



Departmental Activities (2020-2021)

The Department of Psychology organized following activities during the session 2018-2019 to enhance various learning outcomes:

Student group Seminars/Group Discussions:

Though the students were not able to interact in person throughout the year because of the ongoing global pandemic, their enthusiasm and participation in online classes and presentations was notably exceptional. Online presentations were conducted by the students to help their peers understand certain concepts and provide valuable insights and additional information on the topics that were being covered in online classes throughout the college session.

The students covered the following relevant topics from the syllabus in their presentations and discussions.

1. Stress and its causes
2. Psychological and Physiological impact of stress
3. Schizophrenia
4. Personality Disorders
5. Pharmacotherapy and Electroconvulsive therapy
6. Psychoanalytic therapy
7. Behavior therapy
8. Cognitive Behavior Therapy



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Research Paper

- ◆ Title of the Research: The Effects of Stressors on the Gut Microbiota.
- ◆ Researchers: J. Phillips Karl, Addrienne M. Hatch, Sarah C. Pearce, Jason W. Soares, and Colleagues.
- ◆ The study suggests how the addition of stressors in the body as well as on the outside will lead to a chain reaction within the body in the gastrointestinal tract, thus affecting the microbiota.

Participants [Type a name]

In this meeting (288) [Mute all]

- AG Acira Gupta
- Aa Aakanksha Sharma
- AS Aanchal Sharma
- A Aanchal (Guest) Guest
- A aarushi01
- aayushi02
- A aditi
- AC Aditi Chauhan

[+279] [SZ] [G] [R] [MB]

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Participants [Type a name]

In this meeting (18) [Mute all]

- IP Ishita Phillip
- AV Aayushi Verma
- AG Acira Gupta
- DV Diksha Vasishth
- Dr. Ravi Bhushan Organizer
- KS Kirti Sharma
- MS Muskan Sharma
- Nancy Bhardwaj
- SG Shreya Gupta
- SV Shubhangi Verma

Suggestions (1)
Anaisha Rachel Paul

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Internships:

During the session 2020-2021, the faculty of the department motivated students to join different internship programs. Several students showed enthusiasm and took active part in the internships. The aim of these internship programs was to provide hands on experience to the students for better understanding of the theoretical concepts.

Psychology Career Summit:

A Psychology Career Summit “En-PSYCH-lopedia” was organised by 3G School of Applied Psychology to get an in-depth overview of various fields of psychology. Several students of the department participated in the career summit for the valuable guidance about the various career prospects in psychology for appropriate career decisions.

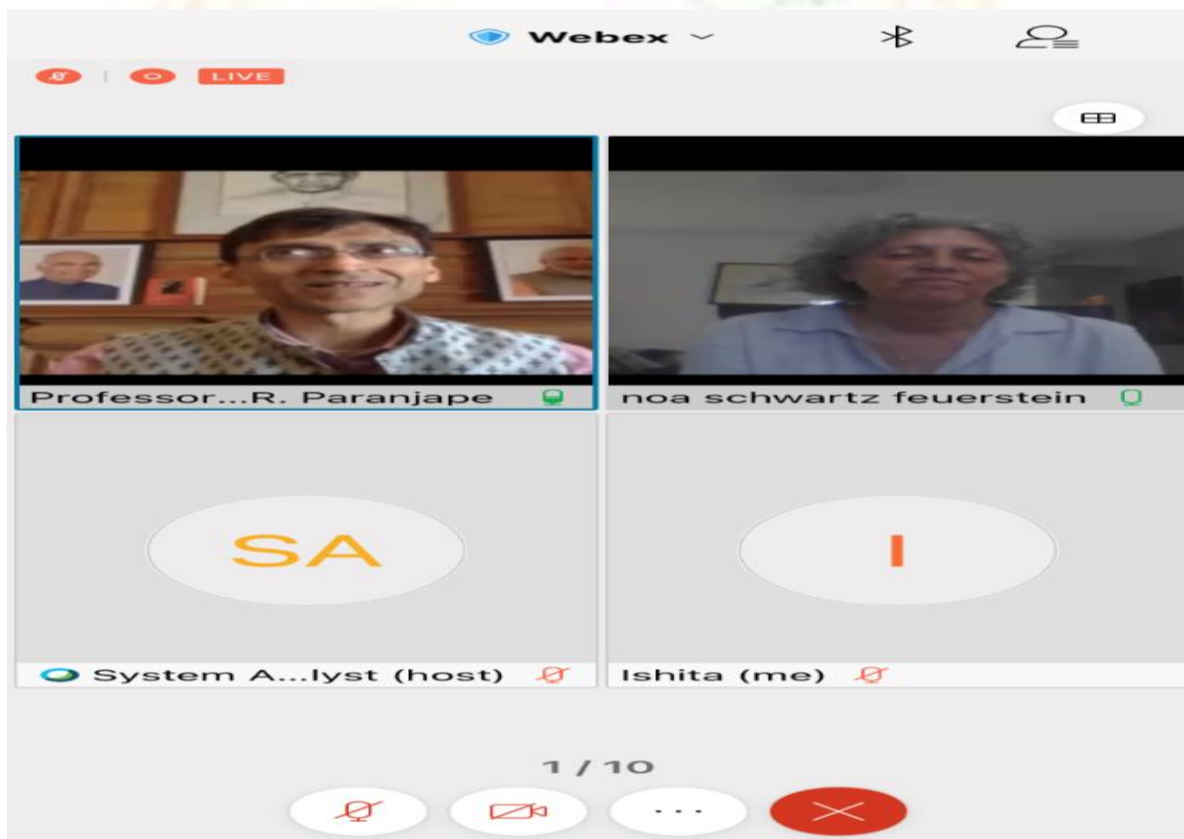
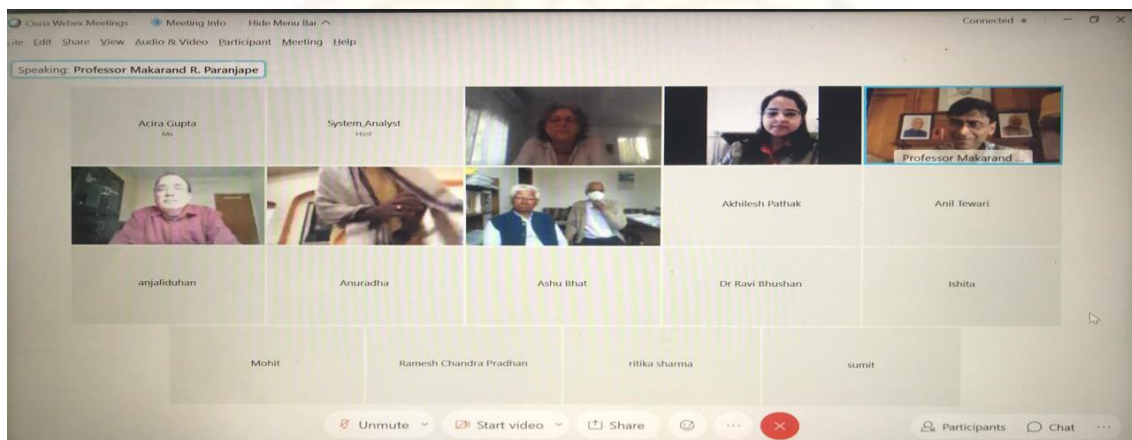




*Department of Psychology
St. Bede's College, Shimla*

Webinar by IIAS, Shimla:

On May 28, 2021, Professor Makarand Paranjape addressed the students of St. Bede's College in a conference exploring the history of C.G. Jung's relatedness to India. Furthermore, he gave voice to the Upanishadic answer to Jung's reservations and fears. Sir wrapped up the lecture with Jung's near-death dream, which symbolized atmanization.

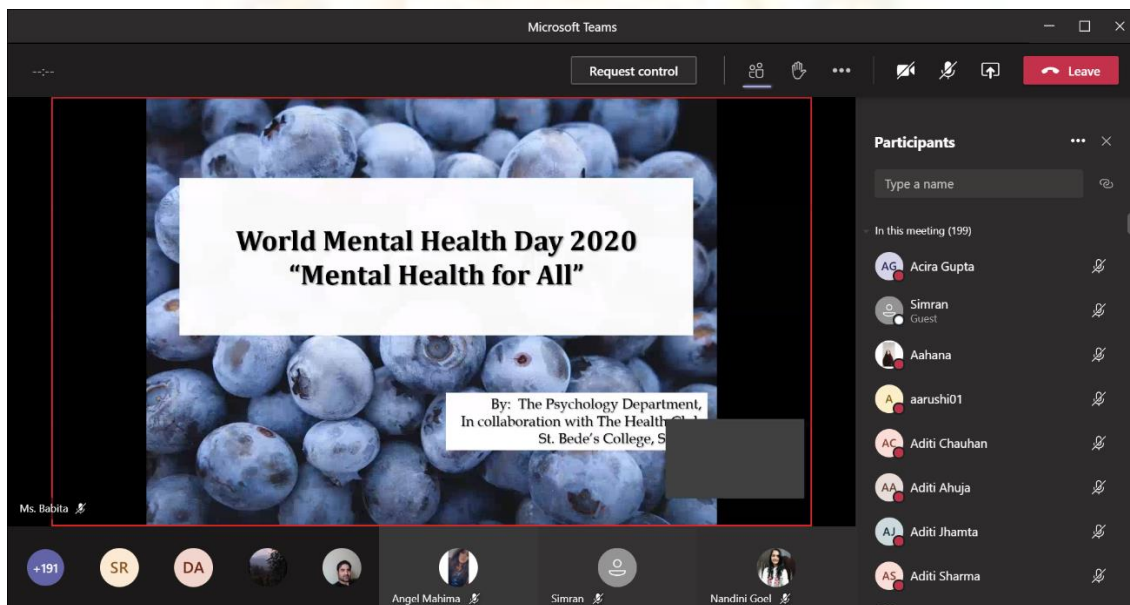


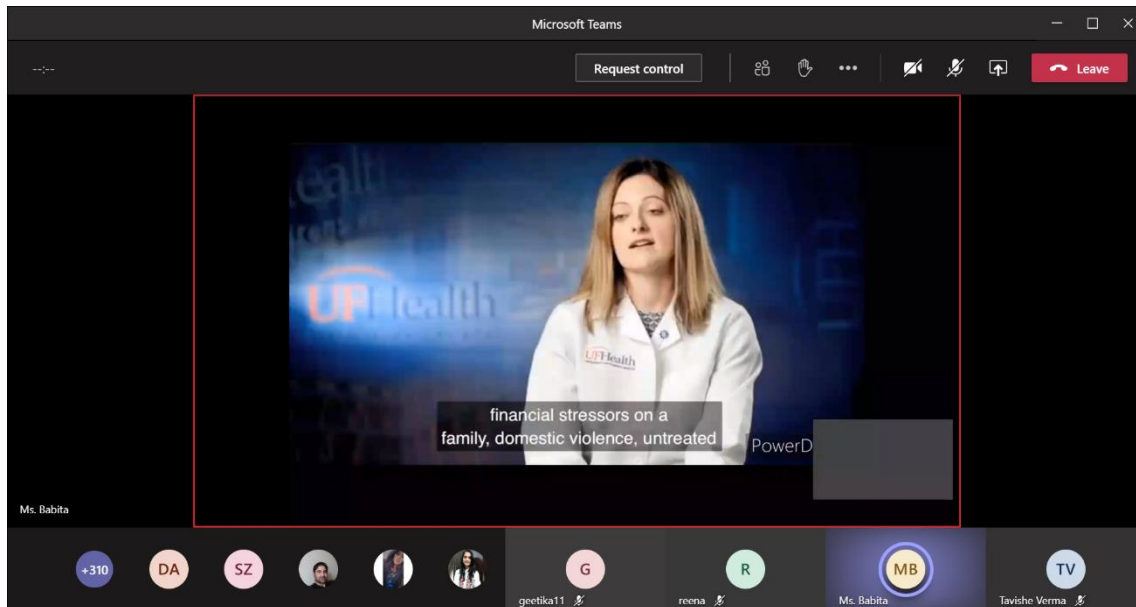


World Mental Health Day, 2020

The students of the department of psychology marked World Mental Health Day 2020 with an informative and enriching online event to provide students with information on various mental health problems that people around the world suffer with.

This endeavor by the department of psychology was a milestone in opening up and reducing the stigma associated with these extremely common problems.





Conclusion:

Despite the global pandemic disturbance, academic year 2020-21 was a success for the department. Various approaches of creative teaching were used. Active learning and methods for the participation of students were the focus of all teaching approaches. Departmental goals and initiatives have been satisfactorily achieved during the 2020-21 session.