

Department of Psychology Annual Report 2020-2021

The Department of Psychology had a productive year despite the challenges of online teaching. Listed below are the activities conducted:

Induction Program: Staff members from the Department of Psychology conducted a session on 'Mental Health and Counselling Services offered by the College' for Induction Programs across Faculties of the College. The Department also conducted an in-house induction for students of Psychology special and MA Psychology.

Program for all staff: 7 July 2020 A session title 'Mental Health Care and Decoding Student's mental health against the backdrop of COVID 19' was conducted for staff by Dr Sadhana Natu.

Release of Mind Scape Research Compendium: Papers written by students are published every year and this year the Fifth Volume was released at the hands of Principal Dr Sanjay Kharat, on 14th Aug 2020. Students had presented these papers at various national conferences.

DISHA, Psychology Study Circle: Under the Disha activity group discussion on various topics were conducted. The activities were conducted on virtual platforms and attended by current as well as past students. Some of the topics discussed are listed below:

14th Aug 2020- Freedoms Lost during COVID times. 150 participants.

29th Sep 2020- Which way is Higher Education Heading? 95 participants.

9th Nov 2020- Structural and Gendered Violence: Inequalities and Injustice- 85 participants

4th Jan 2021- Remembering Savitribai Phule: Tracing meanings and mis meanings of Feminism

World Suicide Prevention Day- 10th September was commemorated in a unique way with students making E Posters on the theme 'Suicide is Preventable'. A representative from Connecting NGO spoke about raising the Awareness on Suicide Prevention.

World Mental Health Day- 10th October, A Google form was sent out to students to fill out their queries and concerns regarding Mental Health. Dr Sadhana Natu addressed those concerns and the queries on Google Meet.

Release of Kaleidoscope Volume XIII, 29th Jan 2021- The theme for Kaleidoscope this year was COVID 19 Crisis- Ringside View of Human Psychology. Students contributed to thematic sections about their experiences of dealing with the Pandemic. The volume was released online at the hands of Principal Dr Sanjay Kharat.

Careers in Psychology- Three sessions were held under the activity Careers in Psychology. On 6th March 2021 Alumni of the Department, Sqn Leader Vaishnavi Tokekar, Hemant Rughoonath (Erasmus Mundus Scholarship Winner) and Shantanu Kulkarni (Sports Psychologist) spoke about their journey in their respective fields. Dr Sadhana Natu conducted two more sessions for TY and MA Part II students titled Careers after BA and Careers after MA, Psychology.

UMMEED- On 21st January, 2021 staff members of Department of Psychology conducted a workshop with 40 Peons of the college on the importance of Mental Health

KHOJ Encouraging Undergraduate Research- This year the students were presented with the topic Generation Z and asked to write about different areas of Interest. 5 sessions were held in the year to orient the students with research writing. Around 20 students have written papers with the help of guidance given under Khoj.

KOSHISH Internship Program- This year 11 students from PG and 13 students from UG are interning at different organizations like Doorstep School, School for Development, Sathi Haath Badhana, Bebaak Collective, Eklavya and CIMH.

MASTERMIND QUIZ- As a part of Yuva Saptaha a quiz was conducted based on Psychological Concepts. The first round was attempted by 110 participants. Four rounds were conducted virtually, and the winners were declared.

Masculinities and Mardangi in Asia- Five Students participated in a Focused Group Discussion conducted by Asia Foundation and Men Against Violence and Abuse on 16th March 2021.

IN HOUSE TRAINING- Dr Sadhana Natu conducted 3 training sessions for staff members.

UNDERGRADUATE CONFERENCE- A virtual conference on the theme Generation Z was held to give student researchers a chance to present their papers.

ALUMNI ACHIEVEMENTS- Few students who got placed are Vasudha Parkhi- Brainberg, Sanjana Pugalia- Sathi Haath Badhana, Revathy Varma- Trust Center for Mindful Living, Simran Alekar- Brainability Autism and ADHD Centre, Dipak Sable- Talathi in Taluka Akole, Ananya Sankarambadi has been selected for a Graduate Program at University of Lille, France.

Research Project: A self-funded research was conducted titled 'Exploring COVID 19 related Distress: A Mixed Approach'. Dr Sadhana Natu led the team as Principal Investigator. The team consisted of Nashome Crasto, Adwaita Deshmukh and MA students Ishitta Shinde and Apurva Sapkal. The paper published on the study has been published in the Journal of Psychosocial Research.

Individual Reports and Achievements

Dr Sadhana Natu

Resource Person

1. 16 June 2020 VMWare Software Company - Topic 'Sensitization to Gender Spectrum' for Senior Managers
2. 29 June 2020 Sama Women and Health Resource Group, New Delhi – Topic 'Inequalities and Mental Health'
3. 4 July 2020 Musalsal Discussion Group – Topic 'Decoding Mental Health'
4. 16 July Nari Samata Manch – 'Impact of COVID on psychosocial health'

5. 6 August Erawadi Day for Bapu Trust on Mind and Discourse on 'Importance of Intersectionality in mental health'
6. 28 August Psy lens Surat 'Careers in Psychology: Social Psychology'
7. 18 September 2020 VMWare Software- Topic Sensitization to Gender Spectrum for Senior Managers
8. 12 October SSLA Sociology of Health
9. 22 October 2020 VMWare Software- Topic Sensitization to Gender Spectrum for Senior Managers
10. 27 October 2020 NCW Maulana Azad College National Conference Resource Person
Topic: Mental Health and Well Being of Women at the Workplace
11. 1 March 2021 FDP Course Resource Person on 'Ethics in Social Science Research and Feminist Research Methodology', Tarabai Shinde Women's Studies Centre, Babasaheb Ambedkar Marathwada University, Aurangabad
12. 8 March 2021 TC College Baramati 'Relevance of International Women's Day and Women and mental health'
13. 10-12 March 2021 Faculty Development Program Module on Gynagogy and effective teaching for professors at Symbiosis International University
14. 27 March Matters That Matter, Resource Person on Gender Bias
15. 10 June Bebak Collective, Mumbai, spoke on 'Women and mental health: challenges during COVID19 first and second wave.

Consultancy and Expert

Leadership For Equity, Prevention of Sexual Harassment Committee

26 March 2021 Siddhivinayak College LIC Subject Expert

28 May 2021 MIT WPU Subject Expert for Selection Interviews of Psychology faculty

June 2021 Selected a Chairperson of Syllabus framing Committee of BA (Interdisciplinary Liberal Arts) of Qatar Campus, Dubai, of Savitribai Phule Pune University.

Editorial and Peer Review Work

Psychological Studies 5 papers

Confluence Journal Symbiosis Centre of Liberal Arts

Indian Journal of Medical Ethics

Research Work and Guidance

4 PhD students: Sumita Chavare and Nandini Thatte have submitted their thesis and 2 are continuing with their work.

6 MA students were guided for MA dissertation project.

Anika Khandekar was guided for a research project on Sexuality Education.

Research Project on COVID Distress completed with Dr Natu leading the project.

Member, Research Advisory Committee of Women's Studies Centre, Savitribai Phule Pune University.

Member, Research Advisory Committee Leadership for Equity

Conferences

1. 27 October 2020 Resource Person National Conference Maulana Azad College and National Commission for Women. Spoke on Mental Health and Well Being of Women at the Workplace
2. 19 March 2021 Adwaita Deshmukh and Dr Sadhana Natu presented a paper titled 'OCB and Indian parameters' at National Online Conference NAOP organized by IIT Kharagpur.
3. 10 June 2021 attended World Health Organization Mental Health Division, online meet on 'Quality Rights in Mental Health'.

Extension

Contributed to the relief work of several Civil Society Organizations in the pandemic. Prepared a video on Mental Health Self Care for police officials of Sindhurg district.

Publications

1. Lockdown te Unlock: Streeyanche Manasik Arogya in punhasrtiuvach.blogspot.com, July 2020.
2. COVID and Crisis of Care: Feminist Psychological View in miloonsrayajani.in, August 2020
3. Viewing Death from the Front Row: Exploring Doctors' View of Death in the Age of Chronic Conditions, Terminal Illnesses and Varied Mortal Fears. Nandini Thatte, Dr Sadhana Natu, *IOSR Journal of Humanities and Social Science (IOSR-JHSS) Volume 25, Issue 3, Series. 8 (March. 2020) 56-60 e-ISSN: 2279-0837, p-ISSN: 2279-0845.*
www.iosrjournals.org
4. Life of Indian Women with Rheumatoid Arthritis: A Qualitative Study Sumita Chavare, Dr Sadhana Natu *IOSR Journal of Humanities and Social Science (IOSR-JHSS) Volume 25, Issue 3, Series. 5 (March. 2020) 01-12 e-ISSN: 2279-0837, p-ISSN: 2279-0845.*
www.iosrjournals.org DOI: 10.9790/0837-2503050112 www.iosrjournals.org

5. 'Exploring COVID 19 related Distress: A Mixed Methods Approach' in Journal of Psychosocial Research, New Delhi Jan- June 2021
6. 'Tracing Organizational Citizenship Behaviour Across Disciplines' Deshmukh A, Natu, S in Dnyanamay, Oct 2019- Jan 2020, ISSN number 2395-7484.

Chapter in Springer Book

Disha: Building Bridges-Removing Barriers: Where Excluded and Privileged Young Adults Meet in *International Perspectives in Value- based Mental Health Practice: Case Studies and Commentaries*, Drozdstoy, Fulford et al (Eds.), Springer, International, December 2020.

Collaborative Work

Indian Association of Women's Studies Election Teller at Women's Studies Centre, Savitribai Phule Pune University.

Staff Members:

Nashome Crasto- Was part of a Project conducted by the Department of Psychology, 'Exploring COVID-19-related Distress: A Mixed Methods Approach'.

Completed a State Level Course in Basic Astronomy.

Swati Jagtap- Successfully qualified for SET Certification.

Dr Sadhana Natu

Associate Professor and Head

Dept. of Psychology