

## **Annual Report of Department of Psychology, 2015-16.**

### **Disha, Psychology Study Circle Activities:**

1. **10<sup>th</sup> July 2015, Group Discussion on ‘Self’**, Introduction of Disha to new members. The Disha group members welcomed and oriented new members to the activities of the group. The students gave brief introductions about themselves and what they did in Disha. The students discussed about their identities.
2. **13<sup>th</sup> July 2015, Talk on ‘Cultural Psychology’ by Dr. Sunil Bhatia**, Professor & Chair, Human Development Department, Connecticut College, U.S.A. Dr. Bhatia spoke about his work in Cultural Psychology; the students eagerly participated in the discussions, asked questions and enjoyed the talk.
3. **‘Careers in Psychology- Research’ By Sachin Shinde**. Alumnus of our college Sachin Shinde spoke to the students about his experience in the field of research. The students related to him and were inspired by his struggle, journey and achievements.
4. **Presentation on ‘Why we hate studying and How to Improve Study Skills’ by Dr. Suvarna Bobade**: The students first discussed their attitude towards studying and the reasons they hate to study followed by study skills tips given by Dr. Suvarna Bobade.
5. **World Suicide Prevention Day and World Mental Health Day**: Meaningful notices were displayed on 10 September and 10 October to spread awareness.
6. **8<sup>TH</sup> JAN 2016- Release of the Kaleidoscope Magazine Volume VIII** on the theme ‘Media and Psychology.’ There was a panel discussion with Mr. Nikhil Khaire who runs an advertisement firm. Our Chief Guest was Dr. Bharat Bhushan, Dean Academics YASHADA. He spoke about the linkages between media, communications and Social Science, especially Psychology. The students hosted the release function and brought out the colourful and interesting magazine, Kaleidoscope.

7. **28<sup>th</sup> JAN 2016, Group Discussion on Confidence** Students with the help of the Disha co-coordinators had a group discussion on the concept of Confidence, its meaning, why sometimes we lack it and how it can be developed.
  
8. **29<sup>th</sup> JAN 2016 Visit to Women's Studies Centre, SPPU** The faculty members accompanied the students to the Women's studies centre at the University. The faculty member of Women's Studies first showed us a short documentary on 'All pervasive Violence', followed by a discussion on the film. She also gave students information on Gender Studies as a discipline. The students participated in the discussions and showed interest in the new subject. They also visited the library.
  
9. **17 February attending a talk by a Gender Historian V Geetha in Women's Studies Centre, SPPU:** Twelve students and HOD, Psychology attended a talk on Marriage, Market and State.
  
  
  
  
  
  
  
  
  
  
10. **27<sup>th</sup> FEB 2016 Talk on Sexuality and LGBT Issues by Shruti Vaidya:** The Resource Person explained the history, politics, psychological issues faced by the community. She also highlighted the legal battle, the intersections of caste, class, religion for the community and the challenges that lie ahead. This was followed by a Q & A session.
  
  
  
  
  
  
  
  
  
  
11. **3<sup>rd</sup> March 2016 Talk by Purva Sahastrabudhe on Studying Psychology in UK:** Purva gave a talk on her experience of doing her Master's in Research in Psychology in the UK. She spoke about the methods of education there, the benefits and struggles and answered questions from the students.

## **DEPARTMENTAL ACTIVITIES**

**Classroom activities:** Group discussions, role plays, group work, presentations, assignments, quiz, collection of news- paper item on themes of Psychology and notice board displays on relevant themes was done throughout the year.

1. **16<sup>th</sup> September, 2015, PSYWORLD:** To commemorate the completion of 100 years of Psychology in India, the Department had a Psychology fair titled PSYWORLD. The primary objective was to create awareness among the students and faculty about the world of psychology and put forward before them different aspects that the subject encompasses. The stalls put up for the event were drawing test, where students analyzed personality traits based on the figures that people drew. There were power point presentations on the topics Debunking Myths about Psychological Counseling and Debunking Myths about Mental Disorders with an aim to dispel myths. A handwriting analysis counter was arranged where the students and faculty could get their personality analysed through their handwriting. The meditation corner helped the visitors experience in brief what meditation is about. An initiative by a student, the micro expression gallery included pictures of some students depicting different expressions. PsyWorld was attended by about 215 students and 25 members of the faculty. The feedback received for the event was positive, encouraging and overwhelming.
2. **Participation in Anubhuti, the Science Exhibition:** SYBA Psychology students gave presentations on the topics Debunking Myths about Psychological Counseling and Debunking Myths about Mental Disorders in the Science Exhibition.
3. **Participation in Inter collegiate Photography competition:** Prithvi Bhushan, Shaantanu Kulkarni and Indrajeet Bhosale participated in this competition.
4. **1<sup>st</sup> March 2016 Parent Meet** An interactive meet was organized by the Department inviting the parents of the SYBA special students to visit the college. The faculty spoke about the subject matter of Psychology, the activities taken up by the Department and the involvement of the students. The Parents enjoyed this activity and thanked the Department for organizing the activity.
5. **8<sup>th</sup> March, International Women's Day Rally-** Students of SYBA along with the HOD attended the Rally held on the occasion of International Women's Day.

6. **18<sup>th</sup> and 19<sup>th</sup> March, Visit to Babu Trust-** The faculty members along with two students attended the Dissemination Meet on Research, community Work and Campaigns organized by Babu Trust, a national organization working on mental health.

7. **Students' Achievements :**

- i. **6<sup>th</sup> JAN 2016- Young Psychologist Award, Christ University, Bengaluru.** The papers of three of the SYBA Psychology Special students were selected from among a hundred entries for the national competition held at Christ University. Our students, Pritvi Bhushan, Sonika Sharma and Shivani Vani made it to the top 16 and travelled to Bengaluru to present their paper. Sonika Sharma won the **First prize** and the title the **Young Psychologist of the Year**.
- ii. **8<sup>th</sup> and 9<sup>th</sup> March, 2016, Chikitsa, Women's Study Center, SPPU-** Three of the SYBA Psychology special students: Shivani Vani, Sonika Sharma and Hemant Raghunauth presented papers on the topic 'Shadi ka Panchnama' a National Paper reading competition. Their papers were shortlisted in the final 30 papers among 200 papers from all over India.
- iii. **Hemant Raghunauth** was shortlisted as a finalist for Best Student competition. He also participated in the national ICCR event at Mumbai

**Individual Reports:**

**Dr. Sadhana Natu:**

**Honours:** (March, 2016) Chief Guest for International Women's Day at a Multinational company, Principal Global Services. Spoke on the topic 'What is the real meaning of Empowerment?'

(August 2015) Judge at a District Elocution competition organized by Susgaon Tarun Mandal

**Research Guide:** for MPhil and PhD in Psychology at Savitribai Phule Pune University

**Expert:** Member, Local Inquiry Committee for approval of BSc. Psychology at Loknete Hire College, Nashik

Invited Faculty for Masters Diploma in Higher Education Andragogy, Symbiosis International University

Evaluator for MA, MPhil and PhD in Psychology for Indira Gandhi National Open University

**Resource Person:**

(September 2016) Modern College of Engineering under Quality Improvement programme of SPPU. Spoke on Personal and Professional Life Management Skills for girls.

(November 2016) Babasaheb Ambedkar Research and Training Institute, Pune. Conducted a workshop for MPhil and PhD students of Social Science on Research Methodology

(February 2016) Women's Studies Centre Allahabad, University. Spoke on Gender analysis in Social Sciences

**Linkages:**

Mc Graw Hill International Publications: was invited to participate in an online survey on new learning resource material for psychology and also in live research through a webinar on creating new resource material.

**Conference:**

(February, 2016) Convened and Chaired an Invited Symposium on Integrating Psychology and other Social Sciences to understand Gender issues at National Academy of Psychology, twenty fifth Annual Convention at Allahabad University

**Publications:**

'College Mental Health: The Disha Experience', MFC Bulletin

'Youth and Mental Health: Urban, Rural and Fringe reality' in proceedings of National Conference on Urban Inequalities, Siddhivinayak College, ISBN 978 81 931444 0 4

Youth Suicides in Purandar Taluka, Pune District; an exploratory Study , ISBN 978 93 81352 06 9 , 2015, MASUM publications

**Consultancy:**

On- going – External Expert on ICC of Principal Global Services, a multinational company

Project Advisory Committee of MASUM a gender, health and rights based research organization

**Nashome Crasto:** Participated in poster presentation held at the National Academy of Psychology Conference held at Allahabad.

Dr Sadhana Natu

Associate Professor and Head

Department of Psychology