

## SRIJAN (2023-24)

### Alumni Speaks : Exploring Career Narratives in Psychology

26<sup>th</sup> September 2023

**ARYABHATTA COLLEGE**  
**SRIJAN, DEPARTMENT OF PSYCHOLOGY**  
**PRESENTS**  
**ALUMNI SPEAKS:**  
**NARRATIVES OF CAREER JOURNEY**

**PRAGYA DEWAN**  
BATCH OF 2019-2022  
MSc Psychology of Mental Health,  
University of Edinburgh

**NIGHAT**  
BATCH OF 2019-2022  
MSc Investigative and Forensic  
Psychology,  
University of Liverpool

**SARTHAK PALIWAL**  
BATCH OF 2019-2022  
MA Psychosocial Clinical Studies,  
Ambedkar University

**26th**  
September  
2023

**Seminar  
Room**

**1:30 PM**

**CHIEF PATRON**  
PROF. MANOJ SINHA  
Principal

**TEACHER IN-CHARGE**  
DR. HALLEY S. THOKCHOM

**FACULTY CO-ORDINATORS**  
DR. ANKIT PRAKASH  
DR. THANGBIACHING  
DR. ANISHA JUNEJA  
(Srijan Incharge)

The Department of Psychology, Aryabhatta College, University of Delhi hosted an engaging alumni meet titled "**Alumni Speaks: Narratives of Career Journey.**" This engaging and informative session took place on September 26<sup>th</sup> at the Students' Activity Centre with our esteemed seniors and guest speakers Ms. Pragya Dewan, Ms. Nighat and Mr. Sarthak Paliwal. The meet emphasized on the importance of understanding the plethora of career options and educational opportunities available in the field of psychology. The event commenced with the host Ms. Sejal Naik inviting Dr. Halley Thokchom (teacher-in charge) to grace the stage and set the tone for the discussion.

Dr. Halley Singh Thokchom commenced the session by extending warm greetings to several other senior faculty teachers and students of the college. Dr. Halley encouraged the attendees to ask

questions on various aspects of the alumni's journeys. He highlighted the significance of staying connected with senior alumni to facilitate resource sharing and networking.

The first guest speaker, Ms. Nighat, joined the seminar virtually from the UK. She shared her remarkable journey from studying at Delhi University to pursuing her passion for forensics at the University of Liverpool. She is specializing in policing and emergency assessment with special reference to mass shootings. Ms. Nighat also shed some light on the broad scope of criminal behavior within forensic psychology encompassing areas such as wildlife crime, missing persons, fraud, cybercrime, and organized crime. She highlighted the research methods and statistical analyses integral to the field, elucidating the crucial role of forensic psychologists in assisting law enforcement agencies. Ms. Nighat emphasized on a comprehensive assessment-based approach, field expert guidance, and hands-on simulations with also sharing her experiences of the rigors of her coursework. She generously shared her contact information for personal queries, fostering a sense of accessibility.



The event was further conceded with next alumnus, Ms. Pragya Dewan who recently completed her MSc in Psychology of Mental Health from the University of Edinburgh, a BPS-accredited course in the UK. She cautioned the students about the realities of studying abroad and emphasized upon the importance of thorough research before embarking on foreign education, advising attendees to critically assess universities, courses, and consultancies carefully. She peculiarly mentioned the importance of planning and working with the deadlines and timelines of the application process with our current

assignments and examinations. She shared insights about conditional offers, scholarships, accommodation challenges and the Indian support network abroad. She lucidly discussed the impact of studying abroad on mental health, seasonal depression due to lack of sunlight and the need for independent research.

The stage was then taken over by the third alumnus, Mr. Sarthak Paliwal who is pursuing an MA in Psychosocial Clinical Studies from Ambedkar University, Delhi. He emphasized the importance of aligning one's academic pursuits with personal interests and highlighted the interdisciplinary nature of his course. He highlighted the need to be passionate about one's field of study and being open to exploring different dimensions of the subject. Sarthak's engaging anecdotes, literary pursuits, and aspirations for a unique research field inspired the audience to introspect and then take such career decisions.



The session was concluded with an interactive question and answer round. The attendees had the opportunity to seek advice and insights from the speakers on topics ranging from gaining work experience before pursuing master's degrees to the significance of extracurricular activities, exam preparations, kick starting one's research journey and networking in the field of psychology. The speakers sincerely addressed the doubts and queries regarding exam preparations, internships and career plans with audience.

In a nutshell, the seminar "Alumni Speaks: Narratives of Career Journey" provided much relevant insights into diverse career paths within psychology and the nuances of pursuing higher education abroad especially for the students who are at the stage of entering the next career phase. The event served as an excellent platform for students to connect with accomplished alumni and gain a deeper understanding of the field's intricacies. The Alumni were nostalgic and grateful to be back on the campus and meet their idols and professors again. For the closing speech, the host Sejal invited Dr. Ankit Prakash, Assistant Professor, Department of Psychology, to extend the vote of thanks. He expressed his heartfelt gratitude to the alumni who made time for guiding and inspiring their juniors and the students for attending the session.

Through the collective efforts of the Srijan team along with the faculty, the event became a small effort in the direction of opening a gateway for future prospects in career journey for the students along with their inspiring alumina.



Attendance		
Alumni Meet		
Date 6-26 Sept 2023		
Name	Roll No.	Year + Course
(1) Awi Jain	PSY/21/2	III <sup>rd</sup> year
(2) Sakthnoor	PSY/21/37	III <sup>rd</sup> year
(3) Chanchal	PSY/21/63	II <sup>nd</sup> year
(4) Harshita Singh	PSY/22/20	II <sup>nd</sup> year
(5) Harshika Gupta	PSY/22/25	II <sup>nd</sup> year
(6) Divya Jaiswal	PSY/22/14	II <sup>nd</sup> year
(7) Swita Khawari	PSY/23/64	1 <sup>st</sup> year B.A.
(8) Apoorva Singh	PSY/23/75	1 <sup>st</sup> year B.A. psych. hon.
(9) Gasmine	PSY/23/24	1 <sup>st</sup> year psych. hon.
(10) Anan	PSY/23/16	1 <sup>st</sup> year psych. hon.
(11) Sakol	PSY/23/17	1 <sup>st</sup> year psych. hon.
(12) Nitya	PSY/23/72	1 <sup>st</sup> year psych. hon.
(13) Kishini	PSY/22/46	II <sup>nd</sup> year, PSY HONS.
(14) Tanish	PSY/22/61	II <sup>nd</sup> year
(15) Shasanya	PSY/22/54	II <sup>nd</sup> year
(16) Saloni	PSY/22/51	II <sup>nd</sup> year
(17) Monish	PSY/22/36	II <sup>nd</sup> year
(18) Kirti Singh	PSY/23/50	II <sup>nd</sup> year, PSY HONS.
(19) AKASH DUCIA	PSY/23/01	1 <sup>st</sup> year psych. Hons.

20	Rashi Singh	PSY/22/44	2 <sup>nd</sup> year PSY HONS.	44	Hanika	PSY/23/21	1 <sup>st</sup> year	PSY HONS.
21	Mamya Dhull	PSY/23/24	1 <sup>st</sup> year PSY HONS.	45	Kashish L.	PSY/23/26	1 <sup>st</sup> year	PSY HONS.
22	Manika Yadav	PSY/23/20	1 <sup>st</sup> year PSY HONS.	46	Dev Jyoti	PSY/23/18	1 <sup>st</sup> year	PSY HONS.
23	Shikha	PSY/23/61	1 <sup>st</sup> year PSY HONS.	47	Tanya	PSY/23/55	1 <sup>st</sup> year	PSY HONS.
24	Hanika Bhatia	PSY/23/65	1 <sup>st</sup> year PSY HONS.	48	Mangalaya	PSY/23/31	1 <sup>st</sup> year	PSY HONS.
25	Vaibhavi	PSY/23/58	1 <sup>st</sup> year PSY HONS.	49	Vikranta	PSY/21/10	3 <sup>rd</sup> year	PSY HONS.
26	Tanisha Bajaj	PSY/23/54	1 <sup>st</sup> year PSY HONS.	50	Somya Bhatnagar	PSY/21/6	3 <sup>rd</sup> year	PSY HONS.
27	Sajal Kumar	PSY/23/45	1 <sup>st</sup> year PSY HONS.	51	Teesta Sanyal	PSY/21/22	3 <sup>rd</sup> year	PSY HONS.
28	Hemanshi Sharma	PSY/23/22	1 <sup>st</sup> year PSY HONS.	52	Kushboo Bhatia	PSY/21/54	3 <sup>rd</sup> year	PSY HONS.
29	Chhavi Chakraborty	PSY/23/57	1 <sup>st</sup> year PSY HONS.	53	Kanani Nagat	PSY/21/34	3 <sup>rd</sup> year	PSY HONS.
30	Vibha Sharma	PSY/23/46	1 <sup>st</sup> year PSY HONS.	54	Khushi	PSY/23/27	1 <sup>st</sup> year	PSY HONS.
31	Shreya	PSY/23/37	1 <sup>st</sup> year PSY HONS.	55	Divya Bhatia	PSY/23/63	1 <sup>st</sup> year	PSY HONS.
32	Mamanda Yadav	PSY/23/66	1 <sup>st</sup> year PSY HONS.	56	Kuldeep Singh	PSY/22/38	2 <sup>nd</sup> year	PSY HONS.
33	Kirti Shrivastava	PSY/23/70	1 <sup>st</sup> year PSY HONS.	57	Harshit Singh	PSY/22/19	2 <sup>nd</sup> year	PSY HONS.
34	Susmita	PSY/23/69	1 <sup>st</sup> year PSY HONS.	58	Sumit Singh	PSY/22/76	2 <sup>nd</sup> year	PSY HONS.
35	Kashish	PSY/23/40	1 <sup>st</sup> year PSY HONS.	59	Devanshi Mishra	PSY/22/13	2 <sup>nd</sup> year	PSY HONS.
36	Prisha	PSY/23/47	1 <sup>st</sup> year PSY HONS.	60	Toshika	PSY/22/23	2 <sup>nd</sup> year	PSY HONS.
37	Shruti	PSY/23/60	1 <sup>st</sup> year PSY HONS.	61	Kanika Haddik	PSY/22/18	2 <sup>nd</sup> year	PSY HONS.
38	Sushika	PSY/23/74	1 <sup>st</sup> year PSY HONS.	62	Jaya Aggarwal	PSY/22/22	2 <sup>nd</sup> year	PSY HONS.
39	Natasha	PSY/23/59	1 <sup>st</sup> year PSY HONS.	63	Ashika Mahi	PSY/22/7	2 <sup>nd</sup> year	PSY HONS.
40	Yash	PSY/23/41	1 <sup>st</sup> year PSY HONS.	64	Akanksha Bedini	PSY/23/7	1 <sup>st</sup> year	PSY HONS.
41	Manish Kumar	PSY/23/41	1 <sup>st</sup> year PSY HONS.	65	Pragya	PSY/23/37	1 <sup>st</sup> year	PSY HONS.
42	Medha Verma	PSY/23/35	1 <sup>st</sup> year PSY HONS.	66	Sanya Bhatia	PSY/23/24	1 <sup>st</sup> year	PSY HONS.
				67	Neha Kumar	PSY/23/104	1 <sup>st</sup> year	PSY HONS.
				68	Pranshi Ray	PSY/23/39	1 <sup>st</sup> year	PSY HONS.
					Yash Mishra	PSY/23/100	1 <sup>st</sup> year	PSY HONS.



69)	Agushree Malhe	Psy/22/12	1st year	Psy Hons
70)	Vedika	Psy/22/56	1st year	Psy Hons
71)	Raghav	Psy/22/42	1st year	Psy Hons
72)	Jasnoor	Psy/22/25	1st year	Psy Hons
73)	Shweta Ram	Psy/22/58	II <sup>nd</sup> year	Psy Hons
74)	GIARK LOMIA	Psy/22/20	1st year	Psy Hons
75)	Paarthava Satsi	Psy/22/39	II <sup>nd</sup> year	Psy Hons
76)	Saadhyah	Psy/22/48	II <sup>nd</sup> year	Psy Hons
77)	Akshita	Psy/22/03	II <sup>nd</sup> year	Psy Hons
78)	Shivani	Psy/22/55	II <sup>nd</sup> year	Psy Hons
79)	Priyal	Psy/22/40	II <sup>nd</sup> year	Psy Hons
80)	Tanya	Psy/22/1	II <sup>nd</sup> year	Psy Hons
81)	Gaurav Singh	Psy/22/16	II <sup>nd</sup> year	Psy Hons
82)	Yashna Kax	Psy/22/68	II <sup>nd</sup> year	Psy Hons
83)	Abhishek Hazlan	Psy/22/18	II <sup>nd</sup> year	Psy Hons
84)	Gagan Choudhary	Psy/22/15	II <sup>nd</sup> year	Psy Hons
85)	Shivanshi Yadav	Psy/22/58	II <sup>nd</sup> year	Psy Hons
86)	Charvi Sahni	Psy/22/17	III <sup>rd</sup> year	Psy Hons
87)	Moksh Manchanda	Psy/22/68	I <sup>st</sup> year	Psy Hons