

Department of Psychology
Jesus and Mary College

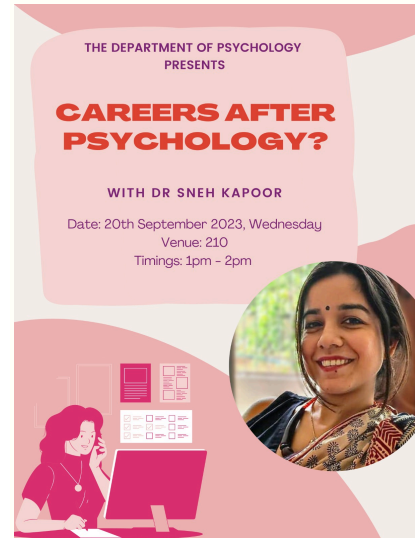
Annual Department Report for the AY 2023-2024

Activities Organized by the Department

- 21-09-2023 Alumni talk: 'Careers After Psychology' by Dr. Sneh Kapoor
- 13-09-2023 Orientation for Psychology Association's Book Club
- 11-10-2023 Psychodrama Workshop by Magdalene Jeyarathnam
- 13-10-2023 Academic Day: Catharsis
Panel Discussion in Catharsis '23
Fun Psych Game Show
'SAHAY: An Intervention Design Competition'
Photography Competition and 3-Shot Film Competition
- 25-10-2023 Talk: Scope of Forensic Psychology in India by Dr. Nandita Choube
- 03-04-2024 Talk: 'Inclusive Advocacy: Empowering People with Disabilities' by Nidhi Goyal
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Alumni Talk: Careers After Psychology

Dr. Sneh Kapoor, an Associate Professor at the Centre for Community Mental Health, gave a talk on "Careers After Psychology" at the Department of Psychology on September 20, 2023. She shared her career journey, emphasizing the importance of aligning career choices with personal interests and skills, rather than just monetary benefits. Dr. Kapoor highlighted the need for skill building, flexibility, and curiosity in psychology. She encouraged students to explore various branches of psychology through internships and practical experiences. The session concluded with advice on the significance of skills and abilities in career development. The event ended with a warm farewell.



Orientation for Psychology Association's Book Club

The JMC Psychology Association's Book Club held an orientation for second and third year students. Launched in 2020, the club discusses books on various psychology-related themes chosen by student vote. It fosters connections between students and faculty through book discussions and fun activities like Book Charades and quote exchanges. The enthusiastic participation and exchange of favorite quotes at the orientation highlight the club's welcoming atmosphere and love for literature.

Psychodrama Workshop

The Psychology Department at JMC held a psychodrama workshop led by Magdalene Jeyarathnam. Psychodrama uses acting exercises to explore emotions. Participants learned the core ideas and then volunteered to act out personal challenges with the group's support. By reenacting events, they brought their inner world to life and others shared their experiences. After each enactment, there was a discussion to help everyone understand their emotions better. This workshop offered a unique way for students to learn about themselves and connect with others.



Academic Day: Catharsis

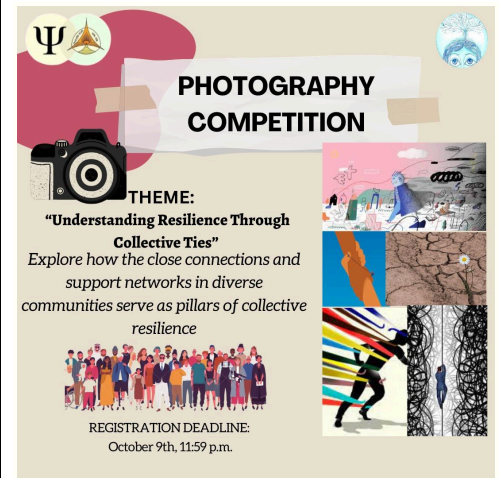
JMC's Psychology Department held their annual festival, Catharsis, themed around resilience. The day featured various activities: a photography contest capturing community strength, interactive boards for expression, and a 3-shot film competition focused on resilience. A fun game show tested psychology knowledge and ended with a snakes and ladders challenge. An academic panel discussion explored resilience in different communities. The closing ceremony was celebrated with a dance performance. Catharsis 2023 successfully combined academic pursuits, creative expression, and a celebration of resilience.

Panel Discussion in Catharsis '23

The Psychology Department at JMC kicked off Catharsis 2023 with a panel discussion on "Resilience in Diverse Communities." Panelists discussed how resilience is built and nurtured within different communities. Anam Mitra spoke about toxic positivity and the psychosocial model, emphasizing the role of lived experiences. Hena Faqurudheen highlighted community dialogue and connection as key factors in building resilience. Aparna Sanyal argued for building resilience on a structural level, focusing on marginalized communities. Prof. Anita Ghai connected resilience to disability justice and the importance of including disabled voices. The discussion broadened students' understanding of resilience beyond mainstream psychology.

Fun Psych Game Show

The Psychology Department's annual Catharsis event featured a quiz competition, "Fun Psych Game Show 3.0." Open to psychology students across Delhi colleges, over 15 teams participated. Eight teams battled through crosswords, psychological term guessing, and charades. The final round saw three teams navigate a psychology-themed snakes and ladders board with audience participation through mini-games. "Psychoholics" from Keshav Maha Vidhyalaya won the competition, followed by "Jungsters" from Indraprastha College for Women. The event offered an afternoon of academic fun and friendly competition.



PHOTOGRAPHY COMPETITION

THEME:
"Understanding Resilience Through Collective Ties"
Explore how the close connections and support networks in diverse communities serve as pillars of collective resilience

REGISTRATION DEADLINE:
October 9th, 11:59 p.m.

The poster features a camera icon, a group of people, and various images representing community and resilience.



3-SHOT FILM COMPETITION

THEME:
"UNDERSTANDING RESILIENCE THROUGH COLLECTIVE TIES"
Explore how the close connections and support networks in diverse communities serve as pillars of collective resilience

REGISTRATION DEADLINE:
October 9th, 11:59 p.m.

The poster features a film strip border, a person's face, and a person climbing stairs.



Department of Psychology **Jesus and Mary College**

Presents
CATHARSIS'23
Panel Discussion

Theme: 'Resilience in Diverse Communities'

13th October 2023, Friday
9:00 a.m. - 12:00 p.m.
Thevenet Hall, JMC

For queries, contact
Kshidja Rawat - 91 8896786416
Sneha Soni - 91 98998 83973
Alisha Kamson - 91 99584 7 4826

Scan this code to Register:

The poster includes a QR code and portraits of the panelists.

‘SAHAY: An Intervention Design Competition’

JMC's Catharsis fest featured SAHAY, an intervention design competition. Focused on "Resilience in Diverse Communities," it challenged students to design solutions for social issues. Ten topics like disaster relief and senior citizen care were chosen. Six teams from different colleges competed. Each team presented their intervention design for a randomly assigned topic. Judges with expertise in psychology and sociology evaluated originality, application of theory, and presentation skills. Team Happy Wrinkles from Lady Shri Ram College won, showcasing the success of SAHAY in encouraging creative problem-solving for social good.

Photography Competition and 3-Shot Film Competition

JMC's Psychology Department held a photo and film competition during Catharsis 2023. The theme was "understanding resilience through collective ties."

The Photography Competition allowed students to submit photos with descriptions that captured this theme. Entries were judged by professionals and shortlisted works were displayed at the Catharsis closing ceremony.

Similarly, a 3-Shot Film Competition invited students to create short films on the theme. Selected films were screened at the closing ceremony, sparking thought and emotion in the audience. Winners were awarded at the ceremony.

Talk: Scope of Forensic Psychology in India

Dr. Nandita Choube gave a talk on forensic psychology in India. It applies psychology to law and criminal justice. Forensic psychology helps detect deception and assess criminals. Techniques include polygraph tests and voice analysis, but also personality tests and interviews. New technologies can speed up investigations and use social media for insights. However, privacy and data limitations are concerns. Forensic psychologists play a key role in finding the truth. The talk shed light on this growing field in India.

Talk: 'Inclusive Advocacy: Empowering People with Disabilities' by Nidhi Goyal

Disability rights activist Nidhi Goyal spoke at JMC on April 3rd, 2024. Ms. Goyal, founder of Rising Flames, advocates for girls and women with disabilities. Her talk aimed to raise awareness about disability beyond the medical model and address the invisibility of disabled women. Students discussed inclusion, societal bias, and intersectionality. Ms. Goyal's talk empowered students to be advocates for a more inclusive society where people with disabilities are empowered.



Department of Psychology
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Presents

TALK WITH NIDHI GOYAL

Nidhi Goyal is an Indian disability and gender rights activist who has been appointed to the UN women Executive Director's advisory group. Nidhi Goyal is the founder and executive director of Mumbai based NGO Rising Flame and works in the areas of sexuality, gender, health and rights for women and girls with disabilities. She is also a stand-up comedian.

Wednesday, 3rd April, 2024
12:30 - 2 pm
Room no. 210