

## DEPARTMENT OF PSYCHOLOGY

### **Department Report 2018-19 based on theme for the year and College goals**

Different methodology was used to enhance motivation and interest in the subject

- Power points were used to enhance the learning process and also gave clarity in terms of important pointers for each section. Film Screening, videos and power points were used to enhance the teaching learning process TED talks were screened. Films on Schizophrenia, Mood disorders, Personality disorders and Suicide were screened
- Documentaries on suicide and learning disorders were shown



- Several students attended an **inter-collegiate seminar** organized by the Department of Psychology at **RD National College** titled *Adolescent Mental Health in the 21<sup>st</sup> Century* on 10<sup>th</sup> October 2018.
- The students volunteered to make a **presentation** on the topic *Intelligence in the Indian context* on 12th January 2019. This was done so as to ensure that the students grasp the cultural differences in the conceptualization of intelligence
- **Cog lab experiments:** For each topic the students were exposed to and tried out the Cog lab version of different experiments. This provided students with first-hand experience of the different aspects/variables that can be manipulated and studied and how this influences various cognitive processes. These were then discussed to integrate aspects of research findings in the syllabus. This also provided students with a deeper and personalized insight into the different concepts of cognitive psychology. The students also enjoyed these experiments.
- **Power point presentation:** were used for all topics to facilitate the learning process.

- **Simulation/Experiential Exercise:** In July the students participated in a simulation experience in pairs on being blindfolded and leading at different locations on the campus. This gave them an insight into how vital visual perception is in our lives, the different ways in which we attend to stimuli and perceive, it was also a first-hand experience on issues of trust.
- **Peer learning:** Student presentations on selected topics supplemented with video clippings





- Debate on Surrogacy and Abortion in August helped the students to understand the various nuances and facets along with the present legal stand on these issues.





**Collaborative Learning:** using Library/ online reference students worked together in groups and then made presentation on different sections of writing a practical report.  
**Other library and internet referencing,** guided reading, analysis and discussion of articles and other references.

**Guidance** was regularly given to students on effective preparation for practical examinations/ viva: overall pointers as well as specific individualized guidance with difficulties with skills for. Batch wise: Individual feedback for conduct and suggestions for improvement.

**Child Abuse** a serious issue which is plaguing our country was dealt with at length given the seriousness and magnitude of the issue. The Satyamave Jayate series on Child Abuse was screened and discussed in terms of the present Indian context with a special presentation by the students (who had interned with NGOs like Arpan) on the POCSO act and different NGO's and their role in dealing with this issue.



- **Working with street children:** Students went to various parts of the city where pavement dwellers reside/ work and after establishing a rapport with them tried to get

an insight into their life and conditions giving them first hand exposure to how family life and other conditions are influenced by the nature of their dwelling.

- **Working with children's literature media:** Students studied and analyzed various written literature and online media for children.
- **Menstrual hygiene:** One student as a follow up of a session on 'Red is the new Green' joined the NGO and worked to generate awareness about menstrual hygiene among various groups.

### **TYBA**

Conducted bonding activity for TYBA students aimed at building meaningful / deeper relationships with each other For both double major (5<sup>th</sup> July) and single major students (30<sup>th</sup> June, 17<sup>th</sup>/18<sup>th</sup> July). There was a Sleep over TYBA class on 21<sup>st</sup> July 2018

**Exposure to Indian context:** To give students a firsthand experience of psychological testing in the Indian context the following was undertaken:

- Field trip to Prafula, Don Bosco Youth Counselling Services at Matunga on 6<sup>th</sup> December 2018, to experience first-hand how an organization offering Testing and counselling facilities operates, to understand more about the process of psychological testing and will enlighten them about possible career options/ scope in this field, It will also give them an insight into the Indian perspective





- Five groups of students worked in groups of threes and visited various psychologist using testing and gained insight into various testing procedures.
- Field trip to Institute of Psychological health (IPH) Thane





**Testing Simulations:** Students were given a psychological test understand various theoretical and practical aspects of psychological testing like administration, standardization, scoring methods, and test format, etc. and also to demonstrate the practical applications of Statistics. This also provided them with an insight into the administration, scoring and interpretative elements of psychological testing. Data obtained on the test was collated and statistically analyzed to demonstrate the application of statistics.

**Interactive Discussion:** *Relevance and importance of Testing & Statistics in recent events/ practical issues in daily life and links to other fields of Psychology e.g.* The use of percentiles during the FYJC admission in 2008 to bring the students from SSC Board on par with the ICSC and CBSC Boards, Driver's licensing test, Content of test, if there were no test/ examinations in society, Kaleidoscope teams selection process.

Examples and integration from the others fields of psychology namely Industrial Psychology, Abnormal and Counselling psychology to bring out the application and importance of this Paper in other fields of psychology.

- Talk arranged for career choices/pursuing higher education abroad (Tripti Singh-THE RED PEN)
- Demonstrations
  - Psychometric test demonstration, administration scoring and interpretation
  - Demonstration of all counselling techniques
  - Diagnostic screening technique demonstration

- Mini research projects were assigned to orient students to frame a question, design studies and collect data to statistically analyze using the Excel software The following students presented papers at the Annual Bombay Psychology conference

Sankeerthana Krishnan (A17212)/ Madhumita Bannerji (A17036)/ Shifa Dastagir (A17080)/ Arushi Shah (A17386)/ Durga Nagori(A17292)/ Rashi Mohta (A17283)/ Tanya Verma (A17481)/ Diksha Singh (A17442) & Simi Susan (TYBA)

On 20th February, the class was taken on an **educational visit to the “Institute for Psychological Health” on a field visit.** The visit exposed them to various treatment methods available for individuals in psychological distress.

On 23rd February 2019 the movie *Wait Until Dark* The movie screening was followed by a discussion.

### Theme based activities

Buddy project as follow up of the Peer counselling training carried out the previous year

- 25<sup>th</sup> August 2018 Single major students attended talk by the Dr. Mukesh Gupta Obstetrician & Gynaecologist ‘Women a Key to Family Health’ organised by Department of Chemistry



- 6<sup>th</sup> Oct 2018 Red Is the New Green: Session by Dean Fernandes where students were enlightened about the importance of creating awareness about menstruation and its waste management solution.





- Ex-student and foreign universities placement counsellor Tripti Singh spoke on masters' programs in Psychology in Australia.
- **Nutrition Mela** was organized for the FY/SY and TY students on 22<sup>nd</sup> February 2019. The objective was to inculcate healthy lifestyle values to young girls, so that they can know and understand their bodies better. 15 Dietitians helped to chalk out an individualized diet plan based on their BMI and other health stipulations. This was done in the light of the fact that many students are anaemic as discovered during the blood donation drive organized by NSS.







- Dance movement therapy was organized for the Double major Psychology students on 9<sup>th</sup> December to give them an insight into alternative therapies.





- On 19<sup>th</sup> December 2019 Delice Fernandes an ex-student (who had undergone a training for the same) conducted a session on Interview, Body language and creating first impressions for the single major students.it was a very interactive session and the students found the session enriching.

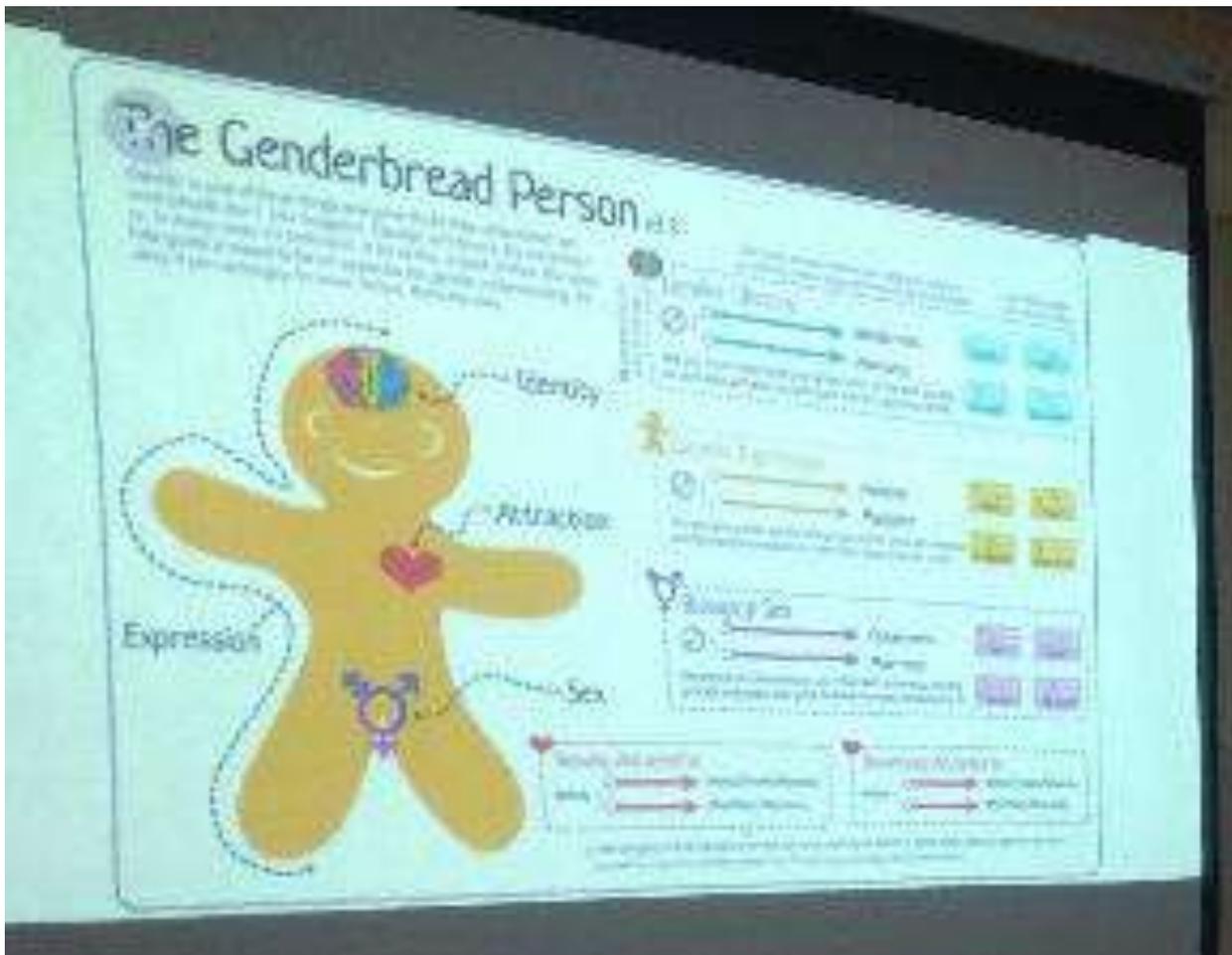


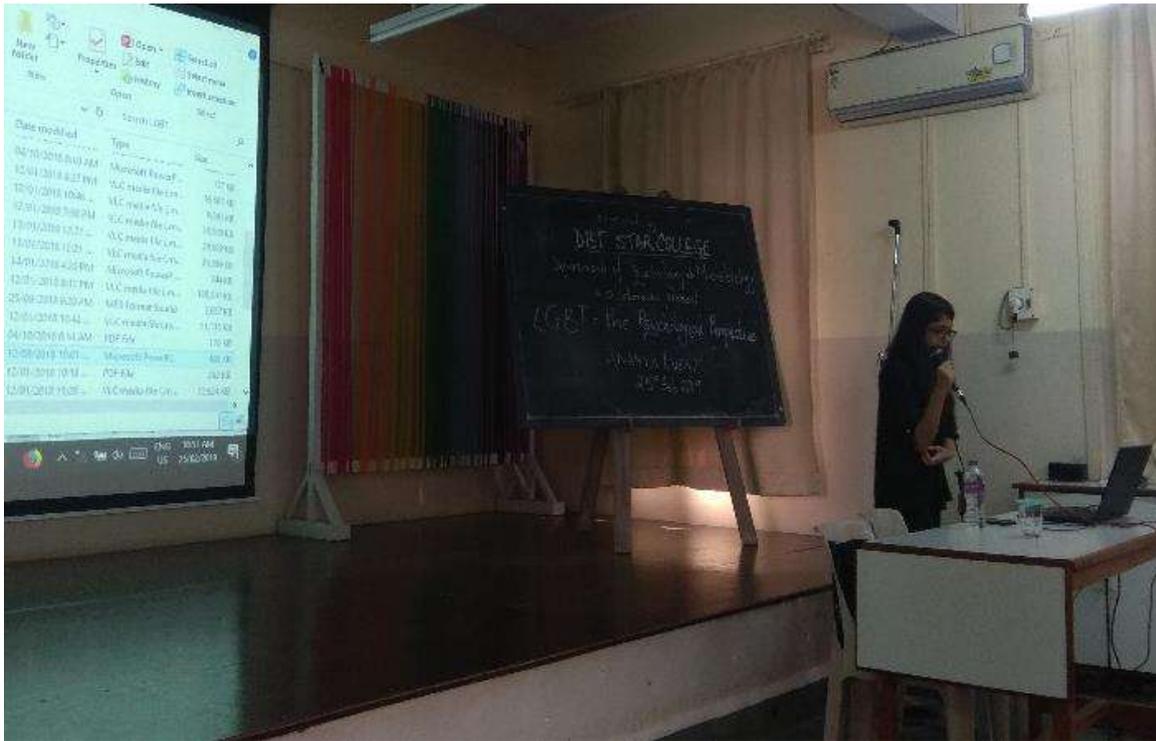


- **Tarasha a Field Action Project of Centre for Health and Mental Health, School of Social Work, Tata Institute of Social Sciences**, interacted with our TYBA students on 11<sup>th</sup> March 2019 and conducted a session on mental health with the objective of identifying and recruiting students as a support system for care givers of mental ill patients.



**Department Ananya Activity:** The session on “LGBT- the psychological perspective”, on the 25th of February was a collaborative venture between the Departments of Psychology and Microbiology under the DBT Star College Scheme, Psychologist Ms. Jagruti Wandrekar, who is a part of Sneha and the Institute for Psychological Health’s LGBTQ Therapy group, Sahas, in Thane, basic introduction to certain terms, common misconceptions, and a general introduction to the stigmatization of the LGBTQIA community both in and outside the field of psychology. Some guidelines as to dealing with queer people as a professional, an acquaintance, and as a friend or family member.







*Patricia*

Sr. Patricia D'Souza  
Head, Department of Psychology  
Sophia College  
April 2019