

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.

Andrean 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 counselors visited the campus and offered their services to about 12 students and had approximately 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



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

September 2018



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