

Department of Psychology
Annual Report 2019-2020

Koshish: The academic year began with a meeting to Review the Internship of May 2019 where 25 students from the Department were part of a month-long Internship Program at 5 different Community Based Organisations. The students' feedback was that they had an enriched experience from working on the field. These organizations were: Bapu Trust for Mind and Discourse, Doorstep School, Stremukti Sanghatana, Alochana and Sathi Haath Badhana.

Bridge Course for FY: As a continuation of the Induction program a foundation course to evaluate the students' level of the subject and get everyone to the same level of subject matter a bridge course was designed and implemented.

MINDSCAPE VOLUME IV: The fourth volume of the Research Compendium was released which included all the papers students had presented in the AY 2018-19.

DISHA: There were three Group Discussions held on the topics 'Impact of Social Media and Youth', 'Addiction' and 'Psycho Socio Inclusion of North Eastern Students'.

WORLD SUICIDE PREVENTION DAY: 10th September, Students made Posters and went around the campus spreading the message that Suicide is Preventable. The campaign included Modern Law College as well.

Personality Testing: For the second time the Department conducted Personality tests for TY BCom students. A Debriefing session to explain the results was also conducted.

PSY WORLD V: The theme of the Fest conducted by the Department was 'Cognitive Psychology', students presented various concepts of Cognitive Psychology like Attention, Memory, Language, Perception, Problem Solving in the form of interactive games, presentations and activities. The response was tremendous.

KHOJ: The Inaugural session of the ongoing research workshops conducted by Dr. Sadhana Natu was on the topic 'Art and Science of Writing an Abstract'. This was followed by many more sessions where Dr. Natu guided the students in all the stages of writing research papers for various conferences. Such as data collection, analysis, research writing, tips on preparing posters and PPTs as well mock presentations.

INHOUSE WORKSHOPS: Dr. Sadhana Natu conducted a workshop on 'Goal Setting and SWOC analysis'. Another workshop titled 'Moving Ahead in Psychology' was conducted with the following Resource Persons: Dr Sadhana Natu, Nashome Crasto, Adwaita Deshmukh, Nandini Thatte, Ketaki Joshi and Dhvani Giri. They spoke about different fields of Psychology such as Community, Palliative, Psychometry, Geriatric, DMT, School Counselling Psychology. An Orientation was conducted for the SY students preparing them for TY and Practical conduction in TY. There was an interaction with Prayag Joshi from Imlee Mahua who spoke about Non formal Education and his experience of working with Adivasis.

National Academy of Psychology Conference: Around 28 students presented posters and oral presentations at the National conference held between 20th - 22nd December 2019 in Puducherry University. The students also held a poster display and presentation in the college where the students and staff could experience the efforts put in, under the theme 'Making Psychology Deliverable to Society'.

Release of Kaleidoscope: The 12th Volume of Kaleidoscope was released on 12th December 2019. The theme was Addiction. Resource Person was Dr Sanjyot Deshpande, Psychotherapist.

Alumni Meet: Few past students visited the Department during Yuva Saptaha.

Master Mind Quiz: An annual quiz organised by the Department to test psychological concepts was met with enthusiasm as 20 teams participated.

Euphoria: The platform which encourages presenting psychological concepts in a creative way chose Fantasy as its theme. Many students presented their interpretation of Fantasy in the form of dance, song, and poetry.

Kavita Katta: Encouraged by Dr Natu, students gather to either present original poems or recite a favorite poem. The students presented a wide variety of themes and styles of poetry.

Study Tour: The TY students visited Light House in Aundh as a part of their study tour and got an insight into the functioning of an organisation working at a community level.

Collaborative Research: Dr Sadhana Natu, Akash Wasil, a student Department of Psychology at Harvard and Pennsylvania State University and Dr Sachin Shinde(alumni) collaborated on a research project. Dr Natu and Dr Shinde mentored Akash Wasil for pilot testing and protocols for designing a digital mental health tool. Students of the department participated in the process and Aishwarya Bhojkar and Bhoomi Anant assisted in data collection and FGDs. The outcome was a co-authored paper (Dr Natu and Dr Shinde with Akash and others) and a great learning experience and exposure for the students.

Research on COVID 19 Dr Sadhana Natu assisted by Nashome Crasto and Adwaita Deshmukh prepared a Screening and Extensive Tool to measure COVID 19 related distress. The three with MA students Ishitta Shinde and Apurva Sapkal completed online data collection and analysed the data of 500 respondents and gave feedback. The study is being written up and will be sent for publication to a reputed journal.

Individual Reports:

Dr Sadhana Natu (Associate Professor and Head of the Department)

Resource Person:

1. Topic: Queering Mental Health at Samvad Setu Conference, Pune May 2019.
2. Topic: Qualitative Research Methodology for Course work in Psychology for M.Phil. and PhD students at the Department of Psychology, SPPU, June 2019
3. Topic: Rohith Vemula to Dr. Payal tadvi- Suicides or murders: Mental Health aspects organized by Yuva Bharat Sanstha, Pune, July 2019
4. Topic: Feminist Ethics in Research for Course work in Women's Studies for M.Phil. and PhD students at the Women's Studies Centre, SPPU, July 2019
5. Topic: How to work as Internal committee members for Leadership For Equity, NGO, Pune, August 2019
6. Topic: Mental health first aid at HRDC, SPPU December 2019
7. Topic: Mental Health Facebook Live session for Ashramshala hostel wardens on 23 April 2019
8. Topic: Why should women work for SNDT University and Tech Mahindra initiative 11 may, 2019
9. Topic: Psychology for Managers 101 for COEP Mechanical Engineering Alumni Group 1990 Online workshop, May 2019
10. Topics: What is Mental Health, Feminist Psychology, Social psychology and behaviour for activists and researchers organized by Yuva Bharat Sanstha Online workshops, May 2019
11. Topics: Careers after BA and careers after BA Psychology for students organized by SNDT University Online workshops June 2019

12. Topic: Awareness about Gender spectrum and Pride month for Senior managers of VMware Software, Pvt. Ltd Online workshop, June 2019

Consultancy:

External Expert in Internal Committee of Leadership For Equity, NGO, Pune

Conferences:

Leading a Symposium on “Making Psychology deliverable to society: On and off campus endeavours” at the 29th Annual Conference of National Academy of Psychology held in December 2019 in Puducherry University.

Editorial and Peer Review

Peer reviewed National Academy of Psychology Conference Abstracts and also for National Journal Psychological Studies and ‘Confluence’ Journal of Symbiosis School of Liberal Arts .Edited In-house journal Kaleidoscope.

Research Work and Guidance

Supervising 3 PhD students as Guide and 1 as Co Guide.

Referee for D.Phil. Thesis in Psychology of University of Allahabad

Prepared COVID 19 related Distress screening and extensive tool and research conducted through online data collection. Data analysis is done and currently writing up the results for submission to a reputed research journal.

Expert

Member of Committee on Counselling and Mentoring FDP of HRDC, SPPU

Member of Research Advisory Committee of Women’s Studies Centre, SPPU

Pre submission Viva Expert at Women’s Studies Centre, SPPU

M.Phil. and PhD.

Fellowship interviews at SARATHI, Govt. of Maharashtra, Pune

Staff Interviews at SARATHI, Govt. of Maharashtra, Pune

Publications

1. Ajun barach palla gathaycha ahe.... Purushspandan, Nov 2019, Men against Violence and abuse, Mumbai Nov 2019

2. Mental Health and Development: Modelling Community Mental Health Program to influence National Policy Evaluation Report U. Vindhya, Kishore Kumar & Sadhana Natu February 2020, Bapu Trust for Research on Mind and Discourse, Pune

ISBN: 978-81-944995-0-3

3 Viewing Death from the Front Row: Exploring Doctors’ View of Death in the Age of Chronic Conditions, Terminal Illnesses and Varied Mortal Fears. Nandini Thatte, Dr Sadhana Natu, *IOSR Journal of Humanities and Social Science (IOSR-JHSS) Volume 25, Issue 3, Series. 8 (March. 2020) 56-60 e-ISSN: 2279-0837, p-ISSN: 2279-0845. www.iosrjournals.org*

4. Life of Indian Women with Rheumatoid Arthritis: A Qualitative Study Sumita Chavare, Dr Sadhana Natu *IOSR Journal of Humanities and Social Science (IOSR-JHSS) Volume 25, Issue 3, Series. 5 (March. 2020) 01-12 e-ISSN: 2279-0837, p-ISSN: 2279-0845. www.iosrjournals.org DOI: 10.9790/0837-2503050112 www.iosrjournals.org*

5. Harnessing single-session interventions to improve adolescent mental health and well-being in India: Development, adaptation, and pilot testing of online single-session interventions in Indian secondary schools Akash R. Wasil,, Suh Jung Park, Sarah Gillespie, Rebecca Shingleton, Sachin Shinde, Sadhana Natu, John R. Weisz, Steven D. Hollonf, Robert J. DeRubeis
Asian Journal of Psychiatry, 50(2020) 101980 Feb 2020, Elsevier

Mentor for Akash Wasil, a student Department of Psychology at Harvard and Pennsylvania State University for pilot testing of online interventions for mental health. Mentored him for FGDs, data collection and analysis and supervised research writing.

Extension

Free Online Counselling for COVID related distress on Manobal group and State level helpline from 25 March 2019 to 15 June 2019

Coordinator and initiator of the UG Certificate Course in Women's Studies.

Staff Members:

Nashome Crasto- Presented Paper at National Academy of Psychology Conference 'Making Psychology Deliverable to Societies' held at Pondicherry University. Coordinated Undergraduate Women's Studies Course conducted in the college.

Swati Jagtap- Attended State Level Conference 'Contemporary Issues in Maintaining Physical and Mental Health by Sharadchandraji Pawar College, Jejuri. Coordinated Undergraduate Women's Studies Course conducted in the college.

Shreyas Thade- Attended a Syllabus Revision Workshop for MA at DY Patil College, Akurdi, Pune.

Dr Sadhana Natu
Associate Professor and Head
Department of Psychology.