

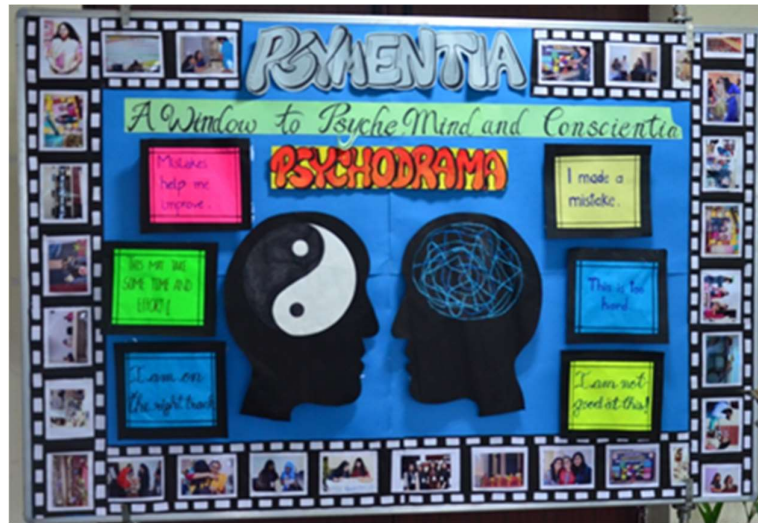
Psychology: 2018-2019

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1. **Workshop on the topic of “Psychodrama”:** A workshop was held on the topic of Psychodrama to train the students of Psychology on the upcoming alternate therapy, it was held on August 29th, 2018. Psychodrama is an action method, often used as a psychotherapy, in which clients use spontaneous dramatization, role playing and dramatic self-presentation to investigate and gain insight into their lives.

Name of the Speaker: Ms. Jyoti Bernard

No. of Participants: 110



2. **Open House Discussion on Depression:** The department of Psychology in association with Aarambh (The Mental Health Society of the College) organized an open house session on the topic of depression. The event was held on October 10th, 2018. Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. The resource person interacted with the college students on various myths and facts around depression. It was an interactive session where the students participated in quiz around the topic and spoke about their journeys towards mental health and also learnt the importance of mental health.

Name of the Speaker: Dr. Amit Sen and Ms. Priyanka Mittal, Children’s First

No. of Participants: 110



3. **Panel Discussion on the theme 'Are you Psychologically Hacked?'**: On the occasion of the Tech Fest: Trezire'18 the department organized various activities and events on the theme of “Are you Psychologically Hacked?”. The event was held on October 11th, 2018. Many events and competitions took place such as Photography Competitions, Debate, Quiz etc. Along with these, there was a panel discussion organized for the students around the theme. The speakers focussed on various context of Psychologically Hacked Concept according to their expertise area such as Psychology, Media, Marketing, the panel discussion was moderated by Ms. Sweta and students actively participated in the same.

Name of the Speaker: Dr. Surabhika Maheswari, Dr. Priyanka Singh, Dr. Albert Abraham and Ms. Tina Das

No. of Participants: 110



4. **Competitive Events were held at Trezire'18** on October 11-12, 2018. Trezire'18, an annual technical fest of the Department of Psychology.

Name of the Speaker: No Speaker

No. of Participants: 110



5. **Symposium on World Cancer Day:** The department of Psychology in association with the Department of Biomedical Sciences organized a Symposium on the World Cancer Day. To help students understand the psychological perspective involved in coping with cancer, an interactive session was taken on the topic of 'Psychological Perspectives on Coping with Cancer'. The event was held on February 4th, 2019.

Name of the Speaker: Ms. Huma Anis

No. of Participants: 110



6. **Session on Movie Analysis:** A movie analysis session was held on March 6th, 2019 on the movie "15, Park Avenue". The students were made to qualitatively understand the concept of analysing a movie as a part social psychology research.

Name of the Speaker: Dr. Rupali Bhardwaj

No. of Participants: 57



7. **Workshop on Understanding the Basics of Body Language:** A workshop was held on March 27th, 2019 on the topic Body Language. It helped the students to understand the concept behind analysing the body language, body language is a type of a non-verbal communication in which a person's overt behaviour is used to express any sort of information or for communication. The speaker involved the students actively through various experiential activities throughout the session.

Name of the Speaker: Ms. Aastha Ahluwalia

No. of Participants: 110

