

D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1



DEPARTMENT OF PSYCHOLOGY



Psychological Orientation for freshers

On

Discover your true path



22.06.2023

D.K.M COLLEGE FOR WOMEN[AUTONOMOUS], VELLORE-1



DEPARTMENT OF PSYCHOLOGY

PSYCHOLOGICAL ORIENTATION FOR FRESHERS

ON



“DISCOVER YOUR TRUE PATH”

TIME:12.30 P.M TO 1.30 P.M

DATE:22.06.2023

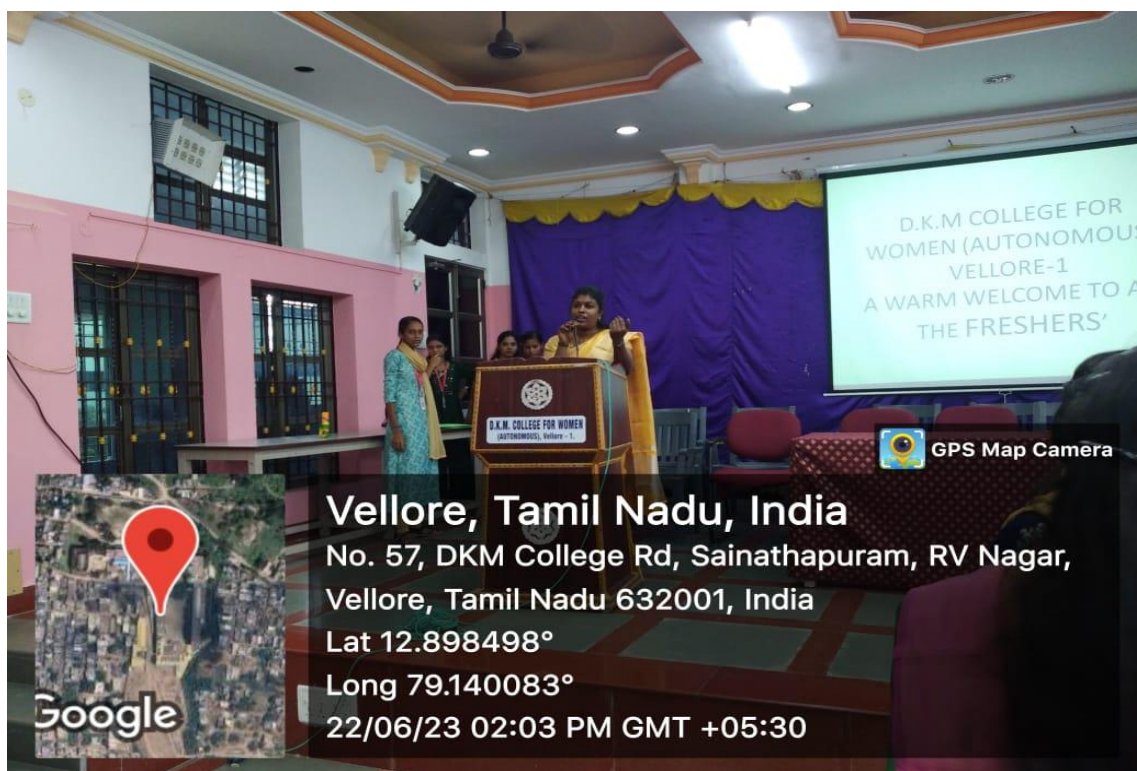
VENUE:D-CONFERENCE HALL

Date	:	22.06.2023
Time	:	1.30 p.m to 2.30 p.m
Venue	:	Brahmaputra Conference Hall
Title	:	<i>Discover your true path</i>
Speaker Session	:	<i>Mrs. Aarthi.D</i> <i>Assistant Professor and Head</i> <i>Department of Psychology</i> <i>DKM College for Women (Autonomous), Vellore-1</i>
Play Session	:	<i>II B.Sc Psychology</i>
No of participants	:	300 students of Unaided first years.

Report:

The program was started by 1.30 p.m with a prayer at D-Block Conference Hall. Department of Psychology scheduled an hour program during the Orientation program scheduled by Department of English and Tamil for first year UG students. Principal Madam has introduced all the Heads of the Department and provided introduction about the special features of the Departments. Mrs.Aarthi.D., Assistant Professor and Head has spoken about self-awareness and discovering oneself. She further insisted on positive quotes to remember during their UG life. Later the students of II B.Sc Psychology has performed a play on the topic “Discovering true path for successful UG life”. They show cased the two sides of UG life and its outcome as per the path that the freshers will be choosing. Most of the students has appreciated the effort and benefitted from the play. We winded up and foundation department had continued as per the schedule.

PHOTOGRAPH



Mrs.Aarthi.D., Assistant Professor and Head, speaking about the importance of self-awareness and sharing positive quotations to the freshers during orientation program on 22.06.2023



The students of II B.Sc Psychology is showcasing a play on Discovering true path for successful UG life on 22.06.2023 during orientation program.



SELF ASSESSMENT- 2ND GROUP COUNSELLING

Report:

This is the second orientation session conducted during the month of July and August 2023 to the freshers.

This was the general orientation shared about interpersonal relationship and self-assessment.

The following self-assessments were conducted with the I UG students

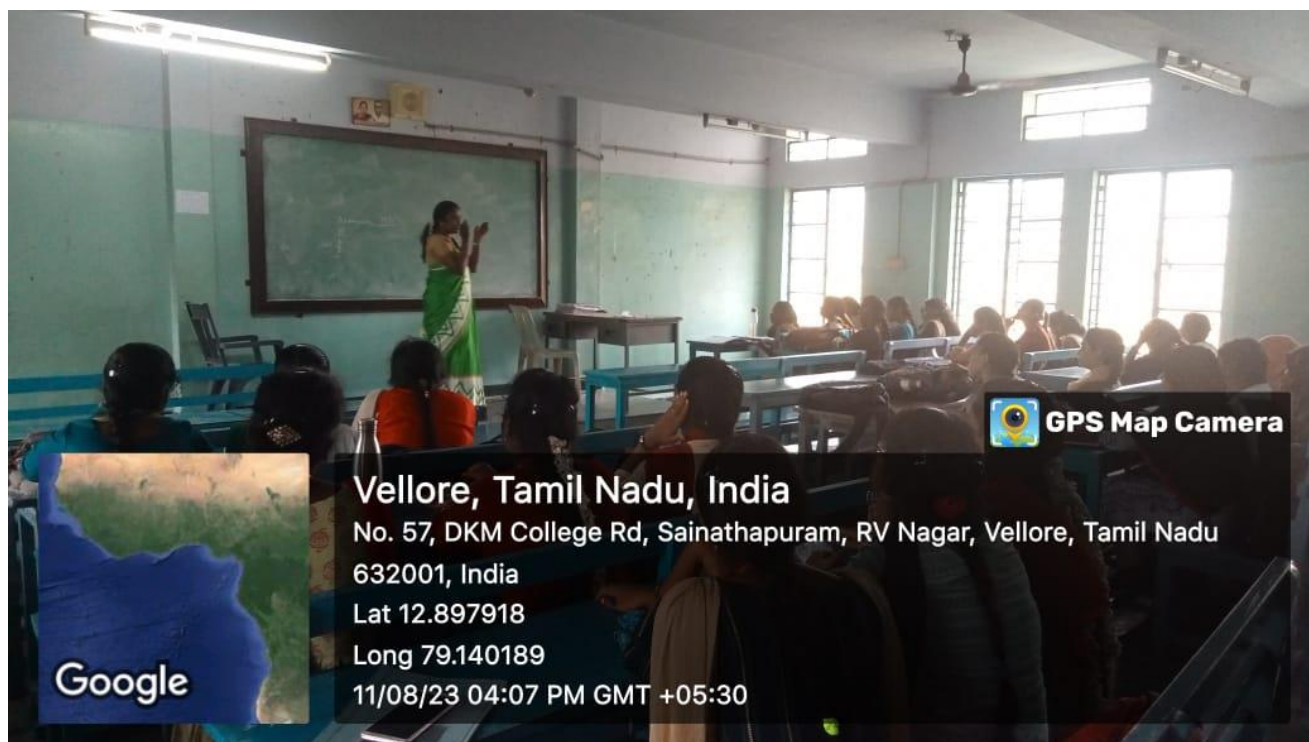
1. Likes and dislikes
2. SWOT analysis
3. Relationship tree
4. Empathy wheel
5. Emotion Wheel

The classes have been scheduled in the following manner

1.	Mrs.Aarthi.D., Assistant Professor and Head	I B.A Tamil I B.A English I B.Sc Nutrition I B.Sc Microbiology I B.Com I B.Com (CA) I BBA
2.	Ms.Soniya.K., Assistant Professor	I B.Sc Psychology I B.Sc Biochemistry I BCA I B.Sc Computer Science I B.Sc Data Science I B.Sc Biotechnology



Ms.Soniya.K's orientation session to I B.Sc Biochemsitry students on 11.08.2023



Ms.Aarthi.D conducting an activity during orientation session to I B.Sc Microbiology students at D II 5 on 11.08.2023



PSYCHOLOGICAL ORIENTATION FOR FRESHERS

MEMEORY TECHNIQUES- 3RD GROUP COUNSELLING

Report:

This is the third orientation session conducted during the month of October 2023 to the freshers. This was the session conducted to give some memory techniques as their first semester examinations are due in November

The following are the key techniques shared among the Unaided I UG students

1. Mnemonic technique
2. Acronym
3. Flash cards
4. Memory tree
5. Chunking method
6. Good sleep
7. Proper diet

The classes have been scheduled in the following manner

Mrs.Aarthi.D., Assistant Professor and Head	I B.A Tamil I B.A English I B.Sc Nutrition I B.Sc Microbiology I B.Com I B.Com (CA) I BBA
Ms.Soniya.K., Assistant Professor	I B.Sc Psychology I B.Sc Biochemistry I BCA I B.Sc Computer Science I B.Sc Data Science I B.Sc Biotechnology

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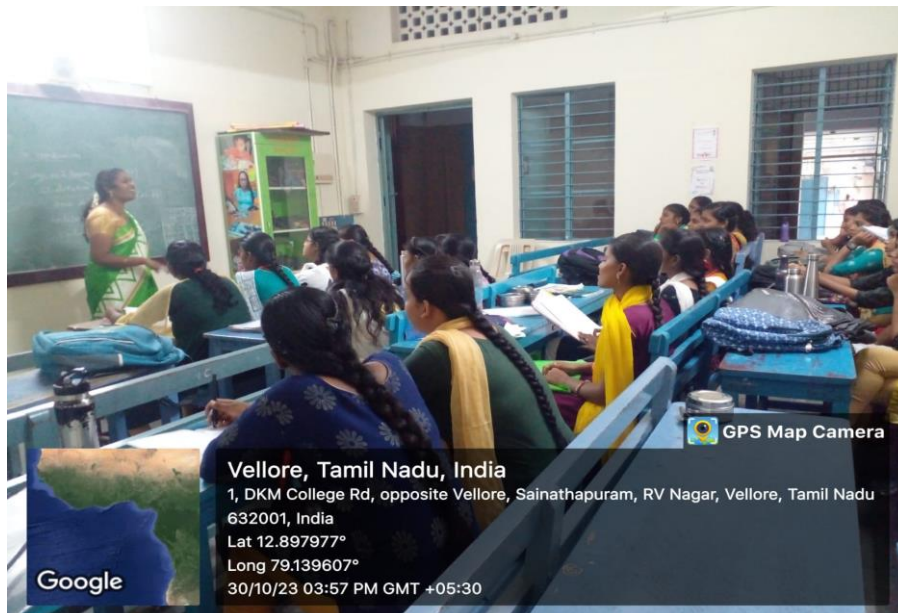


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Mrs.Aarthi.D telling about memory techniques to I B.A English students at E-II 3 on 30.10.2023



Mrs.Aarthi.D giving talk about memory techniques to I BBA students at C II 8 on 30.10.2023