

**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<br><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<br>  |
| 03                     | 10 September 2021 | Inter College Photography Competition (Under Suicide prevention and Awareness Week) | Online - Google Forms<br>  |
| 04                     | 10 September 2021 | A Talk on “From Just Baat to Jazabaat”  | Online - Google Meet<br><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<br><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<br><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<br><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<br><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<br><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><br><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.**

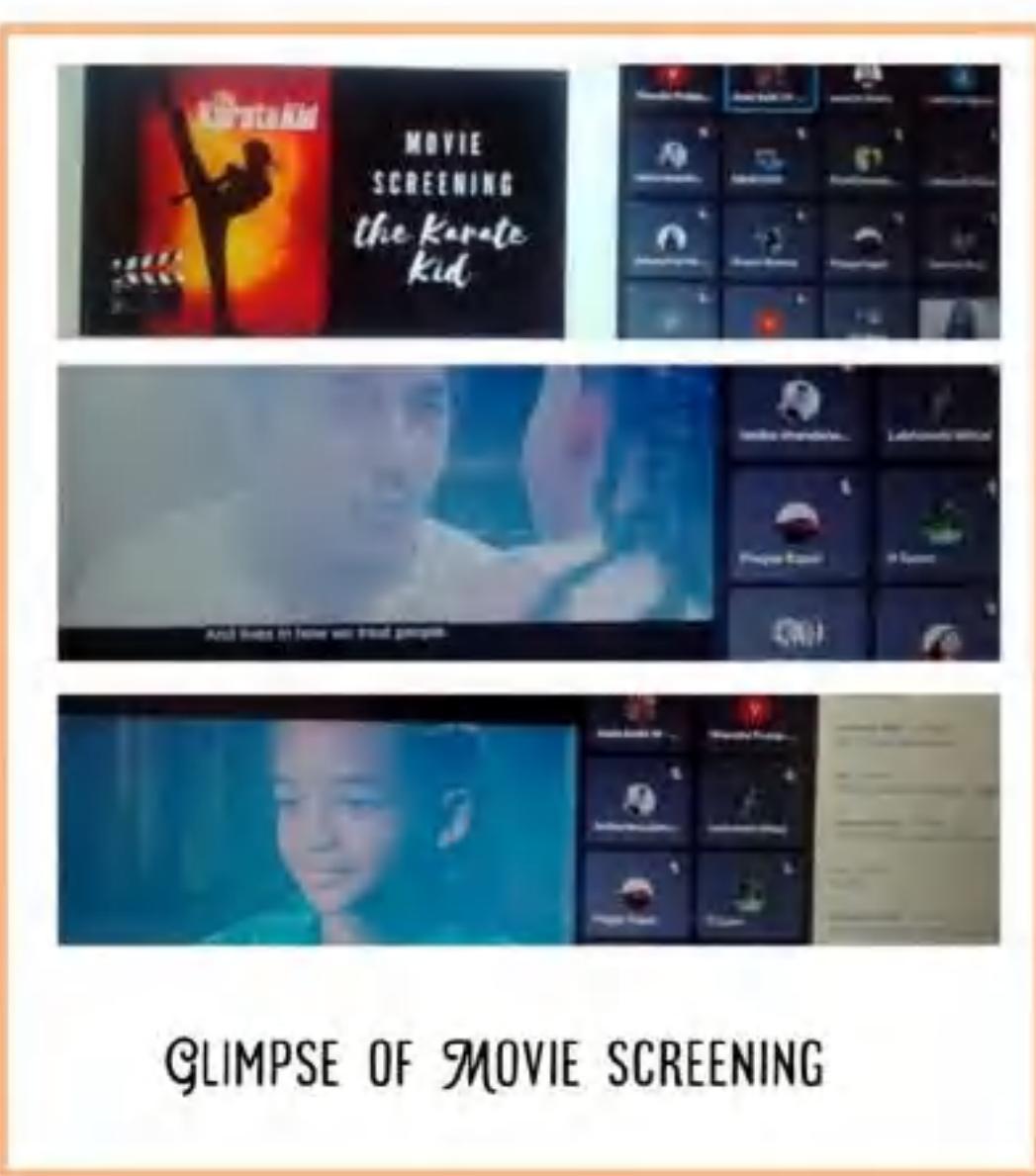
16. Methodology: All the students and teachers of the Applied Psychology Department  
were invited to join the movie screening and the “THE KARATE KID” was

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/**Judges**: Dr. Superna Gupta &  
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: **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 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/CTxFB1g1C7/?utm\\_medium=copy\\_link](https://www.instagram.com/tv/CTxFB1g1C7/?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 RUYAZ            | 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 RUIA 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 | LABHANSI 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.



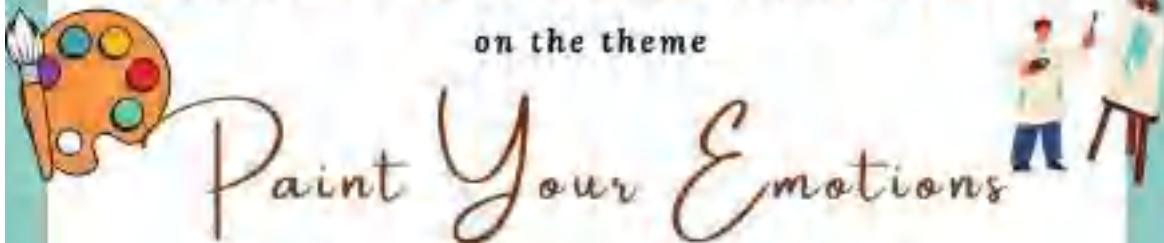
SHYAMA PRASAD MUKHERJI COLLEGE  
FOR WOMEN  
(UNIVERSITY OF DELHI)



DEPARTMENT OF APPLIED PSYCHOLOGY  
presents

# ART COMPETITION

on the theme



**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<br>TAG<br>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.                   | LABHANSI 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

7065769266

**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

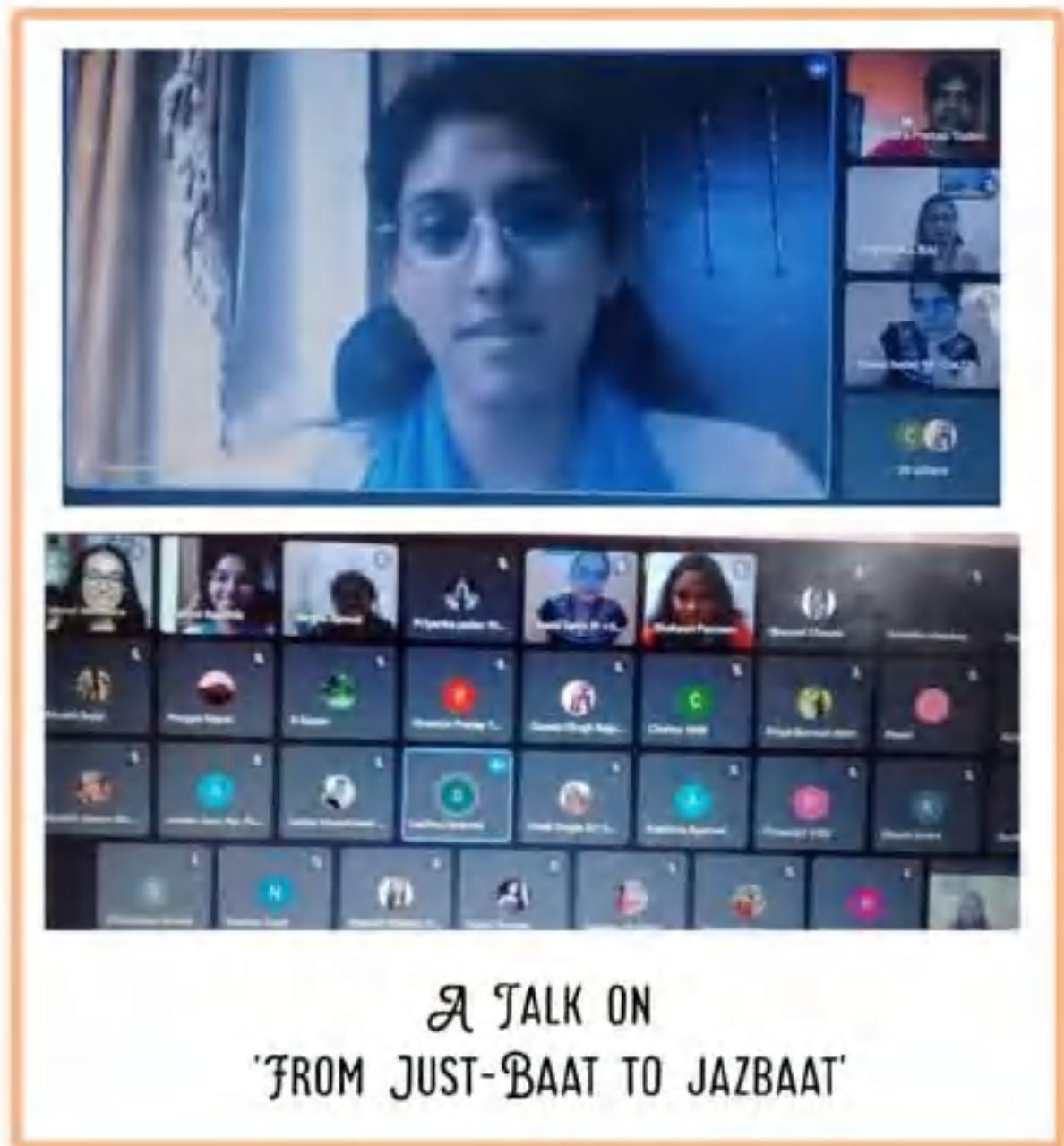
**15. Objectives: To promote emotional awareness amongst the students.**

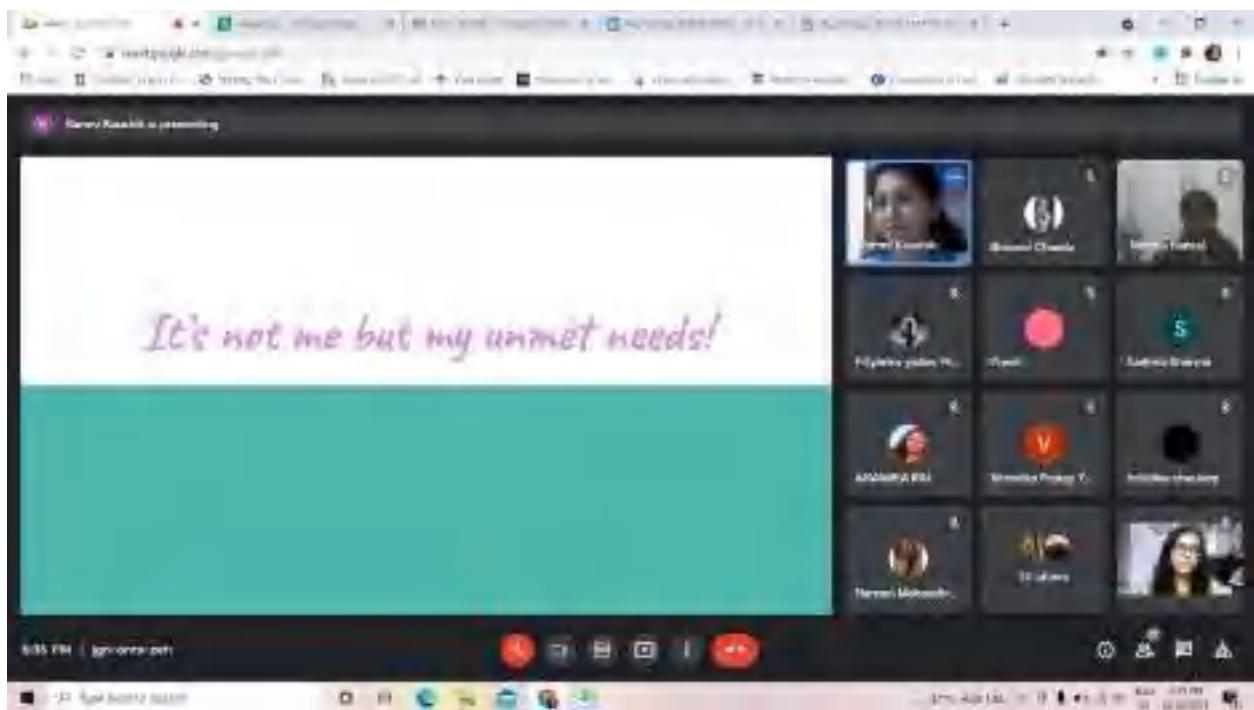
16. Methodology: It was a virtual event conducted on the Google Meet platform where the speaker interacted with all the attendees. Everyone was asked to make an iceberg of their emotions and explore their hidden emotions. The participants were asked to share their experiences. A presentation was given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





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 ज़बात

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)**

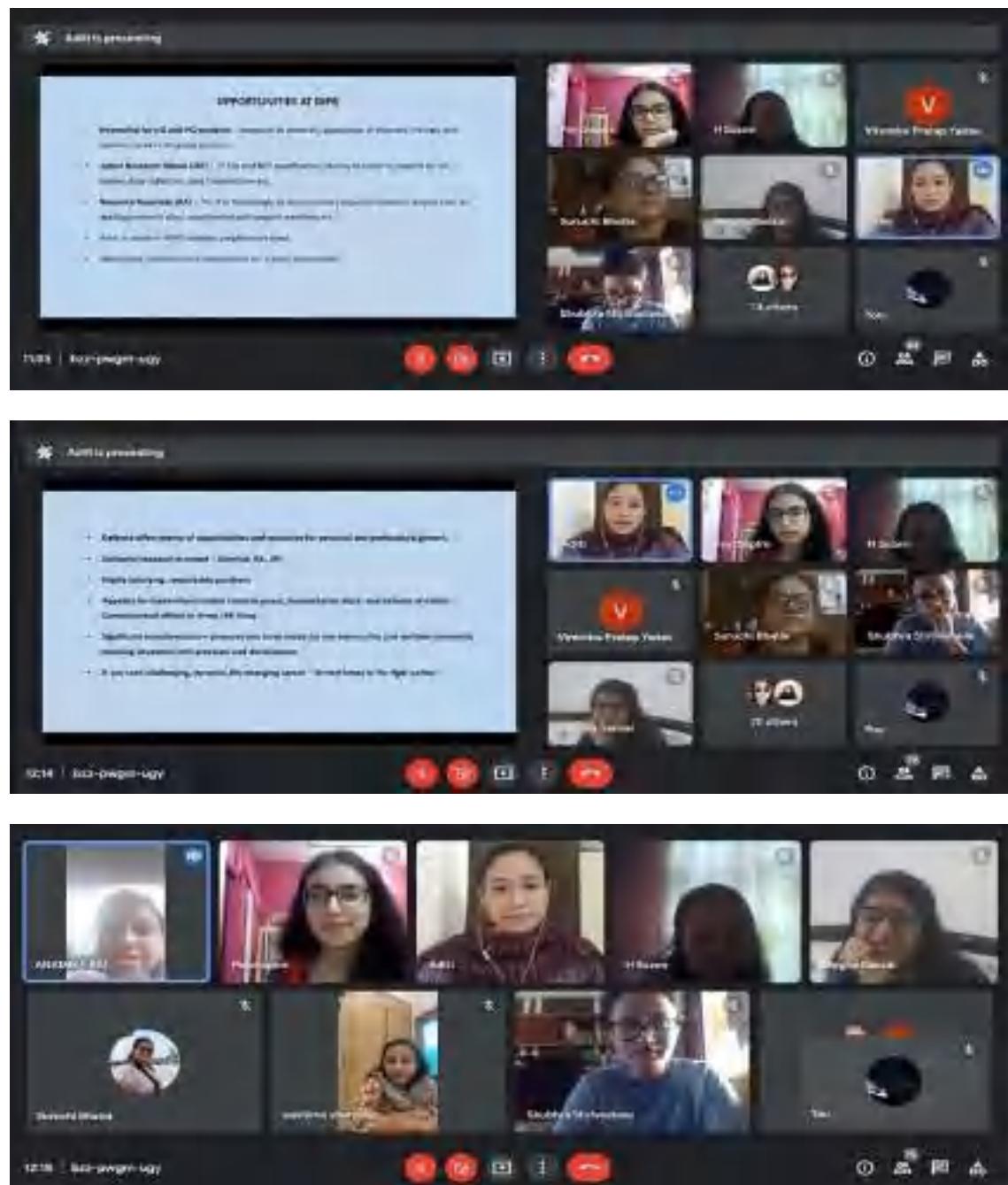
1. Name of the Department/Society/Committee: **Department of Applied Psychology**
2. Event No.: **5**
3. Name of the activity/FDP: Webinar on **Career Opportunities in Defence Services**
4. Name of the Coordinator/Convenor/Co-Convenors: Dr. Anamika Rai (Convener & TIC), Dr. Dr. Houshou Suzen (Co-Convener)
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 gritties 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-military force
- Commissioned officer – lead and control the defence forces.
- How to join? – Entrance Exam and SSB Interview
- Indian Air Force – To oversee Indian airports, aerial warfare, Counter-espionage
- Air Force Entrance Selection Test (AFCAT)
- Min 60% or equivalent in graduation in any discipline.
- Flying branch – Graduates with Maths and Physics in 10+2 with minimum 50% in each subject.
- Admin and Logistic branch – Management and material resources management.

Aditi is presenting

Aditi

Psychs...  
82 others

You

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



Aditi Shukla 02/02 19 min

Okay ma'am, thank you so much.



Neha Patel 02/02 17 min

ma'am are there any different qualifications required for scientist c post? than scientist b?



Megha Dass 02/02 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?



Samyak Jaiswal 02/02 13 min

Graduates in any discipline can give GATE



Aishwarya Bhatia 02/02 9 min

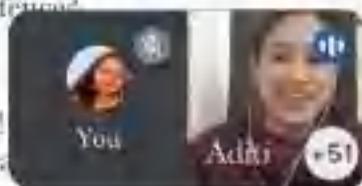
what are the opportunities for clinical psychologists in defence?



Aditi Shukla 02/02 9 min

Thank you ma'am!

The session was re



Send message

required for scientist c post? than scientist b?



Megha Rautal 14 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?



Savitri Jaiswal 18 min

Graduates in any discipline can give GATE



Arijit Bhattacharya 02/02 9 min

what are the opportunities for clinical psychologists in defence?



Rishabh Pratap Singh Now

Thank you ma'am!

The session was really helpful



Ojasvi Patel 02/02 Now

Thank you ma'am it was a wonderful session!



Arijit Bhattacharya 02/02 Now

The session was really needed. Thank you so much ma'am.



Priyanshi Patel Now

Thank you ma'am,

session.



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.<br>Applied Psychology    | SPM College<br>for Women,<br>University of<br>Delhi   |
| Neelu Kumari  | 3rd | BA applied<br>psychology<br>honours | Shyama<br>prasad<br>mukherjee<br>college for<br>women |
| vani          | 3rd | BA.hons applied<br>Psychology       | Shyama<br>Prasad<br>Mukherji<br>College for<br>Women  |
| Gayatri       | 2nd | BA applied<br>psychology<br>honors  | Delhi<br>University                                   |
| Surabhi Gupta | 2nd | B.A. HONS<br>Applied<br>Psychology  | Shyama<br>Prasad<br>Mukherjee<br>College, DU          |
| Jasmine Kaur  | 2nd | BA Hons Applied<br>Psychology       | Shyama<br>Prasad<br>Mukherjee<br>College for<br>Women |
| Somya Sharma  | 3rd | Applied<br>Psychology<br>Honours    | SPMC, DU  |
| Lhamo Richoe  | 2nd | Ba Hons applied<br>psychology       | SPM college,<br>Delhi<br>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        | Alumn i | 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               | Alumn i | MA applied psychology                | Amity University   |
| Sakshi                   | 2nd     | Applied psychology honors            | Shyama prasad mukharjee  |
| Kirti Singhal            | Alumn i | Masters in Applied Psychology        | Tata Institute of Social Sciences                              |
| kapurdiksha271@gmail.com | Alumn i | 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 Mukherjee College for Women                      |

|                        |         |   |  |
|------------------------|---------|---|--|
| Resham bhatia          | Alumn i | Ma psychology                           | Punjab university  |
| Kumud Sharma           | 2nd     | B.A. (Hons)<br>Applied Psychology       | Delhi University   |
| Anushka                | 2nd     | Applied Psychology honours              | Shyama Prasad Mukherjee College for Women, University of Delhi |
| Khushi sharma          | 2nd     | Ba applied psychology hons              | Shyama prasad mukherjee college women, punjabi bagh            |
| Preeti                 | 2nd     | Ba hons applied psychology              | Shyama prasad mukherjee college for women                      |
| Shriya Hatipkar        | 3rd     | Applied psychology hons.                | Delhi university   |
| Anushka singhal        | 2nd     | Economics honours                       | SPMCW  |
| Sonam Chandhok         | Alumn i | B.A. (H)<br>Psychology, M.A. Psychology | University of Delhi  |
| Sanya Singh            | 2nd     | BA history hons                         | Shyama Prasad Mukherjee /DU                                    |
| Anushka Anirudha Kumar | 2nd     | BA English (Hons.)                      | Shyama Prasad Mukherjee College for Women                      |
| Dharaa Gupta           | Alumn i | 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)<br>APPLIED<br>PSYCHOLOGY | Shyama<br>Prasad<br>Mukherji<br>college for<br>women, delhi<br>university |
| Pushpinder Malhotra | 2nd     | Bcom hons                          | Shyama<br>Prasad<br>Mukherjee   |
| Akansha mishra      | 2nd     | Hindi honrs.                       | SPM college<br>of women   |
| Prateeksha          | Alumn i | Applied<br>Psychology              | DU  |
| Priyanka Khatua     | 2nd     | BA(hons)<br>philosophy             | Shyama<br>Prasad<br>Mukherji<br>College<br>Women                          |
| Tanisha Saini       | 2nd     | BA Hons<br>philosophy              | Shyama<br>Prasad<br>Mukherjee<br>College,<br>delhi<br>university          |
| Khushi Sharma       | 2nd     | English hons                       | Shyama<br>prasad<br>mukherjee   |
| Pallavi sharma      | 2nd     | Applied<br>psychology              | Shayama<br>prasad<br>mukherjii  |
| Riya                | 2nd     | BA (hon) political<br>science      | Shyam<br>prasad<br>Mukherji<br>college for<br>women's                     |
| Palak Sharma        | 3rd     | BA Hons Applied<br>Psychology      | University of<br>Delhi  |
| Sirisha Subramanium | 2nd     | BA Hons Applied<br>Psychology      | Spm   |
| Nisha Yadav         | 2nd     | Ba Hons History                    | Shyama<br>Prasad<br>Mukherji<br>College for<br>women                      |
| ISHIKA RANI         | 2nd     | B.A (HONS)<br>POLITICAL<br>SCIENCE | Shyama<br>Prasad<br>Mukherji<br>College for<br>Women                      |

|                      |         |                             |  |
|----------------------|---------|-----------------------------|--|
| Anurima Mondal       | 2nd     | BA History (Hons)           | Shyama Prasad Mukherjee                                    |
| Anshul Bhardwaj      | 2nd     | Ba hons 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 philosophy hons          | Shyama parshad mukharji                                    |
| Shweta kumari        | 2nd     | BA Philosophy Hons          | 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                | Alumn i | 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)<br>Philosophy                | SPMC, DU  |
| Darpan           | 3rd | B. A ( hons)<br>applied<br>psychology | Delhi<br>University                                   |
| Labhanshi Mittal | 2nd | Applied<br>Psychology                 | SPMC  |
| Tanishka Tanwar  | 2nd | B.A. Applied<br>Psychology<br>Honours | Shyama<br>Prasad<br>Mukherji<br>College for<br>women  |
| DEEYA            | 2nd | BSc Hons<br>Mathematics               | SPM   |
| ARTANA NARENDHAR | 2nd | B.A philosophy<br>Hons                | Shyama<br>Prasad<br>Mukherji<br>College DU            |
| Nishita Narayan  | 1st | Political Science<br>Honour           | Shyama<br>Prasad<br>Mukherjee<br>College for<br>women |
| Atlanta          | 3rd | Applied<br>psychology                 | Shyama<br>Prasad<br>Mukherjee<br>College for<br>Women |
| Sakshi           | 3rd | BA H APPLIED<br>PSYCHOLOGY            | Delhi<br>university                                   |
| Shubhra          | 3rd | Applied<br>Psychology                 | Shyama<br>Prasad<br>Mukherjee<br>College for<br>Women |
| Kirti            | 3rd | BA (hons.)<br>applied<br>psychology   | Shyam<br>Prasad<br>Mukherji<br>College, DU            |
| Suhani Chauhan   | 2nd | BA POLITICAL<br>SCIENCE<br>HONOURS    | Shyam<br>prasad<br>Mukherji<br>college for<br>women   |
| Laxmi            | 3rd | BA HONS<br>Applied<br>Psychology      | Shyama<br>Prasad<br>Mukherjee<br>College for<br>women |
| MUSKAN AGRAWAL   | 2nd | POLITICAL<br>SCIENCE HONS.            | SHYAMA<br>PRASAD<br>MUKHERJE<br>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        | rubalpoonia1999@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,<br>DU              |           | arranging this<br>session   |
| Aakriti saini     | shashiakriti@gmail.com      | Student | Applied<br>psychology          | Excellent | Understanding of<br>career path for<br>people with<br>psychology<br>background in<br>defence research   |
| Pragya<br>Kapur   | pragya.kapur01@gmail.com    | Student | Applied<br>Psychology          | Excellent | I am always<br>fascinated by the<br>defence services,<br>and through this<br>meeting i got a<br>broader<br>perspective and<br>scope in the<br>defence filed. It<br>was a really<br>helpful session for<br>me. Although i<br>already knew<br>about different<br>defence services,<br>but through this<br>meeting i got to<br>know about how<br>through<br>psychology also<br>we can contribute<br>in the defence<br>filed. looking<br>forward for more<br>such sessions. |
| Khushi<br>bajaj   | Khushayy21@gmail.com        | Student | Applied<br>psychology<br>hons. | Good      | It was indeed an<br>amazing session.<br>Learned a lot of<br>career<br>opportunities<br>available in the<br>field of defence<br>services.  |
| Neha<br>chandolia | nehachandoli@gmail.com      | Student | Applied<br>psychology          | Good      | I never got to<br>explore this side<br>of career<br>opportunities, so<br>this was<br>extremely<br>insightful  |
| vani              | vanisabharwal1289@gmail.com | Student | applied<br>psychology          | Excellent | It was very<br>informative as I<br>got to know a lot<br>about defence<br>services and stuff.<br>I wasn't aware<br>about all this but<br>now I understood<br>everything crystal<br>clear.  |

|              |                           |         |                             |           |   |
|--------------|---------------------------|---------|-----------------------------|-----------|---|
| Kirti        | 20kirti.s@gmail.com       | Student | Applied Psychology<br>Hons. | Good      | Training 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.

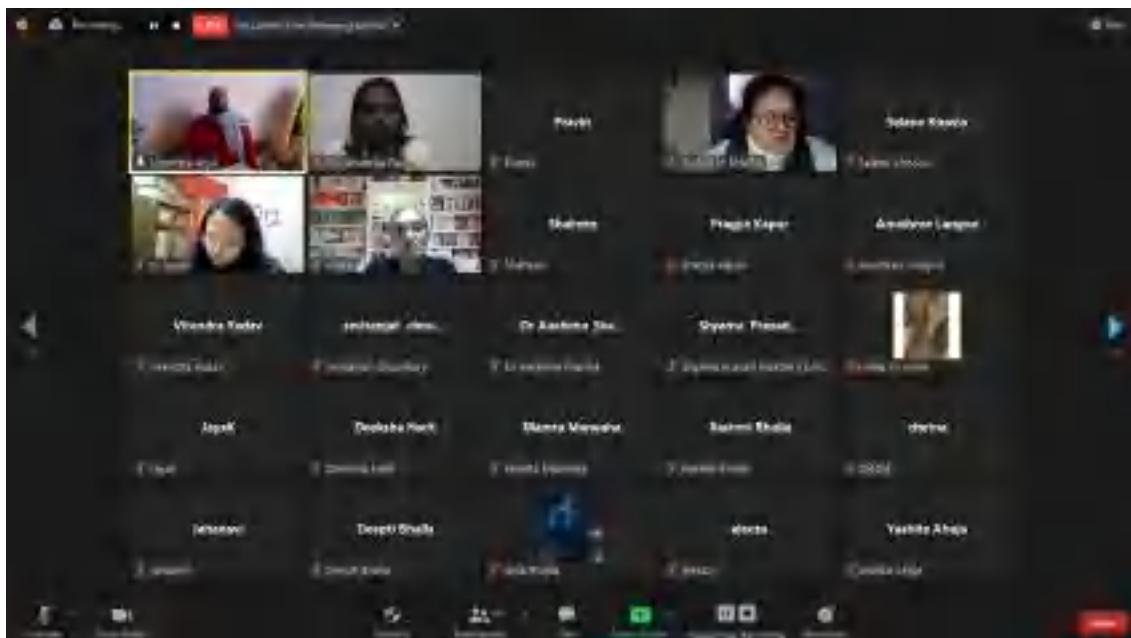
## 16. Outcomes

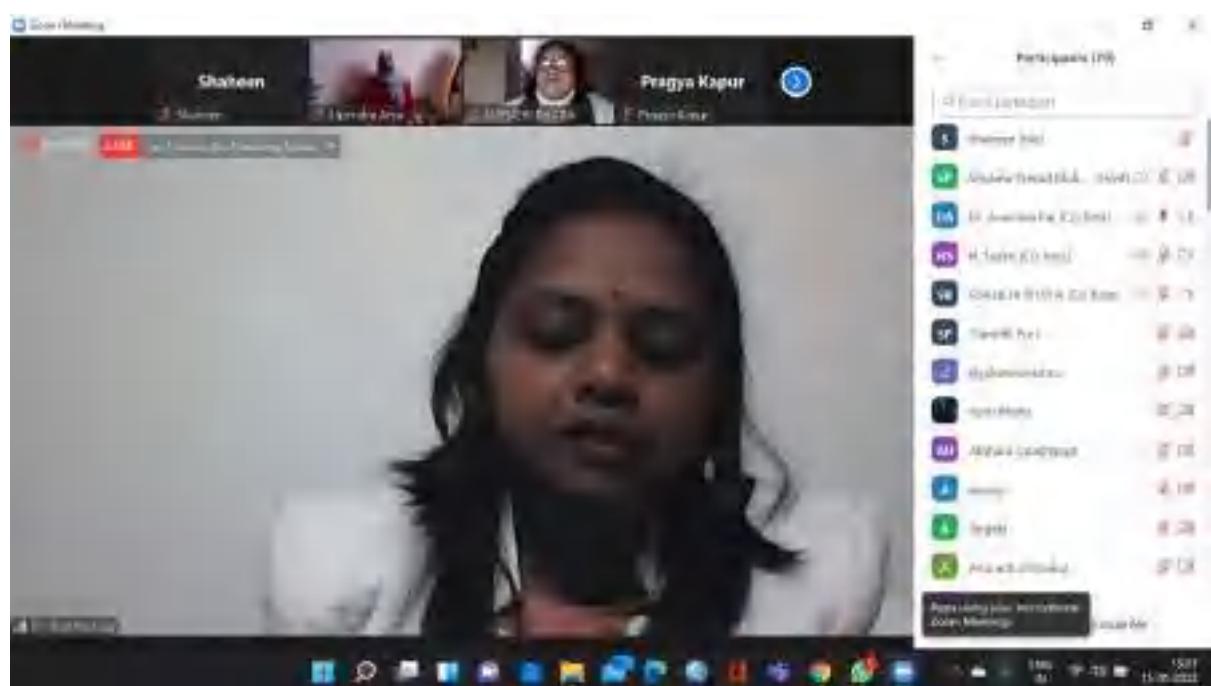
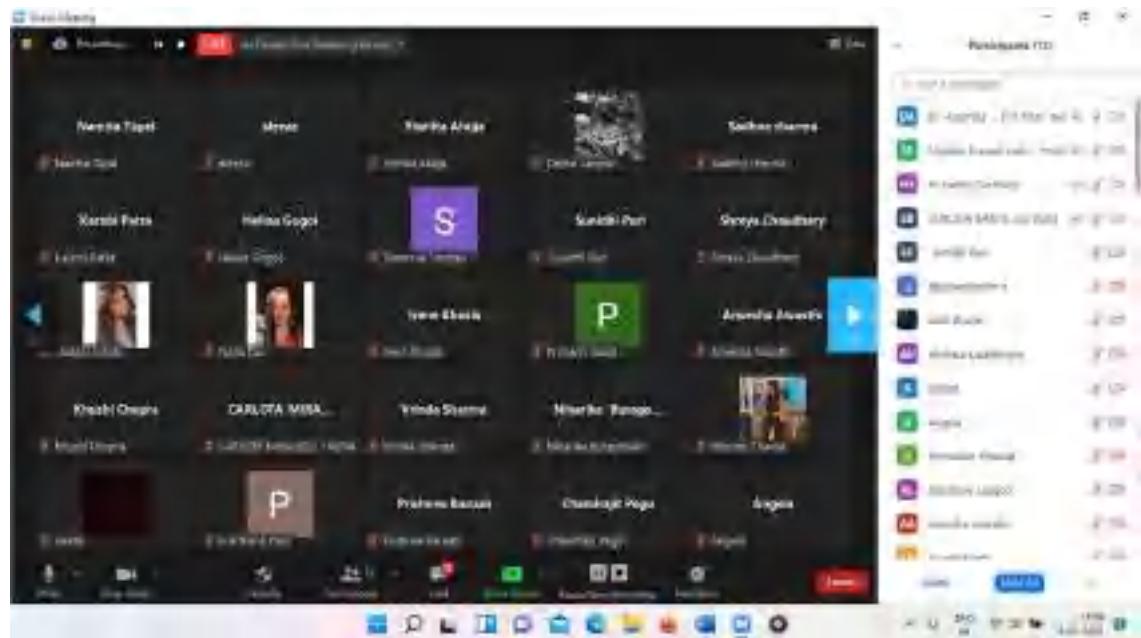
- The webinar was successful in throwing awareness on both the theory and practice of meditation, and its importance in today's time.

## 17. Feedback

: Yes

18. Photograph:











19. Please attach the attendance list of participants:

|    |                              |          |     |     |
|----|------------------------------|----------|-----|-----|
| DA | Dr. Anamika... (Co-host, me) | ...      | ... | ... |
| SP | Shyama Prasad Muk... (Host)  | ...      | ... | ... |
| H5 | H. Suzen (Co-host)           | ...      | ... | ... |
| SB | SURUCHI BHATIA (Co-host)     | ...      | ... | ... |
|    | Upendra Arya                 | ...      | ... | ... |
|    | Aditi Bhatia                 | ...      | ... | ... |
| A  | aleeza                       | ...      | ... | ... |
| A  | Alpaha Rastogi               | ...      | ... | ... |
| A  | Angela                       | ...      | ... | ... |
| AY | Anjlee Yadav                 | ...      | ... | ... |
| AC | Anna Chobokoene              | ...      | ... | ... |
| AL | Anushree Langoo              | ...      | ... | ... |
| AA | Anvesha Awasthi              | ...      | ... | ... |
| AB | Anushti Bharti               | ...      | ... | ... |
|    | Invite                       | Mute All | ... | ... |



ENG  
IN



17:20  
15-01-2022

|    |                         |      |
|----|-------------------------|------|
| AL | Anushree Langod         | 8/24 |
| AA | Anvesha Awasthi         | 8/24 |
| AN | Ayushi Bharti           | 8/24 |
| BN | Bareera Nadeem Husain   | 8/24 |
| BN | Bhoomi Chawla           | 8/24 |
| CM | CARLOTA MIRALBELL RIERA | 8/24 |
| BN | Chanchal Falwani        | 8/24 |
| CP | Chandrajit Pegu         | 8/24 |
| C  | Cheftna                 | 8/24 |
| BN | Deeksha Harit           | 8/24 |
| DB | Deepti Bhalla           | 8/24 |
| BN | Devna Jaiswal           | 8/24 |
| DA | Dr Aashima Sharma       | 8/24 |
| E  | Ekansh Mamgai           | 8/24 |

Invite

Mute All

...

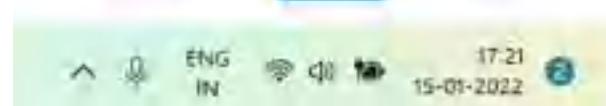


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IN



17:20  
15-01-2022

|          |                  |        |
|----------|------------------|--------|
| E        | ektab            | অং পাঁ |
| G        | Geeta            | অং পাঁ |
| HG       | Helina Gogoi     | অং পাঁ |
| H        | Himani           | অং পাঁ |
| H        | HRP              | অং পাঁ |
| I        | Ishika 21-0398   | অং পাঁ |
| J        | Jayak            | অং পাঁ |
| KP       | Karobi Patra     | অং পাঁ |
| K        | Khushiy          | অং পাঁ |
| K        | Kirti            | অং পাঁ |
| k        | kulbir kaur      | অং পাঁ |
| MM       | Mamta Marwaha    | অং পাঁ |
| M        | Mousum Chamuah   | অং পাঁ |
| MP       | Monalisa Purohit | অং পাঁ |
| Invite   |                  | —      |
| Mute All |                  | —      |



|    |                       |   |
|----|-----------------------|---|
| MR | Mr. Raj Kumar ITD     | ✓ |
| NT | Namita Toyal          | ✓ |
|    | Neha Das              | ✓ |
| P  | paakhi                | ✓ |
| ps | Palak Sharma          | ✓ |
| P  | Pallavi Bisht         | ✓ |
| PG | Paridhi Gupta         | ✓ |
| PK | Pragya Kapur          | ✓ |
| PC | Prashansa Chakraborty | ✓ |
| P  | Pravin                | ✓ |
| PB | Prishneet Baruah      | ✓ |
| PI | Priti's iphone        | ✓ |
| P  | Pronami Saini         | ✓ |

Invite

Mute All

17:21  
15-01-2022



ENG  
IN



|   |                  |  |
|---|------------------|--|
|  P   | Pravin           |    |
|  PB  | Prishnee Baruah  |    |
|  PI  | Priti's iphone   |    |
|  P   | Pronami Saitka   |    |
|  RB  | Rashmi Bhalla    |    |
|  S   | Sameera Siddiqui |    |
|  SB  | samiksha bhatt   |    |
|  SK  | Seema Kalita     |    |
|  S   | Selene Khosla    |    |
|  S   | Shaheen          |    |
|  S   | Shilpi Borgohain |    |
|  SJ   | Shreshtha Jain   |    |
|  SC  | Shreya Chaudhary |    |
|  SK  | Shreya Chaudhary |    |
| <a href="#">Invite</a>  |                  | <a href="#">Mute All</a>   |
|   | ENG<br>IN        |    17:21 15-01-2022 2 |

|   |                      |   |
|---|----------------------|---|
|    | Selene Khosla        |       |
|    | Shaheen              |    |
|    | Shilpi Borgohain     |       |
|    | Shreshtha Jain       |       |
|    | Shreya Chaudhary     |       |
|    | Shreya Chaudhary     |       |
|    | Shruti punwar        |       |
|    | smitanjali choudhury |       |
|    | Somya Sharma         |       |
|    | Surendhi Puri        |       |
|    | Swatee Sadana        |       |
|    | Vanshika             |       |
|   | Vasvi Jain (21-0685) |     |
|  | Vishal               |   |

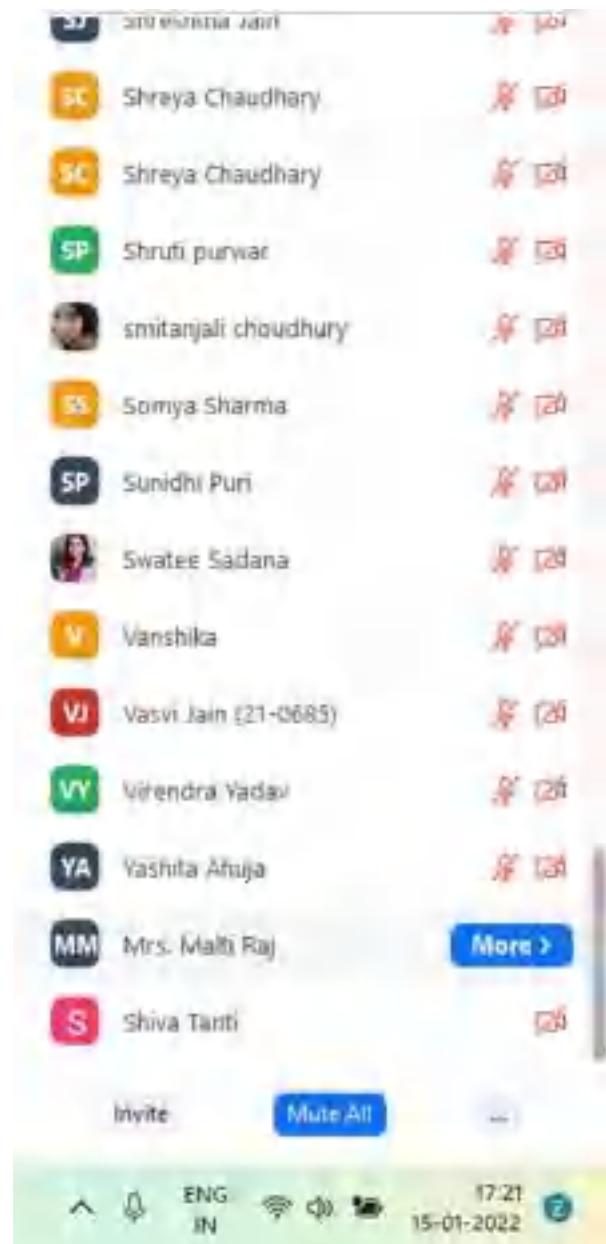
## Invites

Munir 331

8

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17-21



21. Please attach Registration Forms Responses:



22. Please attach YOUTUBE link: <https://www.youtube.com/watch?v= Rbq5-aAnzs>

23. Please attach feedback forms responses:

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.

**ORGANIZING TEAM**

Dr. Ekta Bhambri, Associate Professor  
 Dr. Suruchi Bhatia, Associate Professor  
 Dr. Namita Talyal, Associate Professor  
 Dr. Namrata Singh, Associate Professor  
 Dr. Anamika Rai, Associate Professor  
 Ms. Divyanshi Srivastava, Associate Professor  
 Ms. Namita Talyal, Associate Professor  
 Ms. Aashima Talyal, Associate Professor  
 Ms. Selene Khosla, Associate Professor

E-certificate will be provided to all the participants

For further queries, please mail us at:  
[ekta@shyamaprasadmukherji.ac.in](mailto:ekta@shyamaprasadmukherji.ac.in)

**SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN**  
 16th Nizamuddin, Tughlaq Bagh, New Delhi - 110059  
 Phone: +91 98910 60001

**SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN**  
 UNIVERSITY OF DELHI

DEPARTMENT OF APPLIED PSYCHOLOGY  
 (Year of Origin: 1947)  
 अप्लिएड प्रॉफ्यूलॉजी  
 Organized NATIONAL WEBINAR

**MUSIC & MEDITATION**

**WHEN**  
 JANUARY 15th, 2022  
 3:00pm - 5:00pm (IST)

**WHERE** - Online Mode

**CLICK ON REGISTRATION**

**PATRON**  
 PROF. DILIPKA SHARMA  
 Principal

**CONVENOR**  
 DR. SURUCHI BHATIA  
 Associate Professor, Department of Applied Psychology

**GUEST SPEAKERS**

  
**ANAMIKA RAI**  
 Associate & Head, Faculty of Music, Barcelona Spain

  
**EKTA BHAMBRI**  
 Associate Professor, Department of Applied Psychology

## Webinar Organizing Team

Moderation – Dr. Suruchi Bhatia & Dr. H. Suzen

Speakers Bio Note Introduction – Dr. Ekta Bhambri & Dr. Anamika Rai

Question & Answer Round – Ms. Namita Talyal

Vote of Thanks – Dr. Virendra Pratap Yadav

Feedback Form & Screenshots – Dr. Aashima & Ms. Shaheen

Report Writing – Ms. Selene Khosla

\*\*\*\*\*



**SPM College Record Committee**

**Activity Report**

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

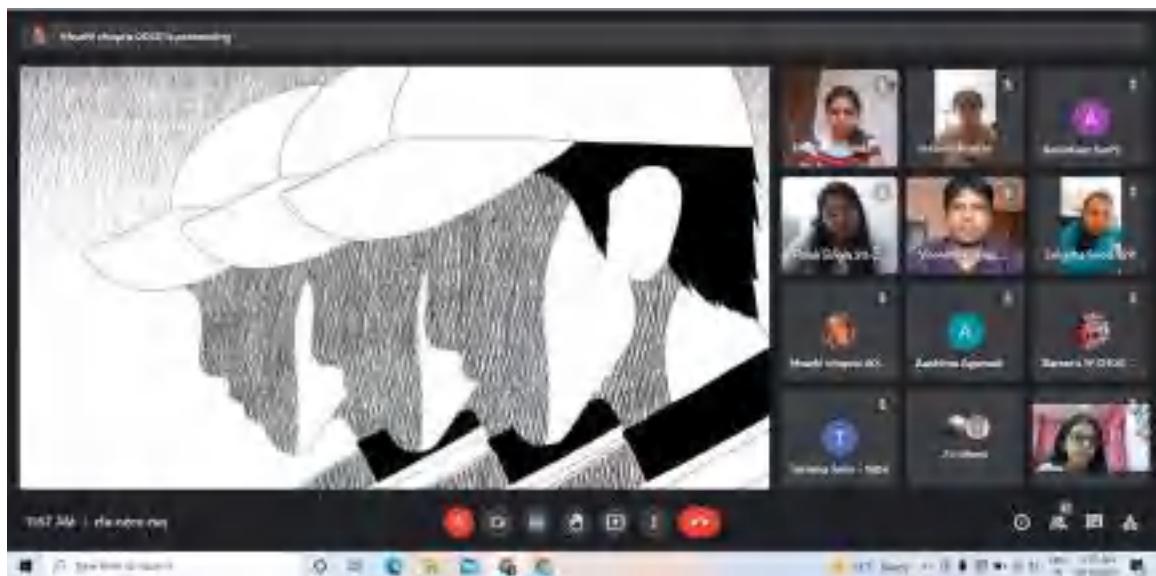
1. Name of the Department/Society/Committee: **Department of Applied Psychology**
2. Event No. : **6**
3. Name of the activity/FDP: **World's Mental Health Day**
4. Name of the Coordinator/Convenor/Co-Convenors: Dr. Anamika Rai & Dr. Suruchi Bhatia
5. Date: **16<sup>th</sup> October 2021**
6. Time: **11.30 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: **VIZHIPPUNARVU, 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.

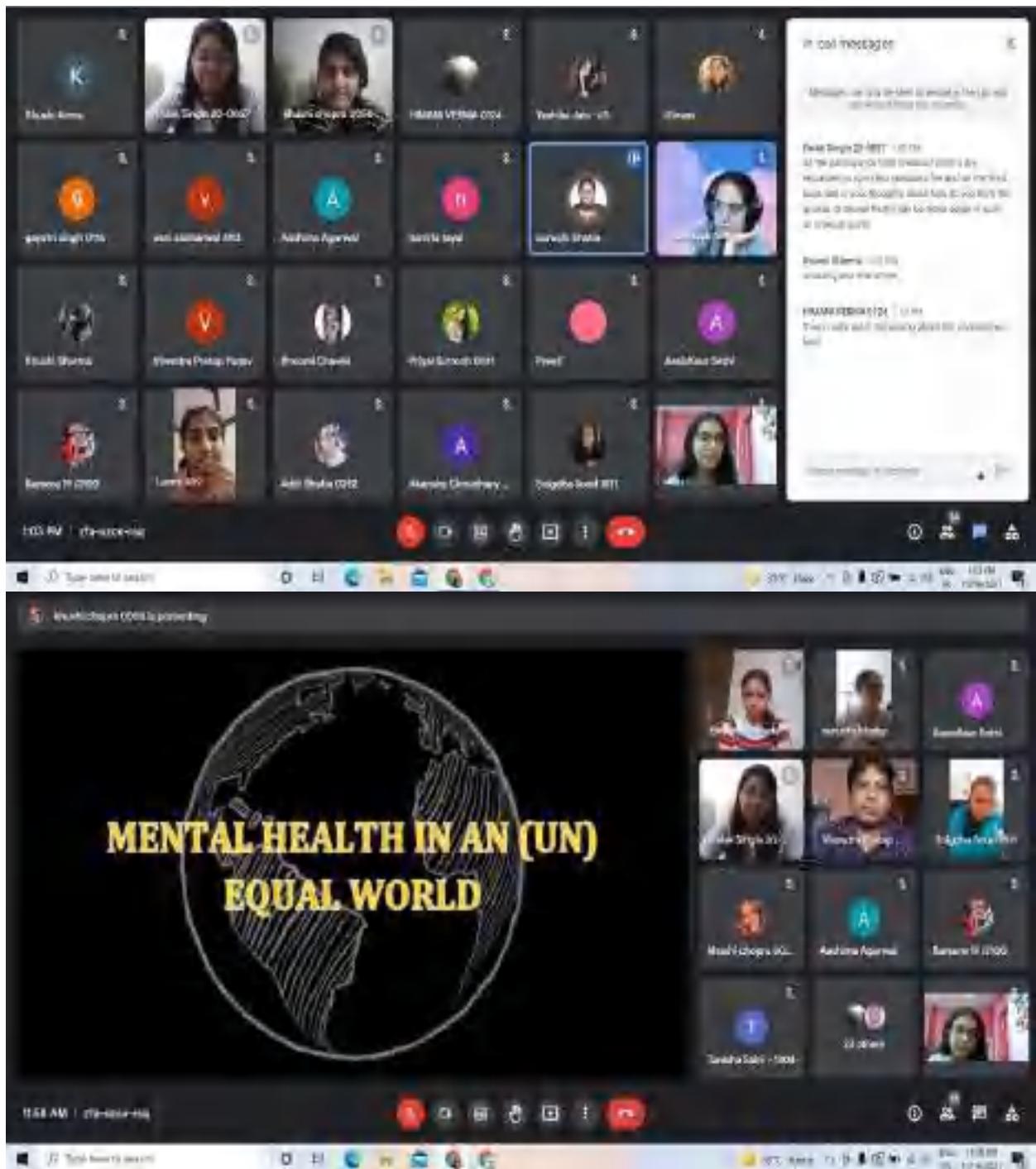
17. Outcomes: The major outcome of the event was to increase awareness about mental health awareness and spread it around the world. The event also showcases greater self-acceptance and increased self- esteem about an individual. Furthermore, it also emphasizes improved management of emotions and relief 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:







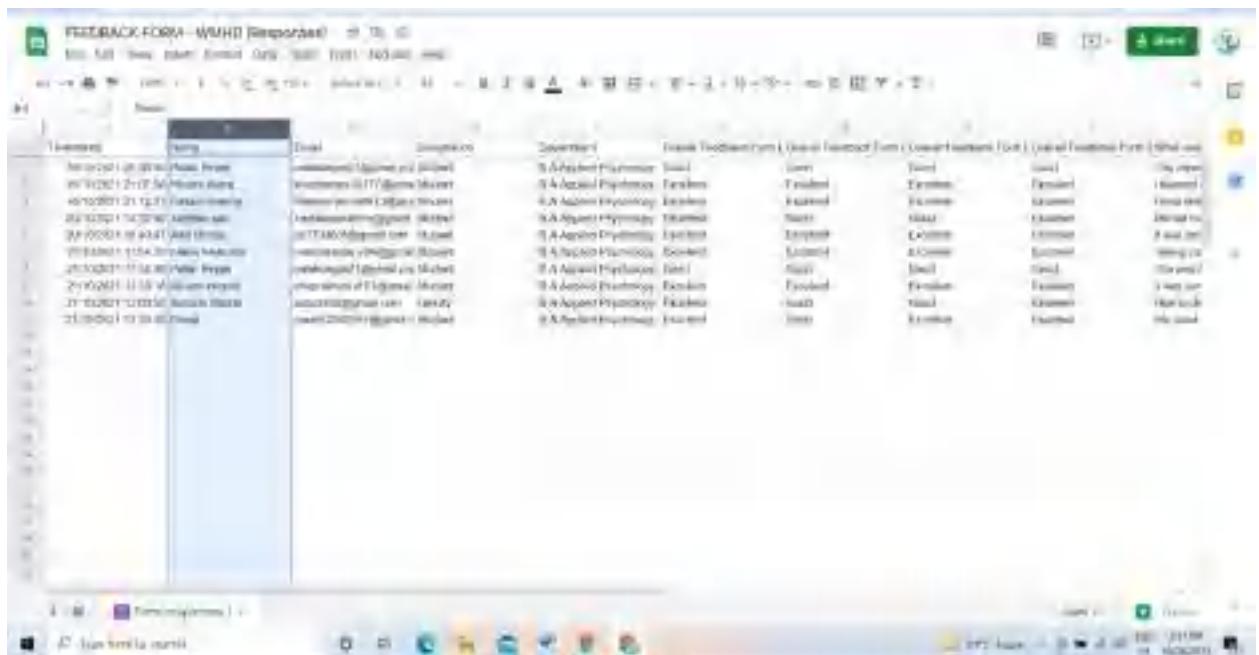
20. Please attach Registration Forms Responses (Excel spreadsheet, Document):



Please attach YOUTUBE link:

NA

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



## 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 



*Psychspire Society*  
Department of Applied Psychology

PRESENTS

# VIZHIPPUNARVU

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<br>Patron<br>Principal | Dr. ANAMIKA RAI<br>Teacher -In- Charge<br>Department of Applied Psychology | FOR QUERIES CONTACT<br>Mariwi Melroera - 96485 43745<br>Aasia Kaur Sard - 70057 69200 |
|--|--|---|

**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

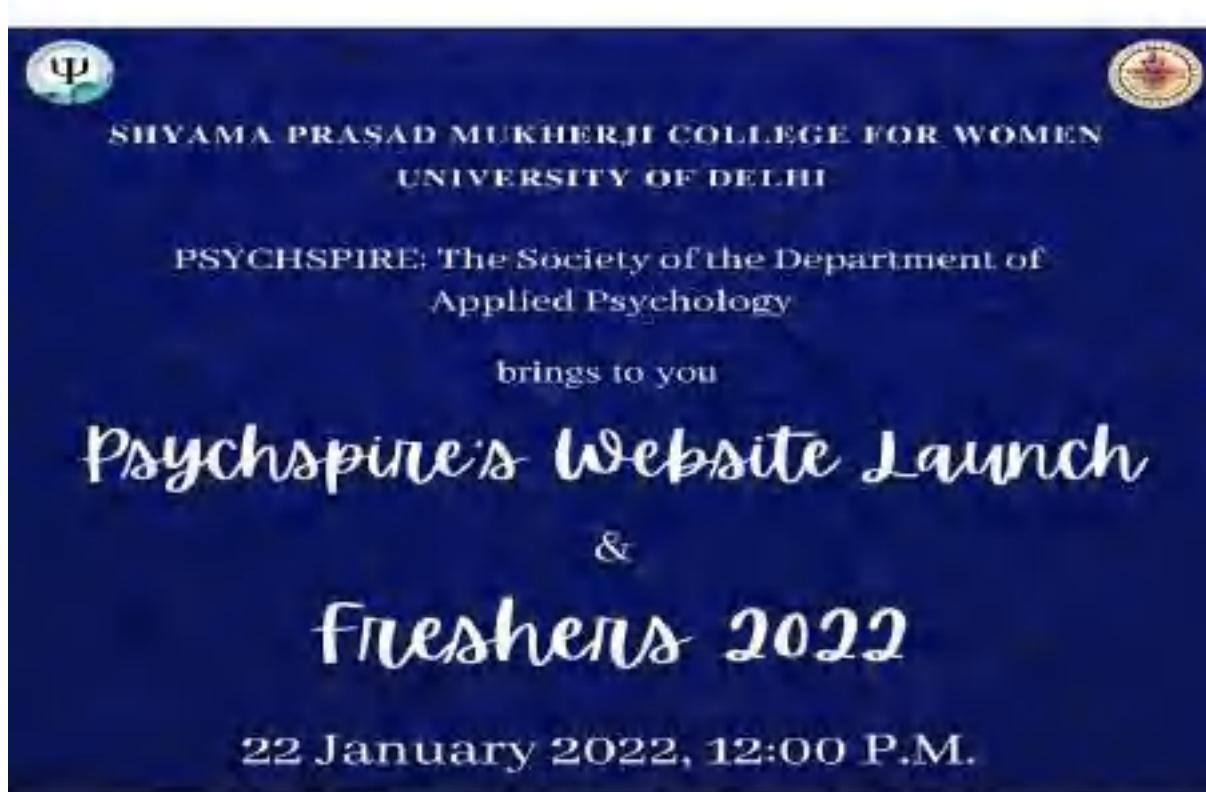
14. Objectives: To introduce a student-designed and driven platform in the form of a website for the Department of Applied Psychology.

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: Psytivity 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 held 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

S  
Y  
C  
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R  
E

Strong!  
Brave!





19. Please attach the attendance list of participants:

**Batch 2021-2024 Class List**

| <u>S.</u> | College | Name          | Email                    |           |
|-----------|---------|---------------|--------------------------|-----------|
| <u>N.</u> | Roll No |               |                          |           |
| <u>O</u>  |         |               |                          |           |
| 1         | 21/0063 | KHUSHI YADAV  | ky192004@gmail.com       |           |
| 2         | 21/0072 | HARSHIKA      | harshika21k@gmail.com    | KAUSHIK   |
| 3         | 21/0065 | SOMYA         | dahiya.somya1@gmail.co   | m         |
| 4         | 21/0066 | CHEHEK        | chehek@gmail.com         |           |
|           |         | PARASHAR      |                          |           |
| 6         | 21/0068 | BHAVI TAKKAR  | bhavitakkar@gmail.com    |           |
| 7         | 21/0069 | MAANSI        | rohillamaansi@gmail.com  |           |
| 8         | 21/0070 | PREETI RAJPUT | preetirajput2412@gmail.c | om        |
| 9         | 21/0389 | PARIDHI GUPTA | g_paridhi@ymail.com      |           |
| 10        | 21/0390 | SHREYA        | shreya.edit@gmail.com    | CHAUDHARY |
| 11        | 21/0391 | SOUMYA KOHLI  | skohlisy@gmail.com       |           |
| 12        | 21/0392 | PALLAVI BISHT | pallavibisht1819@gmail.c | om        |
| 13        | 21/0393 | NISHA         | 164606nisha.m@gmail.co   | m         |
| 14        | 21/0394 | SANYA         | sanyasachdeva14@gmail.   | SACHDEVA  |
|           |         | com           |                          |           |
| 15        | 21/0396 | CHANCHAL      | falwariachanchal@gmail.c | om        |
| 16        | 21/0397 | BHUMIKA YADAV | ANSUL876@GMAIL.CO        | M         |
| 17        | 21/0398 | ISHIKA TANWAR | ishikatanwar102003@gm    | ail.com   |

18 21/0400 ANANYA RAZDAN ananyarazdan27@gmail.com

19 21/0401 ANANYA SAINI ananyasaini1813@gmail.com

20 21/0661 SOMYA somyachauhan281@gmail.com CHAUHAN

21 21/0662 PAAKHI GARG paakhi10garg@gmail.com

22 21/0663 YASHITA AHUJA yashitahujahingorani@gmail.com

23 21/0664 MINAL MAHAJAN mahajanminal31@gmail.com

24 21/0665 VRINDA SHARMA vrindasharma4503@gmail.com

25 21/0666 JAHANVI MISHRA jahanvimishra03@gmail.com

26 21/0667 MONIKA YADAV Monikayadavanshi100@gmail.com

27 21/0669 GAYATRI KUMAR ms.gayatrikumar@gmail.com

28 21/0670 SUNIDHI PURI sunidhipuri2003@gmail.com

29 21/0671 SHRESHTHA JAIN shreyagoelsavage@gmail.com

30 21/0672 SHREYA shreyachaudhary28@gmail.com CHAUDHARY

31 21/0673 SHIVANI PATRA shivanipatra2810@gmail.com

32 21/0674 DEEPIKA deepikagulia457@gmail.com

33 21/0675 MANYA JAIN JAINMANYA102@GMAIL.COM

34 21/0677 NAVYA ANAND navyaanand@yahoo.com

35 21/0679 ANGELA ANNIE angelaemmanuel2811@gmail.com

36 21/0680 ANJALI YADAV shivani07sy@gmail.com

37 21/0681 MRINAL SINGH mrinalsingh2003@gmail.com

38 21/0682 SIYA KUMAR siyakumar04@gmail.com

39 21/0683 SOUNDRIYA soundriyarathore221@gmail.com

40 21/0684 ANANYA GULATI ananya.gulati08@gmail.com

41 21/0685 VASVI JAIN jainvasvi2003@gmail.com

42 21/0686 NITYA AGARWAL poonammourca@gmail.com

43 21/0687 SHRUTI - PURWAR shrutipurwar8@gmail.com

45 21/0689 ANSHIKA anshika.raswant2002@gmail.com RASWANT ail.com

46 21/0690 KANEEZ FATIMA espouseshabbiri4@gmail.com

47 21/0900 ADITI SAINI sainiaditi326@gmail.com

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49 21/1166 TANVEE VERMA tanveeverma2003@gmail.com

50 21/1187 ANUSHREE anushreelangoo@gmail.com

51 21/1241 Akshata Upadhyaya akshata2202@gmail.com

52 21/1249 Jhanvi Chaudhary jhanvichaudhary2626@gmail.com

53 21/1276 NIANGREMHOIH niangremhoihquite@gmail.com

54 21/1311 VIDHU Souravtiwari95@gmail.com

55 21/1314 SHRESHTHA shreshthakhanna0612@gmail.com

56 21/1331 KASHISH guptakashish2626@gmail.com

57 21/1336 SHIYA BISHNOI bishnoishiya819@gmail.com

58 21/1369 AAJOLIE CHAKMA drjkna@yahoo.com

59 21/1373 ANANYA KALRA anniekal1d@gmail.com

60 21/1383 mayuri sanjay aeer mayuriaeer05@gmail.com

61 21/1395 JAYA . KUMARI kjaya.11223@gmail.com 62 21/1457  
GARIMA khuranagarima987@gmail.com KHURANA .com

63 21/1493 KANISHKA kannujusyal@gmail.com  
JUSYAL

64 21/1526 KHUSHI RUHELA ruhelakhushi5@gmail.co m

65 21/1543 AKSHITA akshita200421@gmail.co  
TANWAR m

66 21/1546 ALAFIYA alafiyahmed263@gmail. com

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**

| Sr. No. | College Rollno | Name               | Email                       |
|---------|----------------|--------------------|-----------------------------|
| 1       | 20/0017        | LABHANSI<br>MITTAL | labhanshmittal506@gmail.com |
| 2       | 20/0019        | ANUSHKA<br>SHARMA  | ps524666@gmail.com          |
| 3       | 20/0020        | Preeti             | preeti12092001@gmail.com    |
| 4       | 20/0024        | Kajal              | anantkajal1@gmail.com       |
| 5       | 20/0025        | Akansha Choudhary  | akanshac0204@gmail.com      |

|    |         |                 |                                    |    |
|----|---------|-----------------|------------------------------------|----|
| 6  | 20/0026 | Harshdeep kaur  | harshdeep88kaur@gmail.com          |    |
| 7  | 20/0030 | Vidhi Talwar    | vidhitalwar80@yahoo.com            |    |
| 8  | 20/0032 | Jasmine Kaur    | kaurjasmine04.jk@gmail.com         |    |
| 9  | 20/0034 | Deeksha Harit   | deeksharit@gmail.com               |    |
| 10 | 20/0035 | Sanaa Batra     | sanaabatra5@gmail.com              |    |
| 11 | 20/0049 | Bhoomi Chawla   | imbhoomi.chawla@gmail.com          |    |
| 12 | 20/0050 | Khushi Chopra   | choprakhushi101@gmail.com          |    |
| 13 | 20/0057 | Palak Singla    | palaksingla21@gmail.com            |    |
| 14 | 20/0058 | Minhaz Borah    | Hussain minhazborah.7860@gmail.com |    |
| 15 | 20/0060 | Avleen kaur     | kauravleen15@gmail.com             |    |
| 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<br>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<br>NIMBAPPA<br>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<br>PURIYA            | dikanshisaini@gmail.com        |
| 37 | 20/1528 | ANUSHKA SINGH                       | anuyuvi27@gmail.com            |
| 38 | 20/1577 | Sakshi                              | Sakshi6agrawal@gmail.com       |
| 39 | 20/1593 | SYED FARHA                          | simpleunique786@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            | mansiyyadav219@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<br>SUBRAMANIUM | sirishasubramanium2012@gmail.com   |
| 53 | 20/2107 | Shivatmika Shukul      | shukulsh@gmail.com                 |

**BATCH 2019-2022 CLASS  
LIST**

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

SHARMA

5 SOMYA 19\0100  
SHARMA

6 RUPAL 19\0121  
SINGH

7 VANSHIKA 19\0216

8 ADITI 19\0292  
BHATIA

9 LAXMI 19\0309  
KUMARI  
PACHAR

10 SHUBHRA 19\0475  
SHRIVASTA  
VA

11 SAKSHI 19\0476  
YADAV

12 VANI 19\0490  
SABHARWA  
L

13 VIDHI 19\0491  
SHARMA

14 OSHIN BEDI 19\0492 15 AASHNA 19\0534  
ANANDANI

16 KUNIKA 19\0567  
BATRA

17 HARSHITA 19\0568  
SHARMA

18 KHUSHI 19\0631  
BAJAJ

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 of Psychology, \*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#qid=923946182](https://docs.google.com/spreadsheets/d/1esfK_ZwS2nZZS-NgxD5d3L5uUz23Ln1grzb6f4ut0E/edit?resourcekey#qid=923946182)

### 18. Photograph :









**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

| Sl No. | College Roll No. | Name                       |
|--------|------------------|----------------------------|
| 1      | 20Y0017          | LABHANSHI MITTAL           |
| 2      | 21N0019          | ANUSHKA SHARMA             |
| 3      | 20X0020          | Preeti                     |
| 4      | 20Y0024          | Kajal                      |
| 5      | 20M0025          | Akansha Choudhary          |
| 6      | 21N0026          | Umeshdeep kaur             |
| 7      | 21N0030          | Vidhi Tawar                |
| 8      | 20X0032          | Jaspreet Kaur              |
| 9      | 21N0034          | Deeksha Harki              |
| 10     | 20N0035          | Sneha Bawa                 |
| 11     | 21N0049          | BHOOMI CHAWLA              |
| 12     | 21X0050          | KHILUSI CHOPRA             |
| 13     | 21X0057          | Pinki Singh                |
| 14     | 21N0058          | Minaluz Bawaria Bawaria    |
| 15     | 21N0060          | Avleca kaur                |
| 16     | 21N0061          | Ishita Arora               |
| 17     | 21N0066          | GAYATRI SINGH              |
| 18     | 21N0071          | Manvi Nagpal               |
| 19     | 21N0074          | HIMANEE VERMA              |
| 20     | 21N0079          | Samiksha Anund             |
| 21     | 21N0087          | PALLAVI SHARMA             |
| 22     | 21N0096          | Khushi Sharma              |
| 23     | 21N0252          | Nishita                    |
| 24     | 21N0268          | TAANYA UPADHAYAY           |
| 25     | 21N0314          | AAKRITI SAINI              |
| 26     | 21N0312          | Hrishikesh Choubey         |
| 27     | 21N0397          | Anjali Yildiz              |
| 28     | 21N0737          | MUSKAN GONDAYAN            |
| 29     | 21N1109          | DEEPIKA                    |
| 30     | 21N1231          | Akanksha Soni              |
| 31     | 21N1264          | Amankriti                  |
| 32     | 21N1275          | ASSA KOMLIT                |
| 33     | 21N1339          | PALLAVI NEMBAPPA HONKANADA |
| 34     | 21N1511          | Snehalini Saini            |
| 35     | 21N1512          | KUMUD SHARMA               |
| 36     | 21N1527          | DIKANSHI JAMIL PUREYA      |
| 37     | 21N1528          | ANUSHKA SINGH              |
| 38     | 21N1577          | Sakshi                     |
| 39     | 21N1593          | SYELI PARHA                |
| 40     | 21N1657          | Rishvi Arora               |
| 41     | 21N1658          | Chetna                     |
| 42     | 21N1663          | Tanishka Tewar             |
| 43     | 21N1783          | Priyanshi                  |
| 44     | 21N1787          | Pinksha                    |
| 45     | 21N1886          | Chamni Kedia               |
| 46     | 21N1998          | KANISHKA                   |
| 47     | 21N2006          | Mansi Yadav                |
| 48     | 21N2052          | Vandana                    |
| 49     | 21N2053          | AKS KAUR                   |
| 50     | 21N2062          | TERNA GARG                 |
| 51     | 21N2097          | SURABHI GUPTA              |
| 52     | 21N2103          | SIRISHA SUBRAMANIAM        |
| 53     | 21N2107          | Shivamika Shukul           |
|        |                  | PRIYAL SURROCH             |
|        |                  | DARPAAN MEHANDIRATTA       |
|        |                  | VASHIKA JAIN               |
|        |                  | PALAR 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           |
|        |                  | MEGHNA BANSAL              |
|        |                  | BHAVIKA AHUJA              |
|        |                  | MANVI MEHROTRA             |
|        |                  | SACHLEEN KAUR BAWA         |
|        |                  | SHRIYA PRASHANT HATIPAL    |
|        |                  | AKSHITA DHAWAN             |
|        |                  | PRAGYA KAPUR               |
|        |                  | PRIYABHATI                 |
|        |                  | HARSHITA TANWAR            |
|        |                  | MEHROOJ ASIF SHAH          |
|        |                  | DANIYA ALI                 |
|        |                  | ATLANTA DUTTA              |
|        |                  | NEHA CHANDOLIA             |
|        |                  | ARADHYA SHARMA             |
|        |                  | SATYANSHEE OSHI            |
|        |                  | KIRTI SINGH                |
|        |                  | BAREERA NADEEM HUSAIB      |
|        |                  | NEELU KUMARI               |
|        |                  | HIMANI                     |
|        |                  | PRIYANKA YADAV             |
|        |                  | VERNika VERMA              |
|        |                  | DEEPSHIKHA GOSWAMI         |
|        |                  | KHUSHI MAHOTRA             |
|        |                  | ISHIKA KHANDELWAL          |

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| 39    | Mike Lopez     | 123456789 | 10039      | 98.00      | 1        | 98.00  |
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| 69    | David Lopez    | 123456789 | 10069      | 172.00     | 1        | 172.00 |
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| 74    | Karen Lopez    | 987654321 | 10074      | 185.00     | 1        | 185.00 |
| 75    | Mike Lopez     | 123456789 | 10075      | 188.00     | 1        | 188.00 |
| 76    | Sarah Lopez    | 987654321 | 10076      | 190.00     | 1        | 190.00 |
| 77    | David Lopez    | 123456789 | 10077      | 192.00     | 1        | 192.00 |
| 78    | Karen Lopez    | 987654321 | 10078      | 195.00     | 1        | 195.00 |
| 79    | Mike Lopez     | 123456789 | 10079      | 198.00     | 1        | 198.00 |
| 80    | Sarah Lopez    | 987654321 | 10080      | 200.00     | 1        | 200.00 |
| 81    | David Lopez    | 123456789 | 10081      | 202.00     | 1        | 202.00 |
| 82    | Karen Lopez    | 987654321 | 10082      | 205.00     | 1        | 205.00 |
| 83    | Mike Lopez     | 123456789 | 10083      | 208.00     | 1        | 208.00 |
| 84    | Sarah Lopez    | 987654321 | 10084      | 210.00     | 1        | 210.00 |
| 85    | David Lopez    | 123456789 | 10085      | 212.00     | 1        | 212.00 |
| 86    | Karen Lopez    | 987654321 | 10086      | 215.00     | 1        | 215.00 |
| 87    | Mike Lopez     | 123456789 | 10087      | 218.00     | 1        | 218.00 |
| 88    | Sarah Lopez    | 987654321 | 10088      | 220.00     | 1        | 220.00 |
| 89    | David Lopez    | 123456789 | 10089      | 222.00     | 1        | 222.00 |
| 90    | Karen Lopez    | 987654321 | 10090      | 225.00     | 1        | 225.00 |
| 91    | Mike Lopez     | 123456789 | 10091      | 228.00     | 1        | 228.00 |
| 92    | Sarah Lopez    | 987654321 | 10092      | 230.00     | 1        | 230.00 |
| 93    | David Lopez    | 123456789 | 10093      | 232.00     | 1        | 232.00 |
| 94    | Karen Lopez    | 987654321 | 10094      | 235.00     | 1        | 235.00 |
| 95    | Mike Lopez     | 123456789 | 10095      | 238.00     | 1        | 238.00 |
| 96    | Sarah Lopez    | 987654321 | 10096      | 240.00     | 1        | 240.00 |
| 97    | David Lopez    | 123456789 | 10097      | 242.00     | 1        | 242.00 |
| 98    | Karen Lopez    | 987654321 | 10098      | 245.00     | 1        | 245.00 |
| 99    | Mike Lopez     | 123456789 | 10099      | 248.00     | 1        | 248.00 |
| 100   | Sarah Lopez    | 987654321 | 10100      | 250.00     | 1        | 250.00 |

| Order | Customer    | Order No. | Product ID | Unit Price | Quantity | Total  |
|-------|-------------|-----------|------------|------------|----------|--------|
| 1     | John Lopez  | 123456789 | 10001      | 10.00      | 1        | 10.00  |
| 2     | Jane Lopez  | 987654321 | 10002      | 12.00      | 1        | 12.00  |
| 3     | Bob Lopez   | 123456789 | 10003      | 15.00      | 1        | 15.00  |
| 4     | Sarah Lopez | 987654321 | 10004      | 20.00      | 1        | 20.00  |
| 5     | Mike Lopez  | 123456789 | 10005      | 18.00      | 1        | 18.00  |
| 6     | Linda Lopez | 987654321 | 10006      | 14.00      | 1        | 14.00  |
| 7     | David Lopez | 123456789 | 10007      | 16.00      | 1        | 16.00  |
| 8     | Karen Lopez | 987654321 | 10008      | 22.00      | 1        | 22.00  |
| 9     | Frank Lopez | 123456789 | 10009      | 25.00      | 1        | 25.00  |
| 10    | Karen Lopez | 987654321 | 10010      | 28.00      | 1        | 28.00  |
| 11    | Frank Lopez | 123456789 | 10011      | 30.00      | 1        | 30.00  |
| 12    | Karen Lopez | 987654321 | 10012      | 32.00      | 1        | 32.00  |
| 13    | Frank Lopez | 123456789 | 10013      | 35.00      | 1        | 35.00  |
| 14    | Karen Lopez | 987654321 | 10014      | 38.00      | 1        | 38.00  |
| 15    | Frank Lopez | 123456789 | 10015      | 40.00      | 1        | 40.00  |
| 16    | Karen Lopez | 987654321 | 10016      | 42.00      | 1        | 42.00  |
| 17    | Frank Lopez | 123456789 | 10017      | 45.00      | 1        | 45.00  |
| 18    | Karen Lopez | 987654321 | 10018      | 48.00      | 1        | 48.00  |
| 19    | Frank Lopez | 123456789 | 10019      | 50.00      | 1        | 50.00  |
| 20    | Karen Lopez | 987654321 | 10020      | 52.00      | 1        | 52.00  |
| 21    | Frank Lopez | 123456789 | 10021      | 55.00      | 1        | 55.00  |
| 22    | Karen Lopez | 987654321 | 10022      | 58.00      | 1        | 58.00  |
| 23    | Frank Lopez | 123456789 | 10023      | 60.00      | 1        | 60.00  |
| 24    | Karen Lopez | 987654321 | 10024      | 62.00      | 1        | 62.00  |
| 25    | Frank Lopez | 123456789 | 10025      | 65.00      | 1        | 65.00  |
| 26    | Karen Lopez | 987654321 | 10026      | 68.00      | 1        | 68.00  |
| 27    | Frank Lopez | 123456789 | 10027      | 70.00      | 1        | 70.00  |
| 28    | Karen Lopez | 987654321 | 10028      | 72.00      | 1        | 72.00  |
| 29    | Frank Lopez | 123456789 | 10029      | 75.00      | 1        | 75.00  |
| 30    | Karen Lopez | 987654321 | 10030      | 78.00      | 1        | 78.00  |
| 31    | Frank Lopez | 123456789 | 10031      | 80.00      | 1        | 80.00  |
| 32    | Karen Lopez | 987654321 | 10032      | 82.00      | 1        | 82.00  |
| 33    | Frank Lopez | 123456789 | 10033      | 85.00      | 1        | 85.00  |
| 34    | Karen Lopez | 987654321 | 10034      | 88.00      | 1        | 88.00  |
| 35    | Frank Lopez | 123456789 | 10035      | 90.00      | 1        | 90.00  |
| 36    | Karen Lopez | 987654321 | 10036      | 92.00      | 1        | 92.00  |
| 37    | Frank Lopez | 123456789 | 10037      | 95.00      | 1        | 95.00  |
| 38    | Karen Lopez | 987654321 | 10038      | 98.00      | 1        | 98.00  |
| 39    | Frank Lopez | 123456789 | 10039      | 100.00     | 1        | 100.00 |
| 40    | Karen Lopez | 987654321 | 10040      | 102.00     | 1        | 102.00 |
| 41    | Frank Lopez | 123456789 | 10041      | 105.00     | 1        | 105.00 |
| 42    | Karen Lopez | 987654321 | 10042      | 108.00     | 1        | 108.00 |
| 43    | Frank Lopez | 123456789 | 10043      | 110.00     | 1        | 110.00 |
| 44    | Karen Lopez | 987654321 | 10044      | 112.00     | 1        | 112.00 |
| 45    | Frank Lopez | 123456789 | 10045      | 115.00     | 1        | 115.00 |
| 46    | Karen Lopez | 987654321 | 10046      | 118.00     | 1        | 118.00 |
| 47    | Frank Lopez | 123456789 | 10047      | 120.00     | 1        | 120.00 |
| 48    | Karen Lopez | 987654321 | 10048      | 122.00     | 1        | 122.00 |
| 49    | Frank Lopez | 123456789 | 10049      | 125.00     | 1        | 125.00 |
| 50    | Karen Lopez | 987654321 | 10050      | 128.00     | 1        | 128.00 |
| 51    | Frank Lopez | 123456789 | 10051      | 130.00     | 1        | 130.00 |
| 52    | Karen Lopez | 987654321 | 10052      | 132.00     | 1        | 132.00 |
| 53    | Frank Lopez | 123456789 | 10053      | 135.00     | 1        | 135.00 |
| 54    | Karen Lopez | 987654321 | 10054      | 138.00     | 1        | 138.00 |
| 55    | Frank Lopez | 123456789 | 10055      | 140.00     | 1        | 140.00 |
| 56    | Karen Lopez | 987654321 | 10056      | 142.00     | 1        | 142.00 |
|       |             |           |            |            |          |        |

To:

Dr. A. K. Ray

The Principal  
Chhaya Grounds  
College for Women  
University of Delhi

Subject - Regarding remuneration for placement

Respected Madam,

This is to inform you that Department of Applied Psychology is organizing a workshop on 27th Dec.

I give you from 39.00 am onwards -

Regarding the same remuneration for placement & placement amount will be equal.

Remuneration - 3000/- (200/- per hour)

Refundable - 2000/-

Request to kindly find the same.

Thanking you

Yours sincerely,

A. K. Ray

Dr. Anuradha Ray  
Dept. of Applied Psychology  
SPCE DU

MO Ms Meenakshi  
Mittal  
Sanctioned  
S. D. Ray  
8/6/2022

## 20. Registration form responses:

[https://docs.google.com/spreadsheets/d/1pT0s10CLBE4z9IU\\_q\\_VGQ30C5YHjuPvNH-FHApJN364/edit?resourcekey&usp=forms](https://docs.google.com/spreadsheets/d/1pT0s10CLBE4z9IU_q_VGQ30C5YHjuPvNH-FHApJN364/edit?resourcekey&usp=forms) web b#aid=543809705

## 21. Feedback Form Responses :

[https://docs.google.com/spreadsheets/d/1esfK\\_ZwS2nZZS-NgxD5d3L5uUz23Ln1qrbzb6f4ut0E/edit?resourcekey#qid=923946182](https://docs.google.com/spreadsheets/d/1esfK_ZwS2nZZS-NgxD5d3L5uUz23Ln1qrbzb6f4ut0E/edit?resourcekey#qid=923946182)

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, LGBTQIAPPHK+ 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's 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,  
Tarashika Tariwar, 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

### 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,  
Tarishka 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>

## ORIENTATION 2022



## FRESHERS 2022





A video conference call interface. The main participant is a woman with long dark hair and glasses, wearing a black top, looking slightly downwards. To her right is a grid of smaller video feeds for other participants. The grid is 4 rows by 3 columns. The participants in the grid are: Row 1, Column 1: 'Lakshmi' (blue background); Column 2: 'Ritika' (pink background); Column 3: 'Ritika' (pink background). Row 2, Column 1: 'Maya K. Chakraborty' (white background); Column 2: 'Shreya Chakraborty' (white background); Column 3: 'Shreya Chakraborty' (white background). Row 3, Column 1: 'Vishal Verma' (blue background); Column 2: 'Neha' (white background); Column 3: 'Neha' (white background). Row 4, Column 1: 'Disha' (white background); Column 2: 'Vidhi' (white background); Column 3: 'Vidhi' (white background). The bottom of the screen shows a toolbar with icons for video, audio, and other call controls.

A screenshot of a Microsoft Teams meeting titled "Paint your Emotions". The main video feed shows a person with blonde hair wearing a colorful, abstract patterned shirt. The right side of the screen displays a text-based article titled "Paint your Emotions" with a sub-section "How to Paint Your Emotions". The bottom of the screen shows the Microsoft Teams control bar with icons for back, forward, and search. On the right, a grid of six video thumbnails shows other participants in the meeting, with names like "Rashmi", "Roshni", "Shreya", "Shreya", "Shreya", and "Shreya" visible. The overall interface is dark-themed.

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

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Dress code

*Find your own style with ethnicity*









