

Faculty in the Psychology Department

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.

- 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:

- 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.
- Samridhi Thukral of FYBA B was declared an All India Topper in the NPTEL Swayam course titled “Psychology in Everyday Life”.
- 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.

