

ARYABHATTA COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”



Annual Event Report: 2019-2020

I. TALKS & ACTIVITIES:

1. Talk on “*Applied behaviour analysis as a technique of intervention in child behaviour*”(03/09/2019) - Prof. S.P.K Jena expounded on various behavioural techniques and ABC (antecedent, behavioural and consequence) model. He discussed various behavioural therapy techniques, and also informed on the difference between bribing children and giving positive reinforcement..

2. Talk on “*Today’s struggle, Tomorrow’s strengths: Cultivating Resilience*” (15/10/2019) - Prof N.K Chadha addressed the concept of resilience with students. He focused on the various sources of resilience that are available to us, and how they can be used in building resilience and managing issues of life.

3. Movie screening with the director ‘Anoochcharito’ (28/01/2020) by Sourav Sarkar - The film follows the perspective of a young child, and how he is affected by parental conflict and separation from his friend. He feels alone and engages in different creative activities to keep himself occupied. Through his movie he discussed the need for guidelines on good parenting, and the impact parenting can have on the fragile mind of a

child. He discussed the importance of media in spreading awareness and how it can be used to guide the audience to mental well-being.

II. MENTAL HEALTH AWARENESS WEEK (27/09/2019 to 01/10/2019)

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

1. Screening of *“Tuesdays with Morrie”* - the movie beautifully depicts the relationship between a teacher (who is on the verge of death) and a student. The movie shows the relevance of accepting death and living life to the fullest. It focuses on relationships, detachment and forgiveness.

2. Open Mic session on suicide prevention on 27th sept – during this event poets from various colleges came forward and shared their views and writing on suicide. Poets choose words to express their concern about mental health, positive thinking, optimism, and suicide prevention.

3. Confessions box - On 27th Sep with the theme ‘Suicide Prevention and Awareness’ a Confession drive was initiated in the college premises. Two boxes were kept in two parts of the college and people were asked to write about their anxiety, stress, relationship issues, any past incident, or simply anything that concerned their mental health. This initiative was done to encourage students to talk about their problems, the issues that always lurk in the background to which people never pay attention to and still they continue to affect them. The confessions were categorized in three categories – the negative thoughts, the journey and positive outlook. These confessions were discussed with students which helped them to know about the current concerns of youth in relation with mental health.

4. Talk *“Starting a conversation”* by Dr. Priti Dhawan on 30 sept – Dr. Priti Dhawan, began her talk by asking the audience - "Do you choose to

release all your regrets?" "Do you choose to express your decisions that didn't work as you hoped?" If not, then she asked to try and choose to share them today. The talk highlights the importance of knowing one's own self. The concern comes in when our inner conflict goes unattended, gets filled up, and eventually spills and it is the individual that succumbs. It is important to make peace with one's inner conflicts, we have to be our own gardeners. Dr. Priti also emphasised, like the knowledge of first aid, one should identify the first signs of mental discomfort and advised a variety of preventive actions.

5. *“Developing skills to prevent”* suicide by Dr. Ruchi Verma on 1st Oct – Dr Ruchi Verma is a clinical psychologist at the Institute for Human Behaviour and Applied Sciences (IHBAS). The session highlights the role of every individual in the prevention of suicide once they are aware of the warning signs. She talked about the perils of modern-day media glorifying alcohol and substance abuse as a cure to distress, as it is one of the leading causes of suicides worldwide. In the course of her lecture, she also decoded various myths people have about suicide.

III. PSYGALA 2020: 4TH to 6TH FEB (Annual Academic Festival of Department)

Theme: “Oubaitori”

1. Performance by the Nameless Band on 4th feb – this band from Jaipur performed during the academic festival. Their energetic and visually engaging aura gave a head start to the festival.

2. Lecture on *“Youth and mental health”* by Dr. Karuna Mehta on 5th feb – this session focused on various ways through which youth can guard their mental health. Dr. Mehta also discussed the transactional therapy approach and gave students insights about the importance of positive psychology in maintaining good mental health.

3. Workshop on “*Body Image*” by Dr. Kanika Ahuja on 5th feb – ‘Mirror Mirror on the wall, I am sexy, Damn you all’ this workshop focused on body image issues among young adults. It involved activities and self-boosting exercises to counter doubt and shame associated with body image issues.

4. Paper presentation competition on youth and mental health on 6th feb – this inter-college event gave students opportunity to display and elucidate their research work in the area of mental health and illness.

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