

## **National Psychologists Appreciation Day on July 14, 2025**

The Postgraduate Department of Psychology at Jyoti Nivas College, Autonomous commemorated National Psychologist Appreciation Day with a special event held on July 14, 2025, from 9 AM to 12 PM at the PG Auditorium. The event was attended by the Head of the Department, faculty members, and all students of the PG Psychology department.

The program commenced with a warm welcome by Ms. Aishwarya, who greeted the esteemed resource person and the department members. The guest of honor, Dr. Venkatesh Babu, MD (Psychiatry) and Co-founder of Compathy Health, was formally welcomed and introduced by Dr. Paul Raj.

Dr. Venkatesh Babu delivered a thought-provoking address, highlighting the often underrated status of psychology and related professions. He discussed the persistent stigma and stereotypes surrounding the field and emphasized the importance of exploring diverse career avenues within psychology. Drawing from his own professional experiences, he outlined the various challenges faced by both psychiatrists and psychologists. He further stressed the need for evidence-based practices and scientific communication within mental health professions. The session was highly insightful and proved to be an enriching experience for all attendees.

Following the talk, Ms. Sahana M, the student coordinator, delivered the vote of thanks, expressing gratitude to the speaker, faculty, and participants. The academic segment of the event continued with the final round of the intra-departmental quiz competition organized in honor of National Psychologist Appreciation Day.

In this competition, postgraduate psychology students were grouped into pairs. Following a preliminary round, five teams advanced to the final round held on stage. The quiz was conducted by Mr. Surej Unnikrishnan and consisted of five competitive rounds.

The results were as follows:

- First Place: Bhagya Lakshmi and Jessica, M.Sc. Wellness Counselling (III Semester)
- Second Place: Prerana and Neha, M.Sc. Psychology (III Semester)

The quiz marked the conclusion of the event, leaving students inspired and celebrated for their contributions to the field of psychology.