

# “EVALUATIVE REPORT”

## DEPARTMENT OF PSYCHOLOGY



Presented By  
Tereishang Khaling  
Assistant Professor  
Department of Psychology  
April, 2025

# DEPARTMENT PORFILE

- Name of the Department : Department of Psychology
- Year of Establishment: 2024
- Name of the program/ Course offered: UG (BA) with Psychology Honours
- No. of present teaching Staff: 1
- No. of Non-Teaching Staff: 0

# AIMS AND OBJECTIVES OF THE DEPARTMENT

- To foster a deep and critical understanding of human behavior, cognition, and emotions.
- To provide a comprehensive education that bridges theory and practice; to develop students' analytical, research, and critical thinking skill.
- To promote mental health awareness, support holistic development, and prepare our students to contribute meaningfully in various professional fields including clinical practice, counseling, education, organizational development, and social service.
- Through experiential learning, interdisciplinary collaboration, and community outreach, the Department aspires to nurture compassionate, competent, and socially responsible individuals equipped to meet the challenges of a dynamic world.

# TEACHER'S PROFILE

NAME	SPECIALIZATION	DURATION
Dr. Nukshilemla	Psychology	2024-till date
Ms. Tereishang Khaling	Counselling Psychology and Research	2024- till date
Ms. Liza Kali	Counselling Psychology	2024-2025

# RESEARCH PUBLICATION BY TEACHERS

Sl. No.	Name	Publication
1.	Dr. Nukshilemlema	Nukshilemlema, D. (2019). The influence of psychological factors on employee motivation of an organization: Mount Mary Institute Nagaland. <i>Paripex - Indian Journal of Research</i> , 8(8)

# STUDENT TEACHER RATIO

CLASS	GENERAL PROGRAM	HONORS PROGRAM
1 <sup>st</sup> Sem	15:3	10:3
2 <sup>nd</sup> Sem	13:3	8:3

# STUDENT ENROLLMENT IN 2024

Name of the Course/program	Application Received	Selected	Enrolled
BA Psy 2024-2027	10	10	10

# STUDENTS ACADEMIC RECORD

YEAR	NO. OF STUDENTS	NO. OF STUDENTS PASSED	PASS%
2024 (1 <sup>st</sup> sem)	10	8	80%

# CURRENT STRENGTH OF STUDENTS

Sl. No.	CLASS	SEMESTERS	NO. OF STUDENTS
1.	B.A	2 <sup>nd</sup> Sem	8

# YEAR: 2024

Sl.no.	Name of Students	Result (Grade)	University Rank
1.	ALOBO YEPTHOMI	A	
2.	ASATO ZHIMOMI	F (2 B)	
3.	MERINA CHETRI	A	
4.	MOALA	A	
5.	YIMSOLA YIMCHUNGER	A	
6.	YIMLONG CHANG	F (1 B)	
7.	LICHEMLA SANGTAM	F (1 B)	
8.	LKIUMONG	F (1 B)	

# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>International Day Against Drug Abuse and Illicit Trafficking (2024):</b> The Department of Psychology collaborated with Mount Mary Higher Secondary students for a poster-making event to raise awareness on the dangers of drug abuse. Posters were displayed around the campus and canteen to promote a healthy, drug-free environment.</p>	<ul style="list-style-type: none"><li>• Promote awareness about the dangers of drug abuse and illicit trafficking.</li><li>• Engage students in creative expression regarding drug prevention.</li><li>• Foster a collaborative spirit between college and higher secondary students.</li><li>• Encourage public advocacy through visual communication.</li><li>• Support the creation of a healthy, safe campus environment.</li></ul>	<ul style="list-style-type: none"><li>• Students created impactful awareness posters.</li><li>• Increased awareness of drug abuse dangers among campus community.</li><li>• Strengthened collaboration between college and higher secondary levels.</li><li>• Fostered student creativity and self-expression.</li><li>• Enhanced campus-wide commitment to health promotion.</li></ul>

# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>Mindful Moments-01 (July 9, 2024):</b> The inaugural "Mindful Moments: Unwind with Colors" event provided 14 students and faculty a chance to relax through creative art therapy, addressing stress and emotional well-being.</p>	<ul style="list-style-type: none"><li>• Provide a platform for students to manage stress creatively.</li><li>• Promote emotional self-exploration through art.</li><li>• Strengthen community bonds among students and faculty.</li><li>• Introduce mindfulness practices into daily student life.</li><li>• Foster creativity and emotional well-being.</li></ul>	<ul style="list-style-type: none"><li>• Students and faculty engaged in expressive art therapy.</li><li>• Participants reported reduced stress and anxiety levels.</li><li>• Enhanced emotional awareness among attendees.</li><li>• Strengthened interpersonal relationships within the department.</li><li>• Raised awareness about mental health support through mindfulness.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>World Suicide Prevention Day (September 10, 2024)</b> Students and faculty observed World Suicide Prevention Day through talks, myth-busting presentations, and advocacy, encouraging open conversations around mental health.</p>	<ul style="list-style-type: none"><li>• Raise awareness about suicide prevention strategies.</li><li>• Destigmatize mental health issues through education.</li><li>• Promote supportive language and communication practices.</li><li>• Empower students to advocate for mental wellness.</li><li>• Foster an empathetic and supportive campus culture.</li></ul>	<ul style="list-style-type: none"><li>• Successfully debunked myths around suicide and mental health.</li><li>• Students demonstrated enhanced understanding of prevention strategies.</li><li>• Empowered participants to engage in mental health advocacy.</li><li>• Fostered a culture of open conversation and support.</li><li>• Inspired long-term commitment to mental health initiatives.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>International Day for Older Persons (October 4, 2024):</b> Psychology students and faculty visited Tribal Old Age Home, engaging in fellowship, distributing gifts, and fundraising efforts to support elderly residents.</p>	<ul style="list-style-type: none"><li>• Promote compassion and intergenerational bonding.</li><li>• Offer emotional support to older community members.</li><li>• Teach students the value of social responsibility.</li><li>• Foster meaningful engagement outside the academic setting.</li><li>• Raise awareness about the needs of the elderly.</li></ul>	<ul style="list-style-type: none"><li>• Strengthened students' empathy and interpersonal skills.</li><li>• Brightened lives of elderly residents through active engagement.</li><li>• Raised material support and awareness for the home.</li><li>• Created enduring bonds between students and elderly residents.</li><li>• Inspired future community outreach projects.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>World Mental Health Day (October 9, 2024):</b> The Department of Psychology observed World Mental Health Day with talks, mindfulness exercises, and interactive sessions on motivation and well-being.</p>	<ul style="list-style-type: none"><li>• Highlight the importance of mental health, especially in workspaces.</li><li>• Educate students on sustaining motivation and emotional resilience.</li><li>• Promote mindfulness as a practical mental health tool.</li><li>• Foster cross-departmental collaboration on mental wellness.</li><li>• Raise awareness about daily mental health practices.</li></ul>	<ul style="list-style-type: none"><li>• Increased student awareness of workplace mental health.</li><li>• Students learned new motivation and mindfulness strategies.</li><li>• Enhanced community participation and support across departments.</li><li>• Strengthened coping skills for academic and professional stress.</li><li>• Promoted lasting commitment to mental health priorities.</li></ul>

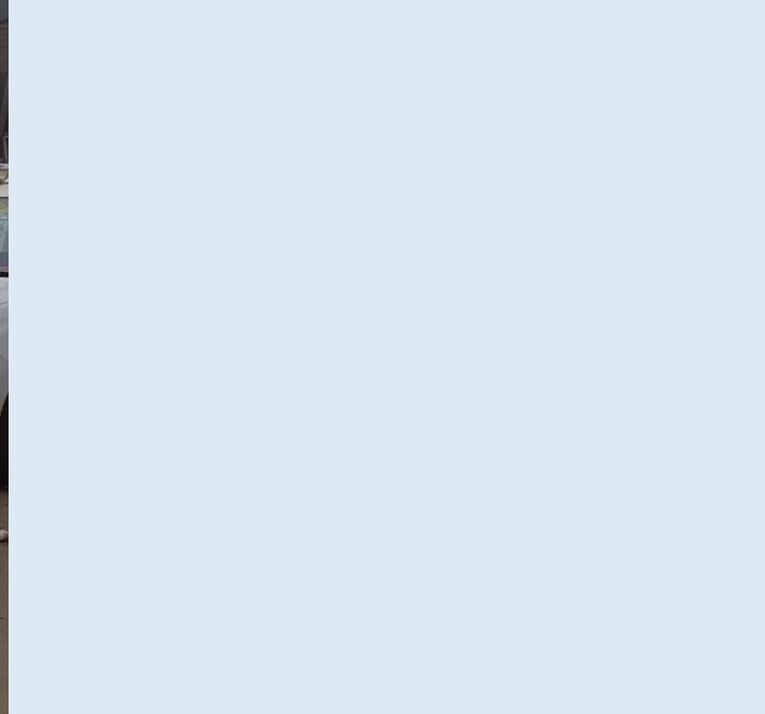


# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>Advent Christmas Celebration (December 6, 2024):</b> The Psychology Department, Higher Secondary, and Counseling Department conducted an outreach program at Dimapur Railway Station, distributing snacks and sharing Christmas joy.</p>	<ul style="list-style-type: none"><li>• Cultivate a spirit of giving and compassion among students.</li><li>• Promote social responsibility through community outreach.</li><li>• Strengthen interdepartmental collaboration.</li><li>• Teach values of empathy and service-learning.</li><li>• Foster holiday spirit and emotional generosity</li></ul>	<ul style="list-style-type: none"><li>• Students experienced the joy of giving and empathy.</li><li>• Enhanced social awareness and responsibility among participants.</li><li>• Strengthened faculty-student bonds through joint activities.</li><li>• Spread positivity and kindness among railway station visitors.</li><li>• Fostered greater engagement with local community needs.</li></ul>



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# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>Personality Building: At The White Owl Literature Festival &amp; Book Fair – February 19, 2025</b></p> <p>The Department of Psychology participated in the White Owl Literature Festival &amp; Book Fair 2025, providing students with exposure to the world of literature, author interactions, and cultural learning. The visit emphasized the importance of learning beyond the classroom through interaction, socialization, and discovering inspiration through books and personalities. Students explored diverse literary genres, engaged with students from other institutions, and expanded their understanding of communication, creativity, and personal development.</p>	<ul style="list-style-type: none"><li>• Encourage outdoor learning through literary and cultural exposure.</li><li>• Foster interpersonal skills through interaction with peers from other colleges.</li><li>• Inspire students through author talks and creative presentations.</li><li>• Broaden understanding of literature’s influence on human behavior and expression.</li><li>• Support holistic personality development through exploration and reflection.</li></ul>	<ul style="list-style-type: none"><li>• Students engaged in meaningful social and intellectual exchanges with a wider academic community.</li><li>• Exposure to literary works enhanced creativity and reflective thinking.</li><li>• Developed confidence in interpersonal communication and public engagement.</li><li>• Strengthened interest in reading, writing, and self-expression.</li><li>• Created a learning experience that connected psychological concepts to real-world cultural narratives.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>Outdoor Learning at Prayer Mountain (February 22, 2025):</b> Psychology students participated in an interactive hiking trip and nature scavenger hunt, promoting teamwork, bonding, and appreciation for the environment.</p>	<ul style="list-style-type: none"><li>• Foster teamwork and group dynamics in an outdoor setting.</li><li>• Promote personal growth and self-reflection through nature immersion.</li><li>• Strengthen peer relationships outside the classroom.</li><li>• Enhance appreciation for the environment and sustainability.</li><li>• Provide experiential learning opportunities.</li></ul>	<ul style="list-style-type: none"><li>• Strengthened teamwork and group cohesiveness.</li><li>• Boosted personal reflection and resilience among participants.</li><li>• Deepened connection with nature and environmental awareness.</li><li>• Strengthened peer support networks.</li><li>• Promoted mental relaxation and outdoor activity enthusiasm.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>World Autism Awareness Day (April 2, 2025):</b> The Department of Psychology collaborated with special needs students to raise awareness about autism, featuring expert talks and activities for parents and caregivers.</p>	<ul style="list-style-type: none"><li>• Increase public awareness and understanding of autism spectrum disorders.</li><li>• Celebrate the strengths and talents of individuals with autism.</li><li>• Support caregivers through educational resources.</li><li>• Foster inclusive attitudes among students and faculty.</li><li>• Encourage empathy and advocacy for neurodivergent individuals.</li></ul>	<ul style="list-style-type: none"><li>• Participants gained a deeper understanding of autism and savant abilities.</li><li>• Strengthened bonds between students and special needs community.</li><li>• Empowered caregivers through expert guidance and support.</li><li>• Fostered an inclusive and supportive educational environment.</li><li>• Highlighted the department's commitment to diversity and inclusion.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>Inter-Departmental Activity on Enhancing Creativity (April 7, 2025):</b> The Departments of Psychology and Education collaborated to conduct a creativity-enhancement session involving 19 participants in hands-on activities and critical thinking exercises.</p>	<ul style="list-style-type: none"><li>• Sharpen students' creative thinking and problem-solving skills.</li><li>• Boost self-confidence through hands-on learning.</li><li>• Foster interdisciplinary collaboration among departments.</li><li>• Enhance time management and critical analysis abilities.</li><li>• Promote innovative thinking in academic and real-world contexts.</li></ul>	<ul style="list-style-type: none"><li>• Improved students' creative problem-solving skills.</li><li>• Increased self-confidence and collaboration among participants.</li><li>• Strengthened cross-departmental relationships.</li><li>• Participants demonstrated enhanced time-management strategies.</li><li>• Fostered a spirit of innovation and interdisciplinary learning.</li></ul>



# CURRICULAR ACTIVITIES

ACTIVITIES	OBJECTIVES	OUTCOMES
<p><b>Emotional &amp; Spiritual Upliftment; Ladies Gathering at Life Square Church – April 26, 2025</b></p> <p>On April 26, the Psychology Department attended the “Flourish” Ladies Gathering at Life Square Church, Chümoukedima. The event, exclusively for women, aimed at spiritual enrichment and emotional renewal. Led by inspirational speakers like Mrs. Bokali Haralu (renowned counselor and evangelist) and Mrs. Cheryl Kire Achumi (cancer survivor and educator), the gathering promoted openness, healing, and inner strength. Four female students attended, accompanied by the HOD and faculty.</p>	<ul style="list-style-type: none"> <li>• Promote spiritual and emotional well-being among female students.</li> <li>• Provide opportunities to learn from influential, faith-driven women leaders.</li> <li>• Encourage open dialogue, healing, and personal reflection.</li> <li>• Strengthen female student-faculty relationships in a safe, nurturing space.</li> <li>• Integrate values of resilience, empathy, and purpose into students’ academic and personal lives.</li> </ul>	<ul style="list-style-type: none"> <li>• Students reported feeling uplifted, inspired, and spiritually renewed.</li> <li>• Exposure to real-life testimonies fostered resilience and a sense of hope.</li> <li>• Strengthened peer bonding and trust among attendees.</li> <li>• Encouraged introspection and value-based growth among students.</li> <li>• Helped establish the importance of spiritual and emotional strength in psychology education.</li> </ul>



# STRENGTH

- Presence of dedicated faculty members committed to laying a strong academic and developmental foundation for the department.
- Successful organization of activities and outreach programs that promote mental health awareness, student engagement, and departmental visibility.
- Opportunities for interdisciplinary collaboration with other departments, enriching the student learning experience.
- Early efforts to foster a culture of experiential learning, creativity, and social responsibility.
- A growing awareness of psychology's relevance among students, providing a foundation for future expansion.

# WEAKNESS

- Lack of broader pool of high-performing students during admissions, partly due to the department's early stage of development.
- The department is in the early stages of building its academic resource base, including expanding psychology-related books and journals in the college library.
- Being in its formative stage, the department is still streamlining its internal structure and academic processes to support independent program planning and implementation.

# OPPORTUNITIES

- Personalized mentoring and close academic support due to smaller batch size.
- Early leadership roles through active participation in events and outreach programs.
- Development of critical life skills such as creativity, teamwork, and communication.
- Hands-on exposure to mental health advocacy and community engagement initiatives.
- Opportunity to contribute directly to the growth and shaping of a developing department.

# CHALLENGES

- Ensuring consistent academic engagement and performance while nurturing students from diverse academic backgrounds presents an evolving instructional challenge.
- Most students enter the program without prior exposure to psychology, requiring additional academic support and bridge-learning efforts to ensure conceptual clarity.
- Balancing theory with scientific and statistical components poses challenges, especially for students from arts backgrounds adjusting to psychology's interdisciplinary nature.

# FUTURE PLANS: VISION 2025

- Establish a stronger departmental identity with dedicated academic spaces and improved infrastructure.
- Enhance academic quality by attracting a larger and more diverse group of motivated, high-performing students.
- Foster a dynamic learning environment through innovative teaching methods, experiential learning opportunities, and greater student engagement.
- Build a supportive academic structure with clear roles, better planning, and increased collaboration among faculty and students.
- Develop student leadership and research skills by encouraging participation in academic seminars, workshops, and research initiatives.
- Recruit additional qualified faculty members to meet growing academic and administrative demands and to offer specialized subject expertise.
- Align laboratory development with future curriculum needs, anticipating the introduction of advanced experimental psychology,