



PACHHUNGA UNIVERSITY COLLEGE
DEPARTMENT OF PSYCHOLOGY
(A CONSTITUENT COLLEGE OF MIZORAM UNIVERSITY)
AIZAWL - 796001: MIZORAM, INDIA

Email: Psychology.puc@gmail.com

website: www.pucollege.in

Ph: 9436158367

No. PUC/Psy/2022-23/55
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A DETAILED REPORT OF THE COLLABORATION OF THE
DEPARTMENT OF PSYCHOLOGY AND EMO MATRIX

Emo Matrix Services is a psychology company that promotes creativity and innovation through its products and services and impacts business, behavior and imagination of people. Vision The vision of Emo Matrix is to bring change through the power of psychology.

Mission The mission of Emo Matrix is to spark creativity and innovation in the areas of psychology, emotion and human behavior.

Services - Counseling Services Mentoring Services Employee Care

Courses & Certifications - People Intelligence Training, Counseling Practice Program Counseling Skills Certification Mentoring Certification Program Business Psychology Certification | Internships | Business Internship Psychology Internship

Our respected Principal, Prof. H. Lalthanzara signed Memorandum of Understanding (on behalf of the department) with Mr. Suveen Kumar, Founder, Emo Matrix on 27th June 2021. The purpose of the Memorandum of Understanding is to ensure Courses and Training programs between Emo Matrix and Pachhunga University College and share the knowledge and skills available in both organizations. This Memorandum of Understanding will also take up joint Consulting and Projects to the Institution. Emo Matrix is a consulting firm which provides mental health services and courses by integrating psychology with technology and business. Their main aim is to bring about change in every walk of life by sparking one's creativity and innovation through the power of psychology.

The courses offered by emo-matrix for the students of psychology are: -

- (i) Program Name: **Next Level Counselor Internship**
Duration: 4 - 6 Weeks
Price: 5000+GST (regular)
Price: 3000+GST (as per MOU signed)
- (ii) Program Name: **Psycho Science Internship**
Duration: 4 - 6 Weeks
Price: 7000+GST (regular)
Price: 5000+GST (as per MOU signed)

Since signing the Mou, the students of psychology have enrolled themselves in the two courses each semester with as many as 30 students enrolling in either next-level counselor internship or psycho-science internship. In the next-level counselor internship courses, the beginner courses include counseling skills, basics types of counselling, counselling



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procedure, counseling Vs. therapy, self-care for counsellor, online Vs offline counselling, counselling ethics & principles, individual Vs. group counselling. The advanced courses cover topics such as self-care, music therapy, self-awareness, crisis intervention, work life balance, narrative therapy, sexual harassment, doodling art therapy.

The psycho-science internship is divided in three – counselling, clinical and organizational. The counselling topics include counselling Skills, LGBTQ counselling, sports counselling, psychotherapy –CBT, depression counselling, educational counselling, relationship counselling, post trauma counselling, rehabilitation counselling. The clinical domain includes rapport building, history taking, MSE- mental status examination, play therapy, family therapy, couples therapy, personality traits & disorders, common clinical disorder & its identification, ethical measures & road to become a clinical psychologist. The organizational include topic such as hiring matrix, culture change, conflict resolution, team management, work life integration and activity one

Outcome

Students have a better understanding of the concept important in the field of psychology as highlighted above. For the students of Pachhunga university college, department of psychology per se, specifically, the students who have joined these courses have an exposure to different ways of teaching and approaching the different psychological concept as the resource person for the courses are all highly qualified personnel in the psychology community and in their respective fields. In addition, the students who have attended the course reported the course to have helped them understand their present semester courses better and that it has an in-depth and everlasting effect on their understanding of psychology.

Salome Lalhruaitluangi Colney was recruited as a counsellor with Your Hope Line in the fields of Counseling and Guidance in March 2022. Enrolling herself with Emo-Matrix opened an opportunity for her to work in this company which is a partnership of United Nations.

Dr. Saichampuii Sailo
Course In-Charge

(Prof. H.LALTHANZARA)

Principal
Pachhunga University College
Aizawl : Mizoram