

## Psychology

### Department Profile:

The Department of Psychology was established in N. G. Acharya & D. K. Marathe College in the year 1979. The department aims to empower students by imparting knowledge and understanding of the subject Psychology. The department focuses and stresses on application of psychology to the real life. The department offers the subject of psychology on F.Y.B.A, S.Y.B.A and T.Y.B.A level. We offer papers as per the University of Mumbai syllabus. We offer 6 papers in psychology at TYBA level.

### Courses offered by the department

Year	Paper
FYBA	Fundamentals of Psychology
SYBA	Social Psychology
	Developmental Psychology
TYBA	Psychological Testing and Statistics
	Abnormal Psychology
	Industrial and Organizational Psychology
	Cognitive Psychology
	Practicals in Cognitive Processes and Psychological Testing
	Counselling Psychology

Along with academics, the department conducts various sessions, activities and workshops related to the subject. In the recent past the focus of sessions was basics of genetic and genetic counseling, Hypnotherapy and Relaxation Therapy, Practical Guide for Psychological Test Administration, Scoring and Interpretation, Career counseling, career

guidance and career planning. The department has also conducted various community outreach programs to develop student awareness towards social responsibility. Recently, students of psychology worked with NGOs like Light of Life and Ankur Foundation. The department arranged field visits to various Institutes like Thane Mental Hospital and workshops conducted at KEM hospital and Energia SOI.

The department also consists of proactive counseling cell. It provides individual counseling and group therapy sessions for students as well as teaching and non-teaching staff. Counseling cell conducts various programs such as follows:

Certificate Course on Moral Values Inculcation Program “Jeevan Ke Rang, Kahaniyo Ke Sang”

Orientation to Counseling (For Teaching staff)

Workshops for students on topics- Confidence and Public Speaking, Time Management, Leadership, Interpersonal Skills, Non-Verbal Communication, etc.

## Seminars & Guest Lectures:

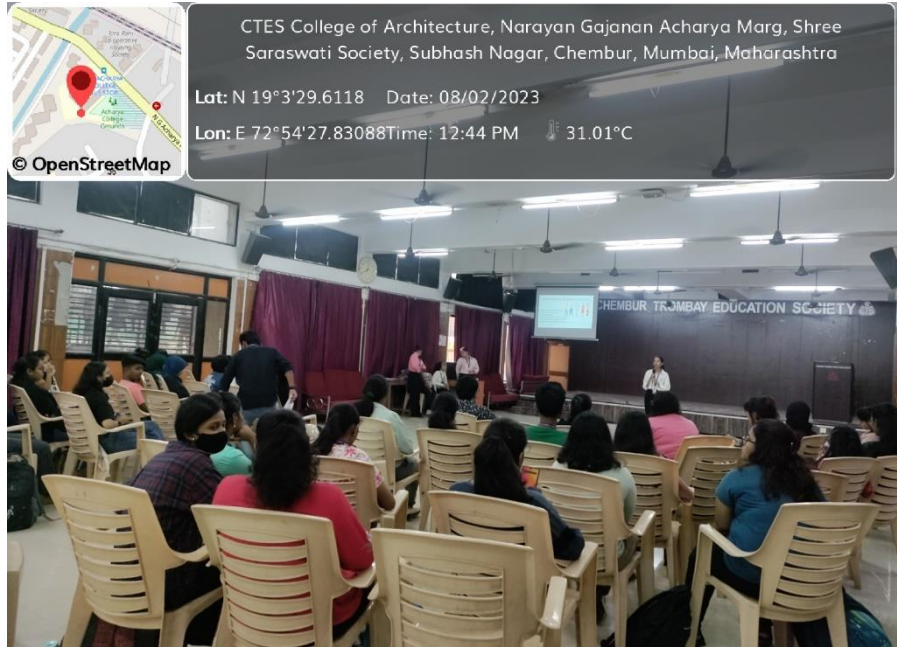


Guest lecture was organised on 25<sup>th</sup> March 2023 on 'Overview of Sexual Dysfunctions' by Ms. Surabhi Khare



A session on 10th September 2022 at 11.30 am in Room no 316, titled, 'DIY : DO IT FOR YOURSELF' to help spread awareness about self-care and mental health.





Workshop on Non-verbal communication





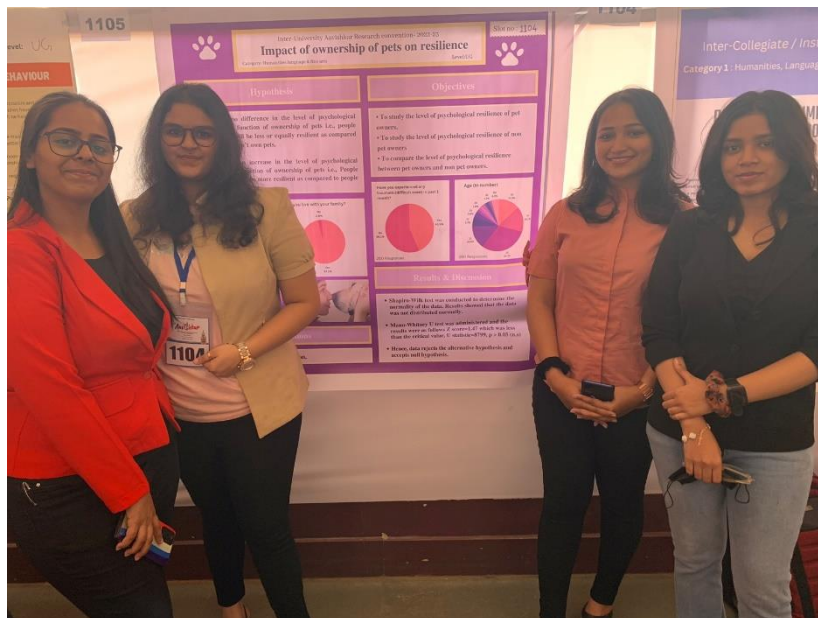


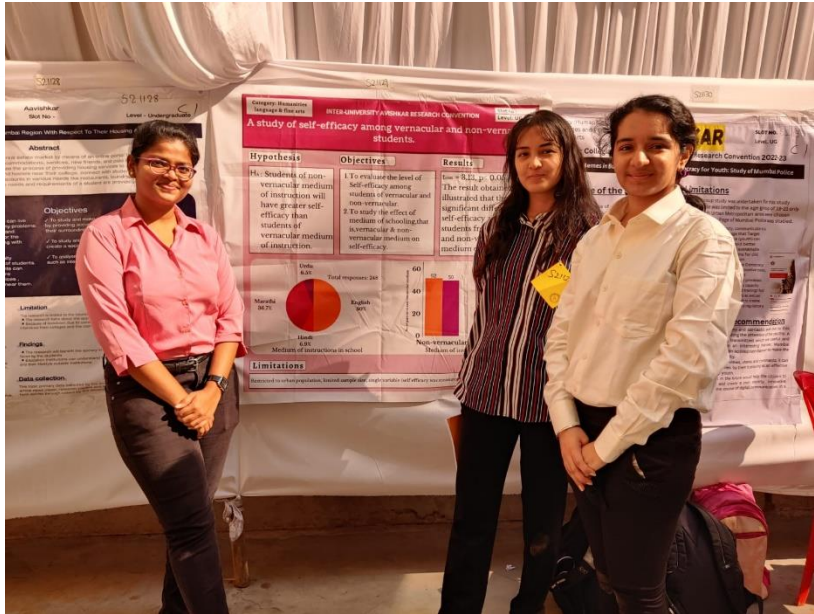
Workshop on Problem Solving and Decision Making





### Workshop on Interpersonal Skills





Participation in Avishkar Research Convention



## Future Plan:

The Department aims to increase the first-hand learning experiences provided to the students in order to understand the application of psychology in various settings such as clinical, counselling, industrial, geriatric, etc. We also aim to extend the community outreach programs and connecting students to the real world and the everyday problems.

We are also keen to expand research opportunities for the students and guiding them to conduct research extensively.

We aim to increase the exposure of students to global opportunities in psychology for higher education.

### 1. Community Outreach & Special Projects

The Department of Psychology in collaboration with Ankur Pratishthan, volunteer-driven non-profit NGO working in the Mumbai Metropolitan Region (MMR), gave internship opportunity to FYBA, SYBA and TYBA Psychology students to work for destitute children. This internship included planning, organizing and co-ordinating activities for these children for their personality, moral, cognitive and social development. The interns had an opportunity to develop their own skills of time management, team-work, cooperation, coordination, problem solving and decision making them independent individual beings. At the end of 2 months internship program, students were given certificate on successful completion of the internship program and immense heart filled learning experiences.



Community Outreach Program: Social Internship Program Completed by students at Ankur Pratishthan