

Report (2019)

The department of Psychology, organized the screening of the film “Anoocharito” (Bengali: অনুচ্চারিত, “Unuttered” in English) and a discussion session with its Director, Mr. Sourav Sarkar on 28th of August, 2019. The students were an engaging audience and Mr. Sarkar was happy to answer all of their queries. Childhood protection in the family is one of the most sensible and important topics of concern. Family is the first place where a child learns, which shapes his future. Dysfunctional family distorts the mental health of the child and often has serious health hazards. One should be very careful and responsible about their child’s mental health and make sure they create a safe and nurturing environment for the child to learn and grow. “Anoocharito” is being exhibited/archived at schools of different community development blocks of Government of West Bengal. The discussion of the film is being utilized for conscience building of the higher secondary students of different community development blocks all over the country. The Department Freshers’ was organized on 29th August, 2019. This was done for the purpose of making the first year students of the Psychology Department feel welcome to college. It was a fun-filled afternoon wherein an orientation was given to the students. Several games and activities were undertaken for the same. The theme was 90s Bollywood. In an interactive session on Human Resource Management with KPMG, Ms. Divya Purang, shared her valuable insights about the scope of psychology in organizations. The session was very helpful, as many of the students, aspire to enter the organization force, but were unaware about the processes and opportunities in this field. The session was very interactive, where students put forward questions and inhibitions regarding the field of HR. Many of the misconceptions and stereotypes regarding this profession were broken. The session was very productive and at the end of the day, they were filled with optimism and a better understanding about the future opportunities and career options for an informed decision in the future. The students of Psychology Department organized a special function on Teachers Day on 5th September, 2019. The dress code for teachers was ‘Ravishing Red’ and all were dressed up in different shades of red with tremendous grace and formality. On 12th September, 2019 the Psychology Department organized a seminar on Community Mental Health in the New Seminar room. The seminar was headed by Achira Chatterjee who has a lot of experience on the issue of mental health. The talk was a very interactive session between the speaker and the students. She made a great effort in trying to make everyone comfortable and create a safe environment for the students to share their thoughts. A seminar was organized on Women’s Health on 26th September, 2019 addressed by Dr. Rahul Manchanda, Gynae Endoscopic Surgeon. It was extremely helpful and informative for all the students as they got the opportunity to get immense knowledge about reproductive health, and how to take care of oneself. A Yellow Silent March for Suicide Prevention was organized on 30th September, 2019 to raise awareness about mental health issues in consonance with WHO’s theme of Suicide Prevention. This was done to mobilize efforts in support of mental health issues. On 18th October, 2019 the Psychology Department organized a panel discussion with diverse perspectives on Suicide Prevention. This was in continuation of the earlier event (i.e., silent march) to raise awareness about mental health issues. The panel discussion was headed by three strong women, Madhu Surya (Educator at Light Up [EMF]), Jigyasa Tandon (Founder of PSY - Fi) and Dr. Nilya Dutt (Counselling Psychologist). A talk was organized on Understanding Eating Disorders on 23rd October, 2019. It was given by Asmita Sharma and Prachi Akhavi. It was an effort to understand Eating Disorders in a socially and culturally relevant manner along with making the conversation accessible.