

## DEPARTMENT OF PSYCHOLOGY

### ANNUAL REPORT 2017-2018

**Disha Group Discussions:** Six group discussions were held throughout the year on the following topics : ‘How to Focus and Prioritize your Goals’, ‘Challenges in Communicating in English’, ‘Anxieties, Worries and Troubles’, ‘Social Issues in the Present Context’, ‘Young adults, family and relatives’ and ‘Struggles of living away from family’. Each discussion was attended by 30 to 40 students who eagerly participated in the discussion.

**Disha Public Lectures:** Lectures were held on topics such as, ‘Diet, Fitness and Menstrual Health’ , by Dr. Sonali Talavalikar, ‘How to use E resources in Research in Psychology’, by Librarian, Sangeeta Dhamdhere, ‘Encouraging Reading Skills’ and ‘Understanding Feminism’ by Dr. Sadhana Natu . Amelia Ubesie, Doctoral Candidate from Penn State University, USA, gave a presentation on her Research Study about the activities of the Department of Psychology and her experience of interacting with the faculty and students.

**Three Day Workshop titled ‘Releshani’ by Dr. Mohan Des from Arogya Bhan, 28<sup>th</sup> Aug to 30<sup>th</sup> Aug, 2017:** Dr. Mohan Des, Social Activist conducted an intensive workshop addressing the topic of Relationships. The student turnout was huge and the response from the students was very good.

**PSY WORLD III, 19<sup>th</sup> Sept, 2017:** PSY WORLD III was inaugurated by Prof. B. R. Shejwal, Former Head, Department of Psychology, SPPU. There were many stalls, activities and Poster Presentations as well as PPT presentations. 277 students and 15 staff members attended the event.

**Release of Kaleidoscope, 15<sup>th</sup> Dec, 2018:** Dr. Sachin Shinde, PhD from London School of Tropical Medicine and Health and also an alumnus of the college released the magazine. He spoke to the students about the importance of writing and scientific writing.

**Release of Mind Scape Volume II, 29<sup>th</sup> July, 2017:** The student research compendium was released. It included ten research papers of students who have presented at various conferences such as: Chikitsa, National Academy of Psychology Conference and Christ University, Young Psychologist Competition.

**Public Lecture on the topic ‘Women in Kathak’ by Avantika Shukla, Wardha University:** The Women’s Studies Center, SPPU and the Department collaborated to conduct this lecture.

**Umeed:** The college community mental health program was conducted thrice in the year for library staff, peons and also security staff. The sessions were on **Self Care:** which includes diet and food habits, exercise, discussion on hobbies and relaxation techniques. The response from the participants was that they enjoyed the session, it was informative and helpful

**Suicide Prevention Awareness Drive:** On 10 September, 2017, World Suicide Prevention Day, the students of the Department undertook a drive where they visited each and every classroom and the college campus, displaying posters and spreading awareness about suicide prevention.

**State Mental Health Workshop:** The Department was a part of the Core Committee Members for planning and executing the Two Day workshop. Dr. Sadhana Natu and Dr. Suvarna Bobade made presentations and there was a stall about the Department's Peer Support Group- Disha.

**Skill development Course (2<sup>nd</sup> batch),** titled 'Skills in Psycho Social Counseling for Community Work' was conducted in collaboration with Bapu Trust, Pune. There were 34 participants.

**Gender and Development** an UG Certificate course was conducted in collaboration with Women's Studies Center, SPPU. 21 students were enrolled in the course.

**Psychology Quiz Master Mind** was conducted during Yuva Saptha, 09<sup>th</sup> January, 2018.

**Koshish Internship-** In May 2017, 25 students interned in seven different organizations for the entire month. In October- November 2017, 21 students participated in the internship program for 15 days. Five organizations gave this opportunity to the students.

**MOU was signed with Directorate of Symbiosis Schools:** This was implemented in the form of an internship program where two students of TYBA were shadowing the School Counselor at Symbiosis Police Public School for 6 months each.

**Visit from Department of Psychology, PDEA'S Waghire College, Saswad.:** 20 students and Sangeeta Devkar ( faculty member) visited our department to get an exposure to all the activities that are conducted by the Department. They interacted with the students and Faculty members and were inspired to take up such initiatives in their department.

**International Women's Day:** A discussion was held with students about their ideas of celebrating Women's Day and the history and relevance of celebrating International Women's Day.

### **Student Research:**

1. National Academy of Psychology Conference at IIT Kharagpur, 29<sup>th</sup> Dec, 2017: Four students presented papers and posters.
2. Christ University, Young Psychologist Competition and Under Graduate Conference: Eight groups of students submitted abstracts and four groups attended and presented papers and posters.
3. Chikitsa, National Conference of Women's Studies Center, SPPU. Five groups of students submitted abstracts and two groups were selected and presented their papers.

**Euphoria:** Is an activity where themes and concepts in Psychology can be expressed creatively in the form of singing, dancing, poetry, art and much more. This year the theme was 'Love, Anti Love and all types of Love.' 20 students participated in this initiative and 80 students attended.

### **Student achievements:**

#### **Academic:**

- Hemant Raghoonauth stood first in TYBA, Indrajeet Bhosale stood second in TYBA.
- Vasudha Parkhi stood first in SYBA.
- Simran Alekar, Sanjana Pugalia, Prajakta Deshpande and Vasudha Parkhi presented papers at National Academy of Psychology Conference at IIT Kharagpur.
- Songayun Ragui and Jasleen Kaur presented a paper at Young Psychologist Competition, Christ University, Bengaluru.
- Ishitta Shinde, Prasad Balwadkar, Ajit Manikanna and Revathy Varma did poster presentation at Undergraduate Conference, Christ University, Bengaluru.
- Simran Alekar, Sanjana Pugalia, Prajakta Deshpande, Niyati Gaur, Abhinay Kamble and Gaurav Kamble presented papers at Chikitsa, Women's Studies Conference, SPPU.

**Progression:** From the Batch that passed out in 2017, 19 out of 24 students are continuing in a Master's programme. Shivani Vani is doing a Master's Program in University of Glasgow, U.K. Five students are employed.

**Sports:** James Thomas: Silver Medal in Intercollegiate Boxing Championship and Inter Zonal Boxing Championship.

**NCC:** Second Year Psychology Special student Saivibhuti Patil was a part of the Cultural Program at the Republic Day Parade.

**Placement** – Megha Pardhesi got placed through the College Placement Cell at **Tata Consultancy Services**. Kamakshi Joshi worked with **R.J. Deshmukh Press**.

### **Individual Reports**

**Dr. Sadhana Natu**

#### **Resource Person:**

1. July 2017 Conducted a Workshop on 'Goal Setting and Prioritizing' for students of MA Sociology, SPPU.
2. September 2017 Conducted a Workshop on 'Use of Psychology in Participative Pedagogies' for Faculty members of Sociology of various colleges and universities at Department of Sociology, SPPU

3. October 2017 Conducted a Session on 'Psychology of Violence' for researchers, students and activists at SPPU. It was organized by Phule Shahu Ambedkarite Students Organization
4. March 2018 Conducted a Session on my research project 'Youth Suicide in Purandar Taluka, Pune district and Exploratory study' in a National Research Workshop organized by MASUM
5. March 2018 Conducted a Session on 'Psychology at the grassroots and for the marginalized' for researchers and activists of Stree Mukti Sanghatana, Pune

### **Consultancy:**

- A) POSH Committee External Expert in PGS Multi-national Company
- B) IGNOU Evaluator

### **Conferences:**

**National:** Led a Symposium on 'Youth and Mental Health: New and Critical Perspectives', Conducted a Pre-Conference Workshop on 'Use of Gender Analysis in Psychology Research' and Chaired a Paper Reading Session at the XXVII Annual Conference of National Academy of Psychology held at IIT, Kharagpur in December 2017

**State:** October 2017 Spoke on 'Psychosocial Perspective in Mental Health' and 'Need for Critical Analysis of Counseling Courses and building a Community Mental Health Perspective' at State Mental Health Conference organized by Disability Commissioner, Govt. of Maharashtra in Pune.

**Regional:** November 2017 Attended a Workshop on Advanced Skills in Expert Work on POSH organized by POSH at Work a Lawyers and Psychologists Collective

**Editorial and Peer Review Work:** for one National Peer Reviewed Journal 'Psychology and Developing Societies' and one International Peer Reviewed Journal 'Annual Review of Critical Psychology'

**Research Guide:** Two Ph.D. students Smita Kulkarni and Silvia Fernandes completed their work under me. Guidance to all the students who presented papers at three national workshops

**Coordination Committee Work at State Mental Health Workshop:** Member of Coordination Committee

**Subject Expert for SPPU:** for Interviews of MPhil and Ph.D. Women's Studies

**Mentoring:** of Amelia Ubesie, Ph.D. student of Public Health, Pennsylvania State University, USA for one month July 2017. She conducted a study on our activities, made a presentation about it and is writing a paper based on the study. This was an international initiative of Pan University Network in Global Health, SPPU

**Coordinator:** Organized and Coordinated a Faculty Development Program consisting of 9 sessions at College level sponsored by University Grants Commission, New Delhi.

**Ms. Nashome Crasto**

- Attended State Mental Health Conference organized by Disability Commissioner, Govt. of Maharashtra in Pune.
- Attended State Level Seminar on Literature, Language and Innovations.
- Coordinated Undergraduate Women's Studies Course conducted in the college.
- Coordinated Skill development Course run by the department.

**Ms. Swati Jagtap**

- Attended State Level Seminar on Literature, Language and Innovations.
- Coordinated Undergraduate Women's Studies Course conducted in the college.

Dr. Sadhana Natu  
Associate Professor and Head  
Department of Psychology