

Faculty in the Psychology Department

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Activities of the Andean Psychology Team 2020-21

The Andean Psychology Team (APT) conducted various activities to enhance learning and growth among students. Soon after the outbreak of the pandemic, the APT in sync with the **UGC notice F.No.1-1/2020 regarding “Mental health and wellbeing of students”** had prepared a power point presentation containing tips and important links on mental health care during COVID-19. This power point presentation was **displayed on the college website** and was shared all class teachers so that they could share the required information with the students.

Bridge Course in Psychology:

- A Bridge course in Psychology was inaugurated on 5th October, 2020. It was a 30-hour course which ended on 30th January 2021. It was designed keeping in mind the Third Year double major psychology students planning to do a Masters in Psychology.

Competitions:

1. To commemorate the World Mental Health Day 10 October 2020 was celebrated by floating an “Instagram Mental health campaign” competition, which went on for two months and the grand finale was on 10 Dec. 2020. Ms. Naomi Ganzu, a Youtuber, brand consultant and a Nutritionist, judged the event.
2. ‘TurnCoat’, a debate challenge was organised on Jan 12, 2021. This event particularly challenged the participants to “think outside the box”, in a bipolar way, thereby providing an opportunity to improvise and debate on a unique and interesting topic ‘Are Intelligent People Antisocial’. Prof. Rashna Patel, Head of Dept. of Psychology, Wilson College moderated the session with her expertise.
3. the APT inaugurated its first Inter-Collegiate event “Cinemanía” – an Intercollegiate Research Challenge, a team event based on a Research Paper and Presentation on any one of the psychology-based movies: ‘Shutter Island’, ‘Joker’, ‘Talaash’ and ‘Karthik calling Karthik’. It was held on February 18, 2021, 10 teams from different colleges competed for this event.

Guest Lectures and Workshops:

1. A guest lecture by Dr. C. Munshi a practicing Clinical psychologist was arranged related to “Clinical and Counselling psychology; therapy and practice” on 25 Jan. 2021

2. A guest lecture on “Human resources and recruitment” was organized on 30 Jan 2021, it enlightened the students about role of HR consultant in an organization
3. An interactive session between the second year and third year psychology students, this activity will help the Second-year psychology students to make an informed choice regarding the subjects when they are seeking admission in third year.
4. The Panel Discussion on “Eating Disorders” conducted on Jan 14, 2021 was thus aimed at breaking down the barriers of the definition of desired ‘thinness’ as well as to spread awareness about the impending harm on one’s mental health and physique. The moderator for this event, Dr. Chandrashekhar Gawali, Head of Dept. of Human Development at SNDT Women's University concluded the event by sharing his views on the same
5. the APT organized a Guest lecture on “Mood disorders” specifically for the TYBA students, on February 1, 2021 by Dr. Ankita Mishra, Member of Royal College of Psychiatrists, UK.
6. In order to assist students to make their career decision, students attended a webinar organized by RD National College on 30 April 2021 titled “Aspiring Careers in Psychology” which provided them greater clarity in the matter.

Film Screening:

1. The association screened some educational films like “The Secret” which helped the students to develop insights into the power of positivity and ‘Outsourced’ enlightened them the impact of cultural diversity.

Psychological Test Administration:

1. The APT carried out test administration and understanding scoring mechanism of “Emotional Quotient test and Big five personality factor test.

Capacity Building

1. This being the year of pandemic it brought along new challenges, which required different skillsets to cope up with. In order to equip students with the new demands, the department conducted a live streaming of meditative sessions related to handling anxiety and healing relationships on 1 April 2021.

Andean Counselling Unit 2020-21

The pandemic has pushed us into new ways of doing things. It made us change the way we conduct counseling, from in person sessions to telephonic counseling sessions. There were 14 students / adults who used the services this year. We were happy to help them on their journey to discovering newer versions of themselves. A total of 62 sessions were conducted. The students approached the Unit for both their personal & academic/ career related issues. The Unit uses Client- Centered therapy as a base along with a range of other therapies and techniques depending on an individuals need.

It is our constant endeavor to continue to help our students through counseling. Achieving academic goals and being well balanced individuals by managing emotions, feelings and thoughts thereby, evolving as the most sort after people in their respective fields.

Activities of the Andrean Psychology Team 2019-20

The Andrean Psychology Team (APT) conducted various activities to enhance learning and growth among students.

Guest Lectures and Workshops:

1. Dr. Avinash DeSouza, a deputed speaker for QPR institute of USA conducted a workshop titled, “Suicide Prevention & Gatekeeper of Life Program”. The workshop created awareness about the magnitude of suicide incidence and equipped participants in identifying and handling individuals who are at high risk.
2. A workshop on ‘Behavioural Economics’ was conducted by Mr. Biju Dominic, Co-founder and CEO of First Mile, a consulting company which specialises in Behavioural Architecture and Data Analyses to shape and create public policies and effective governance. Mr. Dominic spoke about how behavioural economics and neuroscience has helped shape large-scale decision making and behaviours.
3. A panel discussion was also held on topics related to psychology to sensitize students on aspects related to mental health. A guest lecture by Dr Avinash Desouza on Personality Disorders was also organized.
4. A lecture was conducted by Ms. Rovita D’Costa, our in-house counsellor on ‘Pornography and You’ to create awareness about the impact and effects of pornography.
5. A session was conducted on career guidance, wherein students were made aware about various options available for them after graduating in Psychology and the path they may adopt.
6. A lecture on gender issues was conducted with the aim of gender sensitization, so that students realise the problems that women face in organisations due to sexism.

Field Visit:

1. An industrial visit was conducted to the Thane Mental Hospital, where the students were familiarised with the process of patient admission, treatment and rehabilitation. The students interacted with a social worker and ECT specialist, which they found to be very informative.
2. An industrial visit to Bisleri Plant was organised where students got an opportunity to witness the functioning of the plant and received insights into the case study of Bisleri as a brand and the HR policies of the company. This industrial visit was helpful for third year students as they could better understand concepts rooted in Industrial Psychology.

Test Administration: Miscellaneous

1. The association administered various psychological tests viz., Job Party Test, Emotional Quotient Test, Personality Assessment and Raven's Matrices Index (IQ test). These tests provided students with insights into their own behaviours and various capacity parameters, and how they can continually work to enhance their selves.

Film Screening:

1. A screening and discussion of the documentary on Milgram's classic 1965 experiment on Destructive Obedience was conducted. The students experienced the actual experiment and how variable manipulation is done in experiments.
2. The association also screened some award-winning films like 'Shutter Island' and 'Outsourced', which helped develop insights into the cause and consequences of psychological disorders, and dealt with issues of cultural diversity.

Student Achievements:

1. Consistent encouragement given by the department members to students to challenge their academic pursuits and enrol in some prestigious online subject related courses motivated many students to enrol in various NPTEL, Swayamand, and Harvard EdX courses.
2. Samridhi Thukral of FYBA B was declared an All India Topper in the NPTEL Swayam course titled "Psychology in Everyday Life".
3. Another outstanding achievement was by Ashmi Sheth. Her claymation short film *Blue* was selected for screening at the 2019 American Art Therapy Association Short Film Festival at Kansas City, USA. She also coordinated a two-day international workshop (16-17 March, 2019) at IiiART. Lastly, her book of poems, *Silence Echoed* was rated as Amazon #1 Bestseller under Women's Poetry

Andrean Psychology Team Activities 2019-20



Workshop on "Suicide Prevention & Gatekeeper of life program" on 26 August 2019, conducted by QPR institute USA. Speakers: Dr Avinash Desouza & Ms Pragya



Industrial Visit to Bisleri Plant with TYBA students on 4 January 2020



Workshop on Behavioral Economics by Mr Biju Dominic



Psychological Test Administration



Guest Lecture by Dr. Avinash Desouza on Personality Disorders



Field Visit to Thane Mental Hospital

Outstanding Achievement by Students for Academic Year 2019 -20

Co-ordinator of the two-day International Workshop on “*Art therapy, attachment theory and mental health*” by Indian International Institute for Art Therapy and Research (IiiART) & Canadian International Institute of Art Therapy (CiiAT), held on 16-17 March, 2019 at IiiART, Bangalore

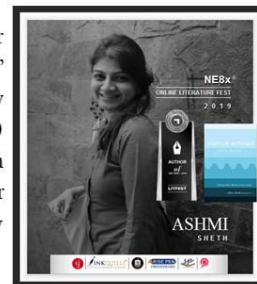


Samridhi Thukral, FYBA 'B'. All India Topper in NPTEL Swayam Central's Course 'Psychology of Everyday Life.'



Ashmi Sheth and Aniket Patil's Claymation short film “Blue” was officially selected for screening at the 2019 American Art Therapy Association (AATA) Short Film Festival at Kansas City, USA. The AATA Short Film Festival was a part of the 50th AATA Annual International Conference

The Amazon #1 bestseller under “Women's Poetry book free,” *silence echoed* has touched many worldwide with already over 100 copies sold. Ashmi recently won the award for “Author of the Year 2019,” at a LitFest organised by NE8x Official.



Andrean Counselling Unit 2019-20

Counseling Unit this year was approached by students of Degree and Junior college. The unit has offered its services to new students walking in for guidance as well as conducted several follow up sessions based on case requirements. From August 2019 to February 2020, 54 students came for counseling and a total of 127 sessions were held throughout the year.

In order to create awareness among students about availability of counseling services on the campus & to debunk myths attached with counseling a series of class-to-class orientation was organized in August.

Activities of the Andrean Psychology Team 2018-19

To enhance learning and interest in the field of psychology the Andrean Psychology Team (APT) conducted various activities.

Guest Lectures and Workshops:

- An international speaker; Dr. David Banks, Senior Professor at University of La Verne California, USA, presented an informative lecture titled “Who Moved Your Cheese? - Conflict management & adapting to Change” on 30 July 2018. This session sensitized our students to handle difficult life situations.
- Ms. Ninad Patwardhan, Assistant Professor at Liberal Arts College, NMIMS, conducted a session on “Reliability Estimates” for TYBA Psychology students.
- Staff members accompanied the students to a workshop on “Suicide Prevention” at National College.

- An international artist, a professional clown Monica Santos engaged our students with a session on “Clown Therapy” which was much enjoyed by them.
- Experts & performers from ‘The Movement’ an NGO, were invited to conduct an interactive session with students to give them an insight into their Happiness Quotient.

Student Research Paper Presentation:

- Four teams of SYBA students represented the college at the Annual Psychology Convention “Trishool” conducted by S.P.N.Doshi Women’s College, Ghatkopar on the theme “Diversity, Inclusion & Psychology.”
- Students presented on following topics:
 - Representation of LGBT in Cinema
 - Mental & Physical Effects of Body Shaming
 - Impact of Family Expectations on Mental Health of Indian Working Women

Film Screening:

- The association also screened some award-winning films like ‘Shutter Island’ and ‘Beautiful Mind’ to develop insights into the causes and consequences of psychological disorders like schizophrenia.

Field Visit:

- An educational visit to the “Jai Vakeel Foundation”, to sensitize the students to the needs of special children.

Test Administration: Miscellaneous

- The most popular and awaited activity of the association is Test administration & analysis. Some of the popular tests that were administered are as follows:
 1. Levels of – EQ scale,
 2. Childhood trauma test,
 3. Eating disorder test,
 4. Evaluation apprehension test
 5. Interpersonal relationships how they could deal with issues effectively after having a better understanding of self.

Andean Counselling Unit 2018-19

- St Andrew’s College Counseling Unit has been reaching out to students in need of any help, be it academics, developmental or social; which means, providing assistance in area of need by “enriching life and making a difference” and in order to assist them to achieve personal growth & development
- In this academic year two part time counselors visited the campus and offered their services to about 12 students and had 30 follow-up sessions.

- The various issues experienced by students and adolescents that were handled ranged from personal & academic in nature
The general focus is to enhance their capability and proactively and independently utilize their potential to the fullest, now and in the future.



Research paper presented by syba students at trishul on 28 feb.2019 at intercollegiate paper presentation competition



Interaction session titled “who moved your cheese? - conflict management & adapting to change” on 30 July 2018 by Dr.Banks, Senior Professor at University of La Verne



California, USA.

Visit to NGO Jai Vakeel foundation on 24 Jan. 2019



September 2018

Session on “Clown Therapy” by Spanish professional clown Monica Santos on 12



Activities of the Andean Psychology Team 2017-2018

Guest Lectures:

- Involvement of youth in governance is a vital factor that facilitates the growth and progress of any nation. This year APT adopted a multidisciplinary approach & invited speaker from Praja Foundation to address students on the topic of “Youth in

Session titled “The Hangout” on 14th December 2018 to enhance the happiness quotient among students by an NGO, The Movement

- To provide a holistic perspective on challenges faced by people with special needs Andean Psychology Team organized an educational visit to ADAPT, an institute working with differently abled individuals. It was felt that it had a greater impact on students as they watched and interacted with the special children.
- Awareness about one’s rights prepares our students for future challenges, keeping this in mind , an interactive session by Advocate Archana Gupta Legal Advisor Capgemini was organized on “Gender rights & sexual harassment”.
- A talk on “Building Life skills” was presented by Mr. Milind founder of VOWFORCHANGE, organization working towards transforming lives of youth by building their life skills.

Student Research Paper Presentation:

- To inculcate interest in research activities, students were encouraged to present research papers. Ashmi Sheth of FYBA presented a paper on “Efficacy of Mandala Creation on Reducing Anxiety & Enhancing Mood” in 25th BPA conference on Jan.12, 2018. Five students presented research papers on Psychology topics in Avishkar Research conducted by Mumbai university

Quiz Competition

- Finding out how much students really know about their subject cannot be done alone through the process of written exams only. To make this more interesting and fun, a Quiz Competition was organized.

Psychology based games

- Let's play a game was the next event, it involved students to participate in a competition on psychology-based games like; attention span, short –term memory & strategic mind games.

Treasure Hunt

- A treasure hunt using psychology-based cues was also organized.

Student Presentations

- Students enthralled the audience by making presentations on - Unfriend Procrastination, Deaf psychology, Mysteries of Dreams & Current perspectives on psychology.0

Debate Competition:

- Students to be spontaneous thinkers has always been our core goal. We instilled in students this skill by conducting a Debate Competition on “Indian education system is capable of handling mental health crisis in students? It was indeed insightful to have student's perspective about this topic and watch them counter argue to make their point.

Psychological Testing:

- Students are ever curious and interested in understanding themselves better. We helped them through this process by conducted some insightful psychological tests - which helped them get a deeper understanding about themselves and areas to build on,

some of the tests conducted were as follows: Big Five personality test, Emotional intelligence test, Childhood trauma Questionnaire, Hamilton's Anxiety scale & House –Tree test

Film Screening

- Students learn best through movies. To make important concepts clear the students we had Screening of Educational Films - Shutter Island, Beautiful Mind

Andrean Counseling Unit 2017-2018

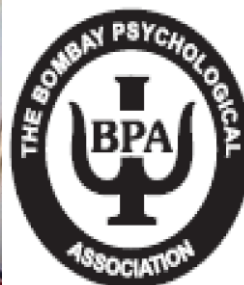
- St. Andrew's College Counseling Unit has been trying to reach out to students by providing assistance in social, academic & behavioral areas. The counseling unit began the academic year by organizing orientation sessions for degree as well as the junior College,
- The unit has offered its services to about 40 individual students who availed of the counseling services and with more than 200+ follow up sessions collectively.
- The various issues experienced by students and adolescents were discord in parent-child relationship, academic issues, Anxiety proneness, body image issues, gender identity issues, relationship issues, aggressive and impulsive behavior, substance abuse, and so on. It was observed that majority of counseling cases were of Parent-child discord, Anxiety proneness & Anger Management. As a follow –up, the unit plans to have intervention activities that will help students in these areas.
- These issues were dealt using counseling techniques like client centered therapy, cognitive behavior therapy, anger management, reality therapy, some projective test administration, gestalt's empty chair technique, role play technique, mindfulness thinking, challenging thoughts- through methods of thought restructuring and thought reframing, positive thinking, solution focused brief therapy and relaxation techniques.
- Counseling unit assisted in Test administration activity organized by the Andrean Psychology Team. A total number of 80 students participated in it from different streams. The tests administered were - The Big 5 Personality Inventory, Fear of appearing Incompetent, Emotional Quotient, Acron's Eating Disorder Questionnaire, Childhood Trauma Questionnaire, Hamilton's Anxiety Scale and the House Tree Person test. The analysis was done & reports were handed over to students.



Psychology Quiz
Competition



Guest
Lecture on
Youth and
Governance



Ashmi Sheth (FYBA) presented a paper on “Efficacy of Mandala Creation on Reducing Anxiety & Enhancing Mood” in 25th BPA Conference on January 12th, 2018



Administration of Psychological tests – EQ Scale, childhood trauma test, eating disorder test, evaluation apprehension test



Educational Visit to ADAPT India

Interaction Session on “Sexual Harassment” by Advocate A. Gupta, Legal Advisor Capgemini, India.



Activities of the Andrean Psychology Team 2016-17

Host of activities were conducted by the Andrean Psychology Team (APT) to promote learning and interest in the field of psychology.

Psychology Week:

- This academic year several innovative contests & competitions were held as a part of The Psychology Week – A week long program which was open to students from all fraternities, giving them an opportunity to explore their talents and promote holistic development. The participation of students from all streams made this week long event even more fun and rigorous.

Psychology based games:

- Students were introduced to a new activity “Let’s play a game” during Psychology week where they were engaged in many psychological mind games. Various brain teasers and games like testing short term memory and attention span were presented to students. Stroop’s test to assess executive functions such as attention and self-regulation capability was also to participants.

Debate Competition:

- The topic of this year's psychology debate was 'Should Euthanasia be legalised in India?' The students were prompted to think critically about the sensitive issue. The second- and third-year students competed with each other enthusiastically. Third year students won the competition and it was an insightful experience for the participants.

Student Presentations:

- Power point presentation conducted as a part of psychology week, kept the judges & student audience totally enthralled by the wide variety of topics that were covered by the students. Some of the prize-winning topics were Parapsychology, Criminal psychology, Job satisfaction, Gaming addiction and Psychological impact of bullying. Students employed several innovative presentation skills to make the presentations interesting.

Quiz Competition:

- A Psychology Quiz was organized during Andrean Psychology Week. Quiz consisted of many rounds which were “Check your brain power”, “Spelling bee round”,

“True/False round”, “General round” and “Rapid fire round”. Students participated with great enthusiasm and it was a great learning experience for them.

Psychological Testing:

- The wide variety of Psychological tests were administered on students to assess them on; personality, stress, anxiety, fear, depression, vocation and interpersonal relationships; Test results gave students an insight into their own behaviour on each of the parameters and how they could deal with issues effectively after having a better understanding of self.

Student Research Paper Presentation:

- In 2016-17 students presented several Research papers. Avishkar research competition was held on January 19, 2017, conducted by University of Mumbai at SIES College, students presented on a wide range of Psychology related topics such as sleep paralysis, autopilot theory, representation of Psychological practices in Bollywood, self-awareness & self-consciousness, impact of Instagram on youth, eating disorder and misrepresentation of mental disorders in cinema.
- **Misrepresentation of Mental Disorders in Cinema:** In Intercollegiate Avishkar Research Competition, Fatima Patel won the first prize for her presentation on “Misrepresentation of Mental Disorders in Cinema”.
- **Prostitution: Violence with No Name:** Two students participated in Intercollegiate Trishool Competition: A Psychology Research Convention where the theme was ‘Shades of Violence... & Beyond’. It was held at S. P. N. Doshi Women’s College, Ghatkopar on January 25, 2017. The topic of student’s presentation was “Prostitution: Violence with No Name”.

Film Screening:

- The association screened some educational films like ‘Shutter Island’, ‘Beautiful Mind’ and ‘Outsourced’ which helped the students to develop insights into the causes and consequences of psychological disorders like schizophrenia and “Outsourced” enlightened them the impact of cultural diversity.

Field Visit:

- This year the educational visit was organized for the TYBA students on January 6 2017, to The Regional Mental Hospital in Pune. Students got an opportunity to visit various wards of the hospital. They also got a chance to interact with the patients. Furthermore, students also were exposed to the procedure of Electroconvulsive therapy (ECT) live at work on patients. It was an enriching experience for the students.

Andean Counselling Unit 2016-2017

- Counseling Unit has been reaching out to students in need of any help, be it academics, developmental, emotional, behavioral, social or career related; to help students explore and reach their maximum potential leading to holistic development. This unit has offered its services to several students from the degree and junior college level. This has been in the form of new students walking in for guidance as well as students coming in for follow up sessions based on case requirements.
- The various issues experienced by students and adolescents were – low self-esteem and confidence, academic issues, career related guidance, behavioral issues, body image issues, interpersonal relationship, depression, time management, substance abuse, and so on.
- These issues were dealt using counseling techniques like anger management, reality therapy, cognitive behavior therapy, client-centered therapy, assertiveness training, organizational skills – Time management, positive thinking and relaxation techniques. In some cases, standardized psychological test and questionnaires were to be used to gain a greater insight & establish a scientific validation before providing the necessary guidance.
- The counseling unit has gone beyond regular counseling services and carried out several activities for overall development of the students. A workshop on “Developing Interview Skills.” was conducted for the BBI students. This helped students to learn how to thrive in the job market and to be productive members of society. Teaching interviewing skills helped students’ communication (to express themselves verbally) and critical thinking abilities, setting them up for future success.
- A guest lecture by Dr. Rashna Sadri was organized on “Exploring careers in Special Education”, a cross-disciplinary field; is an integral part of our educational system. This talk gave students greater clarity of the field and exposed them to alternate career prospects.
- Various Psychological tests were administered on students, the interpretation of these tests helped students become aware of themselves, their strengths and weakness, their patterns of response, etc. Some of the Standardized Psychological tests and scales administered to students were-
 - Emotional quotient
 - Levels of Hostility
 - Depression
 - Self Esteem
 - Type A Personality
- A workshop was conducted by Ms. Sneha Pereira on “Test Anxiety, Time Management & Procrastination” for the students. It was an interactive session using a power point presentation, drawing analogies to the difficulties faced by students and applying techniques discussed to life situations. The students of FYBA & SYBA attended the same.

- Eminent psychiatrist of Mumbai Dr. Harish Shetty writes a blog <http://mindmoodsandmagic.blogspot.in>, which deals with issues concerning students, and reading these articles provides a psychological support to the students. Students are given regular updates and accessibility to the articles written.



Psychology Quiz
Competition



Winners of
Students
Presentation
competition

Student Presentations on
Psychological Impact on Bullying
Job Satisfaction, Gaming
Addiction, Para psychology



First Prize winners with Judges



Administration of Psychological tests -EQ scale, worry scale, hostility scale, depression Inventory, Self-consciousness and self-awareness scale



Winner of Intra-collegiate Avishkar research competition

Topic: Misrepresentation of Mental Illness in Cinema



Educational visit to Mental Hospital, Yervada, Pune



Best Speaker – Ms. Abhishree in
debate competition