AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

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COGNITIVE NEXUS FORUM

(DEPARTMENT OF PSYCHOLOGY)

Organises

NAFSARA

Journey of the soul through the universe of psychology



NITHYARUBAN R M.Sc
COUNSELING PSYCHOLOGIST

GUESTS



SIDDHARTHAN B.E., LLB., M.Sc.,
ADVOCATE & PSYCHOLOGIST

september

Monday **15** 9:00 am--1:00 pm

LH- 24, 25 & 26

Mrs. IMRANA A F
HEAD OF THE DEPARTMENT

Dr. MUNAFUR HUSSAINA
PRINCIPAL

WE WELCOME YOU ALL!

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COGNITIVE NEXUS FORUM

AIMAN/Stu-PSY/2024-25/19

Date:13.07.2025

CIRCULAR

Dear Students,

The **Cognitive Nexus Forum (Department of Psychology)** is pleased to organize a special program titled: **"NAFSARA – Journey of the Soul Through the Universe of Psychology".**

This program aims to create a meaningful space for exploring the depth of psychology and human experience.

Event Details:

Date: September 15, 2025 (Monday)
Time: 11:00 am – 1:00 pm
Venue: Lecture Halls – 24, 25 & 26

Your active participation will make this event more insightful and memorable.

To be read in all UG and PG.

13/7/25

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DEPARTMENT OF PSYCHOLOGY

CONGNITIVE NEXUS FORUM ORGANZES

TWO DAYS EXHIBITION

"Nafsara: Journey of the Soul through the Universe of Psychology"

1. Name of the Program : The Galaxy
2. Date of the Program : 15.09.2025, and 16.09.2025
3. Total No. of Participations : 100
4. Staff Coordinators : Mrs.Imrana
5. Place : 1st , 2nd and 3year Class Room,AIMAN COLLAGE OF ARTS AND SCIENCE FOR WOMEN
6. Activity Type : Exhibition

PROGRAM OVERVIEW

The Department of Psychology of AIMAN College of Arts and Science for Women, Organized an exhibition titled **"Nafsara – Journey of the Soul through the Universe of Psychology"**, celebrating the vastness of the human mind through a galaxy-inspired theme. Just as the galaxy represents endless mysteries, the event highlighted the diverse, expansive, and unexplored dimensions of psychology. Theme-wise Student Presentations, **First-Year Students – "The Thought Galaxy" which they** Showcased models and projects on *perception, thinking, and memory.* **Second-Year Students – "The Dream Realm and the Mirror World" they** Focused on *dreams, subconscious mind, hidden desires, social roles, identity, influence, and self.* **Third-Year Students – "The Feelings Nebula and the Creative Belts"** Presented concepts on *anxiety, depression, trauma, and the therapeutic process.*

Day 1

15.09.2025, Time: 9:00 a.m. – 1:00 p.m.

Chief Guests: Mr. Nithyaruban, M.Sc. Counselling Psychology, Mr. Siddharthan, B.E., L.L.B., M.Sc., Advocate and Psychologist

- **Highlights:**
  - Professional evaluation of exhibits.
  - Discussed about the individual topics

Day 2

16.09.2025, **Chief Guest:** *Mrs. Bridget Chelladurai, Assistant Professor*

- **Highlights:**
  - Evaluation of students' models.
  - Recognition of creativity, knowledge, and presentation skills.

The outcome of Nafsara – Journey of the Soul through the Universe of Psychology was highly impactful for the students as well as the participants from other departments. The exhibition provided students with valuable hands-on learning experiences, allowing them to apply psychological concepts creatively through models and thematic presentations. It strengthened teamwork, collaboration, and communication skills, while also deepening their understanding of areas such as perception, memory, dreams, the subconscious mind, emotions, and therapeutic processes. Moreover, the event gave students an opportunity to engage with professionals and academicians, boosting their confidence and broadening their perspectives. Overall, the exhibition not only enhanced academic learning but also highlighted the vast and infinite nature of psychology, much like the galaxy itself. "Nafsara" successfully blended science, creativity, and exploration, making psychology an accessible and engaging journey for all participants. The program received highly positive feedback from students and faculty. Participants appreciated the creative models, engaging presentations, and the practical stress management seminar. The event was praised for being both educational and inspiring, making psychology more relatable to everyday life.

Objectives of the Exhibition

- To provide students with a platform for creative and practical learning in psychology.
- To encourage teamwork, collaboration, and communication skills among students.
- To deepen understanding of psychological concepts through models, projects, and thematic displays.
- To highlight the relevance of psychology in everyday life for students and faculty across disciplines.
- To promote interaction with experts and enhance exposure to professional perspectives.

Conclusion

The exhibition "Nafsara – Journey of the Soul through the Universe of Psychology" was a remarkable initiative that successfully combined knowledge, creativity, and practical application. It provided students with an engaging platform to explore the vastness of psychology while also inspiring participants from other departments to appreciate its significance in daily life. Overall, the event was both educational and impactful, leaving students more confident, motivated, and inspired to further their journey in the field of psychology.

17/9/25

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DAY-1



Exhibition explanation



Guest Handling



Interaction with Students



Students Explaning to General Secretary Sir

and Principal Mam

DAY-2





Students





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Let your presence grace

The Happy Hive

Organized by

Cognitive Nexus Forum

9:00 am to 1:00 pm | Monday Sep 15&16, 2025 | Psychology lab

A Cozy space designed exclusively for teachers

Leave your crown, bring your soul!

Mrs. A.F. Imrana
H.O.D - Psychology

Dr.Munafur Hussaina
Principal

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COGNITIVE NEXUS FORUM

AIMAN/Stu-PSY/2024-25/20 **Date:13.07.2025**

CIRCULAR

Dear Faculty Members,

The **Cognitive Nexus Forum** is delighted to invite you to a special program

Titled: **"The Happy Hive"**. A cozy and refreshing space designed **exclusively for teachers** to unwind, rejuvenate, and celebrate the spirit of togetherness.

Event Details:
Date: September 15 & 16, 2025 (Monday & Tuesday)
Time: 9:00 am – 1:00 pm
Venue: Psychology Lab

Theme: *"Leave your crown, bring your soul!"*

Your gracious presence will make the event more memorable.

To be circulated among Staffs only.

13/7/25

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DEPARTMENT OF PSYCHOLOGY

CONGNITIVE NEXUS FORUM ORGANISES

Three Days Staffs Workshop on

"HAPPY HIVE ON THE THEME EXPRESSIVE ARTS THERAPY"

1. Name of the Program : Happy Hive on the theme expressive arts therapy
2. Date of the Program : 15.09.2025 to 17.09.2025
3. Total No. of Participations : 66
4. Staff Coordinators : Mrs. Imrana . A. F, Ms. Celsiyaa. A
5. Place : Psychology lab, AIMAN Collage of Arts and science for Women
6. Activity Type : Three-Days Workshop

PROGRAM OVERVIEW

The Department of Psychology of AIMAN College of Arts and Science for Women, in association with the Cognitive Nexus Forum, organized a three days' workshop on *"Happy Hive on the Theme Expressive Arts Therapy"* from September 15, 2025, to September 17, 2025 at the Psychology Lab. The event was conducted from 9:30 a.m. to 03:00 p.m. for the staffs of AIMAN College of Arts and Science For Women, Trichy, by the students of III B.Sc. Psychology. The session aimed to create a happy mood in spite the busy schedule.

The participants were actively engaged in drawing and colouring pictures, playing, and showing keen interest in stress burning. The event concluded with a note of gratitude to the staffs for their valuable contribution and to the organizers for arranging such an impactful session.

The major highlight of the workshop was the concept of healing the inner child, gratitude and stress management. The students of III B.Sc. Psychology then briefly explained the importance of happiness and gratitude via games and activities like photo booth, gratitude letters, busting the balloon, etc. This made the staffs realize that even a simple activity can change once mood.

The outcome of the program was highly positive. The workshop created a safe and supportive "hive" where every individual could explore their inner world and contribute to a collective, positive energy.

OBJECTIVE OF SESSION

The primary goal was to equip staff with practical tools for self-care and team cohesion through creative expression. The specific objectives were:

- ✓ To introduce the core concept of Expressive Arts Therapy as a tool for personal and professional well-being.
- ✓ To provide a safe, non-judgmental space for creative exploration and self-expression.
- ✓ To facilitate stress relief and emotional release through guided art-making and movement exercises.
- ✓ To enhance self-awareness and introspection by accessing non-verbal modes of communication.
- ✓ To strengthen team bonds, empathy, and mutual understanding through shared creative experiences.
- ✓ To demonstrate that artistic skill is not required to benefit from expressive arts, focusing instead on the process over the final product.

KEY TAKEWAYS

Participants gained valuable insights, both personally and professionally. The key takeaways from the session were:

- **Process Over Product:** The value lies in the act of creation itself, not in the aesthetic outcome. Letting go of the need for a "perfect" result is liberating and reduces performance anxiety.
- **A New Language for Emotions:** Art, movement, and sound can express complex feelings that are sometimes difficult to articulate with words alone, providing a powerful outlet for stress and frustration.
- **Enhanced Self-Awareness:** Engaging in creative processes can reveal inner thoughts, patterns, and emotions, leading to greater personal insight and emotional intelligence.
- **Stress is Manageable through Creativity:** The workshop provided a tangible and enjoyable method for decompressing and resetting, which can be applied during busy

or stressful work periods.

- **Foundation of Psychological Safety:** Sharing creative work in a supportive environment builds trust, vulnerability, and a stronger sense of psychological safety within the team.
- **Accessible to All:** Expressive arts are a universal and accessible tool. Everyone can participate and benefit, regardless of their perceived artistic ability.
- **A Happier Hive:** Collective creative activities foster a more positive, collaborative, and empathetic work culture, directly contributing to the "Happy Hive" metaphor.

CONCLUSION

The "Happy Hive" workshop successfully combined creative exploration with team building, leaving staff feeling refreshed, connected, and equipped with new perspectives on maintaining their well-being. The positive energy and engagement witnessed during the session are a testament to the power of expressive arts in the workplace.

08/10/25

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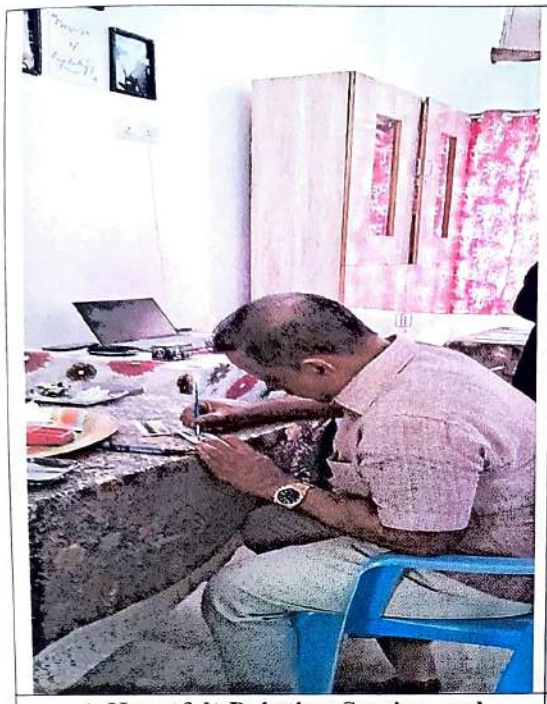
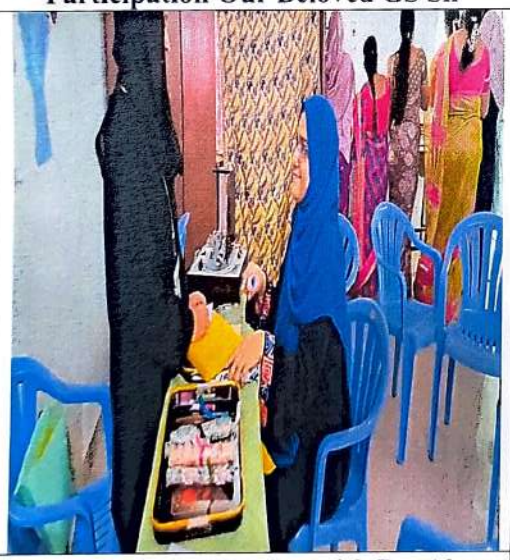


A Heartfelt Painting Session and Participation Our Beloved GS Sir



Active Participation of Staff Members



Gratitude Letter Session with Dr. Alam Jahan



Active Participation of Staffs from Mubaliga

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a flagship program of Ministry of Education (MoE), GOI

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COGNITIVE NEXUS FORUM

Organizes
A One Day Outreach Program
on

Positive Thinking For a Happier Life

Kulathur (CT)



December (9th Tuesday)



3 GOOD HEALTH AND WELL-BEING

9:30 A.M

A.F.IMRANA
CLUB CO-ORDINATOR

Dr.M. MUNAFUR HUSSAINA
PRINCIPAL

GOOD HEALTH AND WELL-BEING!

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COGNITIVE NEXUS FORUM

Date: 05/12/25

AIMAN/STU-PSY/2024-2025/04

STUDENT CIRCULAR

Sub: Conduct of Outreach Program "positive Thinking Thinking for Life"

This is to inform all the students that the Cognitive Nexus Forum Club in collaboration with National Service Scheme (NSS BHUMI) and Unnat Bharat Abhiyan (UBA) is organizing a community outreach program titled "Positive Thinking Thinking for Life" as per the following details:

Date : 09.12.2025

Time : 9:30 a.m.

Venue : Kulathur (CT)

Objective : To promote positive Thinking For good health and well being

SDG Focus : SDG 3 -Good Health and Well-being

Cognitive nexus forum club students are requested to participate enthusiastically and contribute towards the success of the program.

05/12/25

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Club Name	: Cognitive Nexus Forum
Title of the Event	: POSITIVE THINKING FOR LIFE
Event Date	: 9.12.25
Total No.of Students Participated	: 55
Timing	: 9:30
Location	: KULATHUR (CT)
No.Of Beneficiaries	: 40
Sustainable Goal Involved	: Goal 3: Good Health and Well-being
Program Coordinators	: A.F Imrana

Report of the Program

National Service Scheme (NSS) BHUMI & Unnat Bharat Abhiyan (UBA)

&

Cognitive Nexus Forum

The **Cognitive Nexus Forum of AIMAN College of Arts and Science for Women**,in association with the **National Service Scheme(NSS –BHUMI) and Unnat Bharat Abhiyan (UBA),** successfully organized an outreach programme titled "**Positive thinking for a Happier life**" on 09.12.2025 at **MJM School, Kulathur (CT).**

The programme was conducted with the objective of creating awareness about the development of healthy mindset, stress management, emotional and mental well being among school children and the general public. Student volunteers actively participated in the

programme and interacted with the students and teachers. Habits for positive thinking activities on promoting positive thoughts, experience sharing sessions were held that helped the student understand the positive thoughts and how that helps in living a happy life. The outreach initiative encouraged students to express their feelings openly and understand the value of emotional balance.

More than 40 beneficiaries actively took part and received valuable learning support through this programme. The event also contributed towards achieving the Sustainable Development Goals, especially SDG 3 – Good Health and Well-Being by strengthening collaboration between the institution and the school community. The programme was successfully coordinated by Mrs.A.F. Imrana with the support of faculty members and dedicated student volunteers.

Outcome of the Programme

- Participants understood the importance of positive thinking.
- Learned how positive thoughts improve health and happiness.
- Many began adopting habits like gratitude, kindness, and positive self-talk.
- Participants developed a positive attitude towards life challenges and learned practical ways to manage stress.
- Students gained awareness about the connection between positive thinking and emotional health.
- Improved self-confidence, motivation, and emotional expression were observed among the participants.
- The programme encouraged students to practice daily positive habits that support mental well-being.
- The outreach strengthened the social responsibility and leadership skills of the student volunteers involved.
- The programme contributed to creating a supportive and mentally healthy school environment.

Feedback from the Beneficiaries

Students expressed their heartfelt appreciation to the organizers of the programme "Positive thinking for a happier life". The program is inspiring, easy to understand, and very useful for daily life. The activities helped the students to think more positively and feel more relaxed. Many said they felt motivated to practice gratitude, kindness, and positive thoughts every day. Overall, the feedback was positive and encouraging shows the strong impact and success of the program.

Conclusion

The programme "Positive thinking for a Happier life" was a meaningful outreach initiative jointly organized by the Cognitive Nexus Forum, NSS (BHUMI), and UBA. It created a positive impact on school children and motivated them to live a happier life by understanding and improving their positive thinking .

Club Co-Coordinator

10/12/25

principal

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Geo Tagged Photos



Purpose of Awareness Explanation



Explanation About the Topic

11/12/25

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Actively Participated



Feedback

11/12/25

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Cognitive Nexus Forum Club

Attendance of the Students Participated

S. No	Student Participated	Feedback	Signature
1	AAMEERA A	Good	
2	AASHIKA BANU J	Excellent	
3	AATHIKA NOORIN M	better.	
4	AAYSHA A	intersting	
5	AFIYAH BARAKATH A	Nice.	
6	AFRIN BANU M	Wow!!!	
7	ARAB MUHSEENA S	Fair.	
8	ASHIBHA MUNIRA A	Amazing	
9	AYESHA SIDDIKA A	Wounderfull	
10	AYISHA F	Good.	
11	FARHANA FARVEZ M	Nice.	
12	FAZILA HR	interesting.	
13	HAMSHEERA U	Good.	
14	HASANA ASMI H	Excellent.	
15	JANNATHUL FIRDOUS HAJEE MOHAMED	Amazing.	
16	LILLY NILABER NISHA S	Wounderfull	
17	LOGITHA B	Wow!!	
18	MAISARAH AL MANHA M	Good.	
19	MARIYAM FATHIMA J	super.	
20	MARIYAM RASILA R	Super.	
21	MARLIYA S	Good.	

22	MARYAM FALIHA M	interesting	Maryam.
23	MUHSINA A	Nice	A. Muh
24	NABISHATHUL SHIFAYA H	Nice	
25	NASRIN BANU M	Good	
26	NASRIN NISHA S	Fair	S. NASRIN NISHA.
27	NUSRATH AKTHAR U	Wow Super	U
28	PAJRUN FATHIMA M	Excellent	M. Pajrun Fathima.
29	RAFFANA SHERIN S	Good	S. Raffana
30	RUHANA MARZUKKA R	Good	Ruhana
31	SAFA SHAFNASS A	Nice	A.
32	SAJITHA M	Excellent	
33	SAMREEN FATHIMA M	Nice	
34	SHEERIN A	Nice	Sheerin A
35	SUGA PRIYA S	Good.	S. Suga priya
36	SUMAYYAH HAJA MYDEEN	Amazing	Sumayyah
37	THAGASINA PARVEEN T	Good.	T. Tha
38	THAHSHENA BANU N	Fair	N. Thahshena Banu.
39	THASLIMA I	Fair	Thaslima.
40	YASMIN FATHIMA M	Nice	M. Yasmin Fathima
41	ASIFA A	Excellent	A. Asifa.
42	NISMA I	Fair.	Nisma I
43	SAFANA BEGUM S	Excellent	Safana.
44	SAJNA A	Nice	A
45	SAMEEHA J	Good	J
46	SAMEERA M	Nice	M
47	SARA H	Good	Sara.

48	SHAFIHA S	Excellent	
49	SHAFIYA S	Very Nice	
50	SHAFRIN FATHIMA A	Good	
51	SAFANA BEGUM S	Yes Good	
52	SAJNA A	Very good	
53	SAMEEHA J	Very nice	SAMEEHA J
54	SAMEERA M	Excellent	
55	SARA H	Good	

11/12/25

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UNNAT BHARAT ABHIYAN

Club Name: COGNITIVE NEXUS FORUM

Place: KULATHUR (TJ)

Date: 09.12.2025

S. No.	Name of the Participants	Signature
1.	M. AYISHA SITHIKA	
2.	D. VIJAYA LAKSHMI	
3.	P. BACKIALAKSHMI	
4.	M. NILOFAR NISHA	
5.	A. YASAR ALI	
6.	B. Mohamed Assath	
7.	M. MEGARAJ ALI	
8.	E. SRIDHAR	
9.	S. Karthika	
10.	M. KEERTHANA	
11.	S. Asraf.	
12.	Muhammed Ali V	
13.	Omar. T	
14.	Abdul Azim. M.	
15.	Ahmed. S	
16.	MANOJ. S	
17.	Yusuf. A.	
18.	Aasim. L	
19.	Abbas. B	
20.	Rafik. S	
21.	Fathima Bee. S	
22.	HANIKA. M.G	
23.	Noor. G	
24.	Safiya.	

25.	Maryam Mary.	
26.	Aisha. F	
27.	Kaviya priya. B	Kaviya
28.	Thagaseena Parveen. V	Thagaseena
29.	Nassim Nisha. S	Nassim
30.	Parisha. C	Parisha
31.	Sona. F	Sona
32.	Athika	
33.	Ahamed. N	
34.	Farhan. S	
35.	Parvin. T	Parvin. T
36.	Saifuddin Ahamed.	Saifuddin.
37.	IBRAHIM	Ibrahim
38.	YASIN	Yasin.
39.	Anis Fathima. G	Anis.
40.	Hanisha Bee.	hanisha.
41.	Lubna	Lubna.
42.	Anum Sabeen	Anum.
43.	Rathika. S	Rathika. S
44.	M. Lakshmi	
45.	K. Dhanusri	
46.	S. Nithyashree	Nithya
47.	Kavishma. M	Kavi
48.	Parveen	
49.	Monalisha	Monalisha
50.	Rabiya	Rabiya
51.	RAZIYA BEGUM	RAZIYA
52.	JAMEEMA	JAMEEMA.
53.	Vinesha sri	Sri
54.	Rabiyathul	Rabiyathul
55.	Roshini	Roshini.

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