

Department of Psychology

Annual Report - Academic Session 2021-22

FACULTY MEMBERS:

1. Teacher in Charge

Rajesh Kumar Dwivedi, Associate Professor (Dept of English)

2) Brief details of Faculty members

i) Dr. Halley Singh Thokchom, Assistant Professor

Assistant Professor in the Department of Psychology, Aryabhata College, University of Delhi, Dr. Halley Singh Thokchom 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, editor of the annual departmental magazine SRIJAN and also a serving member of the college discipline committee for the 4th year in succession. He has previously taught in Gargi College for Women, DU and Jesus and Mary College, DU. He is the oldest serving member in the present department. 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.

ii) 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 journals and, supervised two post graduate and three undergraduate projects/dissertations.

iii) 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.

iv) 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.

v) 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).

vi) Dr. Anisha Juneja, 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 some 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.

vii) 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	Total
75	57	58	190

4) Details of publication work by the faculty members

Research Article

i) Gupta M., Prasad R. B. & Singh V. (2022). To Study the relationship between Social Media Addiction, Self Esteem and Fear of Missing Out. *International Journal of Indian Psychology*, 10(2), 1446-1455. DIP:18.01.144.20221002, DOI:10.25215/1002.144

ii) Neera, (2021). Barriers faced by young men in seeking professional help for mental health concerns. *International Journal of Advance Research and Innovative Ideas in Education*,10(5). IAAN (O): 2395-4396.

iii. Paliwal,S., and Thangbiakching,C.(2021). An “An Analytical Dwell into the Movie Kuch Kuch Hota Hai: a Cultural Portrayal” in *International Journal of Advance Research and Innovative Ideas in Education*, Volume 7, Issue 5, ISSN: (O) 2395-4396.

Book Chapter

i) Thangbiakching.C.(2022). Ethics in Counselling. In N.Kumar (Eds). *Counselling Psychology: Indian and Western Pathway* (pp 79-98). Cengage publication.

ii). Juneja, A. (2022). Insight Oriented CounsellingE. In N.Kumar (Eds). *Counselling Psychology: Indian and Western Pathway* (pp 79-98). Cengage publication.

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

i) Dr. Halley Singh Thokchom successfully completed a 4-week induction/orientation programme for “Faculty in Universities/Colleges/Institutes of Higher Education” from 19 June - 18 July, 2021 organized by Teaching Learning Centre, Ramanujan College, University of Delhi and obtained Grade A+.

Dr. Thangbiakching International Conference on “Self: Analytical and Clinical Management” organised by Ahmedabad Jung Canter (DG of IAAP) on 24 to 26 Sept 2021.

ii) Dr. Thangbiakching International Conference on “Life and its Complexes” organised by Ahmedabad Jung Canter (DG of IAAP) on 18 to 20 Feb 2022.

ii) Dr. Thangbiackshing. Program for continuation education credits. Complexes and Working with Shadow Issues. organised by C.G. Jung Institute of Chicago on '13/5/2022.

ii) Dr. Thangbiackshing. Program for continuation education credits. On the Route of Individuation and the Collective. organised by C.G. Jung Institute of Chicago on''14/5/2022

iv) Soshomi Makang. Panel Discussion on “Covid -19 pandemic and its global consequences” organised by Jindal school of government and Public Policy (JSGP) on 9/1/022

v) Soshomi Makang. Workshop on “Accelerate your research using Elsevier's Scopus”, organised by University of Delhi on 11/02/2022

vi) Soshomi Makang. International Conference (RCI Accredited) on “Relevance of psychology in pandemic condition and its impact on well - being in the digital world”. Organised by Indian Academy of Applied Psychology. on 27th - 29th Jan 2022.

vii) Varsha Singh. National Conference on Psychology and its role in human and Societal Development. Organised by B. R Ambedkar College, University of Delhi Paper presentation “I read;therefore,I am– Psychosocial Impact of Reading Fiction on Young- Adults” 18-19 April 2022.

vii. Dr. Ankit Prakash. Workshop on “Social- Emotional Learning, Exam, Stress, Bullying, Self-Awareness and Self-Control. Creating Safe space between teacher and students for effective online teaching” organised by CRC, Tigaon, Haryana. on 24th January 2022

viii. Dr. Ankit Prakash. FDP on “Manuscript Peer Review Process” organised by ISI, Kolkotta. on 19-20 January 2022.

xi. Dr. Ankit Prakash. Workshop on “Statistical Data Analysis using SPSS” organised by Science tech Institute, Lucknow. on 21-27 May 2022

x. Dr. Ankit Prakash. FDP on “Advanced Research Methodology Applicable in New Education Policy”. Science tech Institute, Lucknow. on 22-28 June 2022

xi. Dr. Anisha Juneja. International Workshop on Advance Statistical Data Analysis using SPSS. Organised by Science tech Institute, Lucknow. on 21-27 May 2022

xii. Dr. Anisha Juneja. Panel Discussion on ‘Dentocon 2: Advances in Holistic Dental Care’ organised by Jamia Millia Islamia. 22 Jan to 23 Jan 2022

6) Achievement of Students including their participation in various societies

COLLEGE ADMINISTRATIVE POSITIONS HELD

S.No.	Name of student	Position held
	Nighat	Team Head, Technical & Graphics, Srijan
	Mahek Yadav	Marketing & PR Head
	Dhairya Mohala	Vice President, Virtuoso
	Anwesha Gogoi	PR, North East Society
	Vaibhavi	Member, Content Team, Srijan
	Urja Khandediya	Marketing & PR Head, Enactus
	Tanvee Shukla	General Secretary, Srijan; Member, Eartha Foundation
	Anushka Sharma	Member, Eartha Foundation
	Avi Jain	Member, Placement & Internship Cell
	Kanak Chopra	Member, Rangmanch
	Kartikey Duseja	Junior Consultant, Swavalamban- The Start UP Club
	Sanya Goel	Member, Rangmanch
	Sukhnoor Kaur	Member, Rangmanch
	Niketani Kumar	Associate Member, Enactus
	Gunjita Chopra	Member, Eartha Foundation
	Aastha Rana	Member, CDF

	Navya Narang	Member, PR, Sriajn
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CONFERENCE/ SEMINAR/ FIELDWORK/ PROJECTS/ WORKSHOPS

S.No.	Name of student	Nature of Activity	Awarding Agency
	Muskan Rana	Annual Psychology Conference	Forti & Jindal School of Psychology & Counselling
	Bhavya Jagdishwar	Workshop on academic writing; Project of Community Academic Service Entrepreneurship	Aryabhata College & University of Arizona, US; Campus Community Partnership Foundation
	Gopal Pushkar	Workshop on academic writing	Aryabhata College & University of Arizona, US
	Tanvee Shukla	Workshop on academic writing	Aryabhata College & University of Arizona, US
	Pragya Sharma	Project on Biodiversity awareness	Everain Global Services
	Sukhnoor Kaur	Workshop on Academic Writing	Lady Shri Ram COLlege
	Khushboo Bilonia	Project on Menstrual Sex Education	Enactus India
	Avi Jain	Project on Sustainable Menstrual Hygiene	Eartha Foundation
	Nighat	Allying with Mental Health Professionals in India; Seminar on Neurobiology of Criminal Behavior	Mental Health Professionals' Community in India; The Forensic Association;

	Dhairya Mohala	Workshop on Academic Writing; International Workshop on Advanced Statistical Data Analysis using SPSS; Workshop on Psychotherapy in Practice	Lady Shri Ram College; Science Tech Institute, Lucknow; Karma Centre for Counselling & Well Being
	Sarthak Paliwal	Creative Writing Workshop	Teach For India

Courses completed by Students

S.No.	Name of student	Nature of Activity	Awarding Agency
	Vaibhavi Barka	Pedagogical Practices	Alliance Francaise, Delhi
	Aayushee	Introduction to Social Psychology; Positive Psychology; Rorschach Inkblot Test	Fortis Healthcare
	Bhavya Jagdishwar	Positive Psychology	Fortis Healthcare
	Kartikey Duseja	How to Speak Effectively; Practical Task Modules; HR Analytics; Professional Development	Ankur Warikoo; Forage; Udemy; Centre for Professional Development Sri Guru Gobind Singh College of Commerce
	Pragya Sharma	Course on Ethics, Law & Policy Making	Miranda House
	Anisha Solanki	Positive Psychology	Fortis Healthcare
	Jirbi Karlo	Psychology Course	MyCaptain
	Rakshit Jain	NISM Series on Mutual Fund Distribution; Investment Analysis & Portfolio Management; Stock Trading	National Institute on Securities Markets; NSE Academy; Elearn MARKets
	Sarthak Paliwal	Advance statistical Data Using SPSS	Science Tech Institute, Lucknow

	Rupali Bargujer	School psychology; Positive Psychology; Rorschach Inkblot Test	Fortis Healthcare
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7) Co-curricular Programmes conducted by the Department

Sl no		15	Date
1	Farewell to third Year Students		16/7/2021
2	Facilitation Ceremony		15/9/2021
3	Orientation		22/11/2022
4	Alumni Talk Vidushee Srivastava Webinar on “Cognitive systems, an introduction” Batch of 2016-2019		28/01/2022
5	Alumni talk Muskan Datta on “Applying to graduate school abroad” Batch of 2017-2020		07/02/2022
6	“Power of Postive Attitude” Capt Dr. Sunaina Singh (Ex-Army Officer,		25th Sept 2021
7	“Mental health in an unequal world” Dr. Naveen Grover		4.10.2021
8	4th Oct “Learning, Unlearning and Relearning about Psychological Well-Being” Ms. Sanjoni Sethi		4.10.2021
9	“Journey of self in emerging out of mental illness” by Mr. Hitesh Sanwal		5.10.2021

10	“Mental Health during the pandemic” Dr Ruchi Varma	6.10.2021
11	“Understanding Differences- From Deficits to Strengths” by Dr. Anita Charles. Senior Lecturer and Director of Secondary Teacher Education at Bates College, Lewistone, Maine	6th oct 2021
12	Jill Fischer titled “Dreams & Healing” Jungian Analyst and Advanced practiced nurse	7th oct 2021
13	“Taking a Step Within: Meditation for Well-Being” by Ms. Sera Wangdi	8th Oct 2021
14	“Psychology of Career decision making” by Serena Miglani, Global Career counsellor	2nd March 2022, 10:30 am
15	“Internet Addiction, lockdown its implications among youth” by Dr. Machong Limluthang Zou, Deputy Assistant Director, North Eastern Police, Academy, Meghalaya Shillong	3rd March, 2022 at 10:00 am
16	“Indian Psychology” By Suneet Varma Professor, Dept. Of Psychology University of Delhi Venue Seminar hall Aryabhata College.	5th April, 2022 12 Noon

1. Farewell (16/7/2021)

The Department of Psychology organised a farewell program on 16/7/2021 at 3:00 P.M. The program started with a welcome note from the Srijan President followed by 8 faculty members addressing the students. Third year students also shared their experience and stories which they will cherish. Around 85 students and 8 faculty members took part in the program.

2. Facilitation Ceremony (15/9/2021)

A special event to facilitate the students who have contributed and took leadership in SRIJAN was held on 15/9/2021 at 12 Noon, seminar hall. They were facilitated with certificates of appreciation and trophies. 8 faculty members and around 30 students were present.

3. Freshers Orientation (22/11/2022)

The annual fresher's welcome-cum-orientation program was organised on 22/1/2022 at 1:30 pm. Our Principal, Prof. Manoj Sinha graced and formally welcomed the new students in this event. Along with that TIC and 7 faculty members also shared a short welcome note. The students were oriented with the college functioning, expectations and duties. Senior students shared their experience and tips to help them in dealing with the new opportunity. Around 90 members including 8 faculty members took part in this program.

4. Alumni Talk on “Cognitive Systems, An Introduction”

Topic: Talk on Cognitive Systems

Speaker: Ms. Vidhushee Srivastava

Date: 28 January, 2022

Location/Online Mode: Online Mode through Google Meet

Total attendance: 41

On 28th January 2022, SRIJAN, the psychology association of the Department of Psychology in collaboration with IQAC, Aryabhata College, University of Delhi organized the very first event of a new Edu-series, “Alumni Speaks!”.

The topic of the seminar was on “Cognitive Systems” by Ms. **Vidhushee Srivastava. She was in the maiden batch of Psychology (Hons) and graduated in 2019. She is currently pursuing her MSc in Cognitive Systems from the University of Ulm, Germany.** Presently, she is working on her master thesis attempting to classify odor EEG data through a novel classifier. Her research interests include applications of Brain Computer Interfaces (BCIs) within the Healthcare Sector with a focus on neurodegenerative diseases.

The session commenced with the introduction of the guest speaker and a welcome to the other participants of the meeting. It was followed by the address of Prof. Manoj Sinha, principal, Aryabhata College with his kind words of wisdom and encouragement.

The speaker started her talk with the introduction of cognitive systems and explained the vision and sound localization in humans and animals. This was followed by a video presentation on a visually impaired individual navigating through physical environments by using echolocation. Echolocation

is a physiological process that uses soundwaves to locate distant and invisible objects, this is also used by bats to locate their prey.

She then explained about multisensory perceptions. She also talked about the role of attention, with the cocktail party effect in focus, and learning, briefly introducing behaviourism. Next, machine learning in the context of cognitive systems was taken up. Time perception and its phenomena like the kappa effect, tau effect and the importance of the circadian rhythm were also beautifully explained by her and a video was presented on the kappa effect.

She further went on to explain social interactions such as gaze fixations and group interaction, and how groups affect social loafing and facilitation. Then she talked about human-computer interactions and how such interaction led to the conception of UI/UX design. It was emphasised beautifully how technology with good design is tailored for human use.

Lastly, the Einstellung effect and problem solving through inductive and deductive reasoning were explained. Then she concluded the session by mentioning further reading to enhance our knowledge on these topics. The talk was followed by a question-and-answer session where the students asked an interesting question to explore the subject even more. Dr. Halley S Thokchom also commented on how there was an apparent difference in the teaching pedagogy of the Indian system and the western counterpart.

The session ended with a vote of thanks by the teacher in charge of the Department of Psychology Dr. R.K. Dwivedi.

5. Alumni Talk on “Applying to Graduate School Abroad”

Topic of the event: Applying To Graduate School Abroad

Speaker: Ms. Muskan Datta

Date: February 7, 2022

Time: 9 am

Mode: Online (Google meet platform)

Total attendance: 71

EVENT SUMMARY

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Winston S. Churchill

In order to be adaptive during these trying times Srijan, the psychology association of Aryabhata College, University of Delhi organised a interactive lecture by one of its alumni, **Ms. Muskan Datta**. She is a PhD student in the Department of Human Development and Family Studies at Purdue University, USA. She does research on adolescent development, resilience and parenting. The aim of the lecture was to equip students with latest tips and help for applying to graduate schools abroad. Ms. Datta began the event by introducing the students to different types of programs alongwith their eligibility criteriums. Thereafter, Ms. Datta elaborated on statements that must be included in order to build an impactful CV. She personally shared her story to strengthen the students' confidence and concluded her words by advising students to believe in themselves and their assets. After delivering his lecture she encouraged students to clear their doubts and clarified many doubts of the budding psychologists. Overall, it was a very insightful and fruitful session for all.

6. Talk “Power of Postive Attitude”

Dr. Sunaina Singh (Ex Army Officer,

Date: 25th Sept. 2022

Speaker: Dr. Sunaina Singh

Topic: Power of Positive Attitude

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. A positive attitude means a mentality that is not daunted by obstacles, difficulties, or delays and does not give in easily.

True positive thinking is not just saying that everything will be okay, as a lip service, but at the same time think about failure and expect difficulties. In order to bring beneficial changes and improvement into your life, a positive attitude has to become your predominant mental attitude throughout the day. It has to turn into a way of life and become a habit. Although this might sound tough, it isn't and is a gradual process that is enjoyable.

Dr. Sunaina talked about the importance of positive attitude in our daily lives. She started with the idea of how we can set the tone for the rest of the day just by having a positive attitude in the morning.

Many students present in the webinar appreciated her inputs along with the day-to-day examples. Many students also enquired about ways to improve their daily functioning. Total of 93 members participated in this program, including 7 faculty members.

7. Talk on “**Mental health in an unequal world**” given by **Dr. Naveen Grover**, a senior faculty member of the department of Clinical psychology at the Institute of Human Behavior & Allied Sciences (IHBAS), New Delhi. The keynote speaker for the MHAW21’ brought forth the need for self-regulation and critical evaluation in the direction of a preventive approach to psychological disturbances. He proposed that the consequences of inequalities in the world will have mental health impact and can be dealt with by introspection with the facilitation by the therapist. Around 70 students and 8 faculty members took part.

8. Talk on “**Learning, Unlearning and Relearning about Psychological Well-Being**” was carried out by **Ms. Sanjoni Sethi**, a psychologist (M.Phil, Clinical Psychology, RCI) who through her personal and patient anecdotes discussed the characteristics of a good clinician, need to respect the boundaries of the client in a therapeutic setting, inculcating sensitivity and the importance of acknowledging the experience and feelings of others than normalising and generalising them. Around 50 students and four faculty members participated.

9. Talk on “**Journey of self in emerging out of mental illness**” on 5th Oct 2021, by Mr. Hitesh Sanwal. The speaker who was himself suffering from a mental illness a few years ago and was on medication as well as therapy for the same, shared the struggles that he went through during that phase. From seeing the lack of awareness about mental health issues in the country while the professionals were struggling to arrive at a diagnosis for his condition to the experience of exhaustion, irritability and anger during that time, he highlighted how his need to work in the area helped him persevere. His entrepreneurial success in creating a mental health organisation that can be accessed by people is an achievement brought in a lot of queries from the students associated with career opportunities, avenues available and opportunities in the field of mental health. Around 60 students and eight faculty members participated.

10. Talk on “**Mental Health during the pandemic**” on 6th Oct 2021, by Dr. Ruchi Varma, Senior Clinical Psychologist, IHBAS, Delhi. The talk highlighted the impact of the pandemic on individuals especially the youth, she discussed when should an individual be seeking help because there are both healthy and unhealthy aspects to stress. She talked about the challenges of work from, study from home and very importantly discussed certain practices that one should incorporate in one’s routine. From planning the day, sleeping and eating on time, engaging in leisure activities beyond work, she also discussed how important it is to manage emotions, practice mindfulness and deal with the isolation. She reiterated how social distancing should be talked in terms of physical distancing but social connectedness. Around 50 students and four faculty members participated the talk.

11. Talk on **“Understanding Differences- From Deficits to Strengths”** on 6th Oct by **Dr. Anita Charles, Senior Lecturer and Director of Secondary Teacher Education at Bates College, Lewistone, Maine.** By sharing the diversity of her family and personal experiences in a light tone but immense depth, she engaged the audience in activities that made everyone turn inwards and look within. By trying to look at oneself as a whole rather than in parts, one will be able to look at others in the same way and be more sensitive and accepting to others. She made everyone realize how we need to change our vocabulary from trying to look at people not from what that need but what are their strengths, being able to realize the position of privilege that many may come from and to transfer some amount of power to others who might not have a voice. Critical thinking is something that she left the audience to think about. Around 50 students and eight faculty members participated the talk.

12. Talk on titled **“Dreams & Healing”** by Jill Fisher (Jungian Analyst and Advanced practiced nurse) on 7th Oct 2022. The speaker in her unique style of storytelling explained how dreams and memories can help in the process of healing. She discussed how in the context of the pandemic, it becomes healing would be gradual and will take a long time for the trauma that it has caused. With the help of Jungian understanding as well as the case study from her clinical practice, she explained the concept of wounded healer, the symbols and emblems that exist in all the cultures and how dream images change and reflect the quality of life of an individual as well. Her emphasis on paying attention to one’s dreams, journaling them, seeing patterns and identifying their uniqueness is something that the audience learnt through her session. The session was attended by 50 + participants including seven faculty members.

13. Online talk on **“Taking a Step Within: Meditation for Well-Being”** by **Ms. Sera Wangdi.** The session included discussion and practice of some basic and simple meditation techniques. Ms. Sera discussed about how to create a space for meditation outside and within. She used several breathing and relaxation techniques to demonstrate the calming effect of meditation. She also introduced students with a different and unique relaxation technique of Letting -go. The session led to a good understanding of how mind and body are related and how meditation helps in attaining and discovering a higher sense of self. 50+ participants and 6 faculty members attend this talk.

14. A departmental talk on **“Psychology of Career decision making” on 2nd March, 2022, 10:30 am.** The decision to choose a career comes prior to performing in a workplace. In harmony with this thought, the first speaker session of the event, organized on 2nd March 2022, revolved around the Psychology of Career Decision Making. Ms **Serena Miglani**, who is an entrepreneur and global

career counsellor, was invited to be the speaker for this session. The major points covered by the guest speaker included factors affecting career decision making, namely interests, abilities and exposure. All three form an intertwined web. Exposure defines the opportunities we get to explore our abilities and interests. And once we are familiar with our abilities and interests, we mould our environment to get the associated exposure. However, too much exposure to various fields often leads to a state of confusion. In response to this, Ms Miglani elaborated on the significance of broadening our horizons and narrowing down career choices based on interests and abilities. The most important thing to keep in mind during this time is to make a decision and not become overwhelmed by the plethora of information. There is no fixed trajectory for successful and happy work life. Therefore, we shouldn't be fearful and should be ready at all times to break stereotypes and boundaries created by our socio-economic status. How do we overcome these superficial walls? By interacting with as many people as possible from different walks of life. It will present us a bigger picture, allowing us to look at the long-term benefits instead of the fulfilment of short-term needs. Paramount in the entire process is the need to be aware; aware of our interests, abilities, factors which might affect our decisions, and at last, our career choices. Around 30 participants including 3 faculty members were present that day.

15. Talk on **“Internet Addiction, lockdown its implications among youth” on 3rd March, 2022 at 10:00 am by Dr. Machong Limluthang Zou, Deputy Assistant Director, North Eastern Police, Academy, Meghalaya Shillong.** This is an issue that plagues the lives of many individuals and has increased manifolds during the pandemic as all of us sat in our homes cut off from the outside world. He started his talk by explaining the fact that any sort of addiction has a negative impact on a person's life, as the excess of anything is detrimental. The excessive use of the internet creates psychological, social, school or work difficulties in a person's life. It was seen that there was a 75% increase in the usage of the internet during the lockdown as it was the only way to interact. Kimberly young gave the term internet addiction in the year 1999 and also researched the reasons why people are addicted to the internet, which would include anonymity, convenience and an escape from reality. Dr Zou went on to explain the 5 types of internet addictions cybersexual internet addiction- visiting adult websites compulsively, Cyber relationship addiction- social media sites, Net compulsion- online gaming and shopping, Information overload- web surfing, and computer addiction- obsessive computer gaming. He went on to mention that young college students are inclined towards internet addiction as they are trying to develop their identities and, in this techno-savvy world this seems the only way. The criteria for internet addiction are very similar to any sort of addiction such as salience, mood modification, tolerance, withdrawal, conflict, relapse and denial.

Internet addicts are sensitive, vigilant and private, people who are lonely are more prone to internet addiction. He explained that excessive use of the internet can cause an array of problems such as low self-esteem and life satisfaction which leads to our susceptibility to depression and anxiety. Then he answered a very important question why is the internet so addictive because it is easily accessible, affordable, and available and it compensates for other addictions by making us feel good. To see if an individual is addicted to the internet Kimberly Young gave SNAS- Social network addiction scale which is easily available and can even be self-administered. There are ways through which an individual can become free from the clutches of internet addiction by limiting smartphone usage, socializing with friends, prioritizing their needs, keeping their devices inaccessible for a certain period of the day, finding activities outside, and identifying the cause for internet addiction. Following these tips with regularity would certainly help in curbing the addiction. **57 Participants attended the session.**

16. A special talk on “**Indian Psychology**” was delivered by **Suneet Varma, Professor, Dept. Of Psychology University of Delhi** at Seminar hall Aryabhata College, at 12:00 noon 5th April 2022. The talk highlight Indian culture and heritage which holds the most wonderful, inspirational and insightful information on almost all disciplines that are being discussed and debated over today. Indian texts like Vedas, Gitas, Puranas and Shastras may hold core knowledge that might be applicable in seeing modern problems from a fresh perspective and bring out new solutions. However, an ironic situation exists in the country where such vast oceans of wisdom exist that people have forgotten to look at this ocean for knowledge. Thus, in order to ignite curiosity in students of Aryabhata College, Delhi University, Srijan, the Psychology Department of the college organized an academic talk on ‘Indian Psychology’ with renowned professor of Delhi University, Dr. Suneet Varma. The session was organized in a hybrid mode to reach out to students in both offline and online mode. Dr. Manoj Sinha, Principal of Aryabhata College was invited to begin the event who spoke about his views on the contributions India has made for the world, which set the ground for further discussion. Teacher-In charge, Dr. R.K. Dwivedi further added about the teachings of Vivekananda and Sri Aurobindo and how they can guide today’s students towards great achievements in life. Dr. Varma talked about various things in the session – from how we had been completely influenced by the Western theories of psychology and have not paid attention to our own culture’s knowledge that could be beneficial in understanding psychology. He cited examples from teachings of Vedas and philosopher-saints like Kabir, and the way they give an idea of ideal self, introspection and attaining one’s goals. According to him, Vedas are full of symbolism which must be decoded to gain wisdom from them. He also touched on how western theories revolve mostly around individualism – the

concepts of 'I' and 'Ego'. On the contrary, Indian concepts revolve around collectivism and contextual development of individuals. He also mentioned the fact that Indians are ignoring their culture's wisdom and adopting western models, while the Psychologists of the West are learning from our culture only. To give an example, he talked about the concept of mindfulness and the way it had been adopted now in a Western model of treatment. Thus, he urged students to look into our own cultures and find innovative models of treatment and diagnosis that could raise India's name in psychology. Dr. Varma described his life journey and what made him interested in discovering the Indian-ness in Psychology, which he called as 'Indian Psychology'. His ideas were novel, fresh and gave a lot to the students to think about. To conclude his session, he made the students listen to two songs by Kabir and Bulley Shah. It was an interactive segment of the session and he gave interpretations of the songs to the students which dealt with themes of gratitude, peace and finding meaning of life within oneself. Along with eight faculties of the department around 60+ students were present.

8) Library Budget sanctioned for the Department

Library budget	Amount in Rs.
2021-2022	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 has a well-equipped laboratory. The department also runs a personality development program for the college every semester. 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 of 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.