



**M.O.P. Vaishnav College for Women (Autonomous)**  
**Chennai - 600034**

(Affiliated to University of Madras & Re-accredited at "A++" grade by NAAC)



# B.Sc. Psychology

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# About the Programme

The Psychology Programme, established in 2016, offers a dynamic and interdisciplinary undergraduate program in Psychology. It is designed to provide students with a strong theoretical foundation and practical experience in the field. The curriculum integrates core psychological principles with applied learning, enabling students to understand human behavior, mental processes, and social interactions.

Through research-driven teaching methodologies, experiential learning, and industry collaborations, the program equips students with essential skills in psychological assessment, counseling techniques, and behavioral analysis. With a focus on employability, entrepreneurship, and skill development, the department prepares students for diverse career paths in mental health, corporate sectors, education, and research.

## Programme Objectives

To be a center of excellence in psychology education, fostering knowledge, research, and application to enhance personal growth, mental well-being, and societal progress.

- To provide a comprehensive curriculum that blends theoretical knowledge with hands-on training.
- To encourage critical thinking, analytical skills, and ethical awareness in psychological practice.
- To integrate internships, fieldwork, and research exposure for holistic learning.
- To promote community engagement and service-learning, instilling a sense of social responsibility.
- To support students in career advancement, higher education, and entrepreneurial ventures in psychology.

## Eligibility Criteria

**Candidates from any stream who have completed 10+2 can apply, with preference given to those with Psychology or Biology.**

# Course Overview & Skill-Based Certification

## SKILL DEVELOPMENT

INTRODUCTION TO PSYCHOLOGY

INTRODUCTION TO  
COGNITIVE PSYCHOLOGY

BIOLOGICAL PSYCHOLOGY

INTRODUCTION TO  
CYBERPSYCHOLOGY

ABNORMAL PSYCHOLOGY

SOCIAL PSYCHOLOGY

POSITIVE PSYCHOLOGY

## EMPLOYABILITY

DEVELOPMENT PSYCHOLOGY

STATISTICAL METHODS

HEALTH PSYCHOLOGY

RESEARCH METHODS

PROJECT SURVEY - RESEARCH

## ENTRENEURSHIP SKILL DEVELOPMENT

EXPERIMENTAL PSYCHOLOGY

PSYCHOLOGICAL TESTING

HUMAN RESOURCES MANAGEMENT

COUNSELLING PSYCHOLOGY

ORGANIZATIONAL PSYCHOLOGY

## Professional Certifications Offered

To enhance employability and specialized skill development, the programme offers professional certifications in collaboration with industry leaders and academic institutions. These certifications equip students with industry-relevant skills, boosting their professional profiles.

1

**Brief Psychotherapies –  
Explore Counselling**

2

**Psychosocial Rehabilitation - SCARF**

3

**Learning Disabilities -  
Madras Dyslexia Association**

4

**Community Mental Health -  
M.S.Chellamuthu Trust & Research Foundation**



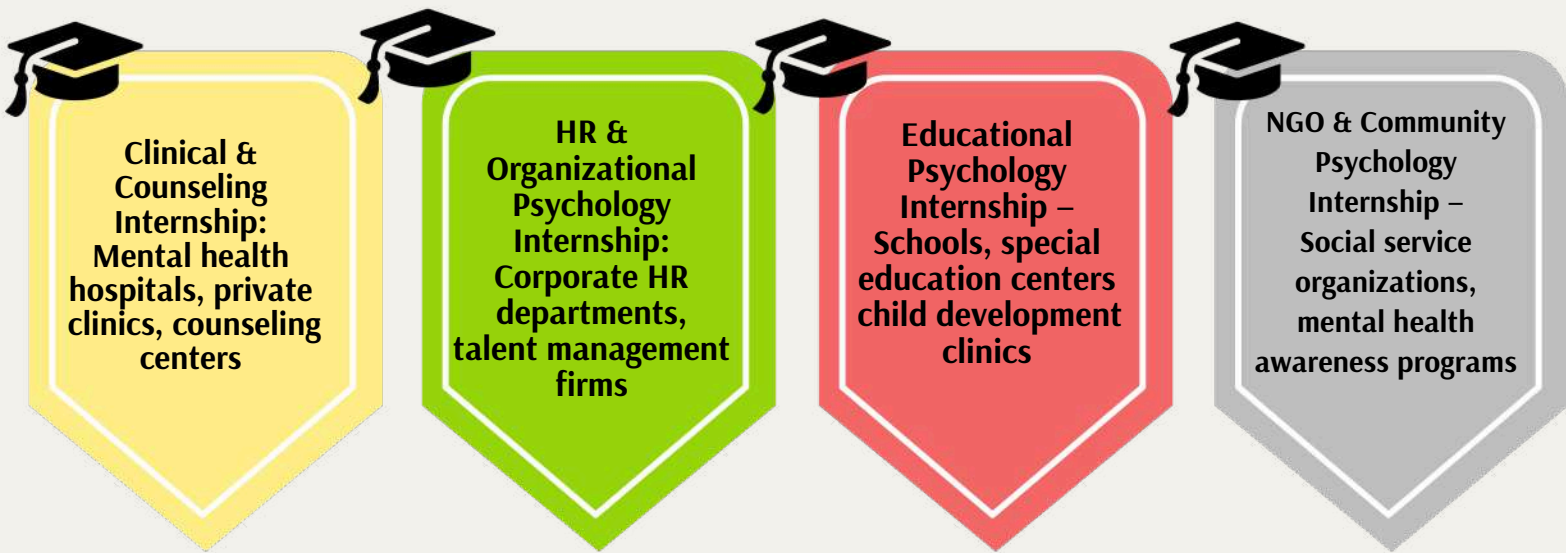
Certificate course on “Brief Psychotherapies”



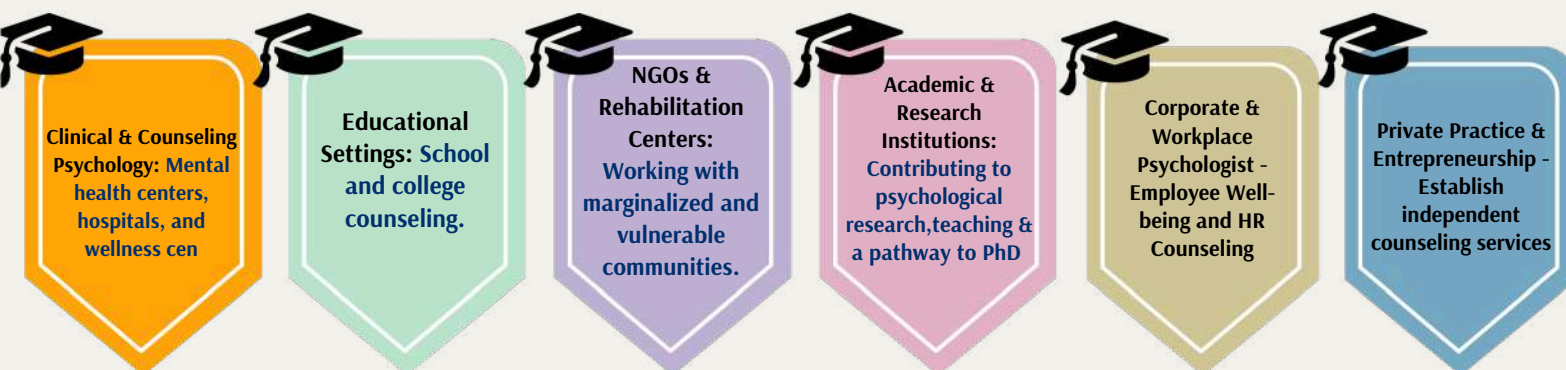
Certificate course on “Psychosocial Rehabilitation”

# Internship Opportunities

Students undertake mandatory internships in various sectors, gaining practical experience and professional skills.



## Career Prospects

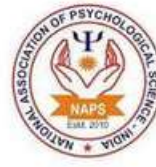


## Capstone Project / Research Dissertation

In Semester 6, students complete a research-based dissertation under faculty guidance, applying their knowledge to real-world psychological studies.

Progression to Student Placements  
Higher Education

Significant Collaborations



# Activities of the Programme

## Conference Presentations & Publications

Students are encouraged to engage in academic writing, research presentations, and paper publications to develop a strong research profile.

## Psychology Student Club – Chinmay Club



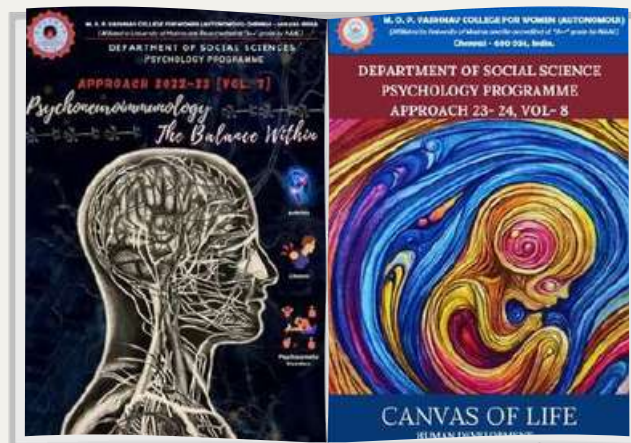
Organizes awareness campaigns, psychology fests, and mental health drives

Hosts guest lectures & panel discussions with psychologists and industry experts

Conducts peer counseling & community outreach programs

## Student-Led Journal – Approach

Annual Psychology Journal featuring student research papers, case studies, and reviews  
Encourages collaborative research between students and faculty



## Leadership & Outreach Initiatives

- ✓ Student-Led Mental Health services like Providing peer counseling & emotional support
- ✓ Community Service and Volunteering in mental health awareness programs
- ✓ Psychology Quiz & Debate Competitions encouraging academic engagement

# Highlights of the Programme

Industry-Oriented Curriculum – Designed to align with current psychological research and career opportunities.

Hands-on Training & Internships – Exposure to clinical settings, corporate HR, NGOs, and counseling centers.

Skill-Based Learning – Courses in psychometric testing, counseling techniques, and cognitive science.

Focus on Employability & Entrepreneurship – Encouraging students to build careers in mental health, HR, and wellness industries.

International & National Collaborations – Research partnerships and student exchange programs with leading institutions.

Expert Faculty & Guest Lectures – Learning from experienced academicians and industry professionals.

Psychology Research & Innovation Hub – Encouraging students to conduct studies and present at national and international conferences.



**Nivetha Srinath**  
Batch 2019 - 2022  
HR Talent Acquisition Specialist,  
ABB India

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MOP Vaishnav's Psychology Department shaped me with professional teaching, diverse exposure, and invaluable experiences, fostering both personal and professional growth.



**Kiruthika**  
Batch 2019 - 2022  
Clinical and Counselling Psychologist,  
MIOT International Hospital

”

"I am grateful for exceptional education, expert guidance, and career support from highly qualified professors, shaping my skills and securing my future."



**Sadhika Viswanathan**  
Batch 2019 - 2022  
Product Manager,  
Footprint Holidays Pvt Ltd

”

MOP Vaishnav's Psychology Department empowers young women with expert, empathetic guidance, inspiring them to excel in unconventional paths and personal growth.

## Facilities & Infrastructure

The programme offers state-of-the-art facilities to enhance academic and practical learning:

Psychology Laboratory – Equipped with psychometric tools, and cognitive testing materials.

Research & Data Analysis Lab – Access to software like SPSS

Library & Digital Resources – A vast collection of books, journals, and online databases for psychology research.

Collaboration with Hospitals & Corporate Firms – Offering field training, case studies, and internship opportunities.

Community Outreach Initiatives – Engagement in mental health awareness programs, school counseling, and social work projects.

# Community Linkage Projects & Workshops

The programme actively engages in social outreach and community psychology projects, encouraging students to apply their learning in real-world settings.

## Key Community Initiatives

- ✓ Mental Health Awareness Campaigns – Conducting workshops on stress management and emotional well-being in schools and colleges.
- ✓ School Counseling & Special Education Programs – Supporting children with learning disabilities through psychological assessments and interventions.
- ✓ Suicide Prevention & Crisis Intervention Programs – Collaborating with mental health NGOs to provide community support services.
- ✓ Senior Citizen Wellness– Assisting elderly individuals with memory enhancement activities and emotional support.
- ✓ Rural Mental Health Projects – Partnering with government agencies to provide mental health services in underserved areas.



## Workshops

The programme conducts workshops focusing on practical applications in psychology.

- 🎯 Stress Management & Emotional Intelligence – Techniques for self-regulation and interpersonal effectiveness.
- 🎯 Art Therapy & Expressive Arts in Mental Health – Exploring creative therapeutic interventions.
- 🎯 Psychometric Testing & Behavioral Assessments – Hands-on experience with standardized tests used in clinical and HR settings.
- 🎯 Sports Psychology & Peak Performance Training – Understanding mental conditioning for athletes and performers.
- 🎯 Cyber psychology & Digital Well-being – Studying the impact of digital media on mental health and behavior.
- 🎯 Forensic Psychology & Criminal Profiling – Basics of criminal psychology and investigative techniques.



# Faculty Profile

Our distinguished faculty members bring academic expertise, research experience, and industry knowledge to provide students with a holistic learning experience. Each faculty member specializes in various fields of psychology, ensuring a well-rounded education.

Name of the Faculty	Designation	Qualification	Years of Experience	Area of Specialization
Ms. Ghayathri Swetha Kumari R A	Assistant Professor & Head	M.Sc. Applied Psychology TNSLET (2011)	15	Counselling, Psychotherapy & Research
Dr. R. Vatsala Mirnaalini	Assistant Professor	Ph. D. Counselling Psychology TNSET (2017)	8	Counselling Psychology & Special Education
Ms. Kaveri	Assistant Professor	M.Sc. Psychology UGC - NET (2019)	5	Counselling Psychology
Ms. Rajashree S	Assistant Professor	M.Sc. Counselling Psychology UGC - NET (2024)	4	Queer-Affirmative Counselling, Psychotherapy and Training
Ms. Kaviya Ramesh	Assistant Professor	M.Sc. Counselling Psychology UGC - NET (2024)	4	Counselling and Therapy, Training and Development
Ms. Maanasa Balaji	Assistant Professor	M.Sc. Applied Psychology UGC - NET (2024)	1	Counselling and Psychotherapy

## Research & Publications

The programme is committed to research-driven education, encouraging faculty and students to engage in empirical studies, interdisciplinary projects, and scholarly publications.

Faculty Publications - 35 +

Conferences/ Seminars/ Symposiums organized - 10 +

Workshops organized - 20 +

## Events Gallery



Honorable MP Thiru. Dayanidhi Maran at the inauguration of WMHD '24



Students at the Psychological Science Congress Conference at Chaudhary Charan Singh University, Meerut, U.P for paper presentation



Theatrical production of the play "Taint" by students.



National Symposium on "Brain & Behaviour" in collaboration with CPSI



Seminar on "Cognitive Neuroimaging and Data Science" in collaboration with Si- UK



Field Visit to Trishul De-addiction Centre, Madurai



**Redefine your path,  
Impact lives,  
and gain a Global  
perspective!**

## How to Apply ?

**Our admissions process is competitive and open to students worldwide. We welcome applicants who are curious, compassionate, and driven to make a difference**

### Contact Us:

**M.O.P. VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)**



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with an International Standard  
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