

PSYCHOLOGY DEPARTMENTAL REPORT 2022-23

Preliminary information

I) Department profile

Psychology is the scientific study of behavior and mental processes, based on research and the evidence gathered from observation, measurement and experimentation. It differs from the 'pop psych' found in self-help books, graphology, numerology, and astrology which also try to explain and predict behavior and offer solutions to problems. Psychology has been offered as a specialization at Sophia College since 1976 and is one of the most popular subjects offered at the degree level.

The Head of Department is Sr. Patricia D'Souza, along with two full time Assistant Professors - Ms. Radhika Shanbhag & Ms. Simi Susan Shibu, along with a part-time Assistant Professors - Ms. Jemima Jacob (first half) & Ms. Lavanya Mohan (second half).

II) Courses/Papers taught

- 1) Paper I - SBAPSY101/201 - Fundamentals of Psychology (First year)
- 2) Paper II - SBAPSY301/401 - Social Psychology (Second Year)
- 3) Paper III - SBAPSY302/402 - Developmental Psychology (Second Year)
- 4) Paper IV - SBAPSY501/601 - Psychological Testing and Statistics (Third Year)
- 5) Paper V - SBAPSY502/602 - Abnormal Psychology (Third Year)
- 6) Paper VI - SBAPSY503/603 - Industrial Psychology (Third Year)
- 7) Paper VII - SBAPSY504/604 - Cognitive Psychology (Third Year)
- 8) Paper VIII - SBAPSY505/605 - Practicals (Third Year)
- 9) Paper IX - SBAPSY506/606 - Counseling Psychology (Third Year)

III) BOS composition:

Department of Psychology - BOS 2021-2024

VC Nominee

Dr. Neeta Mehta
Head, Department of Psychology
V.G. Vaze College

SNDT University

Dr. Nilesh Thakre
Head, Department of Psychology
SNDT Women's University

Dr Cicilia Chettiar,
Head, Department of Psychology,
Maniben Nanavati Women's College,

Industry

Dr. Smita Desai
Founder/ Director - Drishti

Ex-student

Deepika Bhandari - *invite letter done*
Co-founder, Dear Oliver Therapy Services

IV) Dates of BOS meetings: all meetings were held online

- 9th BOS meeting: 6th October 2022
- 10th BOS meeting 16th June 2023

Report: The Department conducted numerous activities in keeping with the Theme of the year 'Recover Discover Empower' and the goals of the college.

1. Activities Conducted by the department:

Tissue donation & banking session 1st July, 2022: *Conducted by the Department of Psychology in collaboration with the NSS unit of the College*

- Number of staff members involved: Collaborative event Department of Psychology & the NSS unit of the college: Sr. Patricia & Dr. Vaishali
- Number of students involved around 200
- Guest/Speaker: Dr. Astrid Lobo Gajiwala



Masterclass in Suicide and the Role of Emotional First Aid

15th July, 2022

- Number of staff members involved: Department (all in the department)
- Number of students involved: 150+
- Guest/Speaker: Mr. Sachin Chitambar



Session on Touch Therapy

26th July, 2023

- Number of staff members involved: All staff of the Department
- Number of students involved: 40 students of Psychology Single and double major
- Guest/Speaker: Ms. Aarti Asrani, NLP practitioner



Listening/Relational Skills workshop

1st August, 2022

- number of staff members involved: 2 - Sr. Patricia and Ms. Simi
- Number of students involved: 20
- Guest/Speaker: Samaritans, Mumbai (Telephonic helpline)



Suicide Gatekeeping Course **6th & 8th August, 2023**

- Number of staff members involved: Sr. Patricia & Ms. Radhika
- Number of students involved: 23 TYBA/SYBA students
- Guest/Speaker: Mr. Sachin Chitambar



Debates

Sr. Patricia organized two debates with the SYBA class, to facilitate a healthy discussion on various perspectives on the issue and understand the topic from multiple angles.

Designer babies 12th July



Abortion 30th August



Workshop on 'Building resilience through good mental wellness habits' Tuesday 27th September

- Number of staff members involved: Sr. Patricia
- Number of students involved: 90 FYBA students
- Guest/Speaker: Shubhangi Rastogi, Founder & CEO of *Mind Alcove* - An app for your Daily Mental Health

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The workshop consisted of a lot of fun activities around gratitude practices, journaling & a fun Q n A session.



Exploring Women's Preventive strategies in public spaces in Mumbai (Research Presentation by ex-students) - 25th November, 2022

- Number of staff members involved: Sr. Patricia
- 80 students of the TYBA Psychology double major class
- Guest/Speaker: Ex-students Sayali Korde & Shrishti



Bonding sessions were organized by Sr. Patricia periodically, for the single and double major classes to assist in the transition from online to offline mode after a long gap, to get to know each other and build healthy and meaningful relationships, this was also in keeping with the Theme of the year – Recover, Discover, Empower.



Distressed to Destressed: combating stress constructively
Ananya 2022-23 RUSA supported Workshop
23rd January 2023

- Number of staff members involved: whole Department
- Number of students involved: 28 students
- Guest/Speaker: Dr. Dinu Shibu Mathew Counsellor and Psychotherapist



Journalling session- 9th February 2023

A journalling session was held for the Psychology Double major class by Sr. Patricia. To expose them to an effective technique of handling their emotions effectively.

→ Number of students involved: around 70 TYBA double major students



Orientation to Diploma Course in Safeguarding of children & Seniors **19th February, 2023**

- Number of staff members involved: Sr. Patricia
- Number of students involved: 100 TYBA double major students
- Guest/Speaker: Fr. Konrad Noronha, Ms. Hvovi Bhagwagar and Sr. Patricia



Can Cinderella Heal Trauma?

24th January, 2023

- Number of staff members involved: Department
- Number of students involved: 95
- Guest/Speaker: Ms. Seena Jacob (Founder & CEO, Bookwallah Organization)



Students' Solidarity Exchange Program: Nagaland

January/February 2023

Organized at the College level: Three students of the department of Psychology participated in the same. Two Single major students of the Department - Anushree Nair, Pratishtha Bhardwaj and 1 Double major student Jayasmruti Parthasarathy were part of this program. Three students from Nagaland stayed at Sophia for a week



Paper Walls - Intergenerational and sexual trauma - 13th February, 2023

- Number of staff members involved: Department
- Number of students involved: 50
- . Paperwalls, a play written and directed by Sharodiya Chowdhury deals with the concept of intergenerational and sexual trauma. Followed by a discussion cum Q & A with a clinical psychologist Raksha Rajesh



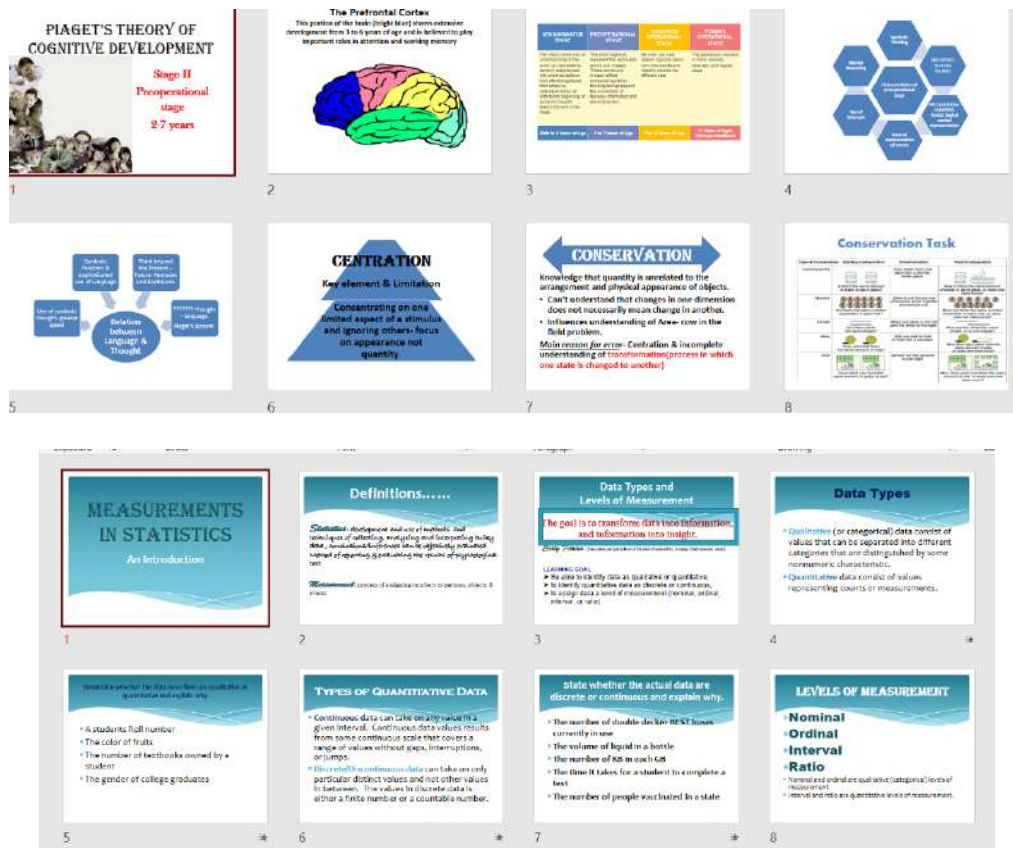
2. Field trips done by the department : Visit to Institute of Psychological Health, Thane - 10th February, 2023

- Ms. Simi Susan Shibu accompanied: 45 students of TYBA psychology

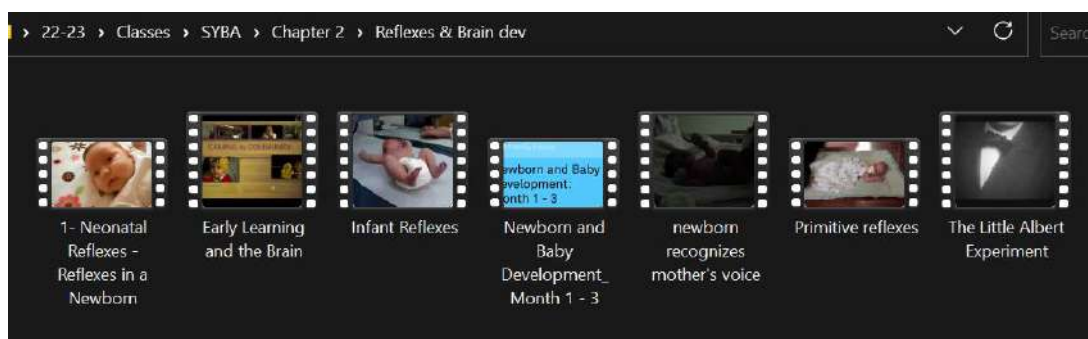


3. Special pedagogical tools used, other than the lecture method

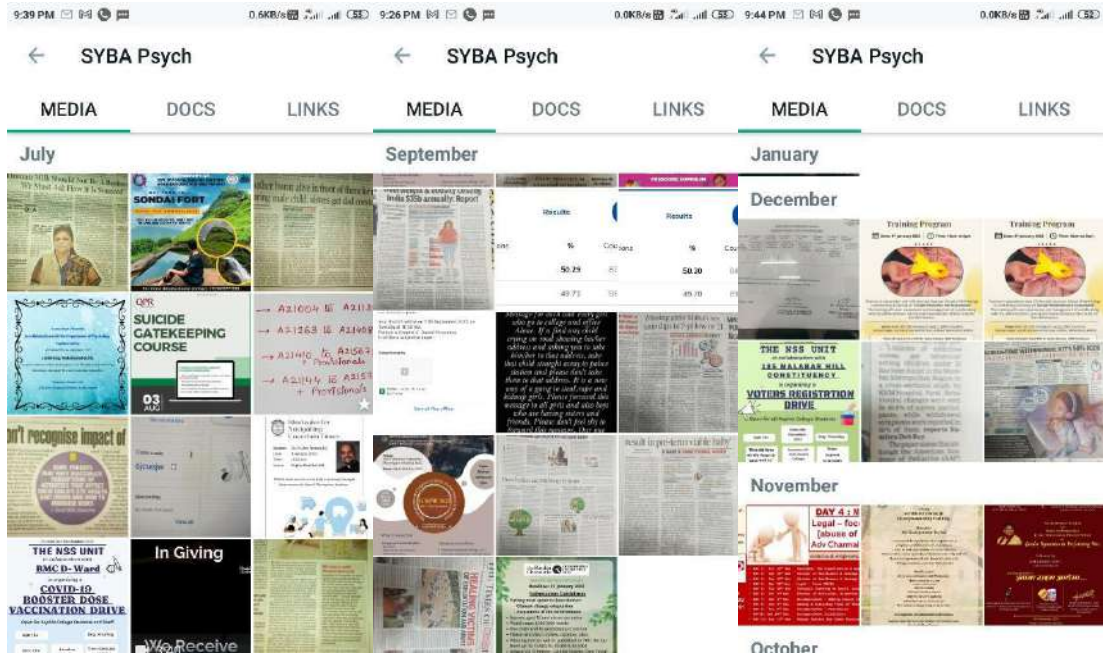
- Use of PPT



- YouTube Documentaries



- Sharing relevant newspaper articles



- Debates



- Peer Learning



- Placement Work

Dev Psy Placement details

Roll No.	Name	Age	Address
A21236	KHAN SHABANA MOHAMMAD SALEEM SAIRABANU	25	Abdul Razzaque Haji Abdul Karim Patel Orphanage, Dadar(E)
A21240	KHATRI SANIYAH AFZAL YASMIN	30	Wonderkids nursery Nagpada, Mumbai, Maharashtra 400008
A21249	KSHIRSAGAR SHREYA HEMAMBAR ANJALI	25	Kamla Mehta Dadar School
A21252	KURUVILLA ALLYANZA MATHEW MITCHELLE	28	Sadipani Preschool, Dahisar
A21253	KUTTIKADAN CAROLINE LITTO JOJI	25	My Happy Place preschool, Tardeo
A21254	LACERDA JERMAINE LIRA DESIREE	26	Prayalna (NGO) Oriem, Malad
A21256	LADHANI WAJAHAT HAJI ANWAR PARVEEN	28	Child rehabilitation centre Chembur (CRC)
A21258	LAKDAWALA MUNIRA MUSTAFA FATEMA	26	Sunshine Education, Virar
A21261	LEWIS LIZANDRA FRAZIER ELIZABETH	26	Ashadeep Association, Chakala, Andheri (E) Mumbai- 400099
A21262	LOBO TRIZANNE JUDE TANIA	28	Urban Community Development Centre, Bandra [West]
A21270	PADMA SASWATI PRITI SIBHAJI AXYMI DASH	25	Narayani Health SPC's Children's Hospital, Woli Ali, Mahalakshmi, Mumbai

- Blended learning / Materials shared on Google Classroom

Neurons and neuronal transmission : videos
Radhika Shanbhag · Oct 6, 2022

Hi, I am adding a few videos here that will help you to understand the concepts discussed in class better. Watch them if you find yourself confused about any section.

How a synapse works
YouTube video · 5 minutes

2-Minute Neuroscience: The...
YouTube video · 1 minute

Impulse moving from node t...
Video

NEURON ACTION POTENTIAL...
YouTube video · 3 minutes

2-Minute Neuroscience: Syn...
YouTube video · 1 minute

Nervous System: The Restin...
YouTube video · 12 minutes

Classroom for Dev Psy 22-23

Stream Classwork People Grades

+ Create

Google Calendar Class Drive folder

- Kangaroo Care · Posted Sep 14, 2022
- Abortion/ Medical termination / miscarriage · Edited Sep 14, 2022
- Developmental Psychology 2nd IA · Due Aug 28, 2022, 11:50 PM
- third trimester · Posted Aug 24, 2022
- Infertility issues · Posted Aug 24, 2022
- Prenatal development · Edited Jul 31, 2022
- Designer Babies · Posted Aug 18, 2022
- Prenatal testing · Edited Jul 18, 2022

- Concept Maps



- Guest lectures



- Student Presentations



- **Outdoor lectures**



- **Skit**



4. Any special programs conducted for either /both slow learners and advanced learners - NA.

5. Mentor Mentee programs conducted by the department -

6. Research Papers Presented

7.. Research Grants Received Sr. Patricia D'Souza received the Dr Barbara Naidu Memorail Research Scholarship 2022-23 for her research on 'Leadership And spirituality among women leaders: a comparative analysis'

8. Research Guide for PhD students - NA.

9. National or International awards/fellowships received

10. Department/ lecturers having research projects funded by Government (include RUSA), Non-Government agencies, college during the year.

11. Workshops/seminars/Conferences conducted during the year:

Workshop on 'Building resilience through good mental wellness habits' on 27th September, 2022 for FYBA students.



Workshop on “Distressed to De-stressed: Combating stress constructively” - 23rd January 2023, conducted by Dr. Dinu Shibu Mathew (Psychotherapist & Counselor); attended by 28 students.



12. Workshops/seminars/ Conferences conducted on Intellectual Property Rights (IPR), during the year.

13. Workshops/seminars/ Conferences conducted on Gender related issues (IPR), during the year.

The SYBA class was exposed to the reality of the transgender community, A movie was screened on the life of a Eunuch followed by a discussion on the topic



14. Extension activities carried out in the neighborhood sensitizing students to social issues for their holistic development

Placement/ Volunteer work: All students of the SYBA Development Psychology 20-hours volunteering worked in different organizations, NGO's Institutions, Schools. They submitted a written report on their experience along with a letter from the organization where they worked.

Dev Psy Placement details			
A1	B	C	D
A21531	RAI DEVANSHI NANDJI MANJU	25	Sadhana School, Peddar Rd, Mumbai
A21534	SHAIKH HAAJIRA MUSKAN MOHD ZAHID FARIDA	26	Anza Special school, Byculla
A21537	RAJKOTWALA MARIA ASGAR ALEFIYA	20	Hakuna matata kindergarten, Mazgaon, Mumbai
A21538	SHAIKH SHAFIA MUZAFFAR PARVEEN	30+	Angel's Xpress Foundation, Bandstand
A21539	SETH AAKRATI ANUJ PREETI	25	Amberlay preschool, Navi Mumbai
A21546	ZAVERI VAHISHA MEHERNOSH HUTOXI	30	Muskurahat Foundation, Bungalow no 3, Kondivita Road next to Ram Mandir, An
A21549	SAHA PRISHA PRANAB TAPASI	20	Hakuna Matata Kindergarten, Mazgaon, Mumbai
A21556	NAIR ADITI RAJESH SUMA	32	Children of The World (India) Trust, Nerul, Navi Mumbai
A21557	RIBEIRO TRICIA VALERIE	21	Bookwallah, Matunga Rd. library (juvenile home) and Andheri (E) office
A21560	MAIMOON SAKINA BURHAN RASHIDA	32-34	Giants Group foundation, Mazgaon
A21561	SINGH VEDANTI VIJAY ANJANA	30	Sarvodaya Mahila Bal Vikash Awam Samajothan Samiti, Chhattarpur, Madhya Pr
A21562	SHAIKH HUDA RIZWAN FARHANA	30	Sarvha Foundation, New Delhi
A21564	TAYADE DHANASHREE SHIVCHARAN NALINI	30+ hours	Sachi Foundation
A21567	SHEIKH NYSHA MOHAMMAD ZAFAR YASMIN	25 hours	Srcc children's hospital, Haji Ali, Mumbai
A21521	ISHANI SEN	20 hours	Helen Keller institution for the deaf and deaf blind

16. Capacity Development and Skill Enhancement activities organized for improving students' capabilities; like Soft Skills, Language and Communication Skills, Life Skills (Yoga, Physical fitness, Health and Hygiene) & Awareness of Trends in Technology.

One credit course: *Changing Frames 2022-23* conducted by the Department of psychology in collaboration with the International Journal of Neurolinguistics and Gestalt Psychology. 115 students registered and completed the course successfully.

	Date	Speaker	Sessions
1	21 st June	Patricia D'Souza	Orientation to the course & assessment pattern
2	22 nd June	Aarti Asrani	Language Patterns
3	23 rd June	Anil Thomas	Traumatic Responses and how we organize data in our neurology 1
4	25 th June	Krithika Akkaraju	Practical Therapeutic Skills
5	27 th June	Dippal Chheda	Relationships
6	28 th June	Aastha Kamra	Body Positivity
7	30 th June	Dr Kalpa Shah	Secrets a therapists should know
8	1 st July	Nidhi Nair	Beyond Cultural Conditioning
9	4 th July	Nandita Mittal	Self-talk (stories we must tell ourselves)
10	5 th July	Rekha R Upadhyay	Being in the here and now. How to focus on the client and not the problem
11	7 th July	Shruti Srinivasan	Exploration of Biases?
12	8 th July	Sabita Ranganathan	Belief Systems and How We Process Reality

Participants in turn conducted workshops online on various topics for students who have not studied Psychology.

Group no & Topic	Audience	Date
Group 5: Self-compassion	FYBA A	14 th Sep
Group 9: Our beliefs/thoughts and how they shape our world	FYBA B	14 th Sep
Group 2: Effective study habits & time management	SYJC A & B	15 th Sep
Group 3: Emotional management and its importance	SYJC C & D	16 th Sep
Group 4: Goal setting	SYJC Sc	16 th Sep
Group 6: Living in the present, (Present moment, wonderful moment)	FYJC A	21 st Sep
Group 8: How language defines reality	FYJC B	21 st Sep
Group 7: Improving resilience	FYJC C	22 nd Sep
Group 10: Sleep hygiene	FYJC D	22 nd Sep
Group 1: Gratitude as an attitude	FYJC Sc	23 rd Sep

Workshop on ‘Building resilience through good mental wellness habits

Shubhangi Rastogi, Founder & CEO of *Mind Alcove* - An app for your Daily Mental Health conducted the workshop. Ninety FYBA students participated in the workshop consisting of a lot of fun activities around gratitude practices, journaling & a fun Q n A session.



Patricia

Sr. Patricia D'Souza
Head, Department of Psychology
Sophia College
April 2023