



## KMEA COLLEGE OF ARTS & SCIENCE

(Affiliated to M.G. University/Approved by the Govt. of Kerala)

Kuzhivelippady, Edathala P.O., Aluva, Ernakulam District

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# ‘MANOKRITI’

## *The Psychology Association*

### Department of Psychology

KMEA College of Arts and Science, Kuzhivelippady Kochi

## About Manokriti

**Manokriti** is an academic and professional association of the Department of Psychology, committed to promoting excellence in psychological education, research engagement, and applied practice. The association provides a structured platform for students to actively participate in academic enrichment, skill development, and socially relevant initiatives.

Through a range of thoughtfully designed activities, Manokriti enhances students’ understanding of psychological concepts while fostering professional competence, ethical awareness, and social responsibility.

## **Theme for Academic Year 2026–27**

**“Mind in Action: Integrating Knowledge, Research, and Practice”**

## **Vision**

To nurture competent, reflective, and ethically grounded individuals equipped with psychological knowledge and applied skills.

## **Mission**

- To promote academic excellence and applied learning
- To strengthen research orientation and scientific inquiry
- To enhance professional and interpersonal competencies
- To promote mental health awareness and community engagement
- To foster leadership and responsible citizenship

## **MANOKRITI Association Structure (2026–27)**

### **Patron**

**Prof. Dr. Abdul Karim**  
Principal  
KMEA College of Arts and Science

### **Chairman**

**Ms. Merin Stanly**  
Head, Department of Psychology

KMEA College of Arts and Science

### **Faculty Advisor**

**Ms Poojamol Shaji, Asst Professor , KMEA College of Arts and Science**

### **Student Executive Committee**

- President -Ms Ayisha P Harif (III rd Year BSc. Psychology)
- Vice President -Ms Gopika K Gopalakrishnan (III rd Year BSc. Psychology)
- Secretary -Ms Neha Kuriakose (III rd Year BSc. Psychology)
- Joint Secretary -Mr Abul Asim K M (III rd Year BSc. Psychology)
- Treasurer – Ms Thamanna Shamoon Erattuparambil(III rd Year BSc. Psychology)
- Program Coordinators -Ms Hajira Beegum S, Ms Shehana S (II nd Year BSc. Psychology)
- Class Representatives -Ms Afsina T N(III rd Year BSc. Psychology), Ms Hiba Fathima (II nd Year BSc. Psychology)

## **PROPOSED ACTIVITIES (2026–27)**

### **Academic Enrichment and Curriculum Support**

- Orientation and bridge sessions to strengthen conceptual understanding
- Expert lectures by psychologists, counsellors, and academicians
- Workshops connecting theoretical knowledge with real-life applications
- Interactive classroom extensions such as group discussions and seminars

## **Teaching–Learning Enhancement**

- Case-based learning sessions and clinical discussions
- Peer learning initiatives and student-led presentations
- Reflective learning practices to deepen conceptual clarity
- Continuous engagement through academic forums and discussion circles

## **Research, Innovation, and Academic Engagement**

- Structured **Research Methodology Workshops** covering:
  - Research design and data collection
  - Quantitative and qualitative approaches
  - Basic statistical tools and analysis
- Academic writing and referencing sessions (APA format)
- Paper presentation forums and research discussions

## **Skill-Based Professional Training**

- Counselling micro-skills training sessions
- Interviewing and observation techniques
- Introduction to psychological assessment tools
- Case analysis and interpretation exercises
- Workshops on communication, empathy, and emotional intelligence

## **Mental Health Awareness and Outreach**

- Campus-based mental health awareness programs
- Observance of important days:
  - World Mental Health Day
  - Suicide Prevention Awareness
  - Autism Awareness initiatives
- Awareness sessions focusing on well-being, stress management, and resilience

## **Learning Resources and Digital Engagement**

- Use of ICT-enabled teaching tools and presentations
- Exposure to digital resources, psychological tools, and e-learning platforms
- Student presentations using multimedia and research-based content

## **Student Support and Professional Development**

- Career guidance sessions in psychology and allied fields
- Higher education orientation programs
- Mentoring support through faculty interaction
- Confidence-building and leadership development initiatives

## **Leadership and Organizational Development**

- Active student participation in planning and organizing programs
- Opportunities to take up leadership roles within the association
- Development of teamwork, coordination, and event management skills

## **Values, Ethics, and Best Practices**

- Promotion of ethical practices in psychology
- Awareness of confidentiality and professional responsibility
- Gender sensitivity and inclusivity initiatives
- Social responsibility and community-oriented engagement

## **MANOKRITI ACADEMIC INITIATIVES**

### **Manokriti Talks – Expert Lecture Series**

### **Research Circle – Student Research Initiatives**

### **Reflect Forum –Mind Space (Flagship Initiative)**

**MindSpace Reflect Forum** is a core and recurring initiative of Manokriti, conducted every third week of the month. These sessions provide a structured platform for guided reflection, discussion, and the application of psychological concepts in real-life contexts. They focus on thematic discussions of psychological topics, integrating theoretical knowledge with personal and social experiences while ensuring a safe and respectful space for expression and reflection. The sessions address key areas such as emotional awareness and regulation, stress, coping and resilience, self-concept and identity, interpersonal relationships, and mental well-being and mindfulness. Through these engagements, students develop enhanced self-awareness and emotional intelligence, improve communication and reflective thinking skills, apply psychological knowledge in everyday life, and build stronger peer interaction and support systems.

# **STUDENT DEVELOPMENT OUTCOMES**

Participation in Manokriti enables students to:

- Strengthen academic and conceptual understanding
- Develop research and analytical skills
- Gain practical exposure to psychological techniques
- Enhance communication and interpersonal abilities
- Build professional identity and confidence

## **Documentation and Quality Practices**

All activities are systematically documented through:

- Reports and records
- Attendance tracking
- Photographic and digital documentation
- Annual reporting aligned with institutional quality processes

## **Code of Conduct**

Members are expected to:

- Maintain professionalism and ethical standards
- Respect confidentiality and diversity
- Actively participate in academic and outreach activities
- Adhere to institutional rules and guidelines

## **Motto**

**“Shaping Minds, Creating Change”**

## **Academic Significance**

Manokriti serves as a vital platform that connects academic learning with real-world application. It plays an important role in shaping students into competent, reflective, and socially responsible individuals prepared for higher education and professional practice in psychology.

## **Gallery**

*(To be updated with activities and events)*

## Contact

Department of Psychology  
KMEA College of Arts and Science, Kochi

Department email id : psychologydept@kmeaartscollege.ac.in

# Reflect – Mindspace Sessions (2026–27)

## *Monthly Plan (Conducted Every Third Week)*

Month	Theme	Focus Areas	Activity	Expected Outcome
<b>June</b>	Self Awareness & Identity	Self-concept, self-esteem, identity	Self-reflection worksheet	Improved self-awareness
<b>July</b>	Emotions & Regulation	Types of emotions, regulation strategies	Emotion tracking exercise	Emotional awareness and control
<b>August</b>	Stress & Coping	Stress sources, coping styles, resilience	Stress mapping + coping plan	Practical coping strategies
<b>September</b>	Relationships & Communication	Interpersonal skills, active listening	Role play (communication)	Better relationship skills
<b>October</b>	Mental Health Awareness	Mental health, stigma, well-being	Myth vs Fact discussion	Increased awareness
<b>November</b>	Motivation & Goal Setting	Intrinsic/extrinsic motivation, goals	SMART goal setting	Clarity in personal goals
<b>December</b>	Personality & Individual Differences	Traits, temperament	Personality reflection activity	Acceptance of individual differences
<b>January</b>	Thinking & Decision Making	Cognitive processes, biases	Decision-making scenarios	Critical thinking skills
<b>February</b>	Social Media & Mental Health	Digital impact, behaviour	Screen-time reflection	Balanced digital usage
<b>March</b>	Mindfulness & Well-being	Mindfulness, relaxation	Guided mindfulness session	Emotional balance
<b>April</b>	Resilience & Growth	Growth mindset, adaptability	Reflection on challenges	Positive coping and resilience
<b>May</b>	Reflection & Integration	Review and consolidation	Personal reflection sharing	Integrated learning