

Annual Report

Psychology Department 2018-19

Faculties in Department

TIC Dr Ritu Sharma, Assistant Professor

Dr Priya Bir, Associate Professor

Objective- To sensitize students towards psychological issues persist in our society and to develop psychological skills to grow as professional Psychologist.

Activities

Psychology department decided to work for the improvement of level of self-confidence and self-esteem among students of Aditi college and to resolve their personal dilemmas and answer their personal psychological quest. Some activities were done throughout the year to boost the level of self-esteem. The purpose was to bring the awareness and highlight the importance of self-esteem in the life of women.

Special lecture was organized on self-esteem which was delivered by Ms Ritu Kaushik in which the importance of self-esteem and how it effects the entire growth of an individual throughout the life span was discussed with students.

In another activity Psychology students learnt to search the scale on self-esteem which could suit best to tap the self-esteem level of girls of Aditi college, keeping in view the rural background of majority of students. This activity has acquainted them with the huge number of psychological tests available in the market and most important learning was that they cannot abruptly use any test. Every test has been developed to serve some exclusive purpose and being psychology students they should understand that purpose of each and every test before applying it on general public. They learnt to differentiate one test on the same topic with other test which is one of the most important psychological skill.

In another activity we taught them to be techono savvy. In todays era of

technology, it is very important to know how to make use of technology and increase the level of efficiency. We taught students to conduct online surveys. To fulfil that purpose we taught them how to make use of google forms how to develop them and share them with larger population and can get data in minutes which otherwise will take months.

In another activity we taught our students to conduct surveys. Taking interviews and conducting survey is a psychological skill which need to be developed in students of psychology. Our students did door to door campaign for psychological assessment of self-esteem. They placed posters everywhere in the college premises and motivated students to come forward for psychological assessment. Students went to class rooms contacted class representatives and through them they transferred the google form to each student's WhatsApp. WhatsApp is a medium which usually students use for chatting, but we taught them how one can make use of it for data collection. Students placed a camp of psychological testing and counselling in the premises of college and successfully run a campaign for mental health.

Later Psychology department of Aditi Mahavidyalaya has organised a workshop titled as "Psychological testing and counselling camp for mental health" on 20th February 2019. Dr Daya Pant, former Head Department of Counselling, NCERT and Dr Puja Dawer Rao was invited for the session on counselling and to address the issues of students pertaining to self-esteem and depression. Approximately 60-65 students attended the workshop and discuss their life issues in an open forum. It was a huge learning experience for students they discussed the problems they are facing in all life spheres, their intra-personal and interpersonal conflicts with the resource person and ample time was given to satisfy their queries.

Apart from it Psychology students conducted a survey in community to find the relation between depression, rumination and spirituality. They conducted a study on spiritual and non-spiritual group of people. Interview and psychological tests were conducted and a connect was developed with the people living in community and suffering from depression.

The students of VI Sem conducted research in various institutions and organizations as part of Industrial and Organizational Psychology. They conducted research to study the Job Commitment of teachers teaching in Tulips International School. They got so motivated to do further research in the same area that they went ahead to study the Job Commitment of Professors of Satyawati College, University of Delhi. They also did a comparative study in the important area of Job Satisfaction where they collected data from RSGSKV, a government school in Bawana. It was heartening to see their findings and interpretation of the same.