

Department of Psychology – August'20



Blossom by blossom the spring begins!

Article of the month:

The Secret of Your Success by Holly Parker, Ph.D.

New research reveals that concealing success may undermine your relationships. It is vulnerable to be open. What if the person you are opening up to isn't responsive in the way you had hoped? What if they are judgmental or rejecting? And as for what you choose to share, that can assume a range of forms. It could be a deep feeling or need that you do not talk about, a time when you stumbled, a personal flaw, or something you feel guilty or ashamed of. And then, there is another way in which you can be vulnerable that receives far less attention: Your successes.

Read more on: <https://www.psychologytoday.com/us/blog/your-future-self/202008/the-secret-your-success>

Upcoming Events

Expert Conversation by
Dr. Marita Saldana
3.Sep.2020 | 3-4 PM

Expert Conversation by
Dr. Indulekha Paul
10.Sep.2020 | 3-4 PM

Webinar on Significance of Sleep & Its Management

The Department of Psychology organized its first Expert Conversation for the odd semester 2020 on the topic "Significance of Sleep and Its Management", facilitated by Ms. Sangeetha Deenanath on 13th August. Ms. Sangeetha is a Counselling Psychologist with three years of counseling experience with diverse population and over 17 years of work experience in Operations and people-oriented roles in multinational companies in Bangalore. The session gave an insight about sleep, its functions, the role of genes and neurotransmitters in sleep, the different studies about sleep and about the effects of sleep disorders. It also made the students become aware of the different types of sleep disorders and the significance of sleep hygiene. There were around 50 participants for the event and Ms. Javeria Imam was the faculty coordinator for the event. When approached for a feedback, Richa from 2nd year B. Sc psychology said, "The session was really informative and gave a lot of knowledge about sleep and it's disorders which was really helpful."

On the relevance of the topic, Anupriya from B. Sc. Psychology said, "It was really interesting. We already knew about sleep and its importance, but we had a detailed view on it this time. We had an informative and valuable time." Poornima from B. Sc. Psychology said, "It was really fascinating and informative. It also helped us to look through our sleep routine and to manage it for good healthy life." Dhuruvan from 2nd year B. Sc psychology said, "The webinar was really informative and the all the topics even vaguely related were covered in a short span. I think the topic is of the utmost importance during this time owing to people forming new bad sleeping patterns. On a whole the webinar has taught me very much and has had a good impact on my sleep pattern."

Faculty Coordinator & Editor
Ms. Javeria Imam
Assistant Professor

Student Coordinator & Reporter
Ms. Diya
II BSc Psychology



Webinar on School Psychology and Working in Communities

The Department of Psychology organized a Expert Conversation for the odd semester 2020 on the topic "School Counselling & Working in Communities", facilitated by Ms. Veena Verma and Ms. Sana Khan on 20th August. Ms. Veena is a school psychologist for the past two years at Akanksha foundation, Pune. She's completed her master's in applied psychology, with specialization in Counselling Psychology from the Tata Institute of Social Sciences, Mumbai. She is a school psychologist catering to the emotional, behavioural and developmental needs of students. Ms. Sana is a Clinical Psychologist who previously worked with Akanksha Foundation as a school psychologist for over 2.5 years where she catered to the social – emotional, behavioural and developmental needs of higher-grade students. Her background includes clinical interventions in cases of substance abuse, parental abuse, child sexual abuse, behaviour management, routine establishment and much more.

The session gave an insight about different aspects of School Psychology, counselling for students, and the socio – emotional learning (SEL) practice they inculcate in curriculum. This session also included interesting interactive activities of reflection of feelings, reminiscing school days, which got the participants relive their good days in school. Experts also told us about Akanksha Foundation, its works and goals. Ms. Javeria Imam was the faculty coordinator for the event. When approached for a feedback, Poornima from 2nd year B. Sc psychology said, "School psychology and it's working aspects was useful as a psychology student and the system of school counselling explanations gave us more insights on the particular topic". Richa from 2nd year B. Sc psychology said, "It was a really informative and enlightening sessions". Diya from 2nd year B.Sc. psychology said, "The guest talk was very informative, and it gave us an insight about counselling in schools. It was great to hear the experiences of the speaker and therefore we came to know about school counselling and how it's carried on".

Mr. Emmanuel Daniel, Assistant Professor of Social Work Department said, "The session was highly informative and interactive. Was able to understand school counselling in a better way. The resource persons were highly knowledgeable, and we want more of such sessions to equip ourselves in this area. Thank you organizing team for this meaningful session."

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Webinar on Importance of Physical Fitness During the Pandemic

The department of psychology organized its third expert conversation for the odd semester 2020 on the topic “Importance of physical fitness during the pandemic” facilitated by Ms. Deepa on 27th August. She has experience over four years of training clients in the area of weight management and physical fitness. This broadened her understanding in this field and its impact on an individual’s mental health. This inspired her to complete her post-graduation in counseling psychology. “A fine Mix of physical and mental health” is what she believes in.

The session gave an insight about different aspects of fitness. Ms. Deepa spoke about importance of movement, need of movement, common issues due to restricted movement and benefits of movement. She also included studies related to routine and its benefits. Session was elaborated more on the topic fitness during pandemic which included sleep hygiene, balanced diet, nutrition and the answer to the question why fitness? Ms. Deepa also pulled in self-love a huge sensitive topic relating with body image concern. Finally, she explained about the training terminologies and the myths related to it.

When approached for a feedback, Trisha from BSc psychology said, “The session made is to understand the importance of fitness and more knowledge regarding it” Sowmidha from BSc psychology said “Actually that’s great because she explained in a more applicable way. I like the webinar really” Akanksha from BSc psychology said “It was very nice and useful, everyone gives lectures on how to be healthy and how to do exercises, but I think this session was more precise on the information and more honest.”

THE EASIER WAY TO GET YOURSELF TO EXERCISE:



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