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# **ACADEMIC ACTIVITIES**

## **2018-2019**

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**DEPARTMENT OF PSYCHOLOGY**



## DEPARTMENT OF PSYCHOLOGY

### ACTIVITIES – 2018 – 2019

*(Conferences, Seminars, Webinars, Workshops, Industrial Visits, Field Trips, Talks, Campaigns, etc.)*

1. On 5th July, 2018, Ms. Rini Rajan organized a guest lecture titled **“Career Choices for Students”** at the Department of Psychology. The session featured **Ms. Sarah John, a consultant and trainer with NIIT, TCS, and WHO, as well as an HR consultant.** She spoke to the III B.Sc. Psychology students and the II M.Sc. Psychology students specializing in Organizational Behavior.
2. On 16th July, 2018, Dr. D. Sumathi organized a guest lecture titled **“Helping Students with Disabilities – Their Teachers and Parents”** at the Department of Psychology. The guest speaker, **Ms. Anisha Koshy, an alumna and special educator with experience in Thailand and Kazakhstan,** addressed the II M.Sc. Psychology students specializing in counseling.
3. On 30th July, 2018, Dr. D. Sumathi organized a guest lecture titled **“My Journey as a Special Educator and a School Counsellor and Insights There From”** at the Department of Psychology. The speaker, **Ms. Namratha Maria Thomas, a counseling psychologist at Abacus Montessori School in Chennai,** addressed the II M.Sc. Psychology students specializing in counseling.
4. On 27th August, 2018, Mrs. Nazneen Polad Mogrelia organized a guest lecture titled **“Future Prospects in the Field of Human Resource Development”** at the Department of Psychology. The guest lecturer, **Ms. Srinidhi, an alumna of the department and an HR professional at Phillips,** spoke to the II M.Sc. Psychology students specializing in Organizational Behavior.

5. On 6th September, 2018, Dr. Zarina A organized a guest lecture titled **“Management of Drug Abuse”** at the Department of Psychology. **Dr. Thomas Idiculla, an instructor in Psychiatry at Harvard Medical School**, addressed the III-year B.Sc. Psychology students.
6. On 6th September, 2018, Ms. Sruti Lall organized a guest lecture titled **“Neurofeedback and Its Applications”** at the Department of Psychology for M.Sc. Psychology students. The resource people for the session were **Ms. Arasi Prasad, Executive Director of Regenmed Care, India, and Mr. Sai Kiran Kumar, a neuro-clinician and lecturer at Regenmed Care India.**
7. On 7th September, 2018, Dr. Veena Easvaradoss organized a workshop titled **“Jungian Psychodrama”** at the Department of Psychology. The workshop was designed for I MSc. Psychology students and MPhil. research scholars in the department. **Dr. Maurizio Gasseau, a clinical psychologist based in Turin**, was the resource person.
8. On 20th September, 2018, Mrs. Nazneen Polad Mogrelia organized a guest lecture titled **“Future Prospects in Workplace Counselling”** at the Department of Psychology. **Dr. Sangeetha Makesh, a counsellor at Psycafe**, addressed the II M.Sc. Psychology students.
9. On 28th September, 2018, Dr. M. Kanchana organized a 1-day workshop on **“Measures and Policies on Counter-Terrorism”** at the Copper Pod, Women’s Christian College. During the workshop, the 1st M.Sc. students conducted a session on Psychological First Aid. The resource person for the event was **Dr. Uma Maheshwari, a senior faculty member at the Friends of Police Multimedia Training Centre and the Police Department.**
10. On 8th October, 2018, Dr. S. Usharani organized a full-day guest lecture on **“Crimes Against Women and Laws on Crimes Against Women”** at the Department of Psychology. **Dr. Uma Maheshwari, a senior faculty member at the Friends of Police Multimedia Training Centre and the Police Department**, addressed the M.Sc.

Psychology students. Dr. Maheshwari, who was previously a faculty member in the Criminology Department at the University of Madras, led the session.

11. On 19th and 20th November, 2018, Dr. M. Kanchana organized a workshop on **“Transactional Analysis”** for I M.Sc. Psychology students specializing in counseling. **Dr. Susan George** served as the resource person for the workshop.



12. On 27th November, 2018, Dr. D. Sumathi organized a guest lecture to orient the II and III B.Sc. Psychology students about an add-on course offered by the Psychology Department. The session was conducted by the **faculty of Sankalp** and was attended by the II and III B.Sc. Psychology students, as well as the I M.Sc. Psychology students.



13. On 27th November, 2018, Ms. Sarah Sruti Lall organized a guest lecture for III B.Sc. Psychology students on **“Future Prospects Abroad in the Field of Psychology.”** **Achu Johnson Alexander**, a research scholar at Clark University and an alumna of the Women’s Christian College, Psychology Department, was the resource person.

14. On 1st December, 2018, Ms. Sarah Sruti Lall organized a full-day workshop on the **“SPSS Statistical Package”** for M.Sc. Psychology students. The workshop was facilitated by **Ms. Sruti Lall and Ms. Jemmy.**



15. On 13th December 2018, Dr. M. Kanchana organized a workshop titled **“Introduction to Systems Therapy.”** **Mrs. Sivagami, a family therapist,** addressed the I M.Sc. Psychology and M.Phil. students during the session.





16. On 21st January, 2019, Dr. M. Kanchana organized a full-day workshop on **“Counseling Children and Play Therapy.”** Ms. Aarthi Rajarathnam was the resource person, addressing the I M.Sc. Psychology students.

17. On 29th and 30th January, 2019, the faculty of the Psychology Department organized an international seminar titled **“Creative Arts Therapies: Multimodal Approaches for Mental Health and Well-being.”** The seminar received media coverage and was featured in newspapers such as The Hindu and The Indian Express.



## Using music, dance and drama for mental health and well-being

**M**usic, dance, drama, and other forms of creative arts are known to have a therapeutic effect on people with mental health issues, according to Dr. R Padmavathi, director of the Schizophrenia Research Foundation (SCARF).

Creative arts therapy is an important adjunct to interventions in mental health, and people can adapt to it fairly easily, she said in her inaugural address on Tuesday at a seminar on creative arts therapies organised by the Department of Psychology of the Women's Christian College, said a press release.

Traditional medical interventions have associations of stigma, which inhibits people from accessing mental healthcare services, but art therapies are more acceptable, she added.

The seminar, which sought to provide an understanding of creative art therapies in promoting mental

health, was presided over by Lilian Jasper, WCC principal.

A total of 245 people including 214 students from over 15 universities across the country participated. The seminar was also attended by 31 delegates, including social workers, psychologists, HR professionals, and teachers.

In the keynote address, Sangeeta Prasad, art therapist at Circle Art Studio in Fairfax, Virginia, noted that communities around the world had, from ancient times, used visual arts, music, dance, drama, puppetry and other creative ways to express themselves. "In modern times, with the fragmentation of communities, psychological interventions are needed and creative arts therapy helps," she added.

Veena Easvarados, head of the Psychology Department, said that the department gives equal focus to education and training, and services to the public.

18. On 5th March, 2019, Dr. M. Kanchana organized a workshop on **“Yoga Therapy.”** **Ms. Nrithya Jagannathan, Senior Yoga Teacher and Therapy Consultant at Krishnamachari Yoga Mandalam,** was the resource person and addressed the I M.Sc. Psychology students.



19. On 21st March, 2019, Ms. Sarah Sruti Lall organized a guest lecture on **“Dementia Assessment and Management”** at the Department of Psychology for B.Sc. Psychology students. **Dr. Shree Pratap from Shaditya Hospitals** was the resource person.