

**DEPARTMENT OF PSYCHOLOGY, SHIFT II  
ACADEMIC ACTIVITIES 2021- 2022**

**1. Webinar On Educational Oppurtunities After Undergraduation**

A series of Webinars by Speakers from different fields of Psychology was conducted for the students of Psychology to introduce them to various fields they can delve into which would foster their interests.

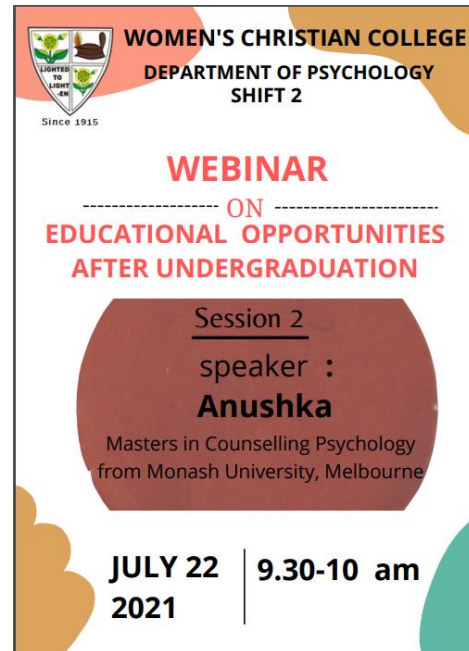


**WOMEN'S CHRISTIAN COLLEGE**  
DEPARTMENT OF PSYCHOLOGY  
SHIFT 2  
Since 1915

**WEBINAR**  
ON  
**EDUCATIONAL OPPORTUNITIES  
AFTER UNDERGRADUATION**

Session 1  
speaker :  
**Mahalakshmi**  
PhD candidate from IIT  
Hyderabad

**JULY 19 | 10.30-11 am  
2021**



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Session 2  
speaker :  
**Anushka**  
Masters in Counselling Psychology  
from Monash University, Melbourne

**JULY 22 | 9.30-10 am  
2021**



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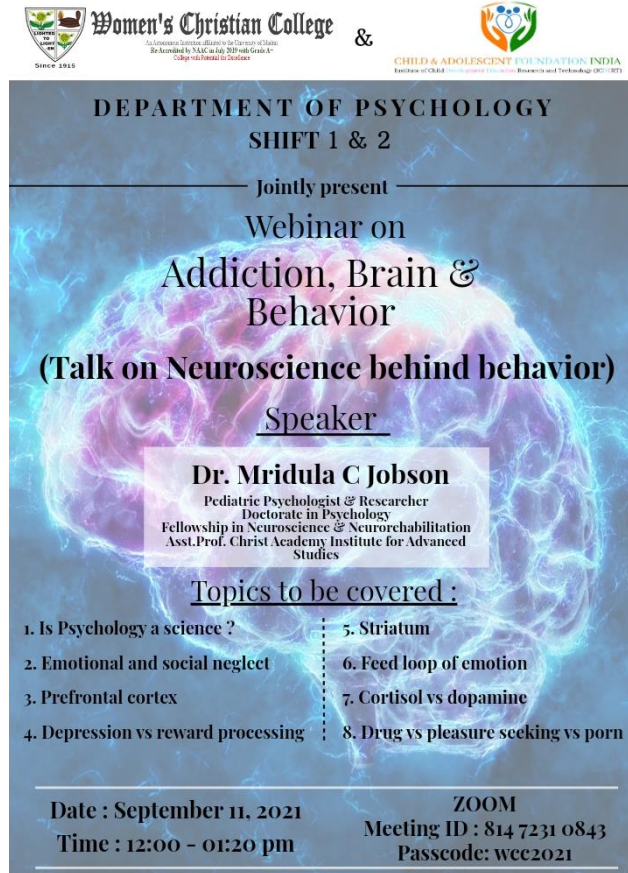
**WEBINAR**  
ON  
**EDUCATIONAL OPPORTUNITIES  
AFTER UNDERGRADUATION**

Session 3  
speaker :  
**Shrinidhi baradwaj**  
Wellington university , New Zealand

**JULY 26 | 11.30-12 am  
2021**

## 2. Webinar on Addiction, Brain and Behavior

Webinar on Addiction, Brain and Behavior was jointly organized by Department of Psychology Shift I and II on 11<sup>th</sup> September 2021. Dr Mridula C Jobson was the Speaker who shared her expertise on the same.



**Women's Christian College** & **CHILD & ADOLESCENT FOUNDATION, INDIA**  
An Autonomous Institute, affiliated to the University of Madras  
Recognized by NAAC as 'A' Grade '3' (2016-2018) & 'A' Grade '3' (2019-2021)  
College of Health and Behavioural Sciences

**DEPARTMENT OF PSYCHOLOGY**  
SHIFT 1 & 2

Jointly present

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

**Speaker**

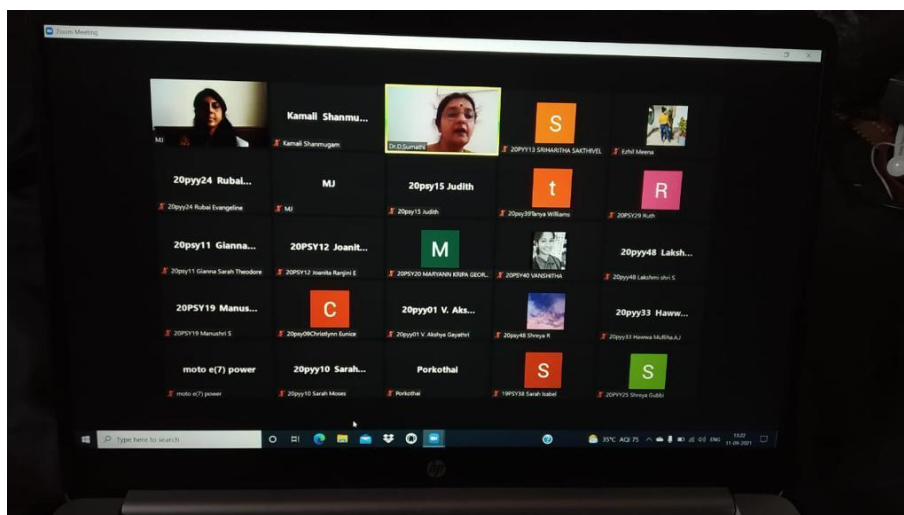
**Dr. Mridula C Jobson**  
Pediatric Psychologist & Researcher  
Doctorate in Psychology  
Fellowship in Neuroscience & Neurorehabilitation  
Asst.Prof. Christ Academy Institute for Advanced Studies

**Topics to be covered :**

1. Is Psychology a science ?
2. Emotional and social neglect
3. Prefrontal cortex
4. Depression vs reward processing
5. Striatum
6. Feed loop of emotion
7. Cortisol vs dopamine
8. Drug vs pleasure seeking vs porn

**Date : September 11, 2021**  
**Time : 12:00 - 01:20 pm**

**ZOOM**  
**Meeting ID : 814 7231 0843**  
**Passcode: wcc2021**



**3.WORKSHOP on “COPING WITH ANXIETY”** was conducted by Department of Psychology Shift II on 29<sup>th</sup> of September for the students to effectively manage and cope up with anxiety. The workshop was facilitated by **Ms Reena Joyice**, Student Counsellor of WCC.

The poster features the Women's Christian College logo at the top left, which includes a shield with a cross and the motto "LIGHTEE TO LIGHT SPI". To the right of the logo, the text reads "WOMEN'S CHRISTIAN COLLEGE DEPARTMENT OF PSYCHOLOGY SHIFT:2". The main title "WORKSHOP on COPING WITH ANXIETY" is centered, with "2021" written vertically in large blue letters on the right side. A pink box on the left contains the speaker's name and affiliation: "SPEAKER: Ms. Reema Joyice Student Counsellor Women's Christian College Chennai." A blue box at the bottom right provides the date and time: "DATE AND TIME: 29TH September 2021 At 1:20 pm".



#### 4. WORLD MENTAL HEALTH DAY

On behalf of World Mental Health Day, Students of B.Sc Psychology, Shift 2 came together to campaign for the same. They started with giving google forms for assessing anxiety among people . Once done, students scored individually and responded to their emails with personalized results along with a mental health checklist. In Total, 233 individuals filled the form (including WCC students and commoners ).

Students created an official instagram account for Shift 2 Psychology Department.

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**WORLD MENTAL HEALTH DAY  
CAMPAIGN**

**MENTAL HEALTH METER**

**When faced with a problem**

**DO YOU DEAL WITH THEM AS THEY ARISE ?**

**DO YOU COPE WITH YOUR EMOTIONS ?**

**DO YOU AVOID THEM ?**

**TAKE OUR MENTAL HEALTH METER**  
**To know more and get a mental health checklist**

**YOUR RESPONSE WILL BE KEPT CONFIDENTIAL**

**GET AN INDIVIDUALIZED REPORT WITHIN 2-3 WORKING DAYS**

 **PLATFORM : Google Forms**  
**FORM LINK : shorturl.at/qJMPS**

**DATE: 05.10.2021 - 09.10.2021**  
**TIME: 8:00 a.m. to 6:00 p.m.**