

Psychology Department

1) Message from the HODs desk:

Welcome to the Psychology department of Jai Hind College where your passion for psychology will be honed to fruition during the course of three academic years. I find that every student comes with a unique world view. Hopes, aspirations talents, aptitude, hard work and a kind heart are the ingredients that they bring along. As a psychology student there is a vast range of career opportunities. Clinical Psychology, Industrial Psychology, Counseling Psychology, Sports Psychology, Child Psychology and Community Psychology are some of them .We provide plenty of opportunities for students to convert their dream of psychology into a realistic creative and scientific pursuit. Teachers and students learn - relearn together to keep updated with current developments in the field in India and the world. Our students are dear to us and we are proud of them. They make their way into the world as conscientious citizens with a will to better mental health at a personal and professional level.

2) Message about the department:

History

Psychology Department was established in the year 1948 making Jai Hind College one of the three colleges affiliated to the University of Bombay (now Mumbai) to have a Psychology Department at that time. Its founder Mr. A.K. Jaindari was a fine scholar and was responsible for adding valuable books on Psychology to the library. He was the Vice Principal at the time of retirement. Another bright member of the department , Ms.Aban Panthaky Billimoria left for the USA in the 1960s for her doctoral studies and later became the Provost and Assistant Vice Chancellor of Chicago State University . The Department is proud to have had students like Mr. Vallecha , who later joined the Department faculty . He went on to become an Industrial Psychologist. He is well known for having designed the "Vallecha Scale", which has been used internationally.

Faculty : Three member department

Teachers of the department are very approachable; provide academic and personal counseling as per the needs of the students

Key activities: Certificate Course on Life Skills, Certificate Course on Research Methodology, International and National level Competitions and Events, Annual Publications of the department- Journal of Psychology ISSN 2321-4023 & Department Magazine ‘Espectro Psicologico’, Guest lectures, Field Visits , Internships

Student Profile: Students with high merit in Intermediate level exams join for Psychology at FYBA level. They need to have basic knowledge of the fundamental concepts of Psychology. Further, they must be well versed in spoken and written English.

Contribution to community service: Students are encouraged to work with NGOs and other institutions which address issues of differently abled people and special people belonging to different age brackets and socio-economic strata.

Activities of the Department:

- Field trips,
- Internships,
- Two Certificate Courses to enhance students research temperament and life skills,
- Guest Lectures by Experts from the field,
- Paper Presentations by students in International and National level conferences,
- Internships in NGOs,
- Student participation in various seminars on psychology conducted by Institutes like Masina Hospital, Fortis Mahim, Vahishta Foundation, Samaritans, NSP, University of Mumbai
- Annual Publication - 'Espectro Psicologico'- Department magazine
- Annual Publication - 'Journal of Psychology-Jai Hind College', ISSN 2321-4023
- Annual Festival 'Psyc Insight' organized at International level and National Level using online mode and offline mode

These are the hall mark events organised by the department through the Psychology Association.

USP :

A student friendly department that attracts highly motivated students with a zest for community service and high academic standards

3) Faculty details:



Ms NK Jyothi



Dr. Ruchi Dubey Chaturvedi



Dr. Freyana Shinde

- I. Passport size photo: (Dimensions 200 x 230 pixels (preferred),Size of file should be between 20kb-50 kb) jpeg format
- II. Name: 1)Ms. NKJyothi
2)Dr. Ruchi Dubey Chaturvedi
3) Dr. Freyana Shinde
- III. Designation 1)Associate Professor. HOD
2)Associate Professor
3) Assistant Professor
- IV. Qualification
- V. 1)MA Psychology
2)PhD.Industrial Psychology NET JRF
3)PhD.Clinical Psychology
- VI. Specialization 1)Industrial Psychology
2) Industrial Psychology
3) Clinical Psychology
- VII. Experience in years :**
 - 1) **27 years**
 - 2) **22 years**
 - 3) **6 months**

Research:

a. Publications:

Dr. Freyana Shinde -

1. Title of the paper - 'Does spirituality act as a buffer against suicide'
Authors - **Freyana Shinde** and Dr. Rekha Wagani
Name of the journal- *Journal of Psychosocial Research*
ISSN no - 0973-5410 (Print), 0976-3937 (Online) Vol - 14. no 2, page no - 249-256
Year - June- December 2019
2. Title of the paper - "An Exploratory study on Coping in Abusive Relationships while Dating"
Authors - **Freyana Shinde** and Dr. Rekha Wagani
Name of the journal - *Anvesak*
ISSN No: 0378-4568 Vol 52, No 1 (III), page no- 54-60
Year- January- June 2021-22 (UGC-CARE Group 1 Journal).
3. Title of the paper - "Perceived Negative Childhood experiences on the mental health of Adolescence"
Authors- **Freyana Shinde** and Dr. Rekha Wagani
Name of the journal- *Anvesak*
ISSN no- 0378-4568 Vol 52, No 1 (III), page no - 46-53
Year - January - June 2021-22 (UGC-CARE Group 1 Journal).
4. Title of the paper - "The Role of Spirituality on Suicide Prevention and well-being: An Exploratory Inquiry"
Authors - **Freyana Shinde** and Dr. Rekha Wagani
Name of the journal - *Indian Journal of Physical Education, Sports and Allied Sciences*
ISSN – 2229-550X(P) Vol 12, Issue 1, page no - 54-61
Year -January 2022
5. Title of the paper - "User's Experiences of a Web-based Suicide Prevention Program for College Students: A mixed method's approach."
Authors - **Dr. Freyana Shinde** and Dr. Rekha Wagani
Name of the journal - SCOPUS reviewed journal *Brill: Perspectives of Global Development and Technology (PGDT)*
Issue 21:3 (2023), ISSN no (Print) - 1569-1500 and (Online) ISSN: 1569-1497, pages 292-313
Year- January 2023

b. Paper Presentations:

1. Title of the paper- “An Exploratory study on Coping in Abusive Relationships while Dating”

Authors - **Freyana Shinde** and Dr. Rekha Wagani

Name of the Conference - National Conference on Community Mental Health (NCCMH):
Explanation and Exploration

Place- Amity University Mumbai

Date/Year - 14-15th February, 2020

2. Title of the Paper - “User's Experience of a Web-based Suicide Prevention Program for college students: A mixed methods study”

Authors - **Freyana Shinde** and Dr. Rekha Wagani

Name of the Conference - 57th National & 26th International Conference of Indian Academy of Applied Psychology/ Theme -Relevance of Psychology during the Pandemic Condition & It's Impact on Well-being in the Digital World.

Place- Mizoram University/ Hybrid mode

Date/Year - 27-29th January, 2022

3. Title of the Paper - “A pilot study exploring the efficacy of a web-based suicide prevention program "Happetite" for Indian young adults”

Authors - **Freyana Shinde** and Dr. Rekha Wagani

Name of the Conference - Developing New India:Through Social Sciences , Humanities

Place- Shia P.G. College/Hybrid

Date/Year - 29th-30th October, 2022

c. Research Projects: Collaborator on “A comprehensive Program on Screening and Prevention of Suicide in Young Adults”

Affiliated to UNESCO's Open Education for a Better World Project

Year - 2020

Research Area of Interest - Suicide Prevention, Positive Psychology, Intervention Planning/Development, Human Computer Interaction (HCI), Adolescent and Child Psychology.

Research:

Publications:

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Name of the journal- *Journal of Psychosocial Research*

ISSN no - 0973-5410 (Print), 0976-3937 (Online) Vol - 14. no 2, page no - 249-256

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Date/Year - 14-15th February, 2020

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Affiliated to UNESCO’s Open Education for a Better World Project

Year - 2020

VIII. E-mail Id 1) jyothi.nk@jaihindcollege.edu.in

2) ruchi.chaturvedi@jaihindcollege.edu.in

3. freyana.shinde@jaihindcollege.edu.in

4) **Courses offered**

Sr.No	Course name	diploma/certificate	Aided/Self financed
1.	BA Psychology	Degree	
2.	Life skills	Certificate Course	
	Research Methods	Certificate Course	

5) Supporting Staff: NA

6) Society/cell under department –

Psychology Association

21-22

Counselling professionals, namely Hoori Shah, Naina Shahri, Yesha Jhaveri and Bhavna Lalwani were invited as guest lecturers to give students practical insights on various counselling techniques. Experts from the field like Kedar Mirchandani, Radhika Bhargava and Darshana Sardesai, too, were invited to provide career guidance to the final year students.

Mental Health centric NGO Safe Space had interactions with the students, educating them about the importance of suicide prevention.

The department took its annual intercollegiate fest ‘Psyc Insight’ to an international level in its edition VII this year. Various teams from across the globe and various parts of India participated in its flagship events.

Dr. Chaturvedi released the XV edition of the department magazine ‘Espectro Psicologico’ in which FY students contributed micro research-based articles.

Dr. Chaturvedi guided TYBA research projects and these were selected for presentation at the Avishkar Research Convention and at Bombay Psychological Association (BPA) Conference. These papers will then be considered for publication in the Journal of Psychology Volume XIV (ISSN 2321 – 4023)

20-21

- Dr Ruchi took the initiative to organize a series of nine webinars for the students. The objective was to ensure the well-being of students, keep their morale high and also to orient them about various PG Programs. The interactive sessions covered a vast array of topics.
- Renowned psychiatrist Dr. Avinash Desousa conducted a workshop to help students de-stress and build their general well-being, which was highly beneficial, since everyone's lives had been impacted due to the pandemic.
- Ms Naima Rahimtulla conducted an interesting webinar to enhance student's enthusiasm by indulging in self-care and self-grooming during the lockdown phase.
- Students got the opportunity to attend a number of webinars related to various fields and careers in psychology, which truly benefited them in terms of deciding future plans and educational goals.
- Sara Rouhzad conducted a highly intriguing workshop on Psychoanalysis, and the career options in this school of psychology. While India was shocked by the untimely demise of some celebrities,
- Ms Pragya Lodha and Ms Janki Patel conducted a webinar, addressing the mental health concerns surrounding Bollywood celebrities, which was extremely relevant and raised awareness.
- Laveena Kalra conducted a fabulous workshop on dance therapy and its mental health benefits.
- PRANA Pan India, a volunteer-run movement associated with plasma for COVID-19 conducted two webinars on the topic of Youth Matter, and Hope.
- LGBTQ activist Harish Iyer had an intimate, interesting discussion on his experiences with Gender Dysphoria, which promoted a lot of awareness and understanding about this sensitive topic.
- In the field of Industrial Psychology, Vibhuti Duggar provided an insightful workshop on the concept of training methods in organizations.
- Ms. Hoori Shah, one of our alumni, had an interesting discussion with the psychology majors, on the most integral aspect of counselling, that is empathy.
- Counselor Binaifer Sahukar conducted a session in the month of January 2021 on 'Solution focused brief therapy'.
- Counselor Zui Bapat spoke on the Profession of counseling in the month of September 2020

Magazine and Journal of Department were published under guidance of Dr. Ruchi

19-20

- On the research front, students showcased excellence by presenting papers at the International Conference of IALSE and the National Conference of BPA.
- Students also presented various papers at the E-Shodh competition organized by Jai Hind College.
- Dr Ruchi was the Internal Judge for Humanities section and had invited External Judges of high repute from Mumbai University, Delhi University and Pune University.
- Another roaring success for the department was the 7th edition of the department's
- flagship intercollegiate event- Psyc Insight. The event saw large-scale participation from colleges across the city. The students had worked diligently and received praises from the participants for the brilliant aesthetics, innovative events and the warm hospitality.
- Dr. Ruchi organised the following
 - Workshops on Art Therapy, Zentangle and Rorschach Inkblot Test.
 - XIIIth edition of the Magazine- 'Espectro Psychologico' and XIIIth Edition of
 - JOP-JHC.
 - Life skills Course
 - Research methods course

18-19

- Career Counsellor, Dr Pratibha Jain gave several noteworthy talks to the students regarding higher studies in educational institutions abroad.
- A brilliant Art Therapy workshop was conducted by Ms Shraddha Vora
- Seminar was also conducted by IMS to enlighten the students about the preparation for CAT and GMAT exams. Representatives from MPower apprised students about internships and volunteer work they could undertake to help improve the mental health of people.
- Under Autonomy, Dr Ruchi introduced a Certificate course on Life skills. Ninety Eight FY students enrolled for it. Eight Certified Masters in Life Skills were the resource persons for this course. In the interesting and interactive sessions the students learnt about four Social and Negotiation Life Skills: Self-Awareness, Empathy, Communication and Interpersonal Relationships.
- Research is one of the most highlighted feature of the department. Under the guidance of Dr. Ruchi, student teams from SY and TY presented research papers at the BPA Annual Conference and in research competitions held at KJ Somaiya college and PN Doshi college.
- Under the mentoring of Ms Jyothi, the TY students explored and presented various issues relating to the field of Organizational Behavior.

- The department held its 5th intercollegiate festival 'Psyc Insight 2019' on 8th January 2018. This event was a mega hit this year with a footfall of around a 400 students from colleges across Mumbai and Pune.
- Students went for an industrial visit to Global Vipassana Pagoda to learn about the ways to attain mental peace and cope with daily stressors.

Upcoming events:

- Tentative dates of the departmental event with the name of the resource person.(if possible image of the event)
- Journal of Psychology May 2023
- Espectro Psicologica May 2023
- Psycinsight December 2023

7) Student Achievement

21-22

- Kuhoo tiwari, Labdhi Shah : Sumitomo scholarship
Soochit Bhat : Priyadarshini scholarship
- Two TY student groups from the department - AP5 (Soochit Bhat, Gayatri Rao and Krittika Malhotra) and AP4 (Ferangiz Hozdar, Labdhi Shah and Ashutosh Chopra) also won the national level E-Shodh Research Meet organised by Jai Hind College, and their research papers were thus selected for publication in the journal 'Different Strokes' (ISSN 2249 – 7471).

8) *Alumni Profile*

Post Graduate students in India and foreign universities, Clinical Psychologists (Nishaat Mukkadam, Hinal Jethania, Tulsi Mehta, N. Tamhane ; all practicing in USA), Clinical Psychologist with Licensed RCI (Shyamolie Chatterji), (Counseling Psychologists(Naina Shahri, Bhavana Lalwani, Sara Rouhzad, Yesha Zaveri , Kedar Mirchandani), HR professionals (Aarti Amin , Ahad Dewolkar, Shivam Talreja) Academicians (Yashika Shah, Jasleen Sachdev, Radhika Bhargava, Dr Freyana Shinde) , Entrepreneurs (Arjun Chugh, Nischay Pritamani), Research Scholars (Lamia Bagasarwala, Nishaat Mukadam) Merit Rankers in Post Graduate programs (Gold

medalist at IIT Gandhinagar MSc in Cognitive Psychology ,2019 Samruddhi Damle , Late Smt Sheela Ganesh Savadikar Prize for highest number of marks in entire psychology at MA Examination- Nupur Pai). Sports Psychologist (Maithili Bhuptani) , Social Workers (Saumya Bahuguna, Shreya Sreedharan,) ,Music Therapists& Musicians - Vishaka and Kamakshi Khurana), Youtube icon (Karan Chugh) , Criminologist Psychologist and Social Worker (Khyati Sharma), Young India Fellow (Anagha Shetty, Kuhoo Tiwari)

9) **Addendum –**

Smt. Monica Kumar Retired after 36 years of service on October 31 2022. MA Counseling Psychology , Chairperson Unfair means Committee