

Aryabhata College
Department of Psychology
(Annual Report for the Academic session 2020 to 2021)

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 4 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 and, supervised two post graduate and three undergraduate projects/dissertations.

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 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.

Dr. Anisha Ahuja, Assistant Professor

M.Phil in Clinical Psychology from IHBAS and Ph.D in Psychology from University of Delhi, has a teaching experience of 6 years. Her areas of interest include parent-adolescent and young adults’ relationship as well as career decision making. She has published research papers in different national and international journals. She also has authored some chapters for books. She has presented papers and posters in conferences as well as been in the organising team of come such conferences. She has been the Co-editor of the psychology journal (with an ISSN) of Department of Psychology, Lady Shri Ram College for 4 years. She has also conducted various workshops on mental health, suicide prevention, research and statistics. She is a professional lifetime member of Indian Association of Clinical Psychologists.

Ms. Varsha Singh, Assistant Professor

Currently pursuing her Ph. D from University of Delhi and has been teaching Psychology as an Assistant professor since 2016. Her areas of interest and expertise includes Research in Psychology, Developmental Psychology and Psychology of gender. She has a special proficiency in qualitative research methods. She has a number of published research papers under her name with recognised national and international journals. She has also presented papers at international and national seminars/conferences. She bagged prize at a National Seminar for her paper on 'Emotions as a motivating factor for achievement: Analyzing from Mahabharata's perspective. She has been an

active and diligent part of the department. She has held the position of Association In-charge of Psychology department at Kamala Nehru College during her tenure, and organised a number of astounding events on topics such as past life regression, neurofeedback mechanism, resilience etc. She is known for her kind, active and persevering nature among her colleagues and is an asset to the department

3. Student Strength

First Year	Second Year	Third Year
61	52	49

4) Details of publication work by the faculty members

Ms. Soshomi Makang, Assistant Professor

“Ethnic Identity: Comparing Ethnic Groups in terms of their Well being and Sense of belonging”
The International Journal of Indian Psychology 2021, 9(1),1337-1351. ISSN 2348-5396 (e) Issn 2349-3429 (p). Vol 09, Issue 1, Jan to March 2021

Dr. Thangbiakching, Assistant Professor

Paliwal, S., & Thangbiakching. (2021). An Analytic Dwell into the Movie Kuch Kuch Hota Hai: a Cultural Portrayal. *International Journal of Advance Research and Innovative Ideas in Education*, 7(5), 438-445. ISSN: (O) 2395-4396

Thangbiakching. (2021). Ethics in Counselling. In N. Kumar (Ed.). *Counselling Psychology: Indian and Western Pathways* (pp. 79-100). New Delhi, India: Cengage Learning India Pvt. Ltd.

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

Ms. Soshomi Makang, Assistant Professor

Resource person in conducting workshop for Teachers on “Psychological issues of children and child safety vis-a-vis lockdown” on 22nd June 2020 organised by FXB India Suraksha.

Speaker on “ Strategies for tobacco cessation” on the occasion of World No Tobacco Day organised by NSS Aryabhata college. May 31 2021

Resource Person on the webinar “The New norm” on the sub topic “E- learning” Organised by Tangkhul Student Union Delhi on 3rd July 2021.

Attended National Annual Conference of Indian Association of Clinical Psychologist (NACIACP) “Digital interventions, challenges and perspectives: Newer Frontiers in Clinical Psychology” - 28th-30th May 2021

Dr. Thangbiakching, Assistant Professor

Attended International Conference on Various Jungian Analytical Perspectives, held on virtual platform organised by Ahmedabad Jung Canter (DG of IAAP), February, 2021.

Attended International Conference on Self: Analytical and Clinical Management, held on virtual platform organised by Ahmedabad Jung Canter (DG of IAAP), September, 2021.

Part of organising webinar “Pandemic: an Opportunity to Rethink Self and Social Identity”, presented by Prof. Anand Prakash, on 11th June, 2020.

Part of organising webinar “Expressive Arts Therapy: An experiential session to explore stress relief”, presented by Avantika Malhautra, on 15th February, 2021.

Organised webinar “Stress and Yoga: the stressed-out Yogi”, presented by Markus Hanna, on 17th February, 2021.

6) Achievement of Students including their participation in various societies

Name	Participation/recognition	Name of the award/recognition	Awarding organisation/body
Sarthak paliwal	Research recognition	Conducted research on parent-adolescent relation with bhavan's association	Bhavan's mehta vidyalaya
Prerna wadhawan	Participation	Participation	E-kefi, Trinity institute of Professional studies
Madhumita kumari	Appreciation certificate	Editor of magazine	Finance and investment cell
Falguni Sharma	Second Prize	Sanskriti pratibha utsav 2020 - second prize	Alaknanda institute for performing arts
Gaurav bagdi	Appreciation	Appreciation for contribution towards ngo	Spread a smile foundation
Vasundhara aggarwal	1) Ambassador	My NEP	Vidya Bharti
	2) Ambassador	Global peace ambassador	Global Peace Chain
Mihika saxena	Participation	Participaton	Lim Trichy
Yukta chadha	Research publication	Paper published in international journal of indian psychology	International journal of indian psychology
Dhairya mohla	Participation	Participation in 22nd kargil diwas, celebrated by aryabhatta college, du	Aryabhatta college, DU
Sannidhya bilwal	3rd prize	Reverb- western solo singing, dtu	Delhi technical university
Bhavya jagadishwar	Grant award and merit certificate	Community academic service entrepreneur grant	Campus community partnership foundation
Madhumita kumari	Excellence certificate	Certificate of appreciation	Finance and investment cell, aryabhatta college
Madhumita kumari	Participation	Certificate of participation	Mexico- india forum in collaboration with fic, aryabhatta college

7) Co-curricular Programmes conducted by the Department (May 2020-March 2021)

In the tenure 2020-21 the Psychology Department under the student's association body SRIJAN carried out numerous events and the following are the brief descriptions:

➤ WEBINAR SERIES ON MENTAL HEALTH DURING COVID 19 LOCKDOWN

The department of psychology, Aryabhata College, University of Delhi, organized a webinar series for the students and faculties of the college to help them through their journey to keep check of their mental and emotional health.

1. On 20th May 2020: How to manage your emotions in lockdown by Dr. Garima Srivastava -

She emphasized on giving space to all emotions during her talk and also discussed about the uncertainties and trauma brought by Pandemic. She also pointed that we need to manage our life and our emotions, not control it or get rid of it. We can't do that as they are a permanent part of us. She divided the methods to manage emotions into two categories- internal and external. Internal techniques mainly include breathing and Stop technique. External techniques focuses on methods like scheduling your time including even time for thinking and talking about situation among other activities, exercises, and making gratitude jar to remind us of the thing we are grateful for in our life.

2. On 21st May 2020 - Boredom and Our Selves Amidst Lockdown by Ms Thankbiakching -

She started the session by talking about Self and as we knew about it. While we consider 'self' as something we know about ourselves, she mentioned that all of us carry different 'selves' inside us and show them in different situations at different times. This lockdown altered our regular lifestyle, something we were really habitual to at a time and the sudden, surprising change caused a great deal of stress on people's mental health. She emphasized that the various selves existing in a person were affected by it because the work and activities that used to keep them occupied throughout the day found them suddenly useless.

3. On 29th May 2020 : "Psychological restoration" by Ms. Soshomi Makang – the session -

began by stating that restoration is something that happens to us regularly, we tend to restored from relationships, from our anger, illness, trauma, addiction, and literally everything. She explained that restoration is the process of renewing our physical, psychological and social

resources that diminish when we try to adapt with the daily needs. She highlighted that there are resources in us that lie dormant, because we are bounded by routines. She through her lecture explained about the three areas where restoration can be applied – environment, brain and morale.

4. **On 8th June 2020: Engaging the Shadow in Times of Corona by Ms. Nitika Kumar** - The session began with a story and the relevance and importance of stories as a symbolic medicine for our psyche. She weaved the explanations and importance of shadow work into the session. Shadow, a cardinal aspect of Jungian psychology, associated with the concept of “wholeness” of humans, was an extremely intriguing concept; just like everything luminescent casts a shadow, similarly, humans with their light of consciousness also have shadows and that’s what makes them whole— the light and the shadow.

5. **On 4th July 2020: “Its my Life” by Dr Vinay Kumar** - He focused on three important aspects that are life, liberty and pursuit of happiness. He also pointed out that if we all do our duties then we won’t have to talk about ‘right’ to life because it will be automatically available to us. He talked about how we’re entangled in the cultural structures and how the “It’s my life” theory has made us self-cantered. He related it to Narcissistic Personality Disorder wherein people have an inflated sense of self-importance. They tend to give a lot of importance to their own thoughts and sayings and may complain about not getting enough attention and admiration.

6. **On 11th July 2020: Mental Health and Wellbeing: Current Concerns by Prof Girishwar Misra and Pandemic an opportunity to rethink self and social identity by Prof. Anand Prakash** - Prof. Mishra enlightened the participants about the mental health concerns concerning the current covid 19 situations from a social and cultural psychology perspective. The two webinars were seamlessly woven together as the topics were of similar nature. Prof. Prakash explained different gradual stages of reaction to the situation, as at the beginning people were in denial. Later it changed to state of anger and now we are in the state of negotiation, where we learning to live with it in a balance. He explained the perspectives of the inner and outer world through a mythological story of race between Ganesha and Kartika to revolve around the whole world three times.

- 7. On 15th July 2020 – Post COVID-19: EQ Paradigm, Prof. N.K. Chadha** - The discussion revolved around the topics of anxiety, feeling of restlessness and constant worry due to the lockdown and seeing the rising number of cases all over the country. Professor N.K. Chadha explained about times of hardship, not just financial and economic challenges but also personal. Prof. Chadha briefed the students about the strength of Emotional intelligence – the ability to judge and understand your own emotions, know their strength as well as understand the emotions and feelings of other people.
- **Workshop on Self-exploration through Expressive Art by Ms. Suhasini Subramanian on 26th Aug 2020** – this workshop with students involved various self-related activities through art that helped students to discover about themselves more and better and also gave them a fresh perspective regarding the nature of art to produce therapeutic effect.
- **Workshop on expressive art for stress relief by Ms. Avantika Malhautra on 15th Feb 2021** - The objective of this interactive session was to introduce Expressive Arts Therapy as a theoretical approach as well as an experiential process that enhances expression, reflection and insightfulness. During the explication of EAT as a part of the psychological approach to well-being, the participants were briefed about therapy, its elements and the features which make it a success. They got to learn about the pioneers of EAT like Paolo Knill, Shaun Mcniff, and Natalie Rogers, and the basic principles on which this therapy functions. Some myths about EAT were debunked and the benefits, as well as the therapeutic changes it brought to physiology and life, were discussed. The participants were informed about various responses to stress and how they can be managed with the help of Expressive Arts Therapy.
- **Workshop on Hatha yoga by Mr. Markus Hanna on 17th Feb 2021** - The session intended to make students aware and teach them about the different techniques to reduce, manage, and be resilient to stress. The speaker cited two different techniques that can be employed to deal with stress and to live cheerful and contented daily life, through the yogic perspective. The first technique was focused on giving purpose to labour and cultivating sharp focus and willpower while being calm through breath retention (Kumbhaka) exercises. The second technique focused on automatic inhalation and conscious exhalation through the nose and subsequently through the mouth. The speaker provided some valuable inputs about how to continue with this state of calmness and be more productive at work. Some of the main concepts included the power of practice of Hatha Yoga to make the acquired knowledge more valuable and the 30 days challenge to notice a significant change in oneself.

➤ **Workshop on guided imagery by Ms. Sera Wangdi on 16th March 2021** - The workshop consisted of a brief view of Buddhist ways of relaxation and meditation followed by a guided experiential practice of few techniques of meditation. Ms. Sera Wangdi described meditation as a means of transforming the mind. Its practice helps encourage deep concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. She mentioned that in Buddhist meditation belief in oneself and their positive qualities and the search for wisdom is a prerequisite. From a Buddhist point-of-view, it is the enlightenment or Buddhahood comprising of three namely view, meditation and action.

8) Library Budget sanctioned for the Department

Library budget 2020-21	Amount in Rs.
2020-2021	1,25000 (One Lakh Twenty Five 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.