

**Progressive Education Society's,
Modern College of Arts, Science and Commerce,
Ganeshkhind, Pune**

DEPARTMENT of PSYCHOLOGY

ANNUAL REPORT 2021-222

Induction Program: Staff members from the Department of Psychology conducted a session on 'Mental Health and Counselling Services offered by the Department' for Induction Programs across Faculties of the College. Dr Sadhana Natu, Head, Department of Psychology conducted a session on Gender Sensitization and gave information about the Anti sexual Harassment Cell of the College, which she heads. The Department also conducted an in-house induction for students of Psychology special and MA Psychology.

10th September 2021 was commemorated as **World Suicide Prevention Day**. Students created e-posters which were displayed on a virtual platform along with a discussion on the importance of spreading awareness that Suicide is Preventable.

On 9th October 2021 the 6th Volume of **Mind Scope** the research compendium of the Department of Psychology was released at the hands of Principal Dr Sanjay Kharat. Student's research paper are annually published in this Compendium. During the release students spoke about their experience of undertaking research project at an Undergraduate level and Principal appreciated the efforts of the Department.

To mark Mental Health Month which concludes on 10th November, the Department of Psychology along with Sruti Disability Centre, Kolkata organized a collaborative program on the topic, '**Mental Health from a Feminist and Disability Lens**'. Few students from the Department conducted a small survey prior to the program to understand the levels of awareness about Disability amongst students. Shampa Sengupta from Sruti Disability Centre spoke about Disability and Mental Health and Dr Sadhana Natu, Head, Department of Psychology addressed the audience about looking at Mental Health and Disability through a Feminist Lens.

During May-June 2021 some students of the Department of Psychology had undertaken various Internship Programs which were held on an online platform. Their learnings and experience from the Internship Program- **Koshish** was documented in the form of a booklet. Few students who worked with the organization Eklavya as a part of the Internship had prepared a booklet on the Myths and Facts about Mental Health. This book was published by Eklavya and the Department of Psychology.

Savitribai Phule Jayanti, which was on 3rd January 2022, was commemorated by the Peer Support and Speak Out platform Disha. Students read out poems and prose from Feminist Literature.

International Women's Day, 8th March, 2022 was marked by another Disha session where students exchanged their ideas and thoughts about Feminism.

Under, the platform **Disha** a session was conducted on the topic 'Confidence' where students facilitated the discussion on building self-confidence.

DISHA along with the **Competitive Exams Guidance Centre** organized a session for students on the topic 'Psychological Preparations for MPSC' on 4th May 2022. Dr. Smita Kulkarni former Deputy Collector spoke to the students about her own experiences. Alumnus of the college Tukaram Gaikwad shared with the students from his journey of beginning with the dream of joining the Civil Services but then exploring other options.

The 14th Volume of **Kaleidoscope** the annual magazine of the Department of Psychology was released by Principal Dr Sanjay Kharat and Mr Zameer Kamble Educator and Queer Rights Activist and Dr Sadhana Natu, Head, Department of Psychology on 16 March 2022. The theme of the magazine was 'Taboos'. Students had contributed by writing on various topics like Adoption, Abortion, Divorce, Sexuality and much more. The program got a very enthusiastic response.

Master Mind, which is a Psychology, based Quiz was held during the Yuva Saptaha celebrations of the college. Around 100 participants competed in different rounds which included tests of attention, memory, perception.

Dr Sadhana Natu conducted two in house sessions with the UG and PG students of the Department of Psychology. One was 'How to go about planning for further studies after Graduation in Psychology' to address the many queries of the students wanting career guidance and the second was 'Laws' to give a brief to the students about different laws they need to be aware of to become a mental health professional.

Euphoria- creative representations of Psychological Themes was held on 18th May 2022. Students performed through song, dance and poetry their interpretation of the theme 'Nostalgia and New Beginnings'.

On 15th June, a **Preplacement activity** was conducted during which Alumni who are currently working in different organizations visited the Department and had a Guidance Session with the current PG students. Placement process is on for PG students and is expected to yield good results.

Current Students and Alumni Achievements :

TYBA Psychology Special students Madhavi Menon and Srujana Apte got selected for a Master's Program in Psychology in University of Pavia, Italy and University of Birmingham, UK respectively.

Alumni students who got placed: Ishitta Shinde Ashraya Initiative for Children, Vasudha Parkhi and Ravi Kumar Brainberg, Pranav Gaikwad, Maheema Kate

Brainability Autism Intervention Centre, Sanober Patel -Mindtribe

Current MA II students who got placed: Shubham Jadhav and Shreya Subbannavar
Ashraya Initiative for Children, Gautami Kumbhar- Mindtribe

Alumni Akshay Jawane received Tarabai Modak Fellowship instituted by QUEST
NGO working in Palghar in nonformal education of Adivasi children

Individual Report

Dr. Sadhana Natu

Head, Department of Psychology

Honour:

Selected as a Member of an International Multidisciplinary Academic Network

selfhelpculture.weebly.com

Resource Person

1. 28June-30 June 2021 conducted a 3-day online Faculty Development Program for faculty members of Symbiosis International University.
2. 5,6 August 2021 conducted a 2- day online Faculty Development Program for faculty members of IIS Jaipur
3. 25 August 2021 conducted an online session in Faculty Development Program organized by KTHM College Nashik on Qualitative Research
4. 27 August 2021 conducted an online session for students of Department of Political Science Savitribai Phule Pune University on Importance of Mental Health
5. 17 September 2021, online Webinar organized by Mental Health First Aid Organization, spoke on Gender and Mental Health
6. 27 September 2021, spoke on Gender Sensitization in an online session organized by Jammu University
7. 28 October 2021 spoke on Mental Health of Women with Disabilities in the online Webinar organized by National Institute for Empowerment of Persons with Intellectual Disabilities, GOI
8. 12 Nov 2021 spoke on Muslims and Mental Health in an online course organized by Bebaak Collective, Mumbai

9. 22 Nov 2021 spoke on Youth and Mental Health in an online training program organized by Men Against Violence and Abuse of Women, Mumbai
10. 21 December 2021 conducted a training session on Mental Health of DTNT communities: challenges and the way forward in a training program organized by MASUM and ECONET
11. 17-19 Feb 2022 conducted online training on Gender based violence and mental health for Humsafar Trust Lucknow
12. 26 March 2022 Online Parents and Students Counseling Session in a program organized by Radhalaxmi Foundation, Nashik
13. 17 May 2022 was an expert panelist in a session on Institutional Support for Mental Health and wellbeing organized by Impact and Policy Research Institute, IMPRI New Delhi

Consultancy and Expert

1. 5 July 2021 MIT WPU Subject Expert for Interviews
2. 14 August 2021 Doha-Qatar Campus, SPPU Subject Expert for Interviews
3. 17 Nov 2021 Consultation with SNEHA Mumbai on Trauma Informed interventions
4. 20 Nov 2021 DY Patil Member, LIC for Research Centre, SPPU
5. 20 January 2022 MIT WPU Subject Expert for Interviews
6. 10 Feb 2022 Member, Research Advisory Committee, Symbiosis International University
7. 15 March 2022 Sharadabai Pawar College, Baramati, Member, LIC for Research Centre, SPPU
8. 20 May 2022 Subject Expert for Interviews MIT WPU
9. POSH Committee External Expert for LFE

Audio Visual Presence

1. 10 March 2022 Brainberg Interview commemorating International Women's Week

2. April 2022 Podcast on Mental Health
3. BBC Marathi Interview in a podcast after Xth and XIIth standard results.

Publications

Psychology and Gender: An Introduction, a reference book published by Sage International Publishers, ISBN 9789391370268, New Delhi, August 2021

Aajchya Tarunanche Manasik Arogya: Ek Streevadi Drushtikshep, Nov 2021, in Purushspandan, Diwali Issue, Mumbai

Personality Development, ISBN 13 9789354514357, Nirali Publishers, Pune, January 2022

Adwaita Deshmukh and Sadhana Natu, Invisible Barriers to Performance and Organizational Citizenship Behaviour faced By Minorities, Journal of Psychosocial Research, Vol 17, No 1, June 2022, Mumbai

Research and Guidance

Nandini Thatte and Sumita Chavare awarded Ph.D., 1 student work is ongoing 4 students registered for Ph.D. In Women's Studies

1 student Co guide

6 MA students were guided for MA dissertation project.

LFE Research Expert Adviser, Mental Health Adviser

Symbiosis School of Economics, Research Adviser

Expert Peer Reviewer

Psychological Studies, Springer International, Indian Journal of Medical Ethics, Confluence Symbiosis School of Liberal Arts

Conferences:

Leading an Invited Symposium on Millennials and Mental Health in the Developing world: Critical Paradigms, Online Conference of International Congress of Psychology, July 2021

Leading a Symposium on Psychology and Social Justice Frameworks: The Need for engaging with Critical, Epistemological, Multidisciplinary Perspectives in 31st Annual Convention of National Academy Of Psychology, online conference organized by IIT, Mumbai, 4-6 March 2022.

Dr Sadhana Natu
Associate Professor and Head
Dept. of Psychology



Principal
Modern College of Arts, Science
& Commerce, Ganeshkhind, Pune-16.