

Report (2017)

Mr. Aleksandr Chandra, a graduate from Connecticut College in the US who self identifies as queer and mixed-race (Alek is half Indian) addressed the students of fourth semester on 'Decolonizing Desire: Queering the Abnormal in Abnormal Psychology.' In the talk held on 12th January 2017, Mr. Chandra spoke about psychologists and their views of homosexuality, tracing the journey from when homosexuality was seen by mental health workers as a disease to be treated through shock-treatments, to present day when although no longer seen as a disease, homosexuality continues to be illegal and immoral in many countries including India. Alek stressed on the importance of critical thinking and general well-being for all, irrespective of whether they are sexually attracted to opposite or same sex. The one-hour long lecture was unique for being the first ever 'Skype-talk'; Alek addressed the students from New York, USA.

Ms. Ashima Verma senior school counselor at The Air Force School, Subroto Park addressed the final year students regarding the challenges of school counseling on 4th March 2017. Specifically, the talk on school counselling focused upon the responsibilities, issues and experiences of a school counselor. In a 2-hour lecture, the facilitator also shared some of her case examples and provided students with the information regarding options available for pursuing courses related to this.

Ms. Asavri Misra addressed the 2nd and 3rd year students on 6th March 2017 regarding her personal experiences with depression and dyslexia. Ms. Misra provided an insider's perspective to what depression feels like and what it is like to grow up with a learning disability in a country like India. She also gave an insight into the process of therapy and shattered certain myths about mental health problems from the perspective of those who suffer.

The annual event of psychology, Psychogenesis held on 7th March 2017 was dedicated to sensitize the students on issues of gender and feminism. The theme of the event was, 'Demystifying Feminism: Feminism for everybody'. In the morning session, Professor Gopa Bhardwaj, Dean of School of Humanities and Social Sciences, Galgotias University and Professor Angomcha Bimol Akoijam, Associate Professor at the Centre for Study of Social Systems, School of Social Sciences, Jawaharlal Nehru University delivered an enlightening and insightful discussion on Feminism and its importance in society. Tracing the history of the feminist movement, the distinguished speakers explained the agenda of feminist movement as an ideology dedicated to challenge and fight inequality, irrespective of caste, class, race, religion, age or sexual orientation. The session proved to be effective in demystifying the many myths and misinformation associated with the movement, including the misbelief that it rests on an anti-male sentiment. Finally, the speakers outlined the pragmatic benefits of feminism as an ideology that aims to benefit both men and women. The afternoon session of the event saw participation of students to deliberate over the notion- 'Can Men be Feminists?' The highly charged session saw participation from a number of colleges providing reasoned arguments and differing perspectives on the relation between men and feminism.

Mr. Aman Deep Dubey, a learning strategist and a consultant, addressed the 3rd year students on 3rd March 2017 on the topic, 'The Evolution and Relevance of Digital Learning in New World' He also presented students with an opportunity to intern with him.

Professor Andy Grayson of Nottingham Trent University addressed the students of the department on 31st March 2017. In an hour-long lecture entitled, 'Saving The World Through Observational Methods.' Professor Grayson discussed about the role of

observational research methods and the importance of evidence-based reasoning. He also familiarized students with courses and study at Nottingham Trent University.

Dr. Maitri Chand, family therapist and director at Healing Relationship Center enlightened the final year students about family therapy and counseling on 31st March 2017. Dr. Chand discussed many cases from her clinical experience to illustrate the systems theory of family therapy.

Mrs. Mridul Jagota, clinical psychologist at Cosmos Delhi Psychiatric Center delivered a lecture on the experiences and journey of a clinical psychologist. The talk was organised for final year students on 19th April 2017 so as to provide them with information regarding the experiences and challenges of a clinical psychologist. The speaker shared her personal experiences and several cases to orient students to illustrate the gap students often experience between theory and practice in the field.

A small program was organized by the Psychology Association to commemorate and celebrate Dr. Neeru Singh's retirement on 18th April 2017. The program involved several dance performances and song medleys performed by students of the department. Several students shared their experiences with Dr. Singh and thanked her for the teachings and wisdom imparted through the years. The program culminated with an emotionally rousing speech by Dr. Singh followed by a lunch organized for the students and faculty.

The department on 10th August 2017 organized a poster making competition themed 'Depression Among Young Adults'. Students from various departments actively participated in the event that was organized to give students and opportunity to artistically express their ideas and emotions pertaining to depression. All the entries were displayed in an exhibition on 17th August 2017 as part of an open house discussion on depression held in the college. Top four entries were selected and awarded by the eminent team of well-known psychiatrist Dr. Amit Sen.

An online photography competition themed, 'Unsaid Emotions' was organized by the department to encourage budding photographers to capture varied human experiences and emotions that remain generally unexpressed. A number of students from different departments enthusiastically sent their entries, which were displayed in an exhibition on 17th August 2017 as part of the open house discussion on depression held in the college. Top four entries were selected and awarded.

An open-house session on 'Depression: Let's Talk' was organized in collaboration with Children's First, a well-known mental-health organization headed by Dr. Amit Sen on 17th August 2017. The program began with a performance by the choreography society of the college, Adagio. Adagio presented the struggles and conflicts of human mind leaving the audience spell-bounded. The scintillating performance was followed by an emotionally charged slam poetry session in which students gave an awe-inspiring poetic rendition to their experiences with depression. The highlight of the program was a insightful panel discussion on depression in young adults chaired by Dr. Amit Sen. The panelists included clinical psychologist Ms. Jonaki Arora, Dr. Itisha Nagar (Assistant Professor, Kamala Nehru College), and Mr. Ambuj and Ms. Arunima Kaushik Sharma who shared their struggles with depression. The discussion was followed by a question-and-answer round which also gave the audience an opportunity to talk about depression. The open house session was well appreciated and attended by a large audience.

Ms. Mrinalini Mahajan, an alumna of Kamala Nehru College and Tata Institute of Social Sciences (TISS), who is currently working with NCERT, successfully facilitated a

workshop on Self Awareness for the Psychology students of 3rd semester on 24th August. Various activities were conducted to teach students the importance of self-awareness and ways to achieve the same.

A series of workshops by Children's First organizationn (Child and Adolescent Mental Health service) on alternative therapies and cognitive-behavioural therapy were organised in the month of September by the department for final year students. The intent was to educate students and teach them skills related to alternative therapies. Students also received participation certificates for each workshop attended. These included: Creative Arts Therapy (CAT) workshop conducted by Ms. Ritushree from Children's First for 25 students of B.A. Programme and B.A. (H) Psychology on 12th September 2017; Play Therapy workshop conducted by Ms. Lavina Nanda from Children's First for 23 third year students of B.A. Programme and B.A. (H) Psychology on the 19th of September; Arts Based Therapy (ABT) workshop was conducted by Ms. Sandra Jose and Ms. Ankita Khanna from Children's First for 21 third year students of B.A. Programme and B.A. (H) Psychology on the 21st of September; Cognitive Behavioural Therapy (CBT) workshop was conducted by Ms. Priyanka Mittal from Children's First for third year students of B.A. Programme and B.A. (H) Psychology on two days 26th and 28th of September.

As a part of course on health and well-being, a guest lecture was delivered by Dr. Mona Jain on 20th September, 2017 for final year students entitled, 'Biodynamic Craniosacral Therapy and Training.' She provided a brief introduction to the therapy and educated them regarding the remarkable effectiveness around a whole range of conditions including muscular pain, joint/sport injuries, allergies, sinusitis, digestive problems, sleep problems, anxiety, and recovery from trauma.

As a part of course on counselling psychology (B.A Program), a guest lecture was delivered by Ms. Sonakshi Gandhi (Consultant with Rockland and Holy Angels Hospital) on 22nd September 2017. To bridge the gap between theory and practice, she illustrated the very important elements in a counselling process. To inform the students she also shared some of her personal experiences with different clients coming from different backgrounds and having different set of disorders.

In order to educate and provide insight about self-awareness, on 27th September, 2017 Ms. Prachi Rastogi (Human Resources, IBM) conducted a workshop for the second year students. The workshop started with a short discussion on self-awareness and its importance.

On the occasion of Mental Health Day, the department screened the movie, 15 Park Avenue on 12th October 2017. The movie that presents the experiences of a woman with schizophrenia was screened to sensitize students about the everyday challenges of people and family living with mental illness. Screening was followed by an open discussion and reflections regarding issues and themes pertaining to creating awareness about mental health.

An interactive session to discuss the future prospects and avenues in the field of psychology was organized on 24th October, 2017. Alumni of the department were invited to address the final year students regarding various course options available in Psychology after graduation. The alumni spoke about their journeys, experiences, doubts, struggles and achievements, to help the graduating batch in making informed choices about their future career prospects in the field.

The Department of Psychology organized an educational trip for the final year students from 27th to 29th October 2017 to Purukal Youth Development Society and Learning

Academy, Dehradun. Mr. G K Swamy, a retired economist from Bombay began the school with the idea to provide quality education to socio-economically disadvantaged children. The students of the department got a unique opportunity to interact with the children and teachers of the school that has been awarded for its dedicated work in serving the underprivileged children. The school also houses Purkal Stree Shakti Samiti, an NGO engaged in women empowerment from 41 villages in the Dehradun district of Uttarakhand. The students got an opportunity to understand how the program helps rural women become entrepreneurs through welfare support including free skill training, workspace, nutrition, healthcare, transport and a day care centre for their infants. The visit sensitized the students to the trials, tribulations, and success stories of socioeconomically deprived children and women.