



MOHAMED SATHAK COLLEGE OF ARTS AND SCIENCE
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Sholinganallur, Chennai – 600 119.



REPORT ON ALUMNI CONNECT #8

Title of the Programme: “Psychology Beyond the Therapy Room”

Date: 21.08.2026

Time: 10.00 A.M.

Mode: Online Programme (Google Meet)

Venue: Room No. 326

SDGs Addressed

- **SDG 3 – Good Health and Well-being**
- **SDG 4 – Quality Education**

Greetings to All,

The **Department of Psychology**, in association with the **Internal Quality Assurance Cell (IQAC)**, Mohamed Sathak College of Arts and Science, successfully organized **Alumni Connect #8**, an interactive session entitled “**Psychology Beyond the Therapy Room**” on **21st August 2026**. The programme was conducted as part of the department’s alumni engagement initiative to provide students with broader exposure to the diverse applications and professional possibilities of psychology.

The session focused on expanding students’ understanding of psychology beyond conventional therapeutic practice and encouraging them to explore the wider professional, educational, and social applications of psychological knowledge and skills. The interactive nature of the programme enabled students to gain practical insights into the evolving scope of psychology and the different ways in which psychological expertise can contribute to meaningful individual and societal impact.

Objectives of the Programme

The objectives of the Alumni Connect programme were to:

- Familiarize students with the **diverse career opportunities available in psychology beyond the therapy room.**
- Create awareness about the **practical applications of psychological knowledge and skills** in different professional settings.
- Provide students with insights into the professional journey and experiences of an accomplished psychology alumnus.

- Help students understand the importance of **communication, counselling, interpersonal skills, and professional competencies** in psychology-related careers.
- Encourage students to explore emerging opportunities in psychology, counselling, education, training, and related fields.
- Motivate students to develop a broader professional perspective and prepare themselves for future career and higher-education opportunities.

Programme Highlights

The programme commenced with a formal welcome to the gathering, followed by an introduction to the significance of alumni engagement in strengthening the academic and professional development of students. The session emphasized the value of connecting current students with alumni who have progressed into diverse professional roles.

The resource person, **Ms. Ahamed Amina Nahla**, a Counselling Psychologist, Psychology Educator, Workshop Facilitator, and Certified NLP Master Practitioner, and an alumna of Department of Psychology (2020-2023) shared valuable insights from her professional experience. Her multidisciplinary qualifications and professional exposure provided students with a practical perspective on the expanding scope of psychology.

The central theme, **“Psychology Beyond the Therapy Room,”** encouraged students to look beyond the traditional perception of psychology as being limited to counselling and psychotherapy. The session highlighted the importance of identifying individual strengths, acquiring relevant professional competencies, and exploring diverse pathways through which psychological knowledge can be applied.

The resource person also emphasized the significance of psychological skills such as **active listening, empathy, communication, interpersonal understanding, self-awareness, and professional competence**. The discussion helped students appreciate how these skills can be utilized across different professional and social contexts.

A major highlight of the programme was the **interactive component**, which provided students with an opportunity to engage with the resource person and gain practical insights into professional development, career exploration, and the application of psychology in real-life contexts.

The interaction encouraged students to think beyond conventional career choices and recognize psychology as a versatile discipline with opportunities for continuous learning, professional growth, and meaningful contribution to society.

Outcomes of the Programme

At the end of the Alumni Connect programme, the participants were able to:

- Develop a broader understanding of the **scope and applications of psychology beyond clinical and therapeutic settings**.

- Gain awareness of diverse professional pathways available to psychology graduates and postgraduates.
- Understand the importance of developing **professional, interpersonal, communication, and counselling-related competencies**.
- Gain practical insights into the experiences and career journey of a psychology professional.
- Recognize the importance of continuous learning and skill development for professional growth.
- Develop greater confidence in exploring emerging career opportunities in psychology.
- Appreciate the role of psychology in creating **meaningful individual and social impact**.

Conclusion

The **Alumni Connect #8 – “Psychology Beyond the Therapy Room”** served as an enriching platform for students to interact with a psychology professional and gain a broader perspective on the possibilities available within the field. The session successfully reinforced the idea that psychology extends beyond conventional therapeutic practice and offers diverse opportunities for professional development, education, training, counselling, and social impact.

The programme also strengthened the connection between the department and its alumni by providing students with direct exposure to professional experiences and perspectives. The interactive session concluded on a positive and inspiring note, encouraging students to explore the diverse dimensions of psychology and prepare themselves for meaningful careers in the field.

The Department of Psychology expresses its sincere gratitude to the **Management, Principal, Vice-Principal & IQAC Coordinator, the resource person, faculty members, students, and all those involved** in making Alumni Connect #8 a successful and enriching programme.