

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 Governance”. They informed students about the functioning of NGO and highlighted the role of the youth in such endeavors, thereby encouraging students to come forward and be involved in governance.
- 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

Andean 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 Andean 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.