

Aryabhata College

Department of Psychology

(Annual Report for the Academic session 2023 to 2024)

1) Name of Teacher in Charge: Dr. Halley Singh Thokchom

2) Brief details of Faculty members:

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.

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. 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.

Dr. Anisha Juneja, Assistant Professor

Holds a degree in M. Phil in Clinical Psychology from Institute of Human Behavior & Allied Sciences (IHBAS) and Phd from in Psychology from the Department of Psychology, University of Delhi. Her areas of interest include mental health, parent-adolescent

relationships and career decision making processes. She has conducted workshops on "self confidence", "suicide awareness" and "emerging adolescent issues" in colleges and NGOs. Her published work includes review papers, case studies, qualitative and quantitative work in Indian Journal of Clinical Psychology, Journal of Behavioral Health, World Journal of Medical Education & Research and Psychosocial Intervention. She has presented papers and posters in conventions like National Academy of Psychology, Indian Association of Clinical Psychologists and other national and international conferences. She has attended workshops and seminars on projective techniques, cultural challenges in clinical practice and multidimensional career choice decision making.

Dr. Sunil Gupta, Assistant Professor

Holding UG and PG degrees from University of Lucknow and PhD from University of Delhi, he is a practicing career counsellor and academic counsellor. His areas of interest include Clinical Psychology, Counselling Psychology, Organizational Behavior, Health Psychology, Stress Management, General Psychology, Personality Parapsychology. He has guided students for research work both at UG and PG level. He has published research papers in UGC, Scopus indexed and peer reviewed journals presented papers in national and international conferences, published a book in the domain of education psychology, as well as participated in workshops. He is also a member of reputed professional bodies like National Academy of Psychology (NAOP) and Indian Association of Health Psychology.

3) Student Strength

First Year	Second Year	Third Year
59	71	55

4) Details of publication work by the faculty members

Dr. Halley Singh Thokchom

❖ Published a paper titled, “Importance of Diligent Crime Scene Investigation: A Forensic Psychology Perspective” in Ajasra, a UGC care listed journal in Volume 13, issue 1 of January 2024.

Dr. Sunil Gupta

❖ Published research ‘Effect of Job Demand, Social Support and Decision Latitude on Burnout in Doctors Working in Private and Government Hospitals in Journal of Propulsion Technology, Vol. 44 No. 4 (2023), 6819-6827: ISSN: 1001-4055.

❖ Published research work titled ‘Substance Use Disorder, Parenting Styles and Interpersonal Competency: A Review in Journal of Educational and Social Research, Vol 14 No 1 January 2024, 183-189; E-ISSN 2240-0524 ISSN 2239-978X.

Dr. Thangbiakching

❖ Published research paper ‘Exploring Trauma and Stigma in Naruto: Primary Focus on Naruto’s and Gaara’s Character Arcs in International Journal of Research Culture Society, 7 (10), 1-9. ISSN(O): 2456-6683.

❖ Published research work on ‘Imposter Syndrome, Anxiety, and Indian College Students’ in International Journal of Indian Psychology, 11 (4), 2128-2144. ISSN: 2348-5396 (e), ISSN 2349-3429 (P).

❖ Published a book chapter titled ‘Yoga and Meditation in Health Promotion and Intervention: a Literature Review’ (pp. 27-35) in the book Vishwa Guru Bharat by Aryabhata College

Dr. Varsha Singh

❖ Published chapter ‘Improvisation in Indian classical Music, flow and Music Therapy’ in (Eds.) Sinha. M. and Jagwani. P, Vishwa Guru Bharat (pp. 36-46). Aryabhata College.

Dr. Neera

❖ Published research paper ‘Men Are Stoic, or Are They?: Emotional Suppression in Men and its Relation with Masculinity Norms’ in The International Journal of Indian Psychology. ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print) Volume 11, Issue 3, July-September, 2023.

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

Dr. Anisha Juneja

❖ Invited as Guest Speaker for a session on Research Methods & Data Analysis at Gargi College, University of Delhi.

❖ Invited as Judge for “Vimarsh”- the Paper Presentation Competition, Department of Political Science, Aryabhata College.

❖ Reviewer in the annual academic journal- The Learning Curve of Lady Shri Ram College, University of Delhi.

❖ Completed Faculty Induction/ Orientation & Refresher Course on “Advanced Research Methodology” and a Certificate Course on “Shrimad Bhagavad Gita: Enlightenment and Relevance”.

Dr. Ankit Prakash

- ❖ Completed One-Month Online National Faculty Induction Programme/Orientation Course organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education from 20 June – 19 July 2023.
- ❖ Completed Online two-week Interdisciplinary refresher course in “Advanced Research Methodology” organised by Teaching learning centre, Ramanujan college from 22 May-05 June 2023.
- ❖ Invited by Department of Adult continuing education and extension, University of Delhi to deliver a lecture on the topic “Stress Management” on 16th August 2023.
- ❖ Conducted a Workshop on the topic “Research Proposal Writing” at Department of Psychology, Aryabhata College on 20 Sep 2023.
- ❖ Invited to Deliver a lecture in a Webinar on “Harmony at Work” organised by the International Services Department of Rotaract Club of Delhi University, South campus on 21 Nov 2023.
- ❖ Delivered a Lecture on the Topic “Psychology of Music” in a programme organised by Indian Music Therapy Association in collaboration with Department of Psychology on 7 April 2024.

Dr. Halley Singh Thokchom

- ❖ Drafted course material on Foundation course of Psychology, to be taught to students pursuing Chartered accountancy under the Institute of Chartered Accountants of India (ICAI), in March 2024,
- ❖ Completed a course on “Code of Conduct for Government Employees” provided by the Institute of Secretariat Training and Management, Department of Personnel and Training, in March 2024.
- ❖ Completed a course on “Prevention of Sexual Harassment of Women at Workplace” provided by the Institute of Secretariat Training and Management, Department of Personnel and Training, in March 2024.
- ❖ Completed a course on “Prevention of Sexual Harassment of Women at Workplace” provided by the Lal Bahadur Shastri National Academy of Administration, in March 2024.
- ❖ Participated & deliberated upon establishing the guidelines for Continuous Assessment for the courses under the Theme “Psychology” in a Two-day workshop on “Establishment of Modalities for Skill Enhancement Courses” organised by Skill Enhancement Course Committee, University of Delhi, on 4th-5th March, 2024.
- ❖ Delivered an invited Lecture on “Unveiling the Intricacies of Modern Student Dynamics & Propelling Cutting-edge Teaching Pedagogies” on 27th January, 2024 as a part of a 5 days Faculty Development Program (FDP) organised by the CPJ College of Higher Studies and School of Law, GGS Indraprastha University, Delhi.

- ❖ Successfully completed a two-week interdisciplinary Refresher Course in “Advanced Research Methodology” from 22nd May to 5th June, 2023 organised under the aegis of Pandit Madan Mohan Malviya National Mission on Teachers and Teaching and obtained A+ grade.
- ❖ Participated in a Workshop for Educators on “Social and Emotional Learning”, a Value Addition Course (VAC) for UG Programmes, organised by the University of Delhi on 22nd May 2023.
- ❖ Participated in “NEP Orientation and Sensitization Programme under the Malaviya Mission Teacher Training Programme (MM-TTP) of UGC, organised by Centre for Professional Development in Higher Education (UGC-MMTTC), University of Delhi, from 5th Dec to 14th Dec., 2023.
- ❖ Attended the Inaugural Ceremony of the Faculty Induction Programme, NEP 2020: Pedagogical Imperatives of Higher Education organised by the University of Delhi on 1st December, 2023.
- ❖ Delivered an invited lecture as a Resource Person for “Social and Emotional Learning”, a Value Addition Course (VAC) for UG Programmes, organised by the Daulat Ram College, University of Delhi on 12th September, 2023.
- ❖ Delivered a lecture on "Harmony in Teams: Exploring the role of music in enhancing organisational performance" on 7th April, 2024 at Aryabhata College. The event was organised by the Indian Music Therapy Association (IMTA) on the day of World Health Day.

Ms. Soshomi Makang

- ❖ Completed Two-week Interdisciplinary Refresher Course on Advanced Research Methodology organised by Teaching Learning Centre, Ramanujan College, 22 May - 05 June 2023.
- ❖ Completed a one-month Faculty Induction Program organised by Teaching Learning Centre, Ramanujan College, Jan 20 - Feb 22, 2024

Dr. ThangbiakChing

- ❖ Facilitated a workshop titled ‘Dreams: Waking up to the Unconscious’ for MH360°, November, 2023 at The India Habitat Centre, Delhi, organized by The Red Door, India.
- ❖ Attended Intensive International Conference on “Anima and Animus- the Other” on 22nd to 24th September, 2023, AJC (DG of IAAP).
- ❖ Attended Seminar on ‘Fairy Tales and the Symbolic Dimension’ facilitated by Dariane Pictet, Senior Jungian Psychoanalyst, on 2nd & 3rd December, 2023. Organized by AJC (DG of IAAP).

- ❖ Attended the ‘Theory and Hands on Experience of Sand Play Therapy’ facilitated by Lisbet Myers Zacho, Senior Jungian Psychoanalyst, on 16th to 17th December, 2023. Organized by AJC (DG of IAAP).
- ❖ Attended an Intensive International Conference on ‘Furthering Our Understanding of Myths and Fairy Tales: A Jungian, Eastern and Clinical Perspective’ on 16th to 18th February, 2024, AJC (DG of IAAP).
- ❖ Currently a Router in the International Association for Analytical Psychology (IAAP) Router Training Program since August 2021.
- ❖ Completed online two - week Interdisciplinary Refresher Course in ‘Advanced Research Methodology’ from 22 May - 05 June, 2023 and obtained Grade A+. Organized by Ramanujan College, University of Delhi in collaboration with M.V.S. Government Arts & Science College.
- ❖ Completed a 4-Week Faculty Induction/Orientation Programme for “Faculty in Universities/Colleges/Institutes of Higher Education” from 23 May – 21 June, 2023 and obtained Grade A+. Organized by Ramanujan College, University of Delhi in collaboration with Army Institute of Education.
- ❖ Completed Course “A Fresh Look at The Red Book, Session 1: Introduction” earning 3 CEs on 27th Jan, 2024. Organized by C. G. Jung Institute of Chicago.
- ❖ Completed Course “A Fresh Look at The Red Book, Session 2: Liber Primus: "My soul, where are you?"” earning 3 CEs on 24th Feb, 2024. Organized by C. G. Jung Institute of Chicago.
- ❖ Completed Course “A Fresh Look at The Red Book, Session 3: Liber Secundus: The Red One” earning 3 CEs on 27th Jan, 2024. Organized by C. G. Jung Institute of Chicago.

Dr. Varsha Singh

- ❖ Attended Workshop on ‘Implementation of NEP 2020: Challenges and Possibilities’ on February 14 2024 at Aryabhata College, University of Delhi.
- ❖ Organizing committee member for three-day International Seminar on ‘Gandhi and his Critics:A Contemporary Discourse’ held from 2-4 October 2023 at Aryabhata College, University of Delhi.
- ❖ Co-Principal Investigator for IKS Center, Ministry of Education, Government of India at Aryabhata College, University of Delhi (2023-25).
- ❖ Review committee member of Self Learning Material of Psychology, Department of Distance and continuing Education, School of Open Learning, University of Delhi under NEP-UGCF
- ❖ Review member of peer reviewed journal The Learning Curve (ISSN 2321- 7057) published by Department of Psychology, Lady Sri Ram College for Women, University of Delhi.

- ❖ Conducted Workshop on ‘Leadership’ with graduate students at B.R Ambedkar College, University of Delhi on 1st April 2023.
- ❖ Invited as Panellist for discussion on ‘Conscious Conversations: Unpacking the layers of Intersectionality in Mental Health’ organized by Psychcentral on 14 th Oct 2023.
- ❖ Convener and Member for syllabus formulation under UGCF-NEP curriculum, University of Delhi for courses – Foundations of Developmental Psychology, Personality Psychology, Essentials of Media Psychology and Psychology of Relationships.
- ❖ Completed two week- refresher course on ‘Advanced Research Methodology’ from 22 May-5 June 2023 organized by TLC, Ramanujan College, under the aegis of PMMMNMTT.
- ❖ Completed four week-faculty induction programme for ‘Faculty in Universities/Colleges/Institutes of Higher Education’ from 22 June to 21 July, 2023 organized by TLC, Ramanujan College, under the aegis of PMMMNMTT.
- ❖ Interviewed and quoted by Daily National Newspaper Amar Ujala on topics – personal space in relationships, parenting of siblings, confidence building and stress management. Conducted workshop on ‘Persuasive techniques and Appeals in Advertising’ with graduate students at B.R Ambedkar College, University of Delhi on 28th October 2023.
- ❖ Recorded a podcast for spreading awareness among youth on mental health with Dhairya Mohla on Spotify on the topic ‘Exploring Passion and Purpose’
- ❖ Attended as college representative - Valedictory Ceremony of the Centenary celebrations at University of Delhi honoured by the presence of Hon’ble Prime Minister, Shri Narendra Modi on 30th June 2023
- ❖ Attended Inaugural ceremony of faculty induction programme – NEP 2020: Pedagogical Imperatives of Higher education organized by University of Delhi on December 1st 2023.
- ❖ Attended 2nd International Conference on Positive Psychology by National Positive Psychology Association held from 19-20 April 2024.
- ❖ Conducted a discussion as Panellist on ‘The Epic Women’ a panel discussion organised by Gender sensitisation Committee, Aryabhata College on 24th April 2024.

Dr. Neera

- ❖ Successfully Completed online two - week Interdisciplinary Refresher Course “Advanced Research Methodology” from 22 May – 05 June, 2023 and obtained Grade A+, by Teaching Learning Centre, Ramanujan College University of Delhi, in collaboration with M.V.S. Government Arts & Science College (Autonomous) Mahabubnagar, Telangana under the aegis of Ministry Of Education Pandit Madan Mohan Malaviya National Mission On Teachers And Teaching
- ❖ Successfully completed a 4-Week Faculty Induction/Orientation Programme for “Faculty in Universities/Colleges/Institutes of Higher Education” from 22 June – 21 July,

2023 and obtained Grade A+, by Teaching Learning Centre Ramanujan College, University of Delhi, under the aegis of Ministry Of Education Pandit Madan Mohan Malaviya National Mission On Teachers And Teaching

❖ Successfully completed the 20-day Certificate Course (40 hours)/Refresher Course on Shrimad Bhagavad Gita: Enlightenment and Relevance organized by BHĀRATAM - Bhārtīya Gyān Paramparā: Adhyayan, Adhyāpan Evam Anusandhān Kendra, held from 22 December 2023 to 10 January 2024 and secured A+ grade in the course Teaching Learning Centre Ramanujan College, under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching And BHĀRATAM: Bhārtīya Gyān Paramparā Adhyayan, Adhyāpan Evam Anusandhān Kendra.

6) Achievement of Students including their participation in various societies

a. Mehak Bansal

- i. Gold in Delhi University Inter-College Gymnastics Championship
- ii. Represented All India Inter University Gymnastic Championship
- iii. Delhi State Gymnastic Championship
- iv. Inter College Gymnastic Championship

b. Kartik Bawra

- i. Gold in Delhi University Inter College Wrestling Championship

c. Moksh Manchanda from Laasya – Dance Society

- i. Secured 3rd position at Solo classical dance competition held at PGDAV College.
- ii. Won consolation prize for solo classical dance competition at Mata Sundari College
- iii. Won 2nd position for solo classical dance competition at Deshbandhu College.
- iv. Won 1st prize in semi-classical dance battle in Springfest at IIT Kharagpur.
- v. Won 2nd Prize at Ram Lal Anand College for Solo classical dance competition.

d. Manvendra Yadav received best speaker award at VakShakti Paramparik Vad-Vivaad competition held at Lady Shri Ram College

7) Co-curricular Programmes conducted by the Department

The Psychology Department hosted several significant events over the past year, aimed at enhancing student understanding and engagement within the field. On September 10, 2023, a workshop spearheaded by Ms. Sonakshi Gandhi, Clinical Psychologist & Founder of Mind Garden, underscored the importance of suicide prevention. This was followed by an

interactive session on September 26, 2023, featuring alumni from the 2022 batch, offering valuable insights into career pathways within psychology. The department's commitment to mental health awareness was evident during the annual celebration of Mental Health Awareness (MHAW) on October 18th and 19th, 2023, featuring lectures, workshops, and campus-wide initiatives coordinated by students. Addressing the concerns of final-year students, another alumni talk on February 19, 2024, provided practical guidance on academic pursuits, exam preparation, and post graduation career expectations. Wrapping up the year, PSYGALA'24, themed "Mind Hunt" focused on forensic psychology, took place on April 2nd and 3rd, 2024, offering a blend of informative sessions and engaging activities, enriching the academic experience for all participants.

8) Library Budget sanctioned for the Department: Rs 1,45,000/-

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

Experienced Faculty: The department has a team of qualified and dedicated professors with expertise in diverse areas of psychology.

Comprehensive Curriculum: Offers a well-rounded curriculum that balances theoretical knowledge with practical applications.

Student Engagement: Active participation of students in co-curricular and extracurricular activities, fostering a collaborative learning environment.

Modern Teaching Methods: Use of interactive teaching techniques, including case studies, role plays, and research projects.

Research Focus: Encourages research and publication, equipping students with skills necessary for academic and professional success.

Facilities and Infrastructure: Availability of a psychology lab, library resources, and modern classrooms.

Weaknesses:

Insufficient Industry Linkages: Minimal partnerships with organizations for internships and practical exposure.

Limited Funding: Constraints in funding for advanced research, equipment upgrades, and academic programs.

High Student-Faculty Ratio: Increased student intake without proportional faculty expansion can strain resources.

Career Guidance Gaps: Limited support for career counseling and placement assistance specific to psychology graduates.

Opportunities:

Interdisciplinary Collaborations: Potential to collaborate with other departments for interdisciplinary studies, e.g., psychology with data science or public health.

Industry Partnerships: Building stronger links with mental health organizations, corporates, and NGOs for internships and placements.

Workshops and Certifications: Offering skill-based certifications and workshops in areas like counseling, psychometric testing, and behavioral analytics.

Global Exposure: Opportunities to establish exchange programs with international universities.

Demand for Mental Health Professionals: Rising awareness of mental health creates an increased demand for trained psychologists.

Technological Integration: Incorporating technologies like VR for therapy training and data analytics tools in psychological research.

Challenges:

Competition from Other Colleges: Competing with well-established psychology programs in other colleges.

Student Dropouts: Maintaining interest and engagement for students who may switch streams or lose motivation.

Technological Adaptation: Staying updated with rapidly evolving technologies and methodologies in psychological research.

Limited Awareness: General misconceptions about psychology as a field of study and career path.

Policy Constraints: Navigating regulatory or bureaucratic hurdles for introducing new programs and innovations.

10) Future Plans of the Department

Expand internship and practicum opportunities for students to provide real-world experience.

Support students' society for networking and extracurricular activities.

Collaborate with other departments and institutions for interdisciplinary research.

Support professional development opportunities for faculty to enhance their expertise.

Encourage faculty involvement in conferences and research publications.

Support research and initiatives that address issues related to diversity and mental health.

Establish partnerships with local schools, healthcare providers, and community organizations to offer psychological services and outreach programs.

Organize workshops and seminars to address mental health and well-being in the community.

Conduct public awareness campaigns to reduce the stigma associated with mental health issues.

Foster stronger connections with alumni through networking events, newsletters, and alumni-driven mentorship programs.

Encourage alumni to contribute to the department's growth through donations and support.

Pursue accreditation from relevant psychological associations to enhance the department's reputation.

Initiate and implement assessment and evaluation processes to ensure program effectiveness.

Explore opportunities for international partnerships with universities and research institutions.