



ACADEMIC ACTIVITIES 2019-2020

DEPARTMENT OF PSYCHOLOGY – SHIFT I



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ACTIVITIES – 2019-2020

(Conferences, Seminars, Webinars)

1. The Psychology Department organized a workshop on "**Pre-marital Counselling**" for B.Sc. and M.Sc. Psychology students on 6th February, 2020. The workshop was facilitated by **Ms. Sussana Deepthi**, a research scholar in the Psychology Department.



2. The Department of Psychology organized a workshop on "**Advocacy and Disability Rights**" in collaboration with Vidyasagar on 8th February, 2020. M.Sc. Psychology students participated in the workshop, which was led by **Ms. Ummul Khair**, Coordinator of the Disability Law Unit at Vidyasagar.



3. As an initiative of the **Nalam Psychological Counseling Centre**, the Department of Psychology at Women's Christian College, Chennai, organized a workshop on Research Methods and SPSS from 24th to 26th June, 2019. The resource person for the workshop was **Dr. Geetha Suresh, Professor in Criminal Justice and Law at Stevenson University, Baltimore, USA.**



4. A workshop on **“Mindfulness in Positive Psychology”** was conducted by the Department of Psychology on 7th, 14th, 21st, and 28th August, 2019. The sessions were facilitated by **Rofia Ramesh, a Joint PhD Scholar from IIT Madras and the University of Curtin, Australia.**



5. The Department of Psychology organized a workshop on **“Neurolinguistic Programming”** (NLP) on 10th, 12th, and 13th September, 2019. The workshop was facilitated by **Ms. Aarthi Rajarathnam**, a prominent social worker.



6. The Department of Psychology organized a **“Yoga Therapy”** workshop on 14th February, 2020. M.Sc. Psychology students learned about the scope and benefits of yoga for mental health and the mind-body connection. The workshop was conducted by **Nrithya Jagannath from Krishnamacharya Yoga Mandiram**.



7. **An Expressive Arts Therapy session** was organized on 16th November, 2019 for III B.Sc. Psychology students by the **East West Counselling Center**.



8. A guest lecture on **"Introduction to the Foundations of Music Therapy"** was held on 22nd June, 2019 for II B.Sc., III B.Sc., II M.Sc., and M.Phil. research scholars of the department. The resource person was **Dr. Sumathy Sundar**.

9. A presentation titled **"Symbols and Sound: Navigating the Challenges of Major Depressive Disorder and Schizophrenia Psychotic Disorders through Music Therapy"** was held on 22nd July, 2019. **Dr. Carol Lotter, Lecturer at the University of Pretoria, South Africa, and Co-coordinator of Arts Therapies**, was the resource person. The event saw participation from 300 students across various colleges in Chennai, including MOP, Stella Maris, Ethiraj College, and Madras School of Social Work.

10. A guest lecture on **"Crimes Against Women"** was held with Advocate Aadhilakshmi on 21st and 24th October, 2019.



11. A guest lecture on **Opportunities with Teach for India** was held for III B.Sc. Psychology students on 10th February, 2020. The session was organized by the **host organization**.



12. **An Art Therapy workshop** was held on 16th December, 2019, with **Jennie Kristel** as the resource person. The workshop was attended by II and III B.Sc. Psychology students.



13. **An Art Therapy workshop** was held on 3rd and 10th March, 2020 for I M.Sc. Psychology students specializing in Counseling and Psychotherapy. The resource person was **Ms. Sruti Sriram**, an Art Therapist.



14. **An Expressive Arts Dance Therapy session** was held on 18th December, 2019.



15. A guest lecture on **Positive Psychology** was held on 4th July, 2019. The resource persons were **Dr. Sahaya G. Selvam, Associate Professor and Deputy Vice-Chancellor – Designate (Academic & Student Affairs) at Tangaza University College, Nairobi, Kenya,** and **Dr. I. P. Khumalo, Associate Professor in the Department of Psychology at the University of the Free State, Bloemfontein, South Africa.**



16. A guest lecture on **“Communicating Emotion Across Language and Cultures”** was held on 30th January, 2020. The speaker was **Ms. Jelena Havelka, Associate Professor at the School of Medicine, University of Leeds, UK.** The lecture was attended by I and III B.Sc. Psychology students.



17. A guest lecture on **"Montessori Education"** was held on 4th March, 2020, conducted by **Shobana Vaidhyathan** from the Indian Montessori Training Course. The session was addressed to III B.Sc. Psychology students.



18. A workshop on **"Advocacy and Disability Rights"** was held at Vidyasagar on 8th February, 2020. The session, attended by I M.Sc. students, was delivered by **Ms. Ummul Khair, Coordinator of the Disability Law Unit at Vidyasagar.**



19. A guest lecture on the "**Scope of Psychology in Defense**" was held on 18th March, 2020. **Dr. Ramachandran, Director of the Defence Institute of Psychological Research**, was the resource person. The lecture was attended by all B.Sc. students, M.Sc. students, and M.Phil. research scholars.

20. A three-day **NLP Training workshop** was held on 11th, 12th, and 13th September, 2019, conducted by **Ms. Aarthi Rajarathinam** from Salem. The workshop was attended by all II M.Sc. and I M.Sc. students.



Workshops held by Vikaas Student Counseling Center

S.No	Date	Title of the Workshop	Duration	No of Participants
1	5.7.2019	Dealing with everyday stress (Shift 2)	1 hour	63
2	16.7.2019	Discovering Self through visualization (Shift 1)	1 hour	33
3	25.7.2019	Self-management (Shift 1) PG	1 hour	43
4	8.8.2019	Choices and Consequences (Shift 2)	1 hour	62
5	10.9.2019	Facing failures (Shift 1)	1 hour	40
6	10.10.2019	Spiritual Intelligence (Shift 2)	2 hours	67
7	26.11.2019	Managing Emotions (Shift 2)	1 hour	59
8	7.1.2020	Gratitude (Shift 1)	1.5 hours	49
9	19.2.2020	Study skills (Shift 1)	2 hours	44
10	13.3.2020	Career Mapping (Shift 2-PG)	1 hours	47