

Aryabhata College
Department of Psychology
(Annual Report for the Academic session 2018 to 2019)

1) Name of Teacher in Charge

Dr. Rajesh Kumar Dwivedi, Associate Professor (Dept of English)

2) Brief details of Faculty members

Dr. Ravi Bhushan, Assistant Professor

Currently pursuing Ph.D from Delhi University in the area of internet addiction from University of delhi. His interest areas included media psychology, Research methods and social psychology. He had a number of research publications under his names with recognised national and international journals. He was an active member of the department and held the position of Srijan incharge since 2016. Dr. Ravi was a hardworking, sincere and talented member of the department under whom the department developed.

Dr. Halley Singh Thokchom, Assistant Professor

Assistant Professor in the Department of Psychology, Aryabhata College, University of Delhi. He is a professional Industrial-Organizational Psychologist. He is also a practicing Career Counsellor, brain- fingerprinting enthusiast and an ardent researcher. In the present organization, he is In-charge, SRIJAN, the Psychology Association of the Department of Psychology, Aryabhata College and also a serving member of the college discipline committee for the 3rd year in succession. He is also a member of many professional bodies like the American Psychological Association (APA), National Academy of Psychology (NAOP), International Association of Applied Psychology (IAAP) etc. to name a few.

Ms. Soshomi Makang, Assistant Professor

M. Phil in Clinical Psychology from Institute of Human Behaviour and Allied Sciences (IHBAS) University. Actively involved for community mental health and have rendered psychosocial assistance across different settings. Areas of interest are intersectionality of public mental health, prevention and intervention of mental health. She has been invited as a resource person for academic, community outreach programs and have conducted workshops. She has published papers in both national and international journals.

Dr. Ankit Prakash

Ph.D on the topic “Psychological Hardiness, Sense of Humor and Mental Health among Physically challenged Adolescents” from Jamia Millia Islamia. He is also a Post doc fellow of UGC and, I have worked at IIT Delhi’s Dept of HSS as a Research Associate. Working as an Assistant Professor of Psychology in Aryabhata College since August 2017. His areas of interest are Social Psychology, Positive Psychology and Statistics and Research Methodology. He has published few papers in national and international journals. As per Google scholar platform his papers have 34 citations.

Dr. Neera, Assistant Professor

Hold Ph. D from Patna University and she specialized in Educational Psychology. She has 6 years of teaching experience, has taught undergraduate, Senior Secondary school students. Her areas of Interest are in Educational Psychology, Developmental Psychology, Counselling Psychology. She has published few papers in national and international journals. She also supervised 3 UG dissertations.

Dr. Thangbiakching, Assistant Professor

Hold PhD from University of Delhi. Her doctoral work is in the area of Jungian analytical psychology. She has taught Psychology at Zakir Husain Delhi College, and is currently working as an assistant professor at Aryabhata College, University of Delhi. She has also worked as a project assistant with South Asia Foundation, and interned at Regional Institute of Medical Sciences,

Manipur. She has also published articles in journals of international repute. Her area of interest includes Jungian analytical psychology, folk tale and fairy tale studies, counselling psychology, and developmental psychology. She is also interested in the art of storytelling and its therapeutic effect, and has published short stories.

Dr. Garima Srivastava, Assistant Professor

Ph. D from the department of Clinical Psychology, AIIMS (New Delhi) and her field of interests are gender psychology, qualitative study and mental health. She had published prolifically in numerous international journals. She has been the Resource person for a number of workshops on Parenting, Stress Management etc. held in Delhi, Dubai, UK and elsewhere. She is also a part of the Editorial Board for “The Learning Curve” National Academic Journal for the Department of Psychology, LSR.

3) Student Strength

First Year	Second Year	Third Year
45	51	39

4) Details of publication work by the faculty members

Dr. Neera

Published as paper “An Interpretive Phenomenological Analysis of child centered education in Indian perspective” Behavioural Scientist ISSN-0972-5911 VOL.20 NO.1 PAGE- 37-50 YEAR- JAN. 2019

Dr. Thangbiakching

Thangbiakching. (2019). The Soul Journey: a Kashmiri Tale. *International Journal of Indian Psychology*, 7(4), 776-780. ISSN: 2348-5396 (e), ISSN 2349-3429 (P)

Published a short story titled “The River Thought” in an online journal *Indian Ruminations: Journal of Indian English Writers*. ISSN 2249-2062. Dated 01/09/2019.

5) Participation of faculty members in seminars/workshops ,etc

Halley Singh Thokchom, Assistant Professor

Participated in a UGC sponsored short term course on ‘Personality Development, Leadership and Ethics’ from 23rd to 29th October, 2018, organized by Centre for Professional Development in Higher Education (CPDHE), Human Resource Development Centre, University of Delhi.

Dr. Garima Srivastava, Assistant Professor

Presented ‘Current status and future directions in policies for protection against child sexual abuse in India POCSO Act’ at the First National Conclave on Psychological Trauma, Child Protection and Mental Illness. Department of Psychiatry, All India Institute of Medical Sciences, New Delhi, India in March, 2018.

Presented ‘Assessing the effectiveness of gratitude in enhancing happiness: An Eastern Perspective’ presented at the international conference on traditional Indian healing practices with contemporary western health systems at the Department of Psychology, Daulat Ram College, University of Delhi on 9 January 2019.

Dr. Neera

Attended International Conference Shaikshik Foundation in Association With Deshbandhu College. University of Delhi. 23-24 February 2019.

Thangbiakching, Ph. D, Assistant Professor

Participated in International Conference on *Bhartiya Women: Past, Present and Future*, held at NDMC Convention Centre, New Delhi (2019)

6) Achievement of Students including their participation in various societies

Akanksha Jayant Rajguru and KanakaShatadal from 6th Semester, Psychology Honours presented a paper titled ‘Comparing conventional and technology based progressive muscle relaxation techniques on the mental wellbeing of healthy individuals’; at the National Paper Presentation competition at Daulat Ram College, University of Delhi on 1 st November 2018 and secured 3rd Prize.

7) Co-curricular Programmes conducted by the Department

In the tenure 2018-19 the Psychology Department under the student’s association body SRIJAN carried out numerous events and the following are the brief descriptions:

SRIJAN, the Psychology Association, organized the ‘Mental Health Awareness Week’; from the 3 rd to 5 th October, 2018. The theme for the same was ‘Enhancing Mental Health. The keynote speaker for the session was Dr Uday Sinha from Institute of Human Behaviour and Allied Sciences (IHBAS) and Dr Ishita Bharadwaj, Assistant Professor, Department of Psychology, University of Delhi. SRIJAN also organized a workshop during the Departmental Fest, PSYGALA ’19. The key note speaker for the event was Professor of Psychiatry, Dr Atul Ambekar, National Drug Dependence and Treatment Centre and All India Institute of Medical Sciences on the topic Preventing Substance Abuse: What works and what doesn’t

The Department will be releasing the third edition of its annual magazine SRIJAN; in April 2019. The magazine will see a host of articles on various topics in psychology by the students of Psychology.

PERSONALITY DEVELOPMENT PROGRAMME

Setting a new benchmark a five day Personality Development Programme was conducted for the fourth time for the benefit of students which had faculty members (Chandan Bharti, Halley, Abhishek Parashar, Ravi Bhushan, Ankit Prakash etc.) from various disciplines participating in it including the Principal himself who delivered lectures and presentations. The programme aimed at overall development of students' personality including English proficiency enhancement thereby preparing them for an entry into a world of jobs and professionalism by honing their soft skills, linguistic competencies and body language. Students' feedback on this has been extremely encouraging.

EVENT REPORT: JULY 2018 TO MARCH 2019

> **MENTAL HEALTH AWARENESS WEEK 3rd to 5th OCT 2018**

1. **Talk on young people and mental health by Dr. Uday Kumar on 3rd oct** – Dr Sinha, additional professor at Institute of Human Behavior and Allied Sciences (IHBAS) discussed how the subject of psychology has evolved over time and the increasing traction that it is gaining amidst the youth. In accordance with the World Health Organisation's theme for 2018, 'young people and mental health in a changing world', Dr. Sinha talked about different methods that the young generation could employ to improve their mental health. He emphasised that mental health is much more than absence of mental illness; it involves working productively and fruitfully. He suggested the use of mindfulness, which is a state of being conscious or aware of the present moment, our thoughts and our feelings.

2. **Talk on struggles of youth by Dr. Ishita Bhardwaj on 3rd oct** – Dr. Bhardwaj, faculty member, dept of psychology, University of Delhi; shared her views about the struggles the youth must go through, on their path to finding their own identity and understanding themselves. She had the listeners deliberate upon a myriad of issues such as how to find empathy and help when faced with distressing situations, how to discern who is suffering and then convince them to seek help. She addressed many more concerns that hold significant importance in contemporary times.
3. **Open mic session on 3rd oct** - for students to freely express themselves, the open mic session served to astound the audience with the sheer eloquence of the speakers. Featuring touching and motivational poems in both Hindi and English, the session left a lasting impression on the full house present for this event.
4. **Student panel discussion on Queer and Mental health on 3rd oct** - The student panel comprised of Vidushee Srivastava, Akanksha Rajguru, Kanaka Shatadal, Rithwik Narayanan, Muskan Datta, Adya Jha, and Vijaylaxmi Samal. The discussion was **moderated by Dr. Garima Srivastava and Dr. R K Dwivedi**. In the discussion, students put forth their views on the topic 'Queer and Mental Health'. A variety of different perspectives were presented, enriching the listeners with exposure to a whole new dimension. The panellists discussed what the LGBT community is, the challenges it faces and has faced in the past. They ended the discussion by constructively pondering over ways to overcome those challenges and the means through which we can make an impact on a personal level.
5. **Lecture on Archaic roots of mental health by Dr. Eric Soreng on 4th oct** – Dr Soreng (Assistant Professor, Department of Psychology, University of Delhi). With a unique style of presentation, he discussed the archaic roots of mental health, especially its presence in mythology. He shed light on how various symbols popular in the medical community are derived from mythology, such as the Staff of Hermes and the Rod of Asclepius. He also talked about complexes and went on to contrast the Freudian and Jungian perspectives.
6. **Talk on Dance movement therapy by Ms. Tanvi Bajaj on 4th Oct** - Laban Movement Analyst, Educator & dance therapy trainer, Dr. Tanvi, began with a fascinating and enjoyable practical session, she went on to explain the basics of dance and movement therapy. A part of

expressive arts therapy, it puts to use, the connection between mind and body to help people. This form of therapy proves to be useful for reducing stress and in addition, it has also proven effective in treating people with physical problems such as Parkinson's disease.

7. **Movie screening – ‘INSIDE OUT’ on 4th Oct** - Relaying true messages far beyond what is generally associated with the idea of animated films, it showed how situations are not inherently positive or negative, but in fact are directly based on individuals and their way of perceiving what they see or experience. Most importantly, it stressed that happiness and sadness are interdependent. They are two sides of the same coin and sometimes it is completely alright to be sad as long as we know how to come out of the sad phase and get on with life.
8. **Talk on Educational system and Mental health by Dr. Jitendra Nagpal on 5th Oct** - He discussed the various school boards and how the education system has evolved over time. He also talked about the importance of integrating mental health into the education system and spreading health awareness early in school life. He talked about the case of students committing suicide during examinations as well as aggression, depression and hostility among the youth. The lecture included a dialogue on child rights and the legislative framework surrounding it.
9. **Talk on Role of listening in mental health by Dr. Neetu Sarin on 5th Oct** – Dr. Neetu, assistant Professor at Ambedkar University conducted an interactive session highlighting the role of listening in mental health as well as underlining the aspects that make one a good listener. She talked about implicit content of speech and internal objects. Her insights regarding people's manifestations of their innate desire to destroy were particularly enlightening.

➤ **PSYGALA 2019 1st MARCH 2019 (Annual Academic Festival of Department)**

1. **On 1st March 2019, Talk on ‘Preventing substance abuse’ by Dr. Atul Ambekar** – the talk focused on addiction and its prevention. He quite deftly differentiated between different kinds of drugs, elaborating on their addictive properties and along the way asked the students for their opinions on why ‘addiction’ was not a thing for every drug user! He lauded the prior knowledge of the students and further shared the different acts of using drugs. Dr. Ambekar shared with the

students some useful statistics on the efficacy of the different treatment- intervention technique focusing on every aspect or stage of a person's life from prenatal to adulthood.

2. The department also hosted an **Open Mic competition** themed 'addiction' - The event saw participants from different colleges and courses coming together to express their views, either in a poetic, lyrical or narrative form. They presented their views on addiction to intoxicants, how it affects the person and even opened up about their own struggles with addiction.
3. **Poster-making competition**, another event hosted by the department, had students from different colleges present the **theme 'Break Free'** in an imaginative yet ingenious manner.
4. **Photography competition themed Trapped** was also organized by the department to give students an opportunity to display their photography skills and display their unique perspective via images.
5. **The testing stall** generated quite some curiosity amongst passers-by who were keen on knowing themselves better or coming to terms with their stress levels and personality types. There were **two sets of questionnaires: The Big Five Personality and The Stress questionnaire**. Students from the psychology department did the scoring and interpretation of the participants' responses and gave them quick results and analyses. the psychology students were able to identify different types of personality traits among different people. They also checked their stress levels and suggested how to manage them.

8) Library Budget sanctioned for the Department;

Library Budget 2018-2019	Amount in Rs
Dept of Psychology	

9) (Strength ,Weakness , Opportunities, Challenges) SWOC Analysis of the Department

The department is gradually gaining momentum in many spheres as a learning platform. Over the past five years, there are remarkable milestones achieved by the department. The active Academic society, the Psychology Association SRIJAN, comprising of democratically elected members who function under the guidance of faculty advisors continues to function with efficiency. Faculty members have wide range of experience and varied expertise that facilitates in expanding the orientations of the students. Faculty members are vibrant and enthusiastic and they continually seek for continuous professional development. They offer a wealth of wide array of knowledges that serves multiple advantages. Academic meets like seminars and workshops are regular departmental affairs. The Department had established an alumina association for the smooth coordination with the students with their alma mater. The Dept faculty members also form the Counselling task force for the college faculty as well and students during the pandemic. The nascency of the department poses as a challenge as well as an opportunity. Creating a learning environment that promotes higher order learning, enhancing the creative and analytical skills of students which is crucial for achieving academic proficiency and emerge as future leaders.

10) Future Plans of the Department

The Department plans to continue to create an academic platform and extends to various scholarly activities. Adding features like small in house library with reference texts for the students and continue equipping and upgrading the lab with test materials and instruments to conduct innovative experiments and carry out research studies are few steps to take in the coming future. And also, to strengthen the alumni body to foster linkages and create forum for promoting mutual assistance amongst the member of the department. The Dept's future plans are guided by aspiration to create fertile learning ground where learners can engage themselves with the pertinent human issues and growth.