

Aryabhata College  
*Department of Psychology*  
*(Annual Report for the Academic session 2019 to 2020)*

**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***

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 and has a teaching experience of 3 years. 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 journal.

***Dr. Ankit Prakash, Assistant Professor***

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 and he had supervised 3 UG and 4 PG students in their dissertations.

***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. She is also a member of Ahmedabad Jung Center (DG of International Association for Analytical Psychology).

***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
54	54	48

**4) Details of publication work by the faculty members**

***Dr. Neera***

International journal of advance research and innovative ideas in education “Understanding social validation as a process and lived experience among college

going students in Delhi” IJARIE – ISSN(0)- 2395-4396. VOL. 6, ISSUE – 3 2020, 1222-1229.

Neera & Thangbiakching. (2020). Understanding Social Validation as a Process and Lived Experience Among College Going Students in Delhi. *International Journal of Advance Research and Innovative Ideas in Education*, 6(3), 1222-1229. ISSN: (O) 2395-4396

***Dr. Thangbiakching***

Thangbiakching. (2020). The Inner Journey and the Cultured Self. *Journal of Psychiatry and Psychology Research*, 4(2), 236-238. ISSN: 2640-6136.

Neera & Thangbiakching. (2020). Understanding Social Validation as a Process and Lived Experience Among College Going Students in Delh. *International Journal of Advance Research and Innovative Ideas in Education*, 6(3), 1222-1229. ISSN: (O) 2395-4396

Datta, M., & Thangbiakching. (2020). Parenting Styles and Parent-Adolescent Relationship in the Indian Context. *International Journal of Multidisciplinary Approach and Studies*, 7(3), 38-53. ISSN: (O) 2348-537X

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

***Dr. Halley***

Two-Week Faculty Development Programme on “Advanced Concepts for Developing MOOCs” Teaching Learning Centre, Ramanujan College, University of Delhi along with the Ministry of Human Resource Development Pandit Malaviya National Mission on Teachers and Teaching. 2020  
2 weeks FDP National

ii. One-Week FDP on ‘Entrepreneurship, Incubation and Innovation’ Teaching Learning Centre, Ramanujan College, University of Delhi along with the Ministry of Human Resource Development Pandit Malaviya National Mission on Teachers and Teaching. 2020

iii. E-Contents/MOOCs Development & Delivery (“ICT TOOLS for ONLINE TEACHING”)  
Centre for Professional Development in Higher Education (CPDHE), University of Delhi. 2020 3  
days Short Term Course

***Dr. Neera***

Attended International Conference on “Human Rights” Shaikshik Foundation in Association With  
Deshbandhu College. University of Delhi & Ambedkar International Centre, New Delhi. 22-23  
February 2020.

Attended FDP “Applied Psychological Perspective of Well – Being” Amity University,  
Uttar Pradesh. 22 nd June – 27 th June 2020.

Attended FDP “ Enhancing psychological skills for teaching & practice. Teaching learning  
centre, Ramanuhan college university of Delhi. 15 september 29,2020.

Attended International Webinar on “ Effects of Prolonged Lockdown under Covid – 19 on  
Educational System. Pratap College of Education, Ludhiana and Kazan Federal University, Kazan ,  
Russia. 21 st July 2020.

Attended Webinar on “Pursuing Wellness and Health : Issues and Challenges” Department of  
Psychology, Mata Sundri College for Women, University of Delhi. July 23 rd 2020.

Attended The Changing Landscape of Education “International Centre for  
Advancement of Education” 8th of August 2020

***Dr. Thangbiakching***

- Presented papers on “The Soul Journey from a Kashmiri Tale of the Wicked Stepmother” at the  
*UGC sponsored National Seminar on The Unconscious Communication in Psychoanalysis*,  
Department of Psychology, Jesus and Mary College, University of Delhi (2020).

- Presented webinar on “Boredom and our selves amidst the lockdown” on 21st May, 2020, at Aryabhata College.
- Participated in a webinar on *Helping People Matter: Strategies for Improving Well-Being in the Covid-19 Era* held on 20<sup>th</sup> May, 2020, organized by Gargi college, University of Delhi.
- Participated in a webinar on *How to Combat Anxiety, Depression, and Fear Amid Covid-19 Pandemic* held on 23<sup>rd</sup> June, 2020, organized by Atma Ram Sanatan Dharma College, University of Delhi.
- Participated in a Special Lecture on *Pursuing Wellness and Health: Issues and Challenges* held on 23<sup>rd</sup> July, 2020, organized by Mata Sundri College for Women, University of Delhi.

***Ms. Soshomi Makang, Assistant Professor***

Resource Person in the seminar “Let’s talk about Mental Health” Battling mental illness together organised by Tangkhul Women’s League Delhi on 12th Nov 2019.

Presented webinar on “Psychological Restoration” in the Webinar series of Mental health during the COVID 19 Lockdown on 29th May, 2020, at Department of Psychology, Aryabhata College.

**Dr. Ravi Bhushan**

Dr. Ravi Bhushan was awarded PhD in Psychology, University of Delhi, in July 2019 titled “Internet communication: Understanding its impact on psychosocial well being

***Dr. Garima Srivastava, Assistant Professor***

Presented ‘Comparing conventional and technology aided Jacobson’s Progressive Muscle Relaxation and determining gender differences’ at the National paper presentation competition, Lady Shri Ram College for Women, New Delhi, India, 1 March, 2019.

**6) Achievement of Students including their participation in various societies**

Name	Participation/recognition	Name of the award/recognition	Awarding organisation/body
Prerna Wadhawan	Participation	Participation	Amity institute of psychology and allied sciences
Vasundhara aggarwal	Winner	1st prize - world humanitarian drive poet	World humanitarian drive

### 7) Co-curricular Programmes conducted by the Department (July 2019- March 2020)

In the tenure 2019-20 the Psychology Department under the student's association body SRIJAN carried out numerous events and the following are the brief descriptions:

➤ **Talk on applied behaviour analysis as a technique of intervention in child behaviour by Prof. S.P.K Jena on 3<sup>rd</sup> sept 2019** – this talk focused on various behavioural techniques and ABC – antecedent, behavioural and consequence model. He discussed various behavioural therapy techniques and also stated his views against parents who bribe their children.

➤ **MENTAL HEALTH AWARENESS WEEK 27<sup>th</sup> sept to 1<sup>st</sup> Oct 2019**

**Theme: Mental health promotion and suicide prevention**

1. **Movie screening and discussion – Tuesdays with Morrie:** the movie beautifully depicts the relationship between a teacher (who is on the verge of death) and a student. Movie shows relevance of accepting death and living life to the fullest. It focuses on relationships, detachment and forgiveness.
2. **Open Mic session on suicide prevention on 27<sup>th</sup> sept** – during this event poets from various colleges came forward and shared their views and writing on suicide. Poets choose words to express their concern about mental health, positive thinking, optimism, and suicide prevention.

3. **Confessions box - On 27<sup>th</sup> Sep with the theme 'Suicide Prevention and Awareness' a Confession drive was initiated in the college premises.** Two boxes were kept in two parts of the college and people were asked to write about their anxiety, stress, relationship issues, any past incident, or simply anything that concerned their mental health. This initiative was done to encourage students to talk about their problems, the issues that always lurk in the background to which people never pay attention to and still they continue to affect them. The confessions were categorized in three categories – the negative thoughts, the journey and positive outlook. These confessions received were discussed with students which helped them to know about the current concerns of youth in relation with mental health.
  
4. **Starting a conversation by Dr. Priti Dhawan on 30 sept** – Dr. Priti Dhawan, began her talk by asking the audience - "Do you choose to release all your regrets?" "Do you choose to express your decisions that didn't work as you hoped?" If not, then she asked to try and choose to share them today, which is why she titled her talk as "STARTING A CONSERVATION" She brought into light the importance to know one's own self. The concern comes in when our inner conflict goes unattended, gets filled up, and eventually spills and it is the individual that succumbs. It is important to make peace with one's inner conflicts, we have to be our own gardeners. Dr. Priti also emphasised, like the knowledge of first aid, one should identify the first signs of mental discomfort and advised a variety of preventive actions.
  
5. **Developing skills to prevent suicide by Dr. Ruchi Verma on 1<sup>st</sup> Oct** – Dr Ruchi Verma is a clinical psychologist at the Institute for Human Behaviour and Applied Sciences (IHBAS). She enlightened and educated the audience with her vast knowledge and viewpoints on suicide and its prevention. The session began with a very informative presentation on the topic where she briefly discussed about suicide and its causes, moving on to highlighting the role of every individual in the prevention of suicide once they are aware of the warning signs. She talked about the perils of modern-day media glorifying alcohol and substance abuse as a cure to distress, as it is one of the leading causes of suicides worldwide. In the course of her lecture, she also decoded various myths people have about suicide.
  
- **Today's struggle, Tomorrow's strengths: Cultivating Resilience by Prof N.K Chadha on 15<sup>th</sup> Oct** – during this session Prof Chaddha discussed the very important concept of Resilience with students. He focused on the various sources of resilience that are available to us and how they can be used in building resilience and managing issues of life.



➤ **Movie screening with the director ‘Anoocharito’ on 28<sup>th</sup> Jan 2020 by Sourav Sarkar -**  
The film follows the perspective of a young child and how he is affected by parental conflict and separation from his friend. He feels alone and engages in different creative activities to keep himself occupied. Through his movie he discussed about the need for guidelines on good parenting and the impact parenting can have on the fragile mind of a child. He discussed the importance of media in spreading awareness and how it can be used to guide audience to mental well-being.

➤ **PSYGALA 2020: 4<sup>TH</sup> TO 6<sup>TH</sup> FEB (Annual Academic Festival of Department)**

**Theme: Oubaitori**

1. **Performance by the Nameless Band on 4<sup>th</sup> feb** – this band from Jaipur performed during the academic festival. Their energetic and visually engaging aura gave a head start to the festival.
2. **Lecture on youth and mental health by Dr. Karuna Mehta on 5<sup>th</sup> feb** – this session focused on various ways through which youth can guard their mental health. Dr. Mehta also discussed about the transactional therapy approach and gave students insights about the importance of positive psychology in maintain good mental health.
3. **Workshop on Body Image by Dr. Kanika Ahuja on 5<sup>th</sup> feb** – ‘Mirror Mirror on the wall, I am sexy, Damn you all’ this workshop focused on body image issues among young adults. It involved activities and self-boosting exercises to counter doubt and shame associated with body image issues.
4. **Paper presentation competition on youth and mental health on 6<sup>th</sup> feb** – this inter-college event gave students opportunity to display and elucidate their research work in the area of mental health and illness.

5. **Painting competition and online photography competition** was also organized during the event for students to display their creative perspective in relation with the theme.

#### **8) Library Budget sanctioned for the Department;**

Library budget 2019-20	Amount in Rs
Department of Psychology	Rs. 48,000 (Forty Eight Thousand)

#### **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. The department provides a platform for scholarly research activities by hosting a paper presentation during the Department fest. 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.