

Aryabhatta College
Department of Psychology
(Annual Report for the Academic session 2017 to 2018)

1) Name of Teacher in Charge

Dr. Rajesh Kumar Dwivedi (English Department)

2) Brief details of Faculty members

i) 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 was an active member of the department and held the position of Srijan incharge since 2016.

Dr. Halley Singh Thokchom, Assistant Professor

Assistant Professor in the Department of Psychology, Aryabhatta College, University of Delhi. He is a professional Industrial-Organizational Psychologist. He is also a practicing Career Counsellor, brain- fingerprinting enthusiast and an ardent researcher. In the present organization, he is In-charge, SRIJAN, the Psychology Association of the Department of Psychology, Aryabhatta College and also a serving member of the college discipline committee for the 3rd year in succession. He is also a member of many professional bodies like the American Psychological Association (APA), National Academy of Psychology (NAOP), International Association of Applied Psychology (IAAP) etc. to name a few.

ii) Mr. Vikas Yadav

Currently Pursuing Ph.D from Delhi University and have a teaching experience of 3 years. Her teaches Social Psychology, Research methods and psychology at work.

iii) Dr. Ankit Prakash

Ph.D on the topic “Psychological Hardiness, Sense of Humor and Mental Health among Physically challenged Adolescents” from Jamia Millia Islamia. He is also a Post doc fellow of UGC and, I have worked at IIT Delhi’s Dept of HSS as a Research Associate. His areas of interest are Social Psychology, Positive Psychology and Statistics and Research Methodology. He has published few papers in national and international journals. As per Google scholar platform his papers have 34 citations.

Ms. Soshomi Makang, Assistant Professor

M. Phil in Clinical Psychology from Institute of Human Behaviour and Allied Sciences (IHBAS) University and she is actively involved for community mental health and have rendered psychosocial assistance across different settings. Areas of interest are intersectionality of public mental health, prevention and intervention of mental health. She has been invited as a resource person for academic, community outreach programs and have conducted workshops. She as published papers in both national and international journal.

3) Student Strength

First Year	Second Year	Third Year
51	39	NA

4) Details of publication work by the faculty members

Dr. Ankit Prakash, Assistant Professor

As a Co-Author, Published an Article “PTSD and depression in adult survivors of flood fury in Kashmir: The payoffs of social support. “ in Journal Psychiatry research (Impact Factor: 2.682) Psychiatry Res. 2018 Mar;261:449-455. doi: 10.1016/j.psychres.2018.01.023. Epub 2018 Jan 13.

5) Participation of faculty members in seminars/workshops ,etc

Halley Singh, Assistant Professor

Presented a research paper on the theme, Biofeedback in Psychology in the 44th National Annual Conference of Indian Association of Clinical Psychologists (NACIACP) 2018 & Gulden Jubilee Year Celebration of Indian Association of Clinical Psychologists (IACP) held from 23 rd to 25 th February, 2018 at Gautam Buddha University.

Member of the Academics Committee (Abstract and Paper Submission)&Core Organizing Committee for the 44 th NACIACP, 2018 from 23 rd to 25 th February, 2018.

Facilitated the conduction of the Annual Festival of Department of Psychology, Aryabhata College, PSYGALA 2.0 on 19 th & 20 th March, 2018 at Aryabhata College.

Vasudhaiva Kutumbakam Shaikshik Foundation 2018 2 Days Conference International

Personality Development, Leadership and Ethics Centre for Professional Development in Higher Education (CPDHE), University of Delhi. 2018 1 week Short Term Course National

Dr. Ankit Prakash, Assistant Professor

Chaired Scientific session in the international conference on ‘Health and Well Being: An Interdisciplinary Inquiry’ held at Jamia Milia Islamia during 22-23 March 2017.

Participated in a workshop on ‘Attention Deficit and Hyperactive Disorder’ held on 23 September 2017 organized by Applied Psychology Unit, University of Delhi, South Campus.

Attended a Short term Course of continuing education programme on “The Psychology of Groups, Influence and Power” GIAN (Global Initiative of Academic Networks) held from 8 th January 2018 to 12 th January 2018 at IIT Delhi.

Participated as a Mentor at the Workshop on “Psychosocial Perspectives in Education: An Exploration through Action Research and Grounded Theory Research” Held at CIE, Department of Education, University of Delhi on 6 th January 2018.

Chaired the Session at the National Symposium “Psychosocial Perspectives in Education: An Exploration through Action Research and Grounded Theory Research” Held at CIE, Department of Education, University of Delhi on 10th March 2018.

Ms. Soshomi Makang, Assistant Professor

Mentored students for the Community Outreach Project on “Psychosocial Aid for the Under-trial women prisoners” jointly organised by International Bridges to Justice, India (IBJ India) and Department of Psychology, IPCW, DU at Tihar Central jail, New Delhi from 10th January to 18th April, 2017

Participated the Faculty Development Program on “Teaching and Research Innovations in Psychology” organised by Department of Psychology, Indraprastha College for Women and Internal Quality Assurance cell on 14-20th March 2017

6) Achievement of Students including their participation in various societies

Riya Balan student of Psychology (H) IInd Year participated in Gymnastics All India Inter University and Gymnastics National.

7) Co-curricular Programmes conducted by the Department (July 2017-march 2018)

In the tenure 2017-18 the Psychology Department under the student’s association body SRIJAN carried out numerous events and the following are the brief descriptions:

- **Confessions box and positive basket** – to mark suicide prevention day, on 14th sept 2017; the department of psychology had put up a confessions box and positive notes basket in college

premises. The idea was to allow students to confess any of their troubles in the confession box and take a positive thought from the basket in hope of a positive day. The endeavour to put up confession box was to address some of the common issues faced by youth such as low self-esteem, anxiety etc. and shower them with positivity.

➤ **MENTAL HEALTH AWARENESS WEEK 11th to 15th OCT 2017**

1. **Talk on Sleeping and eating disorders by Dr. Gaurav Gill on 11th oct** – As a Neuropsychologist, Dr. Gaurav during the talk discussed about three sleeping disorders namely -Narcolepsy, Insomnia and Sleep Apnea. He also discussed about eating disorders such as Pica, Anorexia Nervosa, Bulimia Nervosa and Binge eating. He also elucidated about the multidisciplinary nature of these disorders and how we as psychologist help the ones suffering with these.
2. **Talk on Substance related and addictive disorders by Dr. Shagun Suri on 11th oct** – Dr. Shagun shed light on the various substances abused by youth, causes of abuse and addiction and the interventions involved in the treatment process of these disorders.
3. **Discussion on Psychological Disorders by Mr. Dharendra Kumar on 11th oct** – using a documentary, Mr. Kumar described about the plight of mentally ill Indian females regarding their obscured social status. He through an interactive session discussed about mental health issues in the country and his personal experience as a mental health professional.
4. **Lecture on Anxiety Disorders by Dr. Pooja Nath on 12th oct** – she discussed about various anxiety issues among youth and also helped students understand how daily life stress and anxiety are different from the disorders of anxiety. Through an interactive session she discussed about some management techniques to deal with anxiety and stress too with students.
5. **Workshop on art therapy by Ms. Hyun Hee on 12th oct** – this workshop gave students a taste of expressive art therapy as a contemporary therapeutic tool. Ms. Hyun involved students in a number of group and individual activities using easily available art material that helped them to de-stress and feel relaxed. Students through the workshop learned about how expressing emotions and self through art can be helpful and therapeutic.
6. **Talk on Relationships by Mr. Nitin Yadav on 13th oct** – this session involved discussion around the important and impact of healthy interpersonal relationships in our lives. Speaker elucidated to students how relationships can be managed and work as an effective strategy for our mental health and well-being

7. **Session on Happiness and well-being by Ms. Mehak Arora on 14th oct** – this session included several activities and discussion around impact of happiness in our lives. The session discussed about various theories associated with happiness and the speaker also demonstrated the fundamental happiness paradox. The session emphasised on creating happiness for our selves in the changing and rapid world.
8. **Lecture on Positive Psychology by Dr. Naveen Kumar on 14th oct** – during this lecture Dr. kumar explained and discussed with students about the need for meaningful and fulfilling lives of human being. He discussed about several simple day to day activities of creating positivity in managing stress and anxiety.
9. **Panel discussion on eastern and western perspectives in Psychology on 15th oct** – the panellist included **Dr. Arvind Kumar Mishra and DR. G.S Kaloiya** who discussed about the concept of consciousness in eastern and western psychology. They discussed how the focus of study shifted from consciousness to unconscious to now existence and again moving towards higher aspects of consciousness.

➤ **PSYGALA 2018: 19th - 20th MARCH 2018 (Annual Academic Festival of Department)**

Theme 'Experience beyond Existence'

1. **Talk on Parapsychology by Mr. Waqar Raj**, Head of Operation at Indian Paranormal Society on 19th march – this talk focused on the scope and purview of Parapsychology in India. Mr. Raj discussed some cases with students and also discussed about how scientific study in the field and possible and taking place within India.
2. **Workshop on Mindfulness by Ms. Saumya Kulshreshtha on 19th march** – using several mindfulness techniques and activities, the facilitator indulged students in mindfulness. The idea of the workshop was to acquaint students with the concept and techniques of mindfulness. The workshop helped students to gain and understanding of mindfulness and how it as a daily practice can aid in well-being.
3. Slam poetry comepetition on 19th march
4. Photography competition on the theme emotions was held by the department as a part of psygala 20th march

5. A poster making competition themed supernatural was also organized by the department as a part of psygala festival on 20th march

➤ **Talk on diversity and community by Prof. Nick Hopkins, University of Dundee, Scotland UK on 12th January 2018** – in his talk Prof. Hopkins defining diversity emphasized on the need for informal citizenship. He discussed that diversity is not really a problem it teaches and establishes a different kind of equilibrium within the social system and should be utilized as a tool for strengthening social relationships and society at large.

PERSONALITY DEVELOPMENT PROGRAMME

Faculty members also involved in a 5 day Personality Development Programme which was conducted for the third time for the benefit of BA (Prog). Students and faculty members from various disciplines participated in it including the Principal himself who delivered lectures and presentations. The programme aimed at overall development of students 'personality' including English proficiency enhancement and body language thereby preparing them for an entry into a world of jobs and professionalism. Students feedback on this has been extremely encouraging.

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

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.