

Faculty in the Psychology Department

Activities of the Andrean Psychology Team 2020-21

The Andrean 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.

Skill Development Course:

- 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 “Cinemia” – 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 SNTD 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 this decision, students attended a webinar organized by RD National College on “Aspiring Careers in Psychology” which 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.

Test Administration: Miscellaneous:

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.