



Sadhana Education Society's
**L. S. Raheja College of
Arts & Commerce**
Gujarati Linguistic Minority Institute

BOOKLET

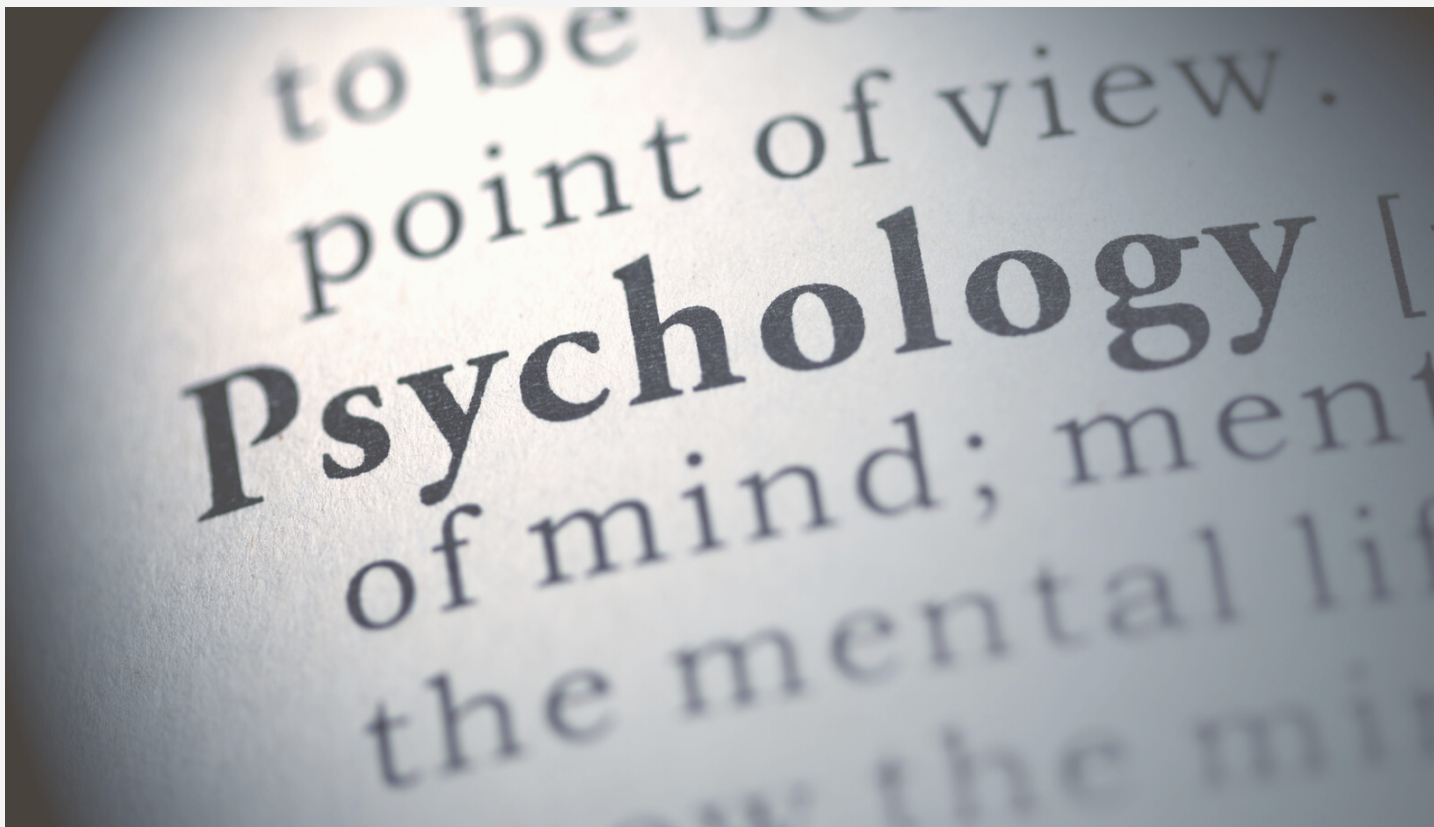
DEPARTMENT OF PSYCHOLOGY

FROM 2016 TO 2022



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INTRODUCTION:

The Department of Psychology is existing since the inception of the college that is 1980. Psychology at TYBA level was offering only 3 papers as part majors. In the year 2008, with permission from the UGC, six papers were started. Since then the Department has been offering all 6 papers at TYBA level.

MEMBERS OF DEPARTMENT:

1. Mrs. Neha Dalal -
Assistant Professor

2. Ms. Shivani Chande -
Assistant Professor

3. Me Puja Patwardhan -
Assistant Professor



COURSES OFFERED BY THE DEPARTMENT (PAPERS TAUGHT)

SEMESTER	Name of the Course	Number of L/T/P/week	Name of Faculty
I and II	Fundamentals of Psychology	L- 04	Neha Dalal/ Shivani Chande
III and IV	Social Psychology	L- 03	Neha Dalal
III and IV	Developmental Psychology	L-03	Shivani Chande
III and IV	Stress Management (Applied component)	L-04	Puja Patwardhan
V and VI	Psychological Testing and Statistics	L-04	Puja Patwardhan / Shivani Chande
V and VI	Abnormal Psychology	L-04	Shivani Chande
V and VI	Industrial and Organizational Psychology	L-03	Puja Patwardhan
V and VI	Cognitive Psychology	L-04	Neha Dalal
V and VI	Practicals in cognitive processes and Psychological testing	P-24	Neha Dalal/ Puja Patwardhan / Shivani Chande
V and VI	Counseling Psychology	L-03	Neha Dalal
V and VI	Psychology of human behaviour at work	L-03	Puja Patwardhan

PROGRAMME SPECIFIC OUTCOMES RELATED TO THE DEPARTMENT

- To impart knowledge of the basic concepts and modern trends in Psychology and specific subjects of Psychology example Developmental Psychology, Social Psychology, Cognitive Psychology; as well as their applications in day to day life etc
- To foster interest in the subject of Psychology and to create a foundation for further studies in Psychology.

ADD ON COURSES OFFERED IN LAST FIVE YEARS

Sr. Number	Certificate Courses offered	Year	Number of students enrolled
1	Basics in Listening Skills	2017-18	14
2	Basics in Listening Skills	2018-19	13
3	Basic course in Understanding of Parkinson's Disease	2020-21	15

NUMBER. OF STUDENTS IN THE DEPARTMENT FOR LAST FIVE YEARS

NUMBER OF STUDENTS- YEAR WISE BREAKUP

	Major	Part major
2016-17	32	6
2017-18	32	16
2018-19	32	9
2019-20	32	8
2020-21	32	9
2021-22	32	7

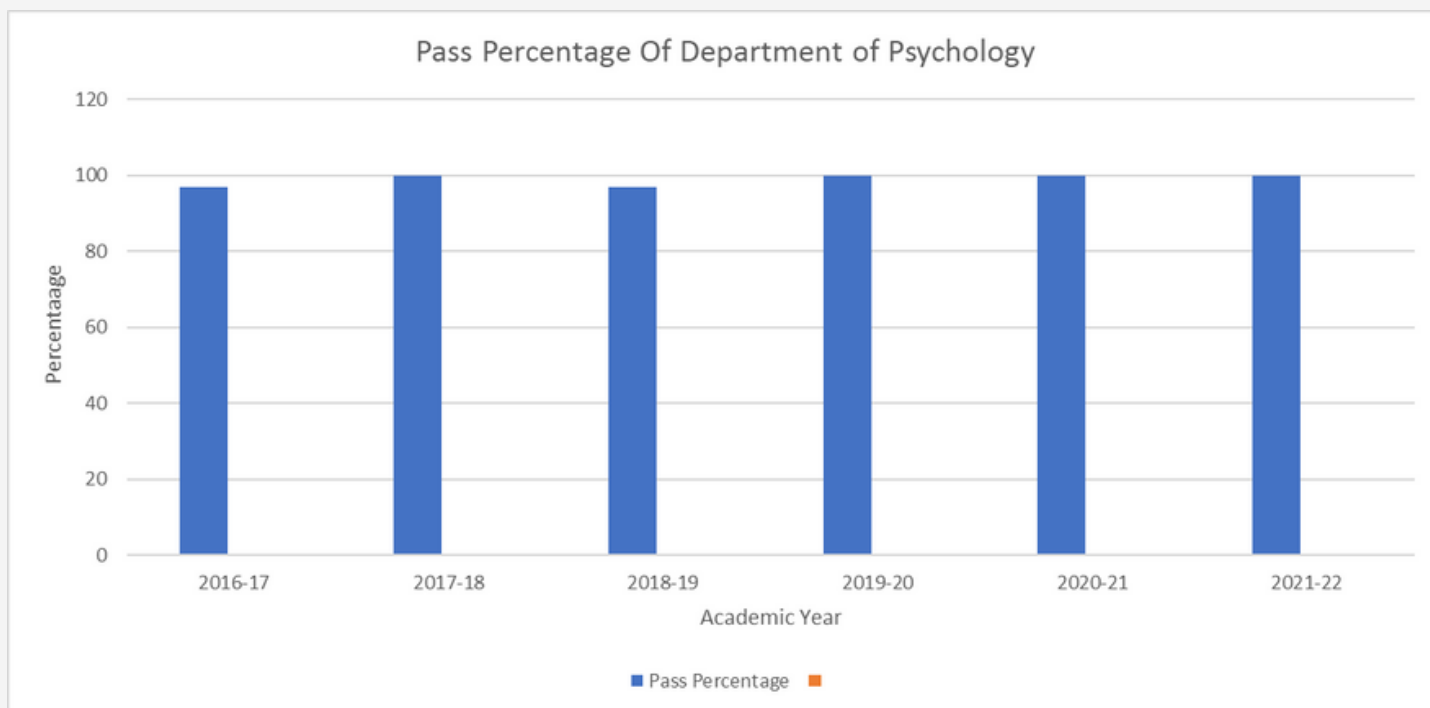
TEACHING LEARNING METHODS USED BY THE MEMBERS OF THE DEPARTMENT

- Learning through documentary screenings
- Field experiments are conducted in the field of Social Psychology
- Case study discussion method- where case studies are taken from the experts in the field and the experts are required to send email to the faculty for the confirmation regarding the same
- Role play method to reinforce learning
- Mentoring programs where students of TYBA mentor and help students of FYBA for the studies
- Encouraging students to Develop training programs to be delivered to different participants
- Collaborations with Parkinson's Disorder and Movement Disorder society to encourage students to volunteer and also learn important helping skills
- A new collaboration started in the year 2021-22 with the NGO Rubaroo to encourage students to spread awareness on Child Sexual abuse.





RESULT ANALYSIS



ACTIVITIES CONDUCTED BY THE DEPARTMENT EVERY YEAR:

• 2016-17

Workshops	<ul style="list-style-type: none"> • Workshop on effective studying habits • Workshop on “Johari window”
Guest Lectures/Course	<ul style="list-style-type: none"> • Intercollegiate guest lecture on “Worry: A Rocking Chair” • Alumni talk on “Time management” • Guest lecture on “Performance appraisal” • Guest Lecture on “Use of SPSS for Social Sciences” • Add on course on Basic Listening Skills
Events	<ul style="list-style-type: none"> • “Psy NC”: A creative display on “Sigmund Freud and his contributions to Psychology” • Ice-breaking session for TYBA class • Parent- Teacher meeting for TYBA class • Celebration of International Yoga Day • Career counselling for students by Disha Counselling Centre • Social Psychology field experiments • Group therapy sessions and counselling demonstrations for students

• **2017-18**

Workshops	<ul style="list-style-type: none"> • Workshop on “Life Skill Training”
Conferences	<ul style="list-style-type: none"> • A two day National seminar on “Psycho-social adjustability and mental health in India”
Guest Lectures	<ul style="list-style-type: none"> • A Lecture on “Use of SPSS for Social Sciences”
Events	<ul style="list-style-type: none"> • Ice-breaking session for TYBA class • Parent- Teacher meeting for TYBA class • Celebration of International Yoga Day • “Psy NC”: A creative display on “Eating disorders” • Documentaries on “Glass ceiling, discrimination • ”Awareness programme on “Blue Whale game”

• **2018-19**

Workshops	<ul style="list-style-type: none"> • Workshop on “Healthy Ageing and Dance Movement Therapy” • Workshop on Research Methodology • Workshop on Rational Emotive Behavioural Therapy
Seminars/ Conferences	<ul style="list-style-type: none"> • Intercollegiate research paper conference and competition for students themed on “Psychological Wellness and Holistic Well-being”
Guest Lectures/Course	<ul style="list-style-type: none"> • Guest Lecture on “Use of SPSS for Social Sciences” • Guest Lecture on “Rational-Emotive Behaviour Therapy” • Add on course on Basic Listening Skills
Events	<ul style="list-style-type: none"> • “Psy NC”: A creative display on “Alternative Therapies” • Parent- Teacher meeting for TYBA class • Class-to-class awareness about suicide prevention on Suicide Prevention Day • Social Psychology field experiments

• **2019-20**

Workshops	<ul style="list-style-type: none"> • Life skills workshops conducted by TYBA students for Malti Jayant School Students
Guest Lectures/Course	<ul style="list-style-type: none"> • Lecture series on “Basics in Research Methodology” • Talk on “Healthy aging and Dance and Movement Therapy”
Events	<ul style="list-style-type: none"> • Research paper Reading by students • Ice breaking session for students of TYBA • Psy NC wall Charts • Mentorship program of TYBA students for FYBA students • Two Parent Teacher Meetings • PDMDS volunteering work

Events	<ul style="list-style-type: none"> • Movie screening "A Beautiful mind" • Avishkar student participation and selection for final round • Thane Mental hospital visit
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• **2020-21**

Seminars/ Conferences	<ul style="list-style-type: none"> • Panel discussion on media and mental health
Guest Lectures/Course	<ul style="list-style-type: none"> • Guest Lecture on "Rational Emotive Behaviour Therapy" • Guest lecture series on "Dissociative Identity Disorder"
Events	<ul style="list-style-type: none"> • Ice breaking session • Two Parent teacher meetings • Movie screening

• **2021-22**

Workshops	<ul style="list-style-type: none"> • Careers in Psychology • Dance and Movement Therapy with Parkinson's and Movement Disorders. • Healing Through Art • NLP Change Work • Suicide Prevention • Harmonising Your Fitness Story
Guest Lectures/Course	<ul style="list-style-type: none"> • REBT
Events	<ul style="list-style-type: none"> • Ice breaking session • Two Parent Teacher meetings • Awareness Programme on Internship opportunities to work with Rubaroo. • Internship opportunities with PDMDS.

FUTURE PLANS:

- Collaborations with organizations/colleges/ mental health professionals
- Internships for the students
- To build TRN(Trauma resource network)
- Psychology Club
- Intercollegiate Psychology Festival

