

**Aryabhatta College**  
**Department of Psychology**  
**(Annual Report for the Academic session 2016 to 2017)**

1) Name of Teacher in Charge

***Dr. Rajesh Kumar Dwivedi, Associate Professor (Dept of English)***

2) Brief details of Faculty members

***i) Shivani Vij, Assistant Professor***

Ph.D from University of Delhi. Her areas of interest are developmental Psychology, Positive Psychology, Research Methods in Psychology, Counselling Psychology. She also has M.Ed from Jamia Millia Islamia. She begged Gold Medal (First Position) in M.Ed , Lala Jugal Kishore Jagdish Prasad Memorial Prize for First Position in M.A. (F) Psychology University of University of Delhi • Shashi Kala Singh Gold Medal for First Position in M.A. Psychology (2009-2011). Involved in establishing the Psychology department. One of the faculty member to developed the laboratory, student body “Srijan”, and convening many academic programs for the department.

***ii) Dr. Ravi Bhushan, Assistant Professor***

Currently pursuing Ph.D from Delhi University in the area of internet addiction from University of delhi. His interest areas included media psychology, Research methods and social psychology. He had a number of research publications under his names with recognised national and international journals. He is involved in establishing the Psychology department. He is the one of the faculty member to developed the laboratory, student body “Srijan”, and convening many academic programs for the department.

3) Student Strength

First Year	Second year	Third Year
39	NA	NA

#### 4) Details of publication work by the faculty members

Vij, Shivani & Babu, Nandita (2016). The Expression of Gratitude in Indian Children: A qualitative enquiry. British Journal of Arts and Social Sciences. XXI (1), 25-33 (ISSN: 2046-9578)

Book co-authored Woolfolk Anita & Vij Shivani (2017). Educational Psychology. Pearson Education (ISBN: 978-93- 3258-669-7)

#### 7) Co-curricular Programmes conducted by the Department (JULY 2016 TO MARCH 2017 )

On September 5, 2016, Teachers' day was celebrated and SRIJAN, the Psychology Association was inaugurated. Derived from the Sanskrit word 'Srij' which means 'getting to the root and making something unique' was adopted as the name of this newly-formed association.

#### EVENT REPORT:

➤ **Talk: ART OF COPING** – On 29<sup>th</sup> sept 2016 department organised a talk on the art of coping. Dr. Archana Sharma, practicing psychologist at Action Balaji Hospital conducted the session. The talk revolved around the fact that stress is transient to the human nature and is a matter of one's perception. The different coping strategies were discussed at length. She exhibited the use of self-talk, introspection, yoga and meditation in times of stress.

#### ➤ **MENTAL HEALTH WEEK OCT 2016**

1. **Street play: Dukhad Dastaan** – on 3<sup>rd</sup> oct 2016, students of the department performed a play in college premises with 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** – this session was conducted by **Dr. Poonam Phogat**, Assistant Professor of Psychology at Gargi College, University of Delhi on **3 oct 2016**. This talk focused on the importance of acknowledging and accepting mental health concerns as we do it for physical health concerns. 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 about some stress management techniques that can work well during times of stress in our daily lives.

3. **Mass media and mental health** – this talk was conducted by **Dr. Naveen Kumar**, Associate Professor, BRAC, University of Delhi on **4<sup>th</sup> oct 2016**. Dr. Naveen 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** – this session was conducted by **Dr. Anjali Nagpal on 6<sup>th</sup> oct. 2016**. This talk included a colourful discussion around the definition of first-aid. She focused on three action principles, look, listen and link. She emphasised on psychological first aid as a social intervention which can be delivered by anyone trained in it despite of their non-psychology background.
5. **Panel Discussion – Youth for health: conducted on 6<sup>th</sup> oct**, the panel included; Dr. Richa Chaturvedi (endocrinologist), Dr. Deepali Batra (clinical psychologist), Mrs. Deepa Nangia (nutritionist) and Smt. B.K Vijay Lakshmi (spiritualist). Each of the panellist discussed around their perspective of good health and well-being. Dr. Richa discussed about how hormones regulate and affect us, Dr. Deepali discussed about how good mental health is important aspect of our well-being, Mrs. Nagpal discussed about how nutrition and diet affect our living and mental state and smt. Lakshmi discussed about the concept of Bhava. The panel discussion was followed by question answer session with the students.
6. **Workshop on Depression and Suicide Prevention by NGO Sumaitri** – this workshop was conducted on 6<sup>th</sup> oct 2016. The volunteers from the NGO, 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 how to help by providing non-judgemental and warm atmosphere to the ones dealing with mental health issues.

➤ **PSYGALA 2017: 8<sup>TH</sup> MARCH 2017 (Annual Academic Festival of Department)**

**Theme 'Alternate therapies in Psychology'**

1. **Talk on Music Therapy:** this session was conducted by **Dr. Madhusudan Singh**, Consultant Psychiatrist at Max Super speciality Hospital Saket, New Delhi. During this session DR. Singh discussed about how music is therapeutic and can be used to alleviate pain, manage stress and

emotions, improving memory and communication and for promoting overall mental and physical health. He also shared with students music composed by him as a therapeutic tool.

2. **Talk on Art Therapy:** this session was conducted by **Ms. Sonia Bhandari**, Parenting and early childhood expert. She discussed how the creative process of art is used to explore and reconcile emotions. She also described how art works as a therapeutic tool in helping us to deal with our anger and stress issues, trauma and in self-management.
3. **Talk on Know Thy Self: An Indian Perspective** – was delivered by Dr. Shefali Mishra, Assistant Professor JMC, University of Delhi. She discussed about 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:** Students of department of Psychology did an exhaustive literature review regarding alternative therapies in Psychology and did a presentation discussing about their use and impact.
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 audience to learn and discuss about Psychological concepts and issues.

8) Library Budget sanctioned for the Department

Library Budget 2016-2017	Amount in Rs.
Dept of Psychology	1,20000 (One lakh Twenty Thousand)

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

The department is gradually gaining momentum in many spheres as a learning platform. Over the past five years, there are remarkable milestones achieved by the department. The active Academic society, the Psychology Association SRIJAN, comprising of democratically elected members who function under the guidance of faculty advisors continues to function with efficiency. Faculty members have wide range of experience and varied expertise that facilitates in expanding the orientations of the students. Faculty members are vibrant and enthusiastic and they continually seek for continuous professional development. They offer a wealth of wide array of knowledges that serves multiple advantages. Academic meets like seminars and workshops are regular departmental affairs. The Department had established an alumina association for the smooth coordination with the students with their alma mater. The Dept faculty members also form the Counselling task force for the college faculty as well and students during the pandemic. The nascency of the department poses as a challenge as well as an opportunity. Creating a learning environment that promotes higher order learning, enhancing the creative and analytical skills of students which is crucial for achieving academic proficiency and emerge as future leaders.

#### **10) Future Plans of the Department**

The Department plans to continue to create an academic platform and extends to various scholarly activities. Adding features like small in house library with reference texts for the students and continue equipping and upgrading the lab with test materials and instruments to conduct innovative experiments and carry out research studies are few steps to take in the coming future. And also, to strengthen the alumni body to foster linkages and create forum for promoting mutual assistance amongst the member of the department. The Dept's future plans are guided by aspiration to create fertile learning ground where learners can engage themselves with the pertinent human issues and growth.