

Department of Psychology

Jesus and Mary College

Annual Department Report for the AY 2022-2023

Activities Organized by the Department

13-07-2022	Alumni Talk: Navigating examinations and year-end stress by Ms. Madhuri Jain
03-08-2022	Alumni Talk: “Navigating Higher Education In Psychology ” by JMC Alumni - Jayati Shah, Meraal Imam, & Kristal Dhanaraj
09-08-2022	Alumni Talk: Preparing for Higher Education: Cracking CAT by Ms. Ria Bhargava
02-09-2022	Talk: National Identity: Issues and Challenges by Dr. Swati Mukherjee
	Mental Health Week
10-10-2022	Decentralizing Community Clinical Psychology in India by Dr. Manoj Kumar, Founder and Clinical Director of MHAT
11-10-2022	Reel-making Event
13-10-2022	Poster-making Event
15-10-2022	Photography Event
10-12-22	Bring-Your-Own-Book Event
17-10-2022	Closing Ceremony
14-10-2022	Slam Poetry Event
4-12-2022	Alumni Talk: Intersections of Psychology and Management by Ms. Parul Gupta
01-02-2023	Dr. Meenakshi Mehta Memorial Lecture: “Journey of Social Psychologist: Emerging Opportunities and Challenges” by Prof. Purnima Singh, IIT Delhi
08-02-2023	Workshop: Creating therapeutic spaces through performative practices by Ms. Chetna Mehrotra
15-02-2023	Film Screening and Discussion: Presenting problems: Representing unconscious dynamics in psychoanalytical psychotherapy with Dr. Garrick Duckler

Alumni Talk: Navigating examinations and year-end stress by Ms. Madhuri Jain

An interactive workshop on navigating examination-related stress was conducted by Dr. Madhuri Jain on 14th July 2022. It gathered students of first-year from different departments at Jesus and Mary College. The workshop helped students understand the concept and physiology of stress. This was followed by guided relaxation techniques. The session also covered the foundations of healthy coping like exercise, time management, sleep, and connection with other people. Several exercises were facilitated to help students manage the examination-related stress. an interactive workshop by Dr. Madhuri Jain held on 14th July 2022, gathered students of first-year from different departments at Jesus and Mary College. Dr. Madhuri commences the workshop by inquiring the students about how they feel and the general notion of “exam anxiety”. The significance of such an intuitive workshop is undeniable and the success of the same must be ascribed to Dr. Madhuri Jain, for it was her efforts and valuable guidance which aided in ushering the students on how to be able to confront unanticipated events in the future with regards to exams, and academic life.



The poster is for an event titled "Navigating examinations and year-end stress" organized by the Department of Psychology at Jesus and Mary College. It features a circular portrait of Dr. Madhuri Jain, a Consultant Clinical Psychologist and Psychotherapist. The event is scheduled for Wednesday, July 13, 2022, at 12:30 PM in Room 210. The poster also lists three association in-charges: Annie Baxi (+91 99586 90303), Priya Bhatnagar (+91 99112 05854), and Sandra John (+91 7694004322).

Department of Psychology
Jesus and Mary College

CORDIALLY INVITES YOU TO AN
INTERACTIVE SESSION ON

Navigating examinations and year-end stress



MS. MADHURI JAIN
Consultant Clinical Psychologist
and Psychotherapist

WED | JUL 13, 2022 | 12:30 PM
Room 210

Annie Baxi
Association in-charge
(+91 99586 90303)

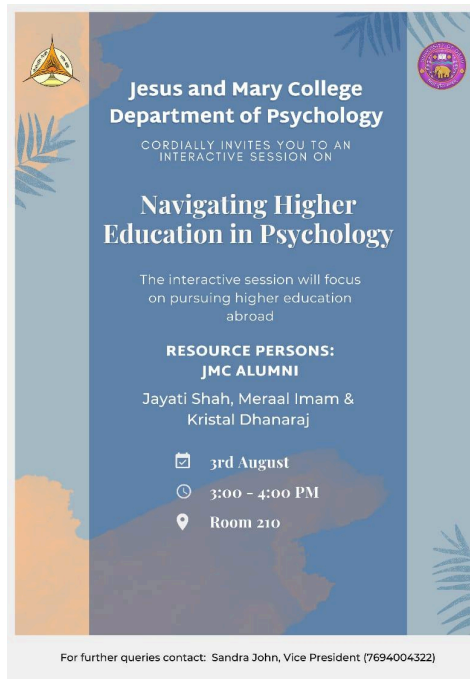
Priya Bhatnagar
Association in-charge
(+91 99112 05854)

Sandra John
Vice president
(+91 7694004322)

Alumni Talk: “Navigating Higher Education In Psychology by JMC Alumni - Jayati Shah, Meraal Imam, & Kristal Dhanaraj

The Department of Psychology conducted a talk on “Navigating Higher Education In Psychology” by department alumni - Jayati Shah, Meraal Imam, & Kristal Dhanaraj on 3rd August 2022.

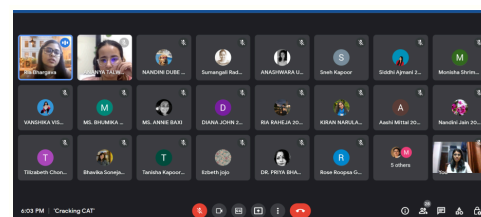
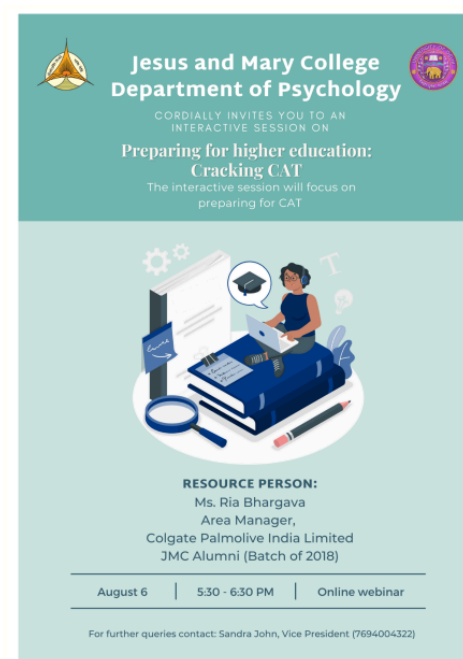
The students discussed nuances around making decisions around one’s higher education considering different programmes, universities and countries. The engaging and interactive session allowed students to clarify many of their doubts regarding the way forward.



Alumni Talk: Preparing for Higher Education: Cracking CAT by Ms. Ria Bhargava

The Department of Psychology organized an online webinar on cracking CAT on the 6th of August, 5:30 - 6:30 pm. The webinar was kept with an objective to give students insights into prepping for entrances for business schools. The resource person invited was Miss Ria Bhargava, JMC Alumna (Batch 2018), IIFT graduate currently working as Area Manager in Colgate Palmolive India limited.

Speaking about her own preparation strategy, Miss Bhargava concentrated on taking mock exams from the beginning and devising a solid plan to solve those mock papers as they will be the foundation pillars in acing management schools entrance exams. Taking the example of her own journey, she talked about how her first mock test helped her underline areas which needed more practice and also allowed her to compare her growth. Miss Bhargava made sure to answer each question perceptively and resolved doubts put forth by the students.



Talk: National Identity: Issues and Challenges by Dr. Swati Mukherjee

The Department of Psychology of Jesus and Mary College held a session on National Identity: Issues and Challenges with the aim of broadening the understanding of psychological phenomena in the conception of contemporary national identity. The resource person was Dr. Swati Mukherjee, a scientist at Defence Institute of Psychological Research (DIPR), New Delhi.

Dr. Mukherjee highlighted the amalgamation of psychology in the concept and formation of national identity, particularly the field of Social Psychology and its classical studies on cooperation and competition. She addressed the historical, present and future perspectives of group identity formation. A major part of the Talk was devoted to the concept of multiplicity of identities and Dr. Mukherjee called for an integration of ‘the other’ (i.e. minorities) into the mainstream without forcing the former to lose their unique characteristics. Dr. Mukherjee ended the Talk questioning the extreme notion of national identity, so much so that humanity is undermined, thus she advocated that humanism supersedes nationalism.



Mental Health Week

The Department celebrated the Mental Health Week over a period of one week. The week kicked off with a session with Dr Manoj Kumar, Founder and Clinical Director of Mental Health Action Trust (MHAT) and a Fellow, Ashoka and Royal College of Psychiatrists, UK. on the topic “Decentralizing Community Clinical Psychology in India”. The insight shared by Dr Kumar helped students get a clear idea of the inequalities that exist in the mental health care sector especially related to cultural influences and financial barriers. Dr Kumar also spoke about the need for good quality mental health professionals, the state of community mental health in India and the integration of community mental health with the public health model. This was done through a deep dive into the core values of community psychology, clinical psychology and the decentralised model of health care. Dr Kumar also shared some real life cases as observed in his practice which gave the students a practical understanding of the patient demographic that exists in the field of mental health care.

This was followed by events like Photography event, poster-making event, reel making, bring-your-own-book event, and the open-mic event. One of the most intriguing events was the Bring-Your-Own-Book event, wherein everyone shared their experiences, memories and feelings associated with the books they brought which held utmost significance and importance in their lives. After sharing their thoughts, it was followed by a “Voluntary Book exchange” in which by signing a deed of exchange, readers could exchange books with each other, thereby spreading joy and comfort with one another.

The Department organized an Exhibition of the photographs from the Mental Health Week celebrations, on 17th October



2022, thereby giving this week a poignant end. Photographs from different events, colourful posters from the Poster-making event, snaps from the Mental Health workshop, and a plethora of stunning and thought-provoking photographs from the Photography event, were all presented to the students of JMC. The exhibition also consisted of a number of boards decorated by the students of the department themselves on the themes of “Apartment of Acceptance” and “Mental Health should not be used as adjectives”, which reflected their efforts and engrossment in making Mental Health a priority for everyone, thereby, uplifting the very spirit of the celebrations. Students were also offered affirmation boxes, where they could pick out the chits of their choice, from the affirmation box they most resonated with.

Alumni Talk: Intersections of Psychology and Management by Ms. Parul Gupta

The Department of Psychology, Jesus and Mary College proudly organized a session on “The Intersection of Psychology and Management” with Ms. Parul Gupta, senior consultant, Boston Consulting Group on April 12, 2023. Ms. Parul Gupta is an alumni of the Department of Psychology, Jesus and Mary College post which she went on to complete her graduation from IIM Ahmedabad in 2022. Ms. Gupta gripped the minds of her audience by sharing valuable insights on her preparation for the entrance, giving a bird-eye view of B-school as well as opening everyone’s eyes to the vast applicability of psychology. Ms. Gupta also addressed the doubts of the attendees and shared the feeling of being a senior consultant as well as the responsibilities which accompany the post.



Dr. Meenakshi Mehta Memorial Lecture: “Journey of Social Psychologist: Emerging Opportunities and Challenges” by Prof. Purnima Singh, IIT Delhi

The Department organized the annual Dr. Meenakshi Mehta Memorial Lecture on 1st February, 2023, with renowned Social Psychologist, Prof. Purnima Singh (IIT Delhi), as the esteemed speaker. Prof Singh took a lecture on the “Journey of Social Psychologist: Emerging Opportunities and Challenges.” Prof. Singh discussed the growing need to fill the gap between practical solutions and theorised concepts and an even bigger need to have indigenous findings, findings that match the context and culture of India based on the present zeitgeist. She argued that better and more meaningful findings can only come from sampling diverse groups within the Indian milieu, and she hopes coming scholars pay heed to the same and move towards making use of a true sample of the Indian population. She believed that the current state of social psychology was both a challenge and an opportunity, as students of psychology start filling the cracks, they are left with ample space to research. This research in turn can be used by policymakers and thus opening up more avenues for future social psychologists. She concluded by quoting Herman Hesse, “We are not going in circles, we are going upwards. The path is a spiral; we have already climbed many steps.” to instil hope regarding the future and growth of social psychology in India.



Workshop: Creating therapeutic spaces through performative practices by Ms. Chetna Mehrotra

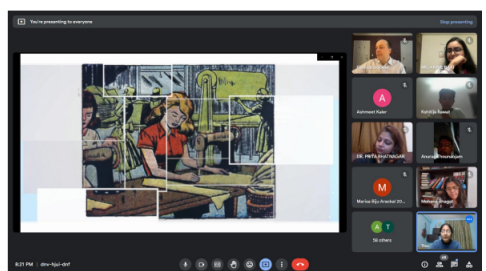
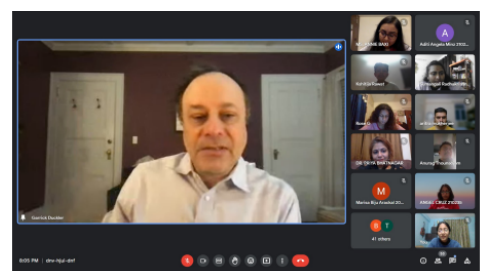
The Department of Psychology of Jesus and Mary College organized an insightful workshop on "Creating Therapeutic space through Performative Practices". The session was conducted by Chetna Mehrotra and her team. Ms. Mehrotra is an Applied Theatre Practitioner, and the Founder of Rangbhumi: 'A Happy Playground'. She is also a learning facilitator inspiring many with this riveting drama-based pedagogical tool.

The workshop had various exercises and activities including sociometric exercise, theater of the oppressed, Spect-Actor, and Hands of Power. In an attempt to visually portray some of the key feelings, learnings, and takeaways from the experience of the entire day, the audience was prompted to express their thoughts which then became cues and prompts for the artists to perform "playback theater". The group presented a few pieces using the audience's feelings as prompts to portray visually in the form a play/performance ending the day on a high note



Film Screening and Discussion: Presenting problems: Representing unconscious dynamics in psychoanalytical psychotherapy

The Department of Psychology, Jesus and Mary College had the pleasure of organizing a webinar on "Presenting Problems: Representing Unconscious Dynamics in Psychoanalytic Psychotherapy" by Dr. Garrick Duckler- A Psychoanalyst, Filmmaker and faculty member at the Oregon Psychoanalytic Center in Portland. The webinar commenced with Dr. Garrick Duckler sharing his experiences around psychotherapy along with steering the conversation in a new direction by asserting that the presenting problem is rarely the actual problem. The aim of the session was to introduce the audience to the intricacies of



psychoanalytic psychotherapy and instill a deeper understanding through the means of two short films. Dr. Duckler navigated the session by screening two of his famous short films, “On Being a Patient” and “At the Movies”, post which he encouraged the audience to share their understanding, opinions and queries. The interactive session was indeed a memorable experience since the students and the faculty wholeheartedly engaged in healthy discussions.

