



Departmental Activities (2019-2020)

Various interactive and student centric teaching-learning activities were organised during the session 2019-2020:

a) Student Group Seminars:

Each group presented the respective topic and sought feedback about their presentation from rest of the class. Some of the relevant topics included were self-efficacy and gender, role of meditation in management of stress, techniques of counselling, crisis intervention, CBT, personality disorders, DSM-V etc.



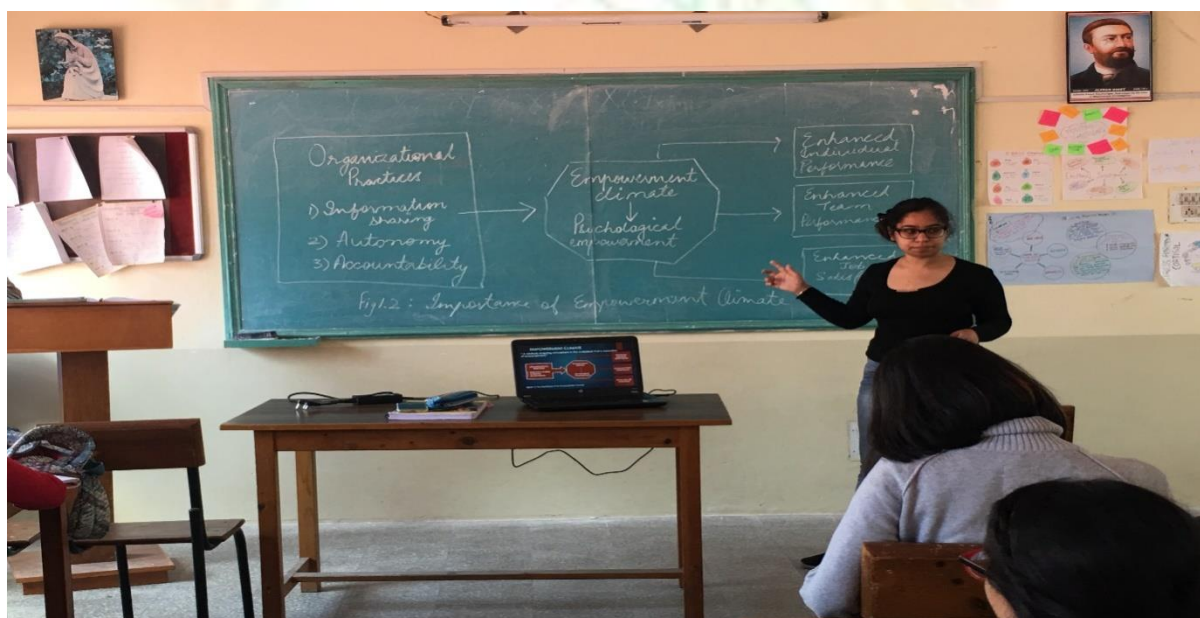
b) Peer Teaching Sessions:

To help improve academic interaction among senior and junior students of the department, Peer Teaching Sessions were conducted by VI Semester students for the benefit of students of lower classes, particularly 1st Year ones. For instance, a peer teaching session was organized on the topic 'International Classification of Diseases of WHO' by semester V Psychology Honours for the benefit of B.A. II year Psychology Honours.



c) Peer Demonstration Sessions:

A peer demonstration session was organized on 23rd September 2019, by the students of BA Psychology Honours 5th semester to the junior classes on the topic “Empowerment of Organisational Behaviour”. In this session the characteristics, importance of empowerment, along with advantages and disadvantages were discussed.



d) Film Clip Session:

Students of B.A. 2nd Year Honours Psychology were shown videos on "Psychoanalytic and Behavioural Techniques of Counselling". The aim of the



activity was to impart the knowledge of counselling techniques & strategies in the students. Also, the importance and need of counselling was discussed with the students.



e) Inter-disciplinary Activity:

Organized inter-departmental activity with Music Department on 'The Role of Music in Stress Management'.

f) Seminar by Resource Person:

A seminar on 'Managing Stress' was organized for the students and faculty of the Psychology Department on 04-07-2019. The resource person was Mrs. Aruti Nayar, a motivational speaker and counsellor with a reputable background in journalism.

g) Extra and Co-Curricular Activities:

The first of its kind awareness program for the college community on mental health was organized on the occasion of the World Mental Health Day as declared by WHO on 10th October, 2019. Various extra-curricular and extension activities are carried out by the students of the department as members of NSS, NCC, Health Club, Red-Ribbon Club etc.



h) Convention on Stress Management:

A convention on "Stress & Time Management and Scientific Temperament" on 20th October (Sunday), 2019 was organized by "Baal Manch" at Bachat Bhawan Hall, D.C. office Shimla. Students of Psychology department participated in the convention.

Mr. Apoorv Devgan ADC Shimla was the Chief Guest. Dr. Ravi Chand Sharma (HOD Psychiatry) IGMCI was the Guest of Honour and Ms. Neelam Bali was the Guest speaker.

The aim of the convention was to sensitize students, teachers and parents about causes and symptoms of stress. The main emphasis was paid of time management and setting priorities in order to reduce stress.



i) Remedial Classes:

Remedial classes were organised based on the results of minor tests and performance in assignments for the benefit of weak students.

j) Counselling:

Students who sought help and guidance from the faculty were provided career related counselling and also personal counselling on issues such as family conflicts, adjustment problems, peer pressure etc.



k) Departmental Meetings:

Meetings were frequently organised to sort out and plan for various administrative and academic issues for the smooth conduct of various department activities.

l) Internships:

During the session some students of the department have participated in various internships and volunteer programs such as internship in clinical psychology, counselling psychology, trainees in hospital and volunteer in various social services.

m) Recommendations:

Recommendation letters were provided to the students as and when required for admission to institutions of higher learning in India and abroad.