

Department of Psychology

Mental Health awareness week MHAW'22

Event: MHAW'22-Inaugural event, Keynote address and Invited talk

Date & Time: 10th October, 2022, 10:30AM-1:30PM

Location: Student's Activity room, Aryabhata College, University of Delhi

MHAW Day 1- The inauguration ceremony of the annually celebrated event, Mental Health Awareness Week (MHAW) of the Psychology department, Srijian, took off with the lighting of the lamp by the present coordinator: Dr. Halley S Thokchom, Head of the department: Dr. R K Dwivedi, the Keynote speaker: Mr. Raqib Ali and the Invited talk speaker: Dr. Medha Kapoor, accompanied by classical music sung by the society's students. This year's theme — "Make Mental Health A Global Priority for All"—focused on the essential need for everyone to be there for each other in tough times, especially after surviving the disastrous effects of the global pandemic as well as on the need for wider and easier accessibility to mental health resources by all. As a token of gratitude to the invited speakers, the felicitation ceremony was conducted by the coordinator and the head of the department by gifting them each a plant symbolising respect, new hope and positive growth. Dr. R K Dwivedi Sir in his short speech highlighted the recent achievements of the psychology department and how through the contributions of all, the department received a special recognition by the recently visited NAAC Team. He further expressed his heartfelt appreciation for all the faculty and the students for enabling Srijian to make a grand opening for the MHAW. This set the stage for Mr. Raqib Ali, Founder and Director of Cubbe Clinics, and a Keynote speaker of the occasion to address his topic of "*Clinical Psychology Practice: Excitement, Dilemma and the Challenge.*" Mr. Raqib Ali, through an interactive session with the students was able to put forward his ideas on the topic expressively. In order to impart a better understanding of the field of psychology, he explained its 3 major goals and posed a few questions to the audience such as "What does the setting of a clinical psychology practitioner look like?" "What do you think are the challenges of a clinical psychologist's professional life?" "What are some dilemmas and how do you solve them?" And "How do you run the 'businesses of psychology?'" Owing to the open-ended and simple yet relatable nature of the questions posed, students enjoyed thinking about the various possibilities and concrete solutions.

Engaging with the students, Mr. Raqib Ali seemed to have made a strong impact on the young minds while intricately outlining the three dimensions of the psychology practice: Excitement, Dilemma and Challenges.

The second half was taken up by *Dr. Medha Kapoor, who is a co-founder of the Varsity Skin and Wellness Clinic* and was present as an invited talk to emphasise on the issue of why the collaboration between a nutritionist and a psychologist is crucial in these times. She introduced the students to the multifold benefits of the collaboration model of lifestyle modifications with psychotherapeutic interventions. Through the experiments conducted in her own clinic with her patients, she scientifically proved that the principles of psychology and lifestyle modifications contribute to one another in their areas of weaknesses. Talking about how we can psychologically enable a person's mind to take in the positive change from various factors that affect us such as social media, celebrity endorsements, peer pressure, and family

environment, she urged the students of psychology to foster a mindset of collaboration with the discipline of nutrition to have a more successful rate of treatment in a person. The first day of MHAW'22 concluded with a quick Q&A session that provided the students with an understanding of how the speakers deal with patients of a different value system than them and to know about their advice for the budding psychologists present who would in near future diverge into different career paths.





srijan_aryabhatta



Attendance Activity I

10th Oct 2022

- ① Gopal Kashyap PSY/20/1
- ② Sanjana Biswas PSY/20/17
- ③ Vidushi Chaturvedi PSY/20/13
- ④ Jaishank Jadhavi PSY/20/37
- ⑤ Muskan Kumari PSY/20/42
- ⑥ Aditya S PSY/20/30
- ⑦ Kuleena PSY/20/16
- ⑧ Dakshita PSY/20/54
- ⑨ Ishita PSY/20/55
- ⑩ Vaishali PSY/20/42
- ⑪ Charu PSY/21/17
- ⑫ Mahak Anja PSY/21/59
- ⑬ Yash Bahari PSY/21/52
- ⑭ Rishi Kshatriya PSY/21/5
- ⑮ Sneha Gupta PSY/21/12
- ⑯ Muskan Rana PSY/21/38
- ⑰ Anam Zuber PSY/21/48
- ⑱ Mayank Pant PSY/21/49
- ⑲ Jayullee Chaturvedi PSY/21/14
- ⑳ Aishwarya PSY/21/16
- ㉑ Aashita PSY/21/7
- ㉒ Harit PSY/21/66
- ㉓ Aditya PSY/21/60
- ㉔ Abia Khan PSY/21/41
- ㉕ Vinda Goenka - PSY/21/10
- ㉖ Jagun Kaur - PSY/21/23
- ㉗ Rashmi Bhattacharya - PSY/21/19
- ㉘ Teesha Sanyal - PSY/21/22
- ㉙ Shrutika - PSY/21/32
- ㉚ Deepika - PSY/21/33
- ㉛ Suhaan - PSY/21/29
- ㉜ Soumya - PSY/21/6
- ㉝ Dhairya Mohla - PSY/20/72
- ㉞ Sneha Ray - PSY/20/69
- ㉟ Jelma Debnarna - PSY/20/49
- ㊱ Atishya PSY/20/60
- ㊲ Ayushi Verma - PSY/20/64
- ㊳ Chanchal - PSY/21/63
- ㊴ Namit Gupta PSY/21/46
- ㊵ Aditi Sharma PSY/21/31
- ㊶ Bhavya PSY/20/63
- ㊷ Tanvi Shukla PSY/20/7
- ㊸ Awi Jain - PSY/21/02
- ㊹ Ushra - PSY/20/54
- ㊺ Khushboo Bilonia - PSY/21/54
- ㊻ Yash Sharma PSY/21/65
- ㊼ Rudraksh Krishna Patel PSY/21/64
44. Lavanya Bahl PSY/20/10
45. Varsha Rao PSY/20/48
- ㊽ Nisha PSY/20/11
- ㊾ Yash Sharma PSY/21/65
- ㊿ Supriya PSY/21/37
- ㊿ Vasu - PSY/21/53
- ㊿ Wati - PSY/21/50

- 51 Himanshu Psy/20/68
- 52 Gaurav Psy/20/40
- 53 Ayushi Psy/20/
- 54 Tanvee Psy/20/09
- 55 Niketan Psy/20/83
- 56 Neeraj Psy/20/41
- 57 Madhumita Psy/20/50
- 58 Saniya PSY/20/21
- 59 Sannidhya]
- 60 Niharika] -
- 61 Uja]
- 62 Anuscha PSY/21/8
- 63 Sianni PSY/21/4
- 64 Eileen PSY/21/11
- 65 Deigratia PSY/21/26
- 66 Abia PSY/21/41

Event: MHAW'22 Movie Analysis

Date and Time: 14th October, 2022; 11AM-12.30PM

Location: Activity Room (above the cafeteria), Aryabhata College, University of Delhi

Total Number of students Discussants: 8

Facilitators Faculties: 2

Movie Screenign and Analysis "Your Reality" A short film titled based on "Gaslighting" as its central theme was screened which portrays a young woman being gaslighted and abused by her partner.

The event was facilitated by Ms. Soshomi Makang and Ms. Thangbiakching from the faculty. After screening the movie, a panel discussion was held amongst the 8 participants from the 3rd year. They highlighted how gaslighting starts at home for women, how the separation of a person from their support system takes place, emphasis was laid upon establishing boundaries, and the audience's attention was drawn towards how gaslighting is predominant in the corporate field, interpersonal and intrapersonal relationships.

Ms. Soshomi then opened the floor for discussions, and the difference between lying and gaslighting was discussed. Dr. R.K. Dwivedi (TIC, Department of Psychology) then shared his perspective and views about the movie and gaslighting as a concept. Questions were asked by the students about the identification of red flags, and the role of awareness. Faculty member, Ms. Varsha Singh shared her perspective, and suggestions were made about maintaining a support system by the member of a panel. Ms. Thangbiakching shared her insights and later, attention was drawn towards the gas lighter and the possible explanations of their actions were discussed along with the role of alcohol consumption. The same was attributed to inferiority complex, loneliness and childhood experiences and Ms. Varsha Singh mentioned the impact of patriarchy. Ms. Thangbiakching added another interactive element with an exercise about projection. For the purpose of further exploration of the concept, a book titled "The Gaslight Effect" was also recommended. The insightful and thought-provoking session then came towards the end as the students were invited for the closing ceremony and band performances later in the evening.



- ① Kuleera PSY/20/16
- ② Muskan PSY/20/47
- ③ Ishita PSY/20/55
- ④ Dakshita PSY/20/54
- ⑤ Adithya PSY/20/30
- ⑥ Vaisnabi PSY/20/92
- ⑦ Arkhya PSY/20/60
- ⑧ Serina PSY/20/69
- ⑨ Dravika PSY/20/72
- ⑩ Tolma PSY/20/49
- ⑪ Ayushi PSY/20/62
13. Lavanya PSY/20/10
14. Varsha PSY/20/48
15. Jaishank PSY/20/37
16. Vanika Verma PSY/20/23
17. Gopal Rastogi PSY/20/1
18. Vidushi PSY/20/13
19. Aditi Sharma PSY/21/31
20. Anam Zubair PSY/21/48
21. Anushree PSY/21/14
22. Mayank Sand PSY/21/49
23. Charu Sahu PSY/21/17
24. Sanakriti PSY/21/36
25. Sneha PSY/21/12
26. Gevrit PSY/21/66
27. Chanchal PSY/21/63

- ②8 Namit PSY/21/46
- ②9 Aditya PSY/21/60
- ③0 Anvesha PSY/21/8
- ③1 Laliamithani PSY/21/4
- ③2 Debgreata PSY/21/26
- ③3 Eileen PSY/21/11
- ③4 Abia PSY/21/41
- ③1 Muskan Rana PSY/21/38
- ③2 Khushboo Birona PSY/21/54
- ③3 Aishwarya PSY/21/16
- ③4 Aashita PSY/21/7
- ③5 Aupika PSY/21/33
- ③6 Suhaan PSY/21/29
- ③7 Sukhnoor PSY/21/37
- ③8 Awi PSY/21/02 Sam
- ③9 Yash PSY/21/67
- ④0 Temvee PSY/20/09
- ④1 Himanshu PSY/20/68
- ④2 Gaurav PSY/20/40
- ④3 Neeraj PSY/20/41
- ④4 Niketan PSY/20/53
- ④5 Anushka
- ④6 Anushka PSY/20/3
- ④6 Mihra PSY/20/11
- ④7 Saniya PSY/20/21
- ④8 Udisha PSY/20/34
- ④9 Laxmidhya PSY/20/71
- ⑤0 Niharika PSY/20/15

FOOT MARCH (MHAW)

On the last day of MHAW'22, a foot march was carried out by the students of the department, along with Dr. Halley Singh Thokchom and Dr. Ankit Prakash to spread the message of the MHAW'SSS thme. The colleges in south campus, viz., Atma Ram Sanatan Dharma College, Sri Venkateswara College and Ram Lal Anand College and students performed a short nukkad natak to spread awareness about mental health.



Event: MHAW'22, Closing Ceremony

Date: 14th October, 2022

Time: 2:30 PM-4:00 PM

Location: Students' Activity Room, Aryabhata College, University of Delhi

Closing Ceremony Attendance

| | | | |
|--------------------|-----------|--------------------|-----------|
| 1. Lalak Banga | PSY/20/20 | 24. Sanjana Biswal | PSY/20/17 |
| 2. Purna Madhusan | PSY/20/35 | 25. Aarohi | PSY/20/18 |
| 3. Vaibhavi B. | PSY/20/28 | 26. Drishlee | PSY/20/52 |
| 4. Sejal M. | PSY/20/62 | 27. Jalma | PSY/20/49 |
| 5. Vasvika | PSY/20/19 | 28. Sneha | PSY/20/69 |
| 6. Niketa | PSY/20/53 | 29. Shaizya | PSY/20/72 |
| 7. Himangini | PSY/20/68 | 30. Anushi | PSY/20/64 |
| 8. Vidushi | PSY/20/13 | 31. Aditya | PSY/20/60 |
| 9. Gopal | PSY/20/1 | 32. Zinbi | PSY/20/45 |
| 10. Vanshika Verma | PSY/20/23 | 33. Himanshu | PSY/20/68 |
| 11. Jaishank | PSY/20/37 | 34. Tanvee | PSY/20/9 |
| 12. Karthik | PSY/20/61 | 35. | |
| 13. Vasra | PSY/20/48 | | |
| 14. Lamanya | PSY/20/10 | | |
| 15. Muskan | PSY/20/42 | | |
| 16. Ishita | PSY/20/54 | | |
| 17. Neha | PSY/20/55 | | |
| 18. Kangkana | PSY/20/12 | | |
| 19. Kuber | PSY/20/16 | | |
| 20. Aditya | PSY/20/30 | | |
| 21. Vaishali | PSY/20/42 | | |
| 22. Gourav | PSY/20/40 | | |
| 23. Neeraj | PSY/20/41 | | |

2nd year

| | |
|------------------|-----------|
| 1.) Jaagun | PSY/21/23 |
| 2.) Teesha | PSY/21/22 |
| 3.) Sanskriti | PSY/21/36 |
| 4.) Muskan Rana | PSY/21/38 |
| 5.) Anusha Gogoi | PSY/21/8 |
| 6.) Diqratia | PSY/21/26 |
| 7.) Chanchal | PSY/21/63 |
| 8.) Aditya | PSY/21/60 |
| 9.) Ganvit | PSY/21/66 |
| 10.) Lannavi | PSY/21/34 |
| 11.) Varsha | PSY/21/30 |
| 12.) Khushi | PSY/21/54 |
| 13.) Vasu | PSY/21/53 |
| 14.) Vashavani | PSY/21/62 |
| 15.) Mahi | PSY/21/58 |
| 16.) Anisha | PSY/21/18 |

