

Report of Activities (2016-17)

Under the aegis of the annual festival 'Psychogenesis', the Department of Psychology organized two exciting and stimulating workshops on 3rd and 4th March 2016. The back-to-back workshops on 'Past Life Regression' and 'Neuro-Linguistic Programming (NLP)' introduced students to the basics and applications of two novel and exciting forms of therapies.

The department also organized a talk in the month of March by Professor J.P.Singh of IIM Ahmedabad on 'Transaction Analysis', a popular approach towards understanding human behavior. The talk was a prelude to a Workshop on the same topic, by Dr. PreetamKhandelwal, Professor at Faculty of Management Sciences, Delhi University, held later in the month. The following semester began on an exciting note as Ms. Anusha Arora, an alumna of Psychology department engaged the final year students of the Psychology department on the topic of 'Substance Use and Abuse' on 1st August 2016.

Later in the month, Mrs. ManishaMisra, mother of a son with Asperger's Syndrome and daughter with dyslexia and depression addressed the students on 23rd August 2016. Mrs. Misra shared her experiences of being a mother of children with special needs. In the month of September, the department organized an educational trip for the students of 3rd year from 23rd September to 27th to McLeodganj, Dharamshala. Accompanied by three faculty members, the students thoroughly enjoyed the 3-day trip to the hill-station that included a day visit to Kunphen an NGO, trekking and local sightseeing.

Throughout the semester, the department also organized a number of short interactions between final year students and alumni of the department, currently studying at reputed Indian and International universities. The alumni were able to share their experiences and address a number of career related questions and doubts of students. Finally, the semester ended with Dr. AmeetaParsuram, Associate Professor, Jesus & Mary College and also a clinical psychologist, engaging the students in an intellectually stimulating lecture followed by a question and answer session on the enigmatic condition of Dissociative Identity Disorder.

The current semester began with a unique one-hour long 'Skype lecture'. In the talk held on 12th January 2017, Aleksandr Chandra addressed the students from New York, USA. Mr. Chandra who self identifies as queer and mixed-race (half Indian) spoke about psychologists and their views on homosexuality. He helped in tracing the journey from when homosexuality was seen as a disease to present day when although no longer seen as a disease, homosexuality continues to be illegal and immoral in many countries including India.

PSYCHOGENESIS 2017: ANNUAL EVENT OF PSYCHOLOGY DEPARTMENT DEMYSTIFYING FEMINISM: FEMINISM FOR EVERYBODY

Psychogenesis held on 7th March 2017 was dedicated to sensitize the students on issues of gender and feminism. The theme of the event was, 'Demystifying Feminism: Feminism for everybody'. In the morning session, Professor Gopa Bhardwaj, Dean of School of Humanities and Social Sciences, Galgotias University and Professor AngomchaBimolAkoijam, Associate Professor at the Centre for Study of Social Systems, School of Social Sciences, Jawaharlal Nehru University delivered an enlightening and insightful discussion on Feminism and its importance in society.

TALK: SCHOOL COUNSELLING

Ms.AshimaVerma Senior school counsellor at The Air Force School, Subroto Park addressed the final year students regarding the challenges of school counseling on 4th March 2017.

TALK: THE EVOLUTION AND RELEVANCE OF DIGITAL LEARNING IN NEW WORLD

Mr.Aman Deep Dubey, a learning strategist and a consultant addressed the students on 3rd March 2017 regarding the skills needed by learning professionals. He engaged them in fun and educational activities to impart skills required to succeed in corporate sector.

TALK: SAVING THE WORLD THROUGH OBSERVATIONAL METHODS

Professor Andy Grayson of Nottingham Trent University addressed the students of the department on 31st March 2017. In an hour-long lecture, Professor Grayson discussed about the role of observational research methods and the importance of evidence-based reasoning.

TALK: THEORY TO PRACTICALITY: JOURNEY OF A CLINICAL PSYCHOLOGIST

Mrs.MridulJagota, clinical psychologist at Cosmos Delhi Psychiatric Center addressed the students on 19th April 2017. The talk was organised so as to provide students with information regarding the experiences and challenges of a clinical psychologist. The speaker shared her personal experiences and several cases to orient students to illustrate the gap students often experience between theory and practice in the field.