

DEPARTMENT OF PSYCHOLOGY

ACTIVITIES REPORT FOR 2018-2019

DISHA ACTIVITIES: This year there were four Group Discussions held on the following topics: 'Ideas that didn't Click', 'What does Freedom mean to me?', 'How to Prevent Youth Suicide?' Breaking Barriers Building Bridges. Each session was attended by about 40-50 students who expressed their view on the topics with enthusiasm and openness. There was a Training held for all Disha Coordinators where they were given guidelines on how to conduct group conversations and facilitate discussions.

KALEIDOSCOPE: The Eleventh Volume of Kaleidoscope was released on 11th January, 2019. The theme of the magazine was 'Psychologist who influenced the World'. The magazine was released Dr. Shobhana Abhiyankar Former Head, Dept. of Psychology and Vice Principal, Fergusson College. The magazine received an ISBN number.

PSY WORLD: The fourth Psy. World was held ON 26th September, 2018. The theme of the fair was Gender and Psychology. Students gave PPT and Poster presentations on Myths about LGBTQ, Feminist Psychotherapy and also Addiction. There were interactive stalls where games based on Gender Stereotypes and Drawing Analysis was done. There were more than 500 visitors for Psy World.

KOSHISH: The 5th Installment of Koshish began in May 2018. Sixteen students interned in four organizations. During the Academic term of 2018-19 six students interned at three organizations.

KHOJ: Dr. Sadhana Natu conducted 3 research workshops to help the students understand how to imagine, conduct and write scientific research. Students participated in two major National Level Conferences. Fifteen students presented Papers in the form of Posters and Presentations at National Academy of Psychology's 28th Conference held at Delhi. 15 Students had sent abstracts to Christ College in Bengaluru out of which six students presented posters at the Undergraduate Conference.

WORLD SUICIDE PREVENTION DAY: Students made Posters and Scripts to spread awareness that Suicide is preventable. The students covered the campuses of Modern College Ganeshkhind, Modern Law College, Modern High School, Ganeshkhind, and Modern High School, NCL Campus.

UMMEED: The college community mental health program was conducted thrice in the year for library staff, peons and also security staff.

EUPHORIA: The theme for Euphoria was Rejection. Students presented poems, songs, short skits on the theme of Rejection.

MINDSCAPE Volume IV: The student research compendium was released by Shree Deshpande. It included research papers of students who have presented at various conferences such as: Chikitsa, National Academy of Psychology Conference and Christ University, Young Psychologist Competition.

ORIENTATION: In the beginning of the year the students of TY and SY were given an orientation about the activities of the Department and guidelines of expected behavior and participation from their end.

PARENTS MEET: Parents of the TY and SY students were invited to interact with the staff and know about the Department.

MASTERMIND: As a part of Yuva Saptaha the Department conducted a Quiz based on Psychological concepts.

PERSONALITY TESTING: A brief Personality assessment was conducted for the students of TY B. Com and TY and SY students from BBA CA.

ONE DAY WORKSHOP: Sponsored by the BSD titled, 'How to Establish and Strengthen Counseling Cells' was conducted by the Department. 80 participants attended the workshop from various parts of Maharashtra.

ALUMNI MEET: The Department organized a meet for all its alumni to discuss the activities of the Department and get suggestions for improvement.

DR. SADHANA NATU

Resource Person:

- 'How to Problematize Research' at Department of Sociology, SPPU under- Course Work of M.Phil. And Ph.D. students (May 2018)
- Spoke on 'Code of Conduct, Pedagogy' at Induction program for FY students of all the faculties, New Staff members and Senior Staff members(July 2018)
- Negotiation Skills and Communication for MA Sociology students of Modern College (September 2018)
- 3 days' Workshop on Feminist Psychotherapy for activists, counsellors, teachers (October 2018)
- Workshop on 'Goal Setting and Prioritizing' at Department of Sociology for MA, M.Phil. and PhD students (October 2018)
- Workshop on 'Counselling and Mentoring' at Faculty Development Program organized by HRDC of SPPU (December 2018)
- Spoke on 'Women's Empowerment and Mental Health' Sadhu Vaswani Institute of Management (March 2019)

Consultancy: Examiner for MA course at **IGNOU** and External Expert of POSH Committee at **Principal Global Services**, Multi- national Company

Conferences:

- National: Leading a Symposium titled ‘Interrogating Diversity and Equality: A View from the Field’ at the National Conference of National Academy of Psychology held at Delhi University. Chaired a Paper Reading Session (December 2018)
- State: Resource Person at TLC organized by Department of Sociology SPPU and Modern College under MHRD. Spoke on ‘SDGs and Mental Health’ (October 2018)
- University Level: Spoke on ‘Women and Mental Health’ on the occasion of International Women’s Day (March 2019)

Editorial and Peer Review Work: Expert Peer Reviewer for 11 papers of Psychological Sciences a Peer reviewed National Journal. Edited the Eleventh Volume of Kaleidoscope

Research:

- Guidance: 3 Ph.D. students and 20 UG students and 7 PG students for National Conferences
- Project completed on ‘Evaluation of Generations Mentoring Program in Pune Schools’ (May- September 2018). Grant of Rs.1, 30,000

Expert:

1. Subject Expert for Interview at Kaveri College, Pune (June 2018)
2. Expert at PhD Pre-registration Viva as Co Guide at Symbiosis International University, Pune (October 2018)
3. Subject Expert at PhD Viva at Symbiosis International University, Pune (March 2019)

Publications:

1. ‘Exploring Gender Inequalities in India: Need Psychological Insights’ in Dnyanmay, pg. 9-16 Vol. III – Issue 3, Dec 2017-Feb 2018 ISSN No 2395-7484
2. 3 entries on Social Psychology in Bharatiya Samajvidnyan Kosh, Khand 6 , Mehta Publications, Pune 2018
3. ‘Evaluation Report of Generations Mentoring Program in Pune schools’, Generations, Pune, ISBN 978-93-88017-09-1, 2018
4. ‘Psychologists who intrigued and inspired me’, Kaleidoscope, Volume, XI, 2018-2019, ISBN 978-81-928564-9-0

Coordinator:

- National Level Competition on Laws related to women promoted by National Commission for Women, New Delhi (January 2019)
- Facilitated UG Course on Gender and Development run by Women's studies Centre, SPPU in College
- Workshop on Counselling

Extension:

- Spoke on 'Sexual Harassment at workplace in the context of Higher Education Institutions' at the Workshop organized by Stree Mukti Andolan Sampark Samitee (December 2018).
- Facilitate Ummeed, College Community Mental Health Activity
- Member of State Coordination Committee of Mental Health

NASHOME CRASTO

1. Presented a Poster at National Conference of National Academy of Psychology held at Delhi University.
2. Publication- 'Adapting and Modifying Psychoanalysis: Carl Jung and Alfred Adler', Kaleidoscope, Volume, XI, 2018-2019, ISBN 978-81-928564-9-0
3. Part of Organising team of BSD Sponsored workshop, 'How to Establish and Strengthen Counseling Cells.'

SWATI JAGTAP

1. Publication- 'Albert Ellis', Kaleidoscope, Volume, XI, 2018-2019, ISBN 978-81-928564-9-0
2. Part of Organising team of BSD Sponsored workshop, 'How to Establish and Strengthen Counseling Cells.'

Dr. Sadhana Natu,
Associate Professor and Head,
Department of Psychology.