

Report (2018)

On 11th January 2018, Prof. Nick Hopkins from University of Dundee, a social psychologist through his research work explained the concept of diversity and citizenship to students. The seminar began with a brief introduction of Prof. Hopkins and his previous work, followed by his lecture about citizenship and how it's meaning changes with context. In his lecture, he gave several examples from his own work to put forth his point. These examples were both quantitative and qualitative in nature. The major themes that he covered during the seminar were: everyday citizenship, problems of diversity and the consequences of belongingness. Prof. Hopkins lecture was followed by the Question and Answer session with the audience and the seminar concluded with the vote of thanks to the professor.

A guest lecture on "Policy Making in the Field of Disability and Mental Health" was delivered by Manisha Shastri, a social worker on 12th February 2018. Affiliated from AICC, Research Department, she shared her work experience in the field of policy making and how the entire process is conducted. She shared what factors are to be taken care of and what ground/research work is required in developing a policy at the community level.

Second year students visited Butterflies- a Child Rights organization in Delhi on 12th February, 2018 as a part of their practical on understanding and learning about the lives of street children and the issues faced by them.

Ms. Manju Jain, Psychotherapist from the NGO, A Creative Pause on 27th February 2018 did a workshop with students of final year on 'Expressive Art Therapy and Sexuality'. Through expressive arts, she guided the students through a journey of appreciation for their bodies and changed the meaning of 'body image'. The students expressed themselves using several art supplies in creating a tree that symbolized them as a group. The workshop also entailed activities like origami and drumming among others.

On 13th March 2018 the theme of the annual Psychology festival of KNC was "Today's Struggle Tomorrow's Strength". The panel discussion began with Prof. N. K. Chadha, an esteemed professor and dean at the ManavRachna International University. Then Ms. Priya Bhargava, Miss India Wheelchair 2015 shared her courageous experience of showing resilience and it concluded with motivational speaker Mr. Hitesh Sanyal. This year the festival expanded beyond the panel discussion onto a series of competitive events for students across colleges such as Ad-Mads, Quiziosity: Psychology Quiz and Photography Competition. The day concluded with stand-up comedy by Canvas Laughter Club and the distribution of prizes.

On 26th March, 2018 renowned feminist activist Ms. Kamla Bhasin came to KNC as part of an event organised by our department. Ms. Bhasin has been actively engaged with issues related to women development, education, gender, media and several other such issues. She currently works with SANGAT- A South Assam Feminist Network as an adviser with JAGORI, Women Resource and Training Center, New Delhi. Over the years, she has conducted several workshops, written exceptional books and poetry. She spoke to the young audience about various social issues. She discussed in-depth the meaning of feminism and busted myths surrounding the same. She kept the session engaging by reciting some of her poetry and singing songs written by her and fellow NGO workers. She ended the session with an enlightening session of questions and answers and finally gave us all the inspiration to follow dreams and courageously voice our opinions

A Video Presentation-cum-Workshop was organized by Dr Sinchita Bhattacharya, a consultant psychologist at Sama Hospital & Indian Cohort and an associate with the division of the Southwestern Institute for the Advancement of Psychotherapy, New Mexico on 25th July 2018. The Presentation was on the “Biological Nuances of Bipolar Disorder” with a bifurcation into the “Introduction of Psychopharmacology for students of Psychology”, allowing students to explore a field that was previously not known to them! The workshop included an analysis and interpretation of a series of counselling sessions of a patient with Bipolar Disorder as well as a small activity to recognize the various symptoms associated with Mood Disorders.

A workshop was held in the Department of Psychology by Dr Sudhanshu Mishra, a senior consultant and practicing on “Psychotherapy- The Psychodynamic Way” on 1st August 2018. The session was attended by students of the third year of the psychology and included role plays, moments of observation and the identification of patterns in daily life. The themes covered in the workshop included an in depth understanding into the work of Sigmund Freud and the use of Freud’s psychodynamic perspective in a clinical and therapeutic setting and left the students thoroughly in rapture!

To celebrate the Mental Health Awareness Week, the Department of Psychology organised a 2 day event from 8th-9th October, 2018. The first day started off with a poster making competition on the theme Its Okay To Not Be Okay which was followed by a workshop and a performance by Sambandh- a non profit organisation that works on public health and specially mental health. This was followed by a Panel Discussion on Young People & Mental Health in Changing Times where our esteemed speakers were Ms. Mona Sharma and Ms. Gagandeep Kaur. On the second day, we organised a Flash Mob in our college campus and an Awareness March in Lajpat Nagar, New Delhi.