

## **Andrean Psychology Team**

The Andrean Psychology Team inaugurated the certified 30 hours Psychology Bridgecourse on 12 August 2021. The association commemorated several days relevant to psychology and began it by celebrating the 'International Left Handers' Day' on the 12<sup>th</sup> August 2021, to debunk myths about handedness and create awareness about lateralization of brain functions. This was followed by a session on Healing relationships to equip students to handle difficult relationships in their life. On the 7<sup>th</sup> September, 2021 a panel discussion was organised on the topic 'Redefining relationships in the 21<sup>st</sup> Century'. This discussion helped the students engage in high cognitive and affective level discussions wherein the multidimensionality of the topic was explored. The panel consisted of ten students from varied backgrounds and 63 students participated in this discussion.

Suicide is the second highest cause of death among the youth. In order to sensitise the students towards it on the 10<sup>th</sup> September, 2021 the team celebrated 'International Suicide Prevention. The objective of the session was to encourage students to seek help during mental health crisis. The team also celebrated 'International Alzheimer's Day' on the 21<sup>st</sup> September, 2021 to create awareness about Alzheimer's, and its causes, detection, treatment and rehabilitation.

The International World Mental Health day was celebrated on 10 October 2021 to create awareness and significance of understanding mental health.

In order to educate our students about classical psychology experiments and lay its foundations, the students were shown screenings of Milgram's destructive obedience research conducted in 1965. This social psychology experiment helped lay foundations for a deeper understanding into research and scientific progress. This also helped cultivate interest amongst students to take up interest in the annual 'Avishkar Research Competition' conducted by Mumbai University and Intra-Collegiate Annual Research Competition.

Two student groups participated in the Avishkar competition. Students conducted a qualitative research study on eating disorders amongst adolescents. They conducted a thematic analysis on the subjective reality of individuals who had posted on various internet forums and social media sites such as Reddit and Tumblr. The second team conducted a quantitative analysis on the varied grieving styles of people during the pandemic induced lockdown.

In the intra-collegiate competition, our psychology team won the first prize and their research paper was selected to be published in the college research journal which had an e-ISSN. The team consisted of Ms. Marilyn Braganza, Ms. Yocheved-Marie Leo and Ms. Valentina Pinto, they conducted a quantitative analysis on the mental health of working women during the pandemic. They explored the role conflict that working mothers experienced between work and household demands, and how that adversely impacted their mental health.

The Andrean Psychology team organised a debate on the topic 'A digital life post covid is healthy' on the 1<sup>st</sup> February, 2022. Two student teams of 5 members each participated in it. It helped students to reason well thought out arguments through analysis of information and in-depth research. Soon afterwards on 5<sup>th</sup> February, a guest lecture on the topic 'The pandemic connect-crossroads of spirituality and mental health' was conducted by renowned psychotherapist Dr. Dinu Shibu Mathew in association with UNESCO and CPP Chair. This session helped present an authentic and vivid picture of the pandemic and its impact on mental health by a professional, thereby imbuing in students a path of life-long learning.

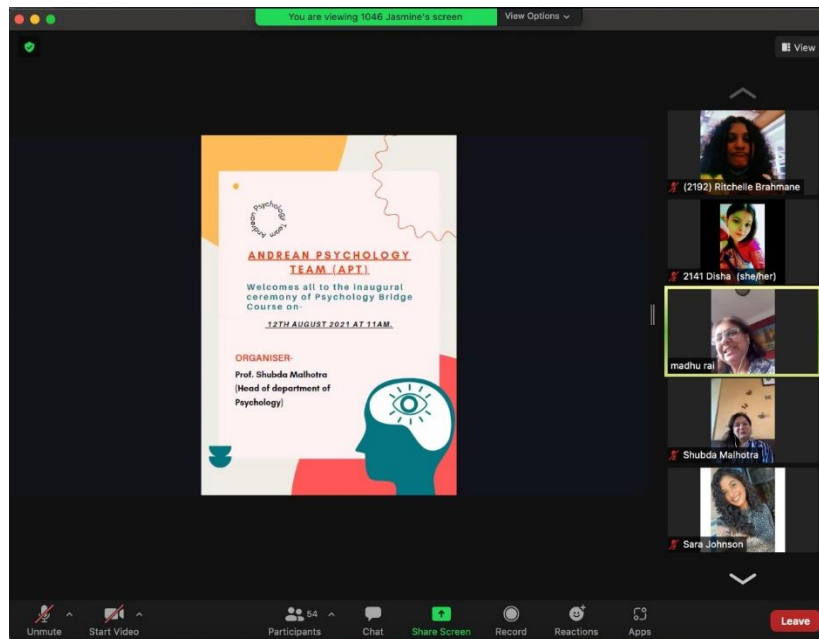
The Andrean Psychology Team organised the inter-collegiate contest 'Cinemanias: A Research Challenge'. It helped develop their analytical skills related to accurate/inaccurate depictions of

psychological disorders, treatment and the impact on the viewers about mental health and therapy. Cinemania was such a success, that all the research papers presented were to be published in an ISBN book by the name 'The Cinemania – The Monograph'. This will further bolster the credentials of student's CVs and help them in their future endeavours.

Profs-in-charge: Ms. Shubda Malhotra, Ms. Sharmila Dhote and Mr. Samson Carvalho

### Picture Gallery

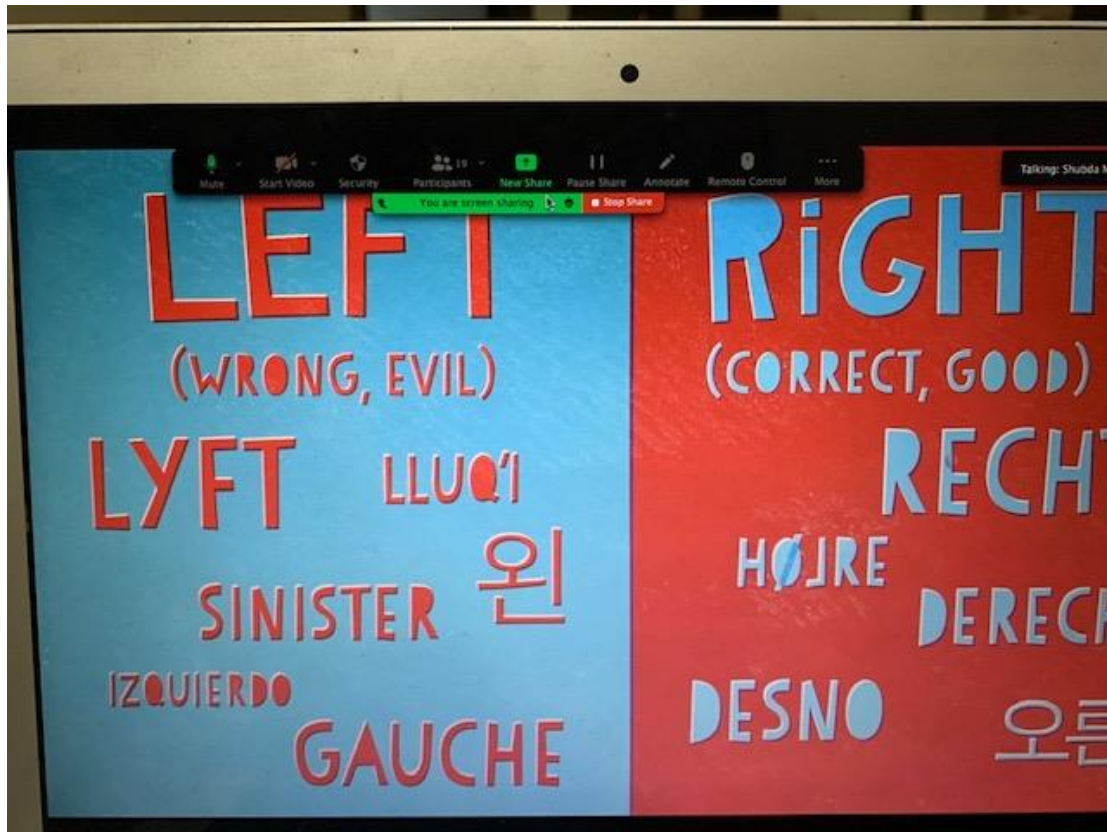
Inauguration of 30 hours Bridge Course in Psychology on 12<sup>th</sup> August 2021



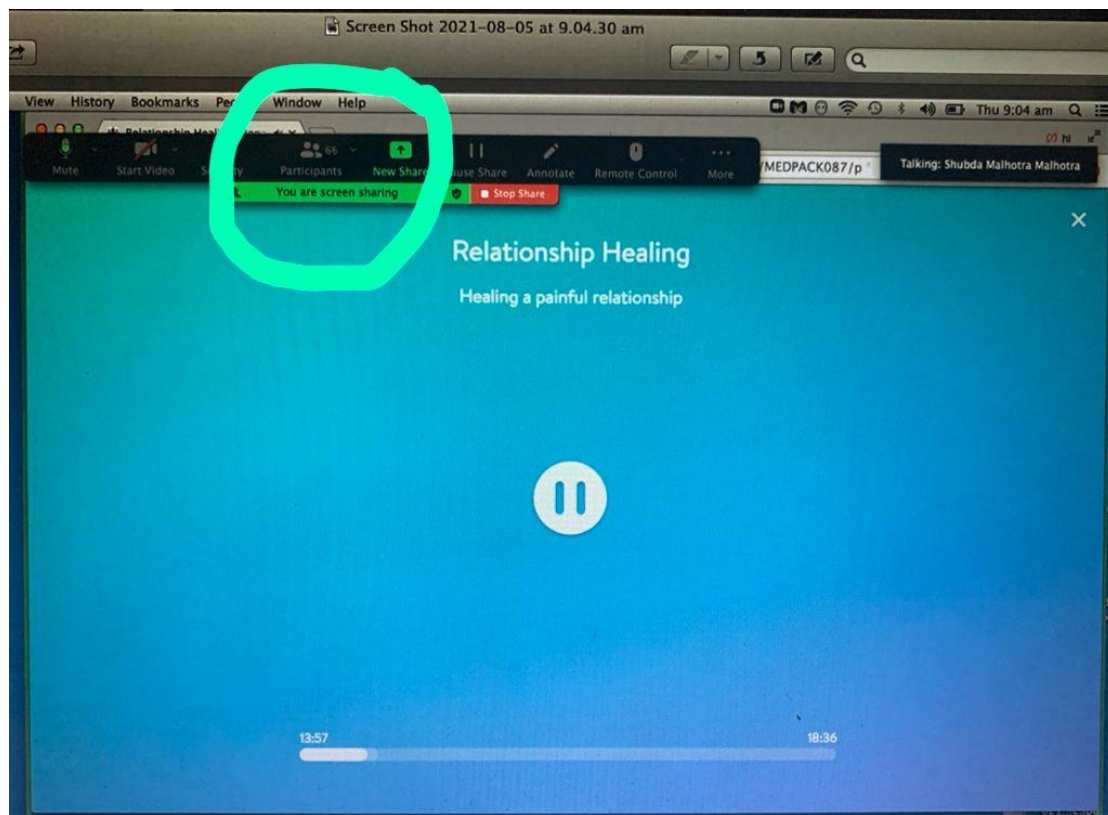
Inauguration of 30 hours Bridge Course in Psychology on 12<sup>th</sup> August 2021



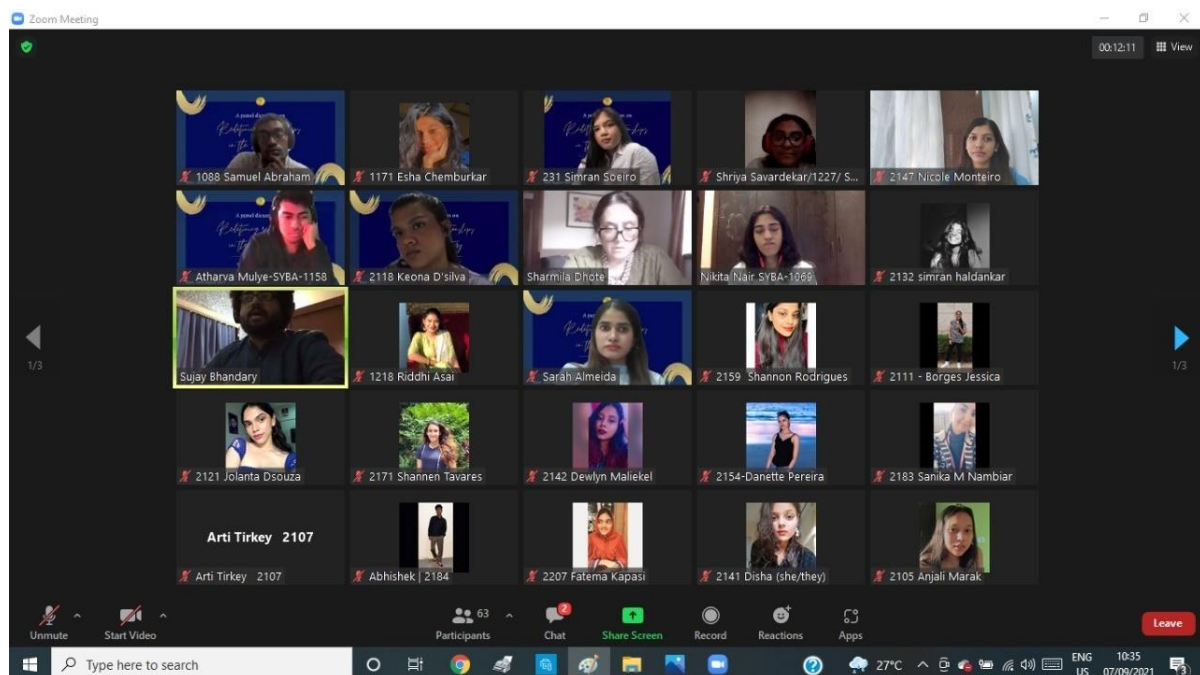
International Left Handers Day was celebrated on 12<sup>th</sup> August 2021



## Session on Healing Relationships

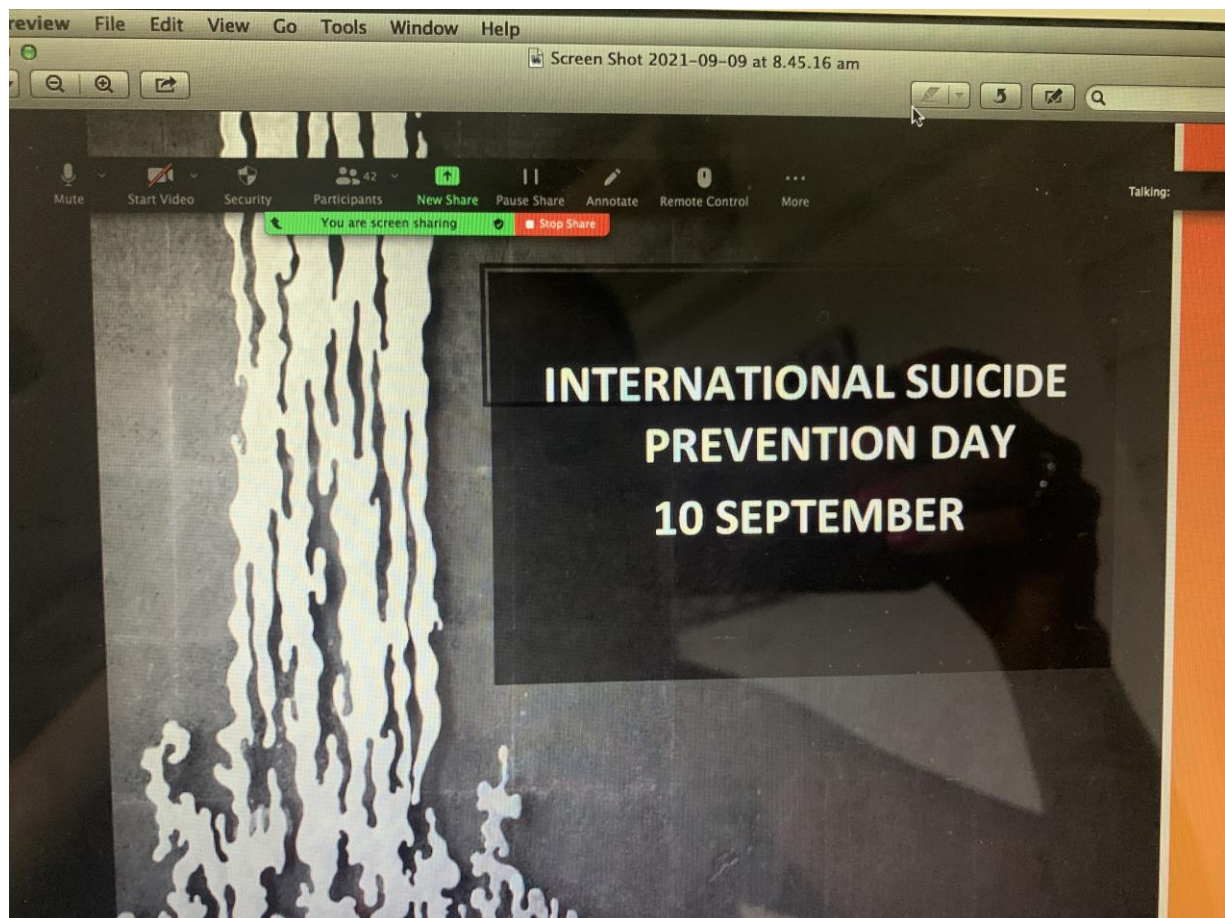


## Panel Discussion: Redefining relationships in the 21<sup>st</sup> Century on 7<sup>th</sup> September 2021





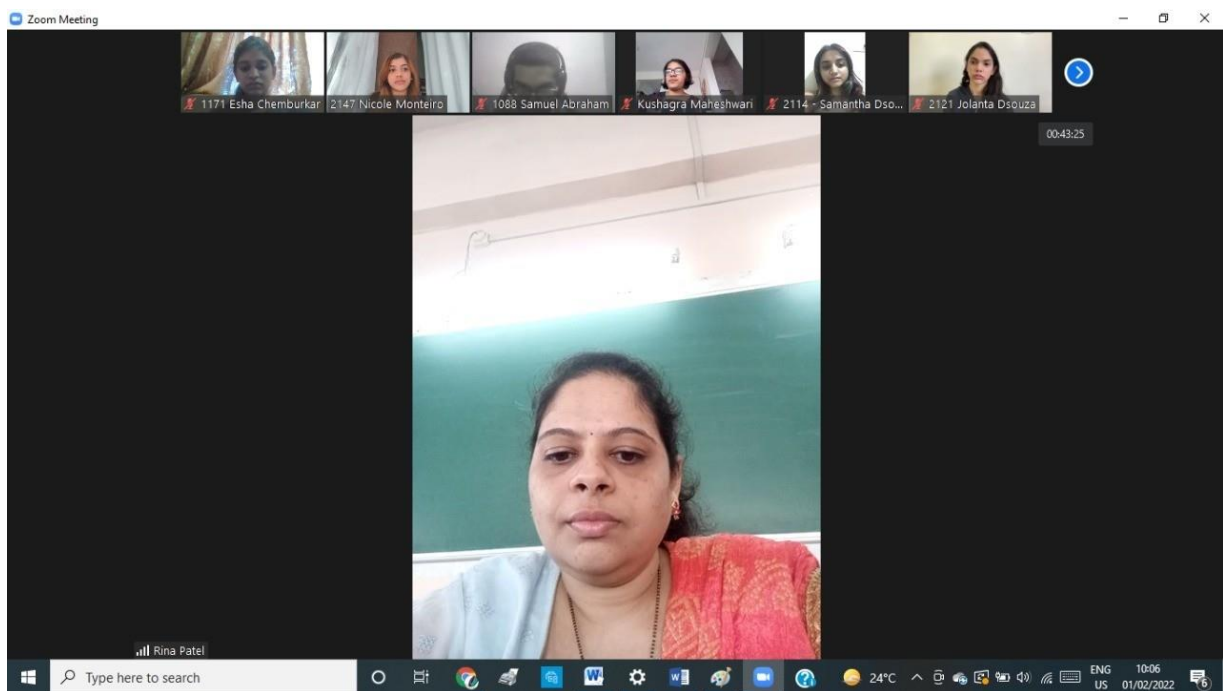
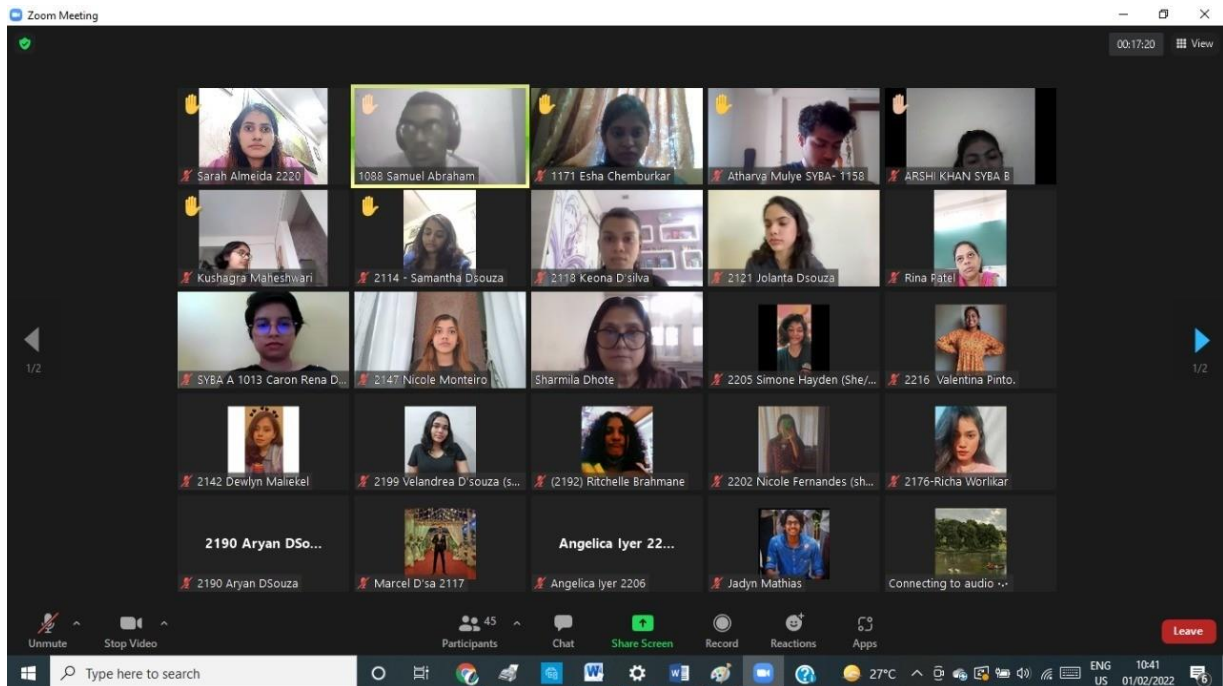
International Suicide Prevention day 10 September



International Suicide Prevention day 10 September 2021

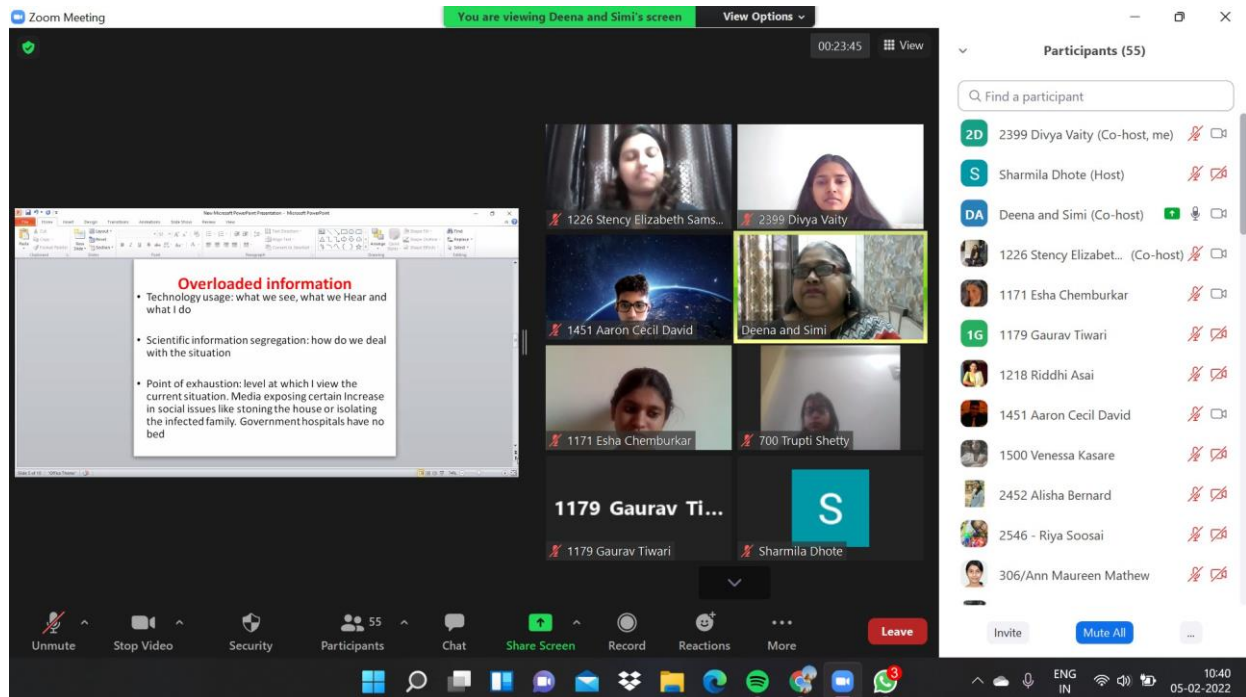


## Debate on 'A digital Life Post-Covid is Healthy on 1<sup>st</sup> February 2022





## The Pandemic Connect – Crossroads of Spirituality and Mental Health on 5<sup>th</sup> February 2022





## Cinemanian Season 2 on 17<sup>th</sup> February 2022

**Symbolism**

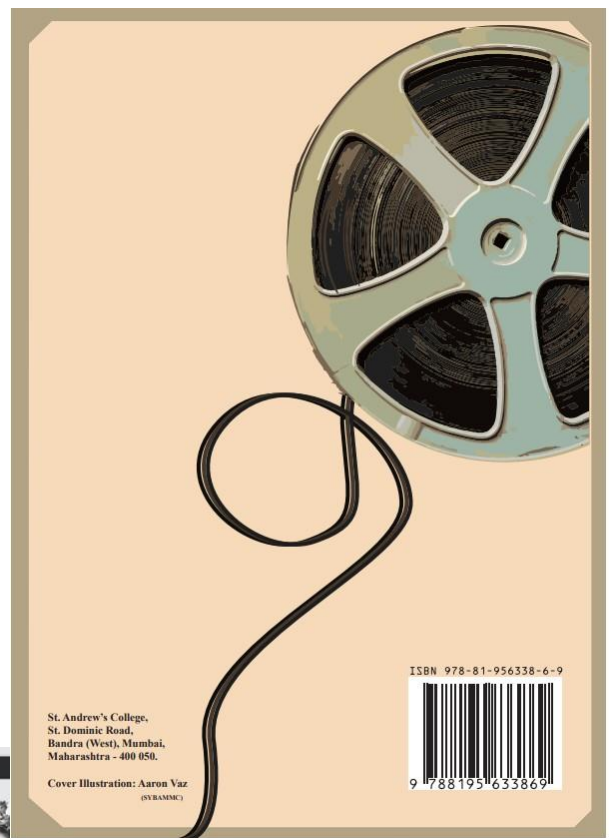
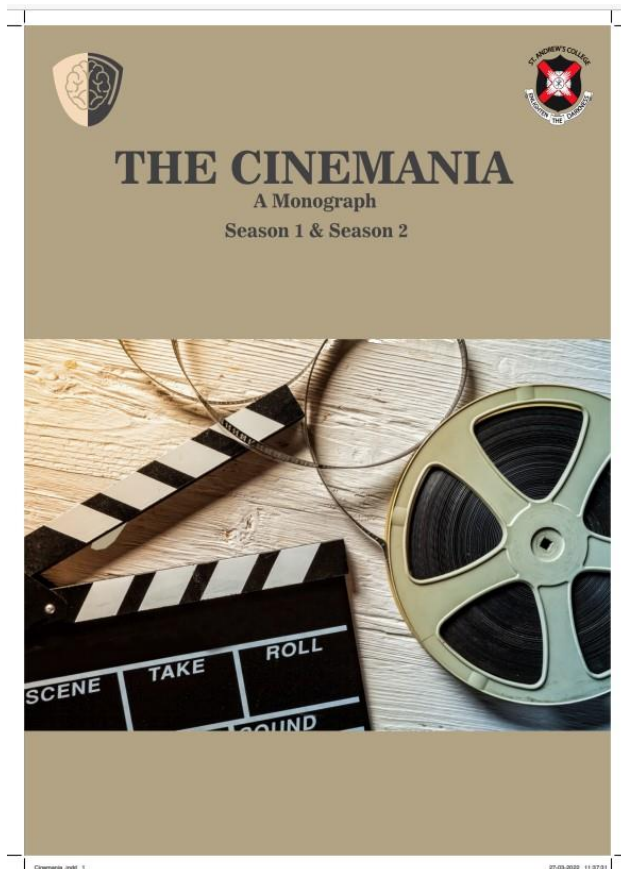
Colour illustration:  
- Ning in White, representing innocence and purity.  
- Lily in Black - depicting her seductive personality.  
- Thomas in monochrome - demands balance between artistic perfection and daring balance.  
- Erica and Beth - dressed in black, detrimental to Nina.

Lily's tattoo  
- Symbolises her being the seductive Black swan.  
- Scratches on Nina's back - symbolises her inner black swan urging to come out.

**Participants:**

- Sharmila Dhote
- Nicole Monteiro - St. And...
- 2399 Divya Vaity
- mahek patel (team maslo...)
- Season 2**
- Atharva Mulye- SYBA- 11...
- Kirti Barad**
- Jahnvi Shahani...
- Mahek patel (team maslo...)
- Shikha Gala
- Vaishnavi Aher (Maslow)
- Nitya Toraskar (Maslow)
- Kimaya Kurlekar (Maslow)
- Manish Sindgikar**
- Pranjal Mohite (...)
- Jamila Tin (frued)
- Zainab gai (frued)
- Kushagra Maheshwari
- PAVLOV\_(Aasee...)
- Chaitanya Dalvi
- Reem Shaikh

**Toolbar:** Unmute, Stop Video, Security, Participants (52), Chat (3), Share Screen, Record, Reactions, Apps, More, Leave



The Cinemania – A Monograph

Screening of Actual Archive Classic Psychological Experiment – Milgram’s Destructive Obedience Research in 1965

3	978-81-966338-6-9	The Cinemania: A Monograph	Dr. Marie Fernandes Prof. Sharmila Dhote	2022	15/03/2022	INDIA	Single-component retail product/ Book		English	Dr. Sujata Rajpurkar	Allotted	Edit (till -6/30/2022) Delete Book Cancel ISBN Allotted	Upload	Update Additional Details	Allotted By RRRNA
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Certificates of students who participated in Avishkar 2021-22



