



Department of Psychology
St. Bede's College, Shimla

ACTIVITIES FOR THE SESSION 2021-2022

POSTER MAKING COMPETITION

A poster making competition on the topic "Mental Illnesses in Art" was organised on September 30, 2021. The students painted their ideas and their interpretation of the topic on an A4 sized sheet and submitted their work before 30th September. The judges of the event were Dr. Danny B. Singh an Arts Teacher from Bishop Cotton School, Shimla and Dr. Kishwar Shirali from Boston University.

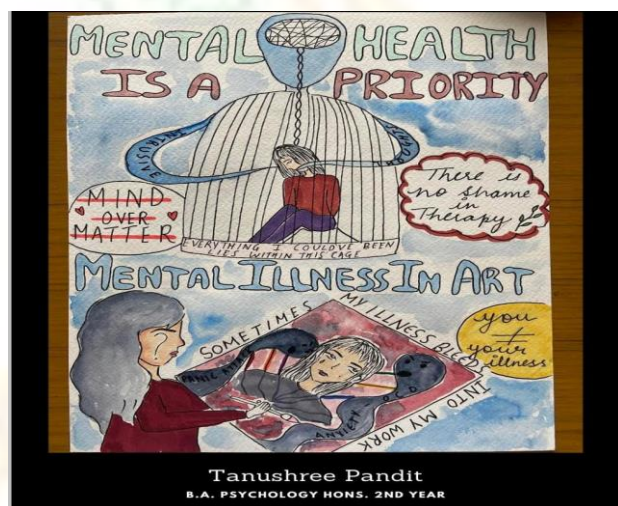
The results of the event:

1st- Shreya Dubey B.Sc Medical III

2nd- Prasadhi Mudgil B.A. Pass Course I

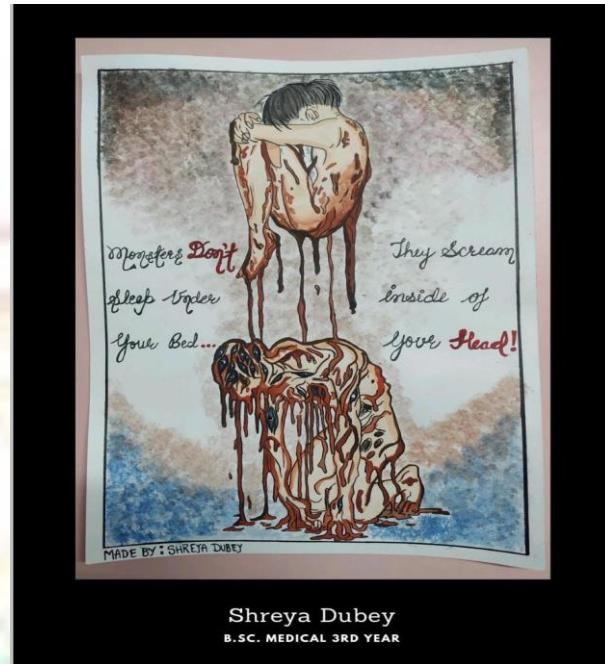
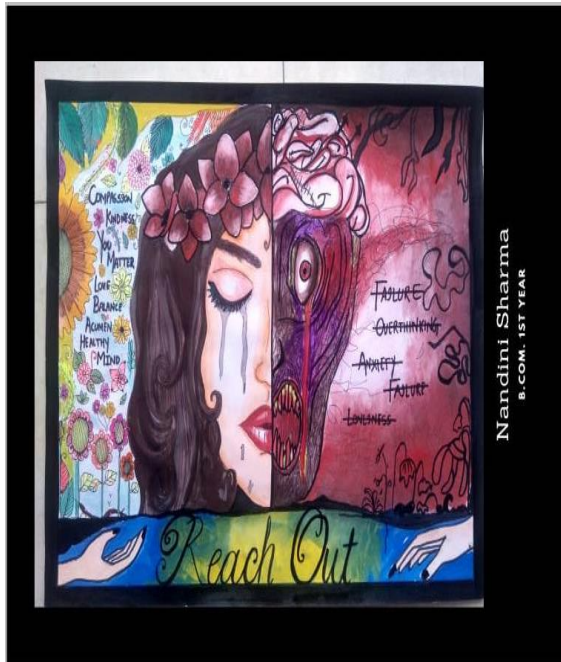
3rd- Nandini Sharma B.Com I

Tanushree Pandit B.A. Psychology Honours II





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ESSAY WRITING COMPETITION

An essay writing competition in collaboration with Women Cell was organised on September 30, 2021 on the topics (a) Maatr- Women and Mental Illness; (b) Impact of Immigration on Mental Health; (c) Socio Economic Status- A disadvantage in achieving mental health. The word limit was 800 words.

Judge - Mrs. Anuja Sharma

The winners of the competition were as follows:

- 1st- Oshin Chauhan B.A. English Honors I
- 2nd- Takshika Thakran B.A. Psychology Honors I
- 3rd- Harshita Sharma B.A. Pass Course II

DECLAMATION CONTEST

A declamation competition on the topic "Mental Health in an Unequal World" was organised on 4th October, 2021 in English and Hindi. It was judged by the following faculty members.

Dr. Gitanjali Mahendra, Dr. Devina Auchoybur and Dr. Ravi Bhushan

The two winners of the competition, one in Hindi and one in English, simultaneously spoke for two minutes on 9th October, 2021 in the seminar room.

The winners were as follows:

English

- 1st- Oshin Chauhan B.A. English Honours I



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Hindi

1st- Astha Sharma B.A. Pass Course III

Special Mention- Himanshi Sahni B.A. Psychology Honors II



WEBINAR ON MENTAL HEALTH AND YOUTH: GROW, HEAL, THRIVE

A virtual webinar on the topic “Mental Health and Youth: Grow, Heal, Thrive” was organized for the students on October 5, 2020 on Google Meet and YouTube live. The resource persons were Dr. Surender Kumar Dhalwal a Clinical Psychologist and Assistant Professor and Head of Department, NIEPVD, Dehradun and Ms. Sunanda Rana, Assistant Professor Clinical Psychology, NIEPVD, Dehradun. E-Certificates were given to the participants.

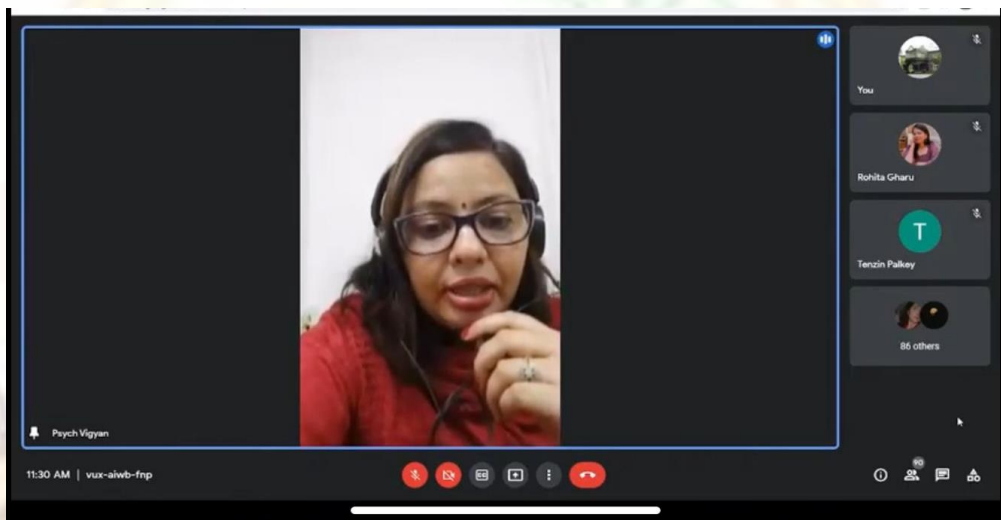
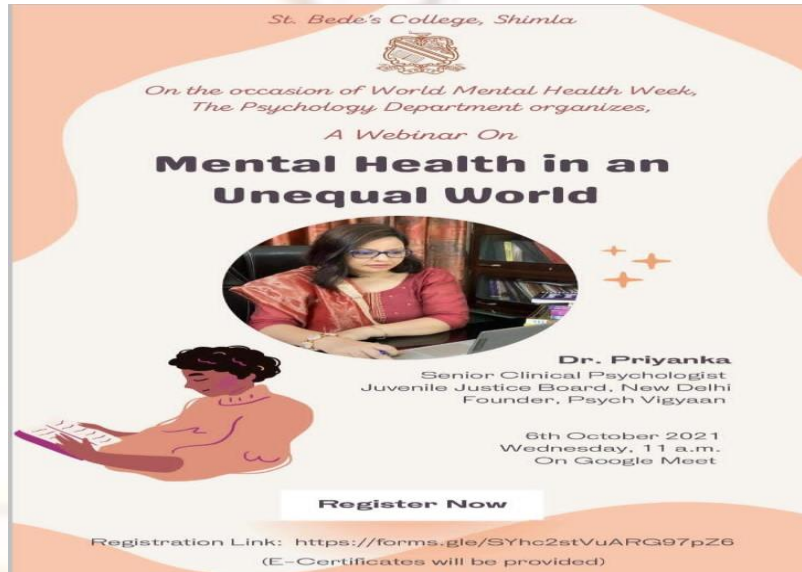




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WEBINAR ON “MENTAL HEALTH IN AN UNEQUAL WORLD”

A webinar on Google Meet and YouTube live was organized for the students on the topic “Mental Health in an unequal world” on October 6, 2021. Dr. Priyanka a Senior Clinical Psychologist Juvenile Justice Board, New Delhi and Founder of Psych Vigyaan was the resource person. E-Certificates were given to the participants.



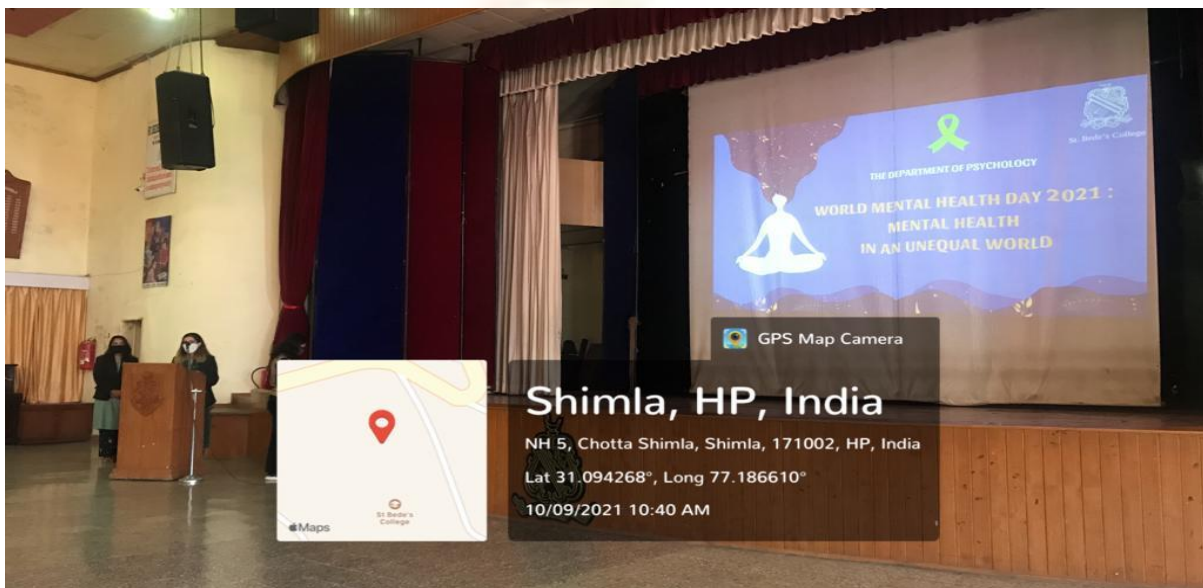


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WORLD MENTAL HEALTH DAY CELEBRATION

October 10, 2021

A short Nukkad Natak was organised to generate awareness and to sensitise students about mental health disorders on World Mental Health Day. It highlighted different situations which gravely affected mental health. It also talked about how socio-economic inequalities also cause mental stress.

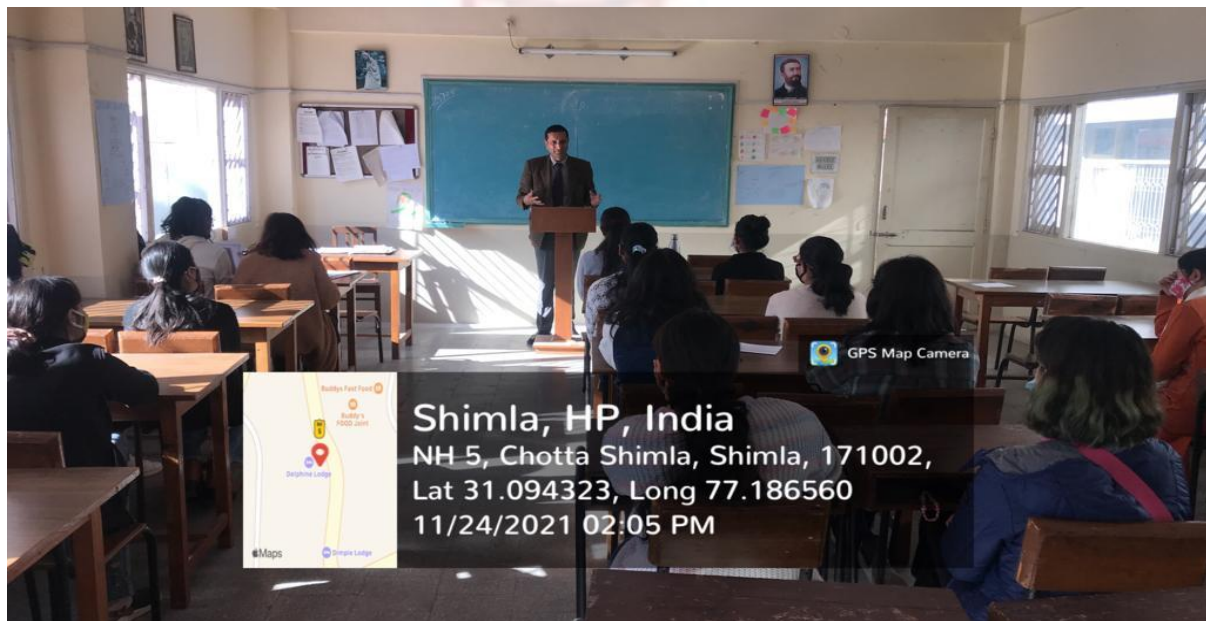




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MIND DETOXIFICATION

A Special talk on Mind detoxification was conducted on November 24, 2021 in which the resource person Dr. Brijesh, Principal Govt. PG College, Seema talked about the importance of mental and emotional stability and following good habits for longevity.



'PSYCHOLOGICAL ANALYSIS OF MODERN HINDI STORIES'

An Interdepartmental Activity with the Department of Hindi was organised on March 12, 2021 on 'Psychological Analysis of Modern Hindi Stories' in which the students of BA and B.Com second year of Hindi presented the summary of three stories included in their course - 'Idgah', 'Chhappan Tole Ka Kardhan' and 'Malbe Ka Malik', whose psychological analysis was done by 2nd and 3rd year Honours and Pass Course students of psychology.





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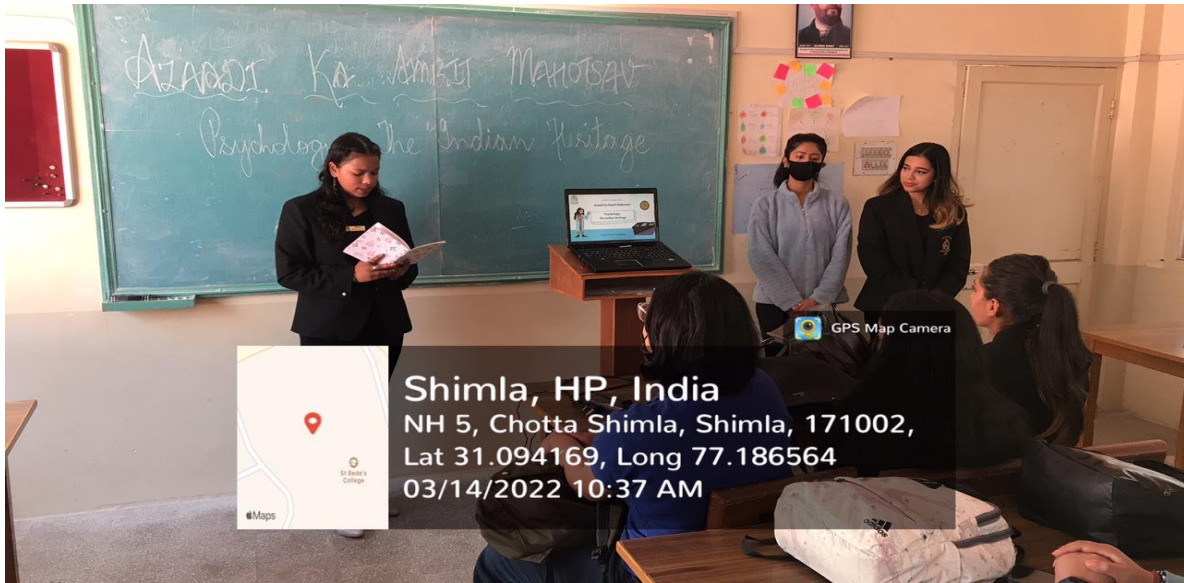


A TALK ON “PSYCHOLOGY-THE INDIAN HERITAGE”

The Psychology department of St. Bede's College, Shimla organised a special talk on "Psychology- The Indian Heritage" under the banner of "Azadi Ka Amrut Mahotsav" on November 24, 2021. The students of Third Year (Pass Course and Honours) highlighted the work and contributions of prominent Indian psychologists such as Dr. N.N. Sengupta, Durganand Sinha, Girishwar Mishra, etc. They traced back the history of Indian psychology and talked in detail about recent developments and trauma informed therapy. This helped the students to gain knowledge about the rich heritage of Indian psychology and how it is constantly evolving ever since its introduction in 1915 in India.



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INTERNSHIPS

During the session 2021-2022, the students of the Psychology Department participated in different internship programs viz. counseling psychology, clinical psychology and psychological therapies and gained empirical knowledge about various theoretical concepts of psychology.

