



**ACTIVITY SUMMARY REPORT JULY 2021 – JUNE 2022**

<b>Activity Number</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>Platform</b>
01	08 September 2021	MOVIE SCREENING (Under Suicide prevention and Awareness Week)	Online - Google Meet <a href="https://www.instagram.com/p/CThMNZChcmT/">https://www.instagram.com/p/CThMNZChcmT/</a>
02	10 September 2021	Inter College Art Competition (Under Suicide prevention and Awareness Week)	Online - Google Forms 
03	10 September 2021	Inter College Photography Competition (Under Suicide prevention and Awareness Week)	Online - Google Forms 
04	10 September 2021	A Talk on “From Just Baat to Jazabaat”	Online - Google Meet <a href="https://www.instagram.com/p/CThL-gfBjuu/">https://www.instagram.com/p/CThL-gfBjuu/</a>
05	22 September 2021	Webinar on “Career Opportunities in Defence Services”	Online - Google Meet <a href="https://www.instagram.com/stories/highlights/18128383978246610/">https://www.instagram.com/stories/highlights/18128383978246610/</a>

06	15 January 2022	National Webinar on "Music & Meditation" under the aegis of Azadi ka Mahotsava	Online - Zoom and YouTube Live <a href="https://www.youtube.com/watch?v=Rbq5-aAnzs">https://www.youtube.com/watch?v=Rbq5-aAnzs</a>
07	22 January 2022	Website Launch	Online - Google Meet <a href="https://www.instagram.com/p/CaM6SMEvNbJ/">https://www.instagram.com/p/CaM6SMEvNbJ/</a>
08	08 March 2022	International Women's Day-Breaking the Bias	Central Plaza <a href="https://www.instagram.com/p/Ca2SZBEvQpw/">https://www.instagram.com/p/Ca2SZBEvQpw/</a>
09	09 June 2022	Workshop on "Hands-on-Training Session on SPSS	Conference Hall 2, SPMC <a href="https://psychspireblog.wixsite.com/psychspire/eventsandupdates">https://psychspireblog.wixsite.com/psychspire/eventsandupdates</a>
10	July 21 onwards	TELE COUNSELING HELPLINE	<a href="https://psychspireblog.wixsite.com/psychspire/counsellingblock">https://psychspireblog.wixsite.com/psychspire/counsellingblock</a>
11	2020-2022	Blog Report 2020-2022	<a href="https://psyitivity.wordpress.com/">https://psyitivity.wordpress.com/</a>
12	22 Nov 2021	Orientation 2021	
13	22 January 2022	Freshers 2022	<a href="https://www.instagram.com/p/CaJ3xWevWwo/">https://www.instagram.com/p/CaJ3xWevWwo/</a>
14	20 April 2022	Farewell 2022	<a href="https://www.instagram.com/p/CcvPPeEDuml/">https://www.instagram.com/p/CcvPPeEDuml/</a> <a href="https://www.instagram.com/p/Cc5HDwrrZCM/">https://www.instagram.com/p/Cc5HDwrrZCM/</a>

**SPM College Record Committee**

**Activity Report- MOVIE SCREENING**

**July-December 2021 (Odd semester)**

1. Name of the Department/Society/Committee: Department of Applied Psychology
2. Event No. : 3
3. Name of the activity/FDP: MOVIE SCREENING

**(Under Suicide prevention and Awareness Week)**

4. Name of the Coordinator/Convenor/Co-Convenors: Dr. Anamika Rai
5. Date: 8<sup>th</sup> September 2021
6. Time: 11:30 AM – 1:00 PM
7. Venue: Google Meet
8. Number of Participants: Students and Faculties of Department  
of Applied Psychology (60)
9. Name of Topic: Movie Screening- The Karate Kid
10. Name of the speaker/speakers: NA
11. Speaker's Designation: NA
12. Financial assistance: NO
13. Collaboration with any agency: NA
14. Name of the collaborative agency: NA

**15. Objectives: To inculcate the values of resilience amongst students through audio visual media and at the same time proving them with leisure time.**

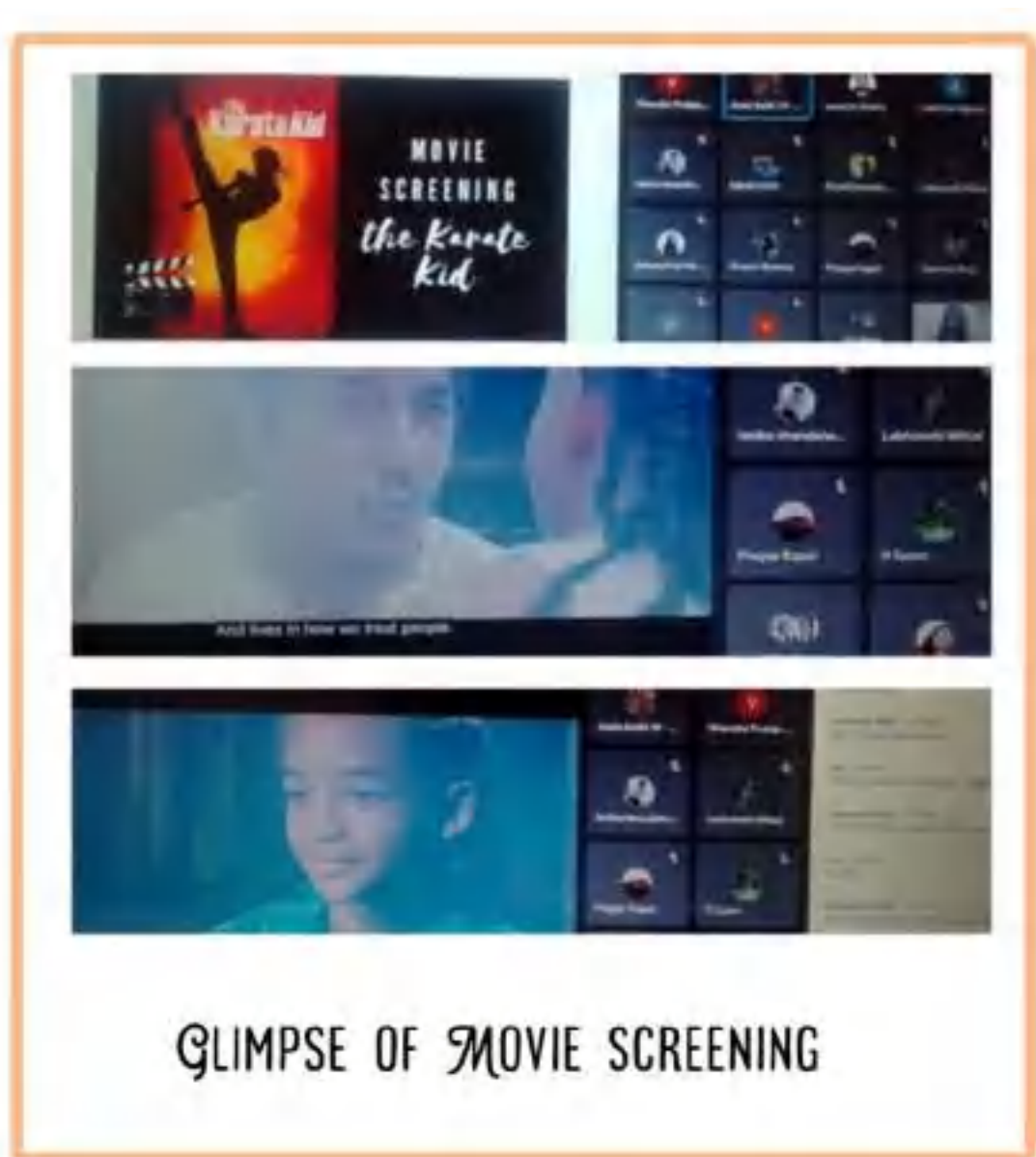
16. Methodology: All the students and teachers of the Applied Psychology Department were invited to join the movie screening and the “THE KARATE KID” was

presented on the screen. The students and teachers shared their opinions about the movie through interaction and messaging on the chat box.

17. Outcomes: It led to the bonding of students from both the second and third year and they could analyse the movie from a psychological perspective and share their inputs on the same.

18. Feedback: NA

19. Photograph:





20. Please attach Registration Forms Responses (Excel spreadsheet, Document): NA

21. Please attach YOUTUBE link: NA

22. Please attach feedback forms responses (Excel spreadsheet, Document): - NA

23. Brief Report:

The Department of Applied Psychology, SPMC, DU organized a movie screening on 8<sup>th</sup> September 2021 as a part of the chain of events organised for the suicide prevention week. The event was conducted through the google meet platform and the movie was presented to in the presence of the students and teachers of the department. Throughout the event, students and teachers were encouraged to present their views about the movie through chat box. **The specifics of how resilience and determination can enable a person to fight with whatever comes their way could be witnessed throughout the event. At the end, all the teachers were individually invited to throw some light on the psychological perspective of the movie and the explicit and implicit message it carries. The event ended with even the students sharing their perspectives on the same.**



SHYAMA PRASAD MUKHERJI COLLEGE  
FOR WOMEN  
(UNIVERSITY OF DELHI)  
DEPARTMENT OF APPLIED PSYCHOLOGY



# MOVIE SCREENING

(Only SPMC students of Applied Psychology Department)

*Lights, Camera, Action!*

WEDNESDAY, 8TH SEPTEMBER 2021

MOVIE'S NAME: KARATE KID

TIME: 11:30 AM TO 1 PM

PLATFORM: GOOGLE MEET

*#suicide  
prevention  
week*



Patron - Dr. (Prof.) Sadhna Sharma

Dr. Anamika Rai  
Teacher-in-charge

Organizing Team  
Department of  
Applied Psychology

**SPM College Record Committee**

**Activity Report – ART COMPETITION**

**July-December 2021 (Odd semester)**

- |  |                                  |
|--|----------------------------------|
| 1. Name of the Department/Society/Committee: | Department of Applied Psychology |
| 2. Event No. :                               | 1                                |
| 3. Name of the activity/FDP:                 | Inter College Art Competition    |

**(Under Suicide prevention and Awareness Week)**

- |   |  |
|---|--|
| 4. Name of the Coordinator/Convenor/Co-Convenors: | Dr. Anamika Rai  |
| 5. Date:  | 10 <sup>th</sup> September 2021  |
| 6. Time:  | NA   |
| 7. Mode of Conduction :                           | Google Forms   |
| 8. Number of Participants:                        | 26   |
| 9. Name of Topic:                                 | Paint Your Emotions  |
| 10. Name of the speaker/speakers/ <b>Judges</b> : | Dr. Superna Gupta &<br>Dr. Virendra P. Yadav                                   |
| 11. Speaker's Designation:                        | NA   |
| 12. Financial assistance:                         | YES  |
| 13. Collaboration with any agency:                | NA   |
| 14. Name of the collaborative agency:             | NA   |
| 15. Objectives:                                   | <b>To inculcate creativity along with emotional awareness amongst students</b> |

**(Under Suicide prevention and Awareness Week)**

16. Methodology:

1. A google form was curated to collect entries from undergraduate students of various colleges.
2. Posters were circulated on the college website and social media platforms.
3. Entries received were organised in an excel sheet and mailed to the judges for evaluation.
4. Results were announced on 13<sup>th</sup> September 2021.
5. Compilation of all the entries were posted on the social media handles.
6. Cash Prizes were awarded to winners and ecertificate was provided to all the participants.

17. Outcomes:

I - PRIZE- MAHIMA SINGHI

II- PRIZE- ATLANTA DUTTA

III-PRIZE- PRABAL KHAJURIA

TWO CONSOLATION PRIZES - ANUSHKA SINGH AND MANISHA

18. Feedback: NA

19. Photograph: [https://www.instagram.com/tv/CTxFBRIg1C7/?utm\\_medium=copy\\_link](https://www.instagram.com/tv/CTxFBRIg1C7/?utm_medium=copy_link)

20. Please attach attendance list of participants (Excel spreadsheet, Images):

ENTRY'S TAG NO.	NAME OF THE PARTICIPANT	COLLEGE NAME
1	MEGHA CHATTERJEE	SHYAMA PRASAD MUKHERJEE COLLEGE
2	TUSHAR VISHWAKARMA	GURU NANAK DEV INSTITUTE OF TECHNOLOGY
3	HAZQAH RIYAZ	DR BHIM RAO AMBEDKAR COLLEGE
4	MEHR ANWAR CHOUGLE	RAMNIVAS RUIA JUNIOR COLLEGE
5	PRABAL KHAJURIA	DYAL SINGH EVENING COLLEGE

6	MAITHILI .ARVIND.HOTKAR	RAMNIVAS RUJA JUNIOR COLLEGE
7	ANUSHKA SINGH	VIVEKANANDA COLLEGE
8	MAHIMA SINGHI	SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN
9	SNIGDHA	SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN
10	MANISHA	DR BHIM RAO AMBEDKAR COLLEGE
11	GURLEEN KAUR	SGND KHALSA COLLEGE
12	NOORAFSHA SAIFI	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
13	BIDUSHI ROY	AMBEDKAR UNIVERSITY DELHI
14	PRATHAM KUMAR	DU - OPEN SCHOOL OF LEARNING
15	DANIYA SULTAN	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
16	RITIKA GUPTA	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
17	SNIGDHA SOOD	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
18	SHAIMA	JBAS COLLEGE FOR WOMEN
19	CHERRY CHAUDHARY	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
20	KHUSHI ARORA	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
21	S.MAHALAKSHMI	JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN
22	ATLANTA DUTTA	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
23	TWINKLE	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
24	LABHANSHI MITTAL	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN
25	RAJASVEE	KAMALA NEHRU COLLEGE
26	MANVI MEHROTRA	SHYAMA PRASAD MUKHERJEE COLLEGE FOR WOMEN

21. Please attach Registration Forms Responses (Excel spreadsheet, Document):

<https://docs.google.com/forms/d/1VuGBKPW4ZVkc9fcrIxZL6XD8GfRPJ1oghUk9sAOm0ok/edit#responses>

22. Please attach YOUTUBE link:

NA

23. Please attach feedback forms responses (Excel spreadsheet, Document):

NA

24. Brief Report:

The Department of Applied Psychology, SPMC, DU organised an **INTER COLLEGE ART COMPETITION** as a part of chain of events for the **suicide prevention and awareness week**. The Theme of the event was “**PAINT YOUR EMOTIONS**” wherein students had to expand the horizons of their thought and emotional expression and strive to portray them on a piece of paper. The fundamental aim of the event was to promote artistic abilities among students along with acknowledging the need for emotional expression in youth. This competition brought together a diverse set of young people and provided them with a platform to showcase their talent. Entries from various colleges across the country were received and the participants provided inexplicably phenomenal captions for their artwork. The entries were judged by Dr. Virendra Pratap Yadav and Ms. Superna Gupta and a proper objective system was followed for the evaluation. After the evaluation, the results were announced through online platforms and a compilation of all the entries were showcased on the social media platforms.



SHYAMA PRASAD MUKHERJI COLLEGE  
FOR WOMEN  
(UNIVERSITY OF DELHI)



DEPARTMENT OF APPLIED PSYCHOLOGY  
presents

# ART COMPETITION

on the theme



*Paint Your Emotions*



**DEADLINE - 10TH SEPTEMBER 12 PM**

[Click here to submit your entry.](#)

I prize- Rs. 2000

II prize- Rs. 1000

III prize- Rs. 750

2 consolation prizes - Rs. 500

*#suicide  
prevention  
week*

Dr. (Prof.) Sadhna Sharma  
Patron

Dr. Anamika Rai  
Teacher-in-charge

For any queries, contact:  
Aasis Sethi | Vice President  
7065769266



SHYAMA PRASAD MUKHERJI  
COLLEGE FOR WOMEN  
(UNIVERSITY OF DELHI)



DEPARTMENT OF APPLIED PSYCHOLOGY

presents

# *Winners Of the* **ART COMPETITION**



FIRST POSITION

*Mahima*

SECOND POSITION

*Atlanta*

THIRD POSITION

*Prabal*

CONSOLATION PRIZES

*Anushka & Manisha*

**SPM College Record Committee**

**Activity Report – PHOTOGRAPHY COMPETITION**

**July-December 2021 (Odd semester)**

1. Name of the Department/Society/Committee: Department of Applied Psychology
2. Event No. : 2
3. Name of the activity/FDP: Inter College Photography Competition

**(Under Suicide prevention and Awareness Week)**

4. Name of the Coordinator/Convenor/Co-Convenors: Dr. Anamika Rai
5. Date: 10<sup>th</sup> September 2021
6. Time: NA
7. Mode of Conduction : Google Forms
8. Number of Participants: 32
9. Name of Topic: Capturing Emotions
10. Name of the speaker/speakers/Judges: **DR. RENU AGGARWAL &  
DR. SURUCHI BHATIA**
11. Speaker's Designation: NA
12. Financial assistance: Yes
13. Collaboration with any agency: NA
14. Name of the collaborative agency: NA
15. Objectives: **To inculcate creativity along with emotional awareness amongst students  
(Under Suicide prevention and Awareness Week)**

16. Methodology:

1. A google form was curated to collect entries from undergraduate students of various colleges.
2. Posters were circulated on the social media platforms.
3. Entries received were organised in an excel sheet and mailed to the judges for evaluation.
4. Results were announced on 13<sup>th</sup> September 2021.
5. Compilation of all the entries were posted on the social media handles.
6. Cash Prizes were awarded to winners and ecertificate was provided to all the participants.

17. Outcomes: The undergraduate students from all over the country participated in the competition with the following students winning the prizes:

I- PRIZE - ANIMA SHRI

II- PRIZE - JYOTI

III- PRIZE- SAKSHAM

CONSOLATION PRIZES- MUBASHIR AND AKSHAY CHANDRASHEKHAR

18. Feedback: NA

19. Photograph: [https://www.instagram.com/tv/CTxUxsth9Lt/?utm\\_medium=copy\\_link](https://www.instagram.com/tv/CTxUxsth9Lt/?utm_medium=copy_link)

20. Please attach attendance list of participants (Excel spreadsheet, Images):

ENTRY'S TAG NO.	NAME OF THE PARTICIPANT	COLLEGE NAME
a.	JASNOOR BAKHSHI	VIVEKANANDA COLLEGE, UNIVERSITY OF DELHI
2.	SHIVANI	SHYAMA PRASAD MUKHERJI COLLEGE (W)
3.	AVIJIT SHARMA	SRI VENKATESWARA COLLEGE
4.	NANDINI SHANKHYAN	SRI VENKATESWARA COLLEGE
5.	SHAURYA KUMAR	AMITY UNIVERSITY
6.	HARSHIL WAHI	SHAHEED BHAGAT SINGH COLLEGE (EVE)
7.	SAKSHAM GUPTA	AMITY UNIVERSITY, NOIDA
8.	SHAMIL SINHA	AMITY UNIVERSITY
9.	ANIMA SHRI	JANKI DEVI MEMORIAL COLLEGE
10.	JEEVANESH SAWHNEY	SRI VENKATESWARA COLLEGE
11.	MUBASHIR.K.A	ZAKIRHUASAIN COLLEGE , UNIVERSITY OF DELHI
12.	AKSHAY CHANDRASHEKHAR MUDHOLKAR	TATA INSTITUTE OF SOCIAL SCIENCES MUMBAI
13.	ANUSHKA SINGH	SHYAMA PRASAD MUKHERJI COLLEGE (W)
14.	LABHANSHI MITTAL	SHYAMA PRASAD MUKHERJI COLLEGE (W)
15.	DIVYANSH SAHNI	COLLEGE OF VOCATIONAL STUDIES
16.	SWETHA R	JUSTICE BASHEER AHMED SYED COLLEGE FOR WOMEN
17.	ANKITA TIWARY	BHARATI COLLEGE
18.	HAZQAH RIYAZ	DR BHIM RAO AMBEDKAR COLLEGE DELHI UNIVERSITY
19.	NIKITA	SHYAMA PRASAD MUKHERJI COLLEGE (W)
20.	PUSHPINDER MALHOTRA	SHYAMA PRASAD MUKHERJI COLLEGE (W)
21.	ANIMA SHRI	JANKI DEVI MEMORIAL COLLEGE
22.	YASHI NAVAYA	KALINDI COLLEGE
23.	SACHIN DUGGAL	SAM HIGGINBOTTOM UNIVERSITY OF AGRICULTURE TECHNOLOGY AND SCIENCE
24.	HIMANSHI DHAWAN	SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN
25.	SHIKHA MATHUR	SHYAMA PRASAD MUKHERJI COLLEGE (W)
26.	MUBASHIR.K.A	ZAKIRHUASAIN COLLEGE , DELHI UNIVERSITY
27.	VIDYOTMA	SHYAMA PRASAD MUKHERJI COLLEGE (W)
28.	PARDYOTMA DHANKHAR	SHYAMA PRASAD MUKHERJI COLLEGE (W)
29.	JYOTI YADAV	SHYAMA PRASAD MUKHERJI COLLEGE (W)
30.	VARUN KUMAR VERMA	SRI VENKATESWARA COLLEGE
31.	KHUSHI ARORA	SHYAMA PRASAD MUKHERJI COLLEGE (W)
32.	PRANSH MANI TRIPATHI	THAPAR UNIVERSITY

21. Please attach Registration Forms Responses (Excel spreadsheet, Document):

<https://docs.google.com/forms/d/1XOBZRMFGvldZJidpDMpBQi4oB7f-sZloGH-qlnwKxbQ/edit#responses>

22. Please attach YOUTUBE link: NA

23. Please attach feedback forms responses (Excel spreadsheet, Document): NA

24. Brief Report:

The Department of Applied Psychology, SPMC, DU organised an **INTER COLLEGE PHOTOGRAPHY COMPETITION** as a part of chain of events for the **suicide prevention and awareness week**. The Theme of the event was “**CAPTURING EMOTIONS**” wherein students had to submit their entries that depicted the world from a psychological perspective exhibiting a thousand of emotions. Photography can enhance our way of perceiving the world around us and a camera can surely capture the world in a way no one can even imagine. It can highlight the beauty of the world and make us appreciate it in uniquely fascinating ways. This competition will bring together a diverse set of young people and will provide them with a platform to showcase their talent in photography. This competition brought together a diverse set of young people and will provided them with a platform to showcase their talent. Entries from various colleges across the country were received and the participants provided inexplicably phenomenal captions for their photography. The entries were judged by Ms. Renu Aggarwal & Dr. Suruchi Bhatia and a proper objective system was followed for the evaluation. After the evaluation, the results were announced through online platforms and a compilation of all the entries was showcased on the social media platforms.



SHYAMA PRASAD MUKHERJI COLLEGE  
FOR WOMEN  
(UNIVERSITY OF DELHI)



DEPARTMENT OF APPLIED PSYCHOLOGY  
presents

# PHOTOGRAPHY COMPETITION

on the theme

*Capturing Emotions*

**DEADLINE - 10TH SEPTEMBER 12 PM**

[Click here to submit your entry.](#)

I prize- Rs. 2000

II prize- Rs. 1000

III prize- Rs. 750

2 consolation prizes - Rs. 500

*#suicide  
prevention  
week*

Dr. (Prof.) Sadhna Sharma  
Patron

For any queries, contact:  
Aasis Sethi | Vice President  
7065769265

Dr. Anamika Rai  
Teacher-in-charge





SHYAMA PRASAD MUKHERJI  
COLLEGE FOR WOMEN  
(UNIVERSITY OF DELHI)



DEPARTMENT OF APPLIED PSYCHOLOGY

presents

*Winners Of the*  
**PHOTOGRAPHY  
COMPETITION**



FIRST POSITION

*Anima*

SECOND POSITION

*Jyoti*

THIRD POSITION

*Saksham*

CONSOLATION PRIZES

*Mubashir & Akshay*

**SPM College Record Committee**

**Activity Report – From Just Baat to Jazbaat**

**July-December 2021 (Odd semester)**

1. Name of the Department/Society/Committee: Department of Applied Psychology
2. Event No. : 4
3. Name of the activity/FDP: **From Just Baat to Jazabaat**  
**A talk by Ramni Kaushik (Mental Health Facilitator at Beyond the Rooms & Alumni of SPMC)**
4. Name of the Coordinator/Convenor/Co-Convenors: Dr. Anamika Rai
5. Date: 10<sup>th</sup> September 2021.
6. Time: 4:00 – 5:00 PM
7. Venue: Google Meet
8. Number of Participants: Students and Faculties of  
Dept. of Applied Psychology (40)
9. Name of Topic: From Just Baat to Jazabaat (Under Suicide Prevention and Awareness Week)
10. Name of the speaker/speakers: Ms. Ramni Kaushik
11. Speaker's Designation: Mental Health Facilitator  
at Beyond the Rooms
12. Financial assistance: NO

13. Collaboration with any agency: NA

14. Name of the collaborative agency: NA

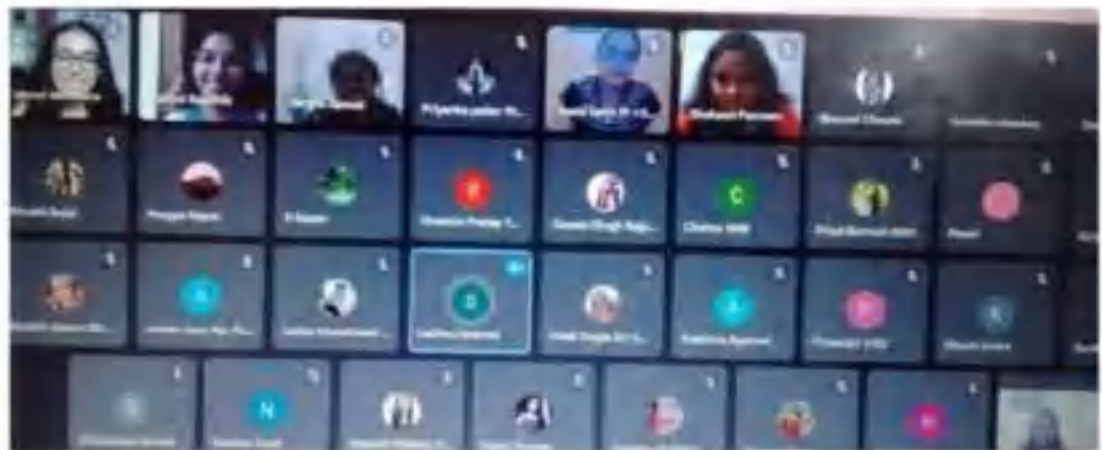
**15. Objectives: To promote emotional awareness amongst the students.**

16. Methodology: It was a virtual event conducted on the Google Meet platform where the speaker interacted with all the attendees. Everyone was asked to make an iceberg of their emotions and explore their hidden emotions. The participants were asked to share their experiences. A presentation was given by the facilitator.

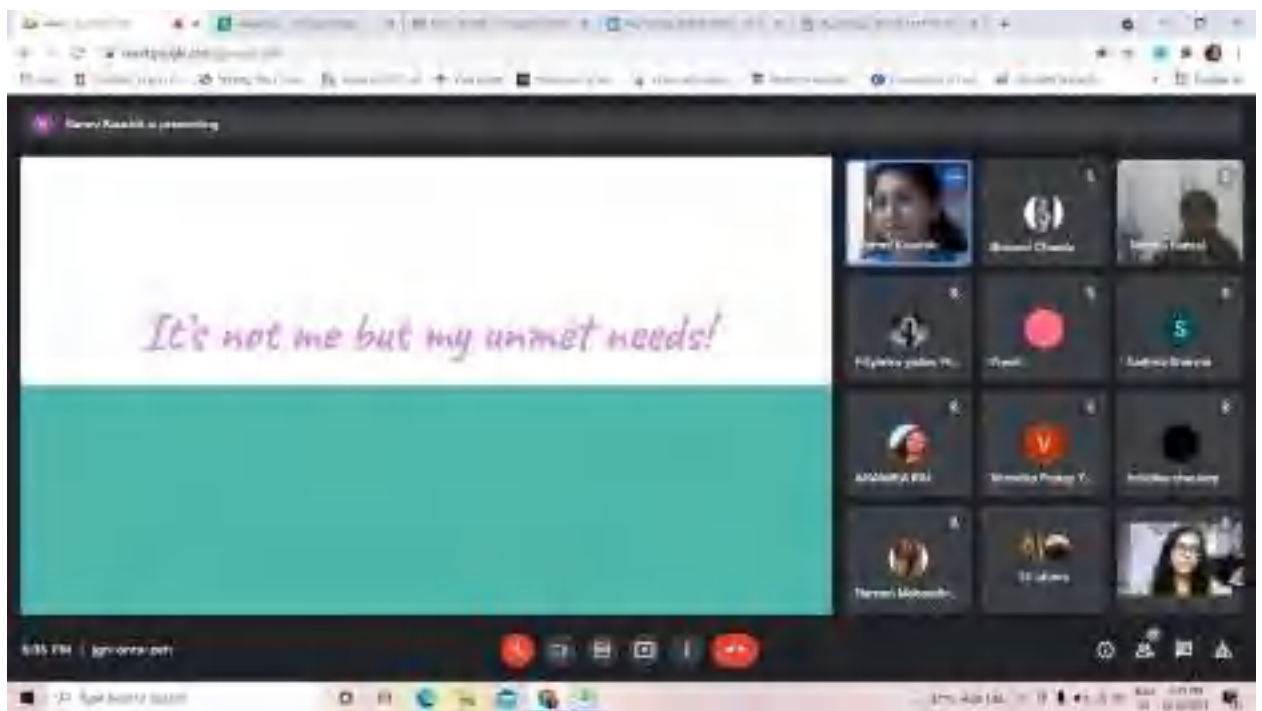
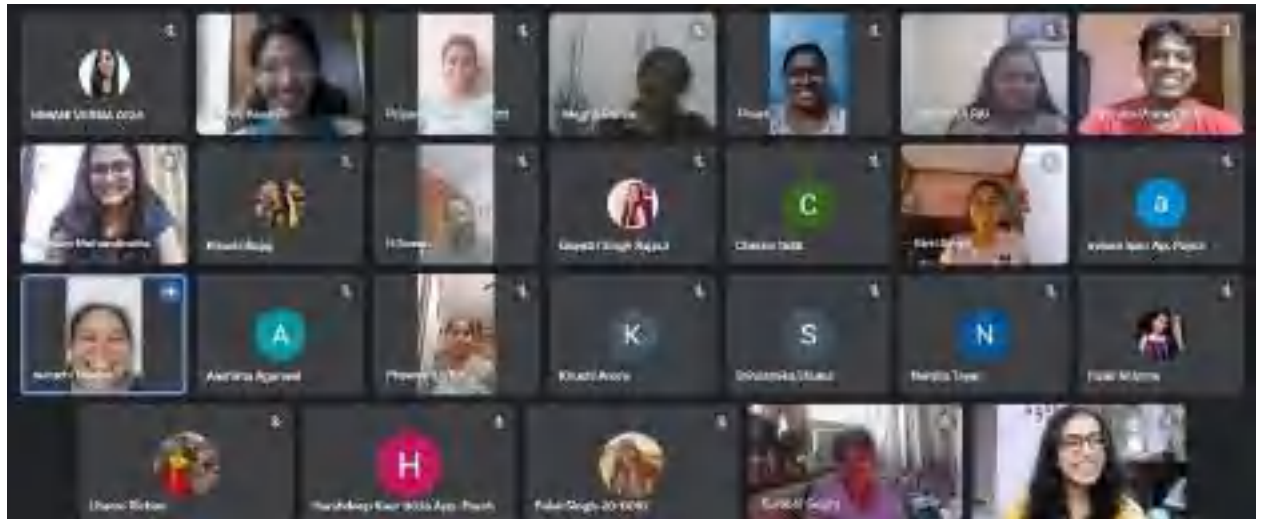
17. Outcomes: It led to developing of an open and non-judgemental space where the students and teachers shared their experiences with each other and it led to developing of a social support system.

18. Feedback: Yes

19. Photograph:



A TALK ON  
'FROM JUST-BAAT TO JAZBAAT'



20. Please attach Registration Forms Responses (Excel spreadsheet, Document) : NA

21. Please attach YOUTUBE link: NA

22. Please attach feedback forms responses (Excel spreadsheet, Document): -----

23. Brief Report: 150-200 words

On 10th September 2021, The Department of Applied Psychology, Shyama Prasad Mukherjee College conducted **a Talk on “From just baat to Jazbaat” as a part of suicide prevention week.** The session was presided by **Ms. Ramni Kaushik, a mental health facilitator and alumni of the Applied Psychology Department, SPMC.** The talk started with a welcome note by the Teacher In Charge, Dr. Anamika Rai, followed with an introduction of the speaker. This session was aimed to provide an insight to students on emotional management. It aimed to serve as an interactive platform for students and teachers of our department where they all can share their emotions and talk about them freely.

The speaker started the session by a general discussions with students. It was followed by the making of an iceberg which symbolizes our hidden emotions on the surface of the iceberg. It also helped us to identify our concealed emotions. The motive behind this entire session was to provide a non-judgemental platform to students where they can share their experiences that lead to emotional management. The event was interactive, delightful, and engaging. The teachers also shared their views and perspectives in the session. Towards the end, Ms. Ramni addressed the students, guided them with her inspirational words. Students were really happy to hear such positive thoughts presented by her. The session concluded with a formal vote of thanks. The session was fruitful for all the students and indeed was a great success.



SHYAMA PRASAD MUKHERJI COLLEGE  
FOR WOMEN  
(UNIVERSITY OF DELHI)



DEPARTMENT OF APPLIED PSYCHOLOGY



# A TALK ON

( SPMC students of Applied Psychology Department only)

FRIDAY, 10TH SEPTEMBER 2021

*From Just Baat to जज़्बात*

with

**MS. RAMNI KAUSHIK**  
**MENTAL HEALTH FACILITATOR**

ALUMNI OF SPMC, FREELANCING AND PRIVATE PRACTICE (BEYOND THE ROOMS)

Time: 4 pm Onwards

Platform: Google Meet

(Don't forget to bring your colors and sheets  
for this fun interactive session)

*#suicide  
prevention  
week*

Patron - Dr. (Prof.) Sadhna Sharma

**Dr. Anamika Rai**  
Teacher-in-charge

**Organizing Team**  
**Department of**  
**Applied Psychology**

**SPM College Record Committee**

**Activity Report**

**July-December 2021 (Odd semester)**

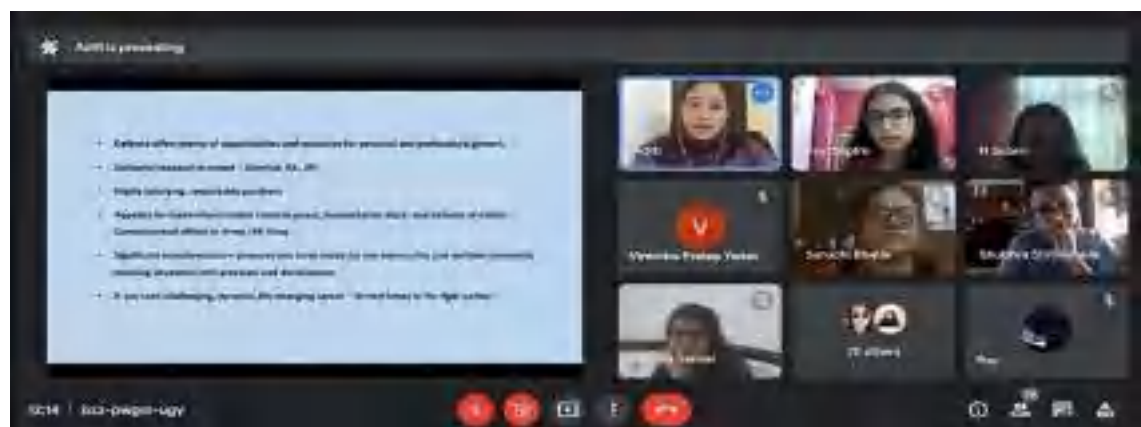
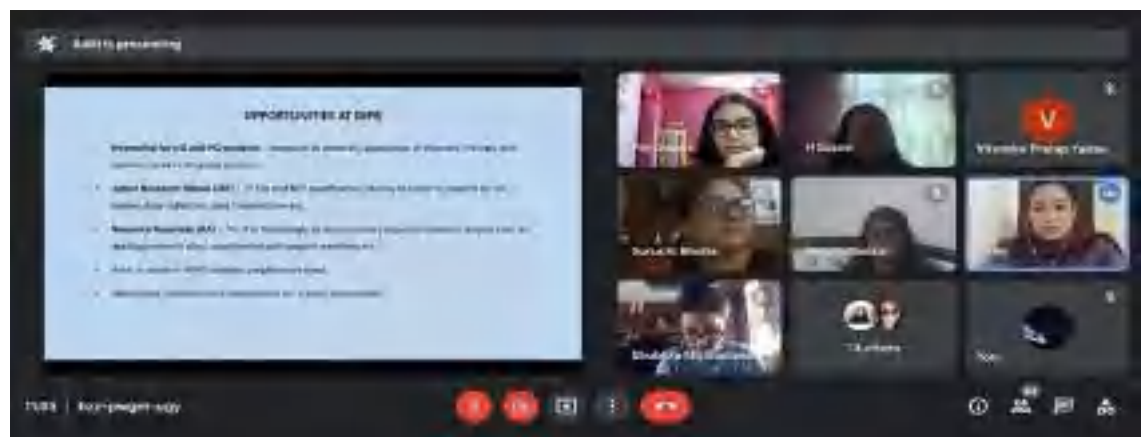
1. Name of the Department/Society/Committee: **Department of Applied Psychology**
2. Event No.: **5**
3. Name of the activity/FDP: Webinar on **Career Opportunities in Defence Services**
4. Name of the Coordinator/Convenor/Co-Convenors: Dr. Anamika Rai (Convenor & TIC), Dr. Dr. Houshou Suzen (Co-Convenor)
5. Date: **Wednesday, 22 September 2021**
6. Time: **11:30 am to 01:00 pm**
7. Venue: **Online - Google Meet**
8. Number of Participants: **90 (total registration 127)**
9. Name of Topic: **Career Opportunities in Defence Services**
10. Name of the speaker/speakers: **Dr. Y. Aditi**
11. Speaker's Designation: **Scientist C, Air Force Selection Board, Mysuru**
12. Financial assistance: **Yes**
13. Collaboration with any agency: **No**
14. Name of the collaborative agency: **NA**
15. Objectives: **To enlighten the students (B. A. Honors Psychology & GE Psychology) about the career prospects in Indian Defence Services DRDO & DIPR from the perspective of Psychology .**
16. Methodology: **The Speaker used an interactive mode to discuss the nitty gritty of applying in DRDO & DIPR. She used Powerpoint Presentation to provide and summarize a written record for all necessary information to the**

participants. She discussed all the career prospects for psychology students in Defence Services while explaining the eligibility criteria, application and selection procedures while also informing them of the websites from where they can find further information. She concluded the session by a Q&A round to clear the participants' queries.

17. Outcomes: The webinar was successful in increasing students' awareness about the career prospects for them as students of Psychology. Some students also reported that the *webinar was like a cue for them to start thinking about the path they want to take after their graduation in their masters and post that.*

18. Feedback: Yes

19. Photograph:



### OPPORTUNITIES IN ARMED FORCES

- Armed Forces - Tri-Service Force
- Careerised officer - lead and control the defence forces.
- How to Join? - Entrance Exams and SSB tests.
- Indian Air Force - To operate fighter aircrafts, aerial warfare, disaster relief.
- Air Force common aptitude test (AFCAT)
- Min 80% or equivalent in graduation in any discipline.
- Flying branch - Graduates with Maths and Physics in 10+2 with minimum 50% in each subjects.
- Admin and Logistic branch - Manpower and material resource management.

Aditi is presenting



Aditi



Psychspi...



You



H Su · 82 others

Messages can only be seen during the call by people on the call



Aditi Bhunia 0292 10 min

Okay ma'am. thank you so much.



Chhita Beka 492 17 min

maam are there any different qualifications required for scientist c-post? than scientist b?



Megha Bhowal 11 min

Beyond the educational qualification and NET qualification, GATE scores, is there anything else required for Defence scientist, or even internships, JRF and RA positions like how many research papers we have written? Or knowledge of my curriculum will be enough and a research aptitude?



Samiya Jalawat 13 min

Graduates in any discipline can give GATE



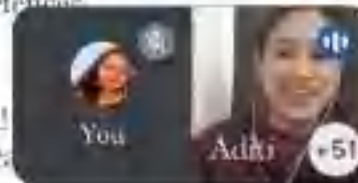
Aditi Bhunia 0292 9 min

what are the opportunities for clinical psychologists in defence?

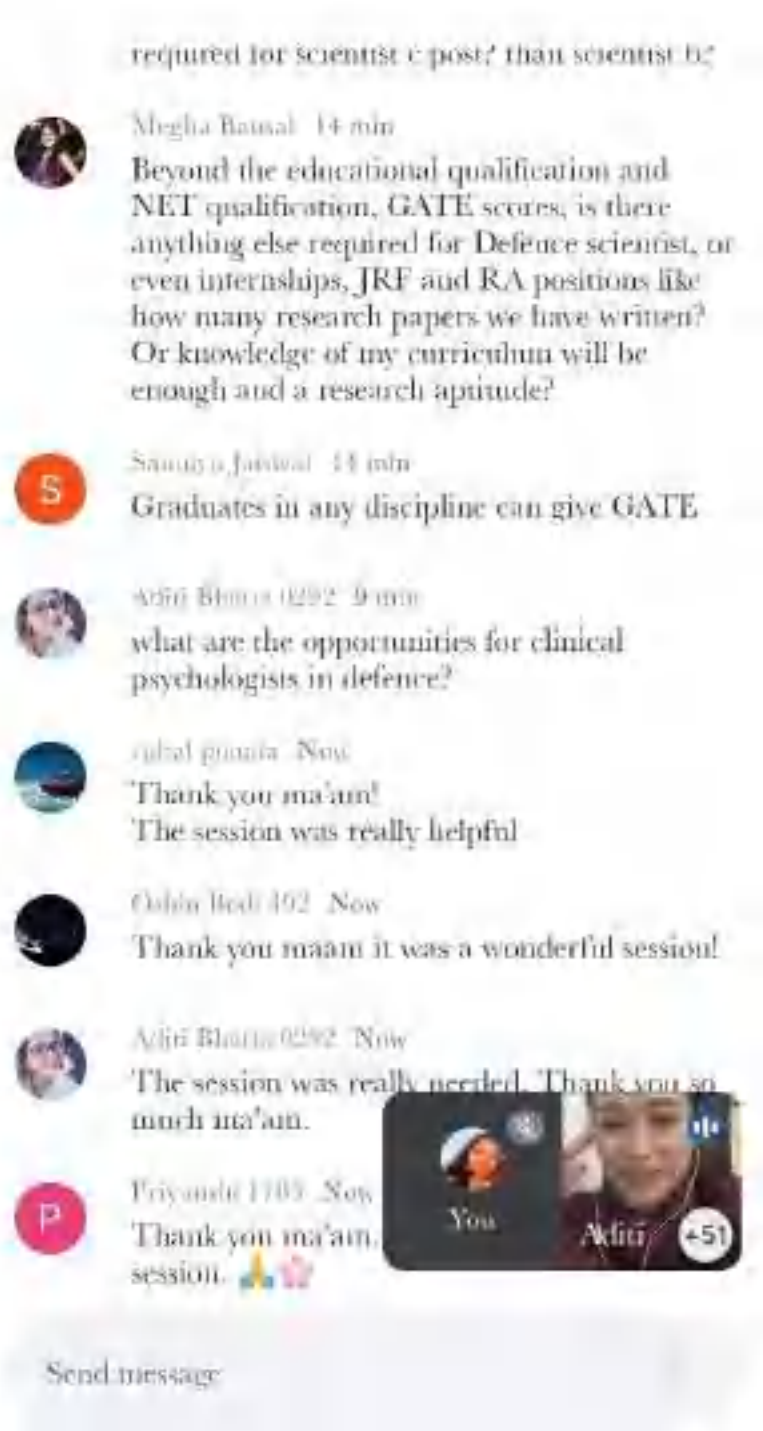


chaiti poudyal Now

Thank you ma'am!  
The session was re



Send message



20. Please attach the attendance list of participants:

[https://drive.google.com/drive/folders/1Xy8DvA\\_AB689mwbspT2WuayDLjxb3Eki?usp=sharing](https://drive.google.com/drive/folders/1Xy8DvA_AB689mwbspT2WuayDLjxb3Eki?usp=sharing)

21. Please attach Registration Forms Responses: List attached below

22. Please attach YOUTUBE link: NA
23. Please attach feedback forms responses: Attached below
24. Brief Report: 150-200 words

On 22nd September, 2021, the Department of Applied Psychology, Shyama Prasad Mukherji College for Women organized a **Webinar on Career Opportunities in Defence Services**; as a part of initiatives **to guide students for various career and educational prospects post their graduation. Dr. Y. Aditi (Scientist C, Air Force Selection Board, Mysuru) was invited** to conduct the webinar. It aimed to enlighten the students about the career prospects for students from the field of Psychology in Indian Defence Services.

The webinar started with a welcome note by the Teacher In Charge, Dr. Anamika Rai, followed with an introduction of the speaker. Her achievements and rich experiences in the field of DRDO research and development. She had prepared a presentation enlisting all the important information she planned to share with the students. She one by one delineated all the different career and growth prospects in Indian Defence Services for Psychology students. She briefed about DRDO and DIPR and their history, positions in these two organizations (Defence scientists, JRF and RA), and Commissioned Defence Officer posts (in all three, Army, Navy and Air Force). The session was highly informative for the students as it also gave them detailed information about eligibility criterias, application and selection procedures, and brief information about what the jobs entail and offer. The session was followed by an equally rich Q&A round where the number of questions just showed the interest and curiosity of students about the session. Dr. Aditi listened to all the questions patiently, answered them with detail and cleared all doubts precisely. For both department and the speaker, the session was a success. Dr. Aditi successfully able to stir the young

minds to start thinking about their future, in defence or anywhere else. Students were grateful for the amazing session, because they always felt that career prospects in defence were narrow, but the session encouraged them to explore more. The webinar was interactive, delightful, and engaging. Towards the end, Dr. Aditi shared her words of wisdom that if a student is interested to keep their strong psychology background with them, they should go towards the field of Defence Scientists, and if they are ready to experience what the defence services has got to offer them, they should go towards the field of Commission Defence Officers. The session concluded with the formal vote of thanks. The session was fruitful for all the students and it was indeed a great success.

#### **List of Participants Registered**

Aditi Bhatia	3rd	B.A. Hons. Applied Psychology	SPM College for Women, University of Delhi
Neelu Kumari	3rd	BA applied psychology honours	Shyama prasad mukherjee college for women
vani	3rd	BA.hons applied Psychology	Shyama Prasad Mukherji College for Women
Gayatri	2nd	BA applied psychology honors	Delhi University
Surabhi Gupta	2nd	B.A. HONS Applied Psychology	Shyama Prasad Mukherjee College, DU
Jasmine Kaur	2nd	BA Hons Applied Psychology	Shyama Prasad Mukherjee College for Women
Somya Sharma	3rd	Applied Psychology Honours	SPMC, DU
Lhamo Richoe	2nd	Ba Hons applied psychology	SPM college, Delhi University

Tanishka Tanwar	2nd	B.A. Applied Psychology Honours	Shyama Prasad Mukherji College
Megha Bansal	3rd	BA Hons Applied Psychology	Shyama Prasad Mukherjee College for Women
Anjlee Yadav	2nd	B.A. Applied Psychology Hon	Delhi University
Shivatmika Shukul	2nd	BA hons Applied psychology	Shyama Prasad Mukherji College For Women
Manvi Mehrotra	3rd	B.A. Honors Applied Psychology	Shyama Prasad Mukherji College for Women, University of Delhi
Bareera Nadeem Husain	3rd	B. A. Applied psychology (hons.)	SPM, DU
Aakriti saini	2nd	Applied psychology	Shayama prasad Mukherjee college, University of Delhi
Vidhi Sharma	3rd	B.A Hons Applied Psychology	Shyama Prasad Mukherjee College
Khushi chopra	2nd	Ba honours applied psychology	Shyama prasad mukherji college, du
Khushi bajaj	3rd	Applied psychology hons	Shyama prasad mukherjee college, du
Ishita Arora	2nd	Ba Hons Applied Psychology	Shyama Prasad Mukherjee College for Women
Parul Kathuria	Alumni	NA	NA
palak singla	2nd	Ba applied psychology honours	Shyama Prasad Mukherjee

			college for women, delhi University
Himani verma	2nd	Applied psychology honours	Shyama Prasad Mukherjee, delhi university
Avleen kaur	2nd	Ba hons. Applied psychology	Shyama prasad mukherji college, DU
Oshin Bedi	3rd	B.A Hons Applied Psychology	Shyama Prasad Mukherjee College for Women, Delhi University
Shalu Rana	Alumni	MA applied psychology	Amity University
Sakshi	2nd	Applied psychology honors	Shyama prasad mukharjee
Kirti Singhal	Alumni	Masters in Applied Psychology	Tata Institute of Social Sciences
kapurdiksha271@gmail.com	Alumni	Currently pursuing PhD in Psychology	Punjabi University
Yashika	3rd	Applied psychology	Spm
Priyanshi	2nd	BA (Hons.) Applied Psychology	Shyama Prasad Mukherjee College For Women, University of Delhi
Vidhi Talwar	2nd	Ba Honours Applied Psychology	Shyama Prasad Mukherji College for Women
Sanaa Batra	2nd	BA HONS APPLIED PSYCHOLOGY	Shyama Prasad Mukherji College for Women
Manvi Nagpal	2nd	Applied Psychology Hons	Shyama Prasad Mukherji College for Women

Resham bhatia	Alumni	Ma psychology	Punjab university
Kumud Sharma	2nd	B.A. (Hons) Applied Psychology	Delhi University
Anushka	2nd	Applied Psychology honours	Shyama Prasad Mukherjee College for Women, University of Delhi
Khushi sharma	2nd	Ba applied psychology honours	Shyama prasad mukherjee college women, punjabi bagh
Preeti	2nd	Ba honours applied psychology	Shyama prasad mukherjee college for women
Shriya Hatipkar	3rd	Applied psychology honours.	Delhi university
Anushka singhal	2nd	Economics honours	SPMCW
Sonam Chandhok	Alumni	B.A. (H) Psychology, M.A. Psychology	University of Delhi
Sanya Singh	2nd	BA history honours	Shyama Prasad Mukherjee /DU
Anushka Anirudha Kumar	2nd	BA English (Hons.)	Shyama Prasad Mukherjee College for Women
Dharaa Gupta	Alumni	Clinical psychology	AIIMS
Nishita	2nd	Applied Psychology	Shyama prasad Mukherjee college
Aishi Das Khan	2nd	Ba Philosophy Honours .	Shyama Prasad Mukherjee College for women
Harshdeep kaur	2nd	Applied Psychology Hons.	Shyama Prasad Mukherjee

			College for Women
Mabel Gupta	Alumni	Psychology	Amity University
Bhumika Sharma	2nd	BA (H) Philosophy	Delhi University
Yukta	2nd	B.A Hons Economics	Shyama prasad mukherjee college for women
Apoorwa Sinha	2nd	BA Hons Philosophy	SPM college Delhi
Anushka Singh	2nd	Applied psychology honours	Shyama Prasad mukherjee for Women
Taanya upadhyay	2nd	BA hounours in Applied Psychology	Shyama Prasad Mukherjee college for women
Akansha Choudhary	2nd	Applied Psychology hons.	Shayama Prasad Mukherjee College
Ome Neyi Padung	2nd	BA . Geography	SPM
Neha chandolia	3rd	B.A hons Applied Psychology	DU
Annu Dhiman	2nd	B. A. Philosophy (Hons.)	Shyama prasad mukherji college for women
Chetna	2nd	B.A.(Hons)Applied Psychology	Delhi university
Khushi Arora	2nd	Ba applied psychology hons	Shyama Prasad Mukherjee college
Ankita Hooda	2nd	History Hons	Shyama Prasad Mukherji College for women
Deepika	2nd	Applied psychology hons	DU
Minhaz Borah	2nd	Applied psychology	Shyama Prasad Mukherjee

			college for women, Delhi University
Sanskriti	2nd	BA (HONS) APPLIED PSYCHOLOGY	Shyama Prasad Mukherji college for women, delhi university
Pushpinder Malhotra	2nd	Bcom honrs	Shyama Prasad Mukherjee
Akansha mishra	2nd	Hindi honrs.	SPM college of women
Prateeksha	Alumni	Applied Psychology	DU
Priyanka Khatua	2nd	BA(hons) philosophy	Shyama Prasad Mukherji College Women
Tanisha Saini	2nd	BA Hons philosophy	Shyama Prasad Mukherjee College, delhi university
Khushi Sharma	2nd	English honrs	Shyama prasad mukherjee
Pallavi sharma	2nd	Applied psychology	Shayama prasad mukherji
Riya	2nd	BA (hon) political science	Shyam prasad Mukherji college for women's
Palak Sharma	3rd	BA Hons Applied Psychology	University of Delhi
Sirisha Subramaniam	2nd	BA Hons Applied Psychology	Spm
Nisha Yadav	2nd	Ba Hons History	Shyama Prasad Mukherji College for women
ISHIKA RANI	2nd	B.A (HONS) POLITICAL SCIENCE	Shyama Prasad Mukherji College for Women

Anurima Mondal	2nd	BA (Hons) History	Shyama Prasad Mukherjee
Anshul Bhardwaj	2nd	Ba philosophy	Shyama prasad mukherjee
Pardyotma	2nd	BSc. Maths(H)	Shyama Parsad Mukharjee college
Bhavika	3rd	BA hons Applied Psychology	Spmc, DU
Ananya sharma	2nd	BA hons philosophy	Shyama parshad mukharji
Shweta kumari	2nd	BA Hons Philosophy	Shyama Prasad Mukherjee college for women
Mansi	2nd	BA HONS APPLIED PSYCHOLOGY	Shyama Prasad Mukherjee college for women delhi university
Kanishka	2nd	Ba applied psychology hons	Shyama Prasad Mukherji College for women, Delhi University
Farha	2nd	B.A hons applied psychology	Shyama Prasad Mukherjee college for women
Assa Komut	2nd	Applied psychology	Shyama Prasad Mukherjee college for women, Delhi
Pallavi Honkanadavar	2nd	BA(Hons) Applied Psychology	Shyama Prasad Mukherjee College For Women
Ramni	Alumni	BA. Hons Applied Psychology	SPMC

Prerna Singh	2nd	Ba economics hons	Shyama Prasad Mukherjee for women, Delhi University
Anshika Jain	2nd	BA Hons.(English)	Shyama Prasad Mukherjee College for Women
Aas kaur	2nd	B.A (hons)Applied psychology	Shyama Parsad Mukherjee college for women
Nandini Bhalla	Alumn i	BA Hons. Applied Psychology	Shyama Prasad Mukherji College for Women
Richa Prabhat	2nd	B.A History Hons	Shyama Prasad Mukherjee College
Ishika Khandelwal	3rd	Applied psychology honors	Shyama Prasad Mukherji College, Delhi University
Vanshika Sahni	Alumn i	MA Psychology	University of Delhi
Rubal	Alumn i	MA Psychology	University of Delhi North Campus
Muskan Gondyan	2nd	Applied psychology honours	Shyama prasad Mukherjee college for women
Vanshika Sachdeva	Alumn i	Masters in Applied Psychology	University of Delhi
Himadri Chawla	Alumn i	Applied Psychology	University of Delhi
Teena garg	2nd	Ba hons applied psychology	Shyama Prasad mukherji college for women
Shuchi Chhokra	Alumn i	M.A. Applied psychology	University of Delhi

Pooja	2nd	B.A Economic Hons.	Shyama Prasad Mukherjee college for women
Noorafsha Saifi	2nd	B A Political Science Hons	Shyama Prasad Mukherjee college
Bhoomi Chawla	2nd	B.A(hons) Applied Psychology	Shyama Prasad Mukherjee College, Delhi University
Khushi bansal	2nd	Philosophy honours	Shyama prasad mukherjee college
Smridhi Chawla	2nd	BA Philosophy (hons)	Shyama prasad mukherjee college
Geeti Bhattacharya	Alumni	Pursuing Ph.D in Psychology	University of Delhi
Vanshika	3rd	BA (Hons) Applied Psychology	Shyama Prasad Mukherjee College for Women
Himani	3rd	B.A. Hons. Applied Psychology	Shyama Prasad Mukherji College for Women, University of Delhi
Riya Nain	2nd	B.A Philosophy Hons.	Shyama Prasad Mukherji college for women
Deepika Sharma	2nd	Political science honours	Shyama Prasad Mukherjee College For Women
Deepika	2nd	BA honours Philosophy	Shyama Prasad Mukherjee college for Women
Pradnya Dubule	Alumni	Masters in Clinical Psychology	RTM Nagpur University

Snigdha	2nd	BA(Hons) Philosophy	SPMC, DU
Darpan	3rd	B. A (hons) applied psychology	Delhi University
Labhanshi Mittal	2nd	Applied Psychology	SPMC
Tanishka Tanwar	2nd	B.A. Applied Psychology Honours	Shyama Prasad Mukherji College for women
DEEYA	2nd	BSc Hons Mathematics	SPM
ARTANA NARENDHAR	2nd	B.A philosophy Hons	Shyama Prasad Mukherji College DU
Nishita Narayan	1st	Political Science Honour	Shyama Prasad Mukherjee College for women
Atlanta	3rd	Applied psychology	Shyama Prasad Mukherjee College for Women
Sakshi	3rd	BA H APPLIED PSYCHOLOGY	Delhi university
Shubhra	3rd	Applied Psychology	Shyama Prasad Mukherjee College for Women
Kirti	3rd	BA (hons.) applied psychology	Shyam Prasad Mukherji College, DU
Suhani Chauhan	2nd	BA POLITICAL SCIENCE HONOURS	Shyam prasad Mukherji college for women
Laxmi	3rd	BA HONS Applied Psychology	Shyama Prasad Mukherjee College for women
MUSKAN AGRAWAL	2nd	POLITICAL SCIENCE HONS.	SHYAMA PRASAD MUKHERJE E COLLEGE

			FOR WOMEN
Sanjana Anad	2nd	B.A Hons. History	Shayama Prasad Mukherjee College

### Feedback Responses

Yashika	Yashikajainkhms@gmail.com	Student	Student	Excellent	What was your takeaway from the training?
Somya	somyasharma6751@gmail.com	Student	Student	Good	It was very insightful
Aditi Bhatia	ab7730605@gmail.com	Student	Student	Excellent	It was a new information regarding the area options. It was informative
Harshdeep kaur	harshdeep8hk@gmail.com	Student	Student	Good	I learned a lot from the session. I got to know about so many opportunities in the field of defence.
Shriya Hatipkar	shrihatipkar@gmail.com	Student	Student	Good	Insightful understanding of the use of Psychology in army and defence.
Pallavi sharma	Pallavisharma9873@gmail.com	Student	Student	Excellent	The session was quite informative in nature.
Neelu Kumari	neelukhainwar@gmail.com	Student	Student	Excellent	Great learning
Oshin Bedi	Oshin.bedi@gmail.com	Student	Applied Psychology	Excellent	It was a great session, very insight, very helpful..i was interested from the starting to adopt a career in defence services and after attending today's session all of my doubts are clear..i loved it.
Suruchi Bhatia	suruchi@Spm.Du.ac.in	Faculty	Applied Psychology	Excellent	Sufficient knowledge about my career opportunities in

					the defence sector
Khushi Arora	khushiarora10177@gmail.com	Student	Ba applied psychology hons	Excellent	Detailed information regarding job opportunities in Defense services
Shubhra Shrivastava	shubhra29011@gmail.com	Student	Student	Excellent	Knowledge
Priyanshi	priyanshiofficialcollege@gmail.com	Student	Applied Psychology	Excellent	Psychology is not restricted to counselling or clinical, it is in fact very diverse and many places provide the opportunity for work and research.
Bhoomi Chawla	imbhoomi.chawla@gmail.com	Student	B.A (hons) Applied Psychology	Excellent	Very insightful session.
Gayatri Singh	Gayatrisrajput07@gmail.com	Student	Applied Psychology	Excellent	Very informative
Labhanshi Mittal	labhanshimittal506@gmail.com	Student	Applied Psychology	Excellent	It was a really insightful session, I was looking for some relevant information about DIPR since months but couldnot grab the opportunity to learn anything about it. But today How everything in detail was explained by Aditi mam was commendable. Thanks to mam for her time and patience.
Vanshika Sahni	vanshikasahni99@gmail.com	Student	Department of Psychology, University of Delhi	Excellent	I am into CDS and UPSC but never knew we could do something parallel in psychology with defense services.
Rubal Poonia	rubalpoonias1999@gmail.com	Student	University of Delhi, North Campus	Excellent	Glimpse of entry points within the field
Sonam Chandhok	sonam1995@gmail.com	Student	Department of	Excellent	It simply inspired me. Thank you for

			Psychology, DU		arranging this session
Aakriti saini	shashiakriti@gmail.com	Student	Applied psychology	Excellent	Understanding of career path for people with psychology background in defence research
Pragya Kapur	pragya.kapur01@gmail.com	Student	Applied Psychology	Excellent	I am always fascinated by the defence services, and through this meeting i got a broader perspective and scope in the defence field. It was a really helpful session for me. Although i already knew about different defence services, but through this meeting i got to know about how through psychology also we can contribute in the defence field. looking forward for more such sessions.
Khushi bajaj	Khushayy21@gmail.com	Student	Applied psychology hons.	Good	It was indeed an amazing session. Learnt a lot of career opportunities available in the field of defence services.
Neha chandolia	nehachandoli@gmail.com	Student	Applied psychology	Good	I never got to explore this side of career opportunities, so this was extremely insightful
vani	vanisabharwal1289@gmail.com	Student	applied psychology	Excellent	It was very informative as I got to know a lot about defence services and stuff. I wasn't aware about all this but now I understood everything crystal clear.

Kirti	20kirti.s@gmail.com	Student	Applied Psychology Hons.	Good	Trining w provided me with the knowledge of opportunities in the defence field. it helped me understand the future prospects as a student of psychology.
Megha Bansal	bansalmegha2001@gmail.com	Student	Applied Psychology	Excellent	It's really helpful knowing we have more options and paths we can choose being psychology students since the information is not readily available.

SPM College Record Committee

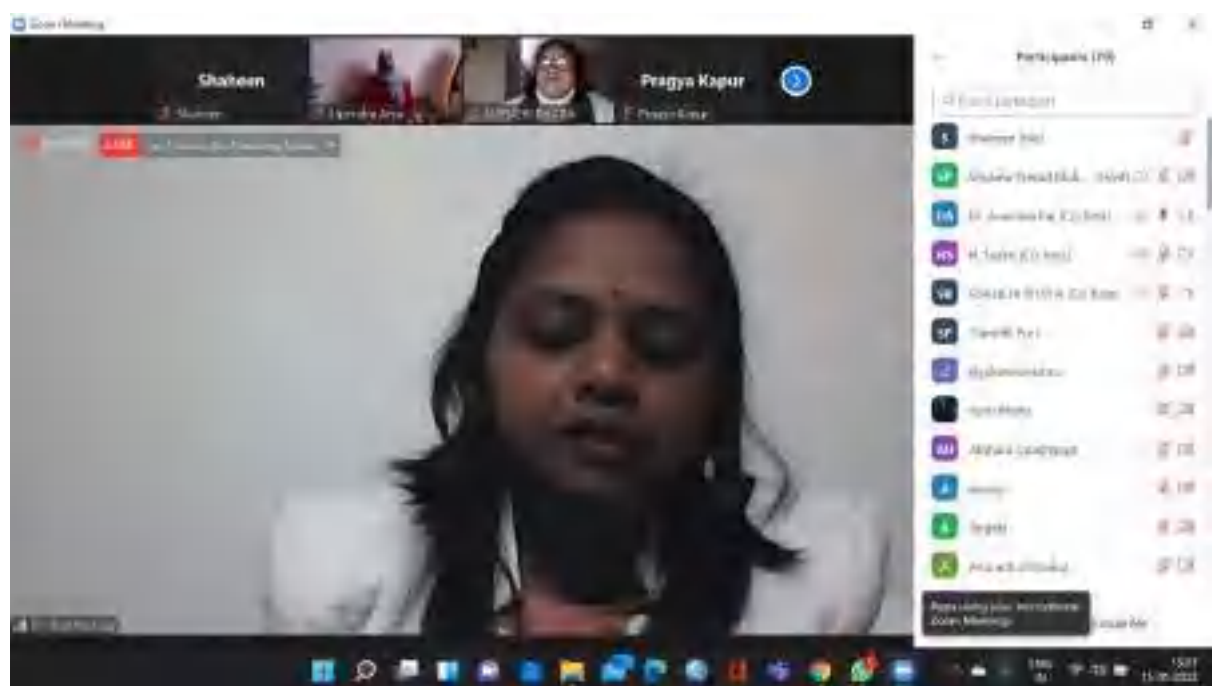
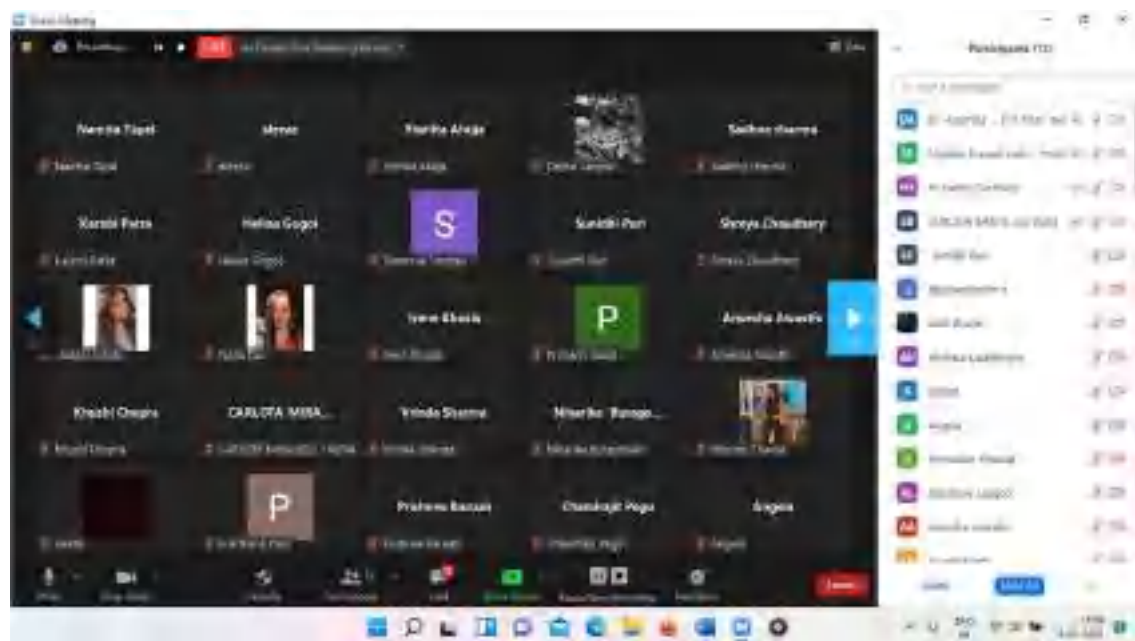
Activity Report

January - June 2022 (Even semester)

1. Name of the Department/Society/Committee : Department of Applied Psychology
2. Event No. : 1
3. Name of the activity/FDP : National Webinar on "Music & Meditation" under the aegis of Azadi ka Mahotsava
4. Name of the Convenor/Co-Convenors : Dr. Anamika Rai (Convener & TIC)
5. Date : 15 January 2022
6. Time : 03:00 pm to 05:30 pm
7. Venue : Online - Zoom and YouTube Live
8. Number of Participants : 83
9. Name of Topic : Music & Meditation
10. Name & Designation of the speaker/s : **Prof. Upendra Arya**  
(Ayurveda & Yoga Teacher at Sattvic Organization, Barcelona, Spain)  
  
**Dr. Raj Nandini Chauhan**  
(Hindustani Classical Vocalist, Barcelona, Spain)
11. Financial assistance : Yes (Honorariums of Invited Speakers)
12. Collaboration with any agency : No
13. Name of the collaborative agency : NA
14. Objectives : To enlighten the participants about the practice of meditation and the confluence of meditation and music

15. Methodology : The speakers used an interactive mode to delve into the practice and theory of meditation. Mr. Arya engaged the attendees with various meditation techniques. Dr. Raj Nandini left the audience spellbound with her melodious voice. The session was concluded with a Q&A round to clear the participants' queries.
16. Outcomes : The webinar was successful in throwing awareness on both the theory and practice of meditation, and its importance in today's time.
17. Feedback : Yes
18. Photograph:














19. Please attach the attendance list of participants:

DA

Dr. Anamika...




(Co-host, me)



SP

Shyama Prasad Muk...




(Host)



HS

H. Suzen




(Co-host)




SB



SURUCHI BHATIA


(Co-host)







Upendra Arya







Aditi Bhatia





A

aleeza





A

Alpana Rastogi





A

Angela





AY

Anjlee Yadav





AC

Anna Chobokoane





AL


Anushree Langoo





AA

Anvesha Awasthi








Suruchi Bhatti






Invite

Mute All











ENG  
IN




17:20  
15-01-2022






























<b>AL</b>	Anushree Langod	✂ 120
<b>AA</b>	Anvesha Awasthi	✂ 120
<b>AB</b>	Ayushi Bharti	✂ 120
	Bareera Nadeem Husain	✂ 120
	Bhoomi Chawla	✂ 120
<b>CM</b>	CARLOTA MIRALBELL I RIERA	✂ 120
	Chanchal Falwani	✂ 120
<b>CP</b>	Chandrajit Pegu	✂ 120
<b>C</b>	Chetna	✂ 120
<b>DH</b>	Deeksha Harit	✂ 120
<b>DB</b>	Deepti Ghalla	✂ 120
	Devna Jaiswal	✂ 120
<b>DA</b>	Dr Aashima Sharma	✂ 120
<b>E</b>	Ekansh Mangal	✂ 120
<div> <div>Invite</div> <div>Mute All</div> <div></div> </div>		

	Ektab	
	Geeta	
	Helina Gogoi	
	Himani	
	HRP	
	Ishika 21-0398	
	Jayak	
	Karobi Patra	
	Khushi	
	Kirti	
	kulbir kaur	
	Mamta Marwaha	
	Mousum Chamuah	
	...	

[Invite](#)[Mute All](#)

ENG  
IN17:2115-01-2022

MR	Mr. Raj Kumar ITD	 
NT	Namita Tayal	 
	Neha Das	 
P	paakhi	 
PS	Palak Sharma	 
P	Pallavi Bisht	 
PG	Paridhi Gupta	 
PK	Pragya Kapur	 
PC	Prashansa Chakraborty	 
P	Pravin	 
PB	Prishnee Baruah	 
PI	Prii's iphone	 
P	Pronami Saha	 

Invite


















Mute All

...

P	Pravin	 
PS	Prishnee Baruah	 
PI	Priti's iPhone	 
P	Pronami Saikia	 
RB	Rashmi Bhalla	 
S	Sameera Siddiqui	 
SB	samiksha bhatt	 
SK	Seema kalita	 
	Selene Khosla	 
S	Shaheen	
S	Shilpi Borgohain	 
SJ	Shreshtha Jain	 
SC	Shreya Chaudhary	 
SC	Shreya Chaudhary	 


Invite


Mute All

	Selene Khosla	
	Shaheen	
	Shilpi Borgohain	
	Shreshtha Jain	
	Shreya Chaudhary	
	Shreya Chaudhary	
	Shiruti purwar	
	smitanjali choudhury	
	Somya Sharma	
	Surekhi Puri	
	Swatee Sadana	
	Vanshika	
	Vasvi Jain (21-0665)	
	Vasvi Jain (21-0665)	


Invite


Mute All







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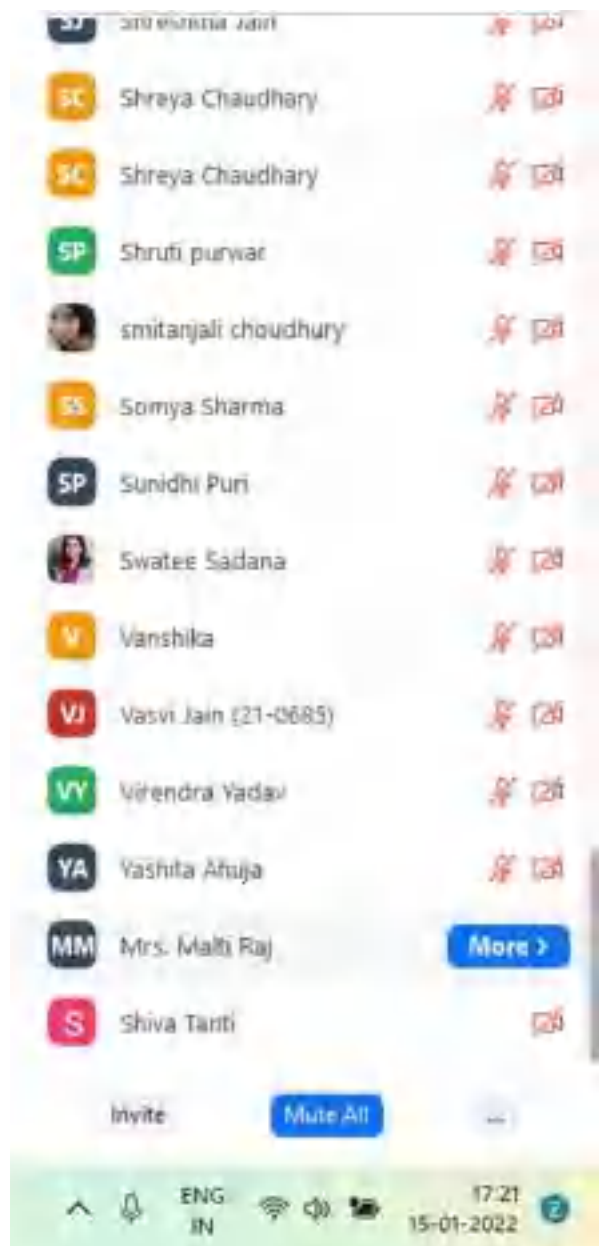






17:21  
15-01-2022





21. Please attach Registration Forms Responses:

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24. Brief Report: 150-200 words

On 15th January, 2022, the Department of Applied Psychology, Shyama Prasad Mukherjee College organized a National Webinar on "Music & Meditation" under the aegis of Azadi ka Mahotsav. Following a heartfelt welcome by Principal ma'am, Dr. Anamika Rai and Dr. Ekta Bhambri warmly welcomed the esteemed speakers and the participants. The event was moderated by Dr. Suruchi Bhatia and Dr. Suzen, and was attended by the students, research scholars, and faculty of the Delhi University. Around 90 participants joined the online session via zoom, whereas others attended it via the YouTube live streaming.

The first speaker, Upendra Arya ji began the session by encouraging all the attendees to chant OM. Various techniques like pranayama, mantra chants, hatha yoga, karma yoga were explained, stressing the importance of each on the individual's body and mind. He explained how meditation and chanting was a powerful tool to cleanse the chakras, helping the individual to attain a sattvic (balanced) state of mind. The session was extremely insightful, exemplified by how wonderfully Mr. Arya presented an effortless amalgamation of the western notions of consciousness, ego and intellect with the Indian concepts of chetna, ahamkara and chetna resp. He stressed the importance of turning inwards and calming the mind, to correct the understanding of one's own self; gaining awareness of one's thoughts before they turn into desires; and to achieving the state of Viveka (correct understanding). The session was beautifully concluded with a few breathing exercises from Patanjali's Yoga, that were demonstrated for the attendees. The second speaker Dr Rajnandini gave a beautiful introduction about awareness and dhyana (concentration) being quintessential to practice music. She sung a beautiful raga for the attendees followed by melodious bhajans. Her mesmerizing voice enchanted the attendees. The entire audience was left spellbound, with her alluring and soothing notes. The session was followed by a question and answer round with both the speakers.

Dr. Anamika Rai, the Head of Department, beautifully linked the proceedings of the event to Wundt's concept of introspection, thereby bridging the gap between music and Psychology in the true sense of the word. A formal vote of thanks was given by Dr. Virendra Yadav, who thanked the speakers and spoke of the irreplaceable importance of meditation, especially during the pandemic. The participants were asked to fill up a feedback form following which, certificates were issued.





**SPM College Record Committee**  
**Activity Report**  
**July-December 2021 (Odd semester)**

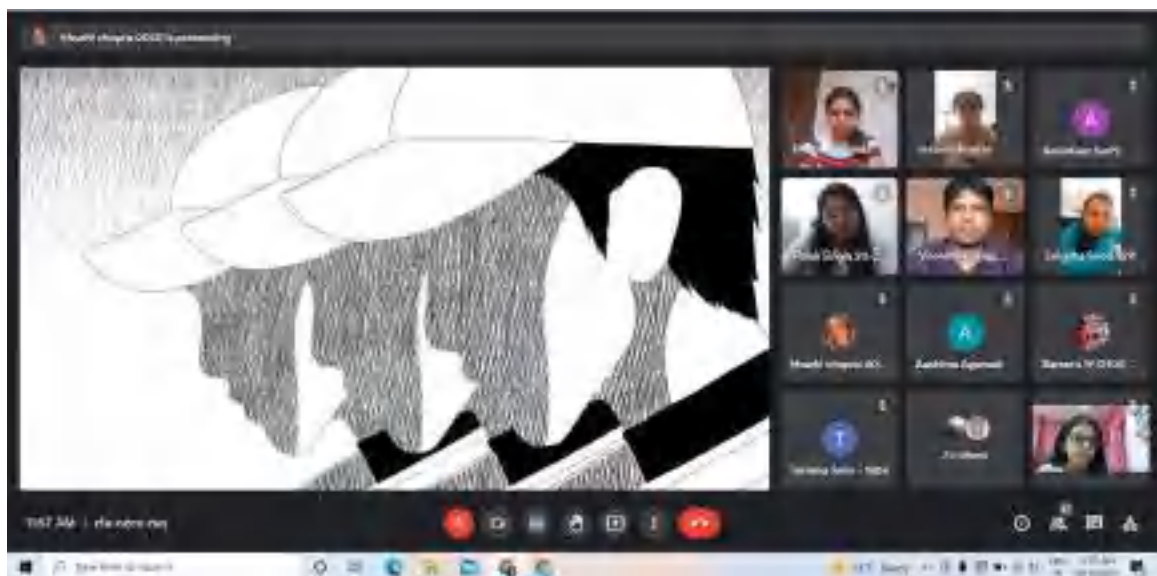
1. Name of the Department/Society/Committee: **Department of Applied Psychology**
2. Event No. : **6**
3. Name of the activity/FDP: **World's Mental Health Day**
4. Name of the Coordinator/Convenor/Co-Convenors: **Dr. Anamika Rai & Dr. Suruchi Bhatia**
5. Date: **16<sup>th</sup> October 2021**
6. Time: **11.30 AM - 1 PM**
7. Venue: **Online - Google Meet**
8. Number of Participants: **Students and Faculties of  
Dept. of Applied Psychology (40)**
9. Name of Topic: **VIZHIPUNARVU, to awaken and  
become aware**
10. Name of the speaker/speakers: **NA**
11. Speaker's Designation: **NA**
12. Financial assistance: **NO**
13. Collaboration with any agency: **NA**
14. Name of the collaborative agency: **NA**
15. Objectives: **The overall objective of this event is the need to focus adequately on mental health. This event aims to raise awareness of mental health issues and mobilize effects in support of mental health.**

16. Methodology: All the students and teachers of the Applied Psychology Department were invited to join the event. The teachers and students were assigned breakout rooms where they shared their opinions about mental health issues and highlighted its importance. It was an interactive platform where we all had a lot of discussions about relevant issues on mental health.

17. Outcomes: The major outcome of the event was to increase awareness about mental health awareness and spread it around the world. The event also showcases greater self-acceptance and increased self-esteem about an individual. Furthermore, it also emphasizes improved management of emotions and relief from depression, anxiety and other mental disorders. Another major outcome is to feel positive about themselves and have a healthy relationship with family and friends. Last but not the least, this event instils in you the sense of achievement.

18. Feedback: Yes

19. Photograph:

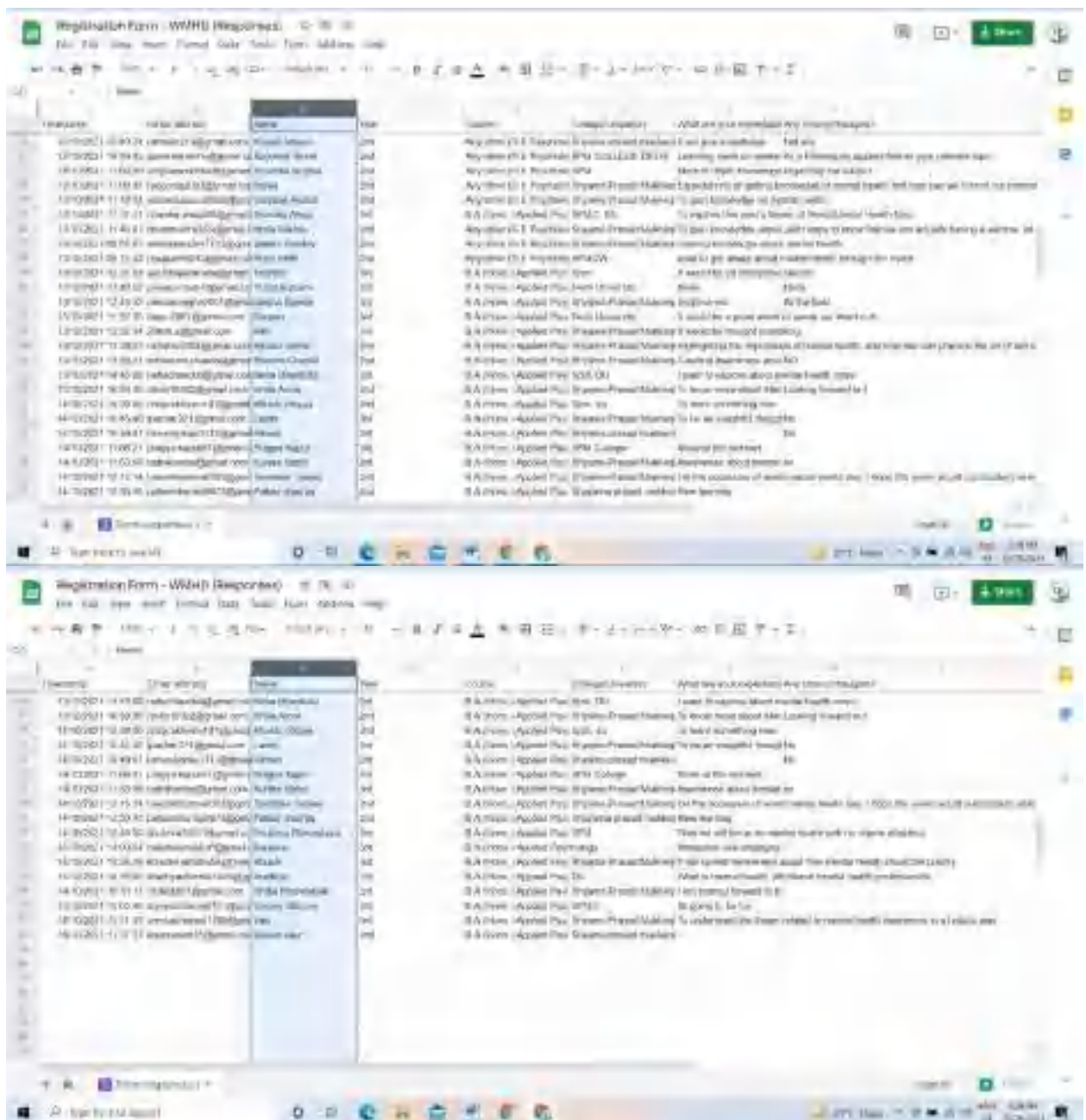












Please attach YOUTUBE link:

NA

21. Please attach feedback forms responses (Excel spreadsheet, Document): -----


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Timestamp	Name	Email	Department	Feedback Form 1	Feedback Form 2	Feedback Form 3	Feedback Form 4	Feedback Form 5
16/10/2021 10:00:00	Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:05:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:10:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:15:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:20:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:25:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:30:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:35:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:40:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:45:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:50:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 10:55:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:00:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:05:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:10:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:15:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:20:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:25:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:30:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:35:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:40:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:45:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:50:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 11:55:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent
16/10/2021 12:00:00	Dr. Shyama Prasad Mukherjee	shyama.prasad.mukherjee@vishva.ac.in	Department of Applied Psychology	Excellent	Excellent	Excellent	Excellent	Excellent


## 22. Brief Report: 150-200 words

On 16th October 2021, The Department of Applied Psychology, Shyama Prasad Mukherjee College Celebrated World’s Mental Health Day. The title of the event was VIZHIPPUNARVU, to awaken and become aware and was attended by all the students and teachers of our department. The event aimed to promote mental health advocacy in an unequal world and educate the students on relevant issues. To shed light on the alarming rise in mental disorders, the event focused on mental illness and the effects it has on a majority of the global population. It was majorly celebrated to understand the importance of mental health and just how necessary it is to ensure its wellbeing. . The teachers and students were assigned breakout rooms where they shared their views and perspective on various issues and highlighted the aspects of mental health illness and how we can overcome them. Towards the end, our teachers addressed the students and guided them with their inspirational words. Students were

really happy to hear such a diverse spectrum of thoughts presented by them. The event concluded with a formal vote of thanks.



SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN  
UNIVERSITY OF DELHI



*Psychospire Society*  
Department of Applied Psychology

PRESENTS

# VIZHIPUNARVU

to awaken and become aware  
ON THE OCCASION OF

## WORLD MENTAL HEALTH DAY

*in an (un)Equal World*

**On 16th October 2021, Saturday from 11:30 am onwards**

PROF. SADHNA SHARMA Patron Principal	Dr. ANAMIKA RAI Teacher -In- Charge Department of Applied Psychology	FOR QUERIES CONTACT Manvi Mehrotra - 96485 43745 Aash Kaur Sarda - 70657 69266
--	--	--

SPM College Record Committee  
Activity Report  
January - June 2022 (Even semester)

1. Name of the Department/Society/Committee: Department of Applied Psychology
2. Event No.: 07
3. Name of the activity/FDP: Department Website Launch
4. Name of the Convenor/Co-Convenors: Dr. Anamika Rai
5. Date: 22<sup>nd</sup> January, 2022
6. Time: 12:00 PM to 1:00 PM
7. Venue: Google Meet
8. Number of Participants: Applied Psychology Department
9. Name of Topic: NA
10. Name & Designation of the speaker/s: NA
11. Financial assistance: NA
12. Collaboration with any agency: NA
13. Name of the collaborative agency: NA

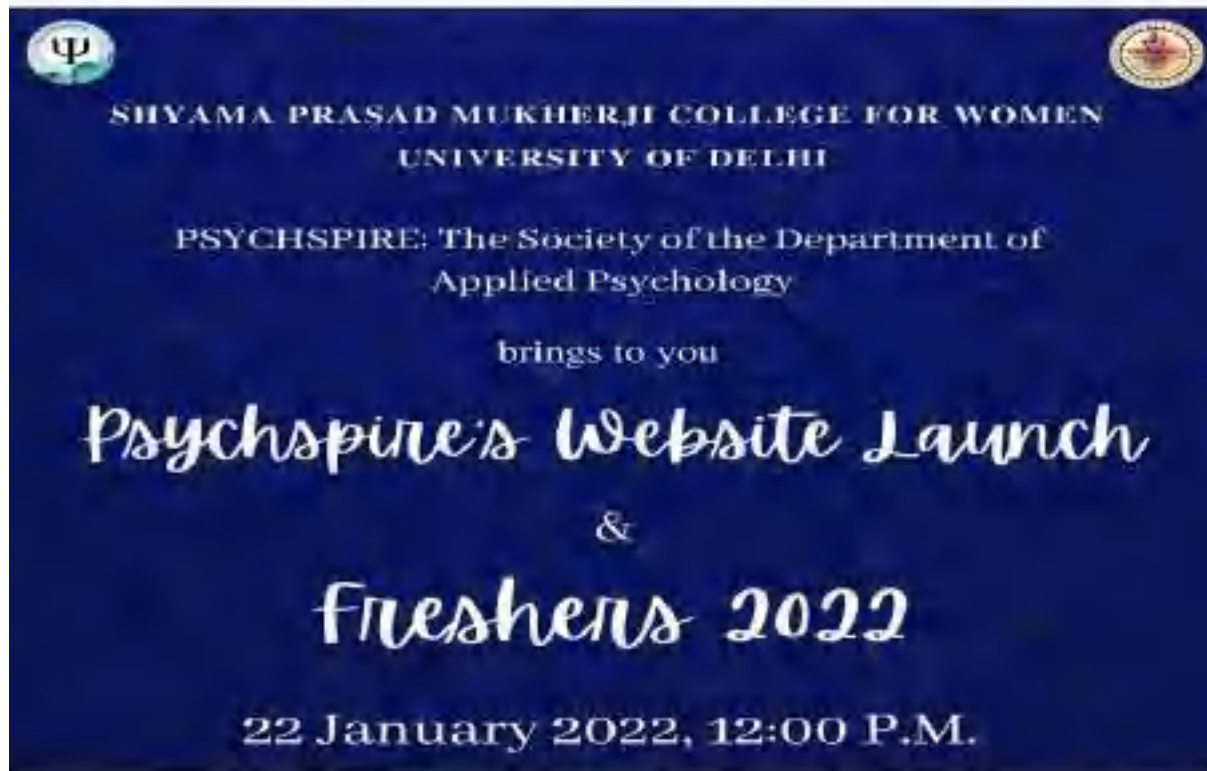
14. Objectives: To introduce a student-designed and driven platform in the form of a website for the Department of Applied Psychology.

15. Methodology: The students of the Department started working on the backend of the website 5 months before and after the graphical website was ready, it was launched.

16. Outcomes: The event was a success and it gathered a lot of attention from the students of the department Principal ma'am appreciated the students for their hard work. The website has been designed to give a direction to the thoughts and platform for the Blog: Psyitivity and Psychovision, the magazine of the department. The website is totally student-driven with faculty coordinators guiding the students.

17. Feedback: NA

18. Photograph:





### Website Development Team



**Labhanshi Mittal**

Website Developer & Ideator



**Palak Singla**

Content Writer



**Manvi Mehrotra**

Ideator



SPM College Record Committee  
Activity Report January - June 2022 (Even semester)

1. Name of the Department/Society/Committee: Department of Applied Psychology
2. Event No.: 08
3. Name of the activity/FDP: International Women's Day-Breaking the Bias
4. Name of the Convenor/Co-Convenors : Dr. Anamika Rai (Teacher-in-charge)  
Dr. Suruchi Bhatia
5. Date : 8 March 2022
6. Time : 11.30 A.M -12 P.M
7. Venue : Central Plaza
8. Number of Participants : All the students and faculties of Applied Psychology Department
9. Name of Topic : Shades of Women
10. Name & Designation of the speaker/s: NA
11. Financial assistance: NA
12. Collaboration with any agency: NA
13. Name of the collaborative agency: NA
14. Objectives: To express the power of sisterhood and spreading awareness about the biases against women
15. Methodology: The students made the posters, banners and slogans according to the theme which were presented and held up by them in a pre-determined formation on 8th March, 2022 in the central plaza from 11:30 to 12 pm. The event was started with speech by the principal. The posters and slogans were help up for a specified amount of time. A board was kept next to the formation for the passing students to jot down their thoughts on the theme: #BreakTheBias.
16. Outcomes: The event was a success and it gathered a lot of attention from the students passing by who contributed by putting down their thoughts on the board present next to the formation.

17. Feedback: NA

18. Photograph:





DEPARTMENT OF APPLIED PSYCHOLOGY  
INTERNATIONAL WOMEN'S DAY

#Break the bias

PSYCH  
SPIRE

Strong!  
Brave!





19. Please attach the attendance list of participants:

**Batch 2021-2024 Class List**

<u>S.</u>	<u>College</u>	<u>Name</u>	<u>Email</u>
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GUIT l.com

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55 21/1314 SHRESHTHA shreshthakhanna0612@g  
KHANNA mail.com

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61	21/1395	JAYA . KUMARI	kjaya.11223@gmail.com	62 21/1457
		GARIMA	khuranagarima987@gmail	KHURANA .com
63	21/1493	KANISHKA	kannujusyal@gmail.com	
		JUSYAL		
64	21/1526	KHUSHI RUHELA	ruhelakhushi5@gmail.co	m
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		TANWAR	m	
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67	21/1556	YASHVI DALAL	manjukhapra0@gmail.co	m
70	21/1621	TOYASHEE SINGH		
71	21/1622	RAGINI	raginichaudhary25@gmail	CHAUDHARY .com

**BATCH 2020-23**  
**CLASS LIST**

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2	20/0019	ANUSHKA SHARMA	ps524666@gmail.com
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13	20/0057	Palak Singla	palaksingla21@gmail.com	
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16	20/0101	Ishita Arora	ishita19302@gmail.com	
17	20/0116	Gayatri singh	Gayatrisrajput07@gmail.com	
18	20/0121	Manvi Nagpal	manvinagpal2204@gmail.com	
19	20/0124	Himani Verma	himaniv2002@gmail.com	
20	20/0130	Santushti Anand	santushtianand22@gmail.com	
21	20/0147	Pallavi Sharma	Pallavisharma9873@gmail.com	22
	20/0196	Khushi Sharma	khushi002sh@gmail.com	
23	20/0252	Nishita	nishita6678@gmail.com	
24	20/0288	Taanya Upadhyay	taanyau@gmail.com	

25	20/0314	Aakriti saini	shashiakriti@gmail.com
26	20/0512	Hrishika Chaubey	hrishikachaubey@gmail.com
27	20/0697	Anjlee Yadav	anjleeyadav.an@gmail.com
28	20/0737	MUSKAN GONDAYN	smgondyan@gmail.com
29	20/1109	DEEPIKA	deepikaprajapati1503@gmail.com
30	20/1231	Akanksha Soni	Funnyakanksha@gmail.com
31	20/1264	sanskriti	sanskritigautam419@gmail.com
32	20/1275	ASSA KOMUT	assakomut@gmail.com
33	20/1339	PALLAVI NIMBAPPA HONKANADAVAR	pnhonkanadavar@gmail.com
34	20/1511	Snigdha Sood	snigdhasood27@gmail.com
35	20/1512	KUMUD SHARMA	kumud954@gmail.com
36	20/1527	DIKANSHI JAMAL PURIYA	dikanshisaini@gmail.com
37	20/1528	ANUSHKA SINGH	anuyuvi27@gmail.com
38	20/1577	Sakshi	Sakshi6agrawal@gmail.com
39	20/1593	SYED FARHA	simplenunique786@gmail.com
40	20/1657	Khushi Arora	khushiarora10177@gmail.com
41	20/1658	Chetna	chetnabirhman@gmail.com
42	20/1663	Tanishka Tanwar	tanishkatanwar003@gmail.com

43	20/1783	Priyanshi	priyanshiofficialcollege@gmail.com
44	20/1787	Plaksha	plakshaverma26@gmail.com
45	20/1886	Lhamo Richoe	lhamorichoe07@gmail.com
46	20/1998	KANISHKA	kanishkarajput735@gmail.com
47	20/2006	Mansi yadav	mansiyadav219@gmail.com
48	20/2052	Vandana	kumarender@gmail.com
49	20/2053	AAS KAUR	aaskaur7000@gmail.com
50	20/2062	TEENA GARG	Teenagarg1401@gmail.com
51	20/2097	SURABHI GUPTA	surabhigupt2008@gmail.com
52	20/2103	SIRISHA SUBRAMANIUM	sirishasubramanium2012@gmail.com
53	20/2107	Shivatmika Shukul	shukulsh@gmail.com

**BATCH 2019-2022 CLASS  
LIST**

Sr. No.	NAME	ROLL NO.
1	PRIYAL SURROCH	19\0011
2	DARPAN MEHANDIR ATTA	19\0062
3	YASHIKA JAIN	19\0063
4	PALAK	19\0064

	SHARMA				
5	SOMYA SHARMA	19\0100			
6	RUPAL SINGH	19\0121			
7	VANSHIKA	19\0216			
8	ADITI BHATIA	19\0292			
9	LAXMI KUMARI PACHAR	19\0309			
10	SHUBHRA SHRIVASTA VA	19\0475			
11	SAKSHI YADAV	19\0476			
12	VANI SABHARWA L	19\0490			
13	VIDHI SHARMA	19\0491			
14	OSHIN BEDI ANANDANI	19\0492	15	AASHNA	19\0534
16	KUNIKA BATRA	19\0567			
17	HARSHITA SHARMA	19\0568			
18	KHUSHI BAJAJ	19\0631			
19	AASIS KAUR	19\0677			

	SETHI	
20	MEGHA	19\0678
	BANSAL	
21	BHAVIKA	19\0692
	AHUJA	
22	KHUSHI	19\0717
	MALHOTRA	
23	MANVI	19\0736
	MEHROTRA	
24	SACHLEEN	19\0737
	KAUR	
	BAWA	
25	SHRIYA	19\0878
	PRASHANT HATIPKAR	
26	ISHIKA	19\0911
	KHANDELW	
	AL	
27	AKSHITA	19\0933
	DHAWAN	
28	PRAGYA	19\1191
	KAPUR	
29	PRIYA	19\1385
	BHATI	
30	HARSHITA	19\1434
	TANWAR	
31	MEHROOJ	19\1435
	ASIF SHAH	
32	DANIYA ALI	19\1512
33	ATLANTA	19\1707
	DUTTA	

34	NEHA	19\1708
	CHANDOLIA	
35	ARADHYA	19\1807
	SHARMA	
36	SATYANSHE	19\1903
	E OSHI	
37	KIRTI SINGH	19\2092
38	BAREERA	19\2100
	NADEEM HUSAIN	
39	NEELU	19\2101
	KUMARI	
40	HIMANI	19\2102
41	PRIYANKA	19\2211
	YADAV	
42	VERNIKA	19\2229
	VERMA	
43	DEEPSHIKH	19\2241
	A GOSWAMI	

21. Please attach Registration Forms Responses: NA

22. Please attach YOUTUBE link: NA

23. Please attach feedback forms responses: NA

24. Brief Report: 150-200 words

Psychspire: The Society of Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi, organised an event “Shades of Women” on the occasion of International Women’s Day. The event took place at 11:30 am, on 8th March 2022, in Central Plaza of the college. With the support of our Principal ma'am, Dr. Sadhna Sharma, and our Head of Department, Dr. Anamika Rai, this event was possible. The event was moderated by the teachers of the department and it was attended by the students and faculty members of the college. Students from the first, second and third year of the department enthusiastically participated. The Theme of the event was “Break The Bias” wherein the students of the department tried to create awareness using posters and slogans to challenge the various prevalent gender biases and stereotypical beliefs. Students moved around in circles in the central plaza to catch the attention of the audience. Students wore pink, blue, and purple attires and stood in a manner to show the amalgamation of pink and blue into purple which is the symbolic colour of international women's day, 2022. This was done to depict different shades of women, break the stereotypical belief of pink being the colour for females and highlight the equality of genders. Towards the end, all the present students were asked to write their comments on the board curated for women's day. Faculty members also signed the board and shared their views on the board. Finally, everyone was thanked for their presence and the department wished a very happy women's day to all the empowered ladies of our college.



**Shyama Prasad Mukherji College for Women  
(University of Delhi)**

**PSYCHSPIRE: The Society of Department of Applied Psychology**

**Presents**

# *"Shades of Women"*

**Celebrating**

## *International Women's Day*

**COME TOGETHER TO  
BREAK THE BIAS**

**DATE - 8th March 2022, Tuesday**

**TIME - 11:30 AM**

**VENUE - Central Plaza**

**PATRON**

**Prof. (Dr.) SADHNA SHARMA  
Principal**

**Organizing Faculty**

**Department of Applied Psychology  
SPMC, DU**





SPM College Record CommitteeActivity

Report

January - June 2022 (Even semester)

1. Name of the Department/Society/Committee : Department of Applied Psychology
2. Event No. : 09
3. Name of the activity/FDP : Workshop on “Hands-on-Training Session on SPSS”
4. Name of the Convenor/Co-Convenors : Dr Anamika Rai (Convenor & TIC)
5. Date : 09 June 2022
6. Time : 11 am to 2:30 pm
7. Venue : Offlinemode,Conference Hall 2, SPMC
8. Number of Participants : Department of Applied Psychology and Alumni
9. Name of Topic : “Hands-on-Training Session on SPSS”
10. Name & Designation of the speaker/s : Dr Tushar Singh, Assistant  
Department ofPsychology,  
\*Banaras Hindu University.
11. Financial assistance : Yes
12. Collaboration with any agency : NA
13. Name of the collaborative agency : NA

14. Objectives : The primary objective of this session is to teach participants how to perform basic data analysis using SPSS. Students will learn data entry, define variables, modify and transform variables, and so on. Last but not least students will learn how to analyze the data using SPSS software.

15. Methodology : Students were pre-informed to bring their laptops installed with the current version of SPSS. With the step-by-step instructions by the speaker, the students learned data handling and analysis in SPSS via workshop mode.

16. Outcome : The workshop was quite effective in helping the students learn about SPSS and its use in research practices. The major outcome of the event was to increase awareness about how to get started with SPSS and define a number of different statistical variables, SPSS should be used to enter basic data. The session was also helpful in understanding the steps of statistical analysis which was helpful to examine hypotheses.

17. Feedback : Yes

[https://docs.google.com/spreadsheets/d/1esfK\\_ZwS2nZZS-NgxD5d3L5uUz23Ln1grzb6f4ut0E/edit?resourcekey#gid=923946182](https://docs.google.com/spreadsheets/d/1esfK_ZwS2nZZS-NgxD5d3L5uUz23Ln1grzb6f4ut0E/edit?resourcekey#gid=923946182)

Sl. No.	Name	Gender	Roll No.	Feedback
1	Arjun Kumar	Male	19BCE001	Very good
2	Arjun Kumar	Male	19BCE002	Very good
3	Arjun Kumar	Male	19BCE003	Very good
4	Arjun Kumar	Male	19BCE004	Very good
5	Arjun Kumar	Male	19BCE005	Very good
6	Arjun Kumar	Male	19BCE006	Very good
7	Arjun Kumar	Male	19BCE007	Very good
8	Arjun Kumar	Male	19BCE008	Very good
9	Arjun Kumar	Male	19BCE009	Very good
10	Arjun Kumar	Male	19BCE010	Very good
11	Arjun Kumar	Male	19BCE011	Very good
12	Arjun Kumar	Male	19BCE012	Very good
13	Arjun Kumar	Male	19BCE013	Very good
14	Arjun Kumar	Male	19BCE014	Very good
15	Arjun Kumar	Male	19BCE015	Very good
16	Arjun Kumar	Male	19BCE016	Very good
17	Arjun Kumar	Male	19BCE017	Very good
18	Arjun Kumar	Male	19BCE018	Very good
19	Arjun Kumar	Male	19BCE019	Very good
20	Arjun Kumar	Male	19BCE020	Very good
21	Arjun Kumar	Male	19BCE021	Very good
22	Arjun Kumar	Male	19BCE022	Very good
23	Arjun Kumar	Male	19BCE023	Very good
24	Arjun Kumar	Male	19BCE024	Very good
25	Arjun Kumar	Male	19BCE025	Very good
26	Arjun Kumar	Male	19BCE026	Very good
27	Arjun Kumar	Male	19BCE027	Very good
28	Arjun Kumar	Male	19BCE028	Very good
29	Arjun Kumar	Male	19BCE029	Very good
30	Arjun Kumar	Male	19BCE030	Very good
31	Arjun Kumar	Male	19BCE031	Very good
32	Arjun Kumar	Male	19BCE032	Very good
33	Arjun Kumar	Male	19BCE033	Very good
34	Arjun Kumar	Male	19BCE034	Very good
35	Arjun Kumar	Male	19BCE035	Very good
36	Arjun Kumar	Male	19BCE036	Very good
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39	Arjun Kumar	Male	19BCE039	Very good
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41	Arjun Kumar	Male	19BCE041	Very good
42	Arjun Kumar	Male	19BCE042	Very good
43	Arjun Kumar	Male	19BCE043	Very good
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47	Arjun Kumar	Male	19BCE047	Very good
48	Arjun Kumar	Male	19BCE048	Very good
49	Arjun Kumar	Male	19BCE049	Very good
50	Arjun Kumar	Male	19BCE050	Very good
51	Arjun Kumar	Male	19BCE051	Very good
52	Arjun Kumar	Male	19BCE052	Very good
53	Arjun Kumar	Male	19BCE053	Very good
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57	Arjun Kumar	Male	19BCE057	Very good
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59	Arjun Kumar	Male	19BCE059	Very good
60	Arjun Kumar	Male	19BCE060	Very good
61	Arjun Kumar	Male	19BCE061	Very good
62	Arjun Kumar	Male	19BCE062	Very good
63	Arjun Kumar	Male	19BCE063	Very good
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83	Arjun Kumar	Male	19BCE083	Very good
84	Arjun Kumar	Male	19BCE084	Very good
85	Arjun Kumar	Male	19BCE085	Very good
86	Arjun Kumar	Male	19BCE086	Very good
87	Arjun Kumar	Male	19BCE087	Very good
88	Arjun Kumar	Male	19BCE088	Very good
89	Arjun Kumar	Male	19BCE089	Very good
90	Arjun Kumar	Male	19BCE090	Very good
91	Arjun Kumar	Male	19BCE091	Very good
92	Arjun Kumar	Male	19BCE092	Very good
93	Arjun Kumar	Male	19BCE093	Very good
94	Arjun Kumar	Male	19BCE094	Very good
95	Arjun Kumar	Male	19BCE095	Very good
96	Arjun Kumar	Male	19BCE096	Very good
97	Arjun Kumar	Male	19BCE097	Very good
98	Arjun Kumar	Male	19BCE098	Very good
99	Arjun Kumar	Male	19BCE099	Very good
100	Arjun Kumar	Male	19BCE100	Very good









**SHYAMA PRASAD MUKHERJI COLLEGE (W)**  
**UNIVERSITY OF DELHI**



**DEPARTMENT OF APPLIED PSYCHOLOGY**  
*Presents*

# **HANDS ON TRAINING SESSION ON SPSS**

**GUEST SPEAKER**

**DR TUSHAR SINGH**

Assistant Professor

Department of Psychology

Banaras Hindu University

Varanasi, UP, India



**DATE :- JUNE 9th, 2022    TIME :- 11:00am onwards (IST)**  
**MODE :- OFFLINE**

**PATRON**

**PROF. SADHNA SHARMA (Principal)**

**CONVENER**

Dr. Anamika Rai

**ORGANIZING TEAM**

Dr. Ekta Bhambri, Dr. Suruchi Bhatia,

Dr. Garima Shukla, Dr. Virendra P Yadav,

Dr. Ashima Aggarwal, Ms. Shaheen Parveen, Ms. Namita Tayal

**E- Certificate will be provided to all the registered participants**

# 19. Attendance list of participants

Sr. No.	College Roll No.	Name
1	2000017	LABHANSHI MITTAL
2	2000019	ANUSHKA SHARMA
3	2000020	Preeti
4	2000024	Kajal
5	2000025	Akanksha Choudhary
6	2000026	Harshdeep kaur
7	2000030	Vidhi Talwar
8	2000032	Jasmin Kaur
9	2000034	Geeksha Hurlit
10	2000035	Sansu Butta
11	2000040	HHOMI CHAWLA
12	2000050	KHUSHI CHOPRA
13	2000057	Pank Singla
14	2000058	Mishuz Hussain Bawa
15	2000060	Avleen kaur
16	2000061	Ishita Arora
17	2000066	GAYATRI SINGH
18	2000071	Manvi Nagpal
19	2000074	HIMANI VERMA
20	2000079	Sanshu Anand
21	2000087	PALLAVI SHARMA
22	2000096	Khadhi Sharma
23	2000252	Nishita
24	2000288	TANAYA UPADHYAY
25	2000314	AKRITI SAINI
26	2000312	Hrishika Chaudhary
27	2000367	Anjita Yadav
28	2000737	MUSKAN GONDYAN
29	2001109	DEEPIKA
30	2001231	Akanksha Soni
31	2001264	amkriti
32	2001275	ASSA KOMIT
33	2001339	PALLAVI NIMBAIPPA HONKANA D.
34	2001511	Shagunha Sood
35	2001512	KUMUD SHARMA
36	2001527	DIKANSHI JAMAL PUREYA
37	2001528	ANUSHKA SINGH
38	2001577	Sakshi
39	2001593	SYED FARHA
40	2001657	Kharshi Arora
41	2001658	Chitra
42	2001663	Tarushika Tanwar
43	2001783	Priyanshi
44	2001787	Pinkha
45	2001886	Lhasan Roshan
46	2001998	KANISHKA
47	2002006	Mansi Yadav
48	2002052	Vandana
49	2002053	AAS KAUR
50	2002062	TEENA GARGI
51	2002097	SURABHI GUPTA
52	2002103	SURISHA SUBRAMANIAM
53	2002107	Shivamika Shukul

PRIYAL SURROCH
DARPAN MEHANDIRATTA
VASHIKA JAIN
PALAK SHARMA
SOMYA SHARMA
RUPAL SINGH
VANSHIKA
ADITI BHATIA
LAXMI KUMARI PACHAR
SHUBHRA SHRIVASTAVA
SAKSHI YADAV
VANI SABHARWAL
VIDHI SHARMA
OSHIN BEDI
AASHNA ANANDANI
KUNIKA BATRA
HARSHITA SHARMA
KHUSHI BAJAJ
AASIS KAUR SETHI
MEGHA BANSAL
BHAVIKA AHUJA
MANVI MEHROTRA
SACHLEEN KAUR BAWA
SHRIYA PRASHANT HATIP
AKSHITA DHAWAN
PRAGYA KAPUR,
PRIYA BHATT
HARSHITA TANWAR
MEHROOFASTE SHAH
DANIYA ALI
ATLANTA DUTTA
NEHA CHANDOLIA
ARADHYA SHARMA
SATYANSHEE OSHI
KIRTI SINGH
BARERA NADEEM HUSAI
NEELU KUMARI
HIMANI
PRIYANKA YADAV
VERNIKA VERMA
DEEPSHIKA GOSWAMI
KHUSHI MALHOTRA
ISHIKA KHANDELWAL

No.	Species	Locality	Number	Sex	Length	Wing
1	Amur Tit	Amur River	10000000	♂	100	100
2	Amur Tit	Amur River	10000000	♀	100	100
3	Amur Tit	Amur River	10000000	♂	100	100
4	Amur Tit	Amur River	10000000	♀	100	100
5	Amur Tit	Amur River	10000000	♂	100	100
6	Amur Tit	Amur River	10000000	♀	100	100
7	Amur Tit	Amur River	10000000	♂	100	100
8	Amur Tit	Amur River	10000000	♀	100	100
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10	Amur Tit	Amur River	10000000	♀	100	100
11	Amur Tit	Amur River	10000000	♂	100	100
12	Amur Tit	Amur River	10000000	♀	100	100
13	Amur Tit	Amur River	10000000	♂	100	100
14	Amur Tit	Amur River	10000000	♀	100	100
15	Amur Tit	Amur River	10000000	♂	100	100
16	Amur Tit	Amur River	10000000	♀	100	100
17	Amur Tit	Amur River	10000000	♂	100	100
18	Amur Tit	Amur River	10000000	♀	100	100
19	Amur Tit	Amur River	10000000	♂	100	100
20	Amur Tit	Amur River	10000000	♀	100	100
21	Amur Tit	Amur River	10000000	♂	100	100
22	Amur Tit	Amur River	10000000	♀	100	100
23	Amur Tit	Amur River	10000000	♂	100	100
24	Amur Tit	Amur River	10000000	♀	100	100
25	Amur Tit	Amur River	10000000	♂	100	100
26	Amur Tit	Amur River	10000000	♀	100	100
27	Amur Tit	Amur River	10000000	♂	100	100
28	Amur Tit	Amur River	10000000	♀	100	100
29	Amur Tit	Amur River	10000000	♂	100	100
30	Amur Tit	Amur River	10000000	♀	100	100

No.	Species	Locality	Number	Sex	Length	Wing
31	Amur Tit	Amur River	10000000	♂	100	100
32	Amur Tit	Amur River	10000000	♀	100	100
33	Amur Tit	Amur River	10000000	♂	100	100
34	Amur Tit	Amur River	10000000	♀	100	100
35	Amur Tit	Amur River	10000000	♂	100	100
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37	Amur Tit	Amur River	10000000	♂	100	100
38	Amur Tit	Amur River	10000000	♀	100	100
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40	Amur Tit	Amur River	10000000	♀	100	100
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42	Amur Tit	Amur River	10000000	♀	100	100
43	Amur Tit	Amur River	10000000	♂	100	100
44	Amur Tit	Amur River	10000000	♀	100	100
45	Amur Tit	Amur River	10000000	♂	100	100
46	Amur Tit	Amur River	10000000	♀	100	100
47	Amur Tit	Amur River	10000000	♂	100	100
48	Amur Tit	Amur River	10000000	♀	100	100
49	Amur Tit	Amur River	10000000	♂	100	100
50	Amur Tit	Amur River	10000000	♀	100	100

To

Date 2 June

The Principal  
Chyama Prasad Mukherjee  
College for Women  
University of Delhi

Subject - Regarding communication reformation

Respected Ma'am,

This is to inform you that Department of Applied  
Psychology is organising a workshop on 27th June

27 June 2022 from 11:00 am onwards.

Regarding the same communication for speakers &  
reformation amount will be required.

Reformation - 5000 + 1000 (2000 amount for  
reformation 2000)

Request to kindly grant the same.

Thanking you

Yours sincerely,

Dr.

Dr. Anamika Kaur  
Dept. of Applied Psychology  
Space 30

A/O Ms. Meenakshi  
Mittal

Sanctioned

Sachin  
8/6/2022

## 21. Feedback Form Responses :

Sl	Feedback	Email Address	Full Name	W.A. (If Applicable)	Phone Contact No (India)	What you want to learn in your Workshop (in Hindi)
1	05/02/22 18:30:38	shreya2022@gmail.com	Shreya Datta	1st Year	+919846544	Basics SPSS
2	05/02/22 19:32:01	shreyajyoti@gmail.com	Shreyajyoti Kulkarni	1st Year	7011717802	What is SPSS and how to use it
3	05/02/22 19:14:03	shreyaswami2103@gmail.com	Shreyas Swami	1st Year	9874227735	Basics about SPSS
4	05/02/22 19:31:12	supriyachakrabarti@gmail.com	Supriya Chakrabarti	1st Year	9871079172	The Basics of SPSS
5	05/02/22 19:29:41	xishuwanji@gmail.com	Xishuwanji	1st Year	9384135200	Something interesting game like
6	05/02/22 19:32:49	xishuwanji2022@gmail.com	Xishuwanji Khurana	1st Year	7138401080	Learn about SPSS
7	05/02/22 17:55:10	yashdeep123@gmail.com	Yashdeep	1st Year	7878427946	
8	05/02/22 18:38:27	yashdeep123@gmail.com	Yashdeep	1st Year	9288684452	Everything about SPSS
9	05/02/22 18:52:36	yash11223@gmail.com	Yash Kulkarni	1st Year	9882358513	The Basics of Statistical & Data
10	05/02/22 19:28:52	yashdeep123@gmail.com	Yashdeep	1st Year	9854120847	Using SPSS as that I am
11	05/02/22 19:23:59	yashdeep123@gmail.com	Yashdeep	1st Year	7011742050	Everything about SPSS
12	05/02/22 19:57:48	yashdeep123@gmail.com	Yashdeep	1st Year	9710422090	Everything about SPSS
13	05/02/22 20:11:02	yashdeep123@gmail.com	Yashdeep	1st Year	7428888888	Using SPSS as that I am
14	05/02/22 20:58:11	yashdeep123@gmail.com	Yashdeep	1st Year	9871079172	Using SPSS as that I am
15	05/02/22 21:55:55	yashdeep123@gmail.com	Yashdeep	1st Year	918532103	Basics SPSS
16	05/02/22 19:25:05	yashdeep123@gmail.com	Yashdeep	1st Year	9316425847	More about spss
17	05/02/22 19:45:59	yashdeep123@gmail.com	Yashdeep	1st Year	9388159415	Basics of spss
18	05/02/22 20:28:27	yashdeep123@gmail.com	Yashdeep	1st Year	8718555351	Basics
19	05/02/22 21:07:20	yashdeep123@gmail.com	Yashdeep	1st Year	9871079172	Using SPSS as that I am
20	05/02/22 19:10:51	yashdeep123@gmail.com	Yashdeep	1st Year	9710422090	Using SPSS as that I am
21	05/02/22 19:28:23	yashdeep123@gmail.com	Yashdeep	1st Year	9325122467	Using SPSS as that I am
22	05/02/22 19:50:11	yashdeep123@gmail.com	Yashdeep	1st Year	9888744337	Basics working on SPSS
23	05/02/22 18:44:42	yashdeep123@gmail.com	Yashdeep	1st Year	9102454473	Basics and how to use
24	05/02/22 20:34:58	yashdeep123@gmail.com	Yashdeep	1st Year	9712518895	How to make statistical charts
25	05/02/22 21:24:05	yashdeep123@gmail.com	Yashdeep	1st Year	9188101623	Basics about SPSS
26	05/02/22 20:54:05	yashdeep123@gmail.com	Yashdeep	1st Year	9871079172	The Basics of SPSS
27	05/02/22 20:37:59	yashdeep123@gmail.com	Yashdeep	1st Year	9188101623	The Basics of SPSS
28	05/02/22 22:54:05	yashdeep123@gmail.com	Yashdeep	1st Year	9888882105	Statistical analysis of data
29	05/02/22 22:14:05	yashdeep123@gmail.com	Yashdeep	1st Year	+919846544	How to use SPSS
30	05/02/22 21:21:17	yashdeep123@gmail.com	Yashdeep	1st Year	9188101623	How to use SPSS

[https://docs.google.com/spreadsheets/d/1esfK\\_ZwS2nZZS-NgxD5d3L5uUz23L1n1grbzb6f4ut0E/edit?resourcekey=gid=923946182](https://docs.google.com/spreadsheets/d/1esfK_ZwS2nZZS-NgxD5d3L5uUz23L1n1grbzb6f4ut0E/edit?resourcekey=gid=923946182)

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### 23. Brief Report:

The Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi had organized a workshop on “Hands-on-Training session on SPSS”, June 9, 2022 from 11 am to 2:30 pm respectively in Conference Hall Number 2. The event was patronized by our honorable Principal Ma’am, Dr. (Prof). Sadhna Sharma and was convened by Dr. Anamika Rai Head of the Department. The event was moderated by the teachers of the department and was attended by the students and faculty members. The invited guest speaker for the session was Dr. Tushar Singh, Assistant Professor, (Dept. of Psychology) from Banaras Hindu University. He was welcomed by the Principal and Head of the Dept. who greeted and acknowledged him with planters. Afterward, the session started in which the speaker adopted an interactive mode of discussion to instruct students about SPSS. The speaker gave an introduction to SPSS and informed students about its usage in handling data. He step-by-step instructed students about how to enter data in SPSS and taught various conversions of the same. Subsequently, he assisted students how to analyze data using SPSS and was apprised about possible errors committed in data handling and analysis. This session continued for approximately three hours and then a doubt session was conducted in which the speaker specifically addressed the students’ issues related to SPSS. The session was concluded with the circulation of feedback from links and a vote of thanks. Towards the end, the audience was thanked for their active participation.



# SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN UNIVERSITY OF DELHI



Department of Applied Psychology

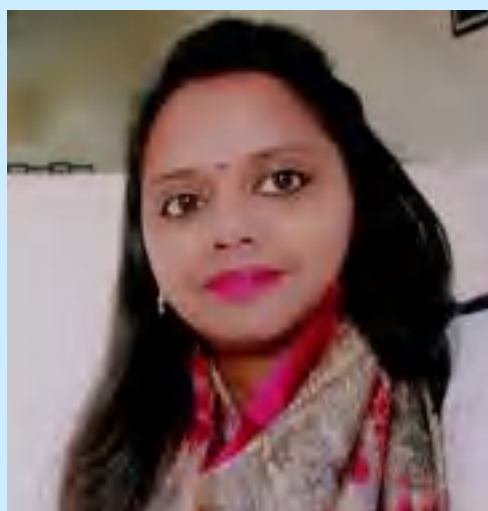
PRESENTS

## TELE COUNSELLING HELPLINE



**Prof. (Dr.) Sadhna Sharma**  
Principal

As we all know, the pandemic of the novel corona virus (COVID-19) has affected all of us. After the second wave of COVID –19, students, in particular, were significantly disrupted in their studies at higher education institutions, and got affected both physically and psychologically. As a result of pandemic, students may experience sadness, dread, anxiety, helplessness, uncertainty, lack of interest, and hopelessness. In this period of distress, I feel that students require attention and support of their teachers. This will aid them in dealing with the issues. Looking at the mental health concerns of students, with the help of faculty members we are setting up a telephonic helpline service under which the department of Applied Psychology will be providing support and address mental health issues of students. I hope that this facility would be extremely beneficial to the students. Thanks and take good care of yourself.



**Dr. Anamika Rai**  
Assistant Professor  
Dept. of Applied Psychology

We all have witnessed an alarming 'second-wave' of COVID-19. This age of crisis is causing worry among everybody because of the unusual difficulty of the global pandemic. Due to lockdown, place teaching got restricted and especially students got affected as their academics, college environment and interaction with the outside world was disrupted. No doubt, online teaching platform provided a possible path for educational activities. However, due to this technological shift in education, combined with the pandemic scenario is having a tremendous impact on students' mental health, leading to a variety of psychological issues. We must prioritise our physical and psychological well-being in these hard times. We need to figure out how to encourage students to be happy, hopeful, and resilient. The SPM college is taking all necessary steps to assist students in enhancing their educational experience. With this Counselling Helpline initiative, the college will aid and provide psychological assistance to students so that they can deal well with the situation. We are hopeful that our efforts will yield positive outcomes.

### Tele Counselling Helpline

Day & Time - Every Wednesday, 11:00 am -1:00 pm

Students wishing to seek guidance can get in touch with the faculty members on contact numbers provided below:

**Dr. Suruchi Bhatia**  
**Dr. Virendra Pratap**  
**Dr. Anamika Rai**

**+91 9899330699**  
**+91 8586951651**  
**+91 8285476739**

**Dr. Ashima Sharma**  
**Ms. Shaheen Parveen**  
**Ms. Namita Tayal**

**+91 9312206624**  
**+91 99118 84754**  
**+ 91 9811573433**

## **PSYTIVITY- THE BLOG OF DEPARTMENT OF APPLIED PSYCHOLOGY, SPMC, DU**

The blog is the output of a random class conversation which took place one day during the class. It was the beginning of summer somewhere around February. A discussion was going on with Dr. Anamika Rai about the issues and problems surrounding mental health and the need to create awareness among the masses.

Discussion was about how people are unaware of the facts related to mental health. Everyone was putting their own perspectives and their experiences. Out of the blue, the professor came up with the idea of initiating a Departmental Blog. This is how the blog was officially established on 8 March 2020 with Aasis Kaur Sethi and Manvi Mehrotra as its founding members. Since then, the blog has touched upon a lot of topics including; resilience, autism, LGBTQIAPHK+ and not just issues related to psychology but also social issues. A psychological perspective is given to the blog post on every topic. It tries to explore the areas of how a person's behaviour can affect their health, self-esteem and every aspect of an individual's life.

The main motive of this initiative was to create awareness among the masses, and deal with social issues and problems which people are not aware of. The blog face is kept subtle and the readers are not bombarded with information. It is kept interactive and simple so that even a layman can understand it. The posts are started from a basic level by an explanation of terminology and then ascend with the topic ending it on a note of solution.

The people are made aware through the blog but even the members are made to research about new topics and information so they are able to enlighten themselves with new knowledge which they might have ignored otherwise. As of now, the outreach of the blog has increased by using various social media platforms. It makes sure that people are able to access the material and come across the posts.

People outside the psychology background are also included to make it more inclusive. For example; the happiness day IGTV video where younger and elder siblings, parents and grandparents were also included.

We seek to alter the root cause of the issues. We want people to gradually work on their problems and learn how to build solutions of their own.

There is a full-fledged team which works upon every post and tries to bring out the best in order to disseminate information about mental health.

BLOG LINK - <https://psytivity.wordpress.com/our-team/>

The year wise (2020 – 2021 & 2021 - 2022) details of teams are as follows:

## 2020 ~ 2021

### BLOG FACULTY FOUNDING COORDINATOR

Dr. Anamika Rai

### FOUNDING MEMBERS

Aasis Kaur Sethi & Manvi Mehrotra

### REVIEWING TEAM

Aasis Kaur Sethi, Manvi Mehrotra &  
Labhanshi Mittal

### EDITING TEAM

Ishika Khandelwal, Khushi Bajaj,  
Vanshika, Priyanka Yadav, Palak Singla,  
Bhoomi Chawla, Akanksha Soni,  
Tanishka Tanwar, Santushti Anand &  
Minhaz Hussain

### SOCIAL MEDIA TEAM

Darpan Mehandiratta, Harshita Sharma &  
Vani Sabharwal

## 2021 ~ 2022

### FACULTY COORDINATORS

Dr. Suruchi Bhatia & Dr. Anamika Rai

### SENIOR BLOG COORDINATORS

Aasis Kaur Sethi & Manvi Mehrotra

### SOCIAL MEDIA COORDINATOR

Khushi Chopra

### EDITING TEAM COORDINATOR

Palak Singla

### EDITORIAL BOARD ~ EDITOR-IN-CHIEF

Palak Singla

### ASSOCIATE EDITORS

<vacant>

## 2020 ~ 2021

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Dr. Anamika Rai

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Varshika, Priyanka Yadav, Palak Singla,  
Bhoomi Chawla, Akanksha Soni,  
Tarishka Tanwar, Santushii Anand &  
Minhaz Hussain

### SOCIAL MEDIA TEAM

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Vani Sabharwal

## 2021 ~ 2022

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Dr. Suruchi Bhatia & Dr. Anamika Rai

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Khushi Chopra

### EDITING TEAM COORDINATOR

Palak Singla

### EDITORIAL BOARD ~ EDITOR-IN-CHIEF

Palak Singla

### ASSOCIATE EDITORS

<vacant>

## ORIENTATION 2022



## FRESHERS 2022





Latifah Milla is presenting



People

Search for contacts

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Latifah Milla is presenting



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## Farewell 2022



Shyama Prasad Mukherji College for Women 

(University of Delhi)

PSYCHSPIRE: DEPARTMENT OF APPLIED PSYCHOLOGY

Presents

# FAREWELL 2022

for the batch of 2019- 22

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20TH APRIL 2022 | 11:30 AM | HALL 2

*Dress code*

*Find your own style with ethnicity*









