

PSYCHOLOGY 2022-2023

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- 1) **Farewell for Batch 2022:** On April 16th, 2022, 'Glee'22', a farewell for the batch of 2022 was hosted. The event included spectacular performances such as dance performances, medleys, and poem recitations. The class of 2022 received small tokens of appreciation, and the juniors expressed gratitude to the seniors for always encouraging them, thus, making the farewell memorable.

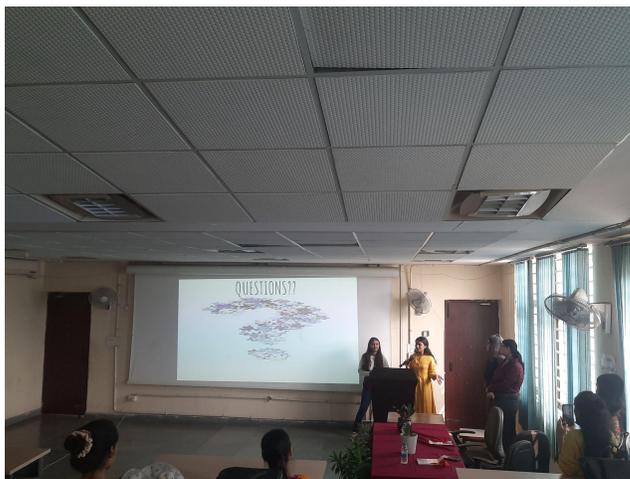
Number of participants: 50



2) **Alumni Meet:** "MIRAI"- the annual alumni meet was conducted on November 4, 2022. The event was graced by the presence of two notable alumni from the batch of 2020, Ms. Kriti Budhiraja and Ms. Namita Narula who shared valuable insights from their own academic experiences and guided students of all the three batches towards potential career paths in the field of psychology. For further help, they also answered the questions and doubts of the budding psychologists.

Name of the alumni: Ms. Kriti Budhiraja and Ms. Namita Narula

Number of participants: 74

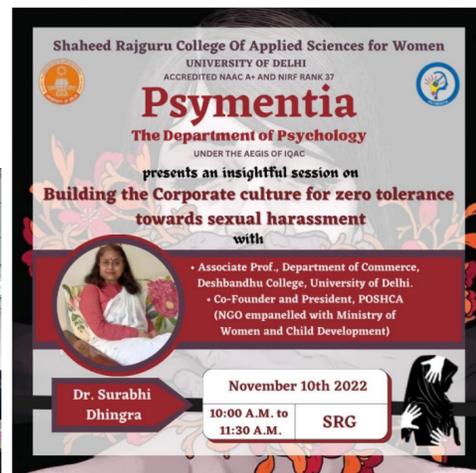


3) **Building Corporate Culture for Zero-tolerance towards Sexual Harassment**

(POSHCA): A seminar on "Building corporate culture for zero tolerance towards sexual harassment" was held on November 10, 2022, in collaboration with the organisation POSHCA- Prevention of sexual harassment and child abuse. Assistant professor., Department of commerce, Deshbandhu college, University of Delhi: Dr. Surabhi Dhingra, the renowned guest speaker, and her four student interns led an interactive session in which they discussed what sexual harassment is and how people can speak up if they are subjected to it at work. The student interns used various acts to keep the session interesting and to explain the fine line between when a simple act or statement becomes sexual abuse or harassment. The session included intriguing questions from the students, who kept the session lively and engaging.

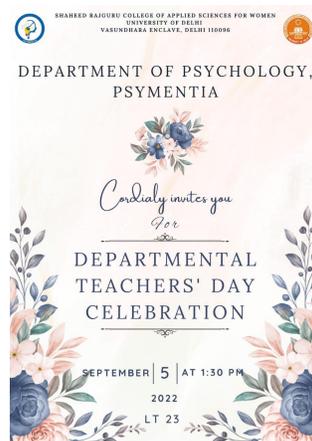
Name of the speaker: Dr. Surabhi Dhingra

Number of participants: 49



4) **Teacher's Day Celebration:** A series of events were organized for all of the teachers of the Department of Psychology- Psymentia, on September 5, 2022. Students wore black clothes, while the teachers were dressed up in bright colours, to symbolize the role of

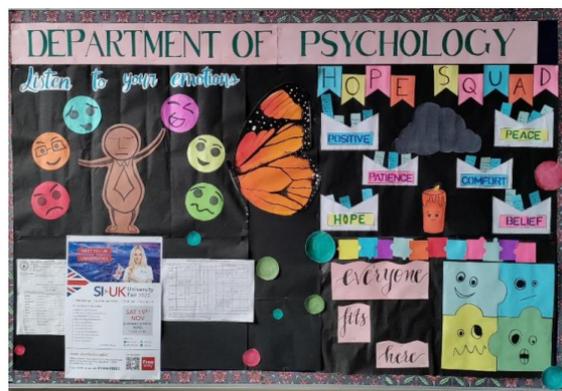
teachers in a student's life, by guiding one through their various stages of life. Students of the department had prepared a series of performances which included: Bollywood medley, dance performances, poem recitation, etc. The event ended on a very sweet note, with a surprise cake-cutting ceremony!



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- 5) **Mother Dairy Field Trip:** Students went for an industrial visit to Mother Dairy on 17th October, 2022 which was organised by Mark-Haven, the marketing society and IIC SRCASW. The visit was very interesting. Officials from Mother Dairy led the students through the various stages of milk processing in the plant for the targeted 40 million daily users in India. The students were given a tour of the entire facility. The team learned a lot about product management and logistics, which are crucial in getting the products to the consumers. Finally, the students were given fresh ice cream, which added to the excitement of the trip.



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- 6) **Study in UK Program:** On November 19, 2022, the SI-UK company hosted a "University Fair" at the SHANGRI-LA Eros hotel, and several employees of the company came to Shaheed Rajguru College of Applied Science to brief students of all the years about the event and encourage them to attend the fair. SI-UK is a global education firm founded in 2006 by Dwayne Gallagher, Orion Judge and Vicki Fox. The company works with universities and higher education institutions to assist students with the application and selection process at the universities of the UK.



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- 7) **Diwali Celebration:** The departmental Diwali celebration on October 21, 2022 was made extra special by 2nd and 3rd year students, as well as teachers. The celebration

included three singing performances in which students sang Bollywood medleys, a fun-filled dance performance by second-year students, and an engaging Antakshari game! Chits with the names of students and teachers were shuffled and picked up by people who then anonymously wrote positive quotes on the chit, which was the most appealing event of the day. Students decided to make Ms. Radhika Sharma's birthday extra special by giving her a card. This was followed by a DJ, to which students gathered and danced, making the celebration a success.

Number of participants: 40



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- 8) **Trezire 23'**: 'Cure-ulika: The Benefits of Therapy', was the theme of Trezire 23', organised on 16th January, 2023. Psymenia, the Department of Psychology, conducted an informative and engaging panel discussion on the topic "Benefits of Therapy". The prestigious guest speakers from the field of psychology were- Dr. Rahul Saini, a renowned psychiatrist and PG Resident doctor at Safdarjung Hospital, Ms. Aishwarya Raj, RCI certified clinical psychologist practicing in Delhi NCR, and Dr. Harpreet Bhatia, an associate professor at Keshav Mahavidyalaya, University of Delhi. The speakers shared valuable insights into the concept of burnout, how to avoid it, and how to effectively deal with academic stress. They had also discussed therapy and the use of positive coping mechanisms to deal with daily life stresses. Ms. Radhika Sharma moderated the session. Students were asked to pitch their questions to the panel from time to time, and the session was very interactive and engaging. The panel discussion was

followed by a series of competitions and activities held parallelly. The competitions were: *Zenosyne*- the idea proposal competition; *Ikon*- the photography competition; *Meraki*-the painting competition; Red flag activity; Jab we met music activity; open mic; jolly Jenga activity; reader's barter activity and open mic. 'Ahaarya' the dance society of SRCASW has then performed an energetic flash mob. Ultimately the winners of the competition were awarded with their certificates and thanked for their participation with a hope to see more such events and activities in the upcoming trezires. Additionally, students of the Department of Psychology had set up stalls of sustainable clothing, accessories as well as desserts. Putting up stalls helped the students to further work on their skills as an entrepreneur and helped the students to contribute with what they could do.

Number of participants: 79



- 9) **Freshers' orientation:** Psymenia - the Department of Psychology hosted a departmental orientation on November 2nd, 2022 in LT23. The batch of 2022-26 was cordially invited to attend and learn about the department's workings. Dr. Komal Chandiramani, Dr. Nupur Gosain, Dr. Pallavi Preeti, Ms. Radhika Sharma, Ms. Nipuna Singh, and Dr. Daya Bharadwaj from the Department of Psychology led the orientation. The professors gave a brief overview of the department, its goals and vision, as well as the departmental code of

conduct. The departmental council then introduced themselves. The teachers responded to some insightful questions from the students and made sure that their doubts were cleared. The event was lively and interactive.

Number of participants: 41



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<u>S. No</u>	<u>Name of the event</u>	<u>Pg. No</u>
1.	Farewell'23	
2.	Orientation-2023	
3.	Teacher's Day	
4.	World Mental Health Day	
5.	Eudaimonia	
6.	Trezire	

- 10) **Farewell for Batch 23** - On April 25th, 2023, 'Summer O'23', a farewell for the batch of 2023 was hosted in Seminar Room 2. The celebration included a lineup of spectacular dance and singing performances by talented juniors of the departmental, dedicated to

their graduating seniors. The class of 2023 also received small tokens of appreciation in the form of precious gifts as a symbol of the gratitude and respect that the juniors displayed throughout the event. The departmental council arranged refreshments for everyone. The event concluded with a heartfelt speech by the President of Psymenia.

Number of participants: 117



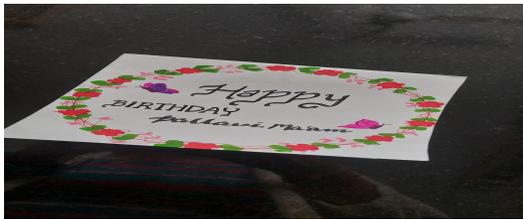
11) **Freshers' orientation for Batch 2027:** Psymenia - the Department of Psychology, organized the departmental orientation on the 16th of August, 2023 in Psychology Lab 1 for the batch of 2023-27. The faculty of the Department of Psychology - Dr. Komal Chandiramani, Ms. Pallavi Preeti, Ms. Radhika Sharma along with the Teacher in Charge (TIC) - Dr. Daya Bharadwaj gave a brief introduction about the department, its aim and vision and apprised the students about the departmental code of conduct. The student council of Psymenia then introduced their departmental council. The event was informative, interactive and engaging.

Number of Participants : 46



12) **Teacher's Day Celebration** : A series of events were organized for the teachers of the Department of Psychology - Psymenia, on September 11, 2023. Students from all batches of the department prepared various performances which included: bollywood medleys, dance performances and singing performances. Students surprised Ms. Pallavi with a handmade card for her birthday making the day extra special, followed by a cake-cutting ceremony and a homemade cake by a third-year student. The departmental council provided gifts and refreshments.

Number of Participants: 133



13) **World Mental Health Day** : On the 10th of October 2023, Psymenia marked the observance of World Mental Health Day by fostering a positive atmosphere within the premises of the college. The occasion was characterized by a sense of joy and gratitude. The department created a board with two divisions: Self Love Club and Blessing Portal. Students wrote about themselves and gratefulness on the board, while offering hugs and high fives to spread smiles across campus. The board was placed in the Foyer Area of the college for students to participate in.



14) **Eudaimonia**: On 18th October 2023, Psymenia and Ehsaas collaborated with YMH and Amaha to organize a comprehensive session addressing common mental health issues in seminar room, ground floor. Mayank Rajput, a senior consultant clinicalThe event proved to be enlightening for the entire audience. Utkarsha Jagga, founder and counseling psychologist at YMH, discussed the dual nature of a rights-based approach: ensuring quality mental health care services and fostering an enabling environment to reduce stigma, discrimination, violence, and inequity. Mayank Rajput, a senior consultant clinical psychologist at Amaha, shared insights on effective academic stress management. Ehsaas organized an activity to eradicate myths about mental health, and Psymenia hosted a "Maquetting Hearts" activity, where participants expressed themselves through drawings or doodles. The event was informative and engaging for everyone.



15) **Trezire**: On 8th November 2023, Psymenia: The Department of Psychology organised its infamous departmental fest- Trezire. It featured a seminar, various activities, and competitions. The department also set up 2 stalls on the day. Ms. Pooja Tomar gave a seminar on forensic psychology in the seminar room, second floor, and shared her experiences in Tihar Jail, and the judicial aspect. Teachers felicitated her with artisan-made gifts from Enactus and SRCASW. Psychemon- the Trivia Competition, a

memory-based game based on anime series Death Note and The Attack on Titans. The Persona Verse competition encouraged individual and team participation in painting their inner personalities, while the Taped Tale competition involved re-enacting scenes from Karthik or Bhool Bhulaiya.

The activities were a huge success as well! Psymenia organised 4 activities for the day: Espresso (the catharsis activity), Cache of Rhymes(memory based activity), Just Dance Central, and Gen Z argots(activity based on fluid intelligence). Not just this, the department had also invited stalls for the students. Two stalls were set up by the department: The White Hart Pizza and Come Shot Coffee.

Number of participants in the seminar: 87

