

DEPARTMENT OF PSYCHOLOGY

DEPARTMENT REPORT 2021-22

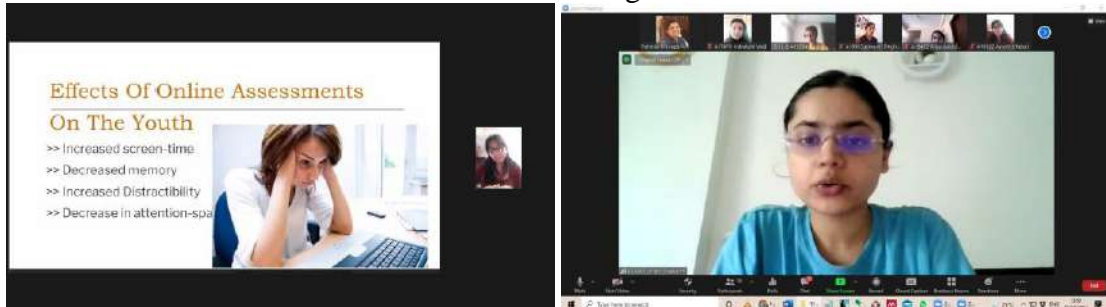
The academic year 2021-2022 was divided into two semesters – the first semester was completely online in nature and the second semester followed the hybrid teaching mode.

Despite the new challenges that this year brought, the Department of psychology strived to meet the goals set by the college and stay true to the theme of the year.

TYBA

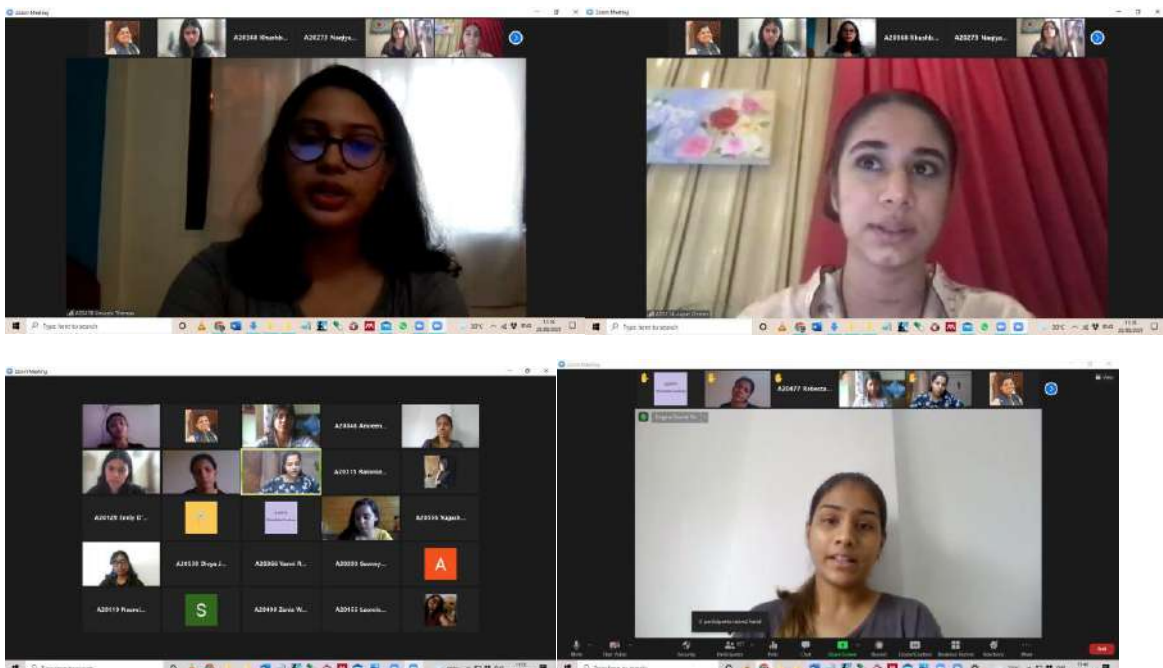
- The TYBA Single Major students were exposed to computer-based experiments through the CogLab software. Focus was on simplicity of practicality of conduction and learning of new cognitive concepts at work. Manipulation of variables, understanding of methodology, exposure to classic and related research, suggesting improvements and discovering latest research in the said field were also achieved. **(Goals 1, 2, 3)**
- The department ensured that a component of the student assignments is application based – applying the concepts being covered to the world around them. **(Goals 1 & 2)**
- Online aids, tools and tutorials were referenced and used to add to the lessons being taught (Jamboard, Whiteboard, Padlet etc.) Online tools also allowed for universal accessibility of material to the students. **(Goals 1, 2 and theme of the year)**
- Since most the reference textbooks are from American publications and American authors, steps were taken to familiarise students with Indian perspective via research with Indian population, Indian authors, Indian case studies and the Indian culture. Partaking in ground experience was encouraged by the faculty. **(Goals 6 & 1)**
- Various talks, events and panel discussions were organised with individuals who are specialists in different areas of the field of psychology. This was done to give exposure to the students of the career prospects, treating and intervening with Indian population, higher studies and much more. **(Goals 1,3,4)**
- Bonding activities were organised for the students for the human connect that the online system made difficult. Students got to know each other at personal level to forge camaraderie and connectedness. **(Theme of the year, Goal 5)**
- 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. **(Goals 3,5)**
- Learning from the perspectives of women, LGBTQIA + community, other disadvantaged or less ‘visible’ communities that do not have a strong presence was always discussed regarding the topics covered in class. **(Goals 4,5)**
- Peer learning occurred in the form of “Flipped Classroom” activity for topics taken up by students **(Goal 1, 2, 4)**
- For one of the assignments, TYBA students were asked to study therapists from popular books/movies/television shows and analyse their ethical and unethical behaviours. If any unethical behaviours were observed, they were asked to provide their own perspectives and solutions for rectifying the same **(Goals 2, 4, 5)**

- Most of the textbooks and reference books are based in the American context. Thus, for each topic being studied, a class discussion was held on the relevance of the topic to the Indian context and the unique challenges and issues that could arise. **(Goal 6)**
- Students of counselling were given a number of subjective assignments to create awareness about and sensitize them to various mental health issues. As part of these assignments, they had to analyse hypothetical cases and work with imaginary clients while providing a framework, giving suggestions and empathising with the client. There was also a reflective aspect to these assignments where students were asked to note how they might have reacted if they were the therapist or felt like if they were the client in any of the hypothetical situations. **(Goals 2, 3, 4, 5)**
- TY Debate online or offline assessment 25th Aug '21

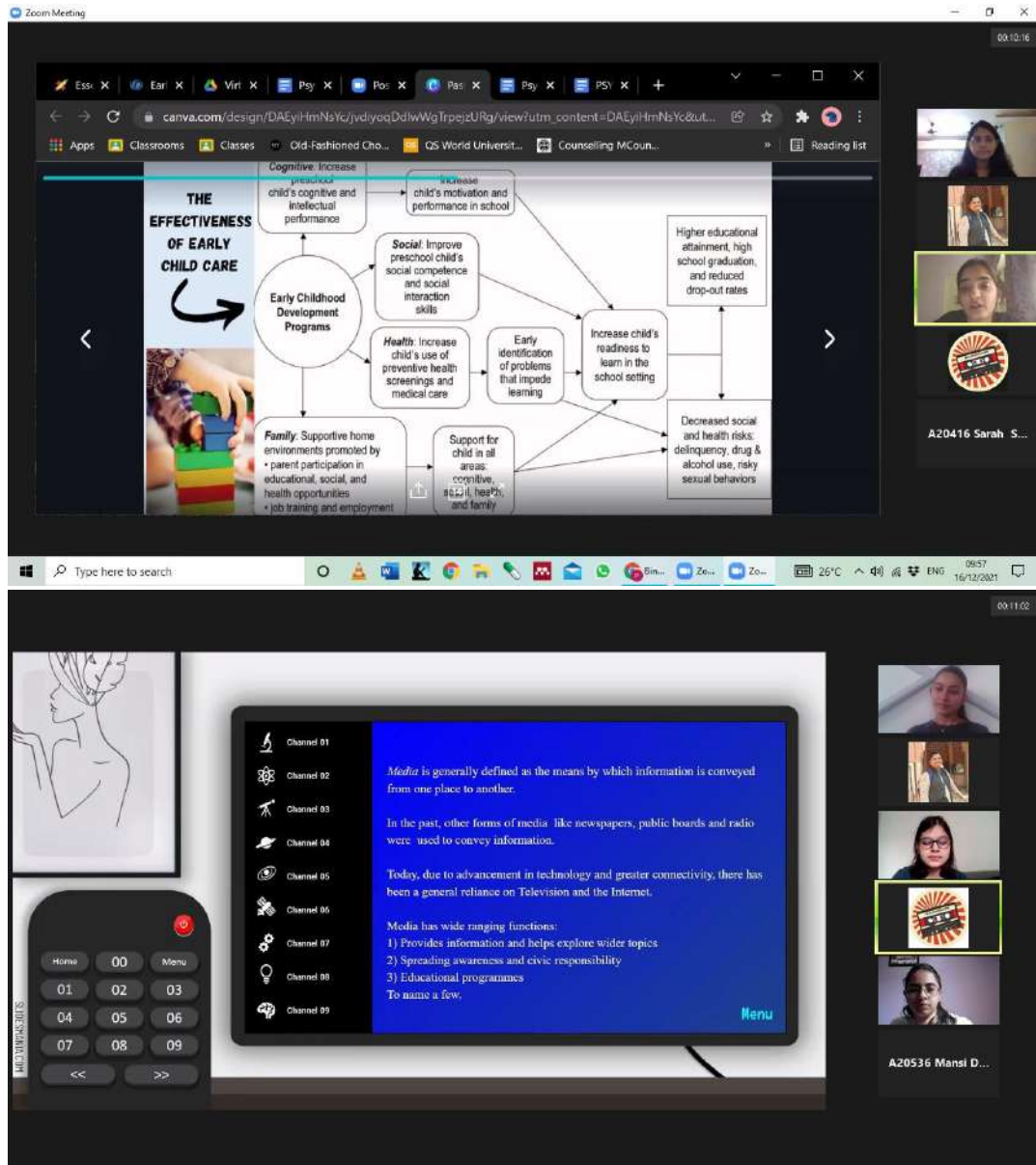


SYBA Concepts studied in social psychology were covered using examples of online mediums that students engage with the most, as online medium in the lockdown mimicked and replaced human interaction. **(Theme of the year)**

- Topics such as prejudice and stereotype, bullying, conformity and social influence invoked opinions and discussions among students. Students engaged with the concepts covered with an analytical and critical mind to make an informed sense of the world around them. **(Goal 1,2,5,7)**
- Efforts were made to integrate perspectives of women, non-binary individuals, minorities and other misrepresented communities in the concepts and research that was cited in the textbook. **(Goals 3,4,5)**
- Debates on Abortion & designer babies



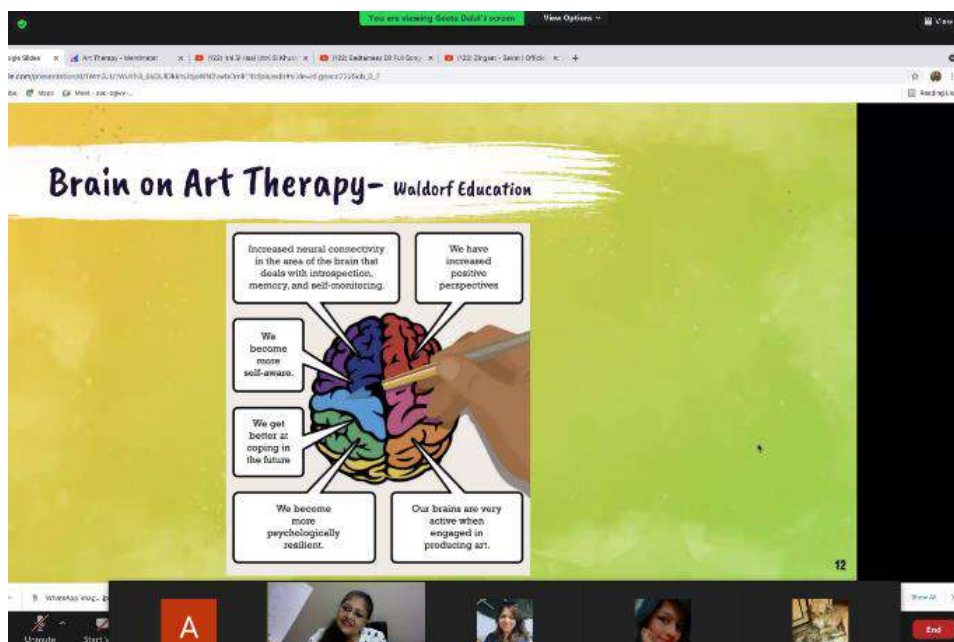
- Students were encouraged to share their experiences, difficulties with the lockdown, struggles and conflicts to allow for a safe place to share, a sense of camaraderie and belonging. **(Goal 5 and theme of the year)**
- Students were encouraged and supported to execute their ideas and start initiatives such as psychology based in house journal, orientation to research work, class debates events etc. Developing a sense of curiosity and rigour for research. Class presentations **(Goals 1 &2)**




FYBA



- The FYBA students were encouraged to work in groups on topics of their choice within the field of psychology. The students explored a variety of topics that interested them before choosing one final area for their project. Since this task was assigned to them towards the beginning of the academic year (when they were still only studying online), there was hope that working on this project together would help the students interact with their peers and make some friends. The focus was also on getting them to think out of the box, contemplate topics of their interest, and get briefly acquainted with the

- A number of informal class discussions were held for the students to discuss the pandemic, how it has personally affected them, how they felt about online lectures, and the challenges that they were facing. Through student suggestions and reflections, certain collective suggestions were made that could be beneficial to all. (Theme of the year)
- For the FYBA introductory psychology paper, the contribution of various Indian researchers in the field of Psychology was discussed and acknowledged. **(Goal 6)**
- Across all papers, students were presented with application-based questions for their assignments. The aim was to ensure proper understanding of the subject rather than superficial rote-learning, and also to encourage a deeper study of the subject. **(Goals 1, 2)**



Zoom Meeting You are viewing Farzana Mulla's screen View Options





Neuropsychology: Scope and Practice


Farzana Mulla
Neuropsychologist and Head
Jehangir Centre for Neuropsychology
Jehangir Hospital
Pune

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Mobile: 8600244840


Unmute Stop Video Security Participants Chat Share Screen Record Breakout Rooms Reactions Leave

Type here to search 29°C Light rain 04-06-2021 12:06

Zoom Meeting



Recording LIVE on YouTube



DR. AC. NASH. DE. SOUSA

Unmute Stop Video Participants Chat Share Screen Record Reactions Leave

Type here to search 34°C Light rain 10-11-2021 13:16

Opportunities at DIPR

- Contract Acquisition for Research Services (CARS)
- Research Fellows (PG, NET/GATE Qualified for JRF & PhD for RA)
- Senior Technical Assistant (B.Sc. in Psychology)
- Scientists (PG in Psychology with NET and GATE Score)
- M.Sc in Military Psychology for Serving Military Personnel

<https://www.drdo.gov.in>
<https://rac.gov.in>

Azadi Ka Amrit Mahotsav

In-call messages

Messages can only be seen by people in the call and are deleted when the call ends.

RISHITA MAHADEK 10:49 AM
 Good morning, mam, could you please redine the slide which had the book recommendations.

Radhika S 10:51 AM
 What are some common issues that may come up in this field? common issues that a psychologist may observe?

You 10:52 AM
 Oh, dents, make sure you fill the feedback form of the session linked here: <https://forms.gle/2MCTtq2878BEXw66>

Radhika S 10:56 AM
 Can you please provide us with details about the PG Summer Internship?

contributing to fraternity

Azadi Ka Amrit Mahotsav

WHAT IS FORENSIC PSYCHOLOGY?

PSYCHOLOGY- THE FOUNDATION

Forensic psychology refers to professional practice by any psychologist working within any sub-discipline of psychology (e.g., clinical, developmental, social, cognitive) when applying the scientific, technical, or specialized knowledge of psychology to the law to assist in addressing legal, criminal, and administrative matters.

WHAT DO WE DO?

- Profiling
- Expert Witness
- Consultation
- Treating Law Enforcement
- Community Research
- AND A LOT MORE.....

INDIA

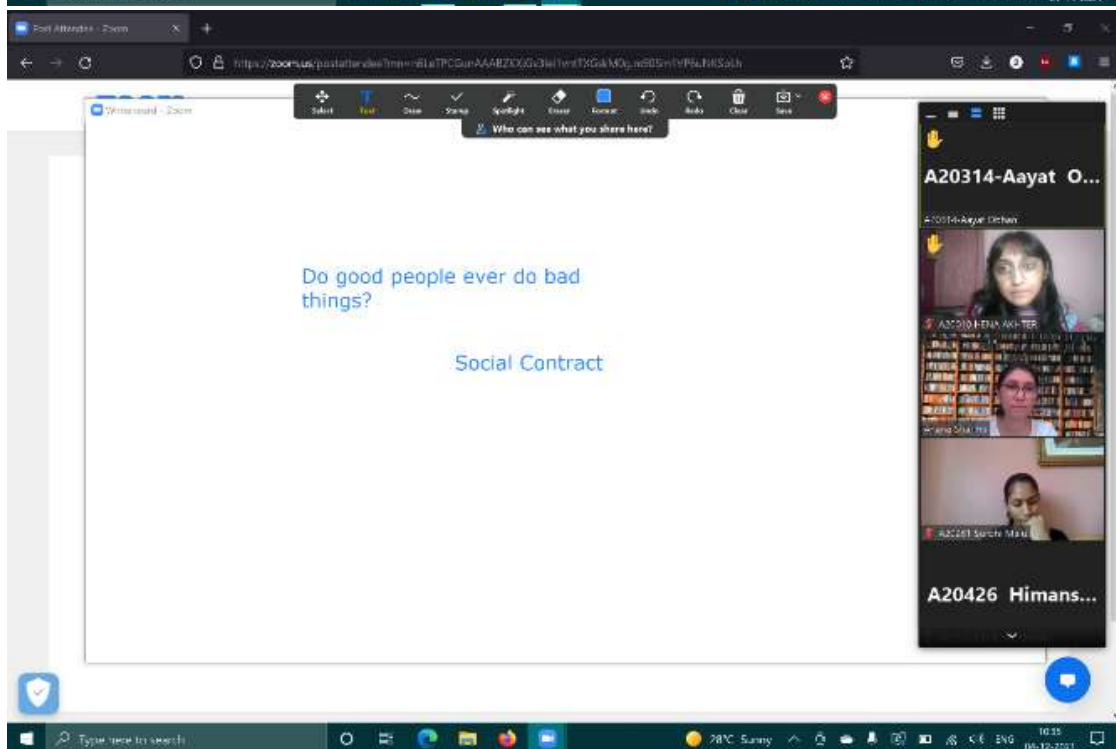
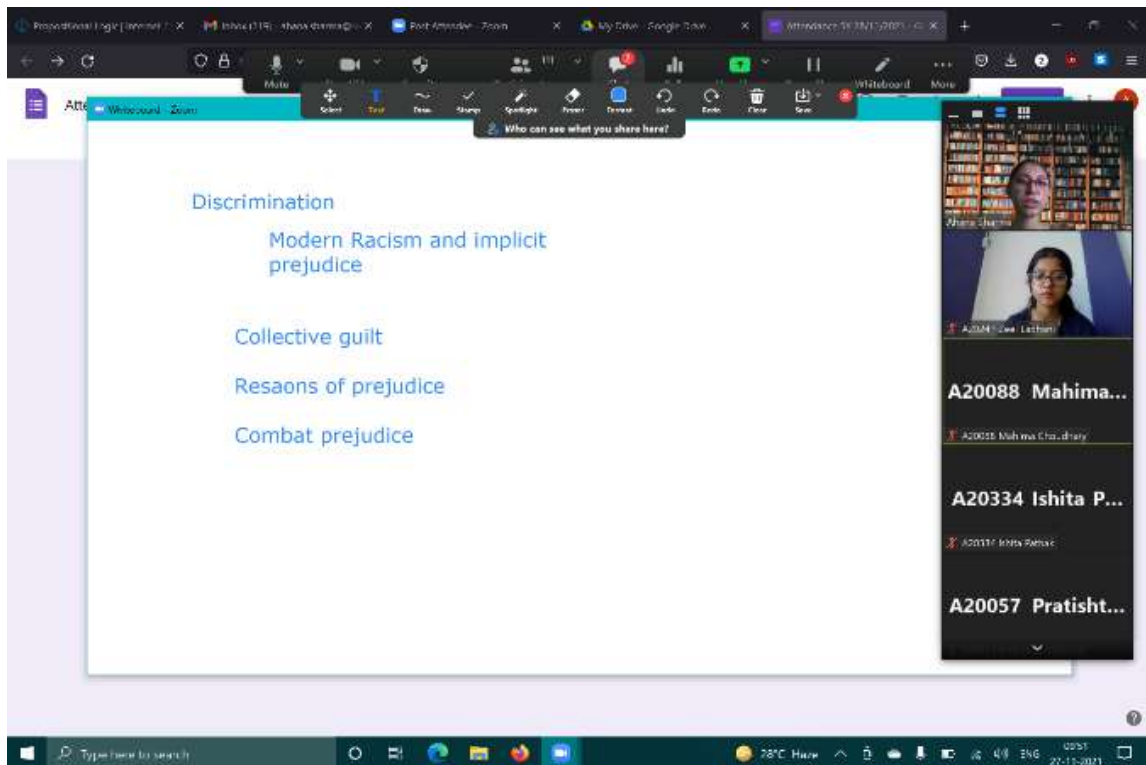
Colleges that offer Forensic Psychology


- NIPDA (National Forensic Sciences University), Gurgaon
- Sri Aurobindo Open University, National Institute of Criminology and Forensic Sciences, Delhi
- Rashtriya Raksha University, Gurgaon

Class Debate

"Tokenism: Mere Symbolism or Tackling Inequality"

Pro: Yashita Datta, Anurag Mohan
Anti: Ravi Datta, Shikhi Gadhia






The dark side of cognitive illusions: When an illusory belief interferes with the acquisition of evidence-based knowledge

Ion Yarritu, Helena Matute and David Luque

Niharika Agarwal A19007
Somali Dutta A19115




Hypothesis 1

Problem solving ability & Innovative behaviour

Best method

- Interference
- Flexible process structure .

Individual problem-solving ability has an effect on the innovative behavior of students.



4

Poster Cognitive.pdf

Open with Google Docs

Abstract

Abstract

Abstract

Abstract

Mindfulness Across the Lifespan: A Cross-Cultural Perspective

-Mobina Abbasi & Simran Gidwani

Introduction

Introduction

Introduction

Introduction

Method

Method

Method

Method

Results

Results

Results

Results

Tables

Table 1: India

Table 2: Iran

Figure: Correlation Scatterplot

Conclusion

Conclusion

Conclusion

Conclusion

ter.pdf

Open with Google Docs

ABSTRACT

ABSTRACT

ABSTRACT

ABSTRACT

INTRODUCTION

INTRODUCTION

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INTRODUCTION

RESULTS

RESULTS

RESULTS

RESULTS

METHOD

METHOD

METHOD

METHOD

INTERRELATIONSHIP BETWEEN WORKING MEMORY CAPACITY, IMPULSIVITY AND RISK TAKING

-- Dhriti Kansara & Manali Gogri --

TABLE 01

TABLE 01

TABLE 01

TABLE 01

CONCLUSION


CONCLUSION

CONCLUSION


CONCLUSION

FIGURE 01


Unit 3 : Working Memory

 Ahana Sharma posted a new material: Unit 3 : Working Memory


Posted Aug 10 (Edited Sep 6)




The Man With The Seven ...
YouTube video · 48 minutes




alan baddeley: introducti...
YouTube video · 2 minutes




alan baddeley: introducti...
YouTube video · 4 minutes




alan baddeley: rehearsal ...
YouTube video · 3 minutes



alan baddeley: the origin...
YouTube video · 7 minutes

 Add class comment...

Law and Mental Health (IA syllabus)


 Ahana Sharma posted a new material: Law and Mental Health (IA syllabus)

Posted Aug 4 (Edited Aug 4)


Dear students,

Kindly go through this article for perspective seeking on mental health trends and initiatives in India.


Any other material pertaining to this syllabus is going to be added in this post itself.




Link
<https://archive.nmji.in/archiv...>

 Add class comment...


Unit 3 Sem 5 Material

 Ahana Sharma posted a new material: Unit 3 Sem 5 Material


Posted Aug 11 (Edited Oct 6)




What Is Selective Mutism...
<https://selectivemutismcent...>




I Feel So Ugly: Body Dys...
YouTube video · 49 minutes




CPTSD vs PTSD - How ar...
YouTube video · 10 minutes




The psychology of post-...
YouTube video · 5 minutes



BPD vs. CPTSD: How to S...
YouTube video · 8 minutes



What is EMDR? - EMDR I...
<https://www.emdr.com/what...>

 Add class comment...

Unit 1 Abnormal Sem 5 '21

What is MRI ??

MRI is the most frequently used imaging test of the brain and spinal cord, also used to diagnose strokes, tumors, brain injuries...

MRI, also known as Magnetic Resonance Imaging is a medical technique that uses a magnetic field and computer generated radio waves to create detailed images of the organs & tissues in your body..

Most MRI machines are in large and tube-shaped magnets. When you lie inside an MRI machine, the magnetic field temporarily realigns water molecules in your body..

The MRI machine can also produce 3D images that can be viewed from different angles.

ACUTE STROKE

a type of neuroimaging





You are viewing A19408 Nishi Sheth's screen

Types of Self-Harm

- Scars, often in patterns
- Fresh cuts, scratches, bruises, bite marks or other wounds
- Excessive rubbing of an area to create a burn
- Keeping sharp objects on hand
- Wearing long sleeves or long pants, even in hot weather
- Frequent reports of accidental injury
- Difficulties in interpersonal relationships
- Behavioral and emotional instability, impulsivity and unpredictability
- Statements of helplessness, hopelessness or worthlessness


A19408 Nishi Sh... A19228 Mahi La... A19160 Grace J...

You are viewing A20472 Aditi Ta...

HOW TO DEAL WITH NEGATIVE THOUGHTS?

Breathing exercise:

1. Inhale in 5 counts
2. Hold your breath for 2 counts
3. Exhale in 7 counts.




29°C Mostly cloudy

Department Activities

- IIDE* in collaboration with *Sophia College* Masterclass on *LinkedIn Essentials. on 25th June 2021 & Digital Marketing 1st July , 2021

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide with the following content:

Use the following hashtags and tag @iideonline and @me_chintanmehta on your stories during this MasterClass

 **#UpskillOnline**

Businesses = Digital Business

Top Paying Skills = Digital Skills

The chat window on the right shows a list of participants and their messages:

- From Maitreya Das... to All panelists and attendees: yes
- From Divyanshi Bha... to All panelists and attendees: Yes
- From Karan Das... to All panelists and attendees: YES
- From Rishya Mehta to All panelists and attendees: yes
- From Siva Sankar to All panelists and attendees: yes
- From Anshu Shikha to All panelists and attendees: yes
- From Manish Das... to All panelists and attendees: yes
- From Shreyas Arora to All panelists and attendees: yes
- From Pankaj Garg... to All panelists and attendees: yes
- From Megha Singh to All panelists and attendees: YES

The bottom of the screen shows the Windows taskbar with the date and time as 13:13 on 25-06-2021.

- August 20, 2021 the mindfulness session Speaker -Nikhila Sharma

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide with the following content:

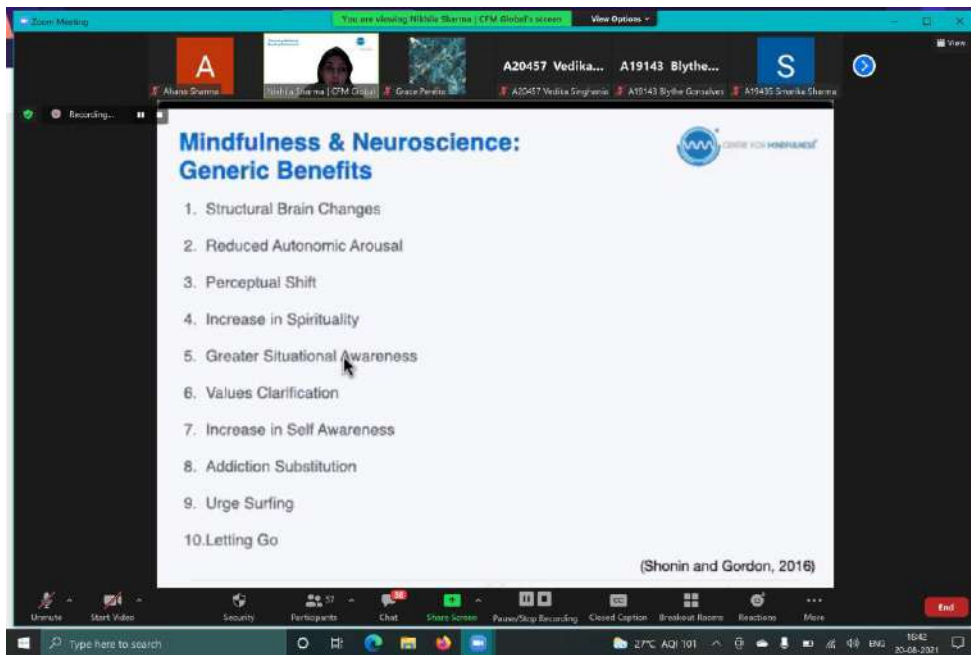
Building Resilience with Mindfulness

Nikhila Sharma
Country Director (India)

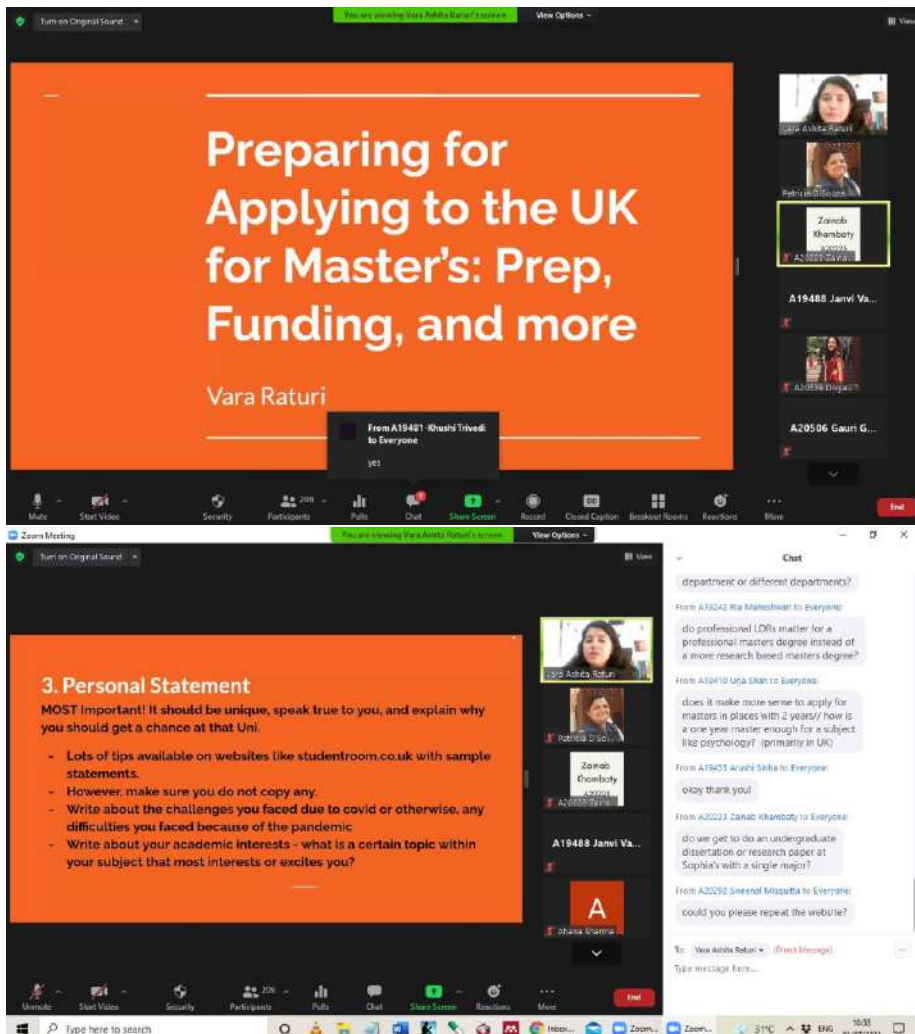


The slide features a colorful illustration of a human head in profile, with a vibrant, multi-colored circular pattern inside, representing the mind or brain.

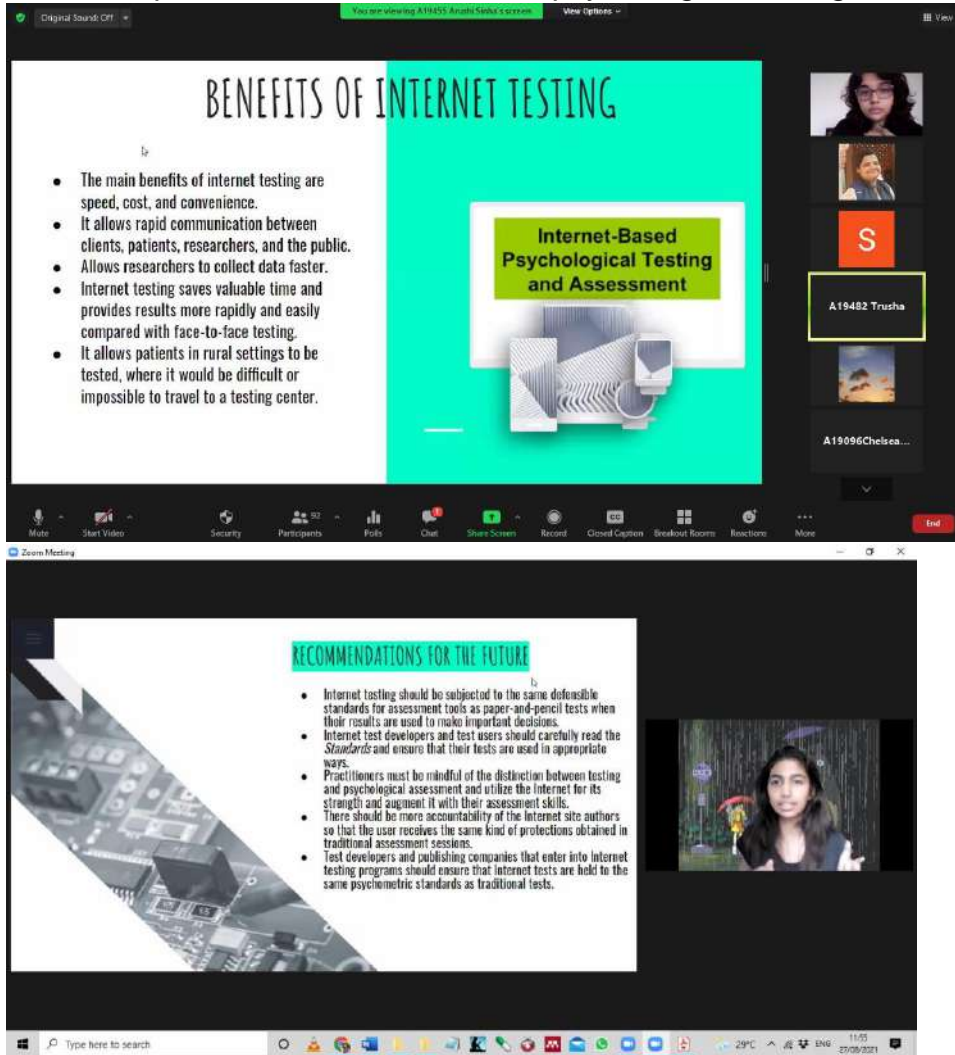
The bottom of the screen shows the Windows taskbar with the date and time as 13:13 on 20-08-2021.



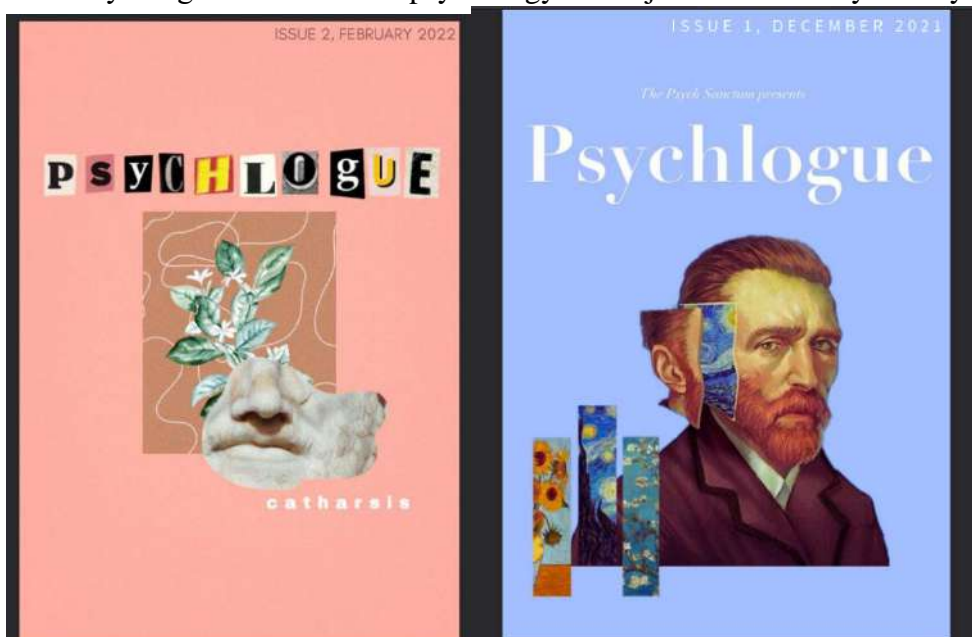
- Session with Vara Raturi ex-student on 1st July 2021 on applying for further studies - UK



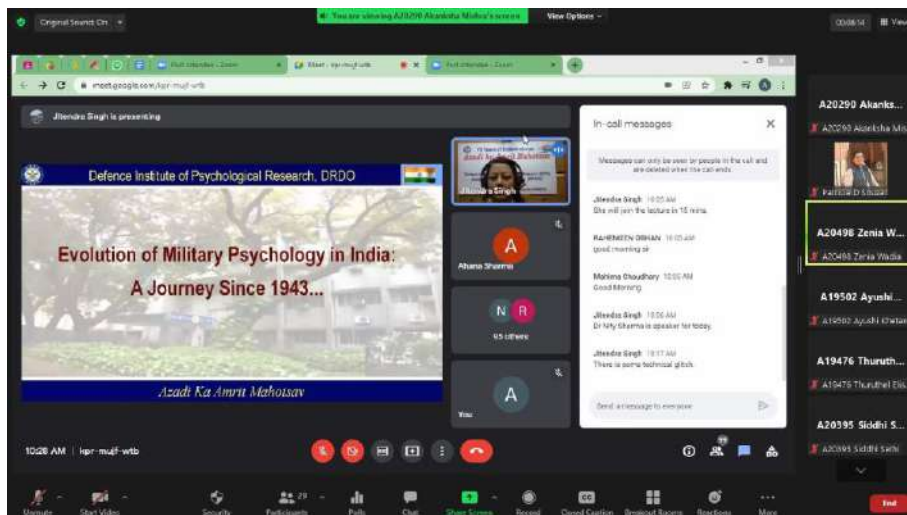
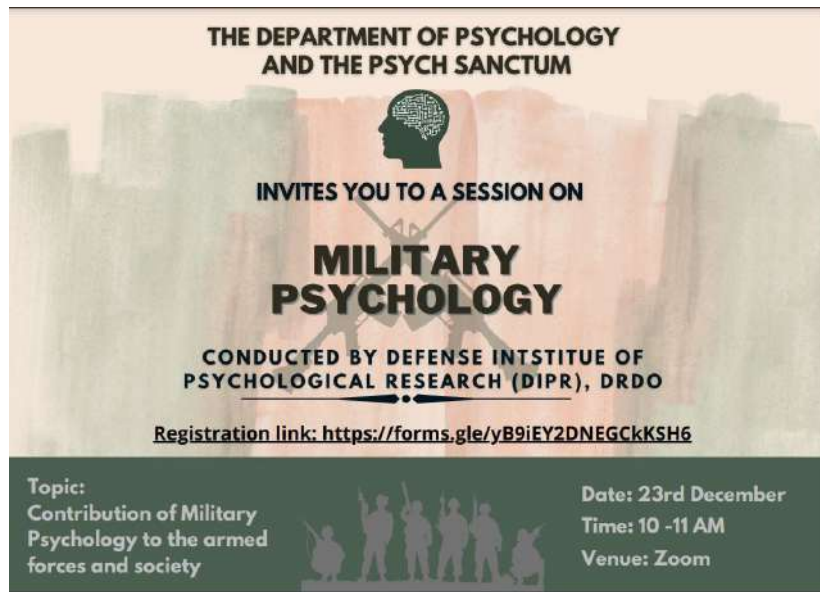
➤ TY Article presentation Internet based psychological testing 27th Aug



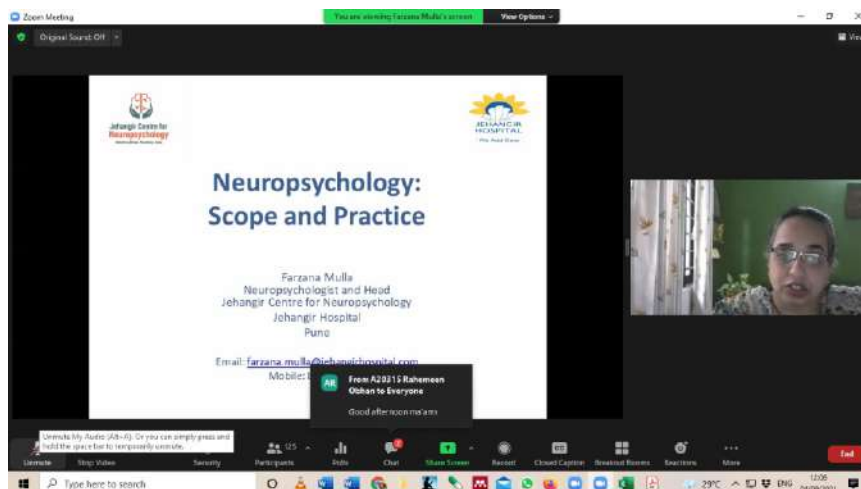
- “The Psych Sanctum” – a student run Department guided group aiming to mobilise conversations around topics that come under psychology ((Goals 1,2,3)
- “The Psychlogue” – an inhouse psychology-based journal started by the Psych Sanctum

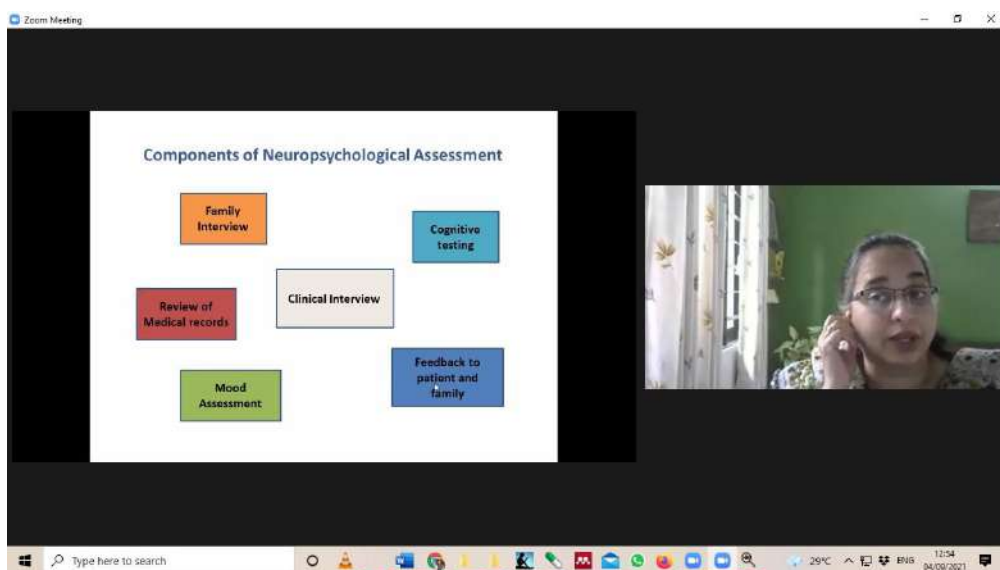
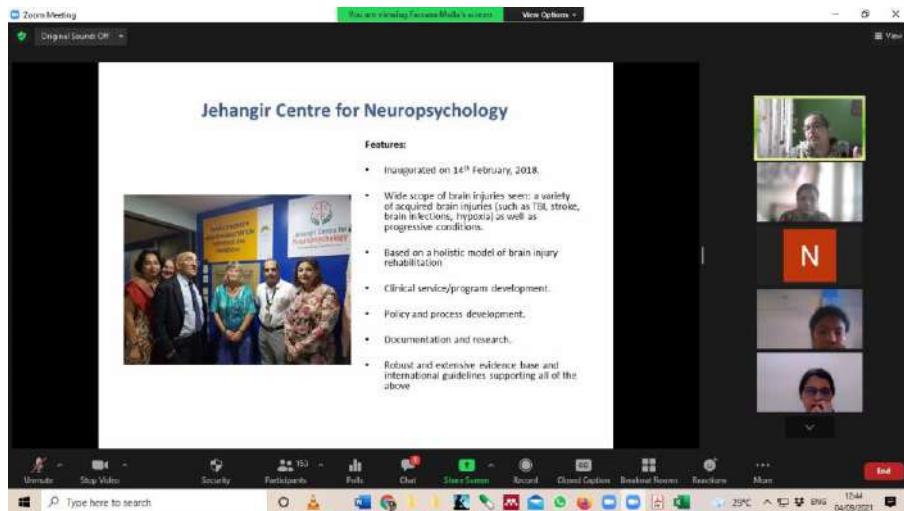


- Talk on “Military Psychology” by DRDO (Goals 1,3,4,5)



- Talk on “Forensic Psychology” by Odelia Rebello (Goals 1,3,4)
- Neuropsychology: Scope and Practice by Farzana Mulla from Jehangir Centre for Neuropsychology (Goals 1,5)





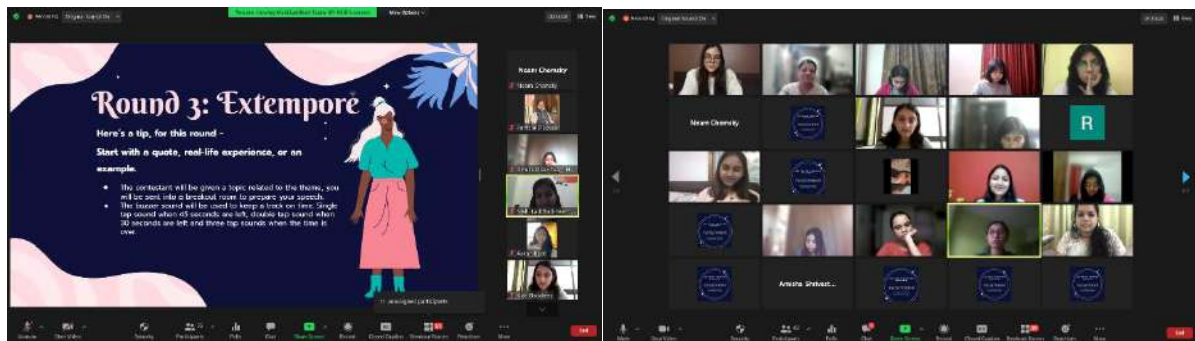
- Interdepartmental Panel discussion on “Chemistry of Moods” Panel: Dr. Avinash Dsouza, Ms. Samindara Sawant, Dr. Ratna Raje-Thar (**Goals 1,2,4,5**)



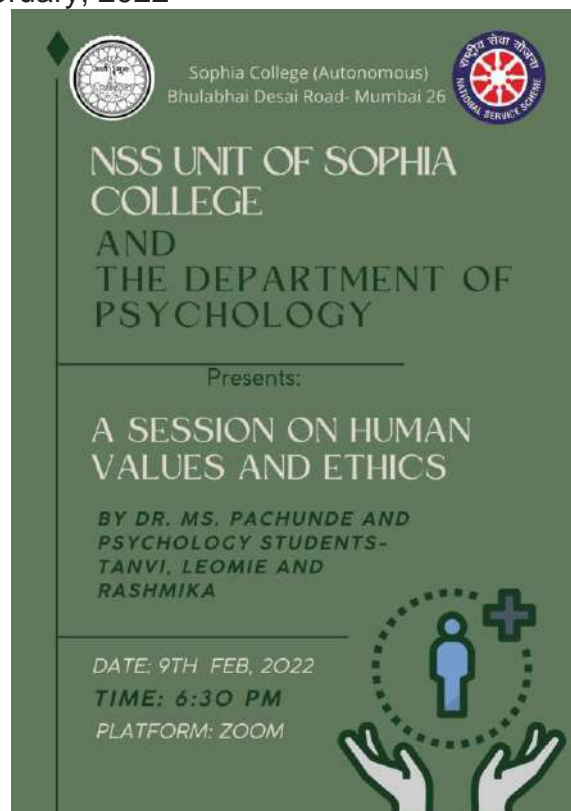
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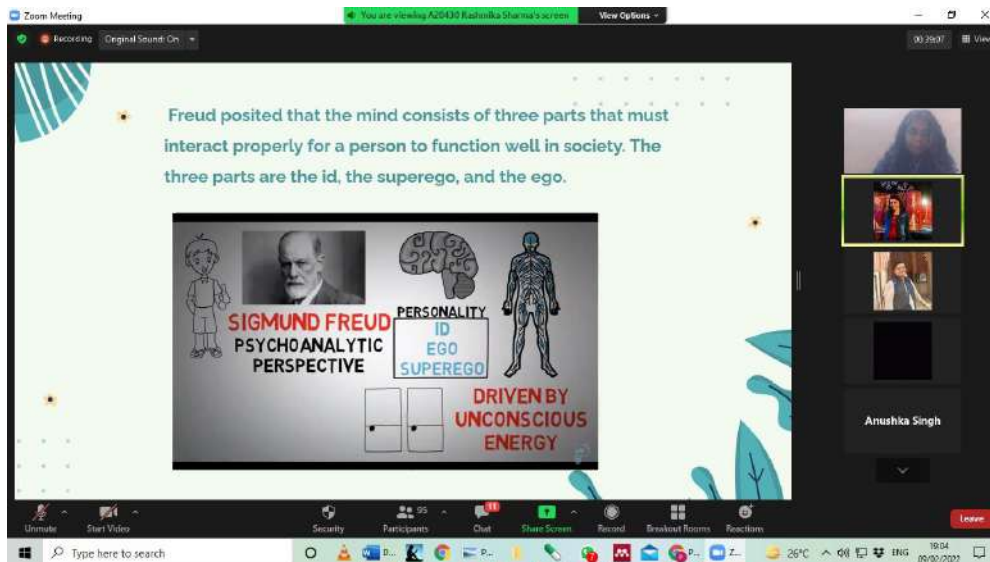
As part of Ananya, the Psychology Department along with ‘Psych Sanctum’ the club of the department organised an intercollegiate event on 10th February 2022, which was hosted on the Zoom platform from 4 - 6.30 pm. Twenty-nine students of psychology from various colleges across India participated. Participating colleges included Jai Hind College, Christ University Delhi, K.C. College, Hislop College, Jesus and Mary College, D. G. Ruparel College, Mata Sundri College for Women, St. Xavier's College and KC College.



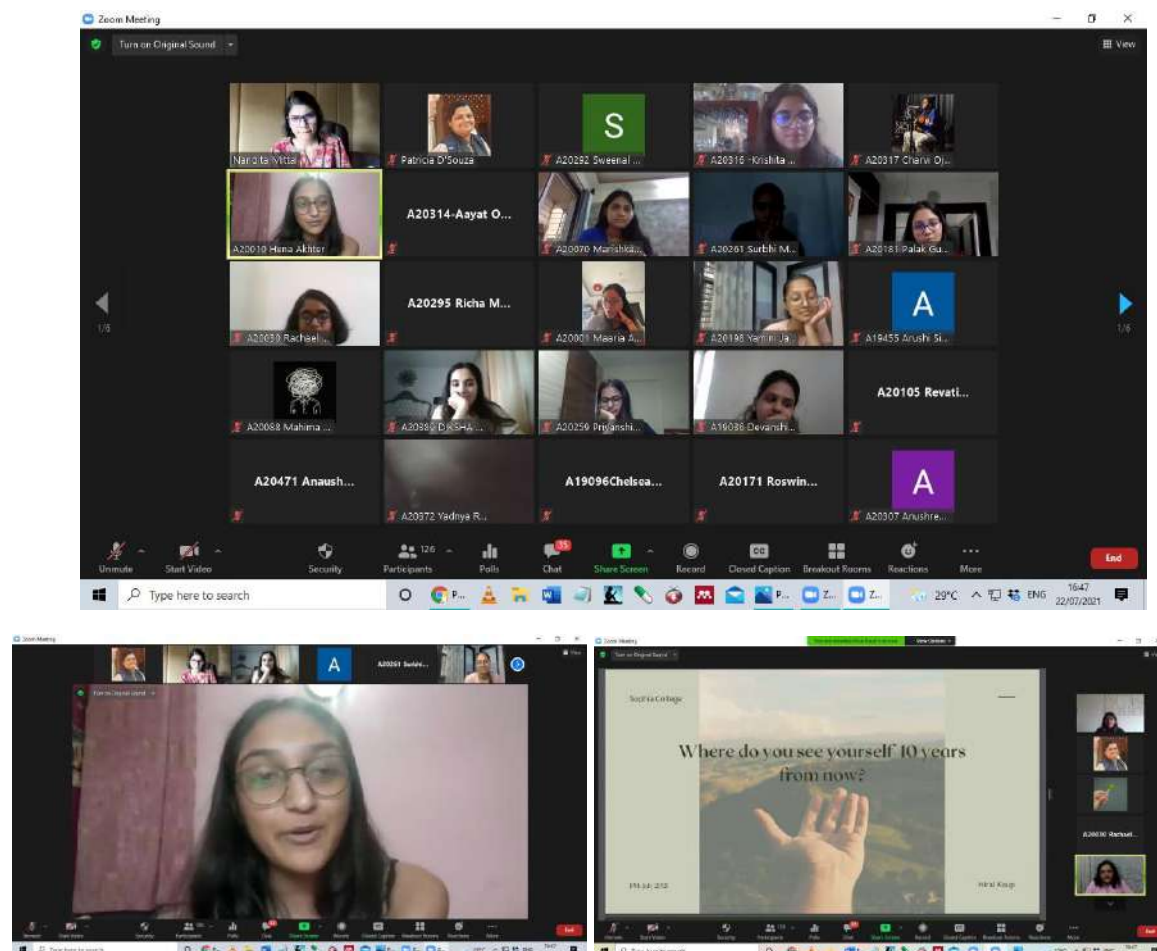


Department of Psychology in collaboration with NSS A presentation on Human Values and Ethics on 9th February, 2022





The 1 credit course “Changing Frames” hosted by the Department with 130 participants completing the course.



Zoom Meeting

You are viewing rony.gupta's screen

Turn on Original Sound

Reframing Steps

1. Identify an unwanted behavior that is manifested in your body.
2. Ask the part – are you willing to talk with me
 - Identify the part with more humbleness and authenticity
3. Thank the part and go to the next step.
4. Ask I there is secondary gain for keeping this belief
5. Ask the part what is it you are trying to tell you. What is it that I am not understanding
6. Talk to the part and ask for the creative solution.
7. Would you help me? Y/N.
8. Would you generate 100(s) of solutions for me that is aligned to your lifestyle, congruent to your values and beliefs.
9. Ask your body part to give a signal.
10. Choose best of the three.
11. Ask all the other body parts if there is an objection. If there is an objection, go back to Step 3.
12. Nervous system to lock this behavior for you.
13. Bring Gratitude. If two parts show up. Ask again.

Zoom Meeting interface showing a list of 13 steps for Reframing Steps. The interface includes a top bar with 'Zoom Meeting' and 'You are viewing rony.gupta's screen', a top right bar with 'Turn on Original Sound' and 'View Options', and a bottom bar with various icons and a search bar. A small video feed of a person is visible on the right side of the screen.



Patricia

Sr. Patricia D'Souza
Head, Department of Psychology
Sophia College
April 2022