



Departmental Activities (2017-2018)

The main activities conducted by the Department of Psychology for the session 2017-2018 are mentioned below:

- E-resources on Psychology that were available online were sought out and a list of the same was provided to the College Library.
- The faculty of the department contributed in research work in peer reviewed journals.
- An interdisciplinary activity was held between Psychology and Music departments on 'The Effectiveness of Music on Stress Management'.
- Faculty was appointed as paper setters and for evaluation duty for the undergraduate examination conducted by Himachal Pradesh University, Shimla.
- Peer Teaching Methodology: VI Sem (Major) students conducted a detailed interactive session for the IV Sem (Hons) students on ' Stress, Health and Eustress'.
- A faculty member was presided as Chief Guest in the annual day function in Auckland House School, Shimla.
- Another faculty member was appointed as an examiner for conducting the viva-voce examination for Internship/Project proposals for MAPC in IGNOU.
- The students participated in classroom seminars and discussions both for the Honours as well as Pass Course pertaining to the syllabus and presented research papers in relevant topics like Biopsychology, The Role of Psychology in our day-to-day life, Manic-depressive Psychoses and Paranoia.



- Personal counselling provided to some students on following issues:
 - a) Feeling very low and apathetic.
 - b) Inability to mix with other students.
 - c) Emotional distress because of feeling negatively judged by others.
 - d) Exploring future possibilities of a career in the field of psychology.
- Provided recommendation (telephonic conversation) for a former student seeking placement as Senior Team Member in a reputable NGO.