



**O.P. JINDAL GLOBAL**  
INSTITUTION OF EMINENCE DEEMED TO BE  
**UNIVERSITY**  
A Private University Promoting Public Service



**Jindal School of  
Psychology & Counselling**  
India's First Transdisciplinary Psychology School

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

# PSYCH



# INFO

Volume 6: June 2025 – May 2026



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# DEAN'S MESSAGE



The 2025-26 academic year was one of significant growth and achievement for the Jindal School of Psychology & Counselling (JSPC). As we reflect on the past year, I am proud of the remarkable progress made by our students, faculty, staff, and alumni in advancing JSPC's mission of excellence in psychology education, research, and professional training.

Among the year's most important milestones was the launch of our M.Sc. Counselling Psychology programme. In August 2025, we welcomed the inaugural batch of postgraduate students, marking a major step forward in the school's evolution. The programme was developed in response to the growing need for highly qualified mental health professionals and has already contributed to a richer academic environment through advanced coursework, professional training, and increased opportunities for research and mentorship.

The school also expanded its educational reach through the introduction of the blended B.Sc. Psychology programme in partnership with Coursera. Launched in October 2025, the programme represents an innovative approach to psychology education, combining academic rigour with flexible delivery. Through this initiative, JSPC has extended access to high-quality psychology education to learners in India and across the world.

The year also brought important recognition for the quality of our academic programmes. O.P. Jindal Global University was ranked as having the second-best psychology programme in India by the Times Higher Education. This recognition affirms our commitment to maintaining the highest standards of teaching, scholarship, and student support.

Research activity continued to expand across the school. In September 2025, we held the third annual JSPC Student Research Conference, attracting student participants from across the country. Faculty members and students contributed to scholarly publications, conference presentations, and interdisciplinary collaborations addressing issues of mental health, cognition, psychotherapy, neurodiversity, and human behaviour. Our affiliated centres—the Emotion and Cognition Research Centre, the Centre for Neurodiversity Studies, and Aagahii, the Centre for Psychotherapy Research and Training—continued to strengthen JSPC's research profile while providing valuable opportunities for student engagement in scientific inquiry.

Experiential learning remained a defining feature of the JSPC student experience. Through internships and field placements in hospitals, mental health centres, schools, businesses, government agencies, and non-governmental organizations, our students gained practical experience while contributing meaningfully to the communities they serve. At the same time, international collaborations, exchange opportunities, and global academic partnerships continued to broaden the horizons of our students and faculty alike.

Most importantly, this year witnessed the continued growth of our academic community. Our students distinguished themselves through academic achievement, leadership, research engagement, and service. Our faculty continued to innovate in teaching and scholarship, while our professional staff ensured that students received the support necessary to thrive both academically and personally.

As we look ahead, JSPC remains committed to expanding opportunities for learning, research, and professional development while responding to the evolving needs of society and the mental health profession. The successes of this year provide a strong foundation for future growth, and the coming academic year promises to be another important milestone in the school's development.

By Fall 2026, JSPC is expected to exceed 1,100 students across its programmes, including our residential and blended programme. This remarkable growth positions JSPC among the largest psychology programmes in India and reflects the increasing demand for high-quality psychology education, as well as the confidence that students and families place in our institution. As our community continues to expand, we remain dedicated to preserving the close mentorship, academic rigor, and student-centred learning environment that have become hallmarks of the school.

I extend my sincere gratitude to all members of the JSPC community for their dedication, hard work, and accomplishments throughout the year. Together, we are building a vibrant and impactful institution, and I look forward to what we will achieve in the years ahead.

**DERICK H. LINDQUIST, Ph.D.**

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# Major Milestones @ JSPC

## Launch of the M.Sc. Counselling Psychology Programme

JSPC welcomed the inaugural cohort of its M.Sc. Counselling Psychology programme in August 2025. Developed in response to the rising demand for qualified mental health professionals, the programme deepens the school's postgraduate offering through advanced coursework, supervised professional training, and expanded research and mentorship opportunities.

## Launch of the Blended B.Sc. Psychology Programme

In October 2025, JSPC introduced its blended B.Sc. Psychology programme in partnership with Coursera, pairing academic rigour with flexible online delivery to reach learners in India and worldwide. First-year intake spanned two cohorts (September 2025 and April 2026) totalling 337 learners across more than twenty nationalities.

## Memoranda of Understanding (MoUs) Signed

In line with its commitment to experiential and community-engaged learning, JSPC signed a series of Memoranda of Understanding (MoUs) with leading schools and organisations to strengthen collaboration in tele-counselling and mental-health support. Representing JSPC and O.P. Jindal Global University, the MoUs were signed by Prof. (Dr.) C. Raj Kumar (Professor & Founding Vice Chancellor), Prof. Dabiru Sridhar Patnaik (Professor & Registrar), and Prof. (Dr.) Derick H. Lindquist (Professor & Dean).

The school is proud to partner with Orchid International School (Mrs. Ranjoo Mann, Pro-Vice Chancellor, and Mr. Dhruv Pratap Singh), SKSS Old Age Home (Mr. Anand Kumar), Bright Scholar School (Ms. Kiran Dalal, Principal), Breather Mental Health (Ms. Sanober Memon, Founder & Clinical Psychologist), The Coping Central (Ms. Utkarsha Jagga, Founder & Director), and Selves and Spaces (Ms. Kanaga Lakshmi). Together, these partnerships strengthen mental-health support and community engagement through meaningful, collaborative work.



# Major Milestone @ JSPC

## Memoranda of Understanding (MoUs) Signed

These collaborations mark an important step toward expanding access to psychological support while offering JSPC students practice-oriented, hands-on exposure through tele-counselling initiatives.





# Major Highlights @JSPC

## Ranked 2nd in India — Times Higher Education

O.P. Jindal Global University was ranked as having the second-best psychology programme in India by the Times Higher Education, affirming JSPC's standards in teaching, scholarship, and student support.

**RANKED  
INDIA'S  
NO. 2  
UNIVERSITY**  
*for*  
**PSYCHOLOGY**

*in*

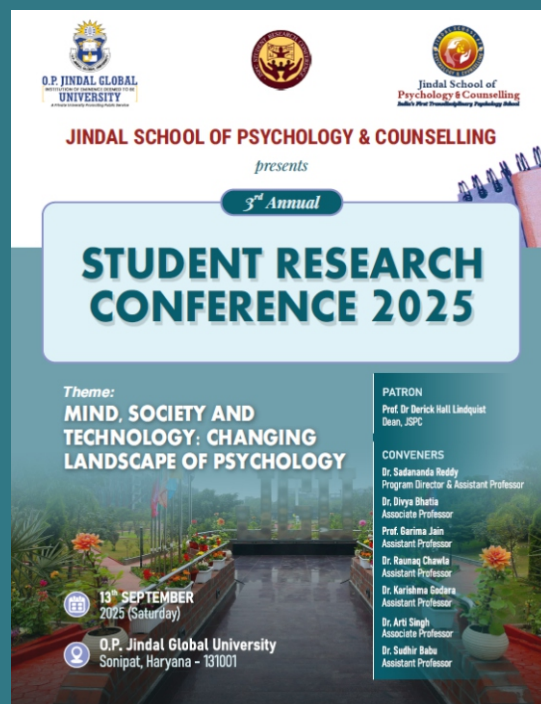


**World University  
Rankings 2026  
by Subject**

# Major Highlights @JSPC

## 3rd Annual Student Research Conference (SRC 2025)

Themed 'Mind, Society and Technology: Changing Landscape of Psychology', the third annual SRC drew student participants from across the country. Program Director Dr. Sadananda Reddy (Assistant Professor, JSPC) anchored the day; the welcome address was given by Dean Prof. (Dr.) Derick H. Lindquist and the inaugural address by Registrar Prof. Dabiru Sridhar Patnaik. The keynote, 'Understanding the Psychosocial Effects of Gaming and AI in Children and Adolescents', was delivered by Prof. (Dr.) Manish Kumar Asthana (Associate Professor of Psychology, IIT Roorkee). The plenary, 'Application of AI in Mental Health Practice: Boon or Bane?', was given by Prof. (Dr.) Naveen Grover (Head, Centre for Psychotherapy Integration and Supervision, IHBAS, Delhi). The programme also featured a student panel on youth mental health, a lunch poster session, oral paper presentations, and a valedictory with award distribution.





# Major Highlights @JSPC

## JGU × RHUL Research Sandpit

A two-day research 'sandpit' igniting collaborations between O.P. Jindal Global University and Royal Holloway, University of London, across seven themed sessions pairing JSPC and RHUL chairs: education and student wellbeing, severe mental health, cognition and neuroscience, cross-cultural dynamics, mindfulness and relationships, health psychology, and media and technology. JSPC chairs included Dr. Divya Bhatia, Dr. Poornima Viswanathan, Dr. Kirti Tyagi, Dr. Meenakshi Banerjee, Dr. Arpita Gupta and Dr. Sudhir Babu, with Dean Prof. (Dr.) Derick H. Lindquist. RHUL chairs included Prof. Narender Ramnani (Associate Dean and President of the British Neuroscience Association), Dr. Nicholas Furl, Dr. Jakke Tamminen, Dr. Nura Cabral Sidarus and Vanita Chamdal.

**Research Sandpit JGU x RHUL**

### Relational Pedagogy and Student Well-Being in Higher Education

Dr. Poornima Viswanathan  
Drawing on joint work with Dr. Mehak Sikand

**RESEARCH SANDPIT**  
DISCUSSIONS IGNITING COLLABORATIVE RESEARCH BETWEEN  
**O. P. JINDAL GLOBAL UNIVERSITY & ROYAL HOLLOWAY UNIVERSITY OF LONDON**

**PROGRAM SCHEDULE**

**Thursday 28th February 2026**

- Education and Student Wellbeing 09:00-10:00 (GMT) | 14:30-15:30 (IST)
- Severe Mental Health Challenges 10:15-11:15 (GMT) | 15:45-16:45 (IST)
- Cognition, Neuroscience, Learning, Memory & Decision-Making 11:30-12:30 (GMT) | 17:00-18:00 (IST)
- Cross-Cultural and Intergroup Dynamics 11:30-12:30 (GMT) | 17:00-18:00 (IST)

**Friday 27th February 2026**

- Mindfulness, Compassion & Relationship Health 09:00-10:00 (GMT) | 14:30-15:30 (IST)
- Health Psychology & Chronic Illness 10:15-11:15 (GMT) | 15:45-16:45 (IST)
- Media & Technology 11:30-12:30 (GMT) | 17:00-18:00 (IST)

For more info, contact the organisers:  
Deepali Taneja, JGU Email: dtaneja@jgu.edu.in  
Kyle Jasmin, RHUL Email: Kyle.Jasmin@rhul.ac.uk

**Results**

**Subjective pain ratings**

Bar chart showing pain ratings for three conditions: BL (no touch), Slow affective Touch, and Fast neutral Touch. The y-axis is 'Pain Rating' from 0 to 10. The x-axis shows the conditions. Significance markers: \*\* for BL vs Slow affective Touch, \* for BL vs Fast neutral Touch, and \*\* for Slow affective Touch vs Fast neutral Touch.

**Electrophysiological responses**

Line graphs showing amplitude (µV) over time (ms) for N1 and N2-P2 components. The y-axis is 'Amplitude (µV)' from -0.5 to 0.5. The x-axis is 'Time (ms)' from 0 to 1000. The legend indicates: Dashed line (no touch), Solid line (slow touch), and Dotted line (fast touch). Significance markers: \* for N1, \*\* for N2-P2.

\*not typically modulated by social support

=> Slow, affective touch attenuates pain ratings, the N2-P2 amplitude, & the N1

Von Mohr, Krahe, Beck & Fotopoulou, 2018, SCAN

**Participants**

Type a name

Share invite

**Presenters (5)**

- DT Deepali Taneja Organizer
- CM Mehta, Clare
- N Nitya
- S Sanchita Singh
- MV Vonmohr, Mariana

**Attendees (7)**

- Amanpreet Kaur
- Hajara Abdul Hameed
- KJ Jasmin, Kyle
- AM Majumdar, Anne
- Manjushree Palit
- NS Nura Cabral Sidarus
- MB Meenakshi Banerjee

# Major Highlights @JSPC

## National Conference: Mental Health Disparities among Marginalized Groups

A national conference on 'Addressing and Navigating Mental Health Disparities among Marginalized Groups', convened by Dr. Arti Singh, Dr. Kriti Gupta, Dr. Sangeeta Yadav and Dr. Smriti Pathak (JSPC) with Dr. Kumari Vibhuti Nayak (Centre for Studies in Social Sciences, Calcutta). The keynote was delivered by Prof. (Dr.) Kumar Ravi Priya (Professor of Psychology, IIT Kanpur). Two thematic sessions chaired by Prof. (Dr.) Chetan Sinha (Jindal Global Law School) and Dr. Prashant Negi (Jamia Millia Islamia) addressed wellbeing antecedents and outcomes, cultural nuances in designing mental-health interventions, and stigma, accessibility and the role of technology.



## Research grant won by 3 JSPC faculties

Dr. Divya Bhatia (PI), Dr. Arpita Gupta, and Dr. Kirti Tyagi (Co-PIs) won a competitive research grant for their project: "Memory and Selfhood in the Digital Era: The Role of Social Media." This timely study will shed light on how sharing personal memories online shapes both our sense of self and our engagement with social media.





# Major Highlights @JSPC

## Student Council Installation & Student Awards Ceremony

JSPC marked the transition of student leadership and celebrated outstanding student contributions across an evening of installation and awards — the stepping-down of the 2025-26 council and the installation of the 2026-27 council, alongside recognition of students' achievements and accomplishments.

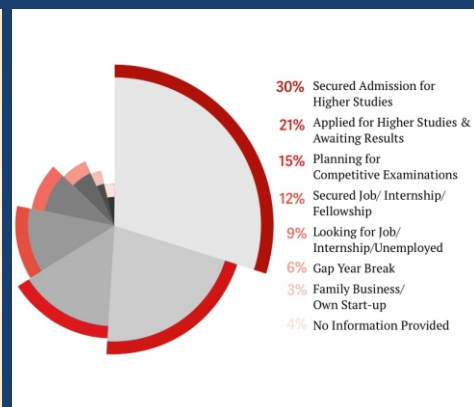


# Major Highlights @JSPC

## Placements & Internships

Experiential learning remained central to the JSPC experience, with students completing internships and field placements across hospitals, mental-health centres, schools, businesses, government agencies and NGOs. Graduating students of 2024-25 progressed to higher studies and professional roles in India and abroad. Indian destinations included O.P. Jindal Global University, Amity University, the University of Delhi, Ambedkar University Delhi, IMI New Delhi, FORE School of Management, Christ University and Kristu Jayanti College (Bengaluru), Manipal Academy of Higher Education, NMIMS Mumbai, FLAME University, and Symbiosis. International destinations included the University of Texas, Columbia University and the University of Chicago (North America), and UK universities including University College London, Queen Mary University of London, the London School of Economics and Political Science, and the Universities of Manchester, Glasgow, Liverpool, Newcastle, Loughborough, Plymouth and Chester.

### JSPC UG Placements (2024-25)



| HIGHER EDUCATION                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | WORKPLACE                                                                                                                                                                                                                                                  |                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COLLEGE/UNIVERSITY/INSTITUTION                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | APPOINTMENT/INTERNSHIP                                                                                                                                                                                                                                     |                                                                                                                                                                                                |
| <b>NORTH INDIA</b> <ul style="list-style-type: none"> <li>O.P. Jindal Global University</li> <li>Amity University</li> <li>Delhi University</li> <li>IMI New Delhi</li> <li>Indian Institute of Psychology and Research</li> <li>Ambedkar University Delhi</li> <li>FORE School of Management</li> </ul> | <b>UNITED KINGDOM</b> <ul style="list-style-type: none"> <li>Newcastle University</li> <li>Queen Mary - University of London</li> <li>University College London</li> <li>University of Chester</li> <li>University of Glasgow</li> <li>University of Liverpool</li> <li>University of Loughborough</li> <li>University of Manchester</li> <li>University of Plymouth</li> <li>London School of Economics and Political Science</li> <li>Aston University, University in Birmingham, UK</li> <li>King's College London</li> <li>University of Bath</li> <li>University Bristol</li> <li>University of Leeds</li> <li>University of Nottingham</li> <li>Heriot-Watt University</li> <li>Durham University</li> <li>University of Kent</li> </ul> | <b>EDUCATIONAL</b> <ul style="list-style-type: none"> <li>OP Jindal Global University</li> <li>Green Good Eco tech</li> <li>Standard Chartered Bank India</li> <li>BCG Graduate Apprenticeship Program 2025</li> <li>Embrace Consulting</li> </ul>         | <ul style="list-style-type: none"> <li>VOMS Pvt Ltd</li> <li>Grand Thornton Bharat LLP</li> <li>SoDelhi</li> <li>Sattva Consulting</li> <li>Jxtapose Creative Spaces &amp; Services</li> </ul> |
| <b>SOUTH INDIA</b> <ul style="list-style-type: none"> <li>Christ University, Bangalore</li> <li>Kristu Jayanti College, Bangalore</li> <li>Manipal Academy of Higher Education</li> </ul>                                                                                                                | <b>AUSTRALIA</b> <ul style="list-style-type: none"> <li>Deakin university</li> <li>University of Western Australia</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>HEALTHCARE</b> <ul style="list-style-type: none"> <li>Mind Waves</li> <li>Arunit-center for Psychological Management</li> <li>Starlet Fitness</li> <li>HeadSpace</li> <li>Masina Hospital</li> <li>Starlit Services</li> <li>Reboot Wellness</li> </ul> | <b>IT SOLUTIONS</b> <ul style="list-style-type: none"> <li>Total Application Software Company</li> <li>Pentagons</li> <li>Genpact, Gurugram</li> <li>Pioneer E Solutions</li> </ul>            |
| <b>WEST INDIA</b> <ul style="list-style-type: none"> <li>NMIMS Mumbai</li> <li>Flames University</li> <li>Bangalore City University (IIPR)</li> <li>Symbiosis Institute of International Business</li> <li>DES Pune University</li> </ul>                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>MULTINATIONAL PROFESSIONAL SERVICES</b> <ul style="list-style-type: none"> <li>KPMG</li> <li>Marketing Agency</li> <li>Bigbulls.77</li> <li>Times Now Music</li> <li>WPP</li> </ul>                                                                     | <b>NGO</b> <ul style="list-style-type: none"> <li>Teach For India</li> <li>Aashray Foundation</li> <li>Bezt Labs</li> </ul>                                                                    |
| <b>NORTH AMERICA</b> <ul style="list-style-type: none"> <li>The University of Texas</li> <li>Columbia University</li> <li>University of Chicago</li> </ul>                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>E-COMMERCE</b> <ul style="list-style-type: none"> <li>MarketInc</li> </ul>                                                                                                                                                                              | <b>IMPORT EXPORT COMPANY</b> <ul style="list-style-type: none"> <li>TRB Exports</li> </ul>                                                                                                     |
|                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                            | <b>HOUSING SECTOR</b> <ul style="list-style-type: none"> <li>Amit Enterprises</li> </ul>                                                                                                       |



# Major Highlights @JSPC

## B.Sc. (Blended) Psychology — Year One Trends



# Faculty Development Programmes

## FDP - 1

### "Faculty Research Toolkit"

A hands-on workshop on 'Faculty Research Toolkit: Exploring Library Resources, Literature Search, and Mendeley.' Speakers: Prof. M. Madhan (Professor of Library Science & Director, Global Library) on Literature Search; Tulika Kumar (Junior Librarian, Global Library) on Library Resources; and Arjun K. Dinesh (Assistant Librarian, Global Library) on Mendeley equipping faculty to navigate scholarly databases and manage references efficiently.



**JSPC's Faculty Development Program-I Fall 2025**

**A WORKSHOP ON**

**Faculty Research Toolkit: Exploring Library Resources, Literature Search, and Mendeley**

**Speakers**

| Topic                                                                              | Topic                                                                               | Topic                                                                               |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Literature Search                                                                  | Library Resources                                                                   | Mendeley                                                                            |
|  |  |  |
| <b>Prof. M. Madhan</b><br>Professor of Library Science & Director, Global Library  | <b>Tulika Kumar</b><br>Junior Librarian, Global Library                             | <b>Arjun K. Dinesh</b><br>Assistant Librarian, Global Library                       |



## FDP - 2

### Advancing Research at JGU: Policies, Grants, & Institutional Processes

'Advancing Research at JGU: Policies, Grants, and Institutional Processes', facilitated by the Office of the Dean of Research (ODR), O.P. Jindal Global University. The session covered authorship and publication ethics, applying to internal grants with detailed institutional processes, and the responsible use of AI tools in grant applications and scholarly outputs.

**JSPC's Faculty Development Program-II Fall 2025**

**A WORKSHOP ON**

**Advancing Research at JGU: Policies, Grants, and Institutional Processes**

The session will provide an overview of O.P. Jindal Global University's research policies, including guidelines on authorship, ethical research practices, and publication protocols. It will also cover institutional procedures for applying to internal research grants and external funding opportunities, with detailed insights into pre-award and post-award processes. Drawing on the Office's experience managing over 100 research grants and consultancies across disciplines, the workshop will offer practical guidance on proposal preparation, budgeting, compliance, and impact reporting. The session will also address issues of research integrity, including plagiarism prevention and responsible use of AI tools in grant applications and scholarly outputs.

*Facilitator: Office of the Dean of Research (ODR), O.P. Jindal Global University, Sonapat, India*

## FDP - 3

### Empowering Faculty through Data Management & Analysis

A two-talk programme on research data skills. Talk 1 — 'Advanced Excel Skills' (Dr. Ankita Verma) covered advanced computational functions, visualisation and analysis techniques for academic data. Talk 2 was qualitative-analysis software for mixed-method research (Dr. Meenakshi Banerjee) covered transcription, coding, theme development, and integrating the software into one's own research.

**JSPC's Faculty Development Programme Spring 2026**

**A WORKSHOP ON**

**Empowering Faculty through Data Management and Analysis Tools**

| Talk 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Talk 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Advanced Excel Skills</b><br>This FDP is designed to strengthen faculty competencies in advanced Microsoft Excel for analysis and research. The programme focuses on data management, advanced computational functions, visualization techniques, and analytical workflows relevant to teaching, research, and institutional administration. Emphasis will be placed on hands-on application to facilitate efficient data analysis and evidence-based academic decision-making. | <b>MAXQDA Software</b><br>MAXQDA is a user-friendly software for qualitative and mixed-methods research. The session will cover essential features including data organization, coding strategies, theme development, visualization tools, and basic analysis workflows. The FDP will demonstrate how MAXQDA can enhance data management and efficiency in qualitative analysis. Participants will gain exposure and practical guidance to integrate the software into their own research and supervision practices. |
| <br><b>Dr. Ankita Verma</b><br>Assistant Professor, JSPC                                                                                                                                                                                                                                                                                                                                        | <br><b>Dr. Meenakshi Banerjee</b><br>Associate Professor of Academic, Dean of Online Education, JSPC                                                                                                                                                                                                                                                                                                                            |





# Faculty in Spotlight



Dr. Harleen Kaur (Assistant Professor, JSPC) detailed her work on 'Thinking Through the Margins: Foucault, Orientalism, and the Making of Transdisciplinary Research.' Dr. Prathyasha George (Assistant Professor, JSPC) spoke on 'Intimacy and Risk: Young Adults' Perspectives on Dating, Relationships, and Safe Sex in Urban India.'



Dr. Ankita Verma (Assistant Professor, JSPC) spoke on 'Modulating Reconsolidation to Regulate Fear Memory by Targeting Music Intervention.' Dr. Sharmili Mitra (Assistant Professor, JSPC) showcased her presentation on 'Exploring the Role of Imagery Rescripting and Imaginal Extinction in Fear Generalization and Extinction.'



Dr. Nishtha Jain (Assistant Professor, JSPC) spoke on 'Critical decisions, interpersonal communication, and context: Understanding doctors' decision-making process in cancer care.' Dr. Matsungshila Pongener (Assistant Professor, JSPC) focused on "'Kurvix or the Curvix?'" Perceptions of cervical cancer in Nagaland.'





# Faculty in Spotlight



Dr. Siddharth Soni (Assistant Professor, JSPC) on Positive Organizational Behaviour, highlighted how psychological strengths support employee well-being and performance under stressful work conditions. Drawing on his doctoral research into job stressors, Positive Psychological Capital and organizational commitment among Indian bank employees, he highlighted positive psychological resources as protective factors, with emerging interests in cross-cultural adjustment, migrant adaptation, and youth health.



Dr. Umer Jon Ganai (Assistant Professor, JSPC) presented an integrative framework bridging prediction and explanation in neurodevelopmental research showing how early detection of autism spectrum disorder using gait analysis and machine learning, links between early motor coordination and autism/ADHD traits via resting-state functional connectivity, and a 'pluripotent' model of shared early neurobiological vulnerabilities diverging into distinct outcomes.





# Faculty in Spotlight



Dr. Sanchita Singh (Assistant Professor, JSPC) presented on "‘I Should Not Be Doing This Thing’: A Qualitative Exploration of Masturbation Experiences Among Young Indian Women.' Using a phenomenological approach, the study explores how young Indian women understand, experience and negotiate masturbation within prevailing sociocultural norms, addressing a gap in contemporary research and informing culturally relevant programmes for sexual well-being.



## Total number of PUBLICATIONS in AY 2025-26: 29

| Author(s)                                   | Publication Title                                                                                                                                                  |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dr. Akancha Srivastava                      | The Relationship Between Developmental Crisis and Meaning in Life in Emerging Adulthood: An Analysis of Data from Eight Countries                                  |
| Dr. Akancha Srivastava                      | Quarter-life Crisis Episodes in Emerging Adulthood: A Mixed-Methods Analysis of Data From Eight Countries                                                          |
| Dr. Akancha Srivastava                      | Deciphering the Climate Split: Social Equity, Environmental Justice, and Public Health Impact                                                                      |
| Dr. Nisha Phakey & Dr. Karishma Godara      | I don't want to miss a thing: Psychometric properties of the FoMO Scale and its mental health correlates in Indian Adolescents                                     |
| Dr. Nisha Phakey & Dr. Karishma Godara      | Popular music as desecuritising discourse: a YouTube analysis of Coke Studio across South Asia                                                                     |
| Dr. Nisha Phakey & Dr. Karishma Godara      | The Gender Divide in Mental Health: Indian Perspective                                                                                                             |
| Dr. Karishma Godara & Dr. Nisha Phakey      | When pregnancy comes with elevated sugar levels: A systematic review of qualitative evidence of gestational diabetes mellitus from Asia                            |
| Dr. Karishma Godara & Dr. Nisha Phakey      | "It's the so-called feminism these days" — A qualitative study of public perceptions and attitudes toward women's alcohol use                                      |
| Dr. Prathyasha George                       | "Are you safe?": Using the regulatory focus theory to understand Indian heterosexual and queer dating app users' strategies to mitigate the risks of online dating |
| Dr. Prathyasha George                       | Navigating visibility: the complexities of sexual identity disclosure among queer youth in India                                                                   |
| Dr. Sanchita Singh & Dr. Divya Bhatia       | Problematic Internet Use and Self-Esteem in Indian School Students: The Mediation Effect of Maladaptive Coping                                                     |
| Dr. Sanchita Singh & Dr. Sadananda A. Reddy | The Effectiveness of School-Based Sahaja Yoga Meditation in Dealing with Problematic Internet Use Among Adolescents in India                                       |
| Dr. Sanchita Singh                          | "I Should Not Be Doing This Thing": A Qualitative Exploration of Masturbation Experiences Among Young Indian Women                                                 |
| Dr. Sanchita Singh                          | India in Geo-Political Relations: An Analysis of Pre and Post Pandemic Situation                                                                                   |
| Dr. Sadananda Reddy                         | Underage Drinking, Prevalence and Predictors in Arunachal Pradesh, India: Analysis of National Family Health Survey (NFHS-5) Data                                  |
| Dr. Sadananda Reddy                         | Adaptation Process of a Culturally Tailored Smoking Cessation Intervention for People Living With Severe Mental Illness in South Asia: IMPACT 4S                   |
| Dr. Navkiran Kalsi                          | Assistive and Rehabilitative Brain-Computer Interfaces: Innovations in Patient Care                                                                                |
| Dr. Navkiran Kalsi                          | Altered dynamic functional connectivity and reduced higher order information interaction in Parkinson's patients with hyposmia                                     |
| Dr. Navkiran Kalsi                          | Development and Standardisation of Masculine Emotional Expressivity Scale (MEES)                                                                                   |
| Dr. Kriti Gupta & Dr. Arti Singh            | Singlehood in Indian context: A mixed-method investigation of psychological impact and perspectives on reasons, advantages and disadvantages of remaining single   |
| Dr. Smriti Pathak                           | The protective role of Wisdom in Suicidal behavior: evidence from Indian adults                                                                                    |
| Dr. Poornima Viswanathan                    | From shame to advocacy: a late-diagnosed autistic woman's journey through self-discovery and systemic barriers                                                     |
| Prof. (Dr.) Derick H. Lindquist             | Biphasic Model of Addiction: Neurobehavioral Adaptations                                                                                                           |
| Dr. Umer Jon Ganai                          | Autistic traits, psychosis proneness, and empathy in preadolescents: A network analysis                                                                            |
| Dr. Raunaq Chawla                           | Way to environment-friendly business – rethinking the smartphone industry                                                                                          |
| Dr. Harleen Kaur                            | Bio-psycho-social Effects of Street Harassment: A Systematic Literature Review                                                                                     |
| Prof. (Dr.) Manjushree Palit                | A systematic scoping review of Posttraumatic Growth following armed conflict-induced trauma                                                                        |
| Dr. Sangeeta Yadav                          | Social Suffering and Healing among Migrant Labourers: A Qualitative Study of the Informal Sector (book)                                                            |
| Dr. Nitika Kumar & Dr. Swati Tickoo         | Beyond benevolence: Exploring goddess of disease and illness in Indian traditions                                                                                  |



# Guest Lectures @ JSPC



**Prof. Anna Madill (University of Leeds, UK)**  
*'Using creative visual methods for understanding recovery in drug-addiction.'* Prof. Anna Madill of the University of Leeds presented work using photo-led interviews, posters and film-making to understand young people's recovery from drug addiction in Assam, including award-winning short films. A follow-up session on 13 February covered opportunities to study Psychology at Leeds (UG semester 5/6 and PGT second year).

JSPC began the academic year with an inspiring **Commencement Lecture** by **Prof. (Dr.) Parul Bansal** on "6 Signs You Are Studying Psychology Well". Her talk offered more than academic guidance, it was a blueprint for becoming a thoughtful, ethical, and culturally aware psychologist. From cultivating critical inquiry to linking theory with real-world contexts, each "sign" was a reminder that psychology is as much about how we think as it is about what we know. An empowering start for our new cohort and a timely reflection for our continuing students.

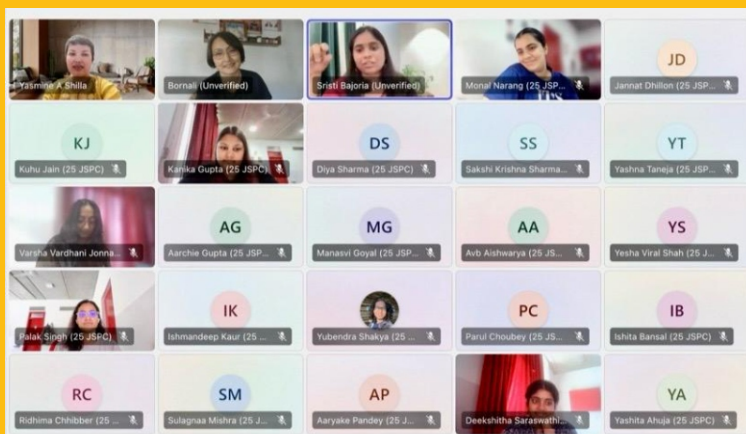
**Jindal Global University - Psychology**  
**Guest lecture 10<sup>th</sup> February 2026 14.30-15.30**  
**Professor Anna Madill, University of Leeds, UK**

This presentation will explore how we used creative visual methods to understand young people's recovery from drug addiction in Assam. This involved photo-led interviews, poster, and film-making. You can see this work and watch our short award-winning films via the project website QR code.

Join Anna on **13<sup>th</sup> Feb at 15.30** for opportunities to study Psychology at the University of Leeds, UK

- UG semester 5 or 6
- PGT second year

**UNIVERSITY OF LEEDS**

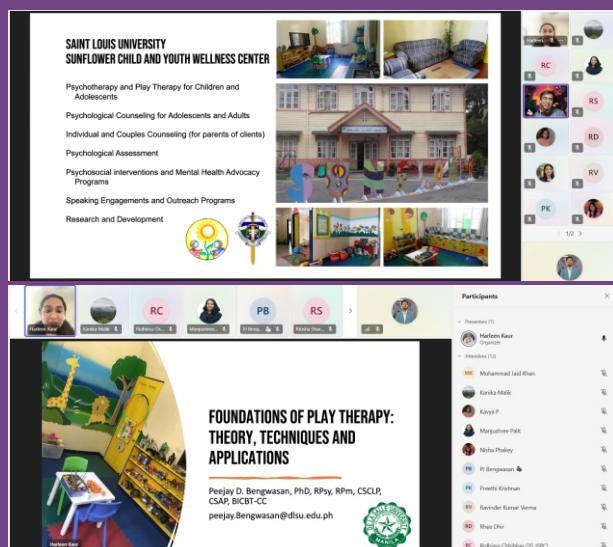


## Private Practice in Mental Health: Varied Pathways and Experiences

Two practitioners shared their pathways into private practice. Bornali Borah, an engineer-turned-therapist and counselling psychologist specialising in psychological trauma, an EMDR Certified Therapist (EMDRIA, USA) and a qualified Family Mediator under Australian Government guidelines. Sristi Bajoria, who is a practising psychotherapist with over five years' experience who integrates Transactional Analysis (TA) and Arts-Based Therapy (ABT) to support adults' healing and personal growth.

## Dr. Baldwin Way (The Ohio State University)

'An Introduction to Inflammation: Its Role in Mental Health and Application to the Effects of Social Media Use.' Dr. Baldwin Way (Professor of Social Psychology, The Ohio State University) explained how the immune system communicates with the brain, whether activated by pathogens or by psychological states such as stress and how this shapes thoughts, feelings and behaviour, including the effects of social behaviour and social-media use. His research integrates social-psychological theory with pharmacology, genetics and neuroimaging.



## Dr. Peejay Bengwasan (De La Salle University, Manila)

Dr. Peejay Bengwasan, a Clinical Psychologist and Associate Professorial Lecturer, Department of Psychology, De La Salle University, Manila covered core theories (child-centred, cognitive-behavioural, trauma-informed) and their application to children facing anxiety, behavioural issues, trauma and adjustment challenges, alongside key therapeutic principles (safe environment, attuned responding, reflecting play, limit-setting, supporting autonomy) with examples from clinical, school and community settings.

## Dr. Carolina Armenta Hurtarte (Universidad Iberoamericana, Mexico City)

Carolina Armenta Hurtarte, a social psychologist and professor at Universidad Iberoamericana, Mexico City examined how cultural norms, gender relations, and family and community dynamics shape experiences of mental health and help-seeking in Mexico. Her research spans gender-based violence, sexualities and gender identities, and couple and family relationships, from a culturally grounded, dyadic perspective.

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

## Mexican Cultural and Historical Perspectives on Mental Health.

This talk explores how Mexican cultural and historical contexts shape understandings of mental health, emotional well-being, and psychological distress. Drawing on her research in social and environmental psychology, Dr. Carolina Armenta Hurtarte will examine how cultural norms, gender relations, and family and community dynamics influence experiences of mental health and help-seeking in Mexico.

### Speaker:



**Dr. Carolina Armenta Hurtarte**  
 Universidad Iberoamericana, Mexico City

Dr. Carolina Armenta Hurtarte is a social psychologist and professor at Universidad Iberoamericana in Mexico City, teaching in undergraduate and graduate programs, including PhDs in Psychological Research and Critical Gender Studies. Her research focuses on gender-based violence, sexualities and gender identities, and couple and family relationships, with an emphasis on well-being and mental health from a culturally grounded, dyadic perspective. She completed a postdoctoral fellowship at the University of Arizona and has collaborated on projects funded by UNAM's PAPIIT program, FORDECYT-CONAHCYT, and international institutions. She has published widely in journals and edited volumes, and her work has earned distinctions such as the "José Gómez Robledo" Special Chair (UNAM) and the FCSAC-IBERO award.



# Guest Lectures @ JSPC

## Panel Discussion: Understanding Trauma

A panel with Prof. (Dr.) Derick H. Lindquist (Behavioural Neuroscientist; Dean, JSPC), Dr. Deepti Sachdev (Psychoanalytic Psychotherapist), and Dr. Arpita Gupta (Clinical Psychologist; Assistant Professor, JSPC), moderated by Dr. Nitya Prakash (Associate Professor, JSPC). The speakers opened up a discourse on trauma, bringing in their own disciplinary insights, marked with varying conceptual lens - however, underlying the multiplicity of perspectives is an attempt to grasp the human aspect of trauma and its implications from a neuro- cognitive, clinical and psychoanalytic perspective.



## Workshop: Beyond Clothing — Identity and Meaning in Fashion

An introductory workshop linking clothing to identity, body perception, emotion and sustainability — exploring how what we wear reflects who we are, how we feel, and how we wish to be perceived, and how garments carry emotional memories.

## Workshop: Art in the Care of Self and the Other

A workshop between JSPC and the Jindal School of Liberal Arts & Humanities, led by Dr. Angela Ann Joseph (Associate Professor, JSLH) was conducted exploring art as a medium for self-expression, personal growth, and supporting others on their mental-health journeys.



JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING and  
JINDAL SCHOOL OF LIBERAL ARTS & HUMANITIES

Invite you for a Workshop on

## Art in the Care of Self and the Other

This workshop will explore the use of art as a medium for self-expression, personal growth, and supporting others in their mental health journeys.



**SPEAKER**  
**DR. ANGELA ANN JOSEPH**  
Associate Professor, JSLH



# Bridging the Gap Series

## Bridging the Gap: Session 6




**JSPC's**  
**BRIDGING THE GAP SERIES**  
*Session 6*

**Understanding the Personality Using the Concept of Panchmahabhutas**

Speaker:



Navya Gupta

**Mapping the Manosphere's Psychological Footprint: A Comprehensive Review of Radical Misogyny Across the Web**

Speakers:





Kanupriya Seth    Saanjh Mukherjee    Ahanya Pandey

**Cue Dependent Memory**

Speaker:



Rutvik Roy

**When Boys Play God: How Hyper-Sexual Video Gaming Reinforces Ambivalent Sexism in Young Men**

Speakers:




Shaina Mehra    Sheza Khan

 **30<sup>th</sup> SEPTEMBER 2025, TUESDAY**  **12:30 PM - 2:00 PM**

 **G 79, ARUNA ABHEY OSWAL ACADEMIC BLOCK**

## Bridging the Gap: Session 7




**JSPC's**  
**BRIDGING THE GAP SERIES**  
*Session 7*

**From Screens to Self: Understanding How Parasocial Relationships Shape Emotional Regulation and Mental Health in Adolescents**

Speakers:





Manya Sharma    Vanshika Goel    Jayani Tekwani

**More Than a Meal: How to Apply Food-Based Therapy Practices in India?**

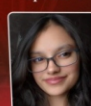
Speaker:



Saumya Banthia

**Cognitive Impairment in Females with Breast Cancer: A Quantitative Study**

Speaker:



Samridhi Gupta

**Russian version of the Occupational Depression Inventory: validity, reliability, and associations with mental health and work-life characteristics**

Speaker:



Aleksandr Cherniavskii

 **2<sup>nd</sup> APRIL 2026, THURSDAY**  **12:00 NOON - 1:30 PM**

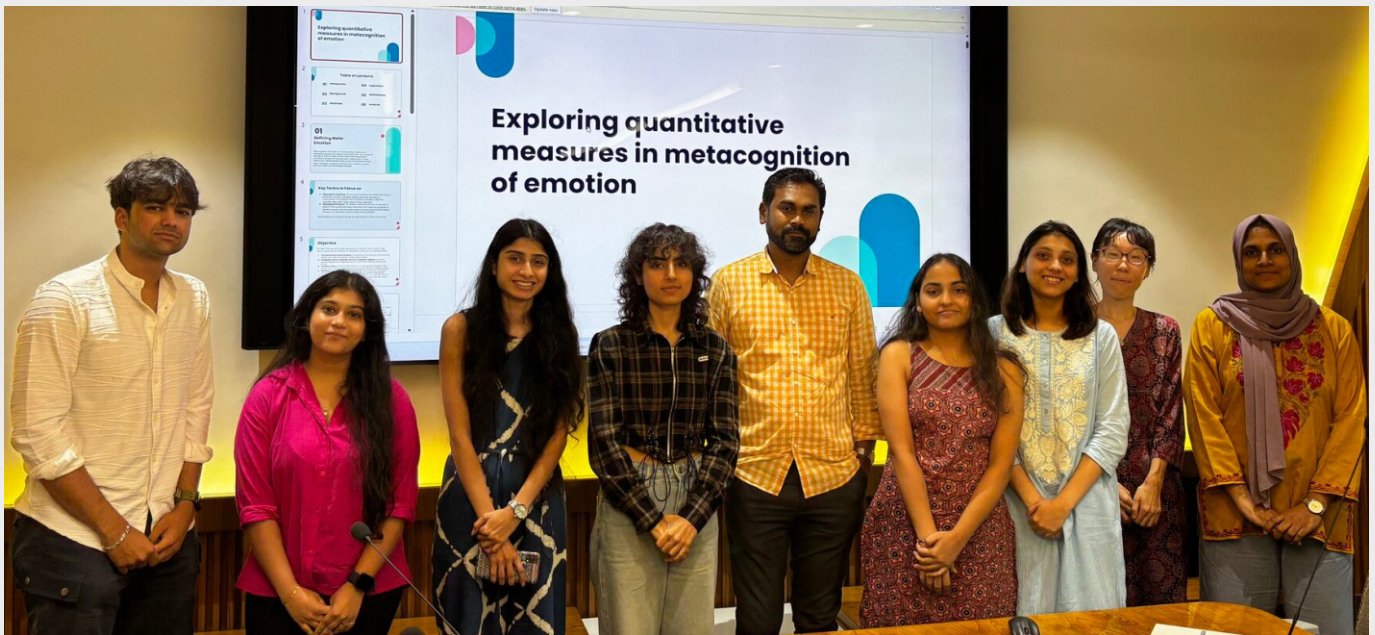
 **M-48, RATAN JINDAL ACADEMIC BLOCK**





**E-COG**  
EMOTION & COGNITION  
PSYCHOLOGY RESEARCH CENTRE

# 11th E-Cog Club Meeting



# 12th E-Cog Journal Club

Paper discussion: 'Designing for Digital Wellbeing: From Theory to Practice—A Scoping Review.'

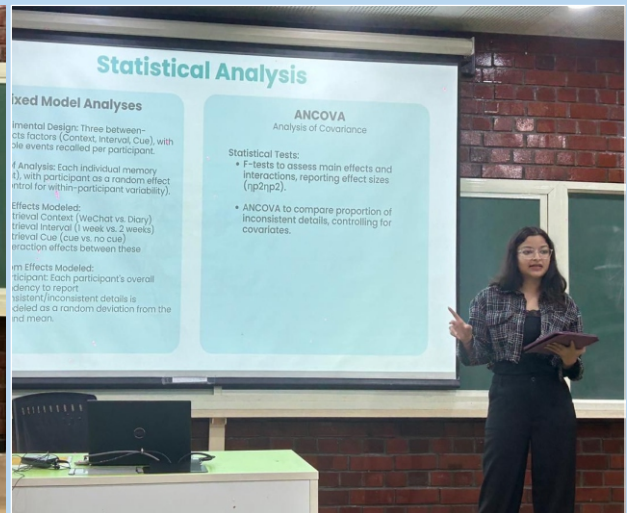




# E-Cog Centre Events

## 13th E-Cog Journal Club

Paper discussion: 'Remembering online and offline: the effects of retrieval contexts, cues, and intervals on autobiographical memory.'



## E-Cog Journal Club (February)

Paper discussion on the consequences of cognitive offloading for memory.

## E-Cog Journal Club (April)

Session on the buffering and regulation of negative emotions.

### 14<sup>th</sup> E-COG JOURNAL CLUB MEETING

Session Title:  
**'Consequences of Cognitive offloading: Boosting performance but diminishing memory'**

📅 24<sup>th</sup> February 2026 (Tuesday)  
 ⌚ 3:30 PM - 4:30 PM (IST)  
 📍 Enigma Conference Room (3<sup>rd</sup> Floor), Prithviraj Jindal Academic Block

For more updates, follow us on LinkedIn

Presenters:

  
**Erha Kaur Uppal**  
 Student, JSPC 2025

  
**Harsitha Ratnamala**  
 Student, JSPC 2025

  
**Nimrit Ahluwalia**  
 Student, JSPC 2025





# RESEARCH AND EVENTS COMMITTEE EVENTS

## Delving into Research

A research-skills session for students supporting engagement in scientific inquiry and the research process.

**Jindal School of Psychology & Counselling**

### DELVING INTO RESEARCH

**A SESSION LED BY  
JSPC's RESEARCH & EVENTS COMMITTEE  
STUDENT VOLUNTEERS**

**Lecture's Brief:** Join us for an enriching session hosted by the JSPC REC student volunteers featuring insightful talks which helps us gain valuable insights into the world of research, from approaching professors to understanding the basic steps of research, navigating RERB, and exploring AI's role in research ethics.

|                                                                                                                                                                                              |                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>'Guide to connecting with faculty for research'</b></p>  <p><b>SHEZA KHAN</b><br/>Batch of 2024</p> | <p><b>'Basic steps of research'</b></p>  <p><b>VEDA SIDDHARTH R.G.</b><br/>Batch of 2024</p>           |
| <p><b>'AI and Ethics in Psychological Research'</b></p>  <p><b>EESHA SAXENA</b><br/>Batch of 2023</p>     | <p><b>'Navigating Research Ethics Review Board'</b></p>  <p><b>NIHAAR KHANNA</b><br/>Batch of 2023</p> |





## Guest Talk: Paras Arora (Stanford University)

Paras Arora (they/them) a neuroqueer anthropologist, artist and writer from Delhi, and a Ph.D. candidate in medical anthropology at Stanford University (American Council of Learned Societies / Innovation Fellow) — spoke on neurodiversity and disability, drawing on their research on neurodevelopmental care and planning in India.

**O.P. JINDAL GLOBAL UNIVERSITY**  
 INSTITUTION OF EXCELLENCE DEDICATED TO BE  
 A Private University Promoting Public Service

**NEURODIVERSITY STUDIES**

**Jindal School of Psychology & Counselling**  
 India's First Transdisciplinary Psychology School

**CENTRE FOR NEURODIVERSITY STUDIES**

*Invites you for Guest Lecture on the*  
**CHASING RAINBOWS  
 TO INFINITY: NAVIGATING  
 GENDER & NEURODIVERSITY**

**SPEAKER**  
**Paras Arora**  
 Ph.D. Candidate,  
 Department of Anthropology, Stanford University  
 Innovation Fellow, American Council of Learned Societies  
 Visiting Fellow, Centre de Sciences Humaines

**About the Speaker:**  
**Paras Arora** (they/them) is a neuroqueer anthropologist, artist, and writer from Delhi who ethnographically studies neurodiversity, family life, care work, and future planning in India. They are a fifth-year Ph.D. candidate in socio-cultural and medical anthropology at Stanford University. As one of the first Indian scholars to be awarded the Innovation Fellowship by the American Council of Learned Societies, Paras is deeply committed to making research procedures and outputs accessible to neurodivergent expressions. They hold an MA in Anthropology from Stanford University, an MA in Anthropology & Sociology from the Geneva Graduate Institute, and a BA with Honors in Political Science from Hindu College, Delhi University.

**THU 9<sup>th</sup> OCT 2023** **11:30 AM - 01:00 PM**

**ZENITH, GROUND FLOOR,  
 RATAN JINDAL ACADEMIC BLOCK**

**Faculty Coordinator:**  
 Dr. Deepali Taneja, [dtaneja@jgu.edu.in](mailto:dtaneja@jgu.edu.in)





# AAGAHII

## Centre for Psychotherapy Research and Training

### Panel Discussion (Aagahii)

A panel discussion hosted by Aagahii, the Centre for Psychotherapy Research and Training, bringing together practitioners and scholars on themes in psychotherapy and mental-health practice.

Aagahii - Centre for Psychotherapy Training and Research  
invites you to a  
Panel Discussion  
on  
**DOES PSYCHOTHERAPY WORK?**  
Voices of Science, Practice and Experience



**Dr. Abhinav Monga**  
Psychiatrist, Mindcare Clinic



**Ms. Anu Gehlot**  
Clinical Psychologist, Mindcare Clinic



**Dr. Vasundhara S. Nair**  
Asst. Professor & Asst. Dean  
Jindal Institute of Behavioral Sciences

**MODERATOR**



**Dr. Poornima Viswanathan**  
Asst. Professor  
Jindal School of Psychology & Counseling



**Bani Khurana**  
Postgraduate Student  
Jindal School of Psychology & Counseling

**Thursday, August 28, 2025  
12:30 - 2:00 PM**

**Zenith Auditorium (Ground floor)  
Ratan Jindal Academic Block**

For queries/ more details, reach out to [cprt.aagahii@jgu.edu.in](mailto:cprt.aagahii@jgu.edu.in)





# The Power of First Response: Supporting Children in Sexual Abuse Disclosures

An interactive two-hour session for PG psychology students led by Dr. Meetali Devgun — a Licensed Clinical Psychologist, psychotherapist and researcher with over twelve years' experience, trained at IHBAS and NIMHANS, whose doctoral research was the first to examine Child Sexual Abuse (CSA) awareness and disclosure among urban adolescents (recognised as an Early Career Researcher (India) by NEESAMA, 2019). The session prepared attendees for fieldwork by exploring barriers to disclosure, how these surface in the therapy room, the therapist's positionality, ethical and legal responsibilities, and key dos and don'ts of being a safe first responder.





# Internationalization @ JSPC

## Online Open House — University of Nottingham

An information session on the University of Nottingham's research and MSc Psychology pathways, with speakers Dr. Emily Burdett (Associate Professor in Psychology & Director of Postgraduate Teaching), Ms. Andrea Ellans (International Partnership Manager South Asia, Africa, Europe & Middle East) and Ms. Rachel Jessop (Senior International Manager, Faculty of Science). Programmes covered: MSc Developmental Disorders, MSc Cognitive Neuroscience, and MSc Psychology Research Methods.

This session provided insights into the university's world-class research, academic excellence, and career opportunities.

### Speakers:

**Dr. Emily Burdett – Associate Professor in Psychology & Director of Postgraduate Teaching**

**Ms. Andrea Ellans – International Partnership Manager (South Asia, Africa, Europe & Middle East)**

**Ms. Rachel Jessop – Senior International Manager, Faculty of Science, University of Nottingham**

### MSc Psychology Programs Covered:

**Overview of the University of Nottingham** – Learn about its research excellence and global reputation

**Program Insights** – Discover MSc courses tailored to your career aspirations

**Q&A Session** – Interact with faculty and university representatives

 **MSc Developmental Disorders**

 **MSc Cognitive Neuroscience**

 **MSc Psychology Research Methods**

 **Psychology Research Methods Flyer**

## Student International Mobility Open House — Spring 2026

An interactive session on semester exchange, study-abroad and dual-degree pathways across the UK, Asia-Pacific and the USA, including application, eligibility and selection processes.

The Student International Mobility Open House – Spring 2026, organised by JSPC IC, was a truly energetic and interactive session.



**STUDENT INTERNATIONAL MOBILITY- SPRING 2026**

*invites you to*

**OPEN HOUSE**

**FOR STUDENT MOBILITY PROGRAMS.**

**OPPORTUNITIES IN UK, ASIA-PACIFIC & USA**

- SEMESTER EXCHANGE PROGRAM
- SEMESTER ABROAD PROGRAM
- DUAL DEGREE PATHWAYS

**HIGHLIGHTS**

- APPLICATION PROCESS AND ELIGIBILITY CRITERIA
- SELECTION PROCESS
- AVAILABLE OPPORTUNITIES AND SPECIALISATIONS
- QUESTION AND ANSWER

**CONTACT US:**

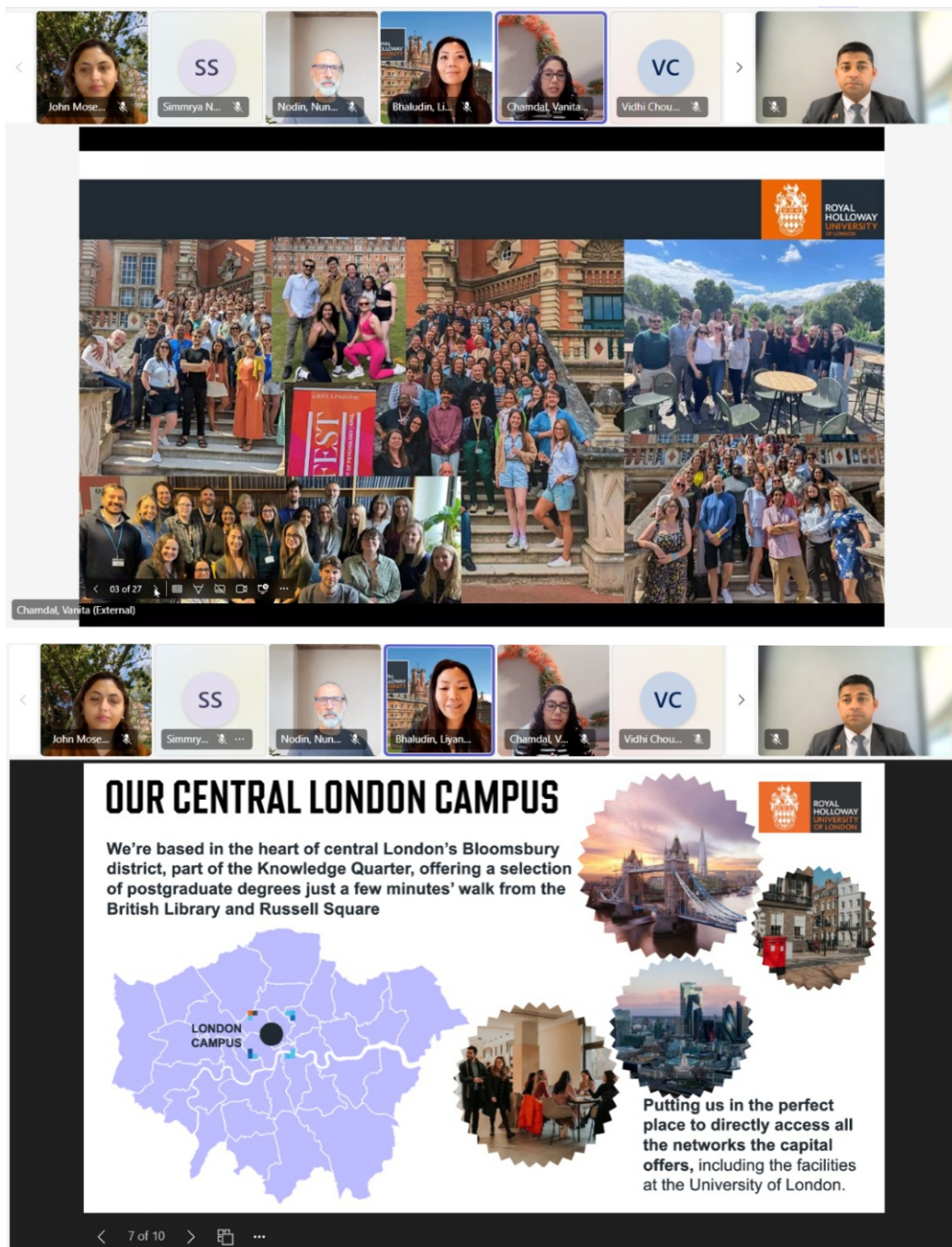
JSPC\_IC@JGU.EDU.IN  
ARPITA.GUPTA@JGU.EDU.IN  
DEEPA.L.TANEJA@JGU.EDU.IN  
SARAH.GHANI@JGU.EDU.IN  
MEGH.AGGARWAL@JGU.EDU.IN  
NISHITHA.JAIN@JGU.EDU.IN  
UMER.GANAIG@JGU.EDU.IN

# Internationalization @ JSPC

Students engaged enthusiastically with discussions on:

- Semester exchange, abroad, and dual degree pathways
- Opportunities in the UK, Asia-Pacific & USA
- Application, eligibility, and selection processes

The event not only answered questions but also sparked dreams of global classrooms and cross-cultural learning.





# Community Outreach @ JSPC

## World Suicide Prevention Day— 'Changing the Narrative on Suicide'

A film screening and reflection marking World Suicide Prevention Day under the theme 'Changing the Narrative on Suicide', organised by the Student Council.



**JSPC x JSPH invites you to**

**GUEST TALK** 

Community Perspective on Changing the Narrative on Suicide

**VENUE:** Gyan Grah, Prithviraj Jindal Academic Block, ( 3rd Floor, T1)  
**TIME:** 4:30-5:30 Pm

**WORLD SUICIDE PREVENTION DAY**  
**10TH SEPTEMBER, 2025 (WEDNESDAY)**

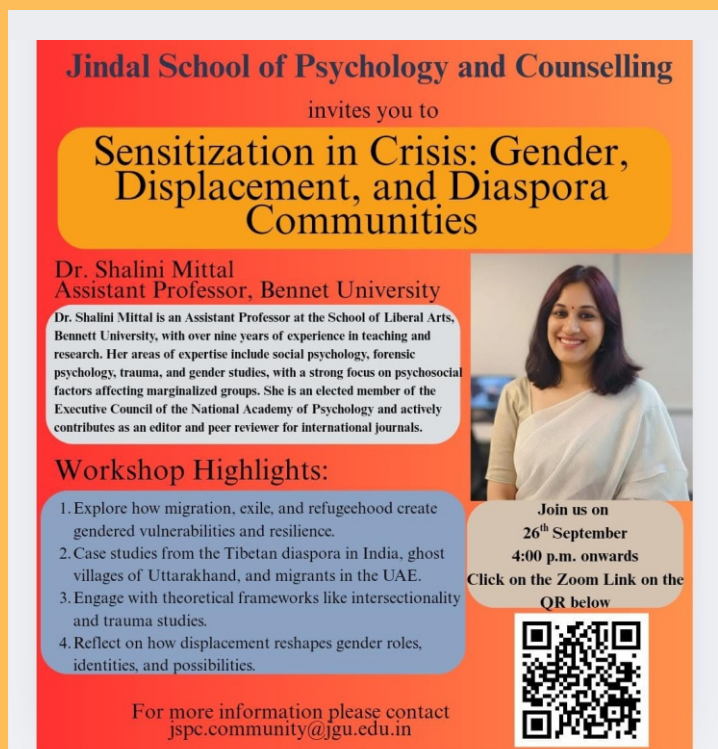
**DEAR ZINDAGI** 

**VENUE:** PAA  
**TIME:** 9 PM ONWARDS

**MOVIE SCREENING** 

## Sensitization in Crisis: Gender, Displacement, and Diaspora Communities

A community-outreach session led by Dr. Shalini Mittal, Assistant Professor at the School of Liberal Arts, Bennett University, with over nine years' experience and expertise in social psychology, forensic psychology, trauma and gender studies on supporting communities in crisis across gender, displacement and diaspora contexts.



**Jindal School of Psychology and Counselling**  
invites you to

**Sensitization in Crisis: Gender, Displacement, and Diaspora Communities**

**Dr. Shalini Mittal**  
Assistant Professor, Bennet University

Dr. Shalini Mittal is an Assistant Professor at the School of Liberal Arts, Bennett University, with over nine years of experience in teaching and research. Her areas of expertise include social psychology, forensic psychology, trauma, and gender studies, with a strong focus on psychosocial factors affecting marginalized groups. She is an elected member of the Executive Council of the National Academy of Psychology and actively contributes as an editor and peer reviewer for international journals.

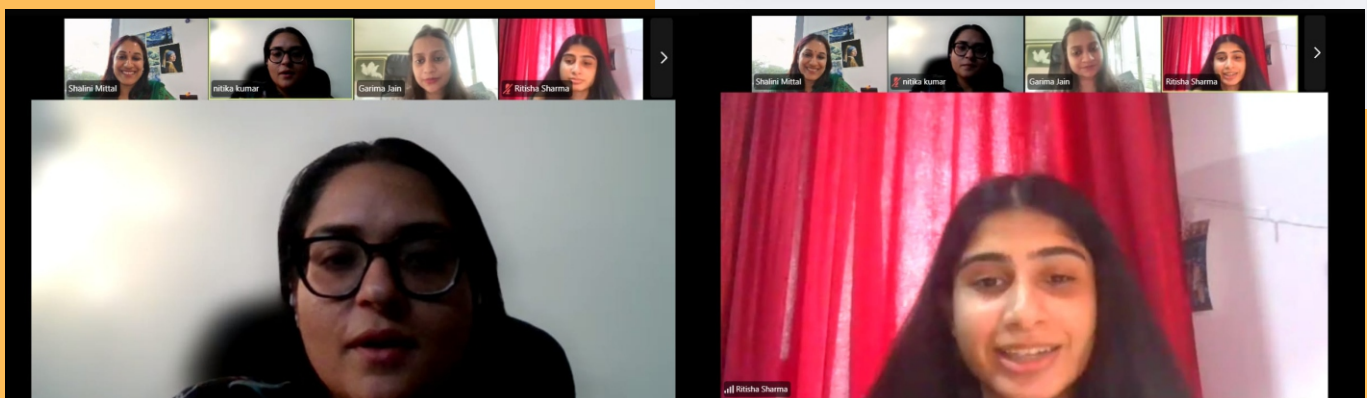
**Workshop Highlights:**

1. Explore how migration, exile, and refugeehood create gendered vulnerabilities and resilience.
2. Case studies from the Tibetan diaspora in India, ghost villages of Uttarakhand, and migrants in the UAE.
3. Engage with theoretical frameworks like intersectionality and trauma studies.
4. Reflect on how displacement reshapes gender roles, identities, and possibilities.

**Join us on**  
**26<sup>th</sup> September**  
**4:00 p.m. onwards**  
Click on the Zoom Link on the QR below



For more information please contact  
[jspc.community@jgu.edu.in](mailto:jspc.community@jgu.edu.in)



# Community Outreach @ JSPC

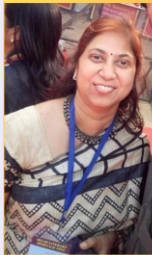
## Workshop on Community Work

Dr. Aradhana Sharma, a mental-health practitioner with over 25 years' experience and a decade in community work, associated with NGOs including Sampurna, Vidya Bharti, Sewa Bharti and Ekal Gramothan shared insights from grassroots engagement, skill trainings and community programmes.

**JINDAL SCHOOL OF PSYCHOLOGY AND COUNSELLING**  
 INVITES YOU TO A WORKSHOP ON  
**Health Hazards of Mercury and Waste Management**

**Aim of the Workshop:**  
 To sensitize the volunteers of the Community Outreach Program and also extend a platform to all other students of JSPC to learn about waste management and understand how use of mercury in some daily products like cosmetics could be potentially harmful and what may be done about this. Education in this area is meant to not only train young minds but to also bridge the academic-industry gap.

**About the speaker:**  
**Dr. Aradhana Sharma**  
 Dr. Aradhana Sharma has been a mental health practitioner for over 25 years and has been actively involved in community work for a decade now. She has several community-work awards to her credit. She is associated with several NGOs like Sampurna, Vidya Bharti, Sewa Bharti, Ekal Gramothan to name a few. She has conducted many like skill trainings, internships for psychology students and environmental awareness programs in several prominent colleges throughout Delhi/NCR. She has been instrumental in inception of the Zero waste school program at Sachdeva Public School Delhi and has been recognized by NDMC for her efforts at Swachh Sarvekshan in 2020. The Hera Jeevan NGO has been working for over ten years in the field of environmental protection and restoration. Established in 2015, it works for the betterment of our environment and spreading awareness about it.



## Mental Health Week 2025

Mental Health week 2025, held from 14th October to 16th October saw participation from all JSPC clubs. On evening of day 2, Muddy Paws set up a stall dedicated to using clay as a form of stress relief. The stall invited students to engage in a playful yet meaningful release of emotional tension through creativity and clay.

The highlight of the stall was the “Creative Corner”, where participants were encouraged to mold a small clay piece that symbolized their current stress, whether an exam or a personal challenge. Participants were then invited to the “smash the stress” station to smash their clay creation into a box, or simply squishing it with their hands, symbolizing letting go of the stress. The activity struck a perfect balance between creativity, self-expression, and stress relief. By transforming stress into something tangible, and then destroying it, Muddy Paws reminded students that letting go can be both reflective and fun.





# Student-led Events @ JSPC



A beginning-of-semester gathering nurturing belonging and connection through reflective activity stations (origami 'wishes upon a star', self-compassion affirmations). Aligned with Anti-Ragging Week, Bloom reinforced JSPC's commitment to an inclusive, respectful and supportive campus culture.

## Fresh Prints (Muddy Paws)

Muddy Paws launched its academic year with an evening of clay and creativity from seasoned artists to first-time potters experimenting with technique, discovering their own styles, and building community.

*Fresh Prints 2025-26: A Creative Kickoff*  
On 6th September, Muddy Paws launched its academic year with “**Fresh Prints**”, an evening of creativity, collaboration, and connection at Hangout.

From seasoned artists to first-time potters, participants embraced the unpredictability of clay, experimenting with techniques and discovering their own unique styles. More than just an art event, it was about **building community, encouraging expression, and celebrating creativity together**. Every piece told a story—and every participant left with more than just pottery.

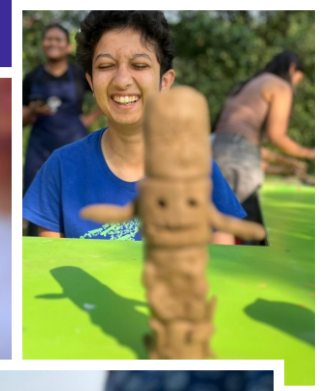


# Student-led Events @ JSPC

## - Activities and Events

### Pottery: Flow-State Session (Muddy Paws)

A collaborative hand-building pottery session, organised by Prof. Kirti Tyagi and Muddy Paws, helping students experience 'flow' through sensory, group-based clay work — linking art-based practice to emotional regulation, grounding and present-moment awareness.



### Kilinside Carnival (Muddy Paws)

A picnic-style clay carnival by Muddy Paws that had Pinch Pot Picnic (sun-shaped bowls and miniature animals), Tile Painting on terracotta, and Imprint & Stamp Fun with natural elements — pairing creativity with community, relaxation and personalised handcrafted keepsakes.



## Between Seasons

A gentle, reflective evening on seasonal and academic transitions focusing on check-ins, creative stations (painting tealights), kind-word exchanges and games which invited participants to show up as they were, with no pressure to feel a certain way.



As winter slowly loosened its hold, *Between Seasons* became a space that gently held people through that in-between feeling we often overlook.

## Behind the Tape 2.0 (Cipher)

A two-day immersive crime-scene investigation experience, in collaboration with Prof. Megha's Forensic Psychology class was conducted focusing on crime-scene analysis, eyewitness-testimony evaluation and criminal profiling, applying forensic-psychology concepts hands-on.





## Carnations (EcoFusion)

The debut event of EcoFusion, JSPC's first sustainability club recycled photo props, junk-journal bookmarks and texture-painted mini-canvases from upcycled materials, showing how sustainability can be innovative, expressive and fun.



## Mindscapes: The Dreamy Night

Mindscapes' first event of the semester included dream-jar making, dreamcatcher weaving and vision-board creation, blending creativity with reflection.

## Mainstreet Musically (Empathia)

Empathia's first flagship event of the semester was a karaoke night of music, newspaper dance and cup pong.



## De-Cipher (Cipher — True Crime Club)

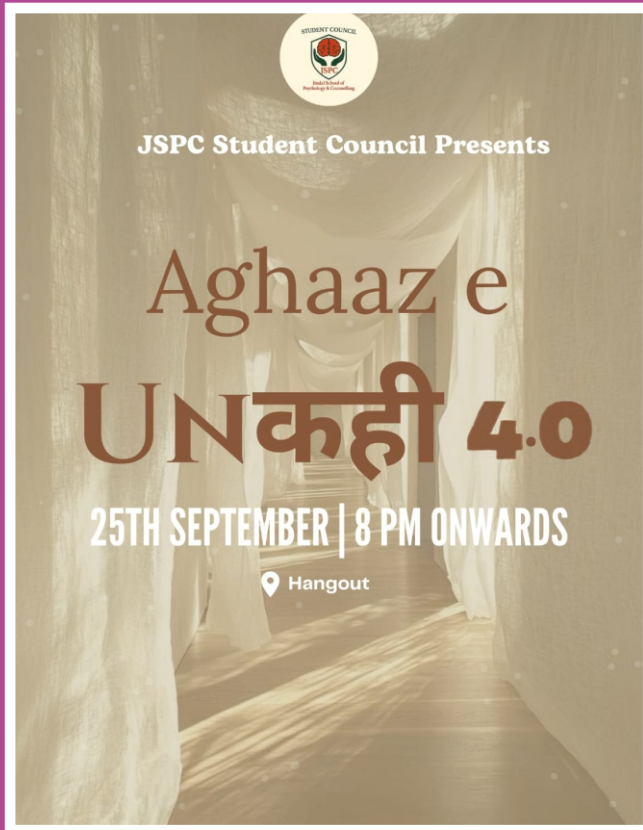
The launch event of Cipher, JSPC's newly established True Crime Club included an interactive crime-themed carnival of puzzles, games, detective challenges and a 'mugshot' photo booth.





## Unkahi (Student Council)

An open-mic evening of music and poetry — a space for unspoken thoughts and creative expression.



## Childhood Rewind (Mindscapes)

A nostalgia-themed Mindscapes event inviting students to revisit childhood joys and memories.



## Love in Retrograde (EcoFusion x Student Council)

A Valentine's-themed sustainability event, in collaboration with the JSPC Student Council, blending love, community and environmental responsibility — a 'green-flag/red-flag' game (Love Signals), personalised 'Soulmail' letters, and a love-and-sustainability bingo board.



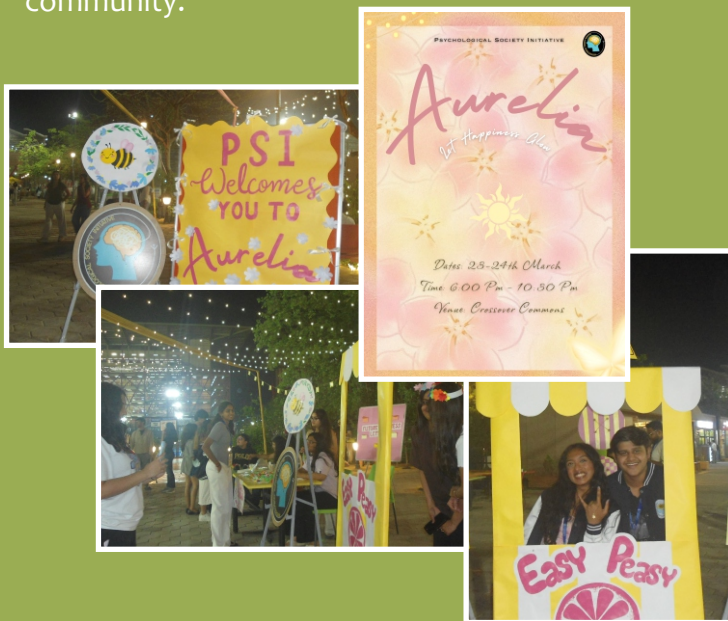
## Love in Retrograde 2 (EcoFusion x Student Council)

# Student-led Events @ JSPC

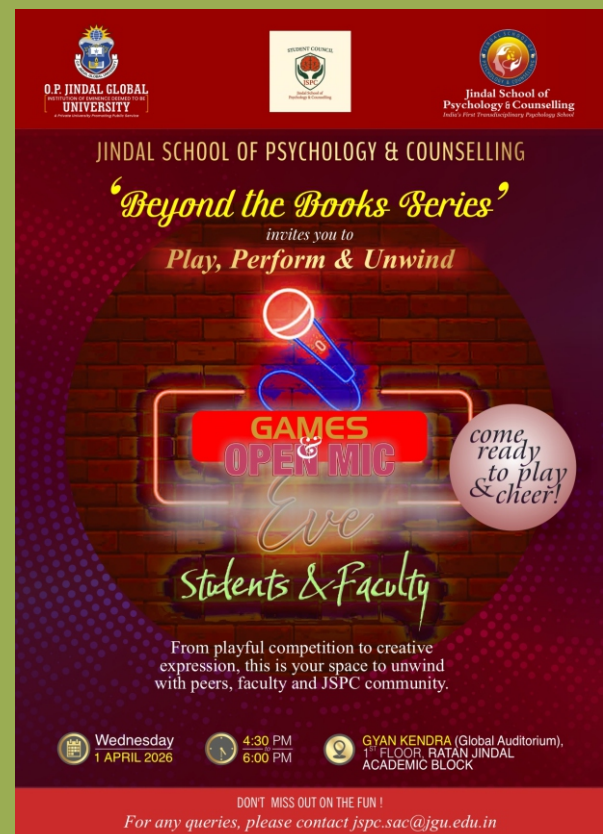
## - Activities and Events

### Aurelia — Happiness Day

A Happiness Day celebration of joy, wellbeing and community.



### Beyond the Book



### Spring Tales (Mindscapes)

An evening celebrating creativity, renewal and togetherness by learning and making lanterns, blossom crowns, floral mirror decoration and spring phone charms.



## Clover (EcoFusion)

A sustainability-and-Disney-themed evening of creativity, interactive games and activities, open to all batches, faculty and guests.





# JGU *at a* GLANCE



**16000+**  
Students



**1100+**  
Faculty



**4000+**  
Faculty &  
Administrative Staff  
from **54** countries



**15000+**  
Alumni Network  
World-Wide



**12 SCHOOLS**



**50+**  
Programmes

**30+** Undergraduate Programmes  
**20+** Postgraduate Programmes  
◆ Doctoral Programme



Jindal Global Law School  
India's First Global Law School



JINDAL GLOBAL  
BUSINESS SCHOOL  
INDIA'S FIRST GLOBAL BUSINESS SCHOOL



Jindal School of International Affairs  
India's First Global Policy School



Jindal School of Government  
and Public Policy  
India's First Public Policy School



Jindal School of  
Liberal Arts & Humanities  
India's First Transnational Humanities School



Jindal School of  
Journalism & Communication  
India's First School Media School



Jindal School of  
Design & Architecture  
India's Global Design and Architecture School



JINDAL SCHOOL OF  
BANKING & FINANCE  
INDIA'S FIRST SCHOOL FINANCE SCHOOL



JINDAL SCHOOL OF  
ENVIRONMENT & SUSTAINABILITY



Jindal School of  
Psychology & Counselling  
India's First Transdisciplinary Psychology School



JINDAL SCHOOL OF  
LANGUAGES & LITERATURE  
INDIA'S FIRST SCHOOL OF LITERATURE



JINDAL SCHOOL OF PUBLIC HEALTH &  
HUMAN DEVELOPMENT  
INDIA'S FIRST SCHOOL OF HUMAN DEVELOPMENT

## RESEARCH

**6** Research & capacity building institutes



**9200+**  
Publications



**65+**  
Interdisciplinary  
research centres



JINDAL INSTITUTE OF  
BEHAVIOURAL SCIENCES



INTERNATIONAL INSTITUTE FOR  
HUMAN EDUCATION RESEARCH &  
CAPACITY BUILDING



Jindal India Institute  
JINDAL INSTITUTE OF  
POLITICAL SCIENCES



JINDAL INSTITUTE OF  
HARYANA STUDIES



MJV AS  
MOTWANI JADEJA  
INSTITUTE FOR VALUE EDUCATION  
O.P. JINDAL GLOBAL UNIVERSITY

## INTERNATIONAL COLLABORATIONS



**600+**  
Collaborations with  
International Universities &  
Higher Education Institutions



**10**  
Forms  
of Global  
Partnerships



**80+**  
Countries  
& Regions



**300+**  
Faculty & Student  
Exchange Collaborations



**160+**  
Countries  
represented by  
Students

## RANKINGS & RECOGNITIONS

**RANKED**  
**35**  
for  
LAW

**RANKED**  
**90**  
for  
POLITICS &  
INTERNATIONAL  
STUDIES

**TOP**  
**200**  
for  
BUSINESS &  
MANAGEMENT  
STUDIES

**RANKED**  
**232**  
for  
SOCIAL  
SCIENCES &  
MANAGEMENT

**RANKED**  
**323**  
for  
ARTS &  
HUMANITIES

**TOP**  
**500**  
for  
ECONOMICS &  
ECONOMETRICS

**INDIA'S NO. 1 RANKED UNIVERSITY**

PUBLIC & PRIVATE

LAW

POLITICS &  
INTERNATIONAL  
STUDIES

BUSINESS &  
MANAGEMENT  
STUDIES

PRIVATE  
SOCIAL  
SCIENCES &  
MANAGEMENT

ARTS &  
HUMANITIES

ECONOMICS &  
ECONOMETRICS

**IN THE WORLD**



WORLD  
UNIVERSITY  
RANKINGS  
BY SUBJECT 2026

**RANKED**  
**NO.1**  
IN INDIA  
FOR  
LAW  
TIMES HIGHER EDUCATION  
SUBJECT RANKINGS 2026

**RANKED**  
**NO.2**  
IN INDIA  
FOR  
PSYCHOLOGY  
TIMES HIGHER EDUCATION  
SUBJECT RANKINGS 2026



**AMONG**  
**6%**  
B-SCHOOLS  
GLOBALLY  
WITH  
AACSB  
ACCREDITATION



CONFERRED  
THE STATUS OF AN  
**Institution of  
Eminence**  
BY THE  
GOVERNMENT OF INDIA