

**Department of Psychology**  
**Annual Departmental Events' Report**

The Department of Psychology, conducted a plethora of events and activities during the session 2022-2023.

***Psychogenesis 2023***

The first event was the annual fest, 'Psychogenesis' held on 5th April'23 from 1 pm to 2:30 pm during the ECA break. The event was organised in collaboration with Indian Association for Cognitive Behavioural Therapy and followed the theme of 'Mental Health Awareness'. A workshop on Cognitive Behavioural Therapy was conducted by Dr. Nimisha Kumar, a Senior Consultant Psychologist, trained in CBT and an alumna of Kamala Nehru College. She is also the Founder & President of Indian Association of CBT.

The session was conducted in a hybrid mode for a larger audience to join in. Students attended the session from Computer Lab and Psychology labs as well as people from different colleges joined using the google meet platform. The event had received a participation of 150 attendees. The workshop was also attended by the Teacher In-Charge and association in-charge Dr. Mandeep Kaur Arora, association in-charge Dr. Gitika Yadav, and other faculty members like Dr. Yogeeta Bhatia, Dr. Siddharth Sagar, Dr. Tushya.

The event was opened by Reaya Sharma, President of the Psychology department, by welcoming the audience and giving a brief introduction of the speaker. The discussion with the guest of honour began around the importance of mental health and its entitlement followed by a detailed introduction of CBT, its importance and usage in the status quo. It allowed the students to gain a deeper insight in one of the most widely used therapeutic techniques, i.e. CBT. The workshop was concluded by an enriching question and answer session facilitated by the president, Reaya Sharma. This was followed by a vote of thanks presented by Dimple Sain, the vice president of the psychology department.

LINK: [meet.google.com/urm-wyhm-zuc](https://meet.google.com/urm-wyhm-zuc)

Kamala Nehru College  
University of Delhi  
Department of Psychology  
In collaboration with  
Indian Association for Cognitive Behavioral Therapy

**PSYCHOGENESIS'23**  
ANNUAL FEST  
Presents  
AN ONLINE WORKSHOP ON  
COGNITIVE BEHAVIORAL THERAPY

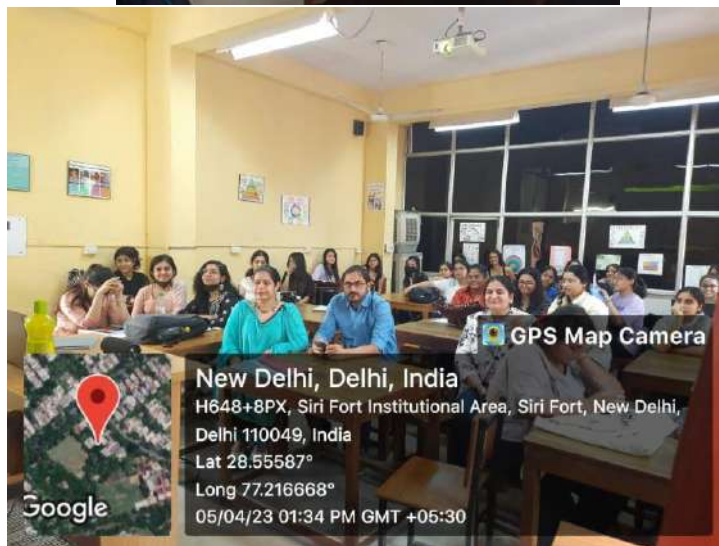
**DR. NIMISHA KUMAR**  
Senior Consultant  
Psychologist trained in  
CBT. She is also the  
Founder & President of  
Indian Association of CBT

APR WED 05 1:00 PM ONWARDS  
PLATFORM- GOOGLE MEET

Principal: Prof. Anjana Bhatnagar  
Associate In-Charge: Dr. Shalaby Kaur Jassi  
Dr. Gurba Yadav

Student Contact:  
President: Dr. A. Sharma  
Vice-President: Dr. Anu Singh  
General Secretary: Pooja Mittal  
Treasurer: S. J. Singh

REGISTER YOURSELF USING THIS QR CODE

**Mental Health Week'23**

During October, the department organized a week-long event from 9 October, 2023 to 13 October, 2023 to generate awareness about mental health on the occasion of World Mental Health Day'23 in collaboration with Youth For Mental Health (YMH), World Federation For Mental Health (WFMH), and Sage Turtle. The campaign and its initiatives were centered around this year's official theme of World Mental Health Day- '*Mental Health is a Universal Human Right.*' The activities planned for the week included drama, art, panel discussion, music, and dance.

Day 1 (9th October) - Nukkad Natak: The week started with an enthralling street play by Sukhmanch Theatre in Chaupal during the lunch break on the topic 'Mental Health' which demonstrated the various aspects of society that contribute towards the taboos around mental health issues. It had snippets, stories and scenes of everyday struggles of people going through such issues with a positive message at the end to embrace all the facets of mind to develop a holistic understanding of the broad spectrum of mental health issues and normalize the conversation surrounding it. The street play was attended by 350 students and the professors with full enthusiasm.





Day 2 (10th October) - Face Painting and Photography Competition: The second day brought along artistic fun filled face painting and tattoo for mental health and a Photography Competition during the break which was attended by around 100 students. In this fun activity, students got their face painted. The Photography Competition was based on the theme "Mental Health is a Universal Right through the lens of a college student" which was judged by Dr. Sanjay Muttoo from the Journalism department and Dr. Joseph Kumar from the Geography department. Another parallel activity for the day was an engaging gratitude board for students to leave their notes.



Day 3 (11th October) - Panel Discussion: The third day was followed by a Panel Discussion held at the college auditorium where three esteemed speakers namely, Ms. Utkarsha Jagga, the founder of The Coping Central and also the co-lead of the Department of Psychology at YMH, Ms. Juhi Sharma, founder and CEO of Light Up and also the Expert Representative for Youth for Mental Health, and Ms. Pooja Priyamvada, the academic director at IIMM, Delhi Columnist and author, were invited for an interactive discussion on topics such as 'Rights based approach towards mental health', 'Community Mental Healthcare: promoting human rights and dignified life' and 'Misconceptions about Mental Health'. The event was held during the ECA break and was attended by 175 students and the professors from the Psychology department.





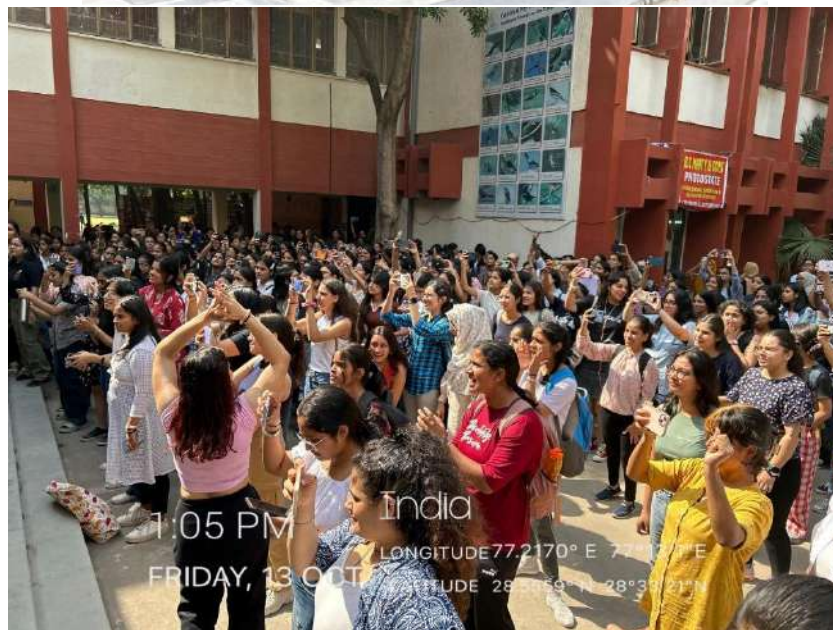
Day 4 (12th October) - Burst Your Fears: On the fourth day, the department conducted an activity for the students called 'Burst Your Fears' in Chaupal. The activity was about letting go of what holds us back. Together, more than 200 students wrote their fears on balloons and burst them. Another parallel activity for the day was an engagement board with a prompt "What Does Kindness Mean To You?"





Day 5 (13th October) - Dance for Mental Health: The week was concluded on a powerful note as the department brought everyone together for an event called 'Dance For Mental Health'. Students presented a performance on the theme . Around 300 students joined in to dance together.





### ***APA Made Easy: A Workshop on APA formatting and Referencing***

The last event by the department for the session was a guiding and much needed workshop on referencing and formatting. The department organised an online workshop titled as “APA made easy: A workshop on APA formatting and referencing” on Monday, 27th November 2023 at 5 pm. It intended to familiarise the students with APA style formatting and referencing, a crucial for every psychology student. The facilitator for the workshop was an alumna of KNC’s Psychology Department, batch of 2018, Ms. Vaidehi Rajendran. She has been working as an instructional designer at Harvard Business Publishing for the past 2 years. Before moving into the role of an instructional designer she worked as a consultant for 1 year within Harvard Business Publishing itself.

The session was opened by Fatima Usmani, the President of Psychology Student Council, by introducing the guest for the day. This led to an informative and interactive session by Ms. Vaidehi that addressed the basics of APA style referencing and formatting as well as common doubts that students have regarding that. A question and answer session was facilitated by

Zoha Ahmad Siddiqui, the Vice President, and Kangna, the Treasurer, followed by a vote of thanks presented by Udit Gupta, the General Secretary of student council.

The workshop was conducted on Google Meet and was attended by 140 students from both B.A. (hons) Psychology and B.A. (Prog). Faculty members of the Psychology Department like Dr. Yogeta Bhatia, Dr. Itisha Nagar and Psychology Association Incharges, Dr. Divya Padalia and Dr. Gitika Yadav also joined in.

Overall, it was an enriching experience for all the students and helped them gain clarity on basics that can be used for writing and presenting research papers academically.

LINK: <https://meet.google.com/iwx-vboc-jqo>

DEPARTMENT OF PSYCHOLOGY  
KAMALA NEHRU COLLEGE

**Online Workshop**

**APA MADE EASY**  
A WORKSHOP ON APA STYLE REFERENCING AND FORMATTING

5:00 PM  
27th November, 2023

Location  
**Online**  
Link will be shared

The session will include:

- Basics of APA style referencing
- Importance of APA style referencing
- Basics of in-text and end-text references
- Software resources for referencing

**Our speaker**

**VAIDEHI RAJENDRAN**  
Instructional Designer, Harvard Business Publishing  
Department of Psychology, RNC Alumna

<b>Psychology Association Incharges</b> Dr. Divya Padalia Dr. Gitika Yadav	<b>Principal</b> Prof. Kalpana Bharami	<b>Student Council</b> Fatima Usmani (President) Zoha A. Siddiqui (Vice President) Udit Gupta (General Secretary) Kangna (Treasurer)
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APA Formatting

- **Font:** Time New Roman, Size 12 (among other accepted fonts)
- **Title Page:** Title, Author's name, Institutional affiliation & details
- **Spacing:** Double spaced
- **Margins:** 1" all around (A4 paper size)
- **Sections:** Title page, Abstract, Introduction, Method, Results, Discussion, References, Appendix
- **Alignment:** Left aligned (not justified)
- **Headings**

[APA 7 Sample Student Paper](#)

6:16 PM | iwx-vboc-jqo

Participants: Divya Padalia, Gitika yadav, Zoha A. Siddiqui, psych RNC, Itisha Nagar, Nishi Singh, Vaidehi, 122 others, Psychology As...

