

**DEPARTMENT OF PSYCHOLOGY:  
ANNUAL DEPARTMENT REPORT 2020-2021**

The lockdown imposed due to the covid 19 Pandemic implied a functioning totally on a online mode. This forced us to move out of our comfort zone and called for a creative exploration of the online resources at various levels. There was a lot of trial and error, much frustration and learning.

**Activities based on the Theme of the Year - Hope, courage & Resilience:  
Charting new horizons**

- ❖ **Online One credit Course:** The Department of Psychology in collaboration with the IT Department organized an Online One Credit Course '***Covid times: Mythic Realities, Changing Frames.***' (A practical course in **Conceptual Psychology**). 145 senior college students across faculties, participated in this course which was conducted in June 2020. The course covering topics like gratitude, empathy, emotional regulation, language patterns, REBT, changing frames, etc. Topics also provided participants with knowledge and resources to cope effectively with all the emotional turmoil that the lockdown and its restrictions created in the students. There were two input sessions of one and half hour duration , over a period of 11 days with some breaks. The entire course comprised of 30 hours inclusive of self-work and assignments submitted by the participants.

As a follow-up of the course different groups of students made presentations with various classes (TYBA Single and double major, SYBA and FYBA psychology) to share their learning with their peers.

zoom\_0

- **Self Awareness:**  
Emotional Self Awareness: Being conscious of the situations in your life that cause frustration, signals that accompany them and how you feel at that moment.
- **Self Management:**  
Ability to keep disruptive emotions and impulses under control.

This we can do with **EMOTIONAL EMBODIMENT**

Compiled by Mimesis Popat, Consultant Sp. Educator, Psychotherapist and Trainer, Ashray Counselling Centre and Pristula Psychological Services.  
Contact email: mimesispopat@gmail.com Mobile: 9821151101

0:00 [Zoom controls: mute, video, chat, back, forward, volume]

zoom\_0

Grid of participants:

- Row 1: 5 participants
- Row 2: 5 participants (one is a grey placeholder)
- Row 3: 5 participants (one is a grey placeholder)
- Row 4: 5 participants (one is a grey placeholder)
- Row 5: 5 participants (one is a grey placeholder)

Participant name tag: **Eh**

16:29 / 2:43:27 [Zoom controls: mute, video, chat, back, forward, volume]

Windows taskbar: Type here to search | [Taskbar icons: File Explorer, Edge, Word, etc.] | 14:54 28-01-2021

The image shows a Zoom meeting window. The top portion displays a Microsoft PowerPoint presentation. The slide is titled "ABC TECHNIQUE - PRACTISE" and lists three points:

- I (A) acknowledge (we were entering an emotionally difficult conversation )
- I take (B) deep breaths to manage my reaction,
- I engage my (C) curiosity to learn more

The presentation also includes a diagram titled "HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS" with various icons representing symptoms like "Overthinking", "Zoning out", "Stomach Issues", "Panic attacks", "Lack of patience", "Constant worrying", "Trouble breathing", "Assumptions", "Healthy resources", and "Social media".

The bottom portion of the Zoom window shows a video feed of a participant, a woman with glasses, and a Zoom control bar at the bottom.

### ❖ Mental Health Amidst the New Normal - 28<sup>TH</sup> JANUARY, 2021.

The session was conducted by Priyanka Dalvi, a training coordinator for a field action project of the Tata Institute of Social Sciences (TISS) named ‘**Tarasha**’, along with Tarasha’s project manager Ashwini Survase and their social worker, Ayushi Srivatsav. The session elucidated acknowledging mental ill-health, the urgency to quantify this abstract concept and not to underestimate or neglect it. There were several exercises which helped students to be cognizant of their thoughts, emotions, and the subsequent actions undertaken during times of comfort and distress. The continuum of mental ill-health and wellbeing- emotions ranging from hopelessness, to resilience, pervasive sadness to resourcefulness, or withdrawal to socially engaging and being active was also discussed. It was a thoroughly enlightening and an

engaging session. Those two hours were brimmed with relatable memes, info-graphic slides, incredibly active participants, and a tremendous amount of sensitivity to mental health. 300 students participated in the session.



Zoom Meeting    You are viewing Pritya's screen    View Options

Turn on Original Sound

Atisha...

Pritya D...

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Pritya D...

Atisha...

Mute    Start Video    Security    Participants    Polls    Chat    Share Screen    Record    Closed Caption    Breakout Rooms    Feedback    More

Type here to search    Post Atte...    registrati...    Zoom Cl...    Zoom M...    ENG    10:53    23/01/2021

Question    **Student answers**

**4** Turned in    **22** Assigned

Turned in    Aug 6, 2020

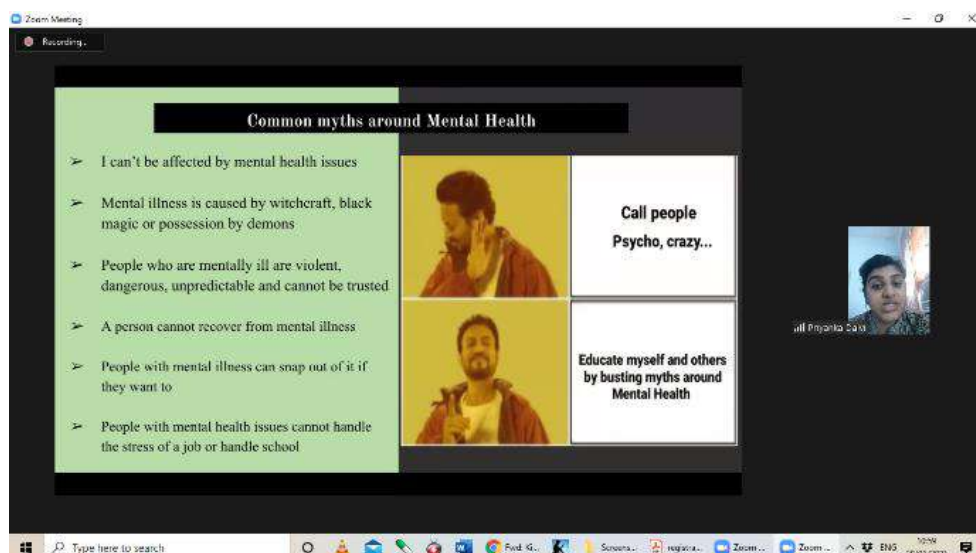
Whenever I feel fatigued, exhausted or not-so-great in general, I exercise. Although it seems like an unlikely thing to do when you're already mentally and physically tired, I have found it to be rejuvenating! The quick workout relieves my muscle tension and stiffness, as well as makes my stress go away. My mind instantly feels lighter.

Firstly, would like to include a strict workout regime in my day to day life. Secondly, some weekly exercise of my vocal chords (Riyaz) would be beneficial.

Exercising and music is important to me. Lately, I haven't been regular with them. I think the primary reason for this is the fact that my sleep schedule is not in order. By the time I wake up, half the day has passed me by and the oversleeping leads to exhaustion, leaving very little energy for me to be productive.

I think this problem can easily be solved if I try to get just the right amount of sleep, reduce my junk food intake (that has strikingly increased during lockdown) and I should be good to go!

← Reply



- **FYBA:** Owing to the hardships faced by one and all in the trying times of the pandemic, a video was screened in connection to the topic 'Positive Emotions'. The video by The Science of Happiness described an experiment in gratitude which encouraged students to practice expressing gratitude to their loved ones more often to keep negative emotions at bay and improve resilience in times of stress. A screenshot of the meeting chat is attached below showing the students' response to the session.



- ❖ Discussions were held in class for students to discuss how the pandemic and online nature of class has affected them. Feedback and areas of improvement were noted (**Theme of the Year, Goal 6**)
- ❖ Two sessions were organized for the students in **collaboration with the counselling Centre of the College**.
  - "Managing Time with Online Lectures" conducted on 15th October 2020 between 1pm - 2pm conducted by Ms. Deepika Bhandari, College Counsellor.
  - "Writing an SOP (Statement of Purpose)" conducted on 22nd October 2020 between 1pm - 2pm facilitated by guest speaker Ms. Sabah Shaikh

**Common factors in both SoP and PS**

**Making the admissions officer see your caliber**



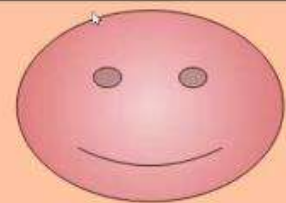
**Focus is on your skills, interests, and other developed factors**


**Both have:**

1. Introduction
2. Body
3. Conclusion

**One of the only ways you can stand out from the other applicants**

**Blur the barrier you have by not applying in person**



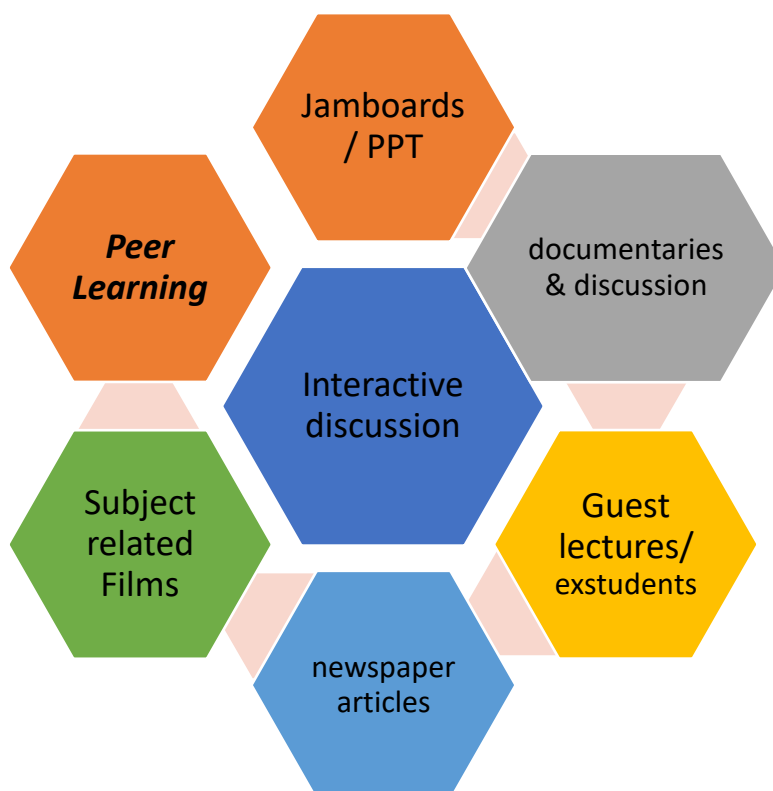


- Always read into scholarships offered, almost everybody could be eligible for a scholarship
- Stay in contact with their embassy
- Check if you can work while studying in their country
- Show creativity and imagination
- Interact with the admissions officers
- Always have a list of appropriate questions at each selection stage

- Taking only tuition fees into consideration when estimating the budgets
- Taking visa applications lightly
- Document formats and photograph dimensions
- Not having a plan B
- Not bragging enough

## Department activities

In keeping with the goals of the college with special focus on Goal no's 1, 2, 3,4 & 5. Various activities and methodologies were used to made the learning experience engaging, challenging and interactive.



### TYBA:

- The TYBA Single Major students were exposed to computer-based experiments through the CogLab software. The faculty worked on creating a new experiment that could enable students to conduct them in the lockdown/home environment. Focus was on simplicity of practicality of conduction and learning of new cognitive concepts at work. Manipulation of variables, understanding of methodology, exposure to classic and related research, suggesting improvements and discovering latest research in the said field were also achieved. Assignments also involved identifying and curating the above on behavioural and cognitive trends as observed by students.
- Students were also asked to participate in Self – Reflective questions that were related to the contents of the syllabus (especially for the subject of Counselling), to understand and experience better and be in touch with aspects that they actually seek to understand through lectures.
- Movie screening of “Goodwill Hunting” was held and a discussion was initiated regarding the same.
- Video material, documents, talks, articles, resources were shared and made accessible not only by the staff but also with strong enthusiasm from the students’ end too. These were used for greater understanding and elaborate their knowledge on related issues. Viewing applicability of learning from the perspectives of women, LGBTQIA + community, other disadvantages communities that do not have a strong presence was always discussed in regard to the topics covered.



## Unit 2 Sem 3 : Counseling with Diverse Populations : Men, Women and LGBTQ+ Community, Spirituality








Ahana Sharma • Oct 23, 2020

Dear Class,

PFA some additional material on the topic for best knowledge

Do try to watch the videos atleast. Focus on the counselor behaviour too as they conduct sessions

:-)

	<b>Feminist Therapy</b> YouTube video 18 minutes		<b>What men can gain from the...</b> <a href="https://www.health.harvard.edu/...">https://www.health.harvard.edu/...</a>
	<b>Therapy focused on men's is...</b> <a href="https://portlandpsychotherapy.c...">https://portlandpsychotherapy.c...</a>		<b>Guidelines for psychological...</b> <a href="https://www.apa.org/pi/lgbt/res...">https://www.apa.org/pi/lgbt/res...</a>
	<b>Counseling Gay and Lesbian...</b> YouTube video 2 minutes		<b>Link</b> <a href="https://www.counseling.org/doc...">https://www.counseling.org/doc...</a>
	<b>Spirituality in Therapy, Spirit...</b> <a href="https://www.goodtherapy.org/lea...">https://www.goodtherapy.org/lea...</a>		

- Since the major reference books were based in the American context, understanding, exploring and sometimes devising understanding and applicability of concepts in the Indian context, the specific cultural context and unique challenges and issues that arise due to the same were part of active discussion.



Announce something to your class



**Tirtha Parab**  
Jan 25

Hello everyone! Here are the tests that I spoke about in class today.

1. Reading the Mind in the Eyes' Test.
2. The Empathy Quotient (EQ).
3. The Systemizing Quotient (SQ).
4. The Autism Spectrum Quotient (AQ).

You can find these in the Appendix of The Essential Difference (2003) by Simon Baron-Cohen.

Other interesting books on Autism are:

1. The Autistic Brain (2013)- Richard Panek and Temple Grandin.
2. The Pattern Seekers (2020)- Simon Baron-Cohen.

Happy Reading! :-)



1 class comment

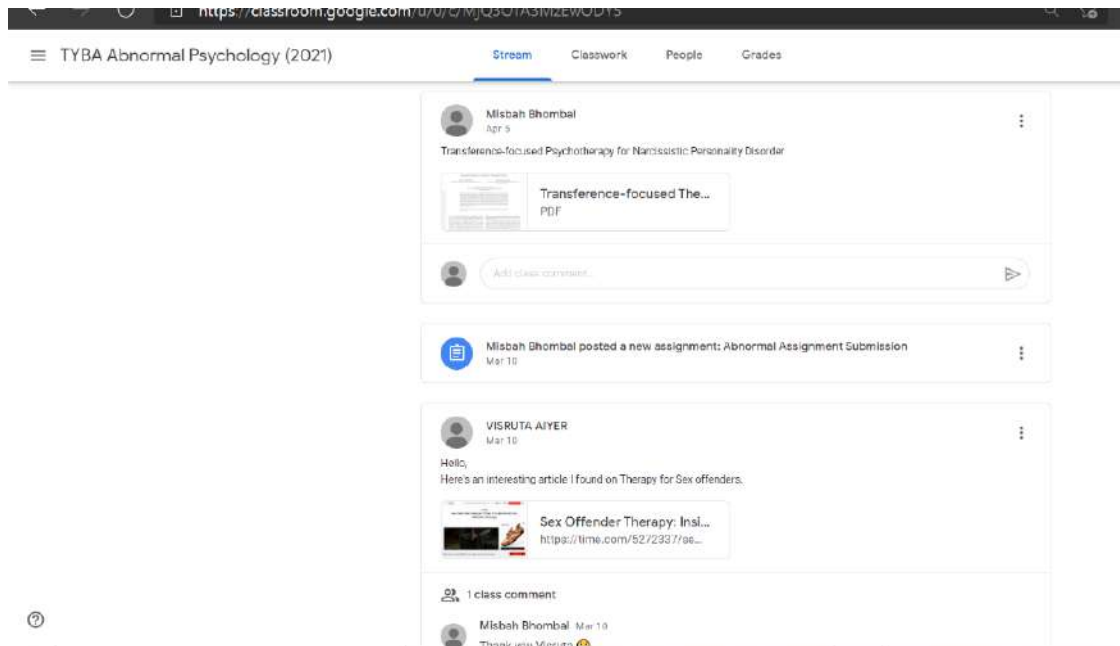


**Astrid Gracias** Mar 12

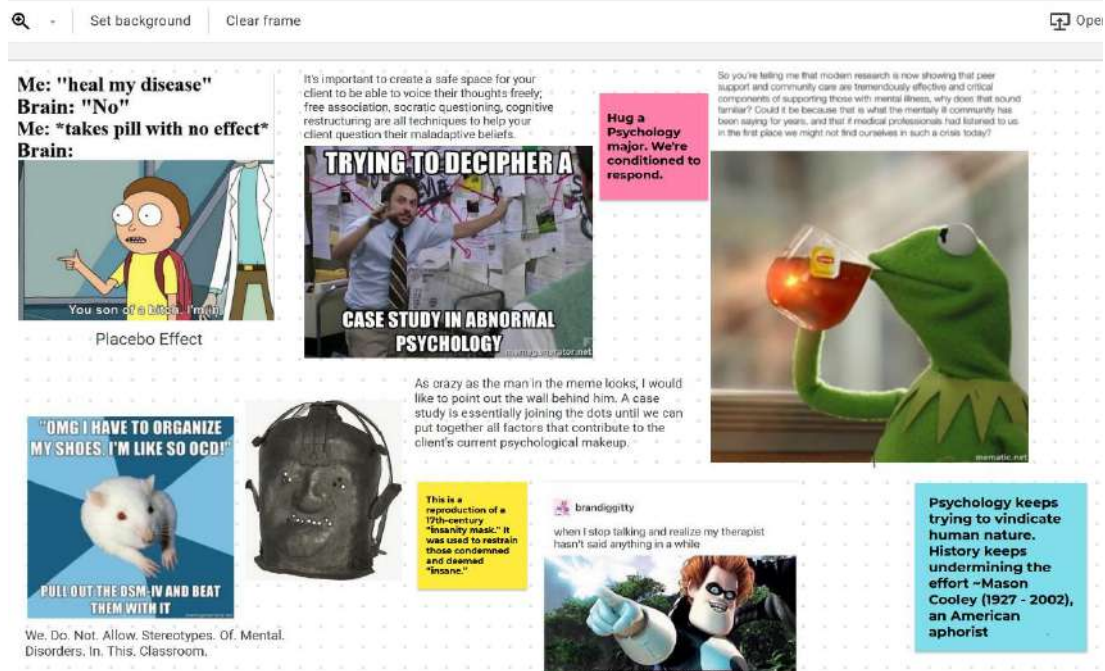
these books look interesting. cant wait to read!

- Real life instances and case studies were shared, to get the students to understand concepts, disorders from the perspective of those suffering. Not only that, the differentiation in manifestation, comorbidities and reality of helping resources, their accessibility and role of community and state also got highlighted.
- Peer learning occurred in the form of “Flipped Classroom” activity for topics taken up by students
- Screening of videos which were followed by discussions on relevant aspects of the syllabus for Abnormal Psychology.

- Discussions on alternative therapies for treatment of various mental disorders to explore topics thoroughly and provision of articles to update students' knowledge of the same.



- Case studies wherever possible were included to cultivate deeper understanding of symptom manifestation within particular disorders and the functional consequences of the same.



- Students took an active part in the learning process by giving presentations on various topics that helped them gain new insights into the practical applications of the subject of Cognitive Psychology. List below are the topics along with the presentation dates.

6<sup>th</sup> March: Cognitive Psychology in the Corporate Sector (group 1)

13<sup>th</sup> March: Cognitive Psychology in Counseling (group 2)

- 18<sup>th</sup> March: Cognitive Psychology in Gaming Technology (group 3)  
 20<sup>th</sup> March: Cognitive Psychology in Social Media (group 4)  
 25<sup>th</sup> March: Cognitive Psychology in Educational Practices (group 5)  
 27<sup>th</sup> March: Cognitive Psychology in Forensics (group 6)  
 1<sup>st</sup> April: Cognitive Psychology in Advertising (group 7)  
 3<sup>rd</sup> April: Cognitive Psychology in Rehabilitation (group 8)

Assessing Job Satisfaction Activity

Group 5: Assessing job satisfaction by Khushi H. Jinal, Zainab W. Astid G. Kirtana S.

1. Have conversations with the employees, and ask them what will help to boost their skills?
2. Using rating scales to asses job satisfaction.
3. One on one meetings
4. Employee suggestion Box (Annoynamous)

AND THEN THEY SAID IT WOULD INCREASE JOB SATISFACTION

YOU SAID YOU ENJOY YOUR JOB. THE EMPLOYEE SATISFACTION

### SUBA:

- **Experiential exercises/ learning:** Students were guided through different experiential exercises to integrate and apply various aspects of the syllabus namely formation of self-concept, gender development, levels of moral development. Self-concept: Who am I? Experiential exercise cum reflection was found very enriching by the students. Looking back to significant experiences of Childhood; positive and not so positive, as and where relevant to the syllabus for e.g.: experiences of bullying and different methods of coping. Gender Stereotypes– what defines masculinity /femininity.
- **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 NGO's like Arpan) on the POCSO act and different NGO's and their role in dealing with this issue.
- Newspaper articles pertaining to the Syllabus and women and Child issues were shared with the students and discussed in class.

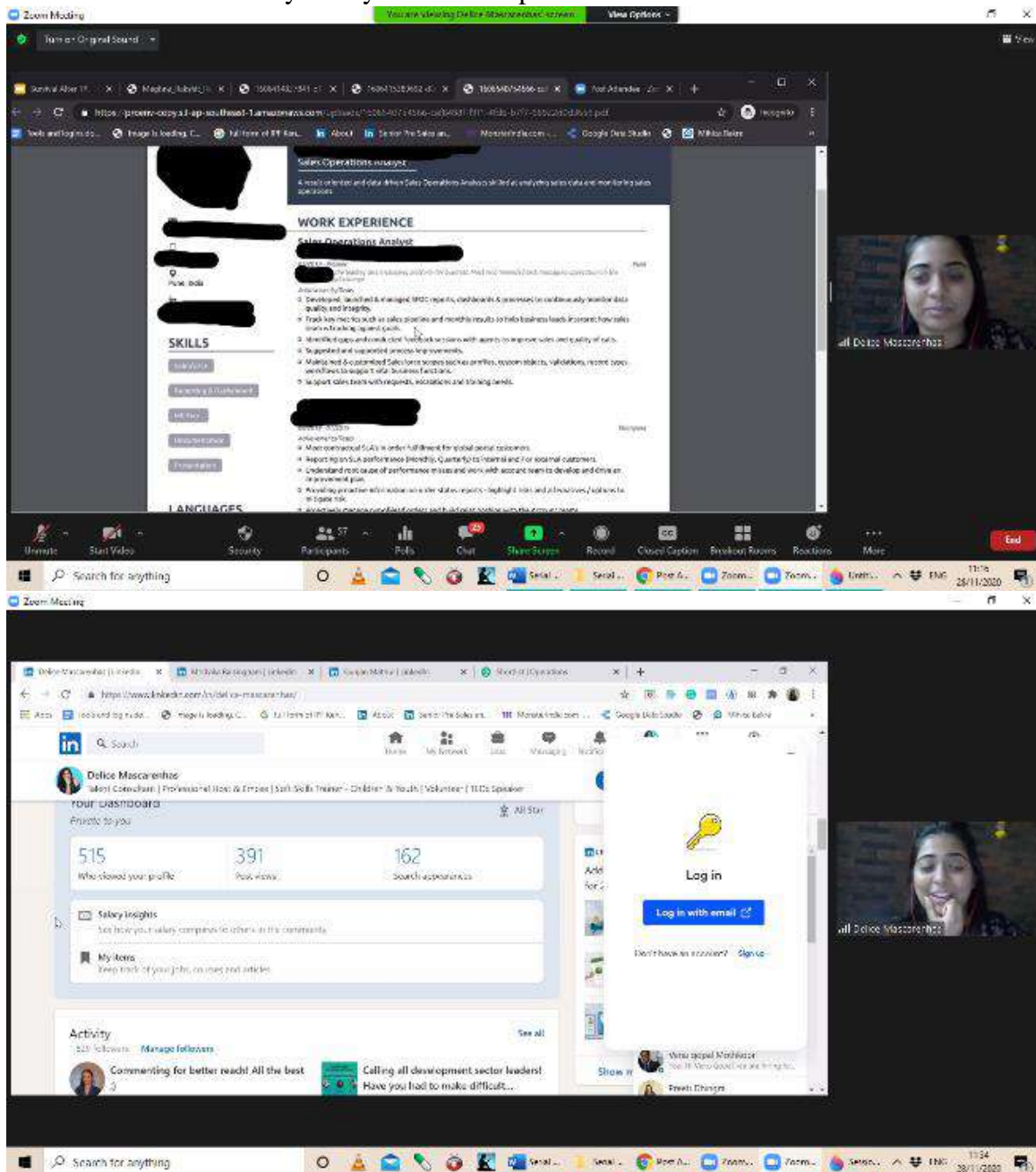
5 <sup>th</sup> Sept 2020	Kerala tops. Bihar fares worst in child health index TOI
9 <sup>th</sup> Sep 2020	3 new +ve moms at Nair hospital treated for postpartum psychosis
10 <sup>th</sup> Sept 2020	A suicide every 4 minutes in 2019 -TOI
	QPR key prevention strategy for suicide _TOI

10 <sup>th</sup> Sep- Suicide prevention day	Time to address mental health issues leading to suicide, say experts-TOI
15 <sup>th</sup> Sep 2020	Pvt hospitals have failed women in the last 5 months-TOI
19 <sup>th</sup> Sep 2020	Rural India sex ratio worsens as access to selection technology widens- TOI
22 <sup>nd</sup> Oct 2020	Why the double blind placebo- controlled drug trial is the gold standard-TOI
6 <sup>th</sup> Nov 2020	Study: 20 cm height gap across nations due to poor nutrition-TOI
6 <sup>th</sup> Nov 2020	Indian teens rank low on BMI, among shortest
27 <sup>th</sup> Nov 2020	Anganwadi worker who rowed kms to feed kids honored. -TOI
6 <sup>th</sup> Dec 2020	Why women are talking about miscarriages-TOI
7 <sup>th</sup> Feb 2021	When courts fall into the patriarchy trap

- Focus was on bringing to awareness various social psychological concepts, as they have and do occur around us. Concepts and cognitions that help us navigate through the social world (e.g.: heuristics, stereotypes, persuasion etc.).
- Class discussions were extensively focused on understanding the gendered nature of the social experience, self-reflection to identify one's role in the social world .
- Trending debates or relevant topics were held in class holding a safe space for students to build, reflect and listen to the voice and opinion of others. Drawing references from current events, politics, pop culture were used to debate, analyse social psychological trends.
- Research studies and consequent findings with reference to concepts in social psychology were covered with best attempts to replicate them in the class settings, among students. This helped students understand the social psychology concept being covered in practice and actuality – greatly enhancing the learning, interacting and novelty element of the lectures.
- **Use of Peer Learning:** Group presentations to enthuse students to work together in groups and explore creative methods of presenting the assigned topics. Students were also encouraged to explore the topics from the Indian context and understand the local perspective. The following areas were presented by different groups. These were supplemented by further clarification and information by the Lecturer as required. Some presentations were followed by engaging discussion about the issues under study in the current context. Peer learning occurred in the form of “Flipped Classroom” activity for topics taken up by students



on preparing an impressive resume and how to go about exploring opportunities for exposure in the field of work experience both during undergraduate studies and after. She also shared valuable tips on negotiating one's salaries in the process of employment which is normally a very awkward topic to discuss.



- On 8<sup>th</sup> December a session was held with MS. Shobika Jadu (an Ex-student) a counsellor based in Goa.
- On 25<sup>th</sup> February 2021 4-5 pm on the Zoom platform session with Lavanya Mohan who studied BSC in psychological research from Oxford. And is currently working on marketing research. About 50 students participated. Lavanya shared her experiences and why she chose to study abroad. She shared tips on a number of topics with students who were seeking to apply abroad for post-graduation. She shed light on topics like scholarships for Indian students, summer courses, internships and application

procedure to apply at University of Oxford. The session concluded with a question-and-answer session. Students were able to clear doubts and seek advice on a number of matters with regard to studying abroad.

The top screenshot shows a Zoom meeting window displaying a presentation slide. The slide is titled "At Present" and lists the following roles:

- Private Practice
- Assistant Professor of Psychology (Guest Faculty)
- Visiting Psychologist at local hospitals & schools
- Corporate EAPs
- Goa based counsellor for TISS-SVE
- Consultant Features Editor – Planet Goa
- Freelance Content Writer - Incredible Goa, ParentEdge & Contributor for multiple platforms

The bottom screenshot shows a Zoom meeting window with a participant's video feed. The participant is a young woman with long dark hair. In the background, a whiteboard is visible with handwritten text: "Why?", "Retirement", "Late career", and "Stage".

**International Sessions organized for Students:** On 20<sup>th</sup> February 2021 there was a session on "The Great Nature Nurture Debate: Understanding individual differences in behaviour and psychiatry - genetics versus environmental influences" conducted by Dr. Cathy Fernandes, **King's College**, for SY and TY students (about 60 students participated on 20th February at 2.30 pm).

The image shows a Microsoft Teams meeting interface. The main content is a presentation slide titled "Nature Versus Nurture" with the subtitle "Quantitative genetics: Twin studies". The slide contains the following information:

- Identical twins (monozygotic, MZ) \100% DNA
- Fraternal twins (dizygotic, DZ) 50% DNA

There are two photographs of twins and a bar chart. The bar chart shows the correlation for MZ and DZ twins. The y-axis is labeled "Correlation" and ranges from 0 to 1.0. The MZ bar is at approximately 0.85, and the DZ bar is at approximately 0.45. A horizontal line is drawn at approximately 0.4. Arrows indicate the difference between the MZ and DZ bars.

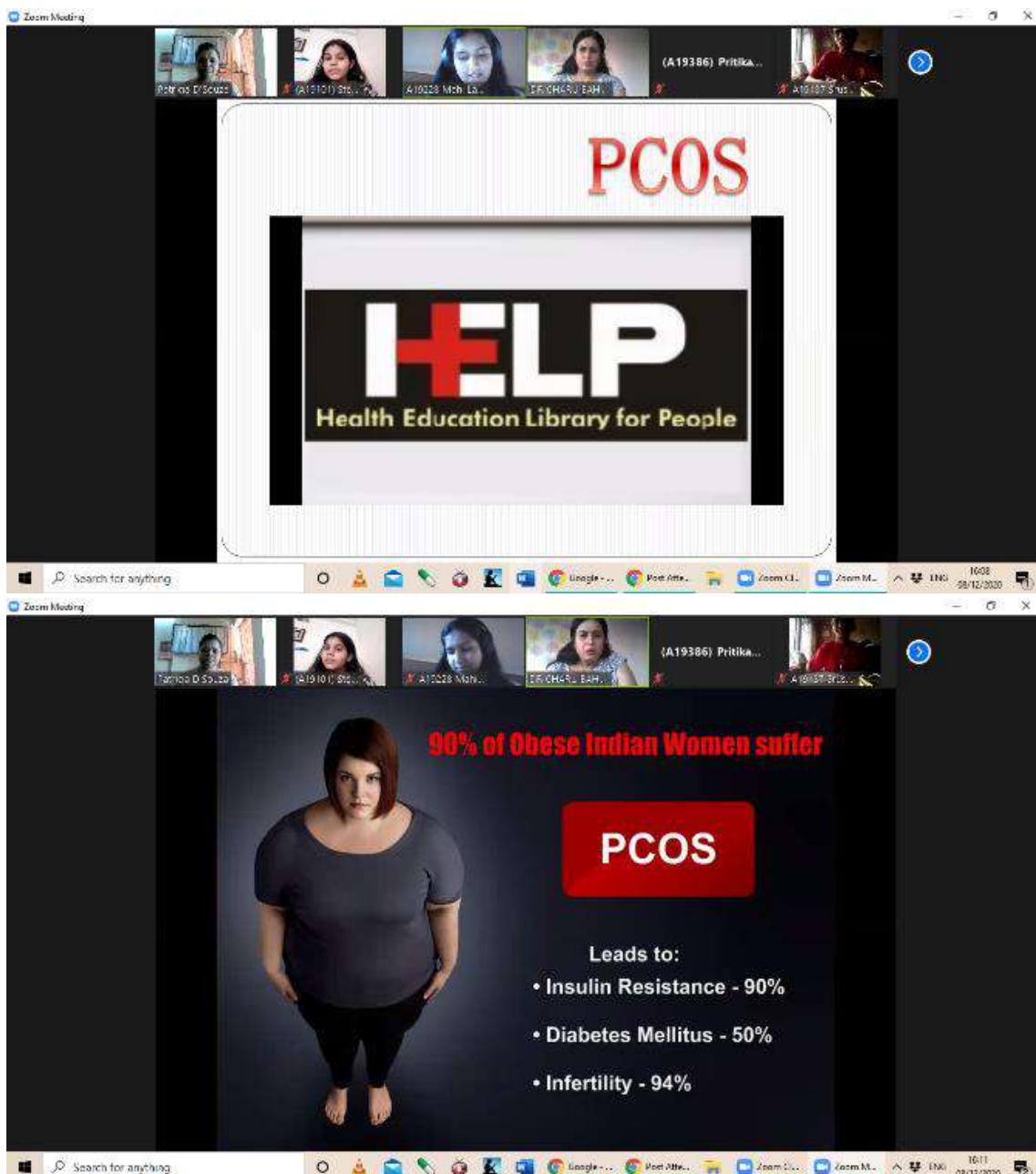
The meeting chat window on the right shows the following messages:

- https://www.kcl.ac.uk/study-at-kings/postgraduate/open-evenings
- anusha engelen (Guest) left the conversation.
- Guest left the conversation.
- Aakha Passanha left the conversation.
- Mahima Lachta (G... 3:16 PM) 1 Hello ma'am, I was wondering if we also account for evolutionary behavior in behavioral genetics?
- Mishal kothari (Guest) left the conversation.
- Guest left the conversation.

The meeting details on the right indicate the host is Dr. Cathy Fernandes, Psychology Lecturer at Sophia College, PG-India. The meeting ID is 650 762 607#.

A session was organized for the SYBA class on 8<sup>th</sup> December 2020 with the Gynecologist Dr. Charu Baheti who presented the Topic of PCOD's extensively and also clarified the impact of hormonal disorders among teenagers. She also answered queries about the safety of using contraceptive measures and its impact on the women's body.





*Nasha Mukta Bharat Abhiyan* (15-22 February 2021) in collaboration with the Department of Foundation course: Nash Mukta Bharat Abhiyan was organized in collaboration with the FC classes for the FY & SY BA & BSC students from 15-22<sup>nd</sup> February 2021. 500 students actively participated in the awareness campaign along with their respective FC teachers. Included the screening of short films followed by interactive discussions, poster presentations, Ted talks, presentations and assignments.

**Assessment Process:** In addition to MCQ's alternatives were explored at the internal assessment level.

- ✓ To allow for better engagement with the syllabus and the current issues of women & children, the students were guided to do an assignment on a variety of topic like teenage pregnancy /miscarriages in Mumbai. / Covid and childbirth/ male preference and pregnancy/ post-partum body image issues/ cultural beliefs /superstitions connected with pregnancy/ PCOD & pregnancy to name a few.

- ✓ Sample questions from challenging topics of the subject were provided which clarified confusions and helped in revision of the matter.
- ✓ Historical figures (Albert Einstein and Adolf Hitler) from the viewpoint of any 1 personality theory



Sr. Patricia D'Souza  
Head, Department of Psychology  
Sophia College  
March 2021

✓