

CATHECT



Department of Psychology,
Bharati College,
University of Delhi



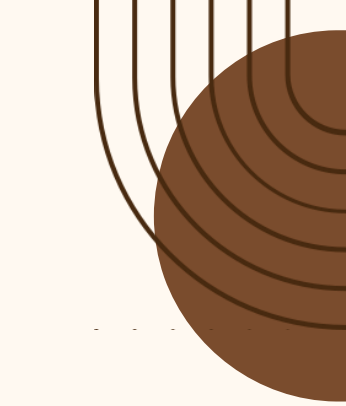
cathectbharati@gmail.com



Table of *Contents*



1	History of the Department	→
2	Faculty & Pedagogical Techniques	→
3	Student Activity	→
4	Alumni	→
5	Future Vision	→
6	Goals	→
7	Uniqueness of the Department	→
8	Council	→
9	SWOT Analysis	→



FOUND

HISTORY

The Department of Psychology

Program offered

BA (Hons) Psychology

ACADEMIC YEAR
2017-18

Developments over the years such as -

Increase in student
enrollment and demand
of the course

Conducting fests, practical
trainings, workshops,
seminars, etc

Publishing newsletter



Cathect Logo

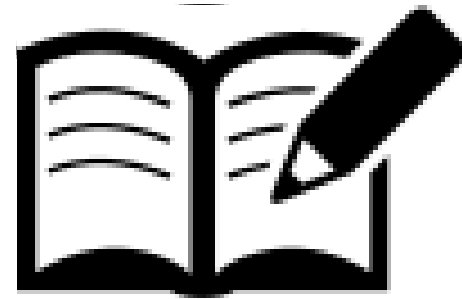
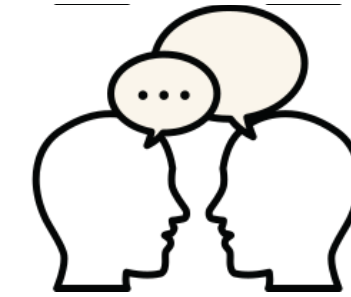


Started with 32 students
enrolled in the year 2017.



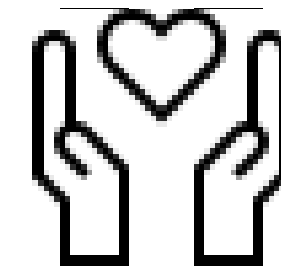
Understanding-

Helping students acquire a deeper knowledge and understanding of various theories in psychology.



Learn and Develop-

Establish a nurturing environment for the students to develop their critical thinking and reasoning abilities



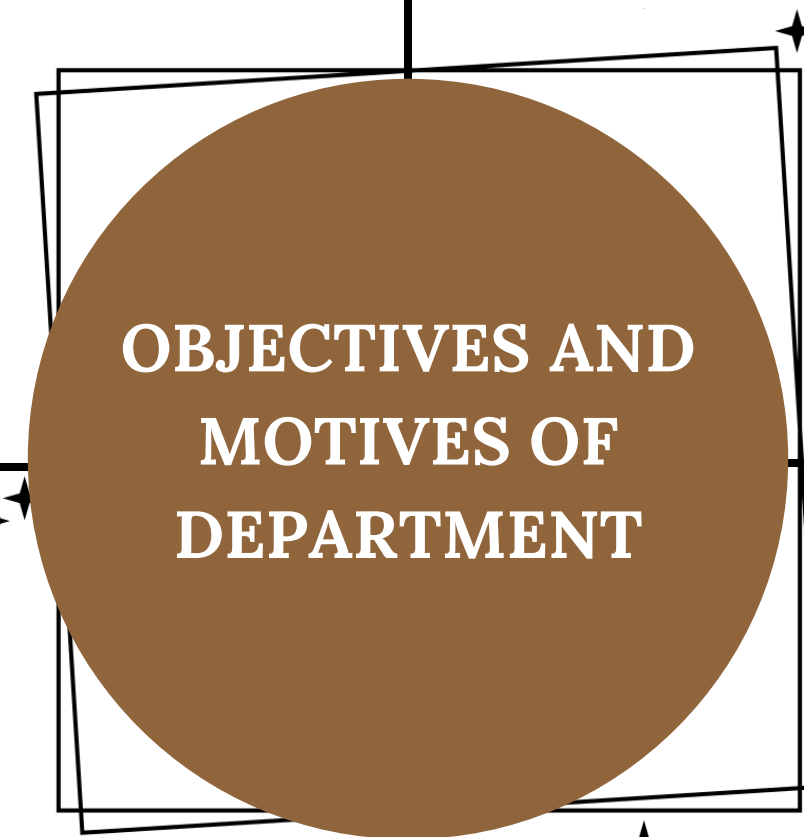
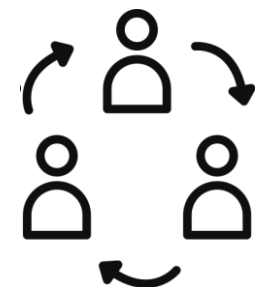
Engage and Interact-

Provide opportunities to the students to engage with professionals across the field



Identify and Explain-

Assist students to gain and apply practical knowledge while explaining real world situations





STUDENT ENROLLMENT:

Year	Enrollment number	Number of graduated students
2017-18	32	N/A
2018-19	44	N/A
2019-20	55	28
2020-21	32	26
2021-22	48	43
2022-23	59	52
2023-24	62	N/A

STUDENTS STATE OF ORIGIN:

Year	Total Enorllment	State where the University is located i.e Delhi	From other states of India
2021-22	48	30	18
2022-23	59	33	26



Faculty Profile



Ms. Tavishi Sanghi

Ms. Tavishi Sanghi did her Bachelor's from Kamala Nehru College, university of Delhi and her Master's from Tata Institute of Social Sciences, Mumbai(TISS). She earned her Post-graduation degree in Expressive Arts Therapy from St. Xavier's College and further proceeded to do PgD in Guidance and Counseling from Jamia Millia Islamia. She has worked as a psychologist at Betterlyf wellness and Fitterfly and is currently a practicing psychologist and a board member of Indian Association of Dance Movement Therapy (IADMT).



Ms. Elangbam Reebika Devi

Ms. Reebika completed her Bachelor's in Psychology from Kristu Jayati College in the year 2013 and proceeded to do her Master's in Psychology from University of Delhi. She also holds a Diploma in Career Counseling and Guidance from NCERT, New Delhi. She was a former researcher at Parliament of India and currently is the counsellor at Mind and Body Centre of Delhi University Women Association, North campus, University of Delhi along with being a Career Counselor.

Faculty Profile



Dr. Nitin Verma

Completed his B.A., M.A. and PhD from University of Delhi. Assistant professor at the University of Delhi since 2011 with 12+ years of teaching experience. Co-author of the book "Psychological Perspectives on Identity, Religion and Well-Being; Empirical Findings from India" with Girishwar Mishra and Preeti Kapur.



Ms. Nishtha

Graduation: BA (H) Psychology - Daulat Ram College, Delhi University .
Post Graduation: MA Psychology : Daulat Ram College, Delhi University.
Currently Psychology Research scholar - Delhi University
NET qualification - 2018



Dr. Richa Malhotra

Dr. Richa Malhotra did her B.A. and M.A, from University of Delhi, and her Diploma in Marriage and Family Therapy from IGNOU. Dr. Malhotra earned her PhD from Jamia Millia Islamia University, and is a certified solution focused therapist. She is the recipient of the Student Conference Bursary Award and Research Award issued by the Solution Focused Brief Therapy Association and brings 11+ years of teaching experience.



Dr. Priyam Sharma

Dr. Priyam Sharma did her Post Graduation from Banaras Hindu University and has a diploma in Counseling and Therapy. She has more than 10 years of teaching experience and is former assistant professor at University of Delhi. She's currently working at National Council of Educational Research and Training (NCERT), New Delhi.

Researches Undertaken by the Department



- **Batch 2019–2020,**
Soniya Rawat.

Research paper: Understanding Resource Accessibility, Learning outcomes and Subjective Well-being among Undergraduate Students during the COVID-19 Pandemic: A Mixed Method Approach.



- **Batch 2017–2018,**
Suridhi Gupta.

Stress among young adults of single-parent and dual-parent -
Publication : International Journal of Research and Analytical Reviews (IJRAR), ISSN: 2455-6211, Volume – 10, May 2023



- **2018–2019 ,**
• **Ishita tandan.**

Loneliness and Perceived Social Support among Spouses of Deployed Paramilitary Personnel



- **2020–2021 ,**
Ria Manocha

A Study on the effect of Body Shape Preoccupations, Verbal Commentary, Perfectionism, and Negative Appearance Evaluations among Exercisers and Non-exercisers- at International Journal of Indian Psychology



RESEARCHES UNDERTAKEN BY THE DEPARTMENT



- **Batch 2020-2021,
Muskan Sethi**

Review paper on “Impact of divorce on child’s emotional development” in IJRPR

Research Paper on “ STRESS, SELF ESTEEM, LIFE SATISFACTION, HAPPINESS, RESILIENCE AND SELF COMPASSION AMONG WORKING AND NONWORKING WOMEN” in IJRAR "



- **2022-2023 ,
Muskaan Misra**

Impact of Choice and Information Overload on Decision Making;
Impact of Dominance and Morality on Attractiveness; Social Media
Consciousness and Body Appreciation:The mediating effect of Self
Esteem; Psychological Effect of Colonialism in Indians as a
requirement of my current educational degree.





Documentary/
movie screening

3rd December, 2023

11th January, 2023



Mentorship
Strong teacher-
student relationship
providing guidance etc.



Teaching assessments



Field/
educational trips

- Field visit with sociology-
18 March 2024
- Departmental trip -
15 October to 18 October 2022
- MSE & case history conduction-
psychiatric hospitals



Research projects



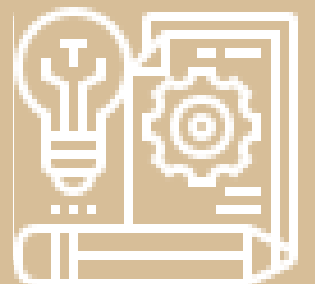
Bilingual form
of teaching



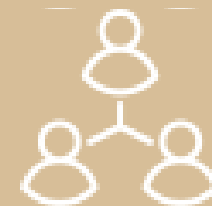
Tailoring instruction to
accommodate diverse
learning levels.



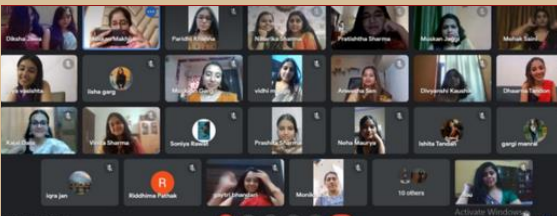
- Quizzes
- Activities
- Revision
- Doubt sessions
- Student presentations
- Providing resources
and notes



**Pedagogical
Techniques**



Practical implementation



Student Activities

Catnect Society

- 'CATHECT' means investing in emotions and feelings.



Departmental Activities

- Orientation Programme
- Team Bonding Activity (12.10.23)
- Group therapy - listening circles
- Council Elections
 - Annual elections for office bearers and selection through in-person interviews



Mental Health Week Activities:

Spread awareness about mental health through workshops and therapeutic activities.

10 October



Movement and
Drama Therapy

Interactive 'Talk Sessions'
with experts in the field
of psychology

Team Bonding
Activities



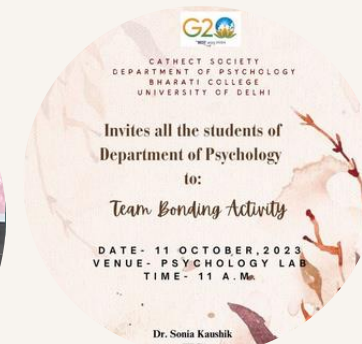
Open Mic Activities

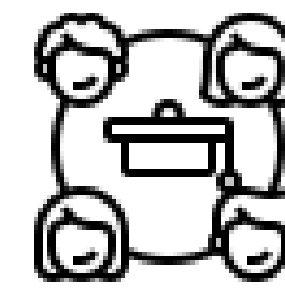
Documentary
Screening

Group Discussions



Engaging Competitions
revolving around mental
health

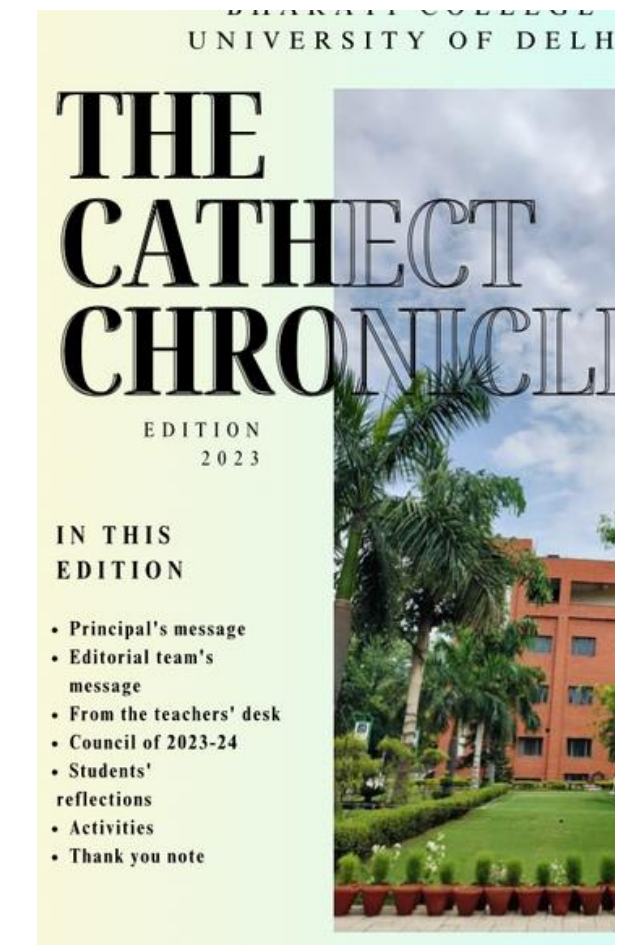


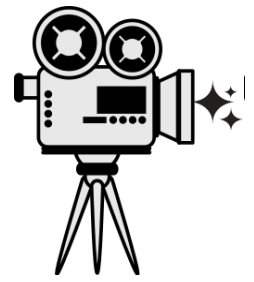


11th January, 2023

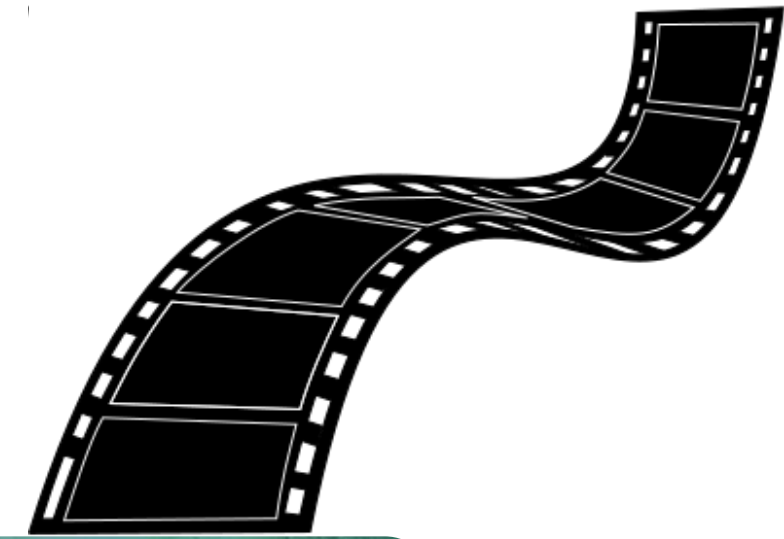
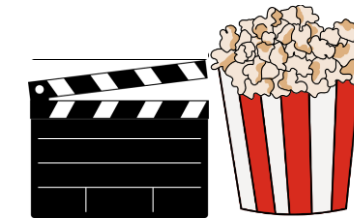


Publish newsletters with contributions from department members.

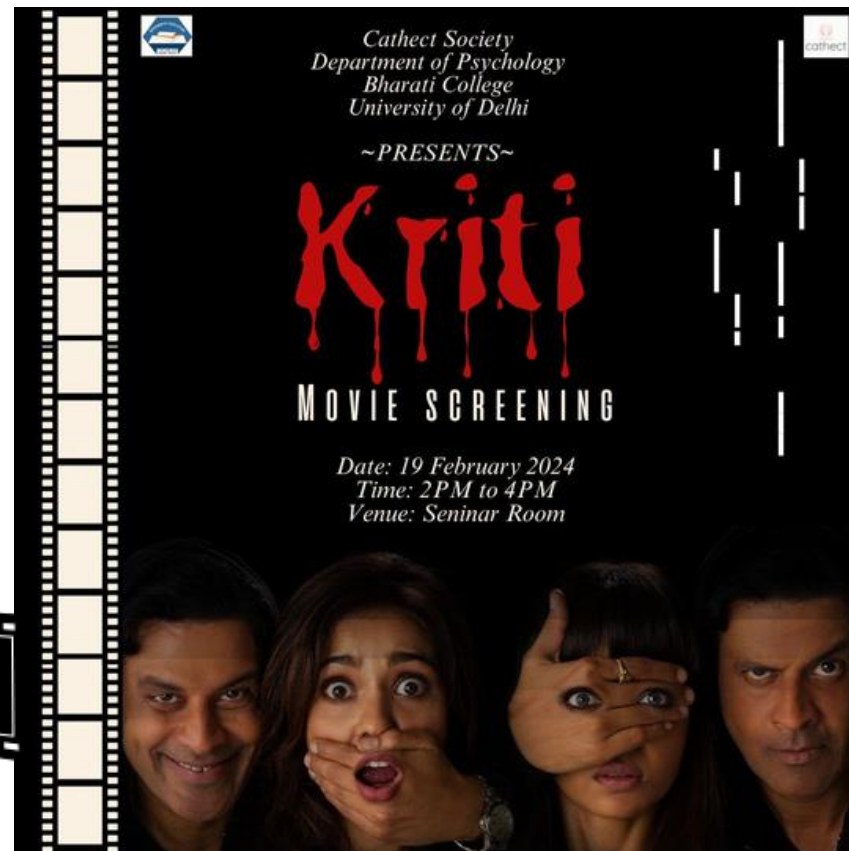




MOVIE SCREENING



Screen critically acclaimed films followed by discussions on relevant topics'



Screening of 'Kriti'

"Kriti" is a psychological thriller film wherein the protagonist struggles with distinguishing between reality and imagination.

The students were asked to analyze the protagonist's symptoms, which subsequently led to an open discussion and conclusion that the protagonist exhibited symptoms of schizophrenia



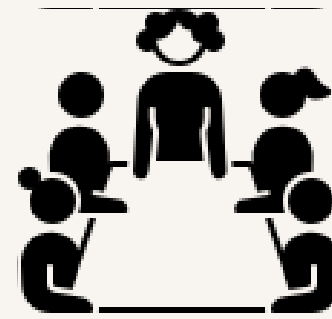
Screening of 'The social Dilemma'

"The Social Dilemma" movie focuses on the adverse effects of social media and how it spreads rumors, misinformation, and cyberbullying. It also highlights how teenagers and young adults are fixated on others' opinions online, which has led to a rise in teenage depression and suicide rates.



Screening of 'Pagglait'

"Pagglait" depicts a woman whose husband has passed away, orders food and drinks without a hint of sadness because their relationship lacked closeness. She bravely expresses her true feelings while others pretend to mourn whereas a few truly grieved.



Dance Therapy
11th October, 2022

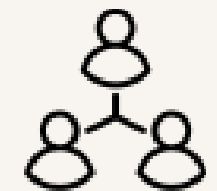
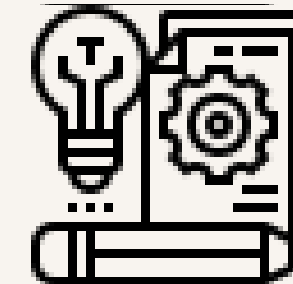
**Trauma Informed
Therapy**
5th April, 2023

**Seminars on discrimination and
diversity: gender research analysis**
3rd December, 2023



**Mental Status
Examination (MSE)**
11th October, 2023
20th February, 2023

**Workshops
& Seminars**



**Two-Day observation
with Evoluer Solutions.**
3rd December, 2023

Enrich student's knowledge through various activities and guest speakers.

Annual Fests: Organize fun activities with themes revolving around psychology and mental health.

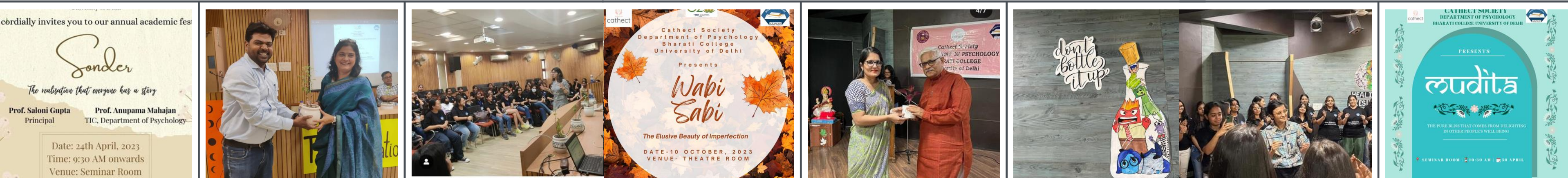
Academic Events



Cognizant
1st - 10th October, 2019

Eunoia 6th, 7th, 8th, 9th, 11th &
12 th October, 2021

Sentient- 10th, 11th & 12th
October , 2022



Sonder- 24th April,
2023

Wabi Sabi- 10th October,
2023

Up Next
30 April
Annual Event

Ongoing initiative

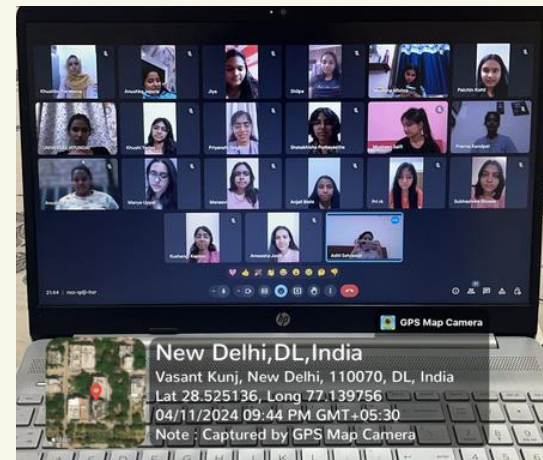
'Feelings ka Adda'

Provides a confidential space for students to express their feelings.



Feelings ka Adda" **volunteers** were **selected** on the basis of interviews by Ms. Tavishi Sanghi.

A two-day **capacity building workshop** organized on 5th and 6th March, 2024 with 7 renowned psychologists.



Four MOUs signed with psychologists who agreed to provide counselling sessions at discounted rates to Bharati College students.

Ms. Tavishi Sanghi conducted various meetings, workshops and **role-play sessions** to guide the volunteers for 2 months

Students are informed about the **ethical guidelines** concerning confidentiality, qualification and availability of peer supporters.

A self-help **toolkit and Therapist Database** is provided to the students who visit vent-out space.



Students utilizing the booth are asked to fill a **feedback form** as well



Trisha Ladha

Passed out 2023
Currently studying in
Christ university



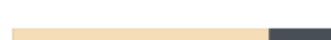
Soniya Rawat

Batch 2019-2020
Currently in Jamia
Millia Islamia.



Suridhi Gupta

Batch 2017-2018
Amity University,
Noida



Muskaan Makhijaa

Passed out 2023
Adler University,
Canada



Ishita tandan

2018-2019 passout
christ (deemed to be)
university



Ameya Arora

Passout 2021
CHRIST (Deemed to be
University), Bengaluru



ALUMINI



Pratishtha sharma.

Passout 2021
Master's- Christ University,
MPhil- Amity University,
Lucknow



Pankhuri sharma

Passout 2022.
Currently studying
in University of
delhi



M Lakshmi Venkata
Sindhuri.

Passout 2022
Currently in Vignan's
University.



Divyanshi kaushik

Passout 2019
National Institute of
Forensic Sciences,
Gujarat



Riddima Pathak

Passout 2023
Christ
(deemed to be)
University



Mitasha Barua

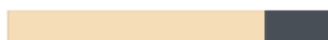
Passout 2017-2018
Amity University





Urvashi

Passed 2017-2018
Currently in
University of Delhi



Muskan Jaggi

Batch 2020-2021
Currently in Christ
University



Deepika

Batch 2020-2021
Currently in
University Of Delhi



Arshika Goel

Passed 2020-2021
Christ Deemed to
be University



Urja Joshi

Passout 2023-2024
Fanshawe college,
Toronto



Bhoomi Rajpal

Passout 2022-2023
Amity University,
Noida

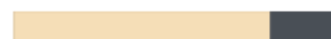


ALUMINI



Muskaan Misra

Passout 2022-2023
Currently in
University of Delhi



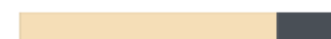
Muskan Sethi

Passout 2020-2021
Panjab University



Ria Manocha

Passout 2020-2021
Christ University



Reva Jain

Passout 2022-2023
IIS(Deemed to be
University), Jaipur



Gauri Yadav

Passout 2023
Currently in
University Of Delhi



Gauri Yadav

Passout 2023
Currently in
University Of Delhi

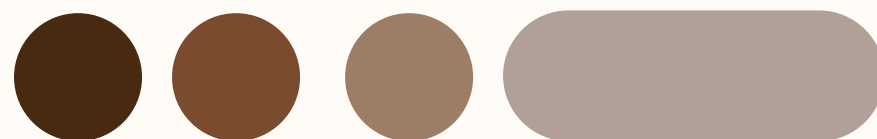




RESULT ANALYSIS

Result Analysis of the Students Enrolled from 2017- 2020

Year	Number of Graduates	Students with First Division	Students with second Division	Percentage of students with 1st Division
2017- 2020	26	20	6	76.92%
2018- 2021	43	39	3	90.6%
2019- 2022	52	52	0	100%
2020- 2023	28	28	0	100%



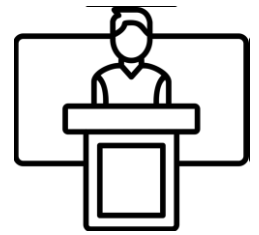
FUTURE VISION

STRENGTHS

1. Collaborative Network (4 MOUs signed with psychologists and psychiatrist)
2. Interdisciplinary Approach (with depts such as sociology, journalism etc)
3. Innovative Teaching Methods (art, dance, music therapy)
4. Community engagement initiatives (Feelings ka adda, Mental health week etc)

CHALLENGES & THREATS

1. Faculty Recruitment
2. Technology Integration
3. Lack of Lab Assistant
4. Lack of funds from college



GOALS

Goal 1

- Foster research skills and scientific inquiry
- Having research scholars and thesis writing

Goal 2

- Signing MOUs with Psychiatric hospitals
- Field work training

Goal 3

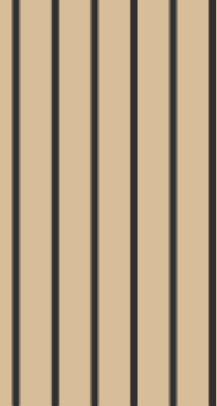
- Counselling Center
- Promote ethical and culturally sensitive practices
 - Listening circles

Goal 4

- Mentorship programs
- Creating a one to one learning space for students

CATHECT COUNCIL





THANK YOU

