

## Report of Activities – 2019-2020

### 1. Orientation to Psychological Testing-

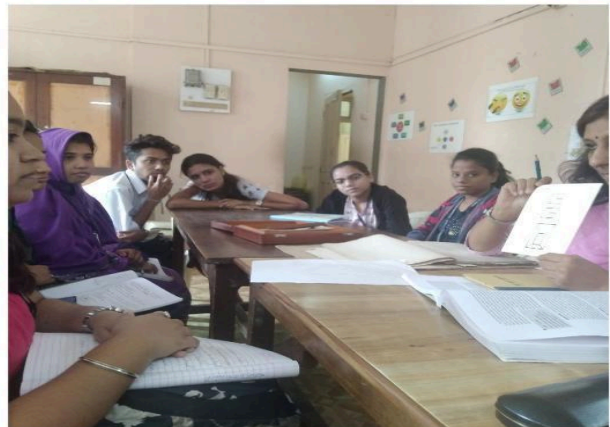
**Date-** 2<sup>nd</sup> August 2019, 3<sup>rd</sup> September 2019, 10<sup>th</sup> September 2019

**No. of students-** 12 students

**Objective-** To orient students to the practical aspect of Psychological Testing

**Activity conducted-** A session on Orientation to Psychological Tests and Testing procedures was organized for the students of T.Y.B.A. Psychology in the Counselling and Guidance Center and was conducted by Counsellor Ms. Keyuri. The students were oriented to the Psychological tests, and the testing procedure on the first day. In the first session they were oriented to various aspects of psychological testing and in the next two sessions they were introduced to two Psychological tests namely, Binet Kamat Test of Intelligence, Weschler's Intelligence Scale for Children (WISC) wherein they could understand the procedure of administering, scoring and interpreting the tests. These sessions were particularly organized to help students gain understanding of the practical aspects of Psychology.

**Program Outcome-** Students learnt the administration, scoring and interpretation aspect of the tests which they learn in Theory paper.



## 2. Mental Health Awareness Week- Date- 26<sup>th</sup> August to 31<sup>st</sup> August 2019

**No. of students-** Approximate 50 students

**Objective-** To create awareness about mental health among the Teachers and students of the college

**Activity conducted-** The Department of Psychology and Counselling and Guidance Center flourishingly conducted the Mental health awareness week from the 26<sup>th</sup> August 2019 to 31<sup>st</sup> August 2019. The event was inaugurated at the hands of Respected Principal Prof. Dr. S. V. Rathod.

On the very first day of the most awaited week- **26<sup>th</sup> August 2019**, the students remarkably performed a street play in the college campus. The theme of the street play was issues and challenges faced by adolescents. The mainspring of the street play was to enliven the youth, the students to take a more positive attitude towards their life.

On the 2nd day-**27<sup>th</sup> August 2019**, **Movie screening** was conducted. Prof. Harshad Jhanjharkiya elucidated the movie - **INSIDE OUT** to the students precisely and amusingly. The movie is a journey through our brain explaining our cognitive processes and emotions in a very engaging and enjoyable way.

On the 3rd day- **28<sup>th</sup> August 2019**, **Personality testing session** was conducted. Counselor, Ms. Keyuri accurately and aptly helped students to understand themselves better through personality test. More than 30 students were benefitted by the session.

On the 4th day- **29<sup>th</sup> August 2019**, **Book Review session** was conducted. Some very exceptional and significant books related to psychology were reviewed by some of the students very adeptly.

On the 5th and the very last day of this wonderful week- **31<sup>st</sup> August 2019**, a session on **Heal Thyself: Healing with Sound Therapy** was conducted by Therapist and Healer Dr. Anita Chitkara. She gave a very soothing, tranquilizing and relaxing session of Sound Therapy.

This entire week was very educative and zestful at the same time. All volunteers very positively helped in organizing and successfully conducting the event.

**Outcome-** Teachers and students became aware about the importance of mental health and were informed about effective ways to deal with various mental health issues.



### 3. Visit to the Library-

**Date-** 20<sup>th</sup> September 2019

**No. of students-** 35

**Objective-** The objective behind organizing the Library visit was to orient the FYBA students with the system and books in the Library.

**Activity-** Around 35 students of F.Y.B.A. – Psychology were taken for an orientation visit to the college library. Librarian Ms. Bindu K. oriented the students with the system of recording, coding and searching for the book, both manually and digitally. Apart from the texts there are many books related to Psychology in our Library. Some of them are very old and rare books. These books pertain to various different fields in Psychology. Ms. Bindu showed these books to the students. She explained then about the procedure and discipline to be followed during library visits and motivated them to read as many books as they want.

**Outcome-** The students were made aware of the books and system in the Library as well as were motivated both by the Teacher and the Library staff to utilize the library services to its fullest.



#### 4. Colours of Mind-

**Date-** 17<sup>th</sup> February 2020

**No. of students-** 45

**Objective-** This event is organized every year in order to teach the concepts of Psychology in a fun and enjoyable manner and to bring Psychology outside the book into action.

**Activity conducted** - Colours of Mind is an event of the Department organized in collaboration with Counselling and Guidance Center every year and has various activities for the students which re planned and conducted by the students themselves.

Students conducted various Individual and Group games for their fellow students. **Kale Jhoot ka Safaed Sach**, a discussion based on **Myth and Reality of Psychology** was conducted to create awareness about certain myths about the field of Psychology. **Psyquizzard**, a quiz about Psychology was organized for the students. Search the Psychword was a fun game on perception related activities. **Sale the Psych product** was a group activity organized to develop team building in the students and creating awareness about various mental health issues among the students. All the games were planned so as to give students experiential learning of Psychological concepts while enjoying the fun in learning the subject.

The Programme concluded with a Prize Distribution at the hands of Respected Principal, Dr. S. V. Rathod. Students participated with great enthusiasm. Overall it was a 'learning with fun' experience for the student.

**Program outcome-** Many myths about Psychology were dealt with giving the reality about the field. Students learned certain concepts of Psychology like perception, team building, emotions, etc in an experiential manner.



## 5. Workshops and presentation in class.

**Objective-** To give practical understanding of the concepts to the students and to encourage them to make presentations in order to build confidence of public speaking in them.

**Activity-** students of TYBA are encouraged to make presentations in the class about certain topics pertaining to their syllabus. Some students also conduct workshops whereby along with the topic presentations they conduct activities and small games in the class to explain the concept to their fellow students.

**Outcome-** Students learn the topic themselves to make presentations, gain confidence, learning becomes an enjoyable experience and there is peer tutoring.



## 6. Visit to ETC Center for Disability, Navi Mumbai.

**Date-** 18<sup>th</sup> February 2020

**No. of students-** 31

**Objective-** The visit was arranged with an objective of sensitizing students towards the children with some form of physical disability, learn their characteristics, their difficulties and different ways and therapies used to treat and teach them.

**Activity conducted** - A visit to the ETC Center for Disability was organized for the students of FY, SY and TY Psychology. The ETC Center for Disability is a center in Vashi which functions under Navi Mumbai Municipal Corporation. The Center is run by some dedicated staff who works to provide therapy and assistance to children having 21 different types of disability and to help them get education in regular schools. The Center has a huge library which has many books from K.G. to U.P.S.C. Exams, all in Braille. It is one of the few institutes which offer water therapy for various physical and psychological disabilities. Apart from that Occupational Therapy, Physiotherapy, Audio therapy, Counselling are few of the therapies provided to the children. The center also provides computer training and vocational training for the disabled adults. Financial assistance in forms of various Governmental policies are also provided from the institute.

Students of the college were shown all the departments of the center and all activities were explained to them. They were allowed to see the classes and experience how children with different disabilities are taught and could also see certain therapies in action.

**Outcome-** Overall it was a great learning experience for all the students. Students were educated about many disabilities. They learnt various therapies and approaches used to deal with these disabilities. Students were very happy and enlightened with the visit and got a new perspective towards their life realizing how fortunate they are in comparison to many of their fellow beings.



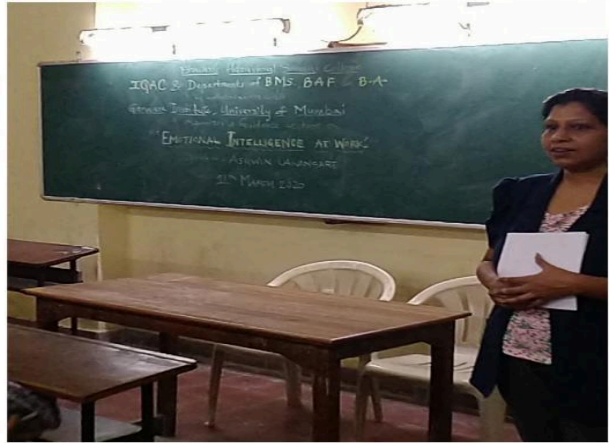
## 7. Session on Emotional Intelligence at work

**Date-12<sup>th</sup> March 2020**

No of students- 40

**Objective-** To explain about the importance of Emotional intelligence in day to day life and especially at workplace for the students of TY as some of them would be entering the World of Work after receiving the Bachelor's Degree.

**Activity-** A session on Emotional Intelligence at work place was organized in association with the Garware Institute , University of Mumbai. Mr. Ashwin Lavangare, from 'Master My Life- EQ Education' was the Resource Person for the session. He explained the importance of Emotional Intelligence in the day to day life and especially at the work place. This was explained in a very interesting manner with PPT, case studies and examples to the students. Mr. Dharmendra Jagtap from Garware Institute coordinated well for the smooth conduct of the session.



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