



# DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(AUTONOMOUS)

Reaccredited With A++ Grade by NAAC

College with Potential for Excellence, Linguistic Minority Institution,  
Affiliated to University of Madras, Arumbakkam, Chennai - 600 106



»»» NEWSLETTER «««

# DEPARTMENT OF PSYCHOLOGY

Discover the science of human mind

## TOP NEWS OF THE ACADEMIC YEAR 2023-24



### »»» DEEKSHARAMBH 2023-24

A happy beginning to the new academic year 2023-24 was kickstarted with the one week student induction program that happened between 6th to 12th of June. The first year students had a really great exposure to the college, department, seniors, alumni, academics and extra-curriculars along with talent expo and ice-breaking sessions with the batchmates.

### INVESTITURE CEREMONY «««

A Investiture ceremony was conducted in the department of psychology for the new core committee members of Psychub 2023-24 followed by a seminar which was conducted on the topic of Positive psychology by the speaker Ms. Saranya, Founder of Arukah counselling services. It was organized by the department of psychology for all the three year students on 18/8/2023 in the seminar hall, first floor, Krishna block.



# TOP NEWS OF THE ACADEMIC YEAR 2023-24



## CHAMBERS OF PSYCHOLOGY

An exhilarating Psychology Exhibition was conducted by the core committee members of Psychub 2023-24. It was organised by the for school children on 10/10/2023 (Tuesday) and 11/10/23 (Wednesday) in the Goverdhan Block, 2nd floor. The main motive of the exhibition was to spread a wide knowledge about the fields of psychology for school students on World Mental Health day. Mental health awareness was also given to the students covering almost 500+ students from five different schools in 2 days.

## SUICIDE PREVENTION PROGRAM

The seminar was conducted on the topic of Suicide Prevention. It was organised by the department of psychology for all the three year students on 14/10/2023 in the seminar hall, first floor, Krishna block, Dwarka Doss Goverdhan Doss Vaishnav College. The seminar was conducted by the speaker Ms. Priya G, Director and co founder of The Mind and Company. She has over 10 years of expertise in the field of psychology, and worked as counselor in various sectors.



## STREET PLAY

A Street-Play by the students of the Department of Psychology was conducted in the Bougainvillea Park Anna Nagar on 15/10/23 regarding the World Mental Health day. We made the people around us to think how mental health is as important as physical health through a play. We were able to catch the attention of the people present at the park and through the play invited them to think about what mental health means to them on an individual level.

## LIFE SKILLS TRAINING

The Life Skills Training program was conducted on topics of self awareness, problem solving, decision making, perception, resilience, handling criticism and assertiveness training. It was conducted for the 1st years on 08-09/01/2024, second years on 10/11/2024 and third years on 11/01/2024. The sessions were conducted by the speaker Mr. S. Padmanaban, MSW, MA, HRM, LLB, Certified State level master trainer, Advocate and founder of Sarvam Trust.





# TOP NEWS OF THE ACADEMIC YEAR 2023-24



## ➤➤➤ EVS TRIP

The second year students were taken to the global village in Auroville, Pondicherry as part of Environmental studies. It was a one day trip conducted on the 19th of January 2024 where 46 students were accompanied by a teaching and a non-teaching staff. The trip instilled environmental consciousness, cultural empathy, and personal growth in students through hands-on experiences in sustainability and community services.

## AURA 2024 <<<<

The AURA'24 was an inter-collegiate event conducted on 12/02/2024 organised by the Department of Psychology . This event had both on-stage as well as off-stage events. The on-stage events were Shipwreck, Channel Surfing, Green Screen and Title event. The off-stage events were Family feud, Potpourri, Treasure hunt and also online events such as Photography and Creative writing was conducted. AURA'24 was a platform given to the outside college students to showcase their talents. The overall winner trophy was backed by SRM University, Ramapuram.



## ➤➤➤ PSYCH-FICTION

The panel discussion was conducted on the topic "REEL EMOTION TRIGGERS REAL EMOTION" at Vallabhacharya auditorium on 14/02/2024. There were 5 panellists for discussion. 3 of them were from psychological background and 2 of them were from the media background. Dr.Sangeetha Makesh was the panel moderator. They discussed how various films or media influence the emotions of an individual and also spoke about how well the media is persuading their audience.

## FOOD FEST <<<<

Food fest was conducted within the department on 20/02/2024 as part of the cross cultural psychology course. Students prepared Italian, Indian, Palestine, Egyptian, Chinese and Indo-Chinese cuisine and presented them in the Psychology lab, second floor, Goverdhan block of the college. Faculty and the students discussed about the cultural differences in food and the importance of understanding cross-cultural differences while understanding any individual





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### ALUMNI MEET 2024

The Alumni Meet'24 was held on 17th March 2024 at second floor seminar hall Krishna block. The event was conducted in order to bring back all the alumni of our department. During the event games were conducted and the alumni were offered the stage to share their memories and to show their talents. It was a great networking opportunity for the students who were currently studying and it gave them a broader perspective about the opportunities in the field of Psychology.

# AWARDS AND SUCCESSES!

Besides academic excellence, our department recognizes the vital role arts and sports play in fostering well-rounded individuals. Participating in extracurricular activities complements academic learning, enhancing creativity, teamwork, and problem-solving skills. Our students excel in this regard, consistently securing prestigious prizes and awards in various programs throughout the year. Their achievements in cultural festivals, sports tournaments, and art competitions demonstrate exceptional talent and dedication. By integrating arts and sports into our academic curriculum, we nurture holistic development, empowering students to become accomplished individuals with diverse interests and passions.





# TOP NEWS OF THE ACADEMIC YEAR 2023-24



**SPORTS & CULTURALS 2023-24**



# FACULTY SPACE

## ➤➤➤ GUEST LECTURES

Number of guest lectures and training programs are delivered by the Head of the department Ms. Aswini R in different schools, colleges and universities of Tamil Nadu including SRM University, Sindhi college, Stella Maris College and Jaigopal Garodia Vivekananda Vidyalaya to name a few.



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Research Paper

### Impact of Self-Esteem on Problem Solving Skills of Male and Female Adolescents

Veena Prathap<sup>1\*</sup>, Adams I<sup>2</sup>, Nandhini P<sup>3</sup>

#### ABSTRACT

Developing the cognitive abilities of people is a potential manner through which the overall growth of an individual can be expected (Fe et al., 2022). Understanding the factors that influences the development of cognitive skills have been widely researched over years and the present study tries to understand the role of self-esteem in the problem solving skills of adolescent students. A quantitative study was conducted on a sample of 200 adolescents belonging to the Chennai city of India, measuring their problem solving capacity and self-esteem to know the relationship between the variables and understand if self-esteem predicts the problem solving skills of male and female adolescents. A gender specific lens was maintained throughout the study along with a note on the role of type of schooling. The study concluded that self-esteem significantly predicts the problem solving skills of female adolescents while the variables are not correlated among male adolescents. It was interesting to note that even when there was gender based difference in predictability of problem solving by self-esteem, neither the problem solving or self-esteem scores were significantly different among male and female adolescents. Other relevant results of the study along with the future implications and limitations have been discussed in detail.

**Keywords:** Adolescents, Problem Solving, Self-esteem

Life can be considered as a continuous process of solving different problems or obstacles that each individual faces over time which varies in its intensity of difficulty. Problem solving is one among the many general cognitive skills that an individual would slowly develop over their lifespan through experiences and learning. It can be defined as a behavioural process that provides a range of options for handling a difficult issue; and raises the likelihood of choosing the best course of action among the available and possible choices (D Zurilla & Goldfried, 1971). Many different steps of problem solving

## ➤➤➤ PUBLICATION

A journal paper titled “Impact of self-esteem on problem-solving skills of male and female adolescents” was published in the peer-reviewed journal the Internal Journal of Indian Psychology. The paper was authored by the department faculty, Assistant Professor Ms. Veena Prathap along with the alumni of the department Mr. Adams I. and Ms, Nandhini P. (Batch 2020-2023). The journal has an impact factor of 4.50 and h-index of 49.

## DEPARTMENT FACULTY

- Ms. Aswini R, Head of the Department
- Ms. Jyotsna N, Assistant Professor
- Ms. Veena Prathap, Assistant Professor
- Ms. Jacquelin I., Assistant Professor
- Ms. Shivapriya A., Teaching Assistant