

Psychology Departmental Report 2023-24

Preliminary information

I) Department profile

Psychology is the scientific study of behavior and mental processes, based on research and the evidence gathered from observation, measurement and experimentation. It differs from the ‘pop psych’ found in self-help books, graphology, numerology, and astrology which also try to explain and predict behavior and offer solutions to problems. Psychology has been offered as a specialization at Sophia College since 1976 and is one of the most popular subjects offered at the degree level.

The Head of Department is Sr. Patricia D’Souza, along with two full time Assistant Professors - Ms. Simi Susan Shibu and Ms. Malvika Dixit and a part-time Assistant Professor - Ms. Lavanya Mohan.

II) Courses/Papers taught

- 1) FY Major -APSY111MJ/APSY122MJ - Psychology 101/102 (First year)
- 2) FY Minor - APSY111MN - Fundamentals of Psychology;
APSY122MN - Theories of Personality (First Year)
- 3) VSC - AVSC106 - Cognitive Approach to Positive Psychology;
AVSC206 - Emotion-focused and Interpersonal Approaches to Positive Psychology
(First Year)
- 4) Paper II - SBAPSY301/401 - Social Psychology (Second Year)
- 5) Paper III - SBAPSY302/402 - Developmental Psychology (Second Year)
- 6) Paper IV - SBAPSY501/601 - Psychological Testing and Statistics (Third Year)
- 7) Paper V - SBAPSY502/602 - Abnormal Psychology (Third Year)
- 8) Paper VI - SBAPSY503/603 - Industrial-Organizational Psychology (Third Year)
- 9) Paper VII - SBAPSY504/604 - Cognitive Psychology (Third Year)
- 10) Paper VIII - SBAPSY505/605 - Practicals (Third Year)
- 11) Paper IX - SBAPSY506/606 - Counseling Psychology (Third Year)

III) BOS composition:

Department of Psychology - BOS 2021-2024

● **VC Nominee**

Dr. Neeta Mehta
Head, Department of Psychology
V.G. Vaze College

● **Subject Expert I**

Dr. Nilesh Thakre
Head, Department of Psychology
SNDT Women's University

● **Subject Expert II**

Dr Cicilia Chettiar,
Head, Department of Psychology,
Maniben Nanavati Women's College

● **Representative from the Industry/Corporate Sector/Allied Area**

Dr. Smita Desai
Founder/ Director - Drishti

● **Postgraduate Meritorious Alumnus**

Deepika Bhandari
Co-founder, Dear Oliver Therapy Services

IV) Dates of BOS meetings:

Two meetings held online, one meeting held offline

- 10th BOS Meeting: 21st June, 2023 - 04:00 pm (online)
- 11th BOS Meeting: 18th October, 2023 - 02:00 pm (online)
- 12th BOS Meeting: 12th April, 2024 - 02:00 pm (Offline - AV Hall, Sophia College)

Report:

The Department conducted numerous activities in keeping with the Theme of the year '*Aspire, Acquire, Inspire*' and the goals of the college.

1. Activities Conducted by the department:

- **Art Therapy Session - 31st July, 2023 - AV Hall, Sophia College**
 - Number of staff members involved: Sr. Patricia D'Souza and Ms. Simi Susan Shibu
 - Number of students involved: 198 students (105 SYBA; 93 TYBA)
 - Guest/Speaker: *Facilitated by Ms. Sukrutee Bhosale*
 - Students introduced and exposed to the nuances of Art Therapy and utility of the same theoretically as well as with practical applications.



- **Preparing for Interviews - 9th August, 2023 - AV Hall, Sophia College**
 - Number of staff members involved: Sr. Patricia D'Souza and Ms. Malvika Dixit
 - Number of students involved: 133 student (89 - SYBA; 44 - TYBA)
 - Guest/Speaker: *Facilitated by Ms. Delice Mascarenhas*
 - The main intent was to increase students' proficiency in building and writing their resume and preparing themselves for interviews in the future.



- **Shanti aur Aman ke Liye Badhte Kadam: An Intercollegiate Event - 29th August, 2023**
- *Sophia Bhabha Auditorium, Sophia College*

- Number of staff members involved: *Organized by Department of Psychology, Sophia College in collaboration with Nirmala Niketan College of Social Work, Nirmala Niketan College of Home Science, Samanvaya and Students' Social Reform Initiative (SSRI) Club, Sophia College*
- Number of students involved: 396
- Panel Discussions on Ethnic and Communal Conflicts in India and Peace Initiatives with a multitude of experts encouraging discussions along the theme of the event.



- **Journeying Inwards through Movement and Dance (A Workshop) - 28th November, 2023** - *Multipurpose Hall, Sophia College*

- Number of staff members involved: Sr. Patricia D'Souza
- Number of students involved: 19 (TYBA)
- Guest/Speaker: *Facilitated by Sr. Charlotte Bastion*
- Students were exposed to various art forms and how the same could be applied to better their overall well-being with focus mainly on Movement and Dance



- **Rhythm and Resistance - 15th December, 2023 - Room. No: 30, Sophia College**

- Number of staff members involved: Sr. Patricia D'Souza, Ms. Simi Susan Shibu and Ms. Malvika Dixit
- Number of students involved: 20 (FYBA, SYBA & TYBA)
- Guest/Speaker: *Facilitated by Department of Psychology in collaboration with Students' Social Reform Initiative (SSRI)*
- An engaging discussion conducted evaluating the Legal, Political, Economic and Psychological Implications of the ongoing Palestine-Israel Conflict.



- **Leadership and You - 20th January, 2024 - AV Hall, Sophia College**
 Inter Departmental Activity - Department of Philosophy & Psychology
 → Number of staff members involved: Ms. Simi Susan Shibu and Ms. Malvika Dixit
 → Number of students involved: 70 (TYBA)
 → Guest/Speaker: *Facilitated by Shubh Mehta and Vidi Panwar (Change is Us) in association with Department of Philosophy, Sophia College*
 → An enriching experience where students were exposed to the 6 hats of Decision Making through simulated case scenarios and activities



- **Forensic Psychology & Criminology - 29th January, 2024 - Room No. 27.**
 → Number of staff members involved: Ms. Malvika Dixit
 → Number of students involved: 30 (TYBA)
 → Guest/Speaker: *Facilitated by Ms. Shreya Gosalia*
 → Students got an opportunity to know more about fields and careers in criminology and forensic psychology.



- **Joy of Volunteering - 22nd February, 2024 - AV Hall, Sophia College**
 → Number of staff members involved: Sr. Patricia D'Souza and Ms. Malvika Dixit

- Number of students involved: 69 (FYBA and TY Single Majors)
- Guest/Speaker: Facilitated by Sheetal Aggarwal and Nirmala Peters-Mehendale in association with Kindness Unlimited
- Students were enlightened about the importance of volunteering and how students can become prospective volunteers - focus on community building and self-development via volunteering



- **Text-Based Therapy - 11th March, 2024, Room 30**

- Number of staff members involved: Sr. Patricia D’Souza, Ms. Malvika Dixit and Ms. Lavanya Mohan
- Number of students involved: 49 (TYBA)
- Guest/Speaker: *Facilitated by Ms. Chinmayee*
- They were introduced to a new therapeutic modality, i.e. Text Based Therapy and the specifics of it.



Annual Ananya Event (2023-24)
Speed Reading Workshop (under the aegis of RUSA)
2nd February, 2024

- Number of staff members involved: Sr. Patricia D'Souza, Ms. Simi Susan Shibu and Ms. Malvika Dixit
- Number of students involved: 92 (FYBA, SYBA and TYBA)
- Guest/Speaker: *Facilitated by Dr. Hozefa Bhinderwala, Consultant Psychiatrist and Author of Speed Reading Books*
- An interactive, stimulating workshop that helped students evaluate their current reading speed and through the course of the workshop witnessed increasing it via use of innovative reading techniques building on speed as well as comprehension.



2. Field trips done by the department:

- **Film City Visit : 1st March 2024:** Sr Patricia D'Souza accompanied: 22 students of TYBA psychology for an educational field visit to the National Museum of Indian Cinema (NMIC).



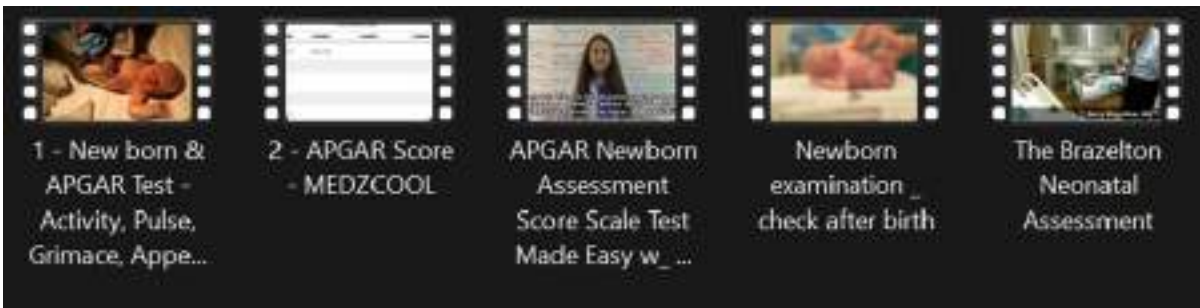
- **Visit to Institute of Psychological Health (IPH), Thane - 4th March, 2024**

→ Ms. Simi Susan Shibu accompanied: 63 students of TYBA psychology for an educational field visit to IPH, where they were exposed to the various rehabilitative activities conducted by the organization to cater to clients.

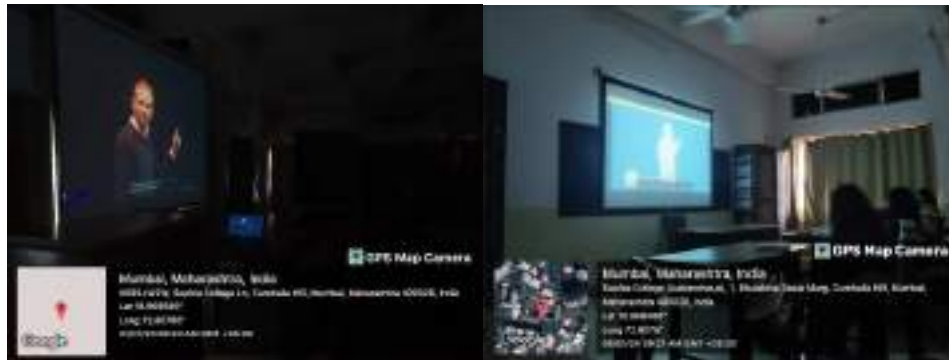


3. Special pedagogical tools used, other than the lecture method

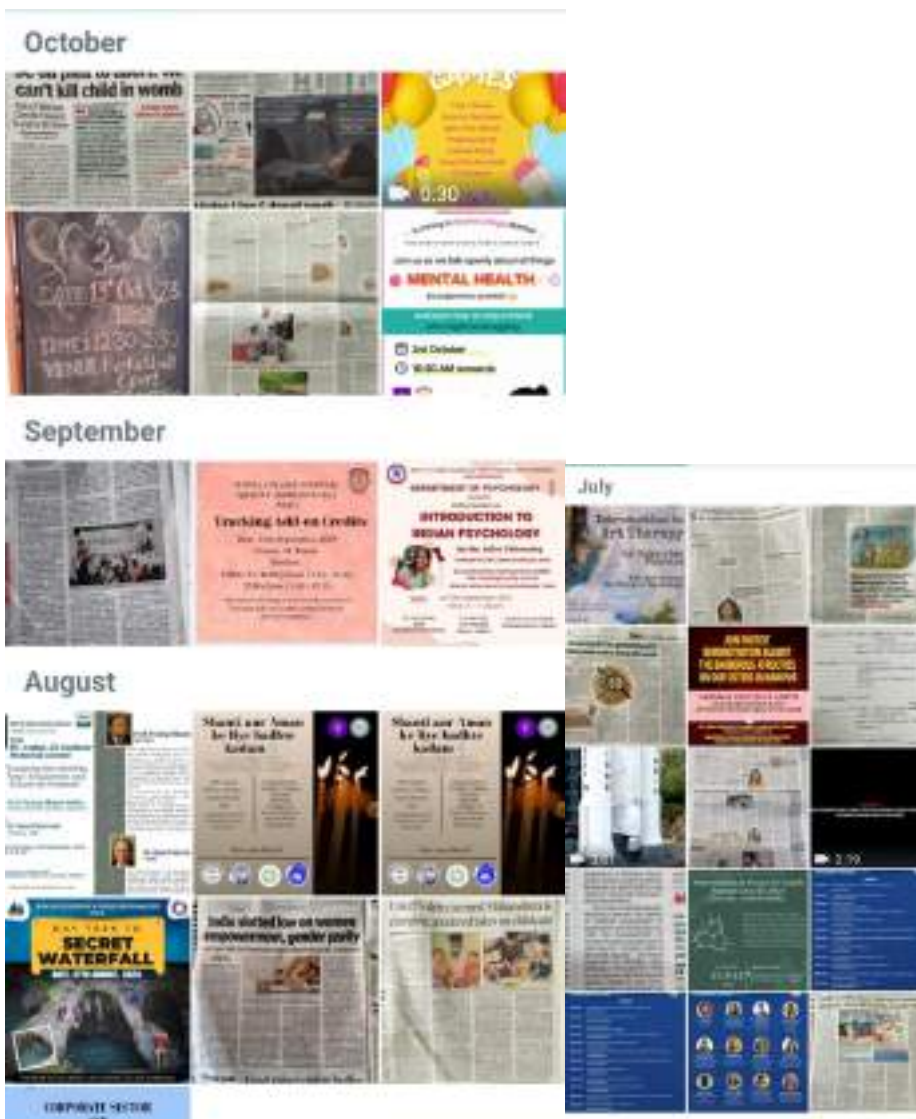
- **Use of PPT**



- YouTube Documentaries/Videos



- Sharing relevant newspaper articles



- Debates

Ecolife : Designer Babies 5th August 2023



- Peer Learning:

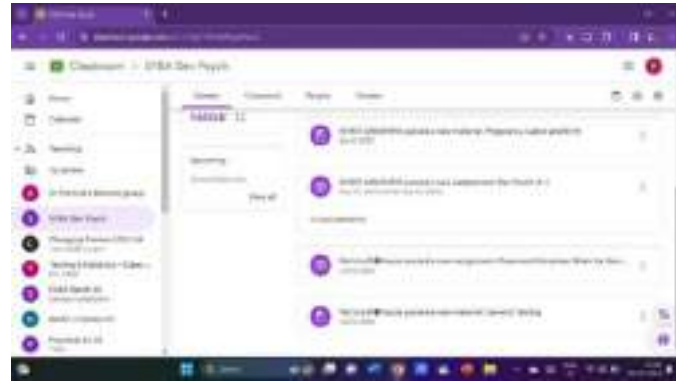
Group presentation on Child Abuse



- Placement/Volunteer Work

| Sl. No. | Name of the Organization | Role | Duration | Location |
|---------|--|--|--------------|----------------------------|
| 14 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 15 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 16 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 17 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 18 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 19 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 20 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 21 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 22 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 23 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 24 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 25 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 26 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |
| 27 | 142200 - Muktanand Ashra, Jangra Vasthi, Santhiya, Maharashtra | Health Coordinator, Educational and Vocational guide for application | 2022 to 2023 | Mumbai, Maharashtra, India |

- Blended learning / Materials shared on Google Classrooms



- Guest lectures



- Student/Group Presentations



- Workshops



- Outdoor lecture



- Skit/Role-Plays



4. Any special programs conducted for either/both slow learners and advanced learners -

Remedial class for TYBA statistics 26th February 2024 & 1st March 2024



5. Mentor Mentee programs conducted by the department

Sr. Patricia with the FY students



6. Research Papers publications:

Ms. Simi Susan Shibu:

- ‘Complementary Odds: A Philosophical and Psychological Review on the Eternal Saga of Peace and Conflict’ published in Sophia Lucid, Volume 2, Issue 1, March, 2023. (First Author)
- ‘Life Partner Expectations: Young Female Engineering Students’ published in Indian Journal of Youth and Adolescent Health, Volume 10, Issue 4, November, 2023. ISSN: 2349-2880. DOI: 10.24321/2349.2880.202310 (Third Author)

Ms. Lavanya Mohan:

‘India in the Wake of BJP’s Re-election: A Study on Religious Outgroup Attitudes Amongst Students in India’, published in Sophia Lucid, Volume 2, Issue 1, March, 2023.

Ms. Patricia D’Souza:

‘Effectiveness of leadership styles adopted by Women managers in the education and health care sectors’ published in the International Journal of Education and Management Studies, Volume 133, Issue 3, September, 2023. ISSN-p- 2231-5632

7. Research Grants Received: NA

8. Research Guide for PhD students: NA

9. National or International awards/fellowships received: NA

10. Department/lecturers having research projects funded by Government (include RUSA), Non-Government agencies, college during the year: NA

11. Workshops/seminars/Conferences conducted during the year:

Shanti Aur Aman ke Aur Badhte kadam- Intercollegiate, Collaborative Conference



12. Workshops/seminars/ Conferences conducted on Intellectual Property Rights (IPR), during the year - NA

13. Workshops/seminars/Conferences conducted on Gender related issues (IPR), during the year.

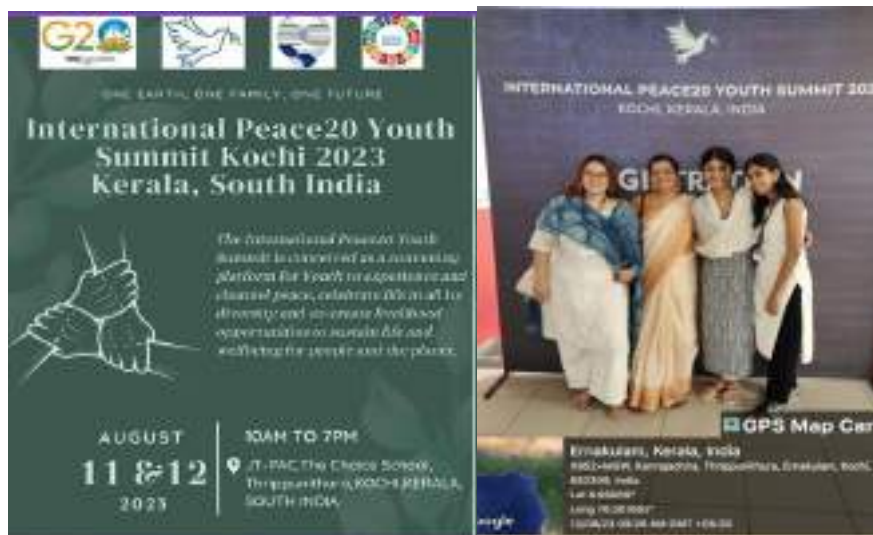
The FYBA class was exposed to the topic of Gender and Sexuality and a comprehensive discussion was carried out focused on Gender and Identity and Association in the Indian Context.

The SYBA students were shown a documentary on the life of a Eunuch followed by a discussion

14. Extension activities carried out in the neighborhood sensitizing students to social issues for their holistic development

Placement/ Volunteer work: All students of the SYBA Development Psychology 20-hours volunteering worked in different organizations, NGOs Institutions, Schools. They submitted a written report on their experience along with a letter from the organization where they worked.

INTERNATIONAL PEACE20 YOUTH SUMMIT (IP20YS), KOCHI, 2023.A team from Sophia represented Sophia College at the event: Three Student representatives: Para Raturi, Trisha Maurya and Preksha BA accompanied by the staff representative Sr. Patricia.



Role of Sophia College: Online Dance on Peace by the students of the Psychology Department and Sr. Patricia was part of the Panel discussion on Gender Equality and Advancement of Women and Girls’



16. Capacity Development and Skill Enhancement activities organized for improving students' capabilities; like Soft Skills, Language and Communication Skills, Life Skills (Yoga, Physical fitness, Health and Hygiene) & Awareness of Trends in Technology.

One credit course: *Changing Frames 2023-2024* conducted by the Department of psychology in collaboration with the International Journal of Neurolinguistics and Gestalt Psychology. 115 students registered and completed the course successfully.

Participants in turn conducted workshops online on various topics for students who have not studied Psychology.



| Group No | Topic | Date, time & place | Audience |
|----------|--|---|------------------|
| Group 6 | Emotional management: for personal well being | Tuesday 29th August, Online session 5.30 pm | Life science |
| Group 5 | Self-compassion- Loving oneself | Wednesday 30th August, 9-10 a.m. A.V Hall | QA Students |
| Group 2 | Boundaries and safeguards in Interpersonal relationship | Wednesday 30th August, 10-11a.m. A.V Hall | Junior College |
| Group 3 | Handling peer pressure effectively (how not to fall prey to the lure of smoking, drugs, etc) | Thursday 31st August, 10-11a.m A.V Hall | Junior College |
| Group 7 | Living in the present (Present moment, wonderful moment) | Thursday 31st August, 9-10am A.V Hall | FY History |
| Group 11 | Effective Communication | Thursday 31st August, 1.30-2.30pm Rm 30 | TY DM B |
| Group 4 | Effective study habits & time management | Friday 1st September, 10-11a.m A.V Hall | Junior College |
| Group 10 | Empathy v/s Sympathy | Friday 1st September, 9-10am A.V. (front) | FY Psycho Majors |
| Group 12 | Harnessing Stress for personal development | Friday 1st September, 1.30-2.30pm Rm 14 | TY DM A |
| Group 8 | Psychological well being | Saturday 2nd September, 9-10 Rm 37 | BSc IT TY |

<https://docs.google.com/document/d/1gX5Tcsm8TrM4qzlgWnWtwznpfGizQqdvzTtYFSFrXl/edit?usp=sharing>