

Activities Report for Academic Year 2018-19

1. Nurture through Culture-

Date -27 July 2018

Number of students- 40

Objective- To develop understanding of the importance of Gratitude and enhance the value of Gratitude among the students.

Activity conducted- An event organized by the Department of Psychology and Counselling and Guidance Center to celebrate the occasion of Guru Purnima by learning the value of Gratitude. The Guest Speaker Dr. Vaishali Dabke, Head of the Sanskrit Department of Bhavan's H. S. College gave an inspiring talk about how the cultural tradition of Gurupoorima was followed in ancient times. The counselor, Ms Keyuri conducted activity 'Attitude of Gratitude.' to develop and enhance the feeling of Gratitude among the students. The programme concluded by a few students presenting a hand- made card to the Principal and seeking his blessing on the special day.

Program outcome- Students developed an understanding of the Value of gratitude through stories from ancient culture shared by the Guest Speaker. The activity on Gratitude conducted made them aware and created realization about various things we should be grateful about in our life which is important from the perspective of increased selfishness and aggression among the young generation.



2. Orientation to Psychological Testing-

Date- 3rd, 10th, 24th, 31st August 2018

No. of students- 15 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. On the next three sessions they were introduced to three Psychological tests namely, Binet Kamat Test of Intelligence, Weschler's Intelligence Scale for Children (WISC) and Bell's Adjustment Inventory, 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.

3. Colours of Mind-

Date- 8th February 2019

No. of students- 50

Objective- This event is organized from the point of view of teaching the concepts of Psychology outside the books in a fun and enjoyable manner.

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. The programme began with an Ex-student Ms. Madura Tilak guiding students about the scope of Psychology after TY.BA. She herself is pursuing MBA from Khalsa College. She shared her experience about how the college and the course of Psychology has moulded her and helped in her higher studies. Students were very happy to interact with her as they shared the same experiences and could relate with her very well.

Students conducted various Individual and Group games for their fellow students. The individual games included memory and perception related activities and Group games were Taboo, Pictionary related to psychology words, followed by advertisements on topics such as Stress Machine, Goal setting & concluding with a surprise game-jumbled words & word building. 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 Vice Principals of our College. Overall it was a 'learning with fun' experience for the student.

Program outcome- Students learned concepts of perception, emotion, goal setting, etc through activities.



4. Visit to Andhakshi Ashram:

Date- 9th February 2019

No. of students- 25

Objective- The visit was arranged with an objective of sensitizing students to a part of society who are less fortunate in order to teach them to appreciate what they have; Also students learned the characteristic of certain psychological disorders and the therapeutic approach to deal with them.

Activity conducted - A visit was especially planned to give students an opportunity to view the ground reality of the people going through various psychological problems and to sensitize them to the most ignored part of our society. This Ashram had around 25 inmates all women in the age group of 8 to 80 years suffering from various physical and psychological issues. The students got a first-hand experience to interact with Autism, Schizophrenics, Physically challenged, blind and deaf, children and adults. The Director of the Institute Ms. Fatima gave an overview about the ashram and the students got an experiential learning about how people respond even if one of the senses is not functional. Interaction with Dr. Akshay gave them an idea about the treatment approach towards these problems. Students conducted Magic show for them and all had fun

dancing and singing together. The students returned home with hearts filled with tenderness and endearment and with memories of all smiling faces and also took along some very fine learning this time without the books.

Learning outcome- Students got sensitized to a different group which is equally a part of our society. They learnt how not to just sympathize but empathize with the people with psychological disorders and also got firsthand experience with the patients suffering from various Psychological Disorders.



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 a enjoyable experience and there is peer tutoring.



6. Vocational Self –awareness Testing and Guidance Session-

Date- 26th February 2019

No. of students- 43

Objective- To provide them awareness about various courses available after Graduation and conduct vocational testing for students.

Activity conducted- This activity was organized in collaboration with IQAC of the College and the National Skill Development Corporation of Government of India under the Skill India Initiative. The representative of the N.S.D.C conducted a self awareness test with students, provided them with information about various courses conducted under the Skill India Initiative. All students were registered on the Skill India Portal through which they will be regularly updated regarding their courses.

Program outcome- Students got registered under the Skill India Portal, got their vocational aptitude profile and also were made aware about various courses.

