

ARYABHATTA COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”



Annual Event Report: 2016 - 2017

I. TALK: “*Art of Coping*” (29/09/2016) – Dr. Archana Sharma, a practicing psychologist at Action Balaji Hospital conducted a session on the art of coping with the initiation of the department of psychology, Aryabhata college. She deliberated on the transient nature of stress, how our perception of events matter, and the strategies to cope with the same. She exhibited the use of self-talk, introspection, yoga and meditation in times of stress.

II. MENTAL HEALTH AWARENESS WEEK (03/10/2016 – 06/10/2016)

1. Street play: Dukhad Dastaan (03/10/2016) – Students of the department performed a play in college premises with the aim to spread awareness about mental illness. The play focused on the fact that sharing troubles without doubt and shame with friends can be helpful. Building a non-judgemental attitude and friendly atmosphere can help people to open up, share and discuss their mental health issues.

2. “*Struggles of mental health*” (03/10/2016) – Dr. Poonam Phogat, Assistant Professor of Psychology at Gargi College, University of Delhi delivered a talk on the importance of acknowledging and accepting mental

health concerns. She conferred the importance of being concerned about our own mental health as we do for our physical health. She spoke about the social stigma associated with mental illness and how pertinent it is to pay attention towards mental health. She also briefly discussed some stress management techniques for our daily hassles.

3. “*Mass media and mental health*” (04/10/2016) – Dr. Naveen Kumar, Associate Professor, BRAC, University of Delhi spoke about how mass media is neither all negative nor all positive; he emphasized how use of social media as a virtual platform is forcing us to neglect reality and is affecting our communication skills.

4. “*Psychological first Aid*” (06/10/2016) – Dr. Anjali Nagpal in her talk on psychological first aid included a colourful discussion around the definition of first-aid. She focused on three action principles: look, listen and link. She emphasised psychological first aid as a social intervention which can be delivered by anyone trained despite a non-psychology background.

5. Panel Discussion on “*Youth for health*” (06/10/2016): A panel discussion on Youth for health was held with panelists Dr. Richa Chaturvedi (endocrinologist), Dr. Deepali Batra (clinical psychologist), Mrs. Deepa Nangia (nutritionist) and Smt. B.K Vijay Lakshmi (spiritualist). Each of the panelists discussed their perspective of good health and well-being. Dr. Richa discussed how hormones regulate and affect us; Dr. Deepali discussed how good mental health is important aspect of our well-being; Mrs. Nagpal discussed how nutrition and diet affect our living and mental state; and Smt. Lakshmi discussed the concept of Bhava. The panel discussion was followed by a question and answer session with the students.

6. Workshop on “*Depression and Suicide Prevention*” by NGO Sumaitri (06/10/2016) – Volunteers from the NGO Sumaitri, involved students in role play to elucidate how to help someone with suicidal and depressive

thoughts. Students through this workshop learned about how to look for warning signs, and were informed of help through providing a non-judgemental and warm atmosphere to the ones dealing with mental health issues.

III. PSYGALA 2017 (08/03/2017): Annual Academic Festival of Department

Theme: “*Alternate therapies in Psychology*”

1. Talk on “*Music Therapy*” - Dr. Madhusudan Singh, Consultant Psychiatrist at Max Super speciality Hospital Saket, New Delhi conducted the session, and elucidated on the therapeutic quality of music.
2. Art Therapy - Ms. Sonia Bhandari, Parenting and early childhood expert in her session on Art Therapy discussed how the creative process of art is used to explore and reconcile emotions.
3. Talk on “*Know ThySelf: An Indian Perspective*” - Dr. Shefali Mishra, Assistant Professor, JMC, University of Delhi, discussed the concept of *Aham Brahmasmi* and *Satt Chit Ananda*, and how Indian psychology helps us to understand our identity through our existence and consciousness.
4. Students presentation - The students of the department of psychology, Aryabhata College, facilitated by their teachers, perpetrated a scientific review of researches on alternative therapies in Psychology. The same were presented and discussed as paper presentation.
5. Online photography competition on Shades of affection was organized by the department
6. Poster making competition on ‘A Minor Fall, A Major Lift’ was also organized by the department

7. A personality and intelligence testing stall was also set up by the students of the department in the college to attract an audience to learn and discuss about Psychological concepts.