

ARYABHATTA COLLEGE
UNIVERSITY OF DELHI
DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”



Annual Report 2023-24

Teacher in-charge: Dr. Halley S. Thokchom

Srijan in-charge: Dr. Anisha Juneja

1. Srijan Student Council Elections

Student council elections for Srijan, Association of Department of Psychology, Aryabhata College were held from 18th August to 28th August 2023. A google form was floated to invite nominations for positions of President, Vice President, General Secretary, treasurer alongwith Logistics Heads, Décor Heads, Tech heads, Social Media/ PR Heads and Content Heads from second and third year students of Psychology department of the college. 19 nominations were received till the last date of filing nominations- 22nd August 2023. The Students' Interaction/ canvassing was carried out in Lab 1 on 27th August 2023 from 1:30:30 pm. It was attended by 56 students. The candidates discussed their agendas, strategies to ensure more participation and their appropriateness for the post. A question answer session was carried out followed by voting on a google form that was kept open from 27th August 2023- 28th August 2023.

2. Suicide Awareness Workshop

Srijan, society of Department of Psychology organised a Suicide Awareness Workshop in collaboration with Arahata, society of BA Program at Aryabhata College, University of Delhi on 11th September 2023. Ms. Sonakshi Gandhi was invited as the guest speaker. She has approximately 10 years of experience in the field of clinical psychology and is the founder of The Mind Garden, mental health clinic. She holds an MPhil from IHABS, Delhi. The entire event epitomised an enlightened future for society with the valuable expectation of reducing suicide statistics. Through the collective efforts of the Srijan and Arahata team along with the faculty, the event became a small effort in the direction of destigmatising suicide and developing sensitivity.

3. Alumni Speaks : Exploring Career Narratives in Psychology

Department of Psychology, Aryabhata College, University of Delhi hosted an engaging alumni meet titled "Alumni Speaks: Narratives of Career Journey." This engaging and informative session took place on September 26th at the Students' Activity Centre with alumni (batch 2019-22) Ms. Pragya Dewan, Ms. Nighat and Mr. Sarthak Paliwal. Ms. Nighat, joined the seminar virtually from the UK. She shared her remarkable journey from studying at Delhi University to pursuing her passion for forensics at the University of Liverpool. Ms. Pragya Dewan who recently completed her MSc in Psychology of Mental Health from the University of Edinburgh, a BPS-accredited course in the UK, shared insights about conditional offers, scholarships, accommodation challenges and the Indian support network abroad. Mr. Sarthak Paliwal who is pursuing an MA in Psychosocial Clinical Studies from Ambedkar University, Delhi, emphasized the importance of aligning one's academic pursuits with personal interests and highlighted the interdisciplinary nature of his course.

4. Mental Health Awareness Program

Organised on 18th-19th October 2023, the Mental Health Awareness Week was celebrated on the theme of "Mental health is a Universal Human Right". The event commenced with the inaugural address by the teacher-in-charge, Dr. Halley S. Thokchom. Prof. Himadri Roy, Faculty, School of Gender & Development Studies, IGNOU was invited to enlighten through his work the how mental health issues of the queer community needs special attention with his keynote session on "Navigating Self And Society: Mental Health Concerns Of The LGBTQIA+ Community". Thereafter, a Drama Performance – "holding a mirror to ourselves and the world" was organised. It portrayed an individual's struggles within themselves and

their feelings of sadness, anger, fear and happiness made impactful through zestful, raw and authentic songs which filled the entire campus with ecstasy, apprehension and fervour of realization. An energetic, fun-filled workshop on "All Things Mental Health" was conducted by Ms. Ridhima Sethi, a senior psychologist, Creative movement therapy practitioner and the Founder of 'Yellow Minds' on the 18th of October, 2023 in Students Activity Centre, Arybhata college. The session aimed to raise awareness regarding critical mental health issues and assist psychological well-being especially in the Gen Z. There were diverse activities that utilize the creative process of making art, playing games, and socialising with people, in the process improving the physical, mental, and emotional wellbeing of individuals. It is based on the idea that artistic expression can be a powerful means of communication, self-exploration, and healing. So, during the celebration of MHAW'23, Srijan created a creative and virtuoso arena to invent oneself with several activities such as: Photobooth, Gratitude Wall, Sahayana Booth alongwith Face & hand Painting.

On the second day of Mental Health Awareness Week 2023, a session addressing another marginalized community was conducted. It was titled "Caring for the Careers: Addressing Mental Health Concerns of the Geriatric Population". This session, skillfully conducted by Ms. Lakshmi, a certified life and success coach, who delved deep into the multifaceted realm of geriatric mental health. A "Beatblend Listening Circle" activity was designed to spread the importance of active listening and creating a safe, tranquil space for open dialogue and encourage participants to share and connect with peers. This was followed by an inter college speech competition, The "Voice for Wellness", that sought to present the significance of mental health as a fundamental human right, especially so for the prisoners and convicts, another stigmatised community living on the peripheries of the society with the topic being "Behind Bars, Beyond Stigma: Accommodating Mental Health Issues in the Criminal Justice System". The therapeutic activities continued on the second day as well with an addition of Kulhad painting competition and "Talk mental health" too. The event came to an end with a vote of thanks by the Srijan in-charge Dr. Anisha Juneja.

5. Alumni Speaks: Discussing higher education and job prospects in psychology

Srijan, , held another session under the "Alumni Speaks" series, in the new semester, on February 19th, 2024 in the Seminar Hall, exploring the exciting possibilities, avenues and challenges within the field of

psychology, offering inspiring stories as well as practical advice for aspiring professionals. The alumna Deeksha, a Neuropsychology masters student from Christ University, discussed how important internships are for practical experience. Kartikey, another invited alumnus, is working as an HR consultant specializing in diversity and inclusion. He emphasized developing expertise in diversity and inclusion and also advocated for the exploration of opportunities through volunteer work and internships. Gopal, another alumnus, who was working in the National Institute of Health and Family Welfare as Research Assistant, recounted his academic odyssey, underscoring the importance of conference participation, cultivating resilience, and adeptly navigating risks. Vidhushi, an alumna, enrolled in the Master's program in Psychology at the University of Delhi, imparted insightful advice on the admission procedures, highlighting the importance of being proactive and making effective use of available resources. In her pursuit of a Master's in Applied Psychology at TISS, Misha delineated the distinctive program framework and the stringent culture prevailing within the department. Enrolled at Amity University, Tanvee underscored the advantages of sitting for multiple entrance exams, emphasizing the significance of confidence and clarity during interviews.

6. PSYGALA

Organised on 2nd & 3rd April 2024, the annual department fest, Psygala'24, commenced with a flashmob, drawing the attention of passersby and sparking interest among college students. The students performed vibrant and unified choreography, highlighting the theme of Forensic Psychology. Mindprobe: The Forensic Trivia Quest was embarked by the presence of several faculty members and participants. The activity was to answer a live quiz taking place on mentimeter based on the topic of forensic psychology. The quiz took place in online mode and the students answered on their own devices. The live leaderboard was available on the projected screen for everyone to see. The aim of the activity was to increase awareness of the topic forensic psychology and act as a myth buster, destroying the stereotypes related to the field of forensic psychology. A session on "Criminal Investigation and Forensic Psychology Techniques" was facilitated by Mr. Ateet Pal (Senior Scientific Officer, Forensic Science Laboratory, Government of NCT of Delhi) as the speaker. The session was delivered in a bilingual format. Mr.Pal deduced the various scientific interrogation techniques such as; Polygraph Tests which takes into account the bodily responses to stress, Brain fingerprinting a recent breakthrough in crime investigation and

Narco-Testing which involves inducing a trance-like state to extract information. Emphasis was placed on ethical practices in accordance with human rights and relevant laws. An informative session on Developing Field Preparedness: Building Skills and Knowledge was conducted with Ms. Eti Goel, a psychologist and internship supervisor at EmoAid Wellness Centre. Ms. Goel provided an in-depth overview of EmoAid's comprehensive range of services, which include internships, certifications, and specialized training in clinical and counselling psychology. A Detective Hunt competition was conducted, which featured different categories such as riddles, puzzles, and cryptic messages. Participants used critical thinking, problem-solving, and teamwork to decode clues and uncover the mystery by exploring campus with mirroring real-life criminal investigations. A Court room Simulation activity titled "Words of Verdict" was organized. A skit was held by talented students who showcased a real life case- The 1940s Mad Bomber Case. This case highlights the role and importance of Forensic Psychologists- offering lessons in criminal profiling and understanding criminal behavior. An Among Us game was organized with three rounds and eight players each, including two imposters hidden among them. Tasks included memory games, location finding, cup tower building, and basketball aiming. Despite the imposters' attempts to eliminate crew members, the top two scorers and survivors prevailed in each round. Participants navigated the tense environment, observing and strategizing to reveal the imposters while completing tasks. The college quiz society Prashnottaree and Srijan teamed up for the 'Masquerades of Motives: Psychology Film Quiz' event on April 3, 2024, during PSYGALA'24. The event had a pen and paper quiz with 25 questions, each given 45 seconds to answer. Psygala also had some background activities going on across the 2 days like: Psychologists' Dilemma, Say it aloud, Describe a Criminal helped to engage participants in fun and gain knowledge regarding the field of forensic psychology.

7. Farewell

The farewell of the batch of 2021-24 was held on 7th May 2024 in the Multipurpose Hall of the college from 12pm-2pm. The function began with the welcome of the students. The teachers wished the students well for the future, encouraged them to keep coming back to their alma mater and updating the college with their endeavors as well as achievements. This was followed by performances of the students which included a stand up comedy act, fun games, music and dance performance. Students were awarded the titles of Mr. & Ms. Farewell, Mr. and Ms. Well Dressed.

Certificates were distributed to the Srijan Council and Team heads along with their team members. Pictures were clicked and lunch was served. This event marked the culmination of a productive year of Srijan 2023-24.