



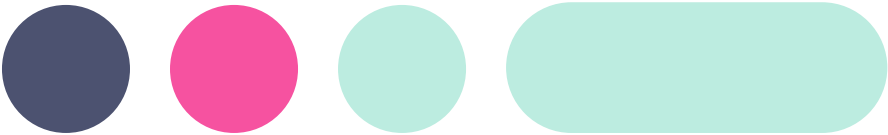
# DEPARTMENT OF PSYCHOLOGY

**BHARATI COLLEGE,  
UNIVERSITY OF DELHI**

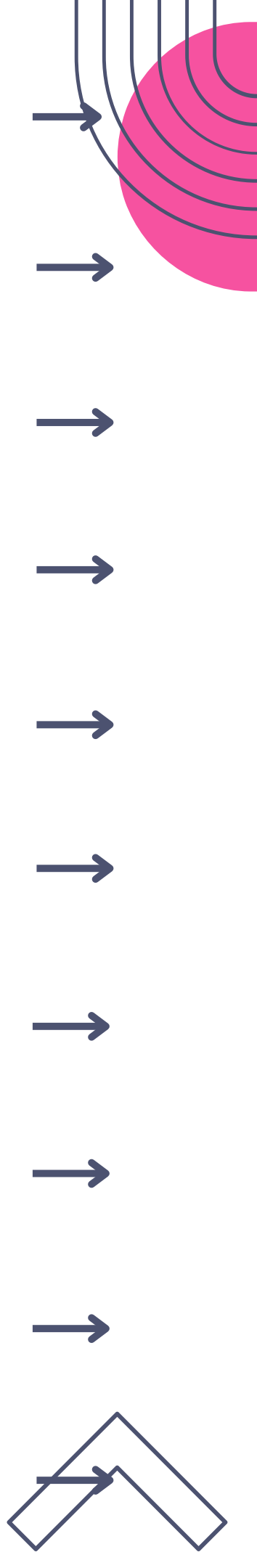
Departmental Society

**CATHECT**

# TABLE OF CONTENTS



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9	SWOT Analysis and Future Vision	
10	Council	





# OUR JOURNEY



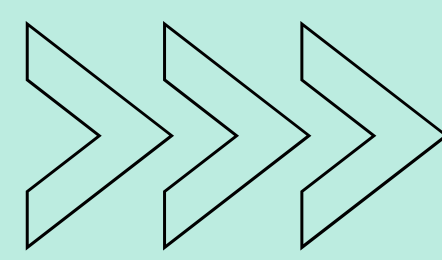
Started in the year 2017. -----The Department of Psychology ----- Current year, 2025.



Academic Year  
2017-18



Began with 32 students  
enrolled in the year 2017.



Currently with 62 students  
enrolled in the year 2024.



Academic Year  
2024-25

Program offered

BA (HONS) PSYCHOLOGY

Departmental Society

CATHECT

Investing in emotions  
and feelings.



# OBJECTIVES & MOTIVES



Development of critical thinking and reasoning abilities via presentations and group discussions

Acquiring a deeper knowledge and understanding of theory through workshops

Introducing initiatives and internships to enhance practical exposure

Provide opportunities for students to engage with professionals across the field



# FACULTY PROFILE



**Ms. Reebika Elangbam Devi**

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. She is currently a counsellor at Mind and Body Centre of Delhi University Women Association, North campus.



**Teacher- In- Charge  
Prof. Manju Sharma**

**Ms. Tavishi Sanghi**



Completed her Bachelor's from University of Delhi and her Master's from Tata Institute of Social Sciences, Mumbai (TISS). She earned her PgD in Expressive Arts Therapy from St. Xavier's College and 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).



**Dr. Chandra Prakash Kapoor**

Earned his PhD from the University of Delhi in Psychology. He has over 11 years of teaching experience as an Assistant Professor across various colleges of Delhi University. He is currently serving as an Assistant Professor, with a specialization in Social and Cultural Psychology. He has also served on the selection panel for the recruitment of pilots at Air India.

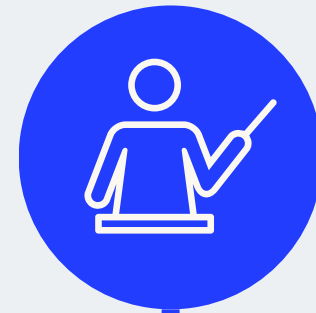
**Dr. Sajani Narayanan** completed her Bachelor's and Master's degree in Psychology from University of Delhi and M. Phil and PHd from Jawaharlal Nehru University. She is the receiver of Junior Research Fellowship 2018. Her papers have been published in reputed journals such as Bulletin Monumental Journal and EPRA International Journal of Multidiciplinary Research. She was an assistant professor at Daulat Ram College and currently she is an assistant professor of Psychology at Sri Aurobindo College and Bharati College.







# TECHNIQUES



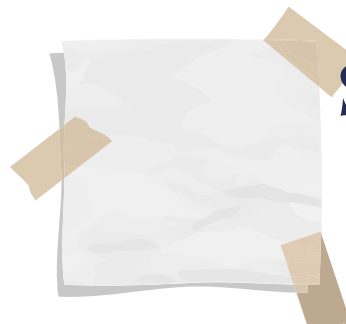
**Teaching  
Assessments**

**Bilingual form  
of  
teaching**

**Mentorship strong  
teacher-student  
relationship  
providing guidance  
etc.**

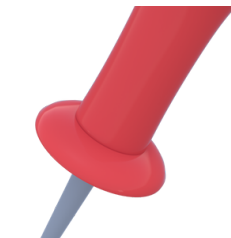
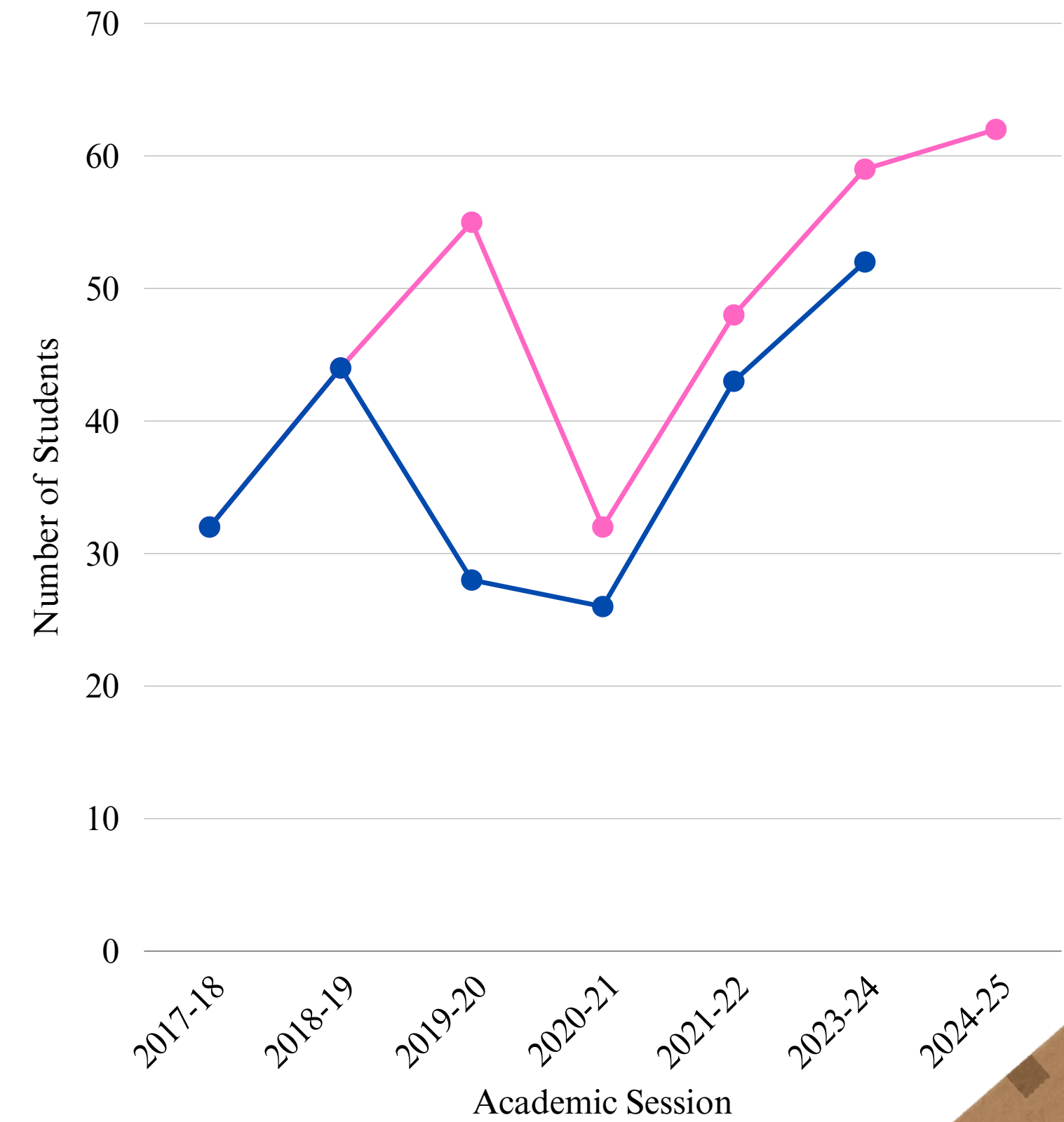
**Guiding research  
projects through  
workshop on  
research writing**

**Documentary/  
movie screening  
and Analysis**



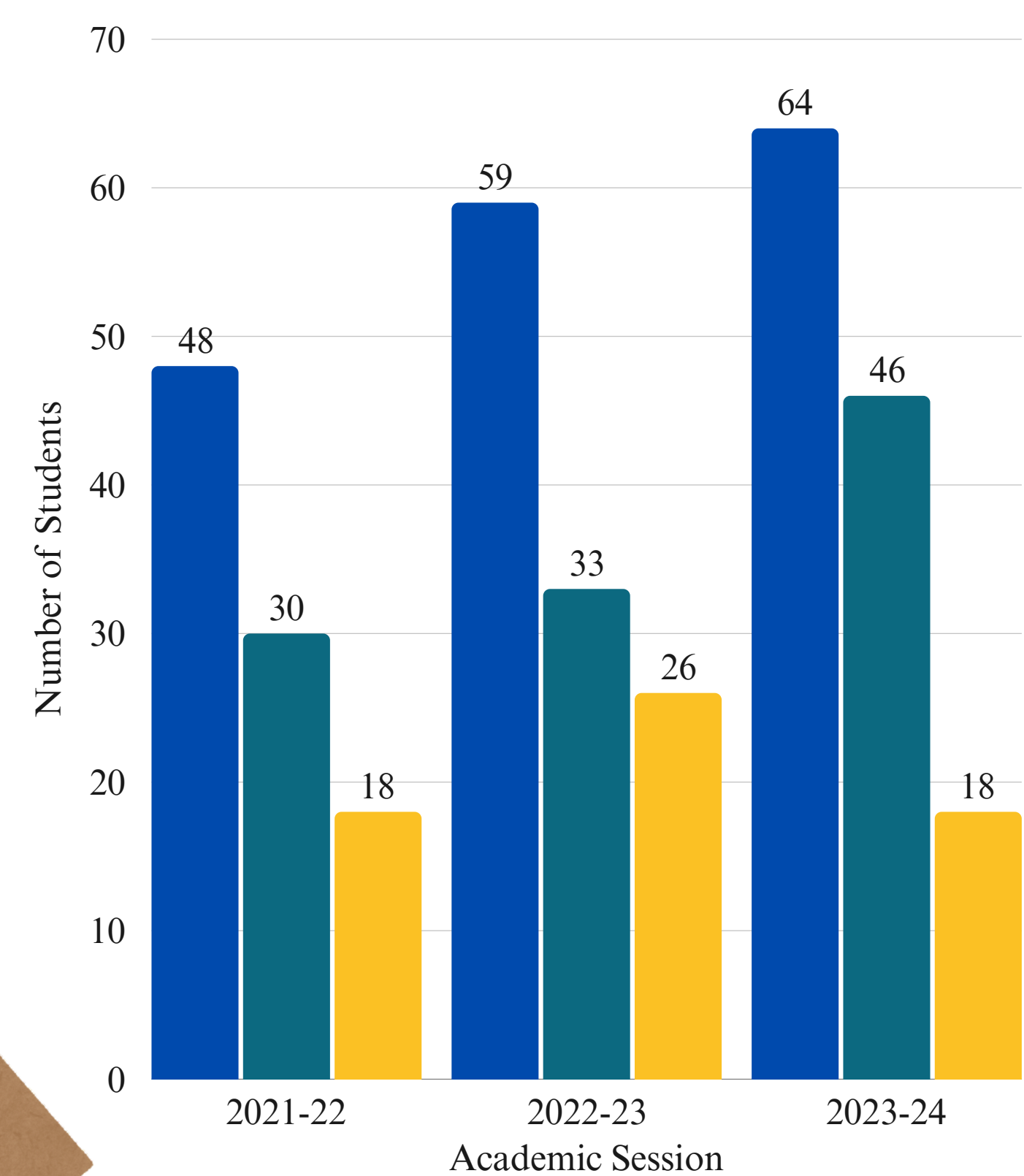
# STUDENT ENROLLMENT:

- Enrollment Number
- Number of Students Graduated

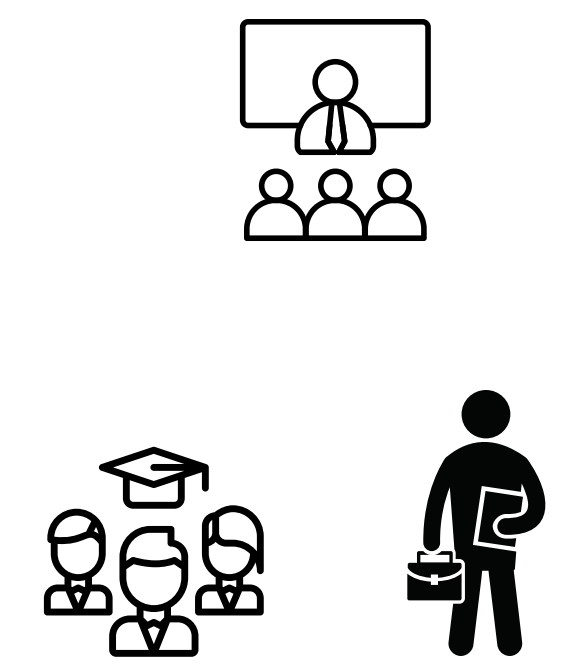


# STUDENTS STATE OF ORIGIN:

- Total Enrollment
- Students from Delhi
- From other States of India



# STUDENT - FACULTY RATIO:

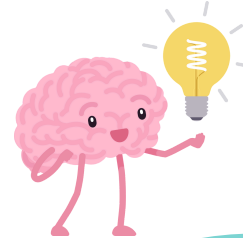


26:1

One faculty member for 26.7 students approximately

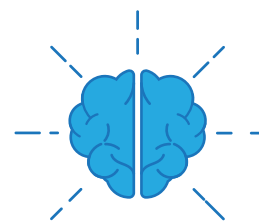


# STUDENTS' ACTIVITIES 2022-24



## Annual Fest 2023: Sonder

23rd April, 2023



## Mental Health week 2023: Wabi Sabi

10<sup>th</sup> October 2023



## Teacher's Day 2024

5<sup>th</sup> September, 2024



10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> October, 2022

## Mental Health week 2022: Sentient



## Bonding Session 2023



## Annual Fest 2024: Mudita





# STUDENTS' ACTIVITIES 2024-25



## Ethnic Day X Children's Day

14 November 2024



## Alumni Meet

7 March 2024



## Farewell

2 May 2025



11 September 2024

## Bonding Session



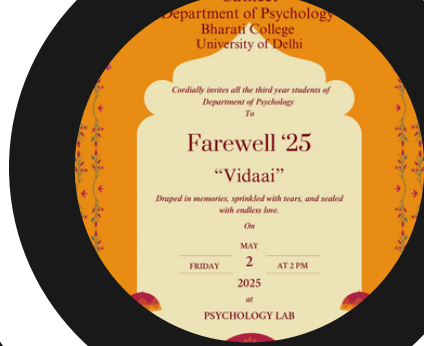
16 November 2024

## Freshers Day Out

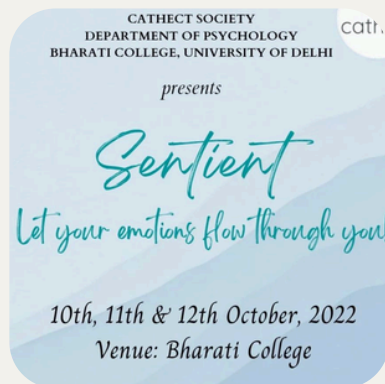


11 September 2024

## Scribble Day







# PREVIOUS YEARS' MENTAL HEALTH WEEK ACTIVITIES



## Sentient 2022

### Insightful talk sessions

- MENTAL HEALTH AND MASS MEDIA
- CHALLENGES OF PARENTING CHILDREN IN THE 21<sup>ST</sup> CENTURY
- MENTAL CONSCIOUSNESS

### Documentary Screening

ON WHY SOCIAL MEDIA IS TOXIC ON TEENS' MENTAL HEALTH

### Group Discussion

INSECURITIES: PEOPLE START TO HEAL THE MOMENT THEY FEEL HEARD

### Competitions

- OPEN MIC
- POSTER MAKING



## Wabi-Sabi 2023

### Team Bonding



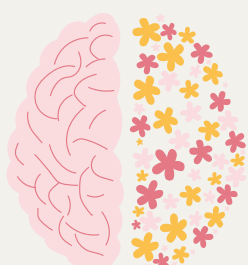
### Group Discussion



### Movement and Drama Therapy



### Workshops





# MENTAL HEALTH WEEK ACTIVITIES

KARMASTHITI:2024

MENTAL HEALTH AND WORK LIFE BALANCE

14<sup>TH</sup> AND 15<sup>TH</sup> OCTOBER, 2024



**Feelings Ka Adda Booth Set-Up**

- Mandala Art
- Vent-out Box
- Letter to your future/past Self

**Group Discussions**

- Importance of Cognitive well-being
- Emotional Well-Being and Decision Making
- Busting Myths about Mental Health

**Workshop for the Faculty**

- By Ms. Tavishi Sanghi
- Writing Personal Eulogies
- Exploring own life chapters
- Balancing emotional health and Worklife

**Engaging Competitions**

- Open Mic Competition
- Debate on Mental Health at Workplace
- Doodling Competition themed "Karmasthiti"

**Music Sessions**

- By SWARAGINI
- Mridang: Music and Dance Society, Bharati College

**Interactive Workshops**

- SMART goals
- Emotional Regulation Techniques
- Pomodoro Technique
- Work-Life Balance





**BHARATI COLLEGE**  
UNIVERSITY OF DELHI  
Cathect Society,  
Department of Psychology

*In collaboration with*  
Research Committee & Internal Quality Assurance Cell

PRESENTS

**THREE DAYS WORKSHOP on**  
**RESEARCH PAPER**  
**WRITING AND PUBLICATION**

Open for all Faculties and 3rd year students of Bharati College

**17th, 19th & 21st February, 2025**

**Time: 10 am onwards**      **Venue: Seminar Hall/ Auditorium**

DAY 1	DAY 2	DAY 3	Prof. Saloni Gupta Principal	Prof. Rajat IQAC Convener
<ul style="list-style-type: none"> <li>How to formulate a research idea?</li> <li>How to use e-resources?</li> <li>How to Approach Qualitative Research Methods?</li> </ul>	<ul style="list-style-type: none"> <li>How to Approach Quantitative Research Methods?</li> <li>How to form a Questionnaire and data collection process</li> <li>Excel and SPSS</li> </ul>	<ul style="list-style-type: none"> <li>The Art of Writing Paper</li> <li>Publication</li> </ul>	Dr. Shalendra Vikram Research Committee Convener	Prof. Manju Sharma Cathect Society Teacher in Charge

For Further Queries:  
CONTACT:  
Ms. Reshika Elangbam  
8375007992  
Assistant Professor (Guest)  
Department of Psychology

Aditi Sethi  
9999704049  
President, Cathect Society,  
Department of Psychology

Note:-  
Students who will  
attend the entire three  
days workshop will be  
rewarded with an E-  
Certificate.

Three-Day workshop focusing on how to write a research, from idea to publication

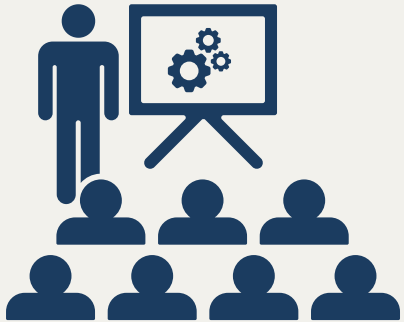
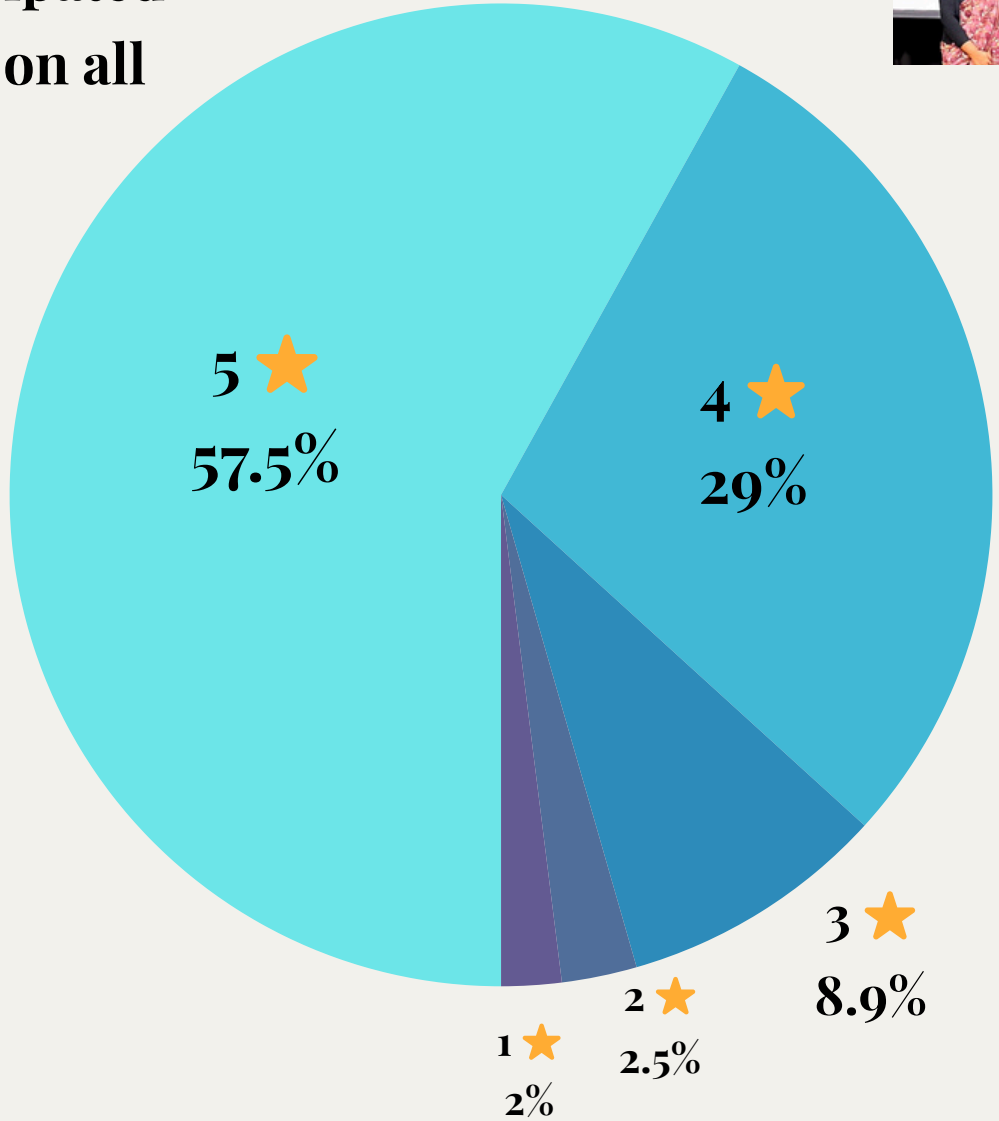
Organised for the third -year students of all departments of Bharati College

Over 250 students participated from across disciplines on all three days

Interactive “talk-sessions” by speakers, researchers and professors across various fields



Total of 558 students responded in the feedback form after all three days. The following pie-chart shows the responses of the students who joined the workshop:





# Annual Fest 2025

25th and 26<sup>th</sup> March, 2025

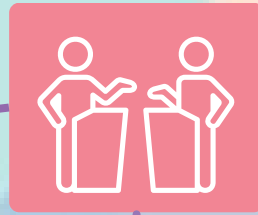


**Inside Out**

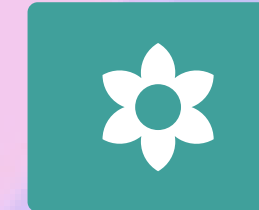
*Emotions on Display*



**Debate  
Competition**



**Izhaar: The Poetry  
Competition**



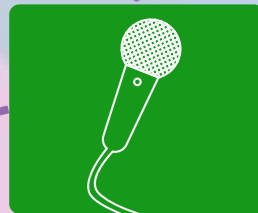
**Emotions Palette: Art  
Competition**



**Emotions in Motion:  
Photography Competition**



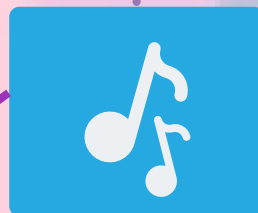
**DJ Bash and Artist  
Performance**



**Soul Sync: Western  
Dance Competition**



**Customized Playlist  
aligning with the theme  
Inside Out**



**Darlings in Dilemma:  
The Fashion Show**

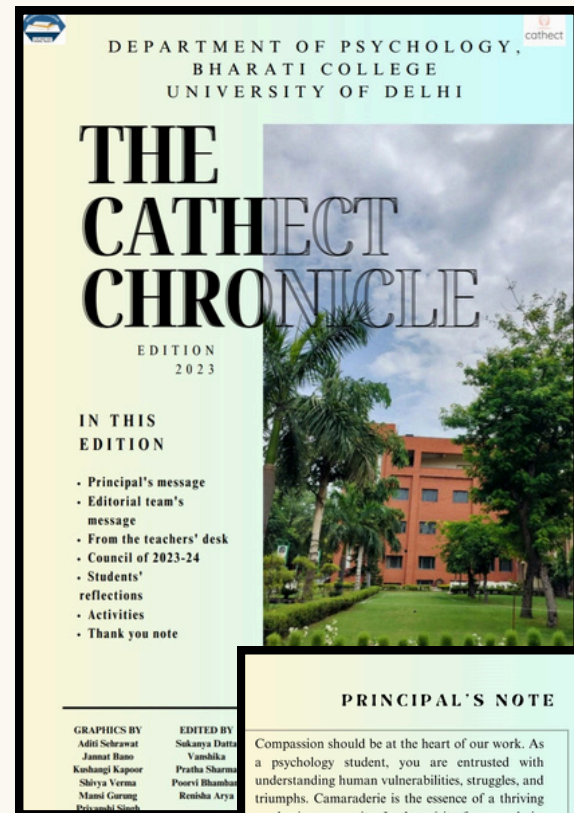


**3 sponsors and 16 stalls set up over  
the span of 2 days**

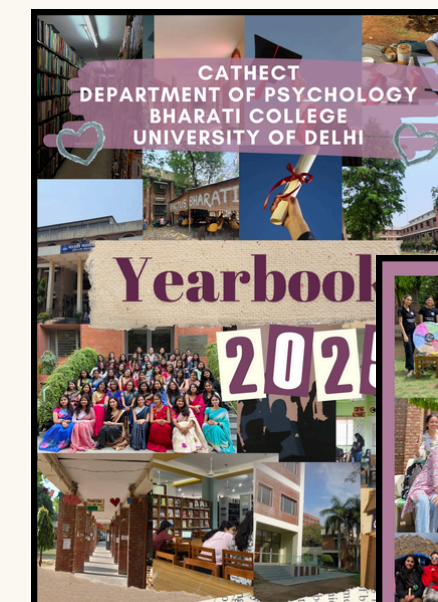
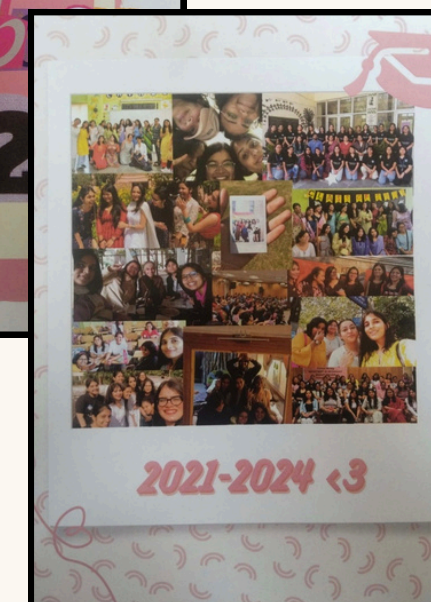
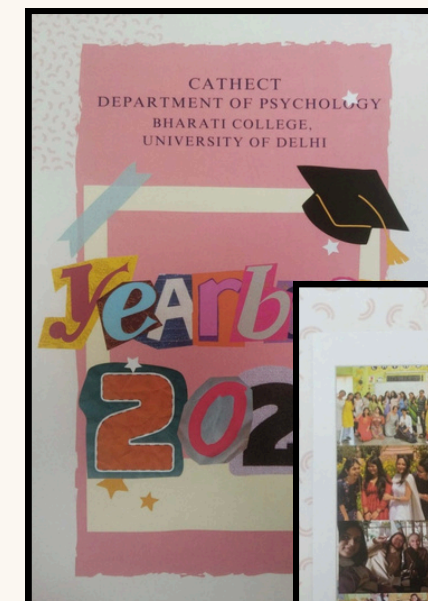
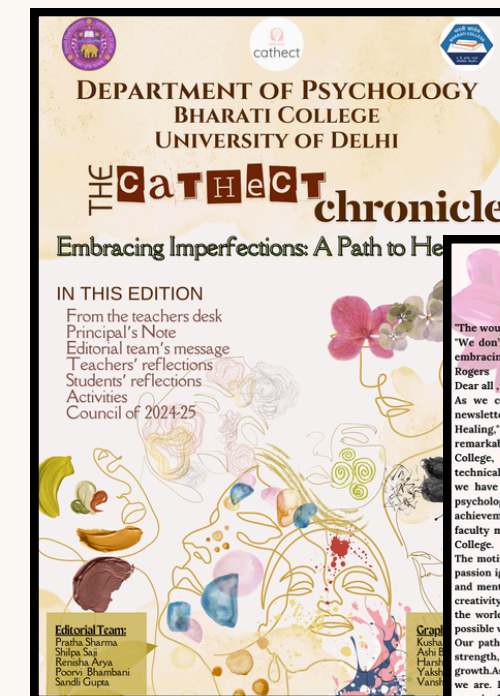


# NEWSLETTERS AND YEARBOOKS

PUBLISHED NEWSLETTERS  
WITH CONTRIBUTIONS  
FROM DEPARTMENT MEMBERS



LATEST  
WITH  
CONTRIBUTIONS  
FROM DIVERSE  
DISCIPLINES

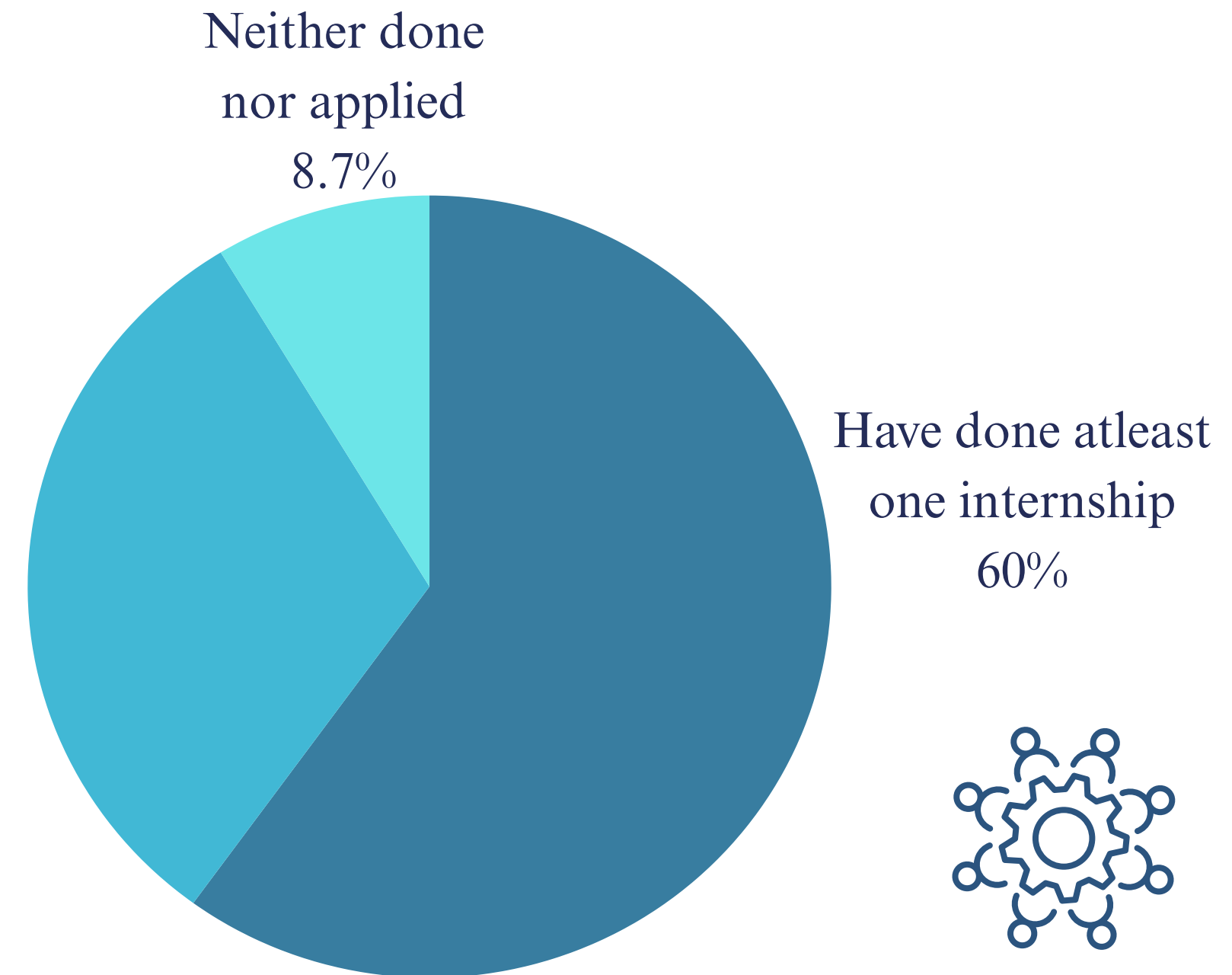






# STUDENT INTERNSHIPS: A DATA ANALYSIS

Pie chart showing the number of students who have either applied for an internship or done at least one internship out of 115 students surveyed from across all three batches of the academic year 2024-25:





# Alumni Meets & Career Guiding Sessions

3 December 2023 (Session 2023-24)

Connect students to professionals in the industry.

Understand the challenges and strengths of the field

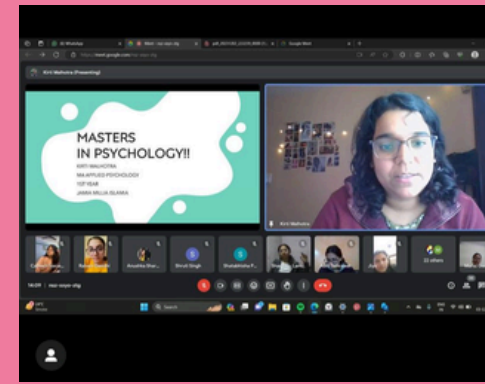
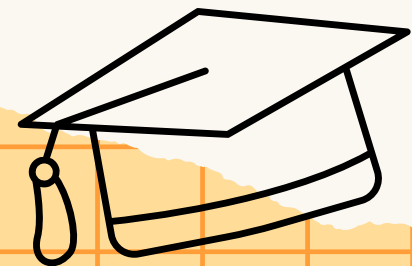
Gain insight on applying for further studies in India and Abroad

Delving into the courses offered by different universities .



Building a community of students to navigate through challenges

7 March 2025 (Session 2024-25)





# 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)



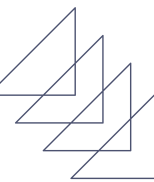
- 2018-2019 , Ishita tandan.

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.



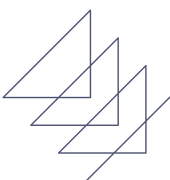
- 2023-24  
Lara Gautam

Research paper on “ From algorithms to empathy: navigating ethics, efficacy and user trust”, published in Psychopedia Journals on March 3, 2025

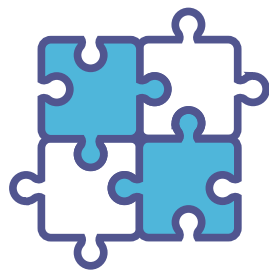


- 2027-28  
Tanisha Chopra

Review paper on “The mental health implications of online social comparison in ageing: A review. Published in Indian Journal of health and well being, December 2024.







# HAPPINESS INDEX PROPOSAL



## Scales Used

Happiness at Work Scale (Singh  
& Aggarwal, 2017)  
Work Self-Efficacy Scale  
(WSES) (Avalone et al., 2007)  
WHO-5 Well-Being Index  
(WHO, 1998)  
Job Satisfaction Measure  
(Dolbier et al., 2005)

## Analysis Tool

IBM SPSS v29.0 (Descriptive stats,  
correlation, regression).

## Ethical Assurance

Confidentiality, informed consent,  
and aggregate-level data reporting.  
Workshop



## Objective

Develop a Happiness Index for  
teaching & non-teaching staff at  
Bharati College, DU.

## Goal

Identify key predictors of happiness  
to enhance HR practices and  
workplace well-being.

## Focus Areas

Job satisfaction, self-efficacy,  
workplace happiness, mental  
well-being, stress, and  
performance.

## Data Collection

Demographics, semi-structured  
questionnaires, and  
standardized scales



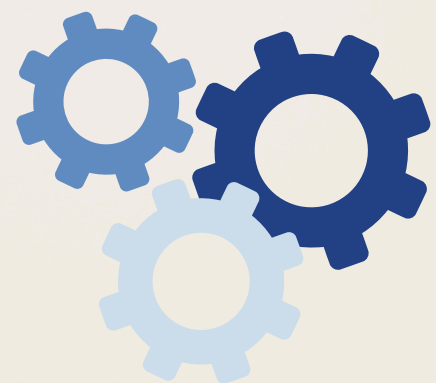


Feelings Ka Adda  
where every feeling matters

# Ongoing initiative

## 'FEELINGS KA ADDA'

Provides a confidential space for students to express their feelings. Integrating theory into practice and spreading mental health awareness





# FEELINGS KA ADDA INITIATIVE



Found in the year 2024, "Feelings ka Adda" volunteers were selected on the basis of interviews by the Founders and supervisor.



Volunteers trained and four MOUs signed with psychologists who agreed to provide counselling sessions at discounted rates to Bharati College students.



Students are informed about the ethical guidelines and provided with a self-help toolkit and Therapist Database when they visit the vent-out space.



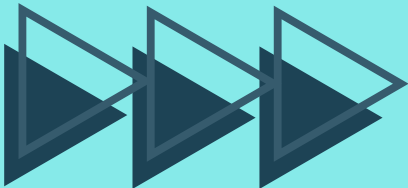
The new core team formed under the supervision of the founding team members of 'Feelings Ka Adda'. Interviews for the members of social media team, creative team, ethical team and Logistics team were held.



Capacity Building Workshops organized on 24<sup>th</sup> February, 4<sup>th</sup> April and 5<sup>th</sup> April, 2025 by 5 renowned Mental-Health Practitioners to train the new members of the team in upholding the ethics and values of the initiative.



Students utilizing the booth are asked to fill a feedback form as well during the Annual fest- Abhivyakti 2025







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



# Alumni



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



# Alumni



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







# ANALYSIS

## STRENGTHS

- Collaborative Network
- Interdisciplinary Approach
- Innovative Teaching Methods (art, dance, music therapy)
- Community engagement initiatives (Feelings ka adda)

## WEAKNESSES

- Faculty Recruitment
- Technology Integration
- Lack of Lab Assistant



# FUTURE VISION



1

Foster research  
skills and  
scientific  
inquiry



2

Signing MOUs  
with Psychiatric  
hospitals



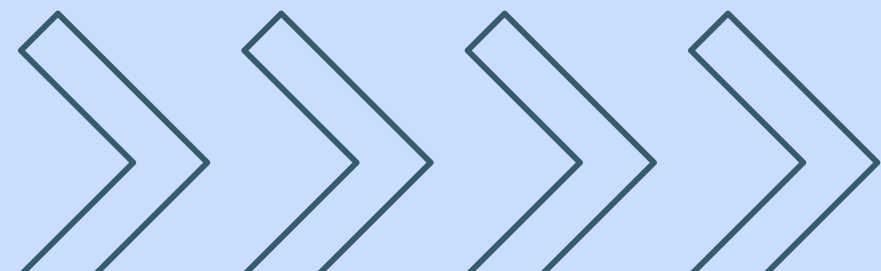
3

Promote ethical  
and culturally  
sensitive  
practices



4

Creating a one  
to one learning  
space for  
students





# Catnect Council







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***Thank you***

