

ARYABHATTA COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”



Annual event report: 2017-2018

I. TALK & ACTIVITY:

1. Confessions box and positive basket (14/09/2017) – Students of the department of psychology installed temporary confession box, and positive notes baskets in college premises. The idea was to allow students to confess any of their troubles in the confession box anonymously, and take a positive thought from the basket in hope of a positive day. The act of sharing a problem itself may be therapeutic, ending the confession with an affirmation with a positive note.
2. Talk on “*Diversity and community*” (12/01/2018) - Prof. Nick Hopkins, University of Dundee, Scotland UK deliberated on the importance of diversity, emphasizing the need for informal citizenship. He impounded on how diversity 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.

II. MENTAL HEALTH AWARENESS WEEK (11/10/2017 to 15/10/2017)

1. Talk on “*Sleeping and eating disorders*” (11/10/2017) - Dr. Gaurav Gill, neuropsychologist, in his talk focused on three sleeping disorders namely, narcolepsy, insomnia and sleep apnea. He also discussed eating disorders such as pica, anorexia nervosa, bulimia nervosa and binge eating. He also elucidated about the multidisciplinary nature of these disorders and how psychologists may offer help to ones suffering with such symptoms.

2. Talk on “*Substance related and addictive disorders*”(11/10/2017) - Dr. Shagun Suri 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*” (11/10/2017) - Mr. Dharendra Kumar emphasized on the plight of mentally ill Indian females regarding their obscured social status. Through an interactive session, he discussed mental health issues in the country.

4. Lecture on “*Anxiety Disorders*” (12/10/2017) - Dr. Pooja Nath elucidated on various anxiety issues among youth. She deliberated on the difference between daily life hassles and anxiety disorders. Yet at the same time explaining how they are not free from each other. Through an interactive session she discussed management techniques that may aid students in dealing with their anxiety and stress.

5. Workshop on art therapy (12/10/2017) - Ms. Hyun Hee, in her workshop, exhibited the essence of expressive art therapy as a contemporary therapeutic tool. Through her experiential technique, she involved students in a number of group and individual activities using easily available art material. Students through the workshop learned about how expressing emotions and self through art can not only be helpful, but therapeutic as well.

6. Talk on “*Relationships*” (13/10/2017) - Mr. Nitin Yadav’s session involved discussion around the importance and impact of healthy interpersonal relationships. He elucidated the art of effective strategy, and the importance of managing emotions for a sound mental health and our well being.

7. Session on “*Happiness and well being*” (14/10/2017) - Ms. Mehak Arora incorporated several activities that initiated discussion on impact of happiness in our lives. Through her session, she emphasised on creating happiness for ourselves in the changing and rapid world.

8. Lecture on “*Positive Psychology*” (14/10/2017) - Dr. Naveen Kumar, in his lecture, expounded on the need for meaningful and fulfilling lives of human beings. He discussed several simple day to day activities of creating positivity that may aid in managing stress and anxiety.

9. Panel discussion on “*Eastern and western perspectives in Psychology*” (15/10/2017) - The panellist consisting of Dr. Arvind Kumar Mishra and Dr. G.S Kaloiya, discussed the concept of consciousness in eastern and western psychology. They further deliberated on how the focus of study in both eastern and western psychology have shifted from consciousness to unconsciousness, moving on to existence, and completing the cycle as it focuses on higher aspects of consciousness.

III. **PSYGALA** 2018 (19/03/2018 to 20/03/2018): Annual Academic Festival of Department

Theme: *Experience beyond Existence*

1. Talk on “*Parapsychology*” (19/03/2018) - Mr. Waqar Raj, Head of Operation at Indian Paranormal Society, focused on the scope and purview of Parapsychology in India.

2. Workshop on Mindfulness (19/03/2018): Ms. Saumya Kulshreshtha using several mindfulness techniques and activities, indulged students in mindfulness techniques. The workshop availed the participants in gaining a better understanding of mindfulness, and how it, as a daily practice, may aid in well-being.

3. Slam poetry competition 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, 20th March.