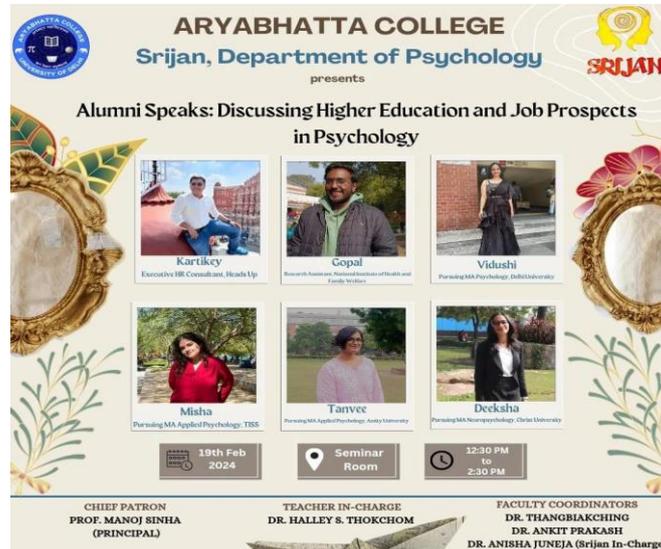


## SRIJAN (2023-24)

ALUMNI SPEAKS: Discussing higher education and job prospects in psychology

19<sup>th</sup> February 2024



"Experience is not just about what happens to you, but what you make of it. Embrace each lesson, for they are the stepping stones to wisdom."

Srijan, department of psychology, held another session under the "Alumni Speaks" series, in the new semester, on February 19<sup>th</sup>, 2024 in the Seminar Hall, exploring the exciting possibilities, avenues and challenges within the field of psychology, offering inspiring stories as well as practical advice for aspiring professionals.

Dr. Halley's (teacher-in-charge) opening remarks emphasized on the vastness of the field and the need to explore it further. By making interesting references to the film "Trimurti", he encouraged the students to work on realizing their potential. This paved the way for insightful contributions from alumni speakers starting with Deeksha, a Neuropsychology masters student from Christ University. She discussed how important internships are for practical experience and the emphasis of Christ University on the same. She talked about her work on developing treatment packages and highlighted Christ's admission process. She reinstated how difficult a process it is to pursue such a new domain in the realm of psychology in India, since her specific course is offered only in two colleges, the first being the much renowned National Forensic Science University, Gujarat and the other Christ University.



Charting one's career trajectory, planning and directing the path of one's career over time, making deliberate decisions and taking actions to achieve specific goals and objectives, Kartikey, another invited alumnus, is working as an HR consultant specializing in diversity and inclusion. He emphasized developing expertise in diversity and

inclusion and also advocated for the exploration of opportunities through volunteer work and internships. Kartikey reassured students that it is perfectly acceptable to enter the workforce immediately after completing their undergraduate studies, as doing so provides valuable opportunities to refine the skills essential for advancing their professional endeavors.

Moving forward, Gopal who was working in the National Institute of Health and Family Welfare as Research Assistant, recounted his academic odyssey, underscoring the importance of conference participation, cultivating resilience, and adeptly navigating risks. He underscored the gratification derived from a rewarding academic pursuit, which involves collaborating with esteemed professors and accruing valuable experiential knowledge. He shared his academic journey and emphasized attending conferences, building resilience, and managing risks effectively.



Vidhushi, an alumnus, enrolled in the Master's program in Psychology at the University of Delhi, imparted insightful advice on the admission procedures, highlighting the importance of being proactive and making effective use of available resources. She expressed apprehensions regarding the scarcity of opportunities for specialization within the program.

In her pursuit of a Master's in Applied Psychology at TISS, Misha delineated the distinctive program framework and the stringent culture prevailing within the department. Offering insights into interview readiness and her journey of acclimatizing to a novel setting, she illuminated the program's emphasis on a progressive pedagogy, prioritizing practical application and community engagement over a purely theoretical approach.

Enrolled at Amity University, Tanvee underscored the advantages of sitting for multiple entrance exams, emphasizing the significance of confidence and clarity during interviews. She brought attention to the comprehensive curriculum and advocated for self-directed study and proactive engagement.

A lively Q&A session covered various topics including the importance of internships, salary expectations, and navigating challenges in clearing entrance exams.

The event concluded with a vote of thanks by Dr. Ankit Prakash, leaving participants inspired and slightly more informed about their potential psychology paths.



Overall, the talk showcased diverse career options, emphasizing practical experience, continuous learning, and the importance of adaptability and passion for success. The specific insights and advice shared by each speaker provided valuable guidance for aspiring psychologists.



## ATTENDANCE

19/02/24

Attendance			Name	Roll No.	Course
Alumni Talk					
Name	Roll No.	Course			
Chanchoal	PSY/21/63	B.A.(Hons) Psy	Diya	PSY/22/14	B.A. Hons Psychology
Sukhmoan	PSY/21/37	"	Hardik	PSY/22/18	B.A Hons Psychology
Aoi	PSY/21/02		Anishaklavi	Psy/22/17	BA Hons Psy
Ansha	PSY/21/18		Priyanshu	Psy/22/42	BA Hons Psy
Manpreet	PSY/23/32		Pratham Sural	Psy/22/39	BA Hons Psy
Hemansh	PSY/23/22		Monim Vijay	PSY/22/36	BA Psycholgy Hons
GIARV	PSY/23/20		Ashish Chhiglam	Psy/22/12	BA Psychology Hons
TEESHA SALUJA	PSY/21/22		Rohan Abdul	Psy/22/45	BA Psychology Hons
SOVNYA SRIVASTAVA	<del>PSY/21/16</del> PSY/21/6				
RASHI BHATTACHARYA	PSY/21/19				
Khushboo Bhatnagar	PSY/21/54		Deepika	PSY/21/33	B.A (H) Psychology
Smrta Gupta	PSY/21/12		Shalini	PSY/21/24	B.A.(H) Psychology
Ganvir kaurish	PSY/21/66		Sanyu Goel	PSY/21/28	B.A. (H) Psych.
Sambhavi Gauravani	PSY/21/86		Siamni	PSY/21/4	B.A. (H) Psych
Chasvi Sahu	PSY/21/17		Abia	PSY/21/41	B.A (H) Psychology
Tarush Anand	PSY/21/51		Anam	PSY/21/48	B.A (H) Psychology
Namit Gupta	PSY/21/46		Ritika	BAP/21/30	B.A Programme (Hist)
Saadiyah	PSY/22/48		Shruti Mishra	BAP/21/19	BA Programme (Hist)
Shivanshi	PSY/22/56		Chhavi Yadav	PSY/23/16	B.A.(H) Psychology
Shivani	PSY/22/55		Viditi Tandon	PSY/23/58	B.A.(H) Psychology

Name	Roll No.	Course
Animesha Gogoi	PSY/21/8	BA (H) Psych
Satyaveer Singh	BAP/21/36	BA (prog)
Kasthishi Gupta	PSY/22/25	BA Psy (Hons)
Hasshita Gupta	PSY/22/20	BA Psy (Hons)
Yashna Kaur Singh	PSY/22/68	BA Hons Psy
Ahans Nath Sen	PSY/23/6	BA Psych Hons
Akashsha	PSY/23/7	"
Tanya	PSY/23/55	"
Gaurav	PSY/22/16	"