

Welcome NAAC PEER TEAM

Department of Psychology

Karim City College
Sakchi, Jamshedpur

Content



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About the Department

Establishment of UG Department: 1964


Establishment of PG Department: 2015



The department of Psychology Karim City College is actively engaged in various academic activities as well as providing counselling and guidance to the students since its establishment. The department had organized UGC National conference in 2012. The faculty members of are engaged in research activities besides their teaching assignments. Every moth department organizes seminars for the students. A Large number of students participates and present their paper. The department of Psychology also conducts workshop related to personality development, skill development, decision making abilities, brain storming session etc. This department also design and conducts training programs for entrepreneurs.

P.G. Laboratory Department of Psychology




PG Department Of Psychology
Karim City College, Jamshedpur
University Topper List (PG)

S.No	Name	Uni. Roll No.	Session	Rank In University
01	NISHAT PERWEEN	171606323858	2016-2018	Gold medalist
02	SADAF FARHEEN	181606349687	2017-2019	Gold medalist
03	AKANSHA SINGH	201606304487	2019-2021	Gold medalist
04	VIVEK KUMAR	211606322186	2020-2022	Gold medalist
05	SANA PERWEEN	221606328380	2020-23	Gold Medalist
06				
07				
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09				
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U.G. Laboratory Department of Psychology



Conti..



Classroom Teaching



Practical class

Classroom Teaching



Classroom Teaching



Shot on OnePlus
Powered by Quad Camera

1/25/25
12:30 PM



GPS Map Camera

Jamshedpur, Jharkhand, India
Shop no. 6, Karim Cinema Building, Sakchi, Ambagan, Sakchi, Jamshedpur, Jharkhand
India
Lat 22.801157°
Long 86.199241°
29/05/24 01:03 PM GMT +05:30

Departmental Seminar

Google



GPS Map Camera

Jamshedpur, Jharkhand, India
R52X+99C, Ambagan, Sakchi, Jamshedpur, Jharkhand 831001, India
Lat 22.801156°
Long 86.198564°
29/05/24 01:08 PM GMT +05:30

Departmental seminar

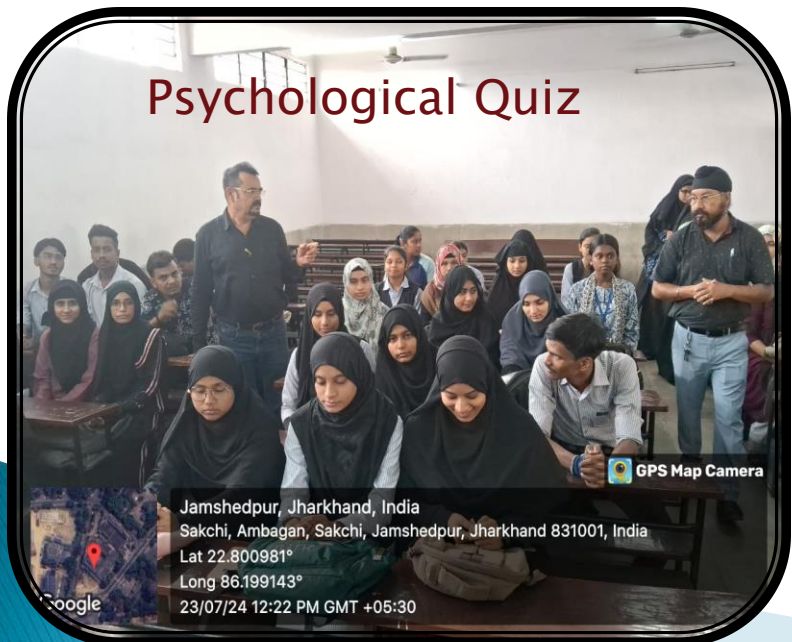
Google



Psychological Testing



Internal exam



Psychological Quiz



Classroom Teaching

Courses offered by Department

- B.A Programme
- M.A Programme



MISSION OF THE DEPARTMENT

The Mission of the Psychology Department, Karim City College is dedicated to empowering individuals and enriching communities through the transformative power of psychological knowledge and practice. We aim to achieve this through:

- 1. Fostering Critical Thinking and Knowledge:**
- 2. Cultivating Ethical and Compassionate Practitioners:**
- 3. Embracing Diversity and Inclusivity:**
- 4. Serving the Community:**
- 5. Advancing Knowledge and Innovation:**



The Psychology Department at Karim City College strives to be a catalyst for positive change, preparing students to become responsible, compassionate, and impactful members of society. We believe in the power of psychology to illuminate the human experience, foster understanding, and promote a more just and equitable world

Vision of the Department

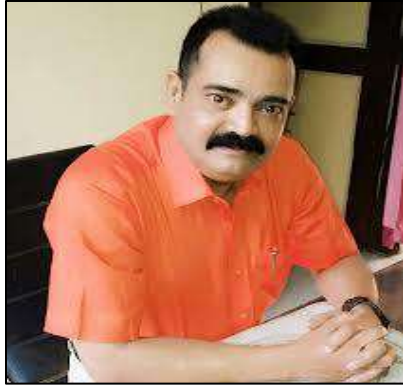
The Psychology Department at Karim City College aspires to be a beacon of excellence in Psychological education and research, fostering a dynamic and inclusive community that prepares students for a diverse range of careers and impactful contributions to society. Our vision encompasses the following key pillars:

- A. **Academic Excellence**
- B. **Applied Learning**
- C. **Community Engagement**
- D. **Innovation and Research**
- E. **Counselling and Guidance**



Through our commitment to these core values, the Psychology Department at Karim City College will shape future generations of Psychologists who are ethically driven, intellectually curious, and equipped to make a meaningful difference in the world.

FACULTY MEMBERS



Dr. Md. Firoz Ibrahimi (HOD)



Dr. Zaki Akhtar



Dr. Udham Singh

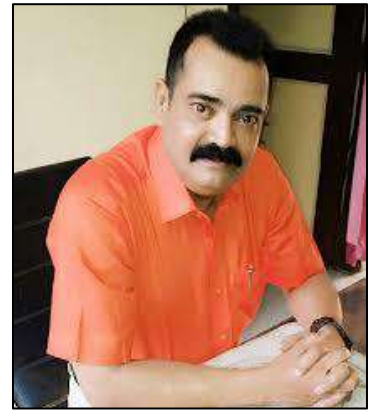


Dr. Satyavrata Panda



Faizuddin
(Lab In charge)

Dr. MD.Firoz Ibarihimi
Ph.D Psychology
Head, PG Department of
Psychology



- **Date of Joining : 21st December 1993**
- **Paper presented in National/ international journals: 18**
- **Paper published: 16**
- **Guided Ph.D Scholars: 02**

Other Academic/Administrative Responsibilities

- As a member of Editorial Board of Bihar Research Review, Patna, Bihar.
- Jharkhand academic council, Ranchi appointed me as a co coordinator to inspect two colleges: Patamda college, Jalla & Kabir women's College, Jamshedpur for the permanent affiliation.
- Member of board of studies constituted for U.G and P.G Psychology Syllabus of Kolhan University, Chaibasa. (on 22 June 2012)
- Member of Kolhan University, Chaibasa Sports Control Board and Selector of Kolhan University Cricket Team.
- Co-coordinator of Sports council board Kolhan University, Kolhan University, Chaibasa.
- Sports in charge of kolhan Univbersity sports Team

Other Academic/Administrative Responsibilities

1. **Appointed as a question setter of UG and PG Several times of Kolhan University, Chaibasa and others University till now.**
2. **The governing body of Karim City College had nominated as a member of interview board for the appointment of assistance professor in Department of Psychology.**
3. **In charge of Sports Department since 1998 to till now.**
4. **I was honored by the trustee of Karim's Trust for the recognition and appreciation of his extraordinary services as sports in-charge of Karim City College.**
5. **In charge of NSS Department since 29-09-2002 to 2008.**
6. **Member of Department of Discipline Committee since 1996 to till now.**
7. **Ph. D thesis Examiner of Magadh University Several times.**
8. **As a Team Manager of Kolhan University of different Sports.**
9. **Vice- Chancellor of Kolhan University, Cahaibasa honor me as a sports Incharge Participating in Chancellor's Trophy, Org by Kolhan University, Chaibasa on 09-11 march 2016 at JRD Sports complex. JSR.**
10. **IPA Presidents Goldmedal Awarded me on the occasion of National seminar org. by department of Psychology D.A.V. Post Graduate College, Patna Bihar on 20th & 21st April 2018.**

Other Academic/Administrative Responsibilities

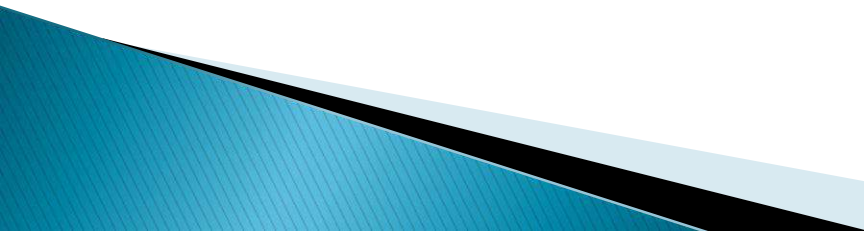
- **Appointed as Controller of Exam at Karim City College from Feb. 2021 to 2024 Feb.**
- **Worked as Coordinator for U.G 6th Semester Evaluation Work at Karim City College.**
- **As a Resource Person at Academic staff college, Ranchi: Topic- Research Methodology in Social Science on 16.07.2022 at 02:00 pm to 3:30 pm.**
- **Nomination as a member of Board of studies of the development of Psychology at Jamshedpur Women's University on 22.03.2023.**
- **As a Resource Person at UGC, Malaviya mission teacher training centre (MMTTC) Ranchi University, Ranchi: Topic- Lecture as Resources person to the Inter/Multidisciplinary refresher Course in Women Studies and Gender Sensitization on 20.11.2024 online mode from (19.11.2024 to 02.12.2024).**

Dr. Zaki Akhtar
Ph.D. in Psychology
Assistant Professor
Professor In-charge PGDGC




- ▶ Dr. Zaki Akhtar Joined this college in the year 2nd January 2002.
- ▶ Awarded Ph.D Degree from Aligarh Muslim University, Aligarh.
- ▶ 10 Ph.D. scholars as research guide.
- ▶ Completed a minor UGC research project.
- ▶ Presented papers in more than 30 national and international seminars and conferences.
- ▶ More than 40 research articles are published in national and international journals.
- ▶ Three books are to his credits.
- ▶ Constructed and standardized three psychological scales.

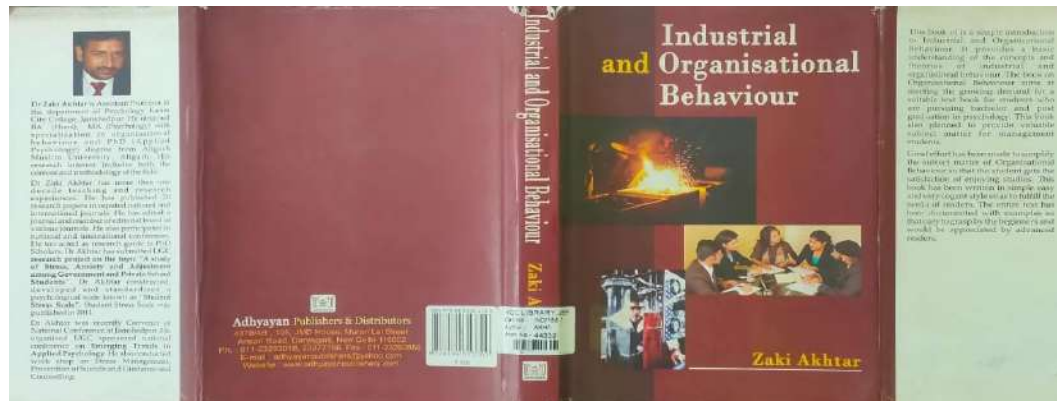
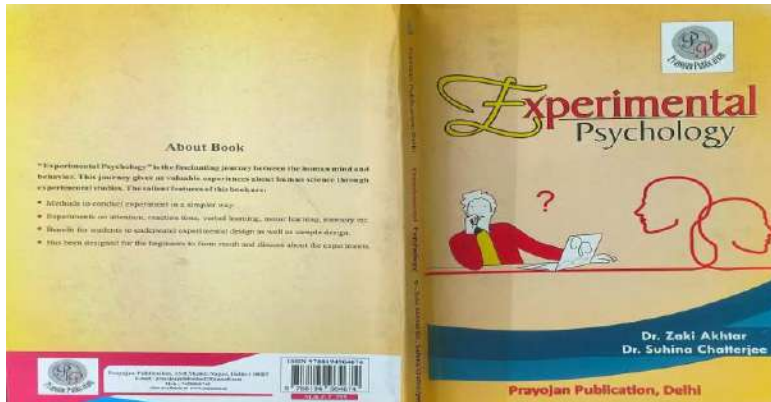
Other Responsibilities

- ✓ Prof-In charge Post Graduate Diploma in Guidance and Counselling (PGDGC).
 - ✓ Chief coordinator of Research Council Karim City College.
 - ✓ Senior coordinator of Career Planning and Guidance cell, Karim City College.
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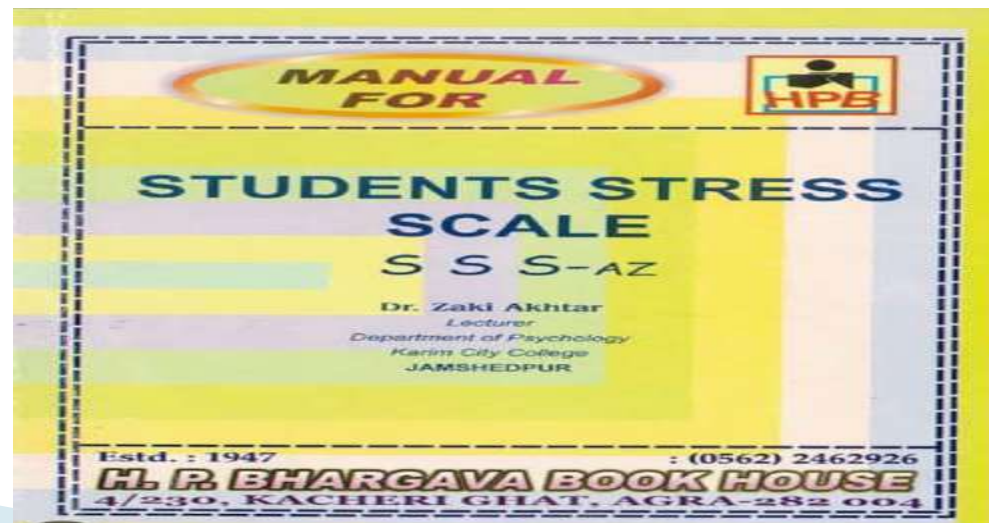
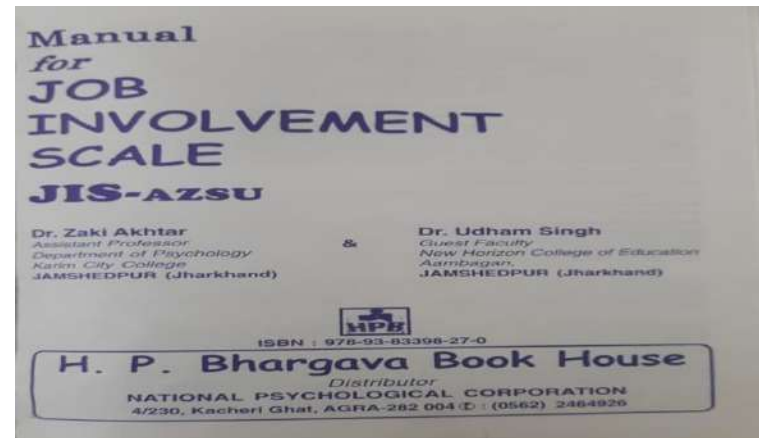
Book Published by the Faculties

- **“Industrial and organizational behaviour”** by Dr. Zaki Akhtar, Adhyan Publicaton, New Delhi.
 - **“Experimental Psychology”** by Dr. Zaki Akhtar, Prayojan Publication, New Delhi.
 - **“Stress and Anxiety”** by Dr. Zaki Akhtar, Institution of Social Development and Research.
 - **“Research Methodology”** by Dr.Zaki Akhtar, Prayojan Publication, New Delhi.
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Book Published by Dr. Zaki Akhtar



Psychological Scales Published by Faculties



Dr. Udham Singh
Assistant Professor
Department of Psychology



- Date of Joining : 4.3.2022
- Paper presented in National/ international journals: 12
- Scales Published: 3
- Other responsibilities:
 - I. Moderator of Rotaract club , Karim City College from (04-03-2023)
 - II. Assistant Nodal officer to look after CII YUVA activities (14.05.2022).
 - III. College Waste management committee member (23.08.2024)

Dr. Satyavrata Panda

M.A., M.Phil., Ph.D.,

PGDGC, B.Ed.

Assistant Professor



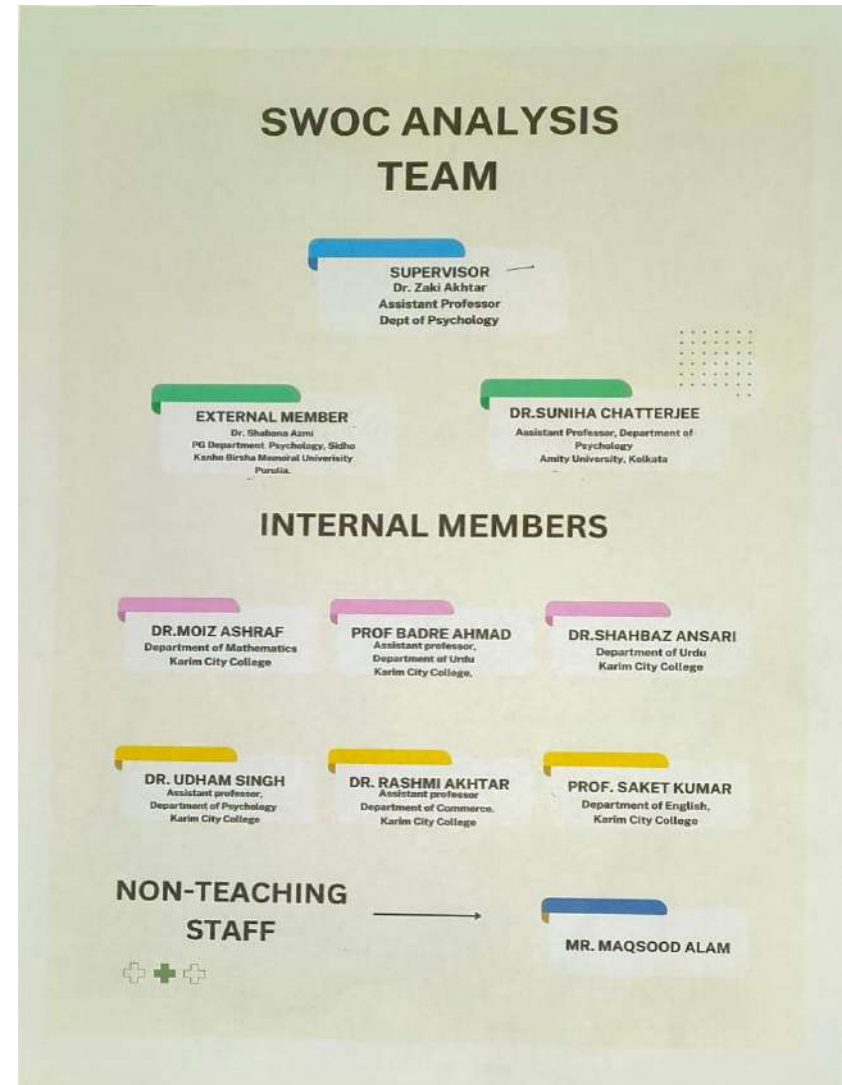
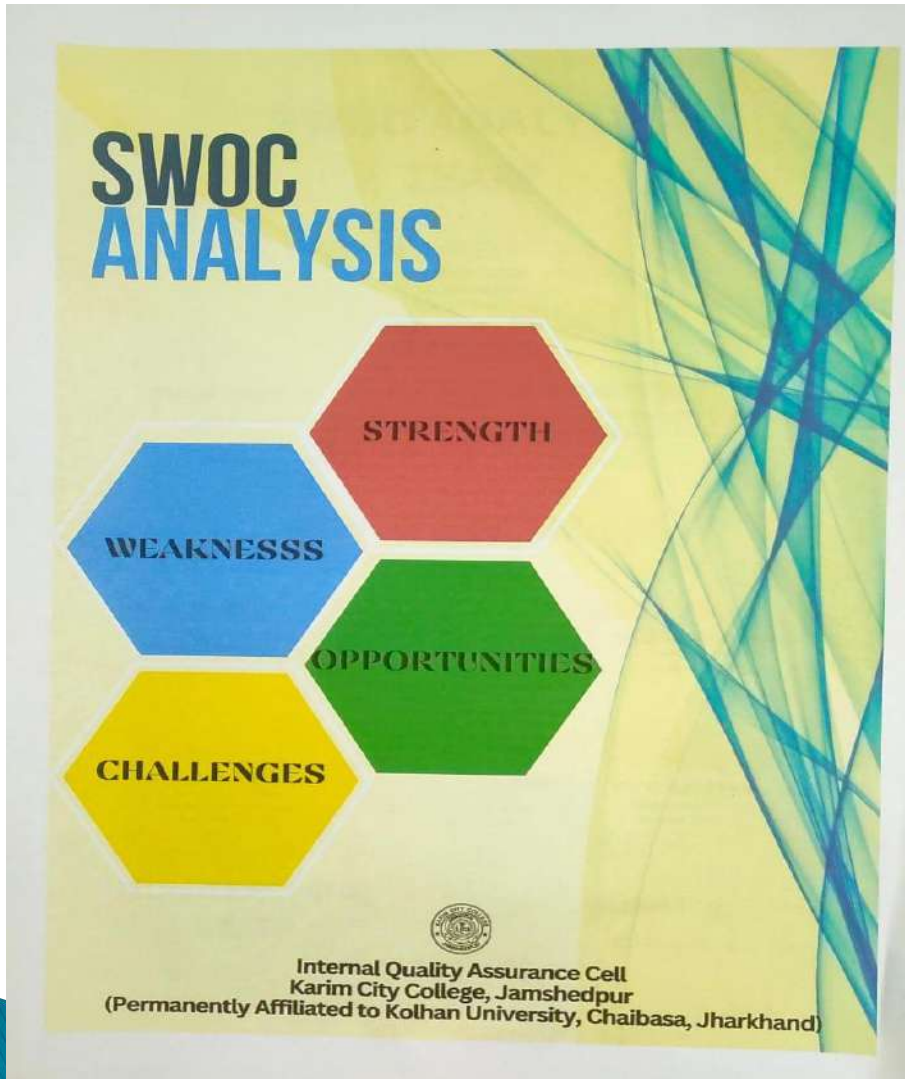
- ❖ Dr. Satyavrata Panda joined department in 02-04-2022 as Assistant Professor.
- ❖ Gold Medallist in M.Phil.
- ❖ Ph.D degree from Ravenshaw University, 2019 (NAAC A⁺⁺), Odisha.
- ❖ Co-authored of a book.
- ❖ Eight research articles are published in national and international journals.
- ❖ **Areas of Specialization** Guidance and Counselling / Human Resource Psychology
- ❖ **Areas of Interest** Teaching & Counselling.

Best Practices

- I. Peer Tutoring
- II. Using ICT tools in class
- III. Group Assignments
- IV. Online class
- V. MOCK test
- VI. Extra Class for doubt clearance



SWOC Analysis Team



SWOC (Department of Psychology)

Strength

- Well qualified Faculties
- Updated library
- Well equipped and update Laboratory
- Remedial class
- Monthly tests
- Flipped class rooms
- Diversity management

Weakness

Admission through chancellor portal
Late University Examinations.

Opportunities

- ❑ Collaboration with other departments
- ❑ Run short term courses to benefit students
- ❑ Providing Paid consultancy services

Challenges

- Falling down of student enrollment
- Opening of private universities
- Aggressive marketing of Private Universities

Slow & Advance Learner's Process

CHARACTERISTICS

- Identification of slow learner (Methodology)
- Departmental Test
- Internal Exam
- Personal Interview

Cognitive Abilities

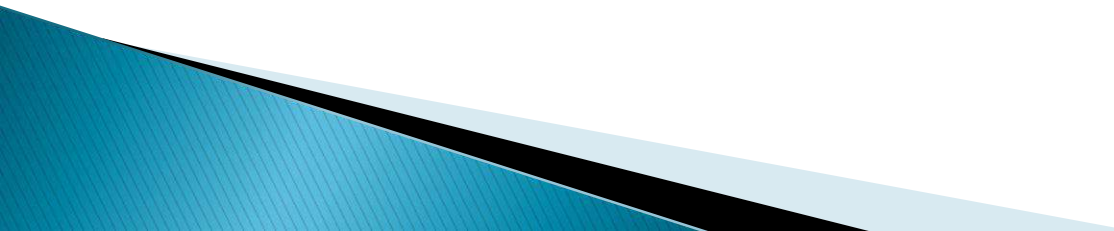
- ❖ Low level of IQ
- ❖ Lack of abstract thinking
- ❖ Difficulty in language
- ❖ Social & Emotional indicators
- ❖ Low level of EQ
- ❖ Frustration with challenging task

Behavioural Traits

- Lack of Attention
- Difficulty in retention
- Low self confidence & Self Esteem

Slow & Advance Learner's Process

METHODS

- Observation
 - Monitoring Academic Progress
 - Diagnostic Assessment
 - Stress
 - Anxiety
 - Cognitive Ability
 - Feedback
 - Input from parents, Peers & Counsellors
- 

Strategies

STRATEGIES

- ❖ Identification learning plan (Strengths & Weakness)
- ❖ Remedial Classes
- ❖ Mentoring
- ❖ Interactive Teaching Methods
- ❖ Regular Feedback & Motivation



Advance Learner's Process

ADVANCE LEARNERS

- ❑ COGNITIVE ABILITIES
- ❑ Deep Understanding
- ❑ Critical Thinking
- ❑ Problem-Solving
- ❑ Meta-Cognition

LEARNING STRATEGIES

- ❖ Self-Directed Learning
- ❖ Active Learning
- ❖ Reflective Learning
- ❖ Interdisciplinary Connections

BEHAVIORAL TRAITS

- ✓ Intellectual Curiosity
- ✓ Resilience
- ✓ Self-Motivation
- ✓ Time Management

✓

EMOTIONAL INTELLIGENCE

Self-Awareness
Empathy
Emotional Regulation
Adaptability

COMMUNICATION SKILLS

Articulate Expression
Effective Listening
Presentations
Writing Skills

OTHER INDICATORS

Leadership
Innovative Thinking
Continuous Learning

Using Information communication Technology Tools



University Toppers (M.A.)

Our one PG student SANA PERWEEN is the University PG Topper of Kolhan University in M.A Psychology Result declared in (September 2023)



University Toppers (M.A.)

1. Our one student **VIVEK KUMAR** is the University PG Topper of Kolhan University in Psychology Result declared in (DECEMBER 2022)



University Toppers of (M.A.)

- ▶ **Our one student AKANSHA SINGH is the University PG Topper of Kolhan University in Psychology Result declared in (NOVEMBER 2021)**



University Toppers of (M.A.)

- ▶ **SADAF AFREEN is the University PG topper of Kolhan University in Psychology Result declared in (NOVEMBER 2019)**

University Toppers of (M.A.)

- ▶ **Our one student NISHAT PERWEEN is the University PG topper of Kolhan University in Psychology Result declared in (MARCH 2018)**

University Toppers in (B.A.)

- ▶ **AKANSHA SINGH** is the University UG topper of Kolhan University in B.A Psychology (March 2019).



University Toppers of (B.A.)

- ▶ **DEWKI Singh is the University UG topper of Kolhan University in Psychology (May 2017).**



RESULTS OF UG PSYCHOLOGY HONS. FROM 2018 TO 2023

Year	Appeared	Passed	1 st Class	1 st class with Dist.	2 nd class	Pass Percentage
2018	30	27	14	4	13	90.00
2019	37	34	23	6	11	91.89
2020	20	18	17	4	01	90.00
2021	23	20	15	3	02	86.96
2022	22	21	18	1	02	95.45
2023	06	06	05	1	00	90.00

RESULTS OF PG PSYCHOLOGY FROM 2018 TO 2023

Year	Appeared	Passed	1 st class	1 st class With distinction	2 nd class	Pass Percentage
2018	17	17	17	07	0	100
2019	21	21	21	12	0	100
2020	18	17	17	09	0	94.44
2021	19	19	19	11	0	100
2022	20	20	20	09	0	100
2023	07	07	07	03	0	100

Attainment of Outcomes



MANUAL

Attainment of Course Outcomes and Program Outcomes

Outcome- Based Education (OBE) is a student-centric teaching methodology in which the course delivery, assessment, and evaluation are planned to achieve stated objectives and outcomes. It focuses on measuring student performance.

Program Outcomes (PO): Program outcomes are statements that describe the knowledge, skills and graduate attributes, which students should acquire at the time of their graduation. It focuses on measuring the students' performance holistically. The program outcome attainment focuses on curriculum, co-curricular, and extra-curricular activities in the teaching-learning process.

Program Specific Outcomes (PSO): PSO's are outcome statements that are specific to the graduate attributes. It describes the specific skills a graduate will own after completing their respective program.

Course Outcomes (CO): COs are statements that describe the knowledge the student would acquire at the end of each course. After extensive discussions at the department level, the COs are drafted by the individual faculty and mapped with the POs.

CO-PO Attainment Process

1. Defining Course Outcomes and Setting Target Levels for Attainment of Course Outcomes by the respective departments:

The course outcomes are the statements that describe knowledge and ability acquired by the student at the end of each course. The focus is on the attainment of skills rather than mere content. After discussion at the department level, the COs are framed and defined course-wise by individual faculty/subject coordinators, and also, the target level is set for attainment. The following method was also adopted to obtain the target average score for the course;

Attainment of Outcomes



$$\text{Target Average Score} = \frac{\text{Sum of Grand total of all students}}{\text{Total No. of students}} \dots \dots \dots (\text{Equation} - 1)$$

$$\text{Percentage of Target Average Score} = \frac{\text{Result of Equation} - 1}{\text{Total Assigned Marks}} \times 100$$

2. **CO Attainment Methodology:** The following method is adopted to calculate the average CO attainment of each course:

$$\text{CO Attainment} = \frac{\text{No. of students scoring more than the class average}}{\text{Total No. of students}} \times 100$$

CO attainment levels:

Level-1: <50% of students scored more than the class average (Low).

Level 2: >50% - <60% of students scored more than the class average (Medium).

Level 3: >60% of students scored above the class average (High).

E.g., If Level 2 is selected as a target, it indicates that between 50% and 60% of the students score more than the class average in that particular course.

3. **Defining and Set Target Level for Attainment of Program Outcomes:**

The PO attainment target level is set (at Level 4) by the faculty in charge in consultation with the department heads. It implies that the department is aiming at minimum level-4 (Very Good) in the performance of the graduates under each program. The POs attainment are defined/set and stated as below:

PO Attainment Level:

Level-1: >0.5 and <1.0 (Poor)

Level-2: >1.0 and <1.5 (Average)

Level-3: >1.5 and <2.0 (Good)

Level-4: >2.0 and <2.5 (Very Good)

Attainment of the outcomes (U.G)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
B.A (Hons.) Programs
Batch: 2016-19

	Subject	Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcomes	Economics	46	49.66	20	43.48	1
	History	71	52.40	43	60.56	3
	Geography	80	56.20	58	72.50	3
	Political Science	52	52.63	28	53.85	2
	Psychology	51	59.28	25	49.02	1
Program Outcome of Social Sciences: Very Good (Level – 4)						2

Attainment of outcome (M.A)



Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
M.A Programs
Batch: 2017-19

Subject		Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcome	Psychology	21	59.49	10	47.62	1
Program Outcome of Social Sciences: Average (Level – 2)						1

Attainment of the outcome (U.G.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
B.A (Hons.) Programs
Batch: 2018-21

	Subject	Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcomes	Economics	64	64.67	25	39.06	1
	History	62	67.37	42	67.74	3
	Geography	46	67.60	30	65.22	3
	Political Science	74	65.51	48	64.86	3
	Psychology	32	67.69	13	40.63	1
Program Outcome of Social Sciences: Very Good (Level – 4)						2.2

Attainment of the outcome (U.G.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
M.A Programs
Batch: 2018-20

Subject		Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcome	Psychology	18	56.678	8	44.44	1
Program Outcome of Social Sciences: Average (Level – 2)						1

Attainment of the outcome (U.G.)



Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
M.A Programs
Batch: 2019-21

Subject		Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcome	Psychology	19	63.15	19	100.00	3
Program Outcome of Social Sciences: Excellent (Level – 5)						3

Attainment of the outcome (U.G.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
B.A (Hons.) Programs
Batch: 2019-22

Subject		Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcomes	Economics	46	62.37	34	73.91	3
	History	61	71.77	42	68.85	3
	Geography	45	69.86	29	64.44	3
	Political Science	71	68.37	49	69.01	3
	Psychology	22	68.63	11	50.00	2
Program Outcome of Social Sciences: Excellent (Level – 5)						2.8

Attainment of the outcome (P.G.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
M.A Programs
Batch: 2020-22

Subject		Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcome	Psychology	20	75.45	12	60.00	3
Program Outcome of Social Sciences: Excellent (Level – 5)						3

Attainment of the outcome (U.G.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
B.A (Hons.) Programs
Batch: 2020-23

	Subject	Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcomes	Economics	53	66.75	25	47.17	1
	History	50	70.28	31	62.00	3
	Geography	56	67.72	43	76.79	3
	Political Science	69	65.91	49	71.01	3
	Psychology	6	68.09	3	50.00	2
Program Outcome of Social Sciences: Very Good (Level – 4)						2.4

Attainment of the outcome (M.A.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
M.A Programs
Batch: 2021-23

Subject		Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcome	Psychology	7	75.30	3	42.86	1
Program Outcome of Social Sciences: Average (Level – 2)						1

Attainment of the outcome (U.G.)

Faculty of Social Sciences
Attainment of Course Outcomes and Program Outcomes
B.A (Hons.) Programs
Batch: 2017-20

	Subject	Total No. of students Appeared in Exam	Target Average Score (%)	No. of Students scoring more than average percentage	Percentage of Total Students scored more than average percentage	Attainment Levels
Course Outcomes	Economics	21	65.83	11	52.38	2
	History	58	62.93	36	62.07	3
	Geography	51	66.57	33	64.71	3
	Political Science	52	68.37	36	69.23	3
	Psychology	20	64.87	11	55.00	2
Program Outcome of Social Sciences: Excellent (Level – 5)						2.6

COUNSELLING CAMP

THE DEPARTMENT OF PSYCHOLOGY



Counselling Camp at BBA Department



Psychometric Lab



One Day Orientation Visit to RINPAS, Ranchi

करीम सिटी कॉलेज के विद्यार्थियों का एक दिवसीय ओरिएंटेशन विजिट



GPS Map Camera

Jamshedpur, Jharkhand, India
Shop No. 6, Karim Cinema Building, Sakchi, Ambagan, Sakchi,
Jamshedpur, Jharkhand 831001, India
Lat 22.801323° Long 86.199495°
11/01/25 01:50 p. m. GMT +05:30

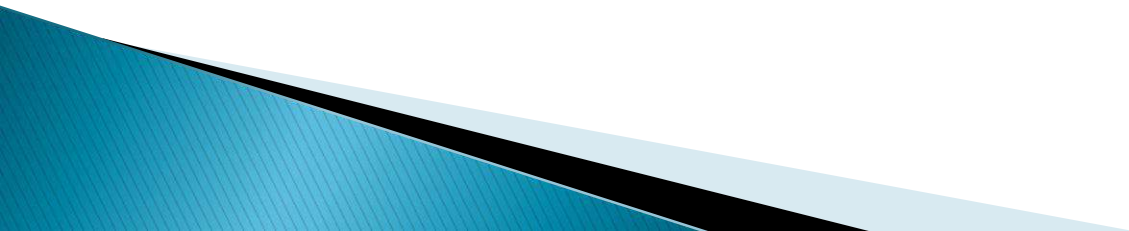


प्रभात मंत्र संवाददाता
जमशेदपुर : करीम सिटी कॉलेज, साकची, जमशेदपुर के गाइडेंस एंड काउंसलिंग विभाग द्वारा पीजीडीजीसी के छात्र-छात्राओं का रिनपास रांची का ओरिएंटेशन विजिट कराया गया। यह विजिट गाइडेंस एंड काउंसलिंग विभाग के प्रोफेसर इंचाजं डॉ. जकी अख्तर के निर्देशन में संपन्न हुआ। इस विजिट में 42 छात्र-छात्राओं ने भाग लिया, जहां उन्हें अलग-अलग वार्ड में जाकर मानसिक रोगों से ग्रस्त मरीजों को देखने तथा उनकी समस्याओं को समझने का अवसर मिला। वहां उन्होंने ऑक्यूपेशनल

थेरेपी और रिहैबिलिटेशन सेंटर का निरीक्षण भी किया और समझा कि किस प्रकार मरीजों के अच्छे हो जाने के पश्चात उन्हें रोजगार के अवसर प्राप्त कराए जा सकते हैं। डॉ. जकी अख्तर ने अपने विद्यार्थियों को विभिन्न प्रकार के मरीजों से अलग-अलग आमना

सामना कराया जिससे विद्यार्थी बहुत प्रभावित हुए। इस तरह का निरीक्षण का मौका उनके लिए पहला था। इस विजिट में मनोविज्ञान विभाग करीम सिटी कॉलेज के प्राध्यापक डॉ. एसपी पांडा के साथ-साथ जमशेद अली का सराहनीय योगदान रहा।

Workshops in the Department



Workshops In The Department

- ▶ Workshop on Mental and Physical Health organized on 21st May 2022.
- ▶ Workshop on Time Management was organized on 7th Oct. 2023
- ▶ Workshop on Mental Health Awareness was organized on 10th Oct. 2023



Workshops In The Department

Work shop on drug abuse and addiction on 11th Nov. 2024



न्यूज प्लैश

नशीली दवाओं के सेवन की रोकथाम पर जागरूकता कार्यक्रम



जमशेदपुर: नेहरू युवा केंद्र संगठन एवं करीम सिटी कॉलेज के राष्ट्रीय सेवा योजना के संयुक्त तत्वावधान में 11 नवंबर को नशीली दवाओं की लत और मादक द्रव्यों के सेवन पर जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम में मुख्य अतिथि के रूप में कॉलेज के प्राचार्य डॉ मोहम्मद रेयाज उपस्थित थे। कार्यक्रम में मुख्य वक्ता के रूप में करीम सिटी के मनोविज्ञान विभाग के प्रमुख डॉ फिरोज इब्राहीम उपस्थित रहे। जिला युवा अधिकारी अंजली कुमारी ने नशीली दवाओं के सेवन के खतरों के बारे में बताया। डॉ फिरोज ने कहा कि नशे की लत न केवल स्वास्थ्य के लिए हानिकारक है, बल्कि यह व्यक्ति के परिवार पर भी नकारात्मक असर डालती है। उन्होंने नशे की लत के कारण एवं उपचार को भी साझा किया। छात्रों ने मादक पदार्थों के दुष्प्रभावों के पोस्टर से सभी को जागरूक किया।

नशीली दवाओं की लत और मादक द्रव्यों का सेवन विषय पर कार्यशाला

जमशेदपुर। युवा कार्यक्रम एवं खेल मंत्रालय के अधीन मरा युवा भारत, नेहरू युवा केंद्र संगठन, पूर्वी सिंहभूम एवं करीम सिटी कॉलेज के राष्ट्रीय सेवा योजना के संयुक्त तत्वावधान से 11 नवंबर 2024 को नशीली दवाओं की लत और मादक द्रव्यों का सेवन विषय पर कार्यशाला का आयोजन करीम सिटी कॉलेज में किया गया। इस कार्यक्रम में मुख्य अतिथि के रूप में करीम सिटी कॉलेज के प्राचार्य डॉ मोहम्मद रेयाज उपस्थित रहे। साथ ही जिला युवा अधिकारी श्रीमती अंजली कुमारी, यूथ फेडरेशन के प्रमुख धर्मेद कुमार, एनएसएस कार्यक्रम अधिकारी डॉ आले अली, एनएसएस कोऑर्डिनेटर सैयद साजिद परवेज, डॉ फरजाना अंजुम, डॉ पसारूल इस्लाम, डॉ उद्यम सिंह सहित अन्य उपस्थित थे। कार्यक्रम में मुख्य वक्ता के रूप में करीम सिटी के मनोविज्ञान विभाग के प्रमुख डॉ फिरोज इब्राहीम उपस्थित रहे। सबसे पहले मुख्य अतिथि डॉ मोहम्मद रेयाज ने इस विषय पर अपनी महत्वपूर्ण बातें साझा कीं। उन्होंने कहा कि आज के युवाओं में नशीली दवाओं और अन्य मादक पदार्थों का सेवन एक



गंभीर समस्या बन गया है, जिससे न केवल उनके शारीरिक और मानसिक स्वास्थ्य पर बुरा प्रभाव पड़ता है, बल्कि समाज और परिवार पर भी नकारात्मक असर होता है। इसके बाद जिला युवा अधिकारी श्रीमती अंजली कुमारी ने नशीली दवाओं और मादक पदार्थों के सेवन के खतरों के बारे में बताया। उन्होंने बताया कि कैसे यह समस्या युवाओं को शिक्षा और जीवन के सही मार्ग से भटका देती है। डॉ फिरोज इब्राहीम ने कहा कि नशीली दवाओं की लत (ड्रग एडिक्शन) एक गंभीर समस्या है जो व्यक्ति के शारीरिक, मानसिक और सामाजिक जीवन को बुरी तरह प्रभावित करती है। यह समस्या आजकल समाज में तेजी से फैल रही है, खासकर युवा वर्ग में। नशे

की लत न केवल स्वास्थ्य के लिए हानिकारक है, बल्कि यह व्यक्ति के परिवार, रिश्तों और समाज पर भी नकारात्मक असर डालती है। इसके प्रति जागरूकता फैलाना बहुत जरूरी है ताकि लोग इसके खतरों को समझें और इससे बच सकें। उन्होंने नशे की लत के कारण एवं उपचार को भी साझा किया। छात्रों ने मादक पदार्थों के दुष्प्रभावों के पोस्टर से सभी को जागरूक किया। कार्यक्रम में एक प्रश्नोत्तर सत्र आयोजित किया गया, जिसमें छात्रों ने अपने सवाल पूछे और विशेषज्ञों ने उनके समाधान बताए। अंत में सभी का धन्यवाद ज्ञापन भूगत विभाग की शिक्षिका डॉ फरजाना अंजुम ने किया। इस कार्यक्रम ने सभी उपस्थित लोगों में नशा सेवन के प्रति जागरूकता को बढ़ावा दिया और यह समझने में मदद की कि कैसे एक नकारात्मक कदम जीवन को प्रभावित कर सकता है। भविष्य में भी इस तरह के कार्यक्रमों का आयोजन जारी रखा जाएगा ताकि समाज को नशा मुक्त बनाया जा सके। कार्यक्रम में उपस्थित सभी प्रतिभागियों द्वारा आगे 6 दिनों तक जागरूकता अभियान भी चलाया जाएगा।

Seminar in the Department

- ▶ Departmental Seminar on “Stress among Youths” on 21th Feb. 2018, Resource Person Dr.Sabiha Yunus.

करीम सिटी कॉलेज: मनोविज्ञान विभाग में व्याख्यान

लाइफ रिपोर्टर @ जमशेदपुर

स्वास्थ्य हमारे लिए अनमोल मोती है. शारीरिक स्वास्थ्य पर ही मानसिक स्वास्थ्य निर्भर है. हमारे छात्र छात्राओं के लिए दोनों प्रकार के स्वास्थ्य आवश्यक हैं. अतः इसकी सुरक्षा उन्हें योजनाबद्ध तरीके से करना चाहिए. ताकि शरीर के साथ-साथ उनका करियर भी अच्छा हो सके.

उक्त बातें करीम सिटी कॉलेज के मनोविज्ञान स्नातकोत्तर विभाग के तत्वावधान में 'मानसिक स्वास्थ्य' विषय पर आयोजित व्याख्यान में वीमेंस कॉलेज की पूर्व प्राचार्य डॉ सबीहा युनुस ने बतौर-मुख्य अतिथि कही. मुख्य अतिथि के व्याख्यान से पूर्व कार्यक्रम प्रारंभ करते हुए करीम सिटी कॉलेज के डॉ फिरोज इब्राहिमी ने स्वागत भाषण



दिया. उन्होंने बताया कि पिछले दो सालों तक हम सभी कोरोना जैसी महामारी के प्रभाव में रहे. इस दौरान हम सभी मानसिक तनाव और अवसाद के शिकार हुए जिससे हम सभी शायद अब तक नहीं भर पाए हैं. कार्यक्रम के अंत में मनोविज्ञान

के प्राध्यापक डॉ जकी अख्तर ने धन्यवाद ज्ञापन किया. करीम सिटी कॉलेज में आयोजित इस व्याख्यान में डॉ उधम सिंह, डॉ सुहीना चटर्जी एवं प्रो एस पंडा के अतिरिक्त कई शिक्षक और बड़ी संख्या में छात्र-छात्राएं शामिल होकर लाभान्वित हुए.

Psychological Fest

- ▶ PG department of Psychology organized a Psychological Fest on 27.02.2018. The Chief Guest was Dr. Mohammad Zakaria, Principal Karim City College.





WEBINARS CONDUCTED BY THE DEPARTMENT

1. National webinar on “Covid-19 and Impact on Mental Health of College Students” on 20.05.2020.
2. National webinar on “Covid-19: Emotional Disturbance and its coping Strategy” on 27.05.2020.
3. National webinar on “Impact of covid-19 on Human” on 30.5.2020.
4. International webinar on “Wellbeing and Resilience: A Global challenge in Modern Era” on 12.6.2020.
5. National webinar on “Psychology during Covid-19 Pandemic” on 13.6.2020.
6. National webinar on “Mindfulness of Coping Strategy” on 15.6.2020.
7. National webinar on “Covid-19 Pandemic Psychological Reaction and Coping” on 18.6.2020.
8. National webinar on “Micro Skills in Counselling” on 15.7.2020.
9. National webinar on “Application of Psychological Therapy to tackle Corona threat” on 04.8.2020.
10. National webinar on “Awareness and Psycho-social Management of Covid-19 wave-2” on 10.6.2020.
11. National webinar on “Multifacet effect of Covid-19 on Children, Adolescents and Parents” on 28.6.2020.
12. National webinar on “Career prospect in Psychology” on 25.9.2020.

Some Pictures of the webinars

WEB LECTURE
on
Psychology During Covid-19 Pandemic

SPEAKER **PRINCIPAL INCHARGE** **CONVENOR** **CO-CONVENOR**

Dr. Rakesh Kumar Tripathi Dr. Mohammad Reyaz Dr. Firoz Ibrahim
Head, PG Dept. of Psychology

On Saturday :: 13th June 2020 :: 02 pm

Dr. Rakesh Kumar Tripathi is Associate Professor cum Clinical Psychologist,
Department of Geriatric Mental Health, King George's Medical University, Lucknow (UP)
Member, Indian Association of Clinical Psychologists, Member, Rehabilitation Council of India,
Member, National Academy of Psychology, Member, Indian Association for Geriatric Mental Health,
Member, Association of Industrial Psychiatry of India

Join with Google Meet :

Webinar Lecture on
Mindfulness as Coping strategy

DATE :
15th June 2022
TIME : 12 noon

<https://meet.google.com/kkd-shjt-kik>
Join the Meeting at 11:45 am

Organised By :
P.G. Dept. of Psychology, Karim City College, Jamshedpur

GUEST SPEAKER **WELCOME ADDRESS** **CONVENOR** **CO-CONVENOR**

Dr. Ritu Sharma **Dr. MD Reyaz** **Dr. MD Firoz Ibrahim** **Dr. Zaki Akhtar**
Asst. Professor, Asst. Professor, HOD, Dept. of, Asst. Professor,
Psychology, Aditi Psychology, Jamshedpur, Psychology, Karim City College, Karim City College,
University of Delhi Jamshedpur Jamshedpur Jamshedpur

WEBINAR
ON
Multifacet effects of COVID 19 on Children, Adolescents and Parents

Organized by
PG DEPARTMENT OF PSYCHOLOGY
KARIM CITY COLLEGE
JAMSHEDPUR

28-06-2021
10:30 AM

Chief Speaker: **Dr. Niranjana Prasad Yadav**
Registrar, T.M.B. University, Bargarh & Associate Professor
University Dept of Psychology, T.M.B. University, Bargarh,
Bihar

Speaker: **Dr. Anubhuti Dubey**
Professor, University
Department of Psychology,
DDU, Gorakhpur, U.P.

Organising Secretary **Convener** **Speaker-2** **Co-convener**




   

DR. MD. REYAZ **DR. MD. FIROZ IBRAHIMI** **DR. VINOD** **DR. ZAKI AKHTAR**
(Prof. Incharge) (Head, PG Dept of Psychology) (University Dept of Psychology, SKMU, Dumka) (PG Dept of Psychology)

ignou
THE PEOPLES UNIVERSITY

VIRGILIA MEET
25TH SEPT - 2:30PM

Career Prospects in Psychology
Helping you to create opportunities for Yourself

Dr. Monika Misra, Discipline of Psychology, IGNOU
Dr. Mala Verma, Bokaro Mahila College, Bokaro
Dr. Firoz Ibrahim, KC College, Jamshedpur

Joining Information: meet.google.com/sfr-qdoq-khv
IGNOU Regional Centre, Ranchi

Webinars in Newspapers



कोरोना से लोगों में तनाव, चिंता व मानसिक समस्याएं बढ़ी : डॉ शर्मा

दुमका । सिदो कान्हु मुर्मु विवि के संताल परगना कॉलेज के मनोविज्ञान विभाग के शिक्षक सह मानसिक स्वास्थ्य परामर्श केंद्र के निदेशक डॉ विनोद कुमार शर्मा ने बुधवार को बताया कि कोलहान विश्विद्यालय, चाईबासा से सम्बद्ध करीम सिटी कॉलेज, स्नातकोत्तर मनोविज्ञान विभाग, जमशेदपुर के द्वारा सवेगात्मक विकृतियां एवं इसके बचने के उपाय विषय पर आयोजित वेबिनार में व्याख्यान दिया। मुख्य बक्का के रूप में बोलते हुए डॉ शर्मा ने कहा वर्तमान में कोविड-19 के चलते लोगों में तनाव, चिंता जैसी मानसिक समस्याएं ही नहीं उत्पन्न हुई बल्कि सवेगात्मक विकृतियां भी लोगों में बढ़ी है। सांवेगिक विकृतियां से आशय अपनी व दोस्तों के बीच सतीषजनक संबंध विकसित करने या बनाने रखने की अक्षमता है। यह सामान्य परिस्थितियों में किया गया अशोभनीय व्यवहार या अनुभव है। ऐसे लंबे समय से विषादी मनोदशा में सांवेगिक रूप से क्षुब्ध होकर लोग ना केवल अपने में आक्रामकता उत्पन्न कर खुद को नुकसान पहुंचाते हैं बल्कि घरेलू हिंसा व पारिवारिक अशांति का भी माहौल पैदा कर देते हैं।

11.06.2021

सेल्फ, सोशल व संस्थागत जागरूकता से देश में रिकवरी दर बढ़ा : डॉ विनोद शर्मा

करीम सिटी कॉलेज में अवेयरनेस एंड साइको-सोशल मैनेजमेंट ऑफ कोविड-19 वेब व विषय पर एक दिवसीय वेबिनार

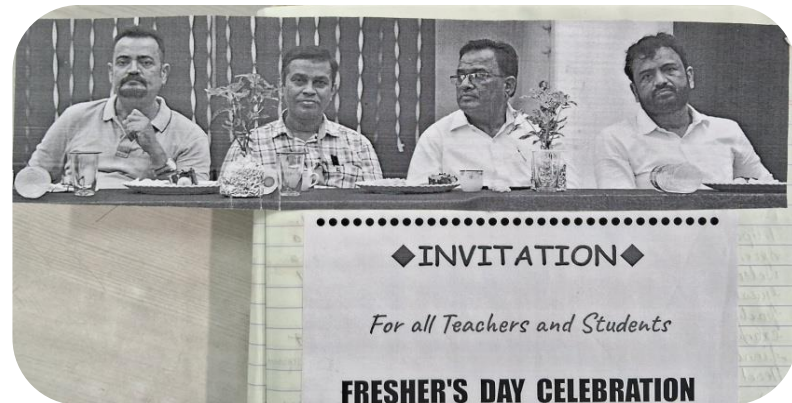
जमशेदपुर, 10 जून (विशेष) : करीम सिटी कॉलेज के मानसिक मनोविज्ञान विभाग द्वारा अवेयरनेस एंड साइको-सोशल मैनेजमेंट ऑफ कोविड-19 वेब व विषय पर वेबिनार कॉलेज प्राचार्य डॉ मोहम्मद रेयाज की अध्यक्षता में हुई। डॉ रेयाज ने अतिथियों का स्वागत किया। डॉ इशराहमी ने कहा कि लोगों में व कलम जागरूकता

राज्य है धार्मिक चेतक मुर्मु व परंपरागत संस्कृतियों को भी सुरक्षित रखना है। दूसरे स्मोकर रांची स्पेड हेल्थ एजेंसी/डिपेंडर डॉ संताना कुमारी ने भी कोविड की समस्याओं से जुड़े अन्य समस्याओं के व्यवहारिक समाधान को चर्चा की। उन्होंने कहा सेल्फ से जुड़े समस्याओं पर भी प्रकाश जला। गुगल मीट पर आयोजित इस कार्यक्रम में जमशेदपुर के अलावे दुमका, रांची, दिग्गी, मुर्बई, पुणे आदि जगहों से शिक्षक, छात्र व अधिकांशमन स्टूडेंट्स भी जुड़े। संचय संस्थान डॉ फिरोज आगरावाला प्रोवेलिय मेजर के रूप में काम करती है जिसका उद्देश्य व कलम सामय संस्था को नुकसान व घचन व अर्थिक संस्था को ये उत्तर

राज्य है धार्मिक चेतक मुर्मु व परंपरागत संस्कृतियों को भी सुरक्षित रखना है। दूसरे स्मोकर रांची स्पेड हेल्थ एजेंसी/डिपेंडर डॉ संताना कुमारी ने भी कोविड की समस्याओं से जुड़े अन्य समस्याओं के व्यवहारिक समाधान को चर्चा की। उन्होंने कहा सेल्फ से जुड़े समस्याओं पर भी प्रकाश जला। गुगल मीट पर आयोजित इस कार्यक्रम में जमशेदपुर के अलावे दुमका, रांची, दिग्गी, मुर्बई, पुणे आदि जगहों से शिक्षक, छात्र व अधिकांशमन स्टूडेंट्स भी जुड़े। संचय संस्थान डॉ फिरोज आगरावाला प्रोवेलिय मेजर के रूप में काम करती है जिसका उद्देश्य व कलम सामय संस्था को नुकसान व घचन व अर्थिक संस्था को ये उत्तर

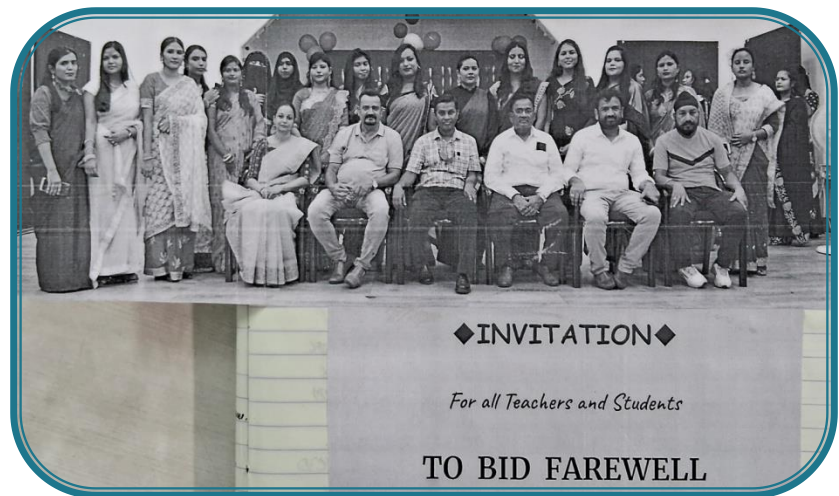
Fresher's party

- ▶ Fresher's Party was organized by PG semester-2 for new students on 28.01.2018.
- ▶ Fresher's Party was organized by PG semester-3 for new students on 05.02.2019.
- ▶ Fresher's Party was organized by PG semester-4 for new students on 06.04.2021.
- ▶ Fresher's Party was jointly organized by UG semester-2nd and 4th for new students on 13.09.2023




Farewell party in the department

- ▶ Farewell Party was organized by PG semester-2 students on 17.08.2019.
- ▶ Farewell Party was organized by PG semester-1 for sem-4 PG students on 04.09.2021.
- ▶ Farewell Party was jointly organized by UG 4th , 2nd sem and PG semester-1 for sem-4 PG and UG 6th sem students on 16.09.2023



Teachers' achievement

- ▶ DRC Member in Kolhan university, Chaibasa

 **KOLHAN UNIVERSITY,**
CHAIBASA WEST SINGHBHUM
JHARKHAND PIN- 833201
CONTACT NO.- 06582-255274

Ref. No. 221/R/.....184 Date 08/01/2025

OFFICE-ORDER

In supersession of the previous office order bearing ref. KU/R/1626/23, dated 01/12/2023. The Vice-Chancellor has been pleased to constitute the Departmental Research Council of the University Department of Psychology, Kolhan University comprising of the following members for a period of 02 (two) years.


1. Ms. Lalti Tirkey Head I/C, University Deptt. of Psychology, K.U. Chaibasa	-Chairman
2. Dr. Dharmendra Rajak , Asstt. Prof., P.G Deptt. of Psychology, K.U Chaibasa	-Member
3. Dr. Zaki Akhtar , Asstt. Prof., Deptt. of Psychology Karim City College, Jamshedpur.	-Member
4. Ms. Doris. I.L. Minz , Asstt. Prof., Deptt. of Psychology, Mahila College, Chaibasa	-Member
5. Dr. Gyanti Kumari Prasad , Asstt. Prof., Deptt. of Psychology, A.B.M College, Jamshepur.	-Member
6. Dr. Durga Tamsay , Asstt. Prof. Deptt. of Psychology, Jamshedpur Co-operative College, Jsr.	-Member


By order of the Vice-Chancellor
Sd/-
Registrar
Kolhan University, Chaibasa

Memo No. KU/R/201/2025 Date 08/01/2025

Copy to:

1. Members concerned.
2. All Heads of P.G Deptt., K.U.
3. All Officers of K.U.
4. P.A. to the VC/PVC/FA for information to VC/PVC/FA.
5. In file.


Registrar
Kolhan University, Chaibasa

 **KOLHAN UNIVERSITY**
CHAIBASA, WEST SINGHBHUM
JHARKHAND, PIN- 833201
CONTACT NO. - 06582-255274

Date 08/01/2025

OFFICE ORDER


The Vice-Chancellor has been pleased to constitute the Departmental Research Council of the University Department of Psychology, Kolhan University comprising of the following members for a period of 02 (two) years.

1. Prof. Mahesh Prasad Ray Head, University Deptt. of Psychology, K.U.	-Chairperson
2. Dr. Sabiha Yunus, Asst. Prof., Head, Deptt. of Psychology, Jsr. Women's College, Jsr.	- Member
3. Prof. Doris I.L. Minz, Asstt. Prof. Head, Deptt. of Psychology, Mahila College, Chaibasa	- Member
4. Dr. Dharmendra Rajak, Asstt. Prof. P.G. Deptt. of Psychology, K.U., Chaibasa	- Member
5. Dr. Zaki Akhtar, Asstt. Prof. Deptt. of Psychology, Karim City College, Jsr.	- Member

By order of the Vice- Chancellor
Sd/-
Registrar
Kolhan University, Chaibasa
Date 08/01/2025

Memo no. KU/R/1450/M
Copy to:-

1. Members concerned.
2. All Heads of K.U.
3. All Officers of K.U.
4. PA to the VC/PVC for kind information to VC/PVC.
5. In file.

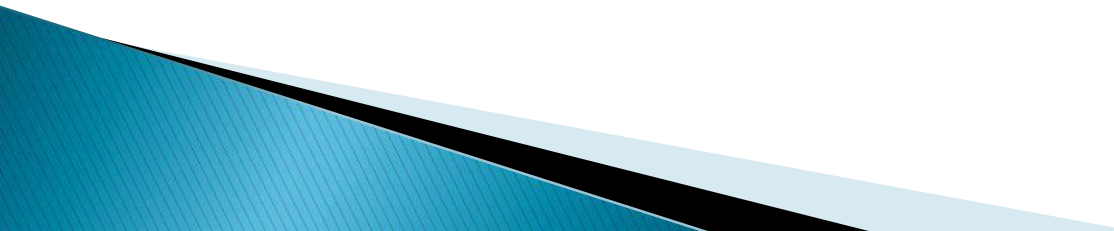

Registrar
Kolhan University, Chaibasa

Achievements of the students

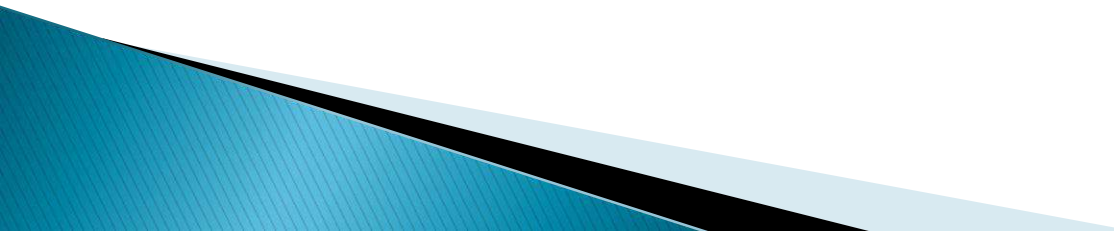
- ❑ Mohan Lal Tudu student of PG qualified RINPASS test and completed M.phil in clinical Psychology.
- ❑ Sneha Kumari student of PG qualified RINPASS entrance test for M.phil in Clinical Psychology.
- ❑ Neha kumari student of PG qualified RINPASS entrance test for M.phil in Clinical Psychology.
- ❑ Swati Kumari student of B.A first semester won two gold and one bronze medal in kolhan university inter Archery championship in year 2023.
- ❑ Dilbar Barla student of Semester 2 represent All India Nehru Cup Hockey at Hyderabad from 1st Jan 2023 to 8th Jan. 2023.
- ❑ Dilbar Barla student of Semester 2 represented senior Jharkhand State Hockey Championship at Ranchi from 26.8.2023 to 29.08.2023 and won Silver medal.
- ❑ Dilbar Barla student of Semester 2 represented Senior National Hockey Tournament at Tamil Nadu from 17.11.2023 to 28.11.2023.
- ❑ Bhim Sen Kisku Sem 2 Psychology Hons. Represented All India Nehru Cup Hockey at Hyderabad from 1st Jan 2023 to 8th Jan. 2023.
- ❑ Bhim Sen Kisku student of Semester 2 represented senior Jharkhand State Hockey Championship at Ranchi from 26.8.2023 to 29.08.2023 and won Silver medal.
- ❑ Bhim Sen Kisku student of Semester 2 represented 37th National Games at Goa from 30.10.2023 to 8.11.2023.

▶ Continue....

Conti..

- ▶ Pradeep student of B.A Psychology Hons. Represented All India Senior Nehru Cup at Hyderabad from 1st Jan 2023 to 8th Jan 2023.
 - ▶ Pradeep student of B.A Psychology Hons. Represented senior State Hockey tournament at Ranchi from 27th May 2023 to 29th May 2023.
 - ▶ Pradeep student of B.A Psychology Hons. Represented All India Hockey tournament at Rourkela from 12th June 2023 to 22nd June 2023.
 - ▶ Pradeep student of B.A Psychology Hons. Represented All India Sirsa Hockey tournament at Sirsa Haryana from 13th Oct. 2023 to 17th Oct. 2023.
 - ▶ Pradeep student of B.A Psychology Hons. Represented All India Britain Hockey tournament from 9th Dec. 2023 to 15th Dec. 2023.
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Future Goals of the department

- ▶ To start add on course on data science for students to enhance their employability.
 - ▶ To start consultation services for organizations in order to generate revenue.
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Thank You



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