

**ARYABHATTA COLLEGE
UNIVERSITY OF DELHI
DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”**



Annual Report 2024-25

Teacher in-charge: Dr. Anisha Juneja

Srijan in-charge: Dr. Neera

1. Teachers Day

The students organized a Teacher's Day Celebration on September 5, 2024, to honor and appreciate the faculty for their dedication and mentorship. The event commenced with a grand welcome, followed by a heartfelt video compilation featuring messages from alumni expressing their gratitude. A cake-cutting ceremony symbolized the appreciation students held for their teachers, followed by the distribution of personalized gifts and handmade cards as tokens of gratitude. The celebration was further enriched by engaging and fun interactions between students and faculty members, including Dr. Ankit Prakash, Dr. Neera, Dr. Varsha, Dr. Anisha, Dr. Ching, Dr. Sunil Gupta, and Ms. Soshomi Makang.

Their enthusiastic participation added to the joyous and inclusive spirit of the event. The celebration concluded with music and dance, as students and teachers joined in the festivities, creating a warm and cheerful atmosphere. The event was a memorable success, leaving a lasting impact on both students and faculty.

2. Orientation

The Department organized an orientation program for first-year Psychology Honors students on 29th September 2024 in the Psychology Lab. The event aimed to introduce students to the college environment, faculty, course structure, and extracurricular opportunities. Attended by students and their guardians, the program featured a welcome by faculty and seniors, an address by Principal Mr. Manoj Sinha on the college's academic vision, and faculty insights on the syllabus and NEP guidelines. Seniors shared their experiences and introduced student societies. The orientation concluded with an informal interaction led by the President and Vice President of Srijan, helping students feel welcomed and prepared for their academic journey.

3. Mental Health awareness Week

The Mental Health Awareness Week, held on October 8th–9th, 2024, featured a dynamic blend of insightful speaker sessions and engaging activities designed to foster awareness and dialogue around mental well-being. The event began with an inaugural ceremony led by the Psychology Department faculty, chief guest Dr. Vibhuti Gupta, and Principal Prof. Manoj Sinha, enriched by soulful performances from the college's music and dance societies. A student-made short film, 'Pesha' was screened to highlight workplace stress, followed by impactful speaker sessions by Dr. Anisha Juneja, Dr. Vibhuti Gupta, Dr. R.K. Dwivedi, Dr. Ananya Sengupta,

and Ms. Mahika Sharma, covering themes like workplace wellness, NLP techniques, stress symptoms, and imposter syndrome.

Students staged a powerful street play emphasizing youth mental health, and other creative platforms like the Open Mic and Listening Circle encouraged expression and connection. Hands-on workshops in art therapy, a team-building game “Saath Nibhana Saathiya,” and the inter-college quiz “KBC by ABC” drew enthusiastic participation. Background activities, including sticker stalls, face painting, anonymous sharing corners, free therapy sessions, and games like Balloon Pop, added an interactive and supportive atmosphere, making the event both impactful and memorable.

4. Mental Health & Well Being: A deep dive into the western and eastern perspective of psychology

On November 14, 2024, Dr. Navin Kumar, a renowned scholar, social commentator, and motivational speaker delivered an insightful and thought-provoking lecture on the social perception of psychology, addressing the stigma and taboo still associated with the field. Drawing from ancient Indian literature and philosophy, Dr. Kumar emphasized the holistic Indian approach to mental health, rooted in concepts such as Karma, Bhakti, and inner divinity. He explained how Karma is liberating rather than binding, and how Bhakti encourages finding the divine in others, offering a compassionate lens through which to understand psychological struggles. He urged the audience to embrace intuition and acceptance of internal conflict, suggesting that not all aspects of the mind can or should be controlled. In contrast, he critiqued the Western perspective, which often frames mental health within a consumerist and individualistic model, emphasizing personal achievement and self-growth, sometimes at the cost of community and spiritual balance. His talk offered a balanced comparison between these paradigms, encouraging students and attendees to explore psychology not just as a discipline but as a way of life that bridges science, culture, and spirituality.

5. Alumni Talk

On 7th February 2025, the Psychology Department organized an Alumni Talk featuring seven distinguished alumni to provide students with valuable insights into the diverse career paths within the field of psychology. The session aimed to guide current students by sharing real-world experiences and advice from alumni who have ventured into various domains of psychology. Akanksha Rajguru emphasized the need for early preparation for entrance exams, encouraging students to regularly read

research papers, initiate research projects, and select manageable PhD topics. Dhairya Mohla, currently pursuing a Master's in Psychology from Delhi University, highlighted the importance of balancing academics with internships, workshops, and enjoying the college experience. Anwesha Gogoi, enrolled in a Master's in Criminology at the National Forensic Science University, spoke about the promising scope of criminal psychology in India. Charu Sahu, an alumna from TISS, shared her journey toward becoming a mental health practitioner and recommended TISS for its clinical orientation. Sukhnoor Kaur, pursuing MSc in Organizational Psychology at the University of Manchester, discussed her academic and cultural experiences abroad. Avi Jain shed light on the structured curriculum and interview process at Christ University, highlighting its strong academic foundation. Lastly, Chanchal Gangwal, a Master's student at Delhi University, stressed the importance of participating in college societies and workshops to explore interests and identify areas of specialization. The event served as an inspiring platform for students to explore academic and professional opportunities in psychology.

6. Get Hired: Navigating the Recruitment Process with Prof. N.K. Chaddha

An intriguing session on the workings of the recruitment process and professional growth was organized on February 14th, 2025 and it was led by the esteemed Prof. N.K. Chaddha- an expert in psychometrics with extensive international experience in hiring and assessment, the session revolved around strategies to help individuals in interviews, creating a job-guaranteed resume and the importance of soft skills besides your technical ones. Drawing from his intensive expertise, Prof. N.K.Chaddha provided insights into the recruitment dynamics, the essential aspects of interview etiquette and the qualities that an employer actively seeks in the candidates. The session further unveiled common interview questions and outlined strategies for students to handle these hindrances with confidence.

7. Freshers

Srijan, hosted its much-awaited Fresher's Party on February 15, 2025, in the Psychology Lab to warmly welcome the first-year students. The event began with a cheerful address by the Society President, followed by a series of lively activities, including a ramp walk and a talent show featuring singing, dance, poetry, and more. Special titles like Mr. and Ms. Fresher were awarded to Jubulu Aryan Kumar and Tiya Gaba, while Samuel and Esther were named Mr. and Ms. Well-Dressed, adding fun and friendly competition to the celebration. Faculty presence added warmth to the event, encouraging stronger student-teacher bonds. For the first time, a

combined fresher's party was also organized by the Student Council for all departments, featuring performances by Virtuoso (the college music society), an open-mic show, a DJ session, and a communal lunch. The celebration not only offered entertainment but also played a vital role in building connections, easing the transition to college life, and creating lasting memories for the newcomers.

8. National Seminar on Discipline Formation in Decolonized India

The National Seminar on Discipline Formation in Decolonizing India, held on 25th and 27th February 2025 and sponsored by the Indian Council of Social Science Research (ICSSR), was a vibrant and intellectually stimulating event that brought together esteemed scholars to critically examine the evolution of academic disciplines in post-colonial India. The seminar began with Dr. Ankit Prakash, who introduced the central theme by reflecting on India's ongoing journey of decolonization. Prof. Gurpreet Mahajan delivered a compelling keynote address, underlining the pivotal role of the social sciences in interrogating India's socio-political landscape. A significant highlight was the panel discussion titled "Colonial Legacy, Postcolonial Challenges: Examining the Development of Psychology as a Discipline in India", featuring Dr. Purnima Singh, Dr. Divya Padalia, Dr. Ayurdhi Dhar, and Dr. Arvind Mishra. Dr. Singh traced psychology's colonial lineage and its reliance on Western frameworks, while Dr. Padalia critiqued the uncritical acceptance of culturally limited theories using examples from social media. Dr. Dhar emphasized the need for alternative psychologies, and Dr. Mishra delved into the philosophical distortions caused by psychology's parent disciplines. The seminar concluded with a powerful lecture by Prof. Navin Kumar on the Cyber Ecosystem and Alienation, where he explored the impact of technology on identity, societal interactions, and public discourse, offering a reflective commentary on the psychological implications of our increasingly digital world.

9. Psy gala

PSYGALA'25, held on 1st April 2025, was a vibrant celebration of psychology, learning, and community spirit. The event opened with an insightful session by Dr. Itisha Nagar, a trauma-focused psychologist, attended by 126 students and eight faculty members. Dr. Nagar emphasized the importance of understanding neurodivergent individuals, highlighting that while they differ from neurotypicals, they are equally significant. She

explored how societal norms often define what is considered "normal" or "abnormal," challenging outdated views such as the Scold's Bridle and DSM classifications. Using Sex Education and Chak De India as examples, she spoke about shared struggles faced by women and the danger of labelling differences as deviance. Her session left the audience with a powerful takeaway: differences don't mean inequality—just like the fingers on our hands, each unique, but equally important.

The day continued with The Diagnosis Dilemma, a gripping case study quiz competition where 30 participants tackled challenging psychological scenarios over two intense rounds. Adding a dash of excitement, the Treasure Hunt: Stages of Discovery took participants on a fast-paced, clue-solving race across campus, with the Hindi Honours team and Core 5 winning their respective rounds. The Pentathlon was a nostalgic burst of energy. Seven five-member teams competed in rounds like Lemon and Spoon, Dog and Bone, Hopscotch, and Sack Race, cheered on by nearly 200 students. The Face Painting booth turned students into dazzling works of art within minutes, while the Sticker Stall became a hotspot for aesthetic flair and spontaneous joy, spreading laughter and creativity across the campus. PSYGALA'25 concluded with a heartfelt Felicitation Ceremony at 3 p.m., where faculty and students were honoured for their efforts. Special recognition was given to team heads and council members.