal care a therapist should take. At the end of the session, the organizing secretary handed over the memento to the resource person.



Fathima M A (*Resource person*)



Dr. Nice Mary Francis gives the Memento & certificate to Fathima M A

# SESSION 4 SYMPOSIUM

The symposium started at 3.15 pm. Psychologists and research scholars namely Ajitha V A, Jisha P K, Liby Leo Akkara, Bayana BOMS and Vandana V S were participated in the symposium as panelists. The panel presentations were based on the topic “Critical look upon Correlational Research”. Ajitha spoke on ‘Correlation Research as a Scientific research design’, Jisha on ‘Scope and Benefits of Correlational Research’, Liby on ‘Confirmation biases in analyzing correlational results’, Bayana on ‘Illusory Correlations’ and Vandana on ‘Hypothesis setting for Correlational Research’ as well as concluded the session.

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Research & Post-Graduate Department of Psychology  
NATIONAL SEMINAR ON  
“**PSYCHOLOGY: RESEARCH & PRACTICE**”  
30<sup>th</sup> January 2023



## **SYMPOSIUM** **CRITICAL LOOK UPON** **CORRELATIONAL RESEARCH**



**AJITHA V.A**



**JISHA P. K**



**LIBY LEO AKKARA**



**BAYANA BOMS**



**VANDANA V. S**

**Panelists**



Ajitha V A



Dr. Jaya A T gives the certificate to Ajitha V A

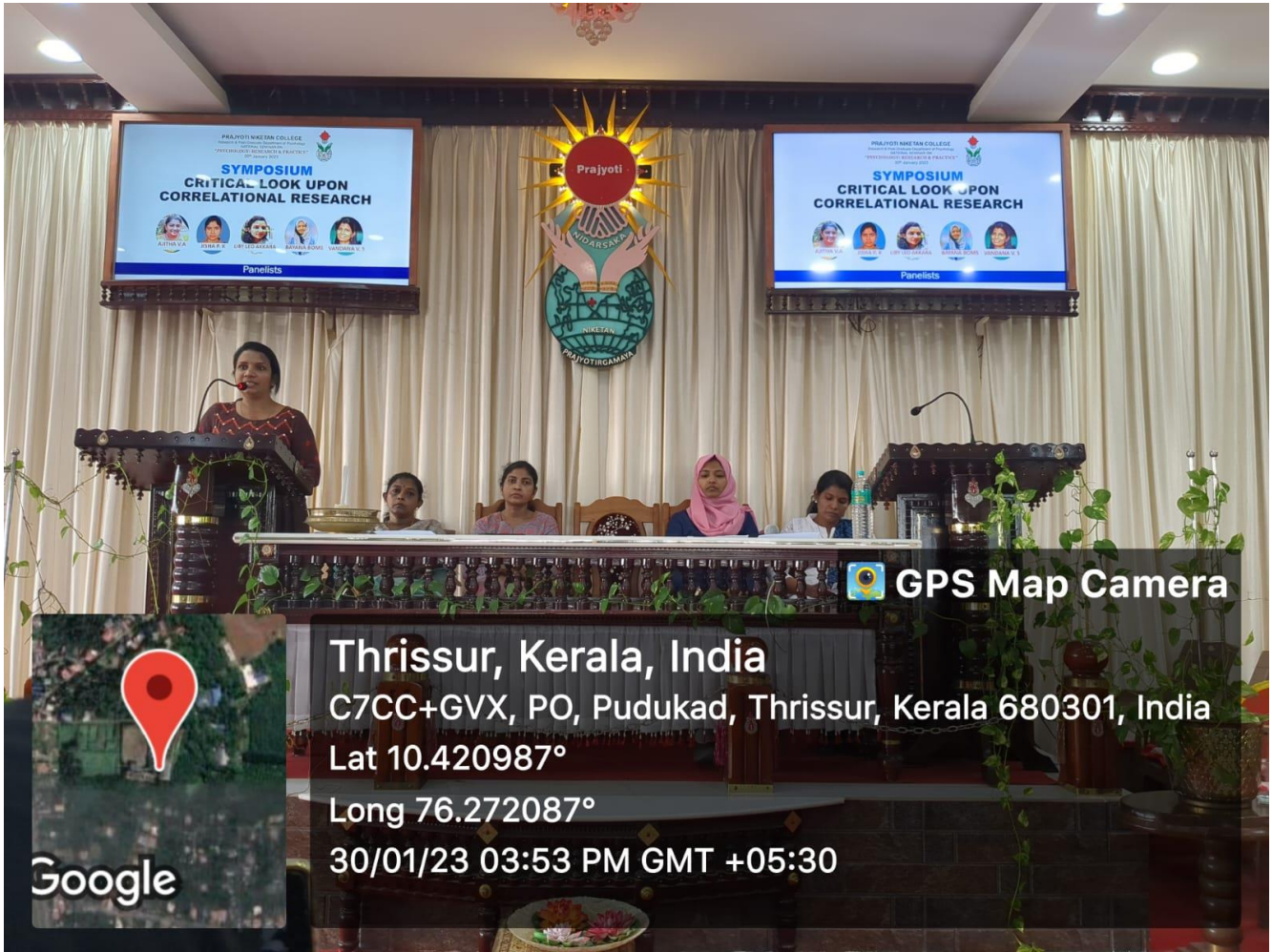




Jisha P K



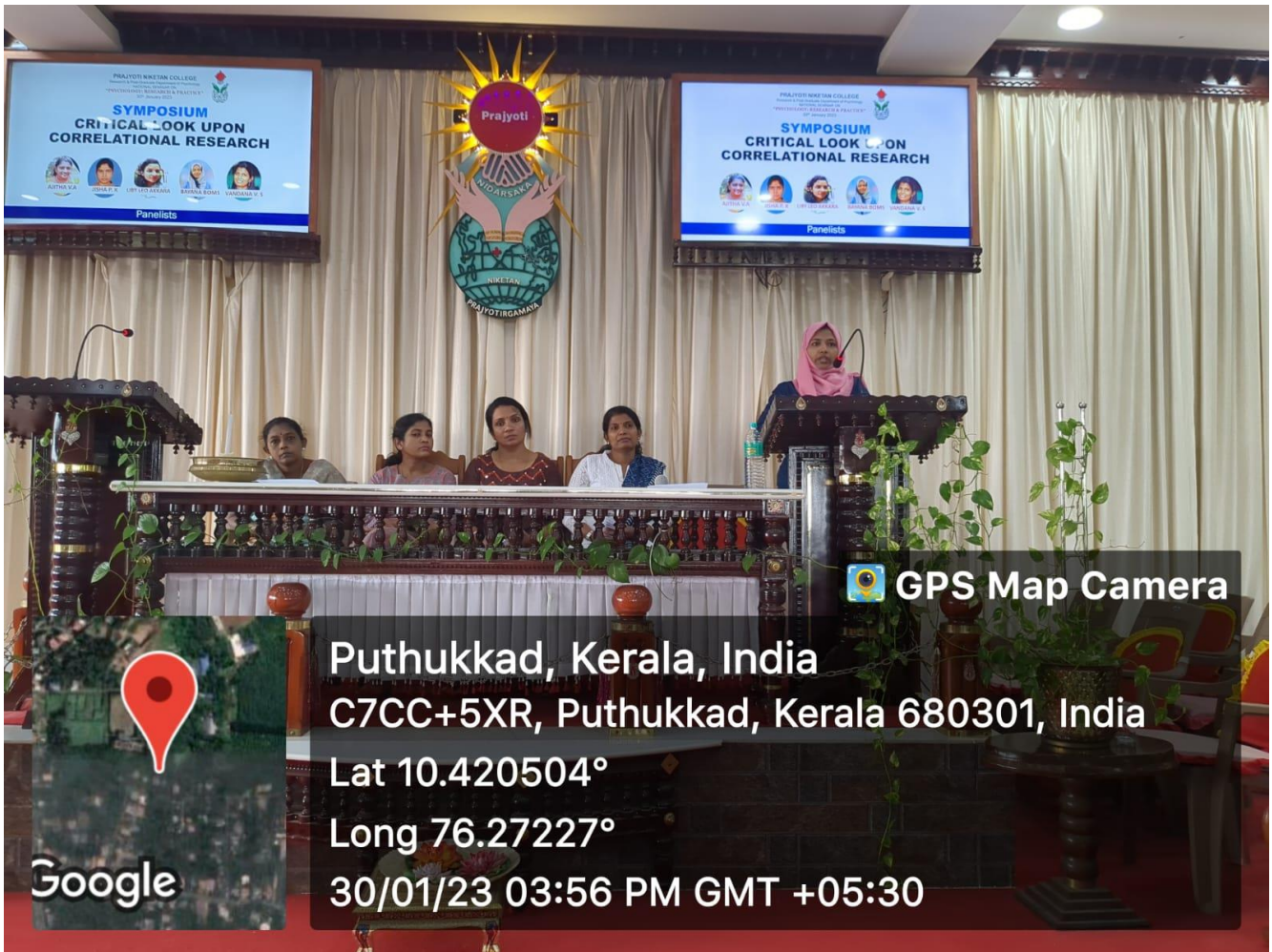
Dr. Soumya Starlet C T gives the certificate to Jisha P K



Liby Leo Akkara



Dr. Sukanya B Menon gives the certificate to Liby Leo Akkara



Bayana BOMS



Dr. Jaya A T gives the certificate to Bayana BOMS



Vandana V S



Dr. Sukanya B Menon gives the certificate to Vandana V S

# VALEDICTORY SESSION

The symposium ended at 4.15 pm. Valedictory function started at 4.15 pm. Students shared feedback about the seminar. Dr. Nice Mary Francis, organizing secretary of the National seminar spoke thanking all those who participated and make the event great success. Certificates were distributed to those who participated in the seminar at the valedictory session. The seminar ended with the singing of the National Anthem. Tea was distributed to all thereafter.



Feedback from participants

# PRAJYOTI NIKETAN COLLEGE

Govt. Aided & Affiliated to the University of Calicut  
Pudukad, Thrissur - 680301  
www.prajyotiniketan.edu.in

One-day National Seminar on  
**"Psychology: Research & Practice"**

## *Certificate*

Certified that Dr./Mr./Ms..... has participated as Delegate/ Resource person/ Symposium Panelist/ Paper Presenter on

.....  
in One-day National seminar on "Psychology: Research & Practice" organized by the Research & Post-Graduate Department of Psychology, Prajyoti Niketan College, Pudukad on 30th January 2023.

**Dr Milu Maria Anto**  
Head of the Department

**Dr Binu P Chacko**  
Principal

**Dr Nice Mary Francis P**  
Organising Secretary

### Certificate Template



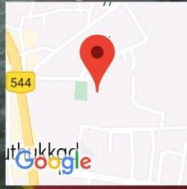
Official Vote of thanks by Dr Nice Mary Francis (*Organizing Secretary*)

# Glimpses of Audience









Thiruvananthapuram Kerala India 33°C  
C7CC+GVX, PO, Pudukad, Thiruvananthapuram, Kerala 680301, India  
Lat: 10.42 | Long: 76.27  
30/01/2023 3:08 pm, GMT+05:30  
Mon, 30 Jan

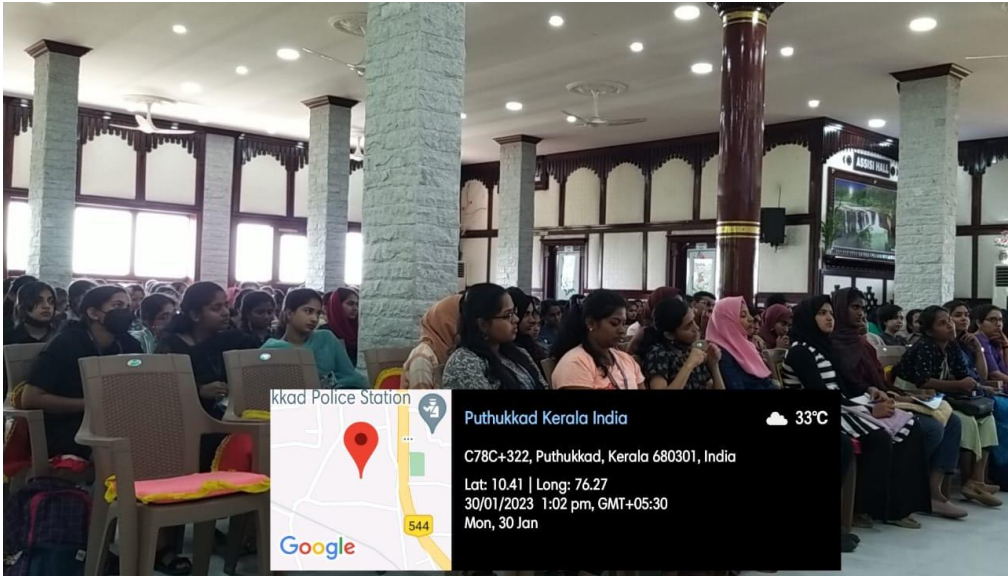


GPS Map Camera

Thiruvananthapuram, Kerala, India  
C7CC+GVX, Pudukad, Thiruvananthapuram, Kerala 680301, India  
Lat 10.420976°  
Long 76.271751°  
30/01/23 11:04 AM GMT +05:30



Thiruvananthapuram Kerala India 33°C  
C7CC+GVX, PO, Pudukad, Thiruvananthapuram, Kerala 680301, India  
Lat: 10.42 | Long: 76.27  
30/01/2023 2:41 pm, GMT+05:30  
Mon, 30 Jan



# PRAJYOTI NIKETAN COLLEGE

Govt. Aided & Affiliated to the University of Calicut  
Pudukad, Thrissur - 680301  
[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)

One-day National Seminar on

**"Psychology: Research & Practice"**

*Certificate*

Certified that Dr./Mr./Ms..... has  
participated as Delegate/ Resource person/ Symposium Panelist/ Paper Presenter on

.....  
in One-day National seminar on "Psychology: Research & Practice" organized by the  
Research & Post-Graduate Department of Psychology, Prajyoti Niketan College,  
Pudukad on 30th January 2023.



**Dr Milu Maria Anto**  
Head of the Department

















**Dr Binu P Chacko**  
Principal

**Dr Nice Mary Francis P**  
Organising Secretary

Date: 30-01-2023

HOLDSY: RESERVA & PRACTICE



























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8.	Fatima Roshia	"
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10.	Nesta Narad	"
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12.	Nesmi	"
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25	Nikhila Subramanian	Pragati Niketan pudukkad
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27	Amanora	Pragati Niketan, Pudukkad
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31	Susani Suseel	Pragati Niketan, Pudukkad
32	Danuja Davis	PNC, Pudukkad
33	Amayya Stephen	Pragati Niketan
34	Ananda . M. Adarsh	"
35	Anna Rose Joby	Pragati Niketan
36	Nabisha Abdul Rehman	Pragati Niketan, Pudukkad
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39	Angana . IS	"
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41	Anjitha . C.S	"
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43.	AITSUSHYA K.M	"
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47	Shiva Devi	"
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