

ARYABHATTA COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”



**Annual Event Report: 2018-2019**

I. MENTAL HEALTH AWARENESS WEEK (03/10/2018 to  
05/10/2018)

Theme: *Young People and Mental Health in a Changing World*

1. Talk on “*Young people and mental health*” (03/10/2018) - Dr. UdaySinha, Additional Professor, Institute of Human Behavior and Allied Sciences (IHBAS) discussed how psychology as a subject has evolved over time, and the increasing significance for the youth. In accordance with the World Health Organisation's theme for 2018, 'young people and mental health in a changing world', Dr. Sinha talked about different methods that the young generation could employ to improve their mental health. He emphasised that mental health is much more than absence of mental illness; it involves working productively and fruitfully. He amplified mindfulness as a tool and technique that may equip us in dealing with our everyday stressors and hassles.
2. Talk on “*Struggles of youth*” (03/10/2018) - Dr. Ishita Bhardwaj, Assistant Professor, dept of psychology, University of Delhi, shared her

views on the struggles the youth must go through, on their path to finding their own identity and understanding themselves. She had the listeners deliberate upon a myriad of issues such as the source of one's empathy and help when faced with distressing situations, how to discern who is suffering, and the need to know how to convince them to seek help.

3. Open mic session (03/10/2018) - The open mic session served to astound the audience with the sheer eloquence of the speakers while enabling students to freely express themselves. Featuring touching and motivational poems in both Hindi and English, the session left a lasting impression on the full house present for this event.

4. Student panel discussion on "*Queer and Mental health*" (03/10/2018) - The student panel comprised of psychology honour students from the department: Vidushee Srivastava, Akanksha Rajguru, Kanaka Shatadal, Rithwik Narayanan, Muskan Datta, Adya Jha, and Vijaylaxmi Samal. The discussion was moderated by Dr. Garima Srivastava and Dr. R K Dwivedi. In the discussion, students put forth their views on the topic 'Queer and Mental Health'. A variety of different perspectives were presented, enriching the listeners with exposure to a whole new dimension. The panellists discussed what the LGBT community is, the challenges it faces and has faced in the past. They ended the discussion by constructively pondering over ways to overcome those challenges and the means through which we can make an impact on a personal level.

5. Lecture on "*Archaic roots of mental health*" (04/10/2018) - Dr. Eric Soreng, Assistant Professor, department of psychology, University of Delhi, presented the archaic roots of mental health, especially its presence in mythology. He embarked upon various symbols popular in the medical community that are derived from mythology, such as the Staff of Hermes and the Rod of Asclepius, and how such symbols remain a part of our collective unconscious, thus influencing us. He further deliberated on

complexes, bringing forth the contrast between the Freudian and Jungian perspectives.

6. Dance movement therapy by Ms. Tanvi Bajaj (04/10/2018) - Laban Movement Analyst, Educator & dance therapy trainer, Dr. Tanvi Bajaj, began with a fascinating and enjoyable practical session. She went on to explain the basics of dance and movement therapy. A part of expressive arts therapy, it uses the connection between mind and body to help people. This form of therapy proves to be useful for lessening one's stress. In addition, it is also a proven effective technique in treating individuals with physical problems such as Parkinson's disease.

7. Movie screening of 'INSIDE OUT' (04/10/2018) - Relaying true messages far beyond what is generally associated with the idea of animated films, the movie Inside Out showed how situations are not inherently positive or negative, but in fact, are directly based on individuals and their way of perceiving what they see or experience. Most importantly, it stressed that happiness and sadness are interdependent. They are two sides of the same coin and sometimes it is completely alright to be sad as long as we know how to come out of the sad phase and get on with life.

8. Talk on "*Educational system and Mental health*" (05/10/2018) - Dr. Jitendra Nagpal deliberated on the various school boards and how the education system has evolved over time. He elucidated on the importance of integrating mental health into the education system and spreading health awareness early in school life. The lecture included a dialogue on child rights and the legislative framework surrounding it, throwing insight into the need for formal education in mental health issues at the primary level.

9. Talk on "*Role of listening in mental health*" (05/10/2018) - Dr. Neetu Sarin, Assistant Professor, Ambedkar University, conducted an interactive session highlighting the role of listening in mental health as well as underlining the aspects that make one a good listener. She addressed the implicit content of speech and internal objects. Her insights regarding

people's manifestations of their innate desire to destroy were particularly enlightening.

## II. **PSYGALA 2019** (01/03/2019): Annual Academic Festival of Department

1. Talk on “*Preventing substance abuse*” (01/03/2019) - Dr. Atul Ambekar’s talk focused on addiction and its prevention. He quite deftly differentiated between different kinds of drugs, elaborating on their addictive properties and along the way asked the students for their opinions on why ‘addiction’ was not a thing for every drug user! He lauded the prior knowledge of the students and further shared the different acts of using drugs. Dr. Ambekar shared with the students some useful statistics on the efficacy of the different treatment- intervention technique focusing on every aspect or stage of a person’s life from prenatal to adulthood.

2. Open Mic session - The department also hosted an Open Mic competition themed ‘addiction’ - The event saw participants from different colleges and courses coming together to express their views, either in a poetic, lyrical or narrative form. They presented their views on addiction to intoxicants, how it affects the person and even opened up about their own struggles with addiction.

3. Poster-making competition - another event hosted by the department, had students from different colleges present the theme ‘Break Free’ in an imaginative yet ingenious manner.

4. Photography competition themed Trapped was also organized by the department to give students an opportunity to display their photography skills and display their unique perspective via images.

5. The testing stall put up by the students generated quite a number of curiosity amongst passers-by who were keen on knowing themselves better, be it their personality types or their stress level. Preliminary screening tests were administered to those interested students.