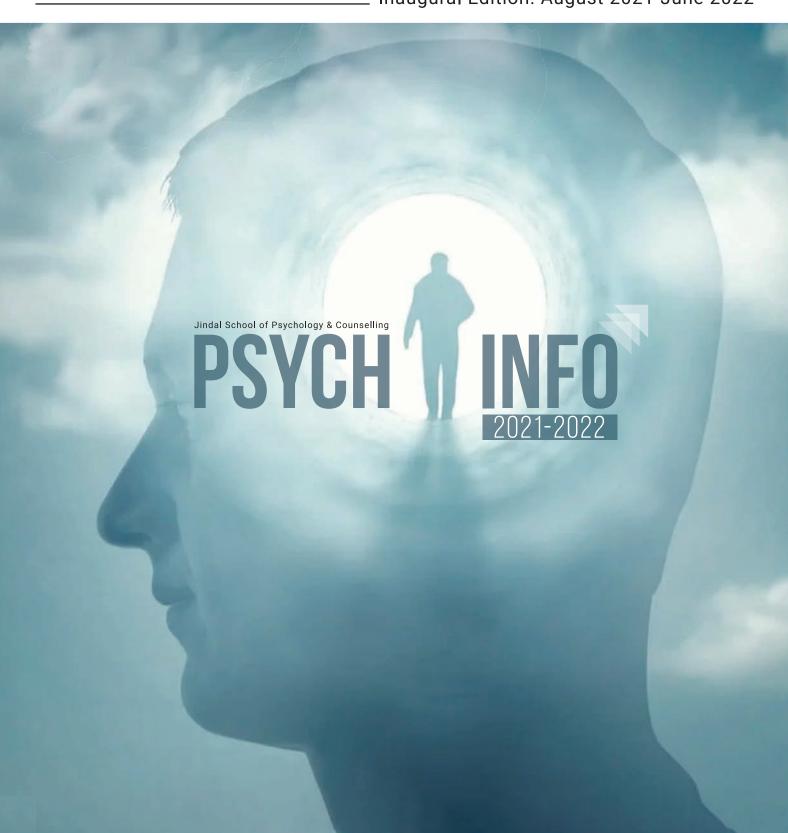




#### JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

## NEWSLETTER

Inaugural Edition: August 2021-June 2022





# Jindal School of Psychology and Counselling

JSPC is a newly founded 10<sup>th</sup> school at Jindal Global University. It is the first transdisciplinary psychology school in India. It is a scientific and research oriented school focused on developing a new generation of thought leaders in the fields of psychology and counselling.

#### **World-Class Faculty**

#### **Internship Opportunities**

Experiential and Skill-Based Learning & Interdisciplinary Elective Courses

International Collaborations – Study Abroad & Student Exchange Programs

Academic and Industry-Informed Curriculum Covering 18 Core Psychology Courses

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#### Greetings,

At the outset, let me acknowledge what an honour it is to serve as Dean of the Jindal School of Psychology and Counselling (JSPC). Inaugurating a new school in the covid-era certainly has unique challenges, but I am quite pleased at the success of the school and our students to date. After a semester of online teaching, we now have students on campus and in classrooms. While we continue to adjust to the new-normal, I believe this transitory period has been beneficial in one respect—it has brought about an enhanced sense of community and connectedness across the entire school.

It is exciting to participate in and hear about the great work that is happening in our school by both students and faculty. The enthusiasm of our students is infectious, many of whom now serve in varied important positions, such as amazing class representatives. our Impressively, in just a short period of time students have organized and established PSI, the **Psychological** Society Initiative. This new society is sure to be beneficial for all students of psychology, from JSPC and beyond. Most recently, the school held its first elections for Student Council. congratulations to Rananjai Pratap Singh (President), Ranya R Kaurr (Vice President), and Ansh Bharara (Cultural Secretary).

JSPC faculty have also excelled in their creative activities. teaching. research-presenting research findings at local, national, and international forums. Such endeavours are critical for any school that aspires to be recognized as an elite institute of higher learning, providing the foundation on which all else is built. I'm happy to report that in recognition of their stellar accomplishments, three faculty members-Profs. Kanika Malik, Mahima Raina, and Prachi Vashishtha - were recently promoted to Associate Professor, while Manjushree Palit has elevated to full Professor. Looking forward, the addition of new JSPC faculty members will provide even more diversity and expertise across all the various subdisciplines of psychology.

Over the coming year, the school will continue to expand and offer more opportunities to our students, including prospective internships and foreign institutes at which to study. Further, a JGU Psychology Research Laboratory will soon open. Run and administered in collaboration with the Jindal Institute of Behavioural Sciences (JIBS), the laboratory will enable students to gain first-hand training and understanding in experimental design and analysis. While research is common the postgraduate level, experiences are unique in the realm of undergraduate education.

Beyond the B.A. (Hons.) programme, JSPC will also commence a M.A./M.Sc. programme in Applied Psychology this fall, in collaboration with JIBS. The ability of undergraduate and postgraduate students to mingle and

interact is sure to increase the intellectual vibrancy of our school.

As the 2021-22 academic year nears its conclusion, I want to offer my deepest gratitude for the outstanding work of the staff and faculty of JSPC. Our executive assistants are dedicated and resourceful and the school could not operate without their diligent efforts. Our faculty, meanwhile, have gone the extra mile to provide quality instruction and, when needed, assistance to students struggling with academics, physical and mental health issues, and overall well-being.

While the return to campus has challenges-for brought many students and faculty alike-I am immensely proud of how everyone has adapted and come together this semester. There truly is no substitute for face-to-face communication between students and professors. assured, **JSPC** remains Rest committed to providing a premiere educational all experience to students, in and out of the classroom. This goal will remain at the forefront of our efforts as we continue to develop and expand the school in the years to come.

Dunt H. Charlow

Derick H. Lindquist, Ph.D.

Professor and Dean School of Psychology & Counselling O.P. Jindal Global University

## Faculty Experiences





#### Prof. Manjushree Palit

Professor & Associate Dean

My journey at JSPC has been transformational! I have had the opportunity to be a part of a wonderful team - brainstorming, conceptualizing and turning our shared dream of JSPC into a reality.



#### Dr. Kanika Malik

Associate Professor

This was my first job teaching undergraduates, so there was an excitement to take on this new role. At the same time, there was a feeling of nervousness, which came with the realisation that I have to shoulder this 'big' responsibility of shaping the mind of today's youths. Even though I was anxious to start with, it turned out to be a great year. The unending support from Dean Derick H Lindquist was greatly helpful. He was always there to answer my long list of questions and help me see the bigger picture when I missed one. My colleagues, although remote, were always there to celebrate big and small successes. 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 that 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. Prachi Vashishtha

Associate Professor

I have always believed that teaching is essentially a process of learning. Engaging with young minds and colleagues at JSPC offered me an intellectually stimulating environment to learn and grow as an academician. In the year of the pandemic, the warmth, and care extended by the JSPC community helped the students to thrive and come out with flying colours. As a school, JSPC has always believed in the idea that learning is not limited to classrooms. JSPC creates a nurturing space for students to express and share their diverse talents and ideas enabling their holistic personality development.



#### Dr. Amanpreet Kaur

**Assistant Professor** 

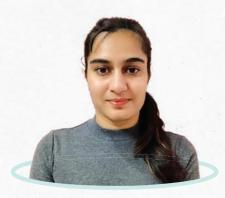
It has been a joyful, satisfying and captivating experience for me at JSPC. The students are reflective, curriculum is enriching, and authorities give utmost freedom to faculties to make use of creative and innovative methods of teaching. I am able to teach, get involved in extra-curricular activities, do research, collaborate within and outside the University and continue my clinical practice. As someone said, "The purpose of education is to replace an empty mind with an open one". JSPC follows the same approach to be able to open various doors of opportunities for the students. New ideas are welcomed and supported by all; this gives lot of scope not only for students to learn but the education system to grow together. The class schedules, extracurricular and after school events are very different from other settings or colleges in India.



Dr. Arti Singh

**Assistant Professor** 

"Progressive, nurturing, innovative, collaborative and employee-friendly" are the words that come to my mind when I think of JSPC and its culture. Although, I joined JSPC this semester only, but I feel it is one of the best places to work. I am so happy to be a part of the JSPC team! Thank you everyone!



Dr. Divya Bhatia

**Assistant Professor** 

Teaching the young minds at JSPC has been wonderful so far. Students at JSPC not only represent the potential, curiosity and enthusiasm of the young generation but also the diversity in the ideas. It is so great to include in interacting and teaching the young minds of a new generation of potential psychologists.



Dr. Deepali Taneja

**Assistant Professor** 

Teaching at Jindal School of Psychology and Counselling has been an enriching experience for me. Although, most psychology students come to a stats class with a lot of apprehensions, it has been wonderful to see them slowly understand and even enjoy the process of learning. I am positive that this incredible batch of students would be successful psychologists in the future.



#### Ms. Garima Jain

**Assistant Professor** 

My experience of working with JSPC is unparalleled. There is a strong sense of community within JSPC, heightening a sense of purpose and meaning to the mission of the university. The most rewarding part of working in JSPC are its students who are driven and passionate to the field of psychology. The collegiality among the faculty and staff members provide ample opportunities to collaborate. I am fortunate to be a part of great team.



#### Dr. Meenakshi Banerjee

**Assistant Professor** 

I joined JSPC in July 2021. The fall semester was taught online, and it was my first experience of teaching in this mode. Teaching online requires the teacher to innovate an interactive style and pedagogy. I think, I was able to engage some of the students and was able to connect, specially through the practicum classes where students were able to engage with theory through their own experiences. The second semester has changed all this and getting back to classroom teaching is fun. Meeting the students in person was very exciting. Teaching is a dialogic activity and requires students who are attentive and responsive, and I am delighted to find that we are learning together in the JSPC's new classrooms!



#### Dr. Nitya Prakash

**Assistant Professor** 

JSPC has opened up new possibilities for me. The work culture has brought back the enthusiasm that comes from taking up new challenges in teaching and learning. It's been an incredible learning experience so far especially working alongside such a great team of faculty and ever so inspiring students. It's a matter of great pride to be contributing back to the discipline of psychology and to simultaneously grow in my own potential.



#### Dr. Prama Bhattacharya

**Assistant Professor** 

I always knew I wanted to be an academician. So when I received my appointment letter from JSPC, it was a dream come true. I appreciate being at JSPC because of its work culture. It allows me to grow at my own pace. My career as a teacher couldn't have had a better start!



#### Dr. Suresh. C. Joshi

**Assistant Professor** 

My teaching experience at JSPC has been great. Interacting with students from different demographic and backgrounds has been fulfilling. Seeing them grow, academically and professionally, within and outside the classrooms is itself enriching. Student perspectives about learning theories make me think critically. My research experience at JSPC has been amazing so far. I am excited about my upcoming project, especially the one comprising student collaborators.



#### Ms. Sindhura Yamini

Research Fellow

JSPC has given me an opportunity to explore an aspect of my career that was left behind, Research. Here, there is a cordial and positive working environment which is truly amazing. A noteworthy part of my experience is to work under the leadership of the dean, Prof. Derick who is positive, encouraging and inspires me to do more. Together, we all are navigating through hybrid mode of learning which is the best part of this university, there is always something new to learn!



Mr. Ashim Roy

**Executive Officer** 

One of the best things about JSPC life is that you get a new experience every day. There were several things I enjoyed. I had face-to-face conversations with experts who delivered lectures on human emotions and with participants who shared their experiences about Psychological analysis. Working in a prestigious university in India is a great opportunity for me, like working with psychological experts; I hope it will be a great milestone for me.



Ms. Alisha Sindwani

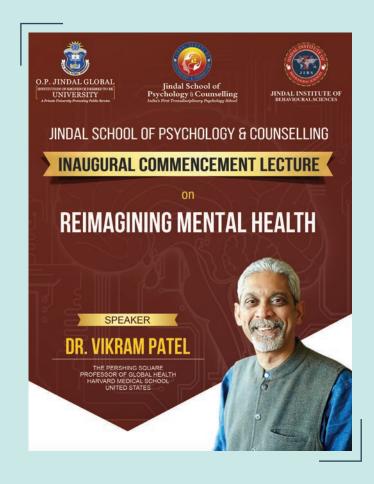
Assistant Manager

Joining such an esteemed organization is the best thing that has happened to me in quite a while. I joined Jindal School of Psychology & Counselling towards the end of January this year. JSPC Team has been very welcoming, friendly and understanding. JSPC puts great efforts in providing the best working environment for its employees and it gives me immense happiness while working here. I am confident that JSPC will provide me great platform that will elevate my learning curve. I feel empowered with the kind of experiences I have had with JSPC and I am proud to be a part of JSPC Family.

# Jindal School of Psychology & Counselling ISPC) Events 2021-2022

#### | Reimagining | Mental Health

**August 2021** – JSPC Inaugural Commencement Lecture On 'Reimagining the Mental Health' by Dr. Vikram Patel, The Perishing Square Professor of Global Health, Harvard Medical School, United States.



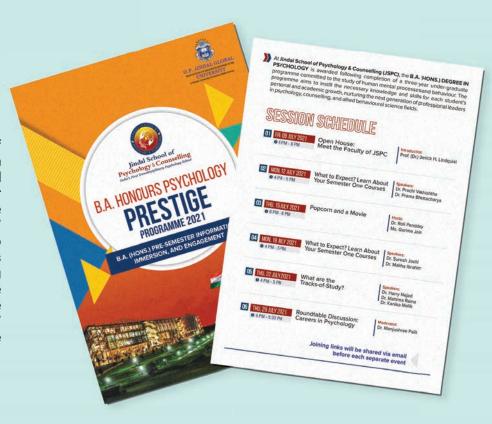


YouTube Link

https://www.youtube.com/watch?v = osQtgDNDNkc

#### JSPC Prestige Program

August 2021 - The faculty members of JSPC conducted the Pre-Immersion Training, Immersion and General Engagement (PRESTIGE) program for the newly admitted students. The program started with an 'Open House' to introduce the faculty members to the students followed by various informative sessions such as 'Learning about the courses'; 'Knowing the Tracks of Study'; 'Round Table Discussion on 'Careers in Psychology' and a a fun filled 'Popcorn & Movie Night' with Students.





#### Inauguration of Emotion and Cognition Research Centre

October' 2021: E-Cog is a Joint Research Centre established by Jindal School of Psychology & Counselling and Jindal School of Liberal Arts & Humanities. The Centre explores emotion and cognition. The Centre promotes research-anchored education for students in both Schools and, more broadly, all students at JGU.

# Faculty Development Training Program





#### December 2021

Faculty Development Event - Guest lecture by Dr. Lynda Hutchinson from King's Western University on the topic

Preparing Students for Lifelong Learning

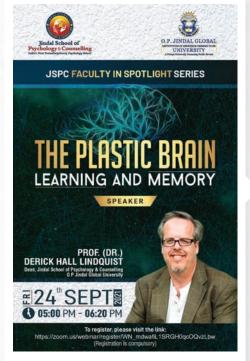
#### January 2022

Faculty Development Event - Guest lecture by Dr. Ashok Pandey, Director, AHLCON Group of schools on the topic

Alternate Pedagogy: Making Business of Nature

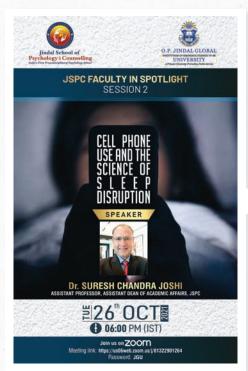


## Faculty in Spotlight Series



24th Sept' 2021: JSPC Faculty in spotlight- Session 1 'The Plastic Brain: Learning and Memory'

**Speaker:**Prof. Derick H
Lindquist, Professor
and Dean, JSPC



26th Oct' 2021: JSPC Faculty in spotlight- Session 2 'Cell Phone Use and the Science of Sleep Disruption'

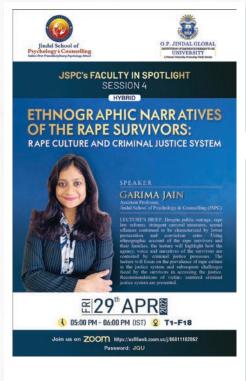
Speaker:

Dr. Suresh, C. Joshi, Assistant Professor, JSPC



25th Feb' 2022:
JSPC Faculty in
spotlight- Session 3
'Collaborative
Therapy: A
Psychotherapeutic
Approach' to
working with
refugees in a group
setting'

**Speaker:**Dr. Manjushree Palit,
Professor, JSPC



29th Apr' 2022: JSPC Faculty in spotlight- Session 4 'Ethnographic narratives of the rape survivors: Rape Culture and Criminal Justice System

**Speaker:**Garima Jain,
Assistant Professor,
JSPC

### Mining the Mind: On-going Lecture Series on Behavioural Sciences

By Prof. Derick. Hall. Lindquist





https://www.youtube.com/watch?v=LQO6UgEu0\_0

### Joint Seminars/ Lectures

#### November 2021

Joint Seminar on 'School Mental Health'.

**Speakers** were Dr. Siobhan Hugh-Jones, Associate Professor in Mental Health Psychology, School of Psychology, University of Leeds, UK & Dr. Kanika Malik Assistant Professor, JSPC, Jindal Global University, India.

#### November 2021

Joint Seminar on 'Resilience: The key to unlocking the puzzle of the Challenge of Change', held as part of the UN75+1 at NTU: The Challenge of Change Virtual Conference.

**Speakers** were Dr Glenn Williams, Nottingham Trent University, UK; Dr Maliha Ibrahim, Jindal Global University, India; Dr Amalia Madihie, Universiti Malaysia Sarawak (UNIMAS), Malaysia.

#### April 2022

Joint seminar by JSPC, JGU (India) and School of Psychology & University of Leeds (UK).

**Speakers** were Dr Prama Bhattacharya (JGU) and Dr Hannah Nash (Leeds) will talk about the impact of the COVID-19 pandemic on homelessness and education, respectively.

## Bharat Panchal Dialogues – Lecture Series (2021):



It was a matter of great pride that JSPC could forge a partnership with Fortis Mental Health Care to sponsor the 2021 'Bharat Panchal Dialogues'. Various faculty members of JSPC engaged in meaningful dialogue with various specialist in psychology through a panel discussion that spanned over three months from 17<sup>th</sup> October' 21 to 19<sup>th</sup> December' 21.

The target audience included psychologists (young and seasoned academicians, professionals, researchers, practitioners, graduates, postgraduate, MPhil, and Ph.D. students). The idea was to empower and encourage knowledge-sharing and community participation. The faculty member of JSPC spoke on the following topics –



Dr. Manjushree Palit
Topic: 'Parenting Practices that
Promote Child Mental Health'





Dr. Nitya Prakash
Topic: 'Dealing with Loss,
Grief and Bereavement'



Dr. Meenakshi Banerjee
Topic: 'Geriatric Mental Health'



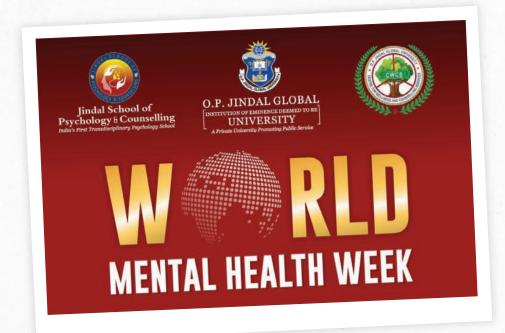
Dr. Prama Bhattacharya Topic: 'Mental Fitness in Times of Uncertainty'

Dr. Suresh Joshi



Topic: 'Positive Psychology: Significance of Optimism, Hope and Resilience during times of Uncertainty'

# Guest Lectures & Workshops

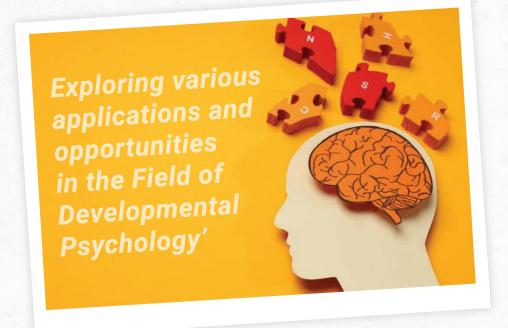


#### October 2021

Student-Moderated Panel Discussion on 'Physical and Mental Self-Care' to commemorating 'World Mental-Health Week' & 7 day self-care pledge challenge organized by Student Affair Committee in collaboration with Centre for Wellness and Counselling Services (CWCS)

#### October 2021

On 'Exploring various applications and opportunities in the Field of Developmental Psychology' by Dr. Vinita Bhargava, Professor, Department of Human Development and Childhood Studies at Lady Irwin College, University of Delhi.



### PSYCH | INFO | 2021-2022

#### March 2022

On 'Statistical Methods for Psychological Research' was conducted by Mr Amritendu B., Lead Biostatistician.



# Environmental Psychology by Dr Ashok Pandey

#### **▲** April 2022

On 'Environmental Psychology' by Dr Ashok Pandey, a renowned educationist and a recipient of 'Extraordinary Leadership Award 202' by the Education World, listed by the Forbes India 2020 among the 100 Top People Managers.

#### April 2022

Interactive talk on 'Collaborative Online International Learning (COIL)', by Dr Anuradhaa Shastri, a Fulbright-Nehru research fellow at JGU.



#### April 2022

Workshop at JSPC on 'Mindful way of Life' Conducted by Dr. Amanpreet Kaur







#### **▲** April 2022

Workshop 'Release – 'A Dance & Movement Therapy Workshop' conducted by Ms. Sindhura Yamini.

#### April 2022







#### **▲** April 2022

'Educational Psychology in its Essence and Beyond' – by Ms. Chetna Sabharwal, Director at SkillsReform, Association of Indian Principals, Mentor of Change at NitiAayog, New Delhi, India.



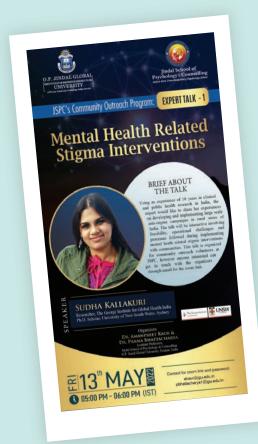
#### **▲** April 2022

Guest Lecture on
'Educational Psychology
in India: "Supporting
Schools to Create
Enabling Inclusive
Environment" By Ms.
Percy Cardozo,
Psychologist, Sangath,
Goa, India and Ms. Megan
Lopes, Psychologist,
Sangath, Goa, India



#### MAY 2022

Guest Lecture on 'Why should every student know about culture? by Dr. Saba Safdar, from the University of Guelph, Canada.



#### MAY 2022

Expert Talk Series 1 on 'Mental Health Related Stigma Interventions' as JSPC's Community Outreach Program by Sudha Kallakuri, Researcher, The George Institute for Global Health India, PhD. Scholar, University of New South Wales, Sydney

# Faculty Publications & Achievements



Prof. Derick Hall Lindquist

- Lindquist, D.H. and Dautaj, Y. (2021) Al in international arbitration: Need for the human touch. Journal of Dispute Resolution, N. 1, Winter 2021, pp. 39-64.
- Lindquist, D.H. (2020) Emotion in motion: A three stage model of aversive classical conditioning. Neuroscience and Biobehavioral Reviews, 115: 363-77.



Dr. Amanpreet Kaur

 Kaur, A., Sharma, M. P., & Chaturvedi,
 S. K. (2022). Psychological Well-Being amongst Cancer Palliative Care Professionals working in Bengaluru, India. Indian Journal of Palliative Care, 1-6.



Dr. Arti Singh

- Singh, A. (2022). Organizational Culture. In B.A. (Hons.) Psychology, BPCC 112. Organizational Behaviour. Indira Gandhi National Open University, New Delhi. ISBN 978-93-89200-50-8.
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Dr. Kanika Malik

- Malik, K., Michelson, D., Doyle, A. M., Weiss, H. A., Greco, G., Sahu, R., J., J. E., Mathur, S., Sudhir, P., King, M., Cuijpers, P., Chorpita, B., Fairburn, C. G., & Patel, V. (2021). Effectiveness and costs associated with a lay counsellor-delivered, brief problem-solving mental health intervention for adolescents in urban, low-income schools in India: 12-month outcomes of a randomized controlled trial. PLOS Medicine, 18(9), e1003778. https://doi.org/10.1371/JOURNAL.PMED.1003778
- Malik, K., Ibrahim, M., Bernstein, A., Venkatesh, R. K., Rai, T., Chorpita, B., & Patel, V. (2021). Behavioral Activation as an 'active ingredient' of interventions addressing depression and anxiety among young people: a systematic review and evidence synthesis. BMC Psychology, 9(1), 1–23. https://doi.org/10.1186/S40359-021-00655-X/TABLES/7
- Malik K et al (2022). Development of a Trans-diagnostic stepped care programme for common adolescent mental health problems in Indian secondary schools: lessons from a pilot study examining acceptability and feasibility. Global Mental Health 1-5. https://doi.org/10.1017/gmh.2022.7
- Knudsen, K. S., Becker, K. D., Guan, K., Gellatly, R., Patel, V. H., Malik, K., Boustani, M. M., Mathur, S., & Chorpita, B. F. (2021). A pilot study to evaluate feasibility and acceptability of training mental health workers in India to select case-specific intervention procedures within a dynamic modular treatment designed for a low-resource setting. Journal of Evaluation in Clinical Practice. https://doi.org/10.1111/JEP.13623



#### Dr. Maliha Ibrahim

- Ibrahim, M., King, A., Levy, S. et al. (2022). Increased family cohesion mediates therapist adherence to the attachment task and depression outcomes in attachment-based family therapy. Journal of Contemporary Psychotherapy https://doi.org/10.1007/s10879-022-09539-6
- Malik, K., Ibrahim, M., Bernstein, A., Venkatesh, R. K., Rai, T., Chorpita, B., & Patel, V. (2021). Behavioral Activation as an 'active ingredient' of interventions addressing depression and anxiety among young people: a systematic review and evidence synthesis. BMC Psychology, 9(1), 1–23. https://doi.org/10.1186/S40359-021-00655-X/TABLES/7
- Ibrahim, M; Levy, S; Ewing, SK; Chou, J; Gallop, B; Diamond, G (2021) Therapist Adherence to Two Treatments for Adolescent Suicide Risk: Association to Outcomes and Role of Therapeutic Alliance, Family Process http://doi.org/10.1111/famp.12660
- Myers-Coffman, K; Ibrahim,M; Junkins ,J;
   Bryl, K & Bradt, J. (2021) Learning by Doing:
   Student Experiences in a Mixed Methods
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   https://doi.org/10.28945/4683
- Muruthi, B.A; Romero, L; Thompson Cañas,; R.E.; Ibrahim, M.; Cheng, Y. (2021) "Sex is bad, sex is bad, sex is bad": Black immigrant women's report of conversations with their mothers about sex. International Journal for the Advancement of Counselling. https://doi.org/10.1007/s10447-021-09432-2
- Jessica L. Chou, Rachel M. Diamond, Bertranna M. Muruthi, Shannon Cooper-Sadlo, Maliha Ibrahim, Sarah Hillier, Harry J. Aponte, Dara Herbert, Susana Montesinos, and Asif Zaarur (2021). Journal of Systemic Therapies 40:3, 50-66



Dr. Divya Bhatia

- Bhatia, D., Mohite, V., Spataro, P., Rossi-Arnaud, C., & Mishra, R. K. (2021). Effects of pointing movements on visuospatial working memory in a joint-action condition: Evidence from eye movements. Memory & Cognition, 1-17.
- Khetrapal, N., & Bhatia, D. Our brightly-lit future: Exploring the potential for astrotourism in Khajuraho (India). The Canadian Geographer/Le Géographe canadien.



Dr. Prama Bhattacharya

- Bhattacharya P, Banerjee D, Sahu KK.(2021). The migrant crisis in India during COVID-19: A narrative far beyond mental health. Indian J Psychiatr Soc Work. Indian Journal of Psychiatry. 2021;12(1):1-4.10.29120/IJPSW. 2021.v12.i1.287
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- She has been contracted by Routledge to publish her Doctoral Dissertation in book format titled- 'Homelessness and Mental Illness: Exploring the lived experience in India'.



#### Prof. Manjushree Palit

- Palit, M., & Chhabra, B. (2021). Causes of juvenile delinquency and treatment. In S. P Sahni & P. Bhadra (Eds.), Criminal Psychology and the Criminal Justice System in India and Beyond (pp.). Springer Nature Singapore. DOI: 10.1007/978-981-16-4570-9
- Palit, M., & Mittal, M. (2021). Intimate Partner Violence in India. In S. Stith & C. M. Spencer (Eds.), International Perspectives on Intimate Partner Violence: Challenges and Opportunities (pp.). Springer International Publishing. DOI:10.1007/978-3-030-74808-1



Dr. Meenakshi Banerjee

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Dr. Nitya Prakash

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Dr. Suresh.C. Joshi

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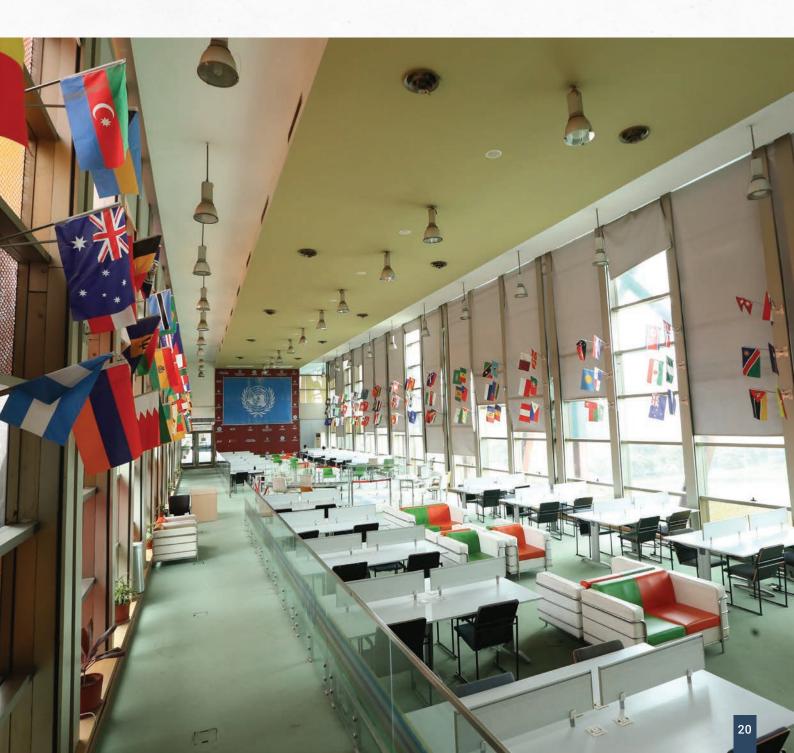
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# Fall Semester: We valiantly embraced the 'Digital Challenges' making the most of Online Education!



## JSPC Spring Semester Orientation: A Much Awaited Transition

**Commemorative Photographs of JSPC Faculty & Students** 

Section A





Section B

Section C





Section D