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# **ACADEMIC ACTIVITIES 2021-2022**

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**DEPARTMENT OF PSYCHOLOGY**

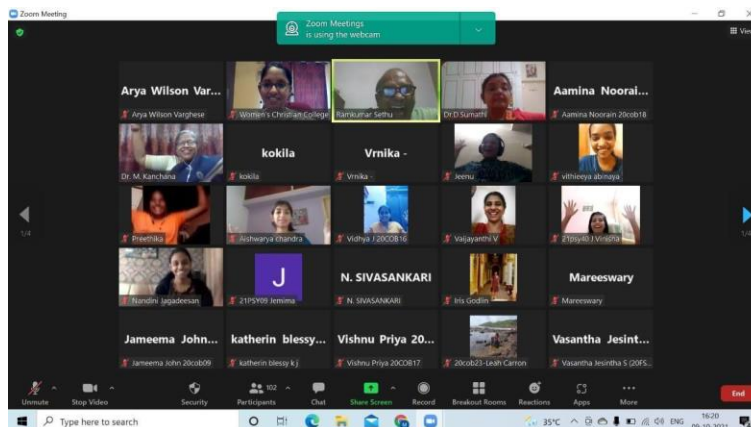


## DEPARTMENT OF PSYCHOLOGY

### ACTIVITIES – 2022 – 2023

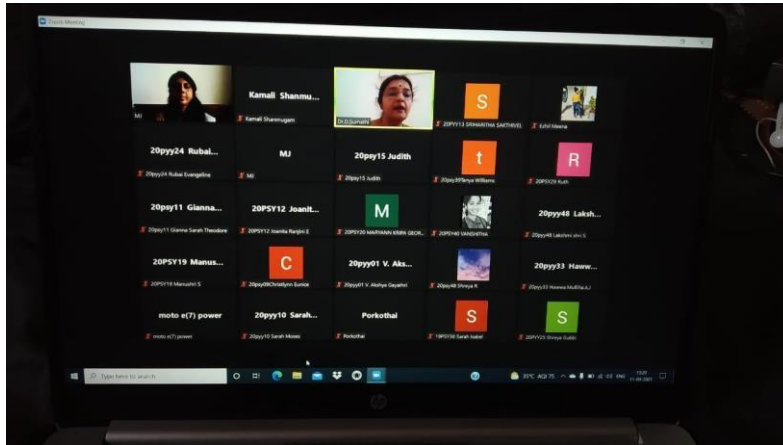
(Conferences, Seminars, Webinars, Workshops)



1. The theme for World Mental Health Day 2021 was “Harmony for Mental Health.” In line with this theme, the Department of Psychology organized a webinar titled **"Humour for Mental Health."** The session took place on 9th October 2021, from 3:30-4:30 pm via the Zoom platform. The resource person for the webinar was **Mr. Ramkumar Sethupathy**, the director of Nellai Cancer Care Centre, who is also a psychologist, life coach, and laughter therapist.



2. The Department of Psychology (Shift I & II) at WCC, in collaboration with the Child and Adolescent Foundation India, jointly organized a webinar titled **“Addiction, Brain, and Behavior”** on 11th September, 2021. The webinar was conducted via the Zoom platform and was attended by B.Sc. and M.Sc. students of the department.

**Dr. Mridula C. Jobson** is a Pediatric Psychologist and Researcher. She holds a Doctorate in Psychology with a fellowship in Neuroscience and Neurorehabilitation. Additionally, she serves as an Associate Professor at Christ Academy Institute for Advanced Studies.




Women's Christian College &
 
CHILD & ADOLESCENT FOUNDATION INDIA  
Research & Training Institute for Child & Adolescent Psychology, Bangalore

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**DEPARTMENT OF PSYCHOLOGY**  
SHIFT 1 & 2

Jointly present

Webinar on  
**Addiction, Brain & Behavior**  
(Talk on Neuroscience behind behavior)

Speaker

**Dr. Mridula C Jobson**  
 Pediatric Psychologist & Researcher  
 Doctorate in Psychology  
 Fellowship in Neuroscience & Neurorehabilitation  
 Asst.Prof. Christ Academy Institute for Advanced Studies

Topics to be covered :

<ol style="list-style-type: none"> <li>1. Is Psychology a science ?</li> <li>2. Emotional and social neglect</li> <li>3. Prefrontal cortex</li> <li>4. Depression vs reward processing</li> </ol>	<ol style="list-style-type: none"> <li>5. Striatum</li> <li>6. Feed loop of emotion</li> <li>7. Cortisol vs dopamine</li> <li>8. Drug vs pleasure seeking vs porn</li> </ol>
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Date : September 11, 2021 Time : 12:00 - 01:20 pm	<b>ZOOM</b> Meeting ID : 814 72 31 0843 Passcode: wcc2021
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3. The Department of Psychology at Women's Christian College conducted a workshop titled **"Introduction to Expressive Arts Therapies"** on 28th April, 2022. Organized under the supervision of Dr. Zarina A., the workshop was attended by 13 first-year M.Sc. students specializing in Counseling. The session was held on the Zoom platform, and the resource person was **Miss Preetha Ramasubramanian**. Miss Preetha holds a Master's in Dance Movement Psychotherapy from Goldsmiths College, University of London, and an M.Sc. in Psychology from the University of Madras. She is the founder and president of the Indian Association of Dance Movement Therapy and established Kinesthetics - Dance Movement Psychotherapy and Counselling Centre, where she works with both children and adolescents.



4. The webinar on **"Play Therapy"** was conducted on 13th May, 2022, for the first-year M.Sc. Counseling Specialization students of the Psychology Department. The session was held online, and the resource person was **Ms. Aarti C. Rajaratnam**, an articulate speaker and experienced child and adolescent mental health counselor. She specializes in play therapy, NLP, transactional analysis, and dream analysis.





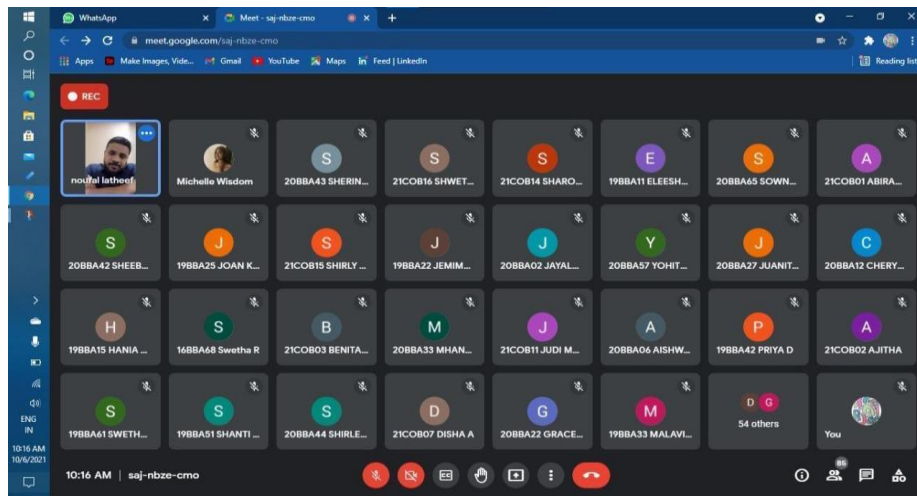
5. **“Nurturing Giftedness: The Goldmine”** was an international seminar conducted by the Department of Psychology at Women’s Christian College. The valedictory address was delivered by **Dr. R. Padmavati**, Director of the Schizophrenia Research Foundation in India. This was followed by a special address titled **“Journey of a Gifted”** by **Ms. Keerthana Swaminathan**, Sports Psychologist and Founder of Think. Train. Perform, as well as feedback from the participants. The seminar was attended by 265 participants, including undergraduate and postgraduate students, research scholars, school teachers, school principals, college teachers from various departments, educators, mental health professionals, and parents. Delegates came from different parts of India as well as abroad.





6. The Department of Psychology organized a webinar on **“Mixed Methods in Psychology”** on 11th April, 2022. The resource person was **Prof. Rani George, Dean of the College of Arts and Humanities at Albany State University**.

7. The Department of Psychology at Women’s Christian College, Chennai, arranged an online webinar titled **“Gateway to Financial Freedom”** in association with the Hedge School of Applied Economics. The webinar took place on 6th October, 2021. Certificates were issued to each participant who attended. A total of 23 M.Sc. students from the Psychology Department (Shift I) and 60 students from the Business Studies Department (Shift II) participated. The webinar featured **Mr. Noufal Latheef, Director of the Hedge School of Applied Economics, as the speaker**.



8. The Department of Psychology conducted a webinar on **“Internet Addiction”** on 25th October, 2021. **Dr. Nitin Anand from NIMHANS** was the resource person. The webinar was well-received by the Psychology students of the department.





Department of Psychology (Shift 1)  
Women's Christian College  
organizes a webinar on

# INTERNET ADDICTION

Is it the new age epidemic?

Understanding Internet Addiction with



**Dr. Nitin Anand**  
Associate Professor of Clinical Psychology and Consultant, Service for Healthy Use for Technology (SHUT) Clinic, Department of Clinical Psychology, National Institute of Mental Health & Neuro Sciences (NIMHANS) Bangalore, Karnataka, India.

**Monday 25th October 2021**  
**4:00 PM - 5:30 PM**

[Click here](#) to REGISTER NOW!!  
[Click here](#) to join the webinar on 25th October 2021!

**Faculty Coordinators**  
Dr M Kanchana  
Head of the Department  
Ms. Jelin Rebekah A  
Assistant Professor

**Student Coordinators**  
Atulya Venkatesh  
Porkothai V  
Sandhya Shivakumar

9. A guest lecture was held on 29th September, 2021 at the departmental level, where **Ms. Immaculate Mary** spoke to students of 3rd B.Sc. Psychology and Ph.D. research scholars about the importance of education for disadvantaged groups. The talk sensitized students to the value of giving back to the community.





10. A guest lecture on "**The Scope of Organizational Psychology**" was organized on 4th January, 2022. **Ms. Banupriya**, Founder of Vriksha Psychological Services, addressed students from III B.Sc. and II M.Sc. The talk provided clarity on the various opportunities available in the field of organizational behavior.



11. A guest lecture was organized on the topic "**Better Services for Better Quality of Life for the Elderly: Sharing of Research Experience**", which was attended by II B.Sc. Psychology students on 19th March, 2022. The presentation was delivered by **Dr. K. Jayanthi Rani**, Assistant Professor in the Department of Psychology at Ethiraj College for Women, Chennai. Dr. Rani shared her research experience concerning the elderly population. As a result of this lecture, students gained valuable insights into geriatrics from a community perspective.



12. **Dr. Sindhuja Sankaran**, an academic with international experience, having completed her PhD at Cardiff University, UK, and having taught at universities in Poland for eight years, delivered a lecture on the topic "**The Psychology of the Refugee Crisis**" on 4th April, 2022. The lecture was attended by students of II B.Sc. Psychology. As a result of this presentation, students gained valuable knowledge about issues concerning refugee communities.