

Department of Psychology
Annual department report 2019-20

29th June: Diya John ex-student conducted a session on **Market research**



26th July: **Introductory session on NLP** by Anil Thomas for TYBA/SYBA students





31st July 2019: **Gender and Expression:** Viewing varied art forms through a gender Lens Organised by Sophia Centre for Women’s studies and development in collaboration with Fredrich Ebert Stiftung (FES) German foundation. Malvika Dixit presented a paper on changing face of gender in Indian Cinema

3rd August: **Drishti Symposium on Managing Diversity in the Classroom**, 20 students participated 16 SY 5 TY

S/M Class: **Movie Screening** of ‘My sisters Keeper’ for TYBA single majors and ‘Me Sindhutai Sapkal’ based on Theme of the year- An outstanding example of Personal responsibility. Followed by discussion on learnings from the film.

Class presentation, Peer learning



The Psychology department of Sophia Women's College celebrated its **'Psychology Fest'**, on 25 & 26th August 2019, in college from 11:20 to 3 p.m. The fest was composed of a dynamic array of events and activities, put together by the second- and third-year psychology students, through their various teams.

There were six varied teams covering different avenues of the psychology fest namely Team Mission Cognition, set up three stalls for mind boggling cognitive games, focusing on memory, attention and divergent thinking. The Team Literary and Performing arts held an open online blackout poetry event, the entries of which were put up on display during the fest, moreover they also set up two intriguing stalls focusing on self-expression, Team Bustlers focused on creating awareness about psychology through a debate and a quiz. Team Blissed Out focused on exploring themes of building a positive self-image and self-esteem through an art expression and dance movement therapy session. Team Creatives managed the décor for the fest along with their very own 'face painting stall'. Team Photography captured and documented all the various events throughout the day.





27th September 2019 **Session on Social research** by ex-student Ms. Feryl



28th November 2019 - **Session on “Emotional Intelligence: A secret ingredient for career Success”** by Dr. Harshada Mulay & Dr. Cyril Kadam from MasterMyLife EQ Education, Kalina Campus.



The Climate Change Committee which began in November 2019 as a student-led initiative working towards climate change awareness which was part of the Department of Psychology initiatives under the College theme of the year 2019-20 'Fostering Secularism and Social responsibility'

The objective of the dialogue among students Climate change. It is also climate-friendly practices the group launched with an Climate followed by a enabled them to delve implications at various

In January 2020 a 'Veganism as a viable



committee was to initiate on the crucial issue of attempting to bring on campus. In November introductory session on group discussion this deeper into the topic and its levels. debate was organised on option for sustainability'.

Presentation on Climate Change



Debate on Veganism

January also saw the introduction of the Get Your Mug (#GYM) campaign, which encouraged students to get their own reusable mugs to college. Various groups of students adopted this initiative leading to a marginal reduction in the use of single-use plastic /paper cups. On 29th February 2020, organised an insightful talk on 'Climate Change Impact and Individual Action' by Dr. Chirag Dhara from the Indian institute of tropical meteorology. Pune.



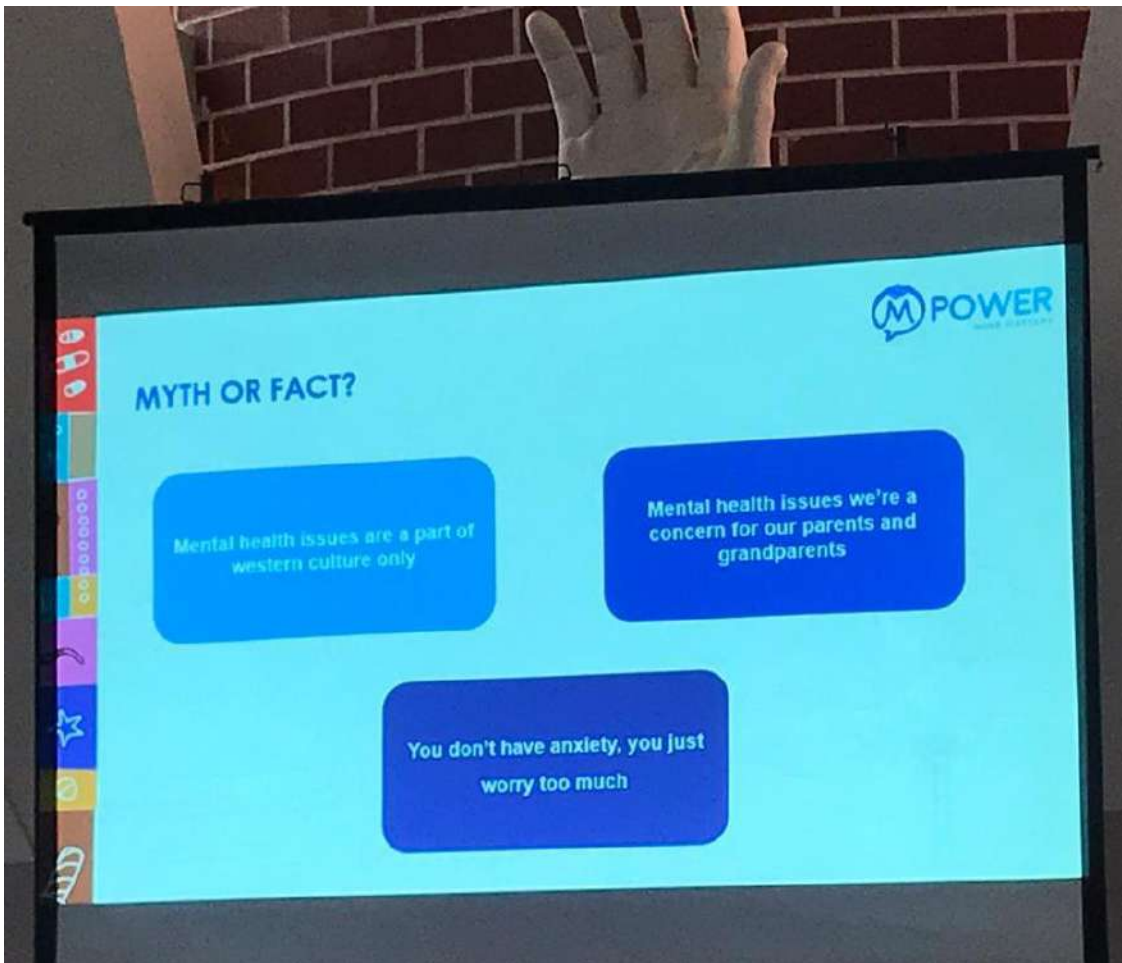


The group also started the paper collection drive in association with the NGO - Raddi connect, to recycle waste paper.



19th November Music & Mind Session on **Mental health awareness** by MPOWER in MPH from 11-12.45 attended by around 250 participants - **Ananya Activity**





Field trips

The students of the Department of Psychology, Sophia College for Women visited **Drishti Foundation at Andheri** on 25th January, 2020. Drishti is a social enterprise run by almost all women, focusing on the inclusion of children with various disabilities in the normal classroom. They have partnered with various private schools and professionals to impact mental health of each and every child in the school environment across different regional locations.



Field trip to Sophia Nursery school was conducting their annual exhibition on 13th Feb 2020 on Colours where pre-schoolers from various neighbouring schools were also invited to participate. 150 SYBA students attended this event and were enlightened about the fascinating and unique ways in which pre-schoolers were introduced to the concept of colours. They also had an opportunity to interact with the children and observe their participation in various activities. In all it was an enriching and informative session which the students enjoyed immensely.





ADD ON COURSE DEPARTMENT OF PSYCHOLOGY 2019-20
BASICS OF EMPATHETIC LISTENING IN VARIED SETTINGS

Purpose of the Course and Learning Outcomes Envisaged: To give students and understanding of and a hands-on exposure to the basics of listening/supportive skills. The course had input session comprising of around 30 hours. Sessions were conducted on Wednesdays & Saturdays from 16th November 2019 - 25th January 2020.





16th February - 18 students visited Pearl academy

9th March Trisha Daruwalla an ex-student Shared about her work in Synapsense with Shradha Shah, Work in neuropsychology, brain injury. Dementia, Assessment & Diagnosis



A guest lecture by Dr. Jagmeet Chawla was held in Room number 30 from 10:30 am to 11:30 am. This was organized by SSRI in collaboration with the Department of Psychology for second year psychology students. Dr. Chawala is a developmental paediatrician who now works in developmental psychology in her own institution at Bhopal called the Aadhaar Centre. She became more interested in the 'psychology' than the 'physiology' as she felt that mental development is much more important to be studied than physical development thus switched her focus from paediatrics' to psychology.

SYBA students conducted a **session on Play therapy** for the TYBA class in February 2020





Patricia

Sr. Patricia D'Souza
Head, Department of Psychology
Sophia College
March 2020