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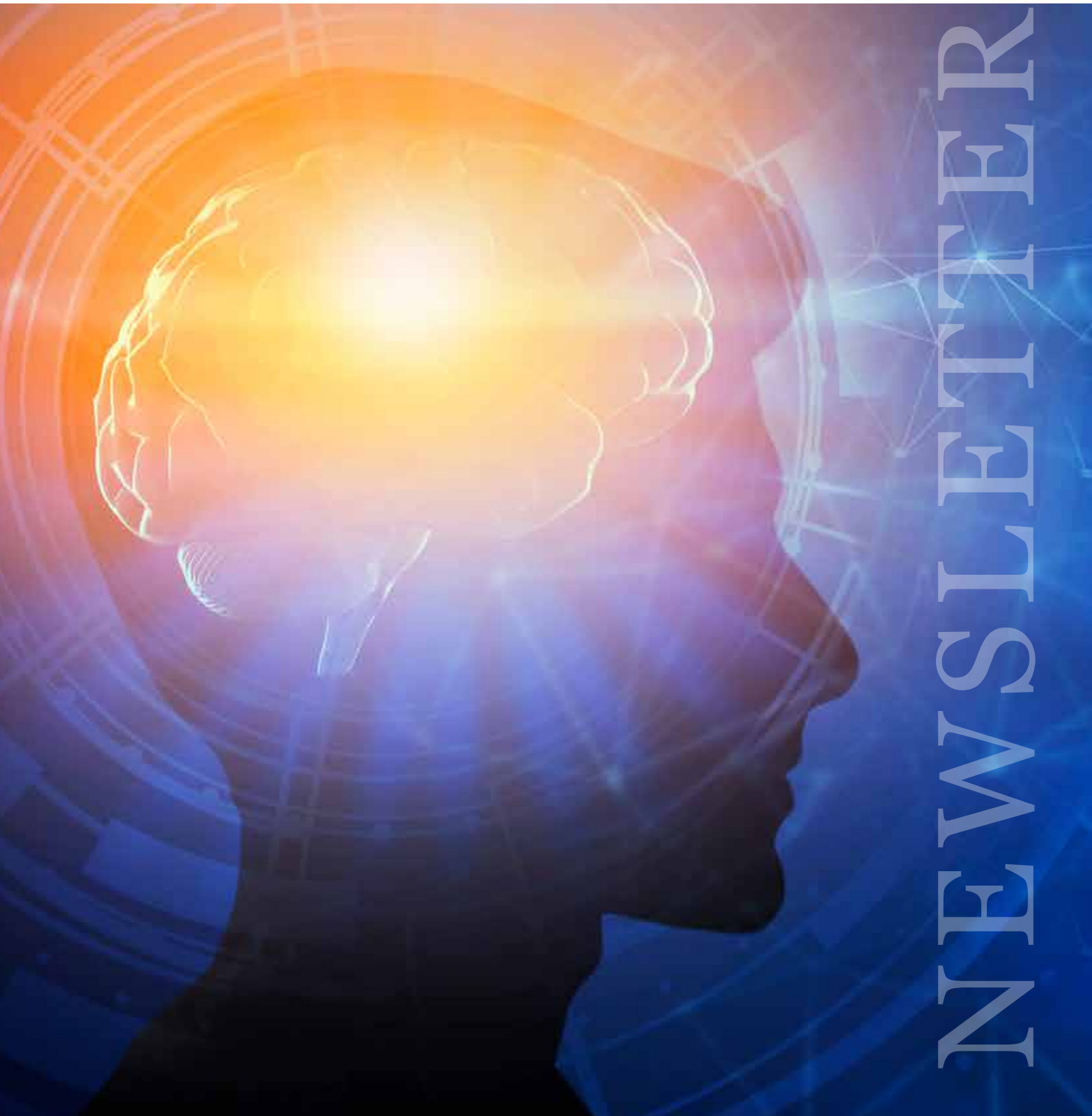


Jindal School of
Psychology & Counselling
India's First Transdisciplinary Psychology School

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

PSYCH INFO

Volume 2: June - December 2022



NEWSLETTER



Esteemed Faculty

Jindal School of Psychology and Counselling



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DEAN'S MESSAGE

Greetings, 

As we approach the end of the fall 2022 semester, I am pleased to provide an update on the Jindal School of Psychology and Counselling (JSPC). In August, batch 2021 students returned for their second year, while we welcomed our newest students of batch 2022 in mid-September. Unlike the inaugural year, JSPC is now fully residential, with all students residing and attending classes on the JGU campus. Such proximity—between students of different batches, as well as students and course instructors—has engendered a real sense of identity for the whole school.

Postgraduate students pursuing a Master's degree in Applied Psychology also arrived on campus in September. The degree is jointly offered by JSPC and the Jindal Institute of Behavioural Science (JIBS). All told, we welcomed more than 270 new undergraduate and postgraduate students this academic year, bringing the total to more than 400 psychology students.

In June, JSPC held its first online summer school for high school students across India. Faculty members and select students spoke on a variety of topics, encompassing the many disciplines of psychology. It was a rousing success with positive feedback from the student participants. As such, we plan to make the summer school an annual event.

The 2021 students were introduced to new theory



and practicum courses this semester. The Research Methods course utilized the new Psychology Research Laboratory, allowing students to design and run their own experiment. The lab offers an exciting opportunity for undergraduate hands-on learning—an experience unique to JGU, relative to other schools of Psychology in India—enhancing the reputation of the school and university.

The same is true of the many internship opportunities afforded our students, offering real-world experience. The number of organizations affiliated with JSPC continues to grow, ensuring our students can explore the many realms and disciplines of the psychological sciences. Internationally, JSPC has also established ties with more than a dozen different institutes of higher learning, guaranteeing diverse opportunities for student mobility. Indeed, the school recently finalized a dual degree agreement with James Cook University Singapore, whereby students will study two years at JSPC, followed by 16 months at James Cook. At the conclusion, students will receive Bachelor's degrees from both universities.

The school and JSPC Student Council recently set up a peer mentoring programme called Pal2Pal. In this way, older students can pass on their know-how, experience, and support to the newest students. JSPC students also organized events for World Mental Health Day on October 10. In collaboration with the World Federation of Mental Health and Youth for Mental Health, a assortment of participatory

events were held for the benefit of JGU students and faculty. Over three days, JSPC student volunteers worked with various Psychology organizations — including the Naz Foundation, Aazaadi Foundation, Socially Souled, and Daffodils—to provide fun and engaging ways to learn about and frankly discuss mental health issues in a supportive environment.

In a small but important change to the school curriculum, batch 2022 students can now sign up for general elective courses in the spring semester, including a number offered by JSPC faculty. This change bolsters the interdisciplinary outlook of the school, providing access to courses and topics far outside the field of psychology for students to study, if they chose.

Finally, we gained 14 new faculty members this semester and will welcome several more spring semester. This will continue into next fall as we steadily prepare for the admission of our third batch of students. I feel privileged to oversee and guide the school during these stimulating and productive times,

Cheers,



Derick H. Lindquist, Ph.D.

Professor and Dean

*School of Psychology & Counselling
O.P. Jindal Global University*

Introducing new faculty at JSPC – This semester, 14 new faculties joined JSPC



Dr. Deepak Pandiaraj



Prof. Raunaq Chawla



Dr. Sudhir Babu



Prof. Yasmine Shilla



Dr. Arpita Gupta



Dr. Poornima Vishvanathan



Dr. Mehak Sikand



Dr. Shweta Chawak



Dr. Kriti Gupta



Dr. Nitika Kumar



Dr. Aneasha Verma



Dr. Kannu Priya Kamboj



Prof. Kirti Tyagi



Dr. Sudharshan Kottai

Our new faculty speaks about their experience at JSPC



Teaching at JSPC has been an exploration and a reward. I am learning everyday with my students about how to be a good learner. I am navigating the rigour of JSPC with shared smiles and patient ears of my colleagues, respect and love of my students, and colours and beauty of the JGU sky."

- Dr. Arpita Gupta



My experience here in JGU makes me feel that academic practices are of a high standard. The professionalism of all members of JSPC is certainly a matter of pride. After all the difficulties post Covid 19, I am excited to initiate my research work again. Teaching 'Cognitive psychology' to curious young minds has made me a sincere student. In fact, the last four months faculty and students have given me an opportunity to discover myself as an academic in general and particularly organizational capacities in me. Despite the challenges in coping with the weather conditions, I am enjoying early morning classes in this winter. On the whole! Gemütlichkeit.

- Dr. Deepak Pandiaraj



The vibrancy and vigour of JSPC rests in its mandate of transdisciplinarity. I enjoyed having conversations with faculty colleagues from different parental disciplines like cognitive science, philosophy, psychoanalysis, engineering and social work with varied perspectives and aspirations. I firmly believe that the presence of a multidisciplinary team at JSPC will help students inculcate openness, humbleness and humility to transcend disciplinary boundaries in understanding (the ecology of) mind.

- Dr. Sudharshan Kottai



My experiences during my education years made me fall in love with psychology, and coming to JSPC has made me passionate about it. I recently joined JSPC and have realized that I am so fortunate to work at JSPC, where everyone is kind, supportive, and understanding. Whether it was a faculty or a student, everyone helped me when I reached out. I cannot say that adjusting to a new environment was easy for me, but I also discovered that tough times often quickly dissolve into easier times. So, I want to tell this one thing to young minds who are blooming and preparing to become future psychologists, "You've got what it takes to get past a tough time.

- Dr. Kriti Gupta



Having recently submitted my PhD, I knew that I was inclined on taking up a job that involved teaching psychology. Two months since I joined JSPC, and I must say that I don't think I could have started my teaching career at a better place. Culture of JSPC has allowed me to take on critical responsibilities while being able to find my own space and voice. The guidance and support received from the Dean and faculty members has been comforting and reassuring. I learn each day, from my colleagues as well as students, and that is the most exciting part of being at JSPC!

- Dr. Mehak Sikand

Faculty messages to our JSPC students



Be knowledge inventors in the field of psychology and be the change you want to see in this field.

Prof. Manjushree Palit



I learn every day from my students, for my students. Thank you for being so amazing!

Dr. Prama



I would like to quote Albert Ellis, "The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny." Clearly, there are aspects of your life that are outside of your control. While you might not be able to control all the things that happen to you or that you experience through your life, you can take charge of how you respond to these events.

Prof. Garima



The most important pillar of strength was my students- their curiosity, reflection and passion for doing good for others, made me fall in love with psychology again. It is awesome we are taking this journey together, and I hope all my undergraduate students end up loving the field of mental health as much or even more than I do.

Dr. Kanika



Embrace life in all its colours and totality. Nothing goes waste and every day embarks a new day of hope and light. Be very proud of your struggles!! May we find wonder and beauty in everything. Really treasure each one of you

Dr. Nitya



The focus is always on how to apply knowledge and to stay with the current trends in the subject. Learning can be enjoyable if we can relate to it, it goes beyond the classroom and textbooks. JSPC is a great place to explore that!

Dr. Meenakshi



College is all about learning! Learning new topics, new ideas, new cultures, learning to respect boundaries and setting some for yourself. It is also about experimenting new things and making new friends; some of them will stay with you for the rest of your life. This is also the time when you realise your potential and things that excite you the most. Be aware to use your potential in the right place. With this, wishing you all a great college life and lots of fun on campus

Dr. Divya



Life will always be full of ups and downs, failures and successes, hurt and joy. Take care of your own self, prioritize your health, academics, pleasurable activities which fill your heart with joy and keep going on. Reach out for help when needed. Remember #It is Okay To Not Be Okay and #Self Care is Not Selfish

Dr. Amanpreet



The lessons that you learn, the friends that you make, the lifestyle that you adapt from now on, is going to stay with you for long, my friend. Make this experience count!"

Prof. Sindhura



I staunchly feel that as students, it is very vital to strive to be better human beings than striving to become a better psychologists. Without the former, the latter will only bring disgrace to the psy profession

Dr. Sudharshan



Dear JSPC students, you remind me of my undergraduate days. Let me in you on a secret - these are the years when you will discover new parts of yourself, build character, practice accountability, and initiate friendships that may last a lifetime. Do not shy away from making mistakes - they will be the most remembered lessons of your life. Stand for something. Believe in magic.

Dr. Arpita Gupta



Congratulations for having reached till this point! I would encourage each of you to take a moment to give yourselves a pat on your back. While you continue to learn and grow, it is important to pause and appreciate yourself and others who have supported you. As you move forward, life may continue to throw different challenges your way. Stay humble and curious through this journey!

Dr. Mehak



Life would be pretty boring if it was monotonous. It's the ups and downs that is what makes it exciting and worth living. And of-course the ups are the fun exciting bits. But the down's play their part in making us the person we are. Embrace the days that you feel low, learn and grow from them, and soon enough life would be at a high again.

Dr. Deepali



For our students, first I would like to thank them for being so amazing and curious!! Second, for them I would like to quote "You must make a choice, to take a chance or your life will never change" (by Anthony Robbins). So never let any chance go off your hand, you never know when will you hit a jackpot.

Dr. Arti

Milestones & Events at JSPC

1st Student Council of JSPC

Glimpses of the Council Installation Ceremony

President- Rananjai Pratap Singh

Vice President – Ranya Kaur

Cultural Secretary – Ansh Bharara



JSPC Summer School 2022

The faculty of JSPC Successfully conducted its first ever summer school on the very pertinent themes of 'Brain & Behavior' and 'Mental Health in school'. The total participants numbered around 60 across various school in Delhi-NCR & across the nation.

JSPC ONLINE PSYCHOLOGY SUMMER SCHOOL 2022
15th June - 18th June 2022

Theme 1: Brain and Behavior (11 am to 12:15 pm)
Theme 2: Mental Health in School (01 pm to 2:15 pm)

Registration Open Now
Registration Closes: 5th June 2022

How to enroll?
You can apply by completing the application form. All questions on this form are mandatory.

Why should you apply for the JSPC Online Psychology Summer School?

- I. This is a unique opportunity to utilize your summer and upgrade your knowledge and skills by interacting with experienced Psychology experts in India.
- II. Earn a Certification of Attendance.

Registration Link: <https://surva.office.com/r/wG7jKApjR>

REGISTER NOW

Scan the QR code to Register:

THEME - 1: BRAIN AND BEHAVIOUR (11:00 AM - 12:15 PM)
THEME - 2: MENTAL HEALTH IN SCHOOL (01:00 PM - 02:15 PM)

DAY 1 (15th June 2022)

SESSION - 1
 'Student Stress and Coping Strategies' - **Dr. Derick Hall Lindquist** (Professor & Dean, Jindal School of Psychology and Counselling (JSPC))
 'Role of Social Media and Mental Health' - **Dr. Arti Singh** (Assistant Professor, Jindal School of Psychology and Counselling (JSPC))

DAY 2 (16th June 2022)

SESSION - 2
 'Neuroplasticity: How the Brain Changes Itself?' - **Dr. Meenakshi Banerjee** (Assistant Professor, Jindal School of Psychology and Counselling (JSPC))
 'Inclusion in Classrooms' - **Dr. Deepali Taneja** (Assistant Professor, Jindal School of Psychology and Counselling (JSPC))

DAY 3 (17th June 2022)

SESSION - 3
 'The Wonders of Your Brain: Learning & Memory' - **Dr. Divya Bhatia** (Assistant Professor, Jindal School of Psychology and Counselling (JSPC))
 'Value of Friendship' - **Dr. Nitya Prakash** (Assistant Professor, Jindal School of Psychology and Counselling (JSPC))

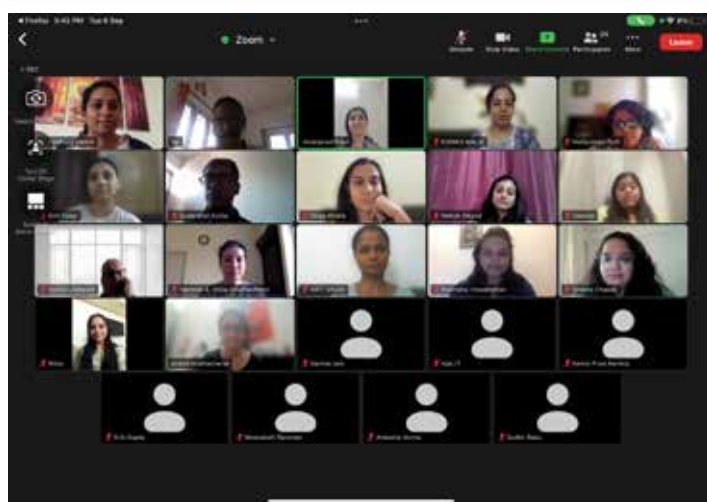
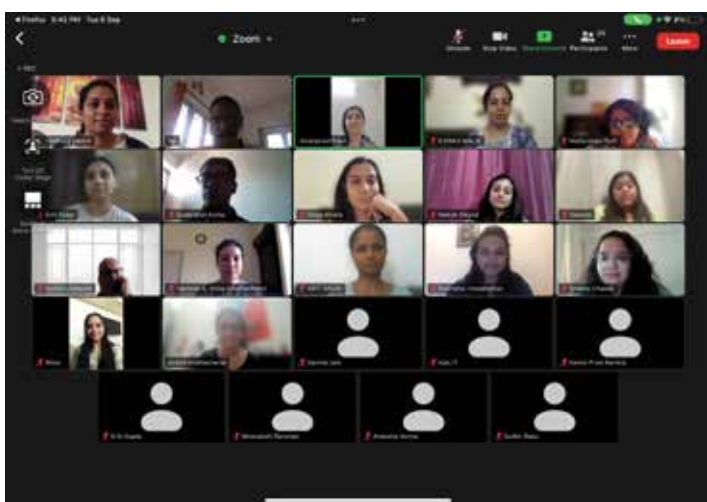
DAY 4 (18th June 2022)

SESSION - 4
 'Learning Strategies & Self-Regulation' - **Dr. Manjushree Palli** (Professor and Associate Dean, Jindal School of Psychology and Counselling (JSPC))
 'Identifying Red-Flags' - **Dr. Prama Bhattacharya** (Assistant Professor, Jindal School of Psychology and Counselling (JSPC))

THEME: INTERACTIVE SESSION (02:30 PM - 03:30 PM)
 'Post Summer School Activities'
 JSPC Student Volunteers

Faculty Pre Immersion Programme – July

Lively Introduction of the faculty to the fresh new batch of 2022. We discussed about the course, curriculum and what more to expect at JSPC.





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

JSPC August Outreach

SPEAKERS



PROF. ARPITA GUPTA
B.A. (Hons) & M.A. (University of Delhi)
M.Phil. (Ranchi University),
Ph.D. (IIT Kanpur)



PROF. SUDHIR BABU
B.A., B.Ed., & M.S.W. (Bangalore University)
M.Phil. & Ph.D. (NIMHANS)



PROF. YASMINE SHILLA
B.A. (Hons) (University of Delhi)
M.A. (Gauhati University)
M.A. (University of Missouri – Kansas City)

 **4th August 2022**  **04:00 pm - 5:00 pm**

Registration link:
<https://zoom.us/join/zoom/register/1JcqcOGrajKqGt06giOmKJcLFT6-kZw6iZIT>

Faculty Retreat @ Best Western Resort, Manesar

Amidst the green serenity of nature,
a peaceful retreat in the nature's lap.



Events & Initiatives

WORKSHOP ON MENTAL HEALTH AND BRAIN FOR CHILDREN IN RURAL COMMUNITIES

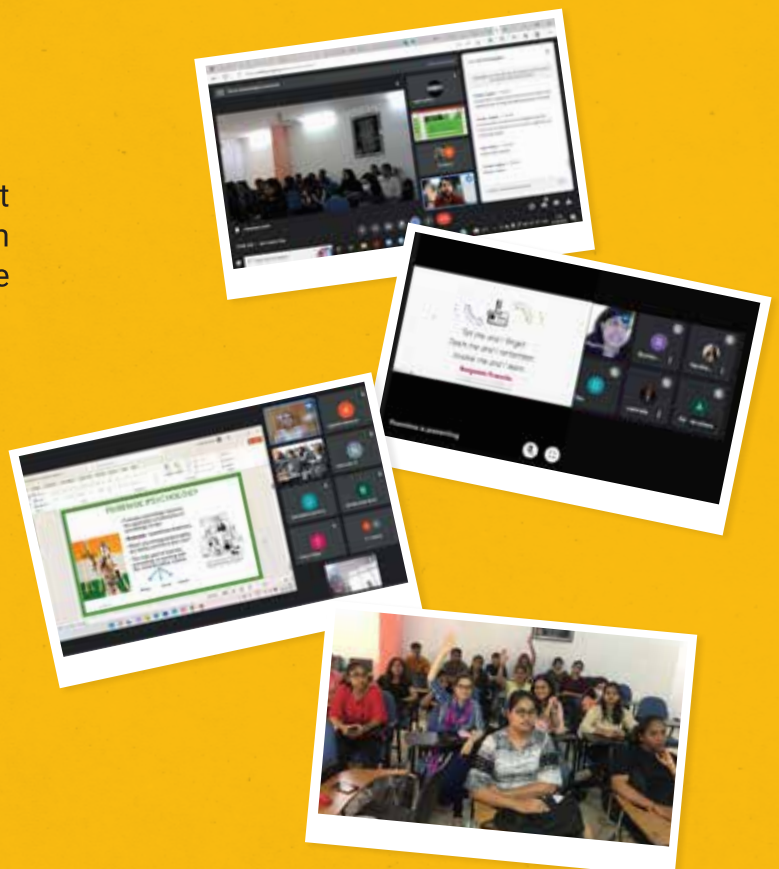
Our faculties Dr. Divya Bhatia and Dr. Meenakshi Banerjee organized a workshop on Mental Health and Brain for children in local rural communities in Northern Indian Villages. The interactive workshop was focused on Mental Health and Brain disorders. The workshop was sponsored by the Global Engagement Seed Grant awarded to Dr. Divya Bhatia by the International Brain Research Organization (IBRO).



PSYCHOLOGY LECTURE SERIES

4 faculty from JSPC to participated in this guest series titled 'Psychology Lecture Series from 22nd to 25th August 2022 by Guru Nanak College of Arts, Science and Commerce, Mumbai.

- | | | |
|--|---|-------------------------------|
| Dr. Aneasha Verma,
Forensic Psychology | } | 22nd August |
| Mr. Raunaq Chawla,
Environmental Psychology | } | 23rd August |
| Dr. Kannupriya Kamboj,
Positive Psychology | } | 24th August |
| Dr. Poornima Viswanathan,
Education Psychology | } | 25th August |



CLEANLINESS DRIVE WITH BISWAMIL ORGANIZING COMMITTEE

The Community Outreach Volunteers of JSPC collaborated with the BISWAMIL organizing committee to hold a cleanliness drive during BITE (the food festival) on 2nd October 2022. It was a trial drive that attempted to spread awareness through posters, asked vendors for their cooperation and provided cartons to reuse them to collect the litter.



Faculty Development Programs & Workshop

Faculty Development Programme – Fall 2022
A Workshop
TO PROMOTE UNDERSTANDING OF EFFECTIVE ASSIGNMENT AND ASSESSMENT DESIGN

Prof. Arun Pereira
MEd, St. Louis University, St. Louis, MO, USA
USA and Executive Faculty, Saint Louis University, St. Louis, MO, USA

Prof. Tanushree Sharma
Professor & Senior Additional Registrar, Jindal Global Business School (JGBS), O. P. Jindal Global University, India

17th & 18th August 2022
03:00 PM - 5:45 PM
T3 Faculty Conference Room

COORDINATOR:
Dr. Kanika Malik | +91-9910977218 | kmalik3@jgu.edu.in

A Workshop to promote understanding of Effective Assignment and Assessment Design by Prof. Tanushree Sharma & Prof. Arun Pereira

Faculty Development Programme – Fall 2022
ONLINE WORKSHOP ON:
COMMUNICATING FOR IMPACT – TAKE YOUR WORK TO THE NEXT LEVEL

SPEAKER
KANNAN KRISHNASWAMY
Kannan Krishnaswamy is a freelance journalist and communications consultant who has worked for over 15 years in a variety of roles. He has worked for several years as a senior editor at a leading news outlet, where he was responsible for the content and editorial direction of the outlet. He has also worked as a freelance journalist and communications consultant, where he has worked on a variety of projects, including writing press releases, developing social media strategies, and conducting media interviews. He is currently working as a freelance journalist and communications consultant, where he is responsible for writing and editing content for a variety of clients.

6th September 2022 | 03:00 PM - 05:00 PM
Join us on **zoom** Meeting link: <https://jgu.zoom.us/j/9147020228>
Powered by JGU

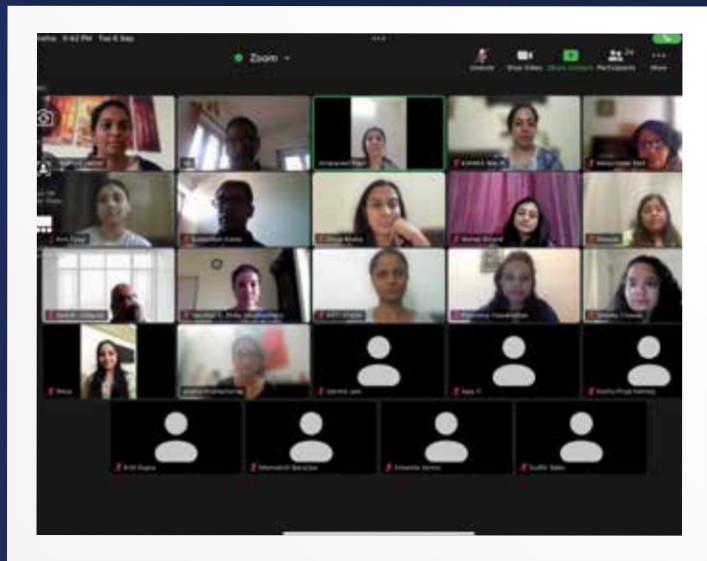
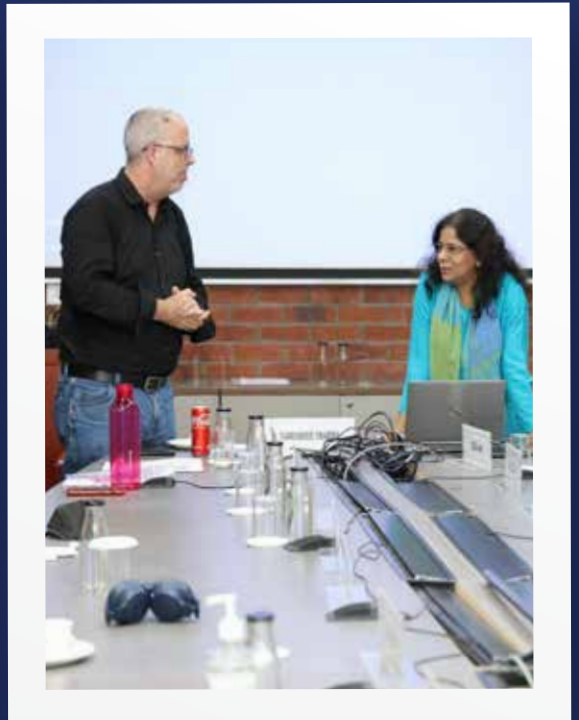
An Online Workshop on "Communicating for Impact – Take Your Work to the Next Level!" by Facilitator- Mr. Kannan Krishnaswamy, a freelance journalist, and communications consultant

Youtube link
<https://youtu.be/ed6rSAh9Cg>

- ▶ Workshop -Designing Effective Assignments and Assessments

Faculty Development Workshop


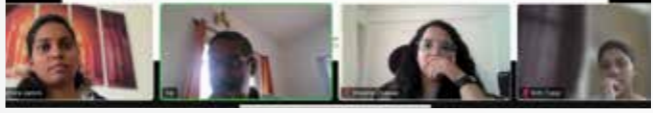




Integral to the communication process are the 5 W's and the 1H.

What – In terms of the message content and the audience, the "What" question answers:
 What am I required to communicate?
 What is in it for me and the audience?
 What should be the source of my data?
 What should the message be?
 What action is the audience required to take as a result of the communication?

Why – The "Why" question deals with:
 Why am I required to communicate? (understanding the trigger)
 Why communicate now?
 Why this audience?
 Why is this communication important?
 Why is my option the right one?

JSPC Commencement Lecture for the Batch 2022

O.P. JINDAL GLOBAL UNIVERSITY
Jindal School of Psychology & Counselling

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING
Cordially invites you to the
COMMENCEMENT LECTURE
On The Theme:
**WELL BEING AND PERSONAL GROWTH:
SOME PSYCHOLOGICAL PERSPECTIVES**
16 SEPTEMBER 2022 12:00 PM - 01:30 PM
T3-F57, O.P. JINDAL GLOBAL UNIVERSITY

CHIEF GUEST
PROF. (DR.) GIRISHWAR MISRA
Ex Head of Professor, Dept of Psychology,
University of Delhi

For more information email: jspc.exec@jgu.edu.in

The Commencement ceremony was graced by JGU founding Vice Chancellor, Prof. Raj Kumar, and Dr. Girishwar Misra, an eminent psychologist pioneering Indian Psychology.





JSPC Orientation Ceremony for Batch 2022





Faculty in Spotlight Series

JSPC's Faculty in Spotlight Series was continued this semester. Two of our faculties, Dr. Malik & Dr. Bhatia presented some of their path breaking research in the domain of Mental health & Neurosciences respectively.

Dr. Kanika Malik

Associate Professor,
Jindal School of Psychology & Counselling (JSPC)

The talk provided an overview of the development of a low-intensity problem-solving counselling approach (4-5 sessions over 2-3 weeks) for adolescents with common mental health problems like depression, anxiety and behavioural issues. During the talk, Prof. Malik highlighted the importance of balancing scientific evidence and contextual demands in adapting interventions for low-middle-income countries.



JSPC's FACULTY IN SPOTLIGHT SERIES
SESSION 5

Low-Intensity Counselling for Common Adolescent Mental Health Problems

SPEAKER
DR. KANIKA MALIK
Associate Professor,
Jindal School of Psychology & Counselling (JSPC)

THU 25th AUG 2022
05:00 PM - 06:15 PM (IST) T4-F99

Lecture's Brief
The talk will provide an overview of the development of a low-intensity problem-solving counselling approach (4-5 sessions over 2-3 weeks) for adolescents with common mental health problems like depression, anxiety and behavioural issues. During the talk, the speaker will highlight the importance of balancing scientific evidence and contextual demands in adapting interventions for low-middle-income countries. The speaker will also briefly discuss the evaluation of the effectiveness of this approach in school-going adolescents in India and the lessons learned in the process.

JSPC's FACULTY IN SPOTLIGHT SERIES
LECTURE 6

Pointing Movements and Visuospatial Working Memory: Ideas from Cognitive Neuroscience

SPEAKER
DR. DIVYA BHATIA
Assistant Professor,
Jindal School of Psychology & Counselling (JSPC)

THU 13th OCT 2022
05:00 PM - 06:15 PM (IST) T4-F100

Lecture's Brief:
The talk will be focused on how movements and visuospatial working memory interact and how one's visuospatial memory is influenced by performing movements in a shared social context. In other words, how performing an action together with a partner influences individual's encoding processes and subsequent memory retrieval will be discussed. With behavioural, eye-tracking and event-related potential data, these findings provide robust evidence suggesting that people working together in a shared social context simulate each other's actions and that is reflected into a memory improvement in a subsequent memory task.

Dr. Divya Bhatia

Assistant Professor,
Jindal School of Psychology & Counselling (JSPC)

" Pointing Movements and Visuospatial Working Memory: Ideas from Cognitive Neuroscience "

In the talk, Dr Bhatia focused on how movements and visuo-spatial working memory interact and how one's visuo-spatial memory is influenced by performing movements in a shared/ social context. In other words, how performing an action together with a partner influences individual's encoding processes and subsequent memory retrieval was discussed.

The very first session of the JSPC's "Bridging the Gap" Series. The motive was to provide a platform to our students to be able to share their research (not necessarily published) or program ideas, get feedback on process and progress, and connect with all faculty members.

JSPC's BRIDGING THE GAP SERIES
Session 1

'Critically evaluating the role of reductionism in psychology'
Speaker: **Ria Chhabra**

'Climate change awareness and climate anxiety amongst young adults'
Speakers: **Saanvi Saxena, Ria Vaid, Akreya Sharma**

'Why do Universities Use Essays in the Application Procedure?'
Speaker: **Anushi Mishra**

'Deconstructing the Concept of Rape through Power of Authority in India'
Speakers: **Dhruv Aggarwal, Tanishka Nair, Abhinav Dharbhandarkar**

'Mental well-being: a choice or a privilege?'
Speaker: **Kanishka Mehta**

20 OCT 2022 04:30 PM - 06:30 PM T4 - F100



Lecture Series



1 Mining the Mind lecture series

by Prof. Derick Session 8

 **YouTube Link**

<https://www.youtube.com/watch?v=YmnNTTciB8>

2 As part of the Research Methodology Quantitative Core Course, a workshop on "**Surveys and Techniques of Data Collection and Analysis**" was organised. The guest speaker, Mr Amritendu Bhattacharya.

The lecture provided an overview of techniques used in data collection and analysis under research methodology.

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

Cordially invites you all for a
JSPC'S GUEST LECTURE SESSION - FALL 2022
SURVEYS AND TECHNIQUES FOR DATA COLLECTION AND ANALYSIS

ABSTRACT:
The lecture provides an overview of techniques used in data collection and analysis under research methodology. Surveys remain an important source for primary data collection. Planning, Designing and Executing surveys take a lot of effort of each hour. Since data is collected, the focus shifts to methods for analysis. Throughout the session the effort would be to highlight specific case studies to give an overview of the survey types and how surveys can achieve the goals of research. Examples such as Facebook forms, mental health surveys and more analysis will be discussed in detail apart from group activities.

Amritendu Bhattacharya
Lead Biostatistician

BRIEF BIOGRAPHY:
Amritendu has a Master's in Medical Statistics from Bankeas University and a Diploma in Biostatistics. He has worked as a Biostatistician in several Pharma and Clinical Research Organisations across India. He has a particular interest in Public Health Research and has participated in the areas such as respiratory, mental health research and infectious diseases.

30th August 2022 (Tuesday) 10:00 AM to 11:30 AM T1-F18



O.P. JINDAL GLOBAL UNIVERSITY
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Jindal School of Psychology & Counselling
Jindal's First Transdisciplinary Psychology School

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

Cordially invites you all for a
GUEST LECTURE SESSION
THE ROLE OF PSYCHOLOGY IN A POST-PANDEMIC WORLD

DR IAN FUELSCHER
Senior Lecturer, School of Psychology, Deakin University, Australia

Dr Ian Fuelscher is a Senior Lecturer in the School of Psychology at Deakin University. He completed his PhD in developmental neuropsychology, examining the role of cognition in childhood motor development. His current research uses advanced neuroimaging methods to better understand brain development in typically developing children and in children with attention-deficit/hyperactivity disorder (ADHD). Dr Fuelscher is also the coordinator for Psychology Research Methods (introductory), a core unit in Deakin's undergraduate psychology program. In this role, Dr Fuelscher strives to engage his students in a rapidly evolving digital learning environment and provide them with transferable skills that are critical for employment.

2nd September 2022 (Friday) 02:00 PM to 03:00 PM T3-F57

COORDINATOR: Dr. Divya Bhatia | dbhatia@jgu.edu.in

3 The Role of Psychology in A Post Pandemic World

Dr. Ian Fuelscher, Deakin University, Australia.

The Office of International Affairs and Global Initiative (IAGI) recently hosted delegates from Deakin University, Dr. Ian Fuelscher and Prof. Linda Byrne to facilitate interaction with JSPC students and the faculty. Here are some of the pictures from the interaction and the talk focused on the Role of Psychology in a post Pandemic World.



4 "I am What I am": An Event on Gender Sensitization

In collaboration with Naz Foundation, the students of Jindal School of Psychology and Counselling spent an eventful day questioning the Patriarchy and the discourse of silence around gender-based violence as part of their Forensic and Criminal Psychology Course



16TH SEP, 10 AM
Jindal School of Psychology & Counselling
Organize Gender Sensitization Program

"Educational Institutions, Queerness, and Mental Health"

CINEMA WORKSHOP PANEL

MY MOTHER'S GIRLFRIEND

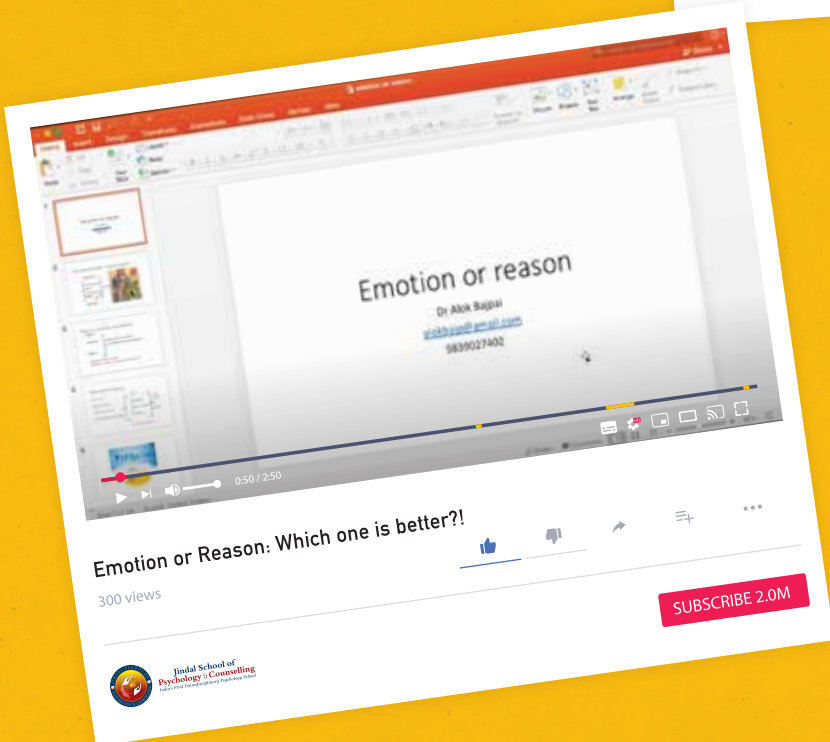
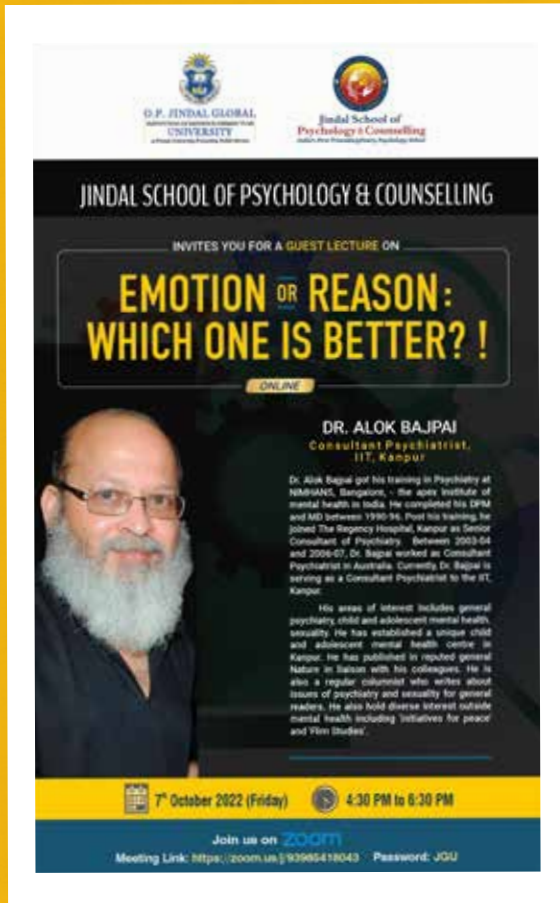
"I Am What I Am" Venue: T1,F18

Vignesham, Kishanrao, Anurag, Aditya, Haru

Naz Foundation, PRI 2 inc.

5 Guest Lecture on "Emotion or Reason: which one is better?!"

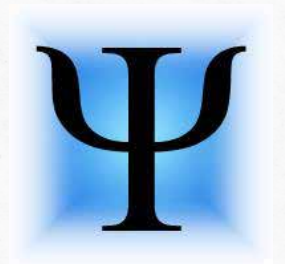
Dr. Alok Bajpai, Consultant Psychiatrist, IIT, Kanpur



 YouTube Link

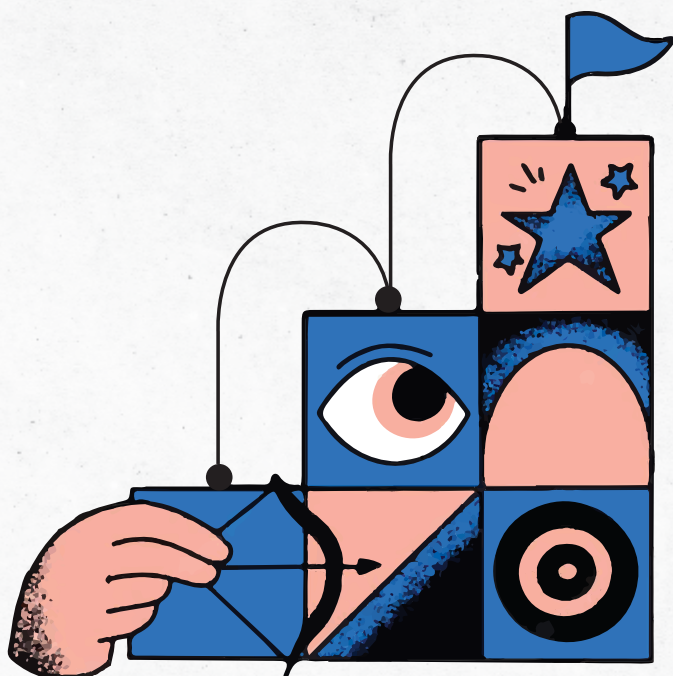
<https://www.youtube.com/watch?v=zc2osxSuXQQ>

Introducing PSI (Psychological Society Initiative) @ JSPC



Aim

The aim is to set up a student-led, inclusive society, focused on enhancing peer education on the general science of psychology as a subject and a medium to understand ourselves. Initiating a platform to organize events to support mental health promotion, provide a healthy environment for students/JGU community to share their feelings and dialogue with one another. The prime purpose is to understanding the nature of mental health groups, focusing on discussing the need for awareness of the importance of psychological and social well-being within the group.



Vision and Mission

To contribute to society's betterment at large, our aspirations lay in creating a space for empowering, inspiring, and creating more progressive individuals. We strive to develop and nurture the essence of psychology in our living standards and instill an understanding of the connection between personal life and the task of navigating through society.

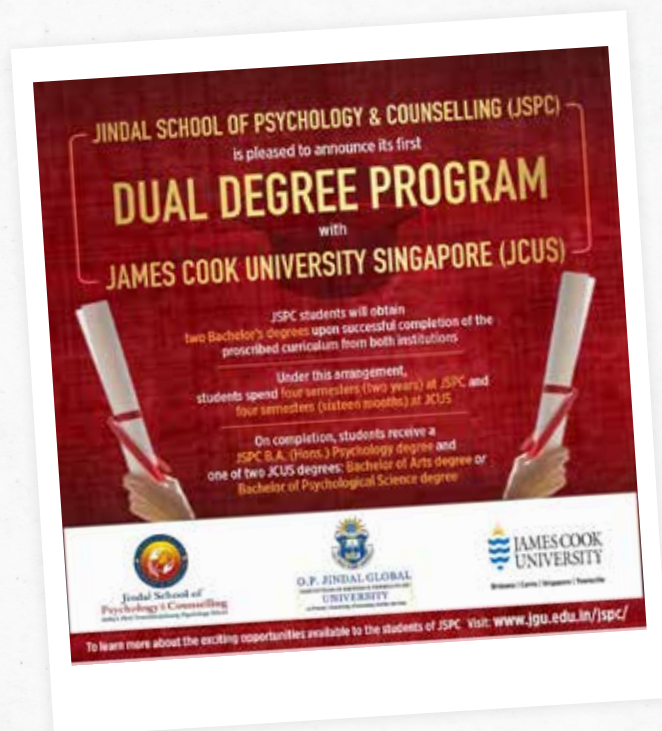
Delighted to share that JSPC has signed an MOU with James Cook University, Singapore for a dual degree program

JSPC has Signed an MoU with James Cook University, Singapore for a Dual-degree program

- Eligible students can pursue studies at James Cook University after the fourth semester
- Under this arrangement, students can spend 2 years at JSPC and 16 months at James Cook University
- Students can receive 2 degrees at the end: BA Psychology (Hons.) from JSPC, JGU & Bachelor of Arts (Majoring in Psychology Studies) OR Bachelor of Psychological Science from James Cook University

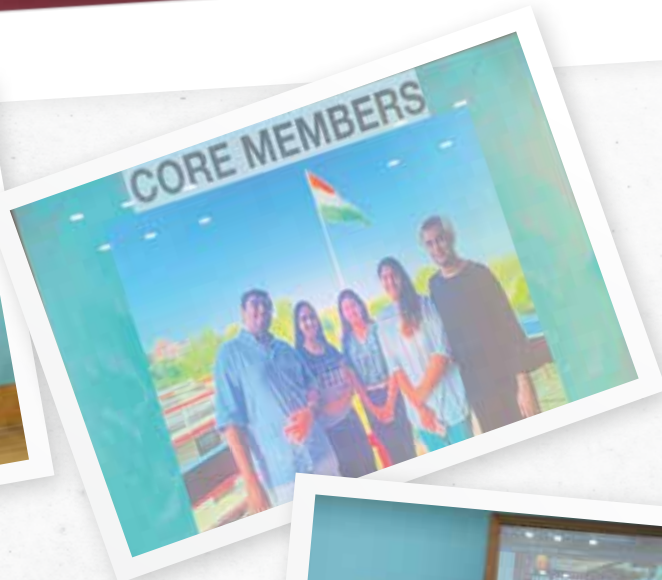
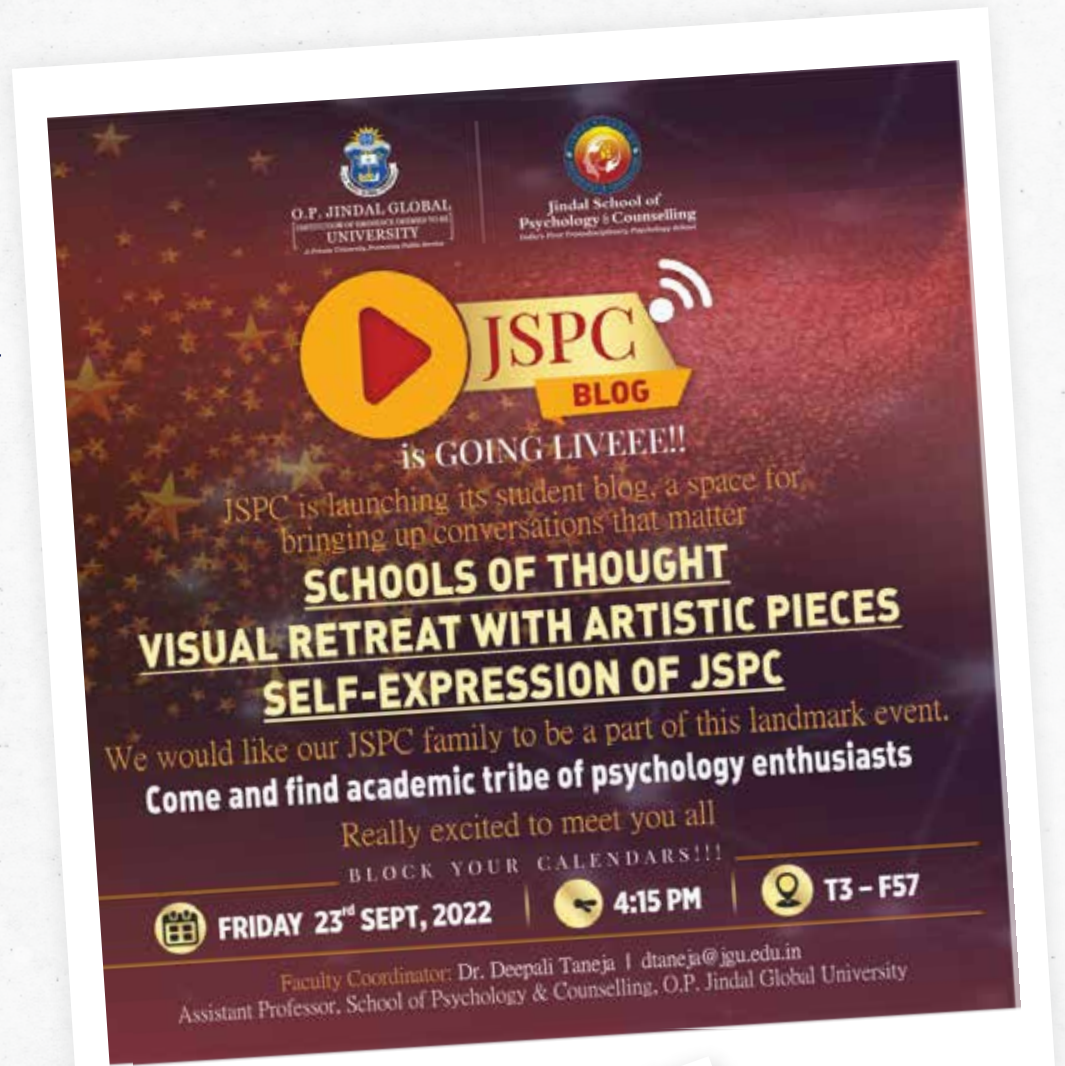
International Collaborations Committee, successfully conducted the first open house for student mobility programs. Students were excited to learn about various opportunities available to them for spending a semester abroad as well as short term visits and long-term programs such as a dual degree.

With great Pride, we are happy to announce that JSPC extending its international outreach in terms of study abroad programs as well as research collaborations. We have confirmed opportunities for our students for the semester abroad, and dual degree programs with several renowned universities



Hong Kong Shue Yan University, Hong Kong Semester Exchange agreement	Management and Science University, Malaysia Semester Exchange agreement
King's Western University, Canada Semester Exchange agreement	University of St. Andrews, UK Semester Abroad Program
Federation University, Australia Semester Exchange agreement	Berkley International Study Abroad Program (BISP)
Tel-Aviv University, Israel Semester Exchange agreement	University of California, Berkley Semester Abroad Program
St. Petersburg State University, Russia Semester Exchange agreement	James-Cook University, Singapore Dual Degree

JSPC Blog Launch



JSPC Offers Internship Opportunities

The Jindal School of Psychology and Counselling (JSPC) has collaborated with more than 50 national and international organizations for internship opportunities. The nature of internships offered to undergraduate students is unique which caters to both core psychology and multi-disciplinary subjects such as clinical, counselling, cognitive, organizational psychology, cognitive psychology, mental health issues, mindfulness, counselling techniques, health psychology, neuroscience, psychosocial issues, narrative studies, cyberpsychology, gender psychology, forensic psychology, community psychology, educational psychology, environmental issues and many more.

Professor Derick. H. Lindquist, Dean of the school, highlighted that 'Real-world experience can be gained by completing rigorous and diverse internship programs, international collaborations, and outreach programmes. The goal is to empower our students with a durable foundation in the psychological sciences for careers in research, counselling, education, healthcare, business, community, corporate, and the private and social sectors in India and worldwide. JSPC aims to instil both classroom and practice-led learning opportunities in students.'



Internship & Organizational Collaboration



Existing MOUs

Action North east (ANT) **BALM** Azaadi Foundation International
 Brain Behaviour Research Foundation of India (BBRFI)
 Anweshi Women's Counselling Centre Augmenta Health Foundation
 Goa Institute of Counselling, Goa **Bakul Foundation** Development Solutions Emo Matrix
Chhanv Foundation Cognizavest **Dream A Dream**
 Daffodils Therapy Studio Heart It Out **CMTAI**
Guftagu Counselling Heal Expert Hope Trust
 International Foundation for Crime Prevention and Victim Care (PCVC)
Indialogue Foundation **Belongg** Manashni Good Thoughts
 Information Sharing Analysis Centre (ISAC) Iswar Sankalpa **Manas**
Max Health Care Foundation Salaam Balak Trust Sangath **MINDS and HEART Foundation**
MannRaahi Navjyoti India Foundation Protsahan India Foundation, India
 One Future Collective **Plause & Play** **Mendlife**
Protection against Rapes in India (PARI) Sirway Me
 Socially Souled
 Society For Promotion of Youth & Masses (SPYM) Sweecha **Trishta**
 The Alternative Story The Color of Grey Cells The Silver Linings
 PUHOR Centre for Youth Mental Health **Therapize India** UDAYAN Care
Wysa Tulasi Healthcare **Youth for Mental Health**
 Vadodara Psychology Club Touchkin eServices Pvt Ltd



Students Events @ JSPC

‘Own your time’

event conducted for the
freshers by Student Affairs
Committee



HOME away from home

for the new batch of JSPC students

While engaging the students
in various activities such as
Describe a Healthy Person,
Appropriate Body Language
in Interpersonal Communication,
& Setting Boundaries.

Mental Health Week – The Grand Carnival at JSPC

Celebrating the Solemn beauty of Mind



Jindal school of Psychology and counselling (JSPC) as a new educational institution recognized and celebrated **10th October 2022 as Mental Health Day** by hosting a series of three-day long events during the mental health week.

The Global Mental Health Fest celebrations kick started with a fabulous open mic event on the **6th of October**, where students of Jindal Global University got the opportunity to display their talents and contribute in spreading awareness about mental health in an exciting and fun filled fashion.

The jamboree continued on **7th October in the form of Mental Health Carnival**, various activities were hosted by institutes working towards the betterment of mental well-being in collaboration with JSPC. Members of JGU family got the opportunity to interact with institutions like Naz Foundation, Daffodils, Mind Diaries, Your Dost, Socially Should and Mind & Heart. Events such as 'Rumpled Perspective' were organized where individuals were free to express themselves in any art form and speak their minds out.

To mark the end of the mental health week and honor mental health day in collaboration with **World Federation for Mental Health and Youth for Mental Health – JSPC hosted a panel discussion on "Make Mental Health & Well-being for All a Global Priority"** consisting of Dr Itisha Nagar, Arman Ali, Rituparna Borah, Astha Nagpal, Radhika Goyal and moderator Dr Prama Bhattacharya. The event was culminated by keynote speakers Prof. Gabriel Ivbijaro and Hitesh Sanwal. The Panel discussion was followed by an eventful cultural evening where students of JGU performed and spread awareness about mental health and well-being in form of silent skits, dance and music perform

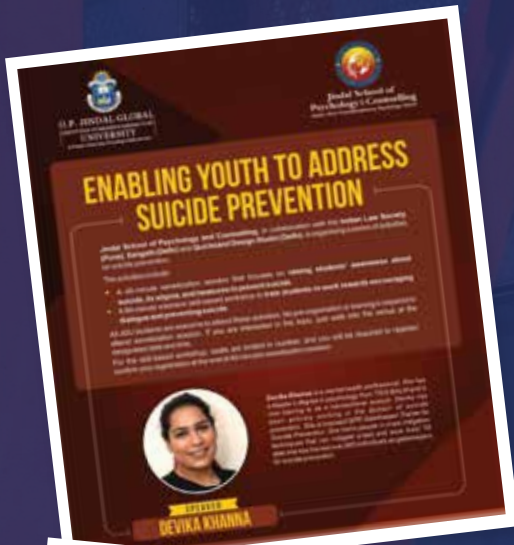
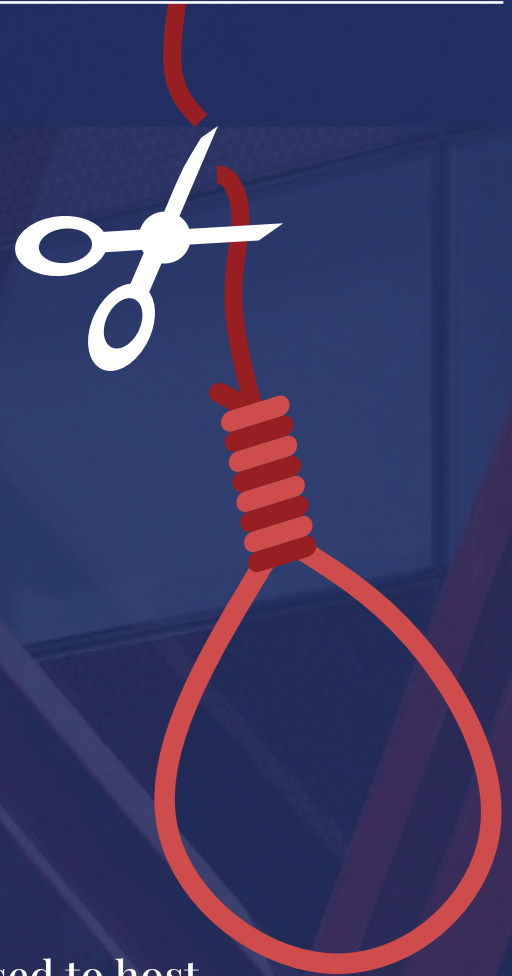
Glimpses of Mental Health week Event





Suicide Prevention Events

Series of activities focused on enabling youth to address suicide prevention. Interactive Session on Suicide Prevention



JSPC is pleased to host Dr Shahnaz Savani, a visiting Fulbright fellow, University of Houston

An Interactive session enabling the youth to address suicide prevention. The series includes an awareness session and a skill-based workshop.

- 1- Suicide prevention sensitization session that focused on raising students' awareness about suicide, the stigma around it and measures to prevent suicide.
- 2- A two hour intensive skill-based training workshop on how students can work towards encouraging dialogue and preventing suicide.

Dr Savani conducted multiple events focusing on various aspects of suicide prevention and management, including her work in Tajikistan.

- Guest lecture on 'Suicide in Low-and Middle-income countries: a psychosocial perspective'
- Research talk on 'Suicide in central Asia: learning from Fulbright Fellowship work'
- Workshop on 'Managing person with suicidal intention and behaviour: a hands-on workshop on doing safety planning' (open to JGU students interested in the area of suicide management)
- Guest lecture on 'Responsible reporting of suicide, Best Practices'

Semester ends with Great achievements
& New Beginnings..

JSPC hosting University of Houston

An immense pleasure to host post-graduate and doctoral students from University of Houston. As a part of the campus visit, series of events were organized. From a session on providing a glimpse of mental health to an interactive session between students from Houston and faculties of JSPC.



Outreach session on Importance of Psychology

Prof. Derick speaking to students of, Ryan International School and Mayo School in Ajmer for JSPC outreach on 'Importance of Psychology' in our everyday life.









Thank you
We are
geared up for the
spring semester.



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A Private University Promoting Public Service

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JGU - An Initiative of Jindal Steel & Power Foundation

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