



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 5: June 2024 - May 2025

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DEAN'S MESSAGE



Greetings,

As we reflect on another remarkable year (2024-25) at the Jindal School of Psychology & Counselling (JSPC), I am filled with pride and gratitude for the continued dedication, innovation, and resilience that define our community. From groundbreaking research and impactful community engagement to the extraordinary accomplishments of our students and faculty, this year has been a testament to the strength and relevance of the psychological sciences in our changing world.

Our students continue to inspire through their academic achievements, as well as their compassion, creativity, and commitment. Whether advocating for mental health awareness, contributing to the campus and local community, engaging in theatrical performances, or conducting research alongside faculty and research centers, their work exemplifies the values we strive to uphold.

The JSPC Student Council led by President Yashmin Goyal had a highly productive and engaging year, advocating on behalf of the student

body while, simultaneously, providing fun and engaging events. Similarly, PSI, the Psychological Society Initiative, offered a range of student-led workshops and celebrations focused on mental health and well-being.

Faculty members have pushed the boundaries of knowledge, securing competitive grants, publishing in high-impact journals, and fostering collaborative initiatives that span disciplines and borders. Importantly, their supervision and mentorship have played a crucial role in shaping the next generation of psychological scientists and practitioners.

Psychology, at its core, seeks to understand human experience and understanding that must be informed by diverse perspectives and lived experiences. Faculty-led centers, including the Emotion and Cognition Research Centre, Centre for Neurodiversity Studies, and the Centre for Psychotherapy Research and Training, exemplify this directive, illustrating the challenges and rewards of studying diverse groups and perspectives.

I want to offer my deepest gratitude for the outstanding work of the staff and faculty of JSPC. Our executive managers, Ashim Roy and Alisha Sindhwani, are dedicated and resourceful and school could not operate without their diligent efforts. JSPC faculty members, meanwhile, are always willing to go the extra mile on behalf of our students, in or out of the classroom. They provide guidance and motivation while also aiding students struggling with physical or mental health issues.

As always, I invite you to explore this newsletter to learn more about the achievements, stories, and voices that make JSPC such a dynamic and inspiring school of higher education. Your support, engagement, and curiosity continue to drive the school forward.

Rest assured, JSPC remains committed to providing a premiere educational experience to all students, both undergraduate and postgraduate. This goal will remain at the forefront of our efforts as we continue to develop and expand new programs that broaden the reach and relevance of JSPC, such as our new M.Sc. in Counselling Psychology.

Sincerely,

A handwritten signature in black ink, reading "Derick H. Lindquist".

DERICK H. LINDQUIST, Ph.D.

Dean, School of Psychology & Counselling
O.P. Jindal Global University
Sonipat, Haryana, India 131001
Phone: +91 83969 01368
Email: dhlindquist@jgu.edu.in

Major Milestone @ JSPC

Convocation of First Batch of JSPC – Batch of 2021



Inauguration of Psychology Research Laboratory



Major Milestone @ JSPC

Inauguration of a New Research Centre



AAGAHII

Centre for Psychotherapy Research and Training



Invited talk by **PROF. (DR.) HONEY OBEROI VAHALI**

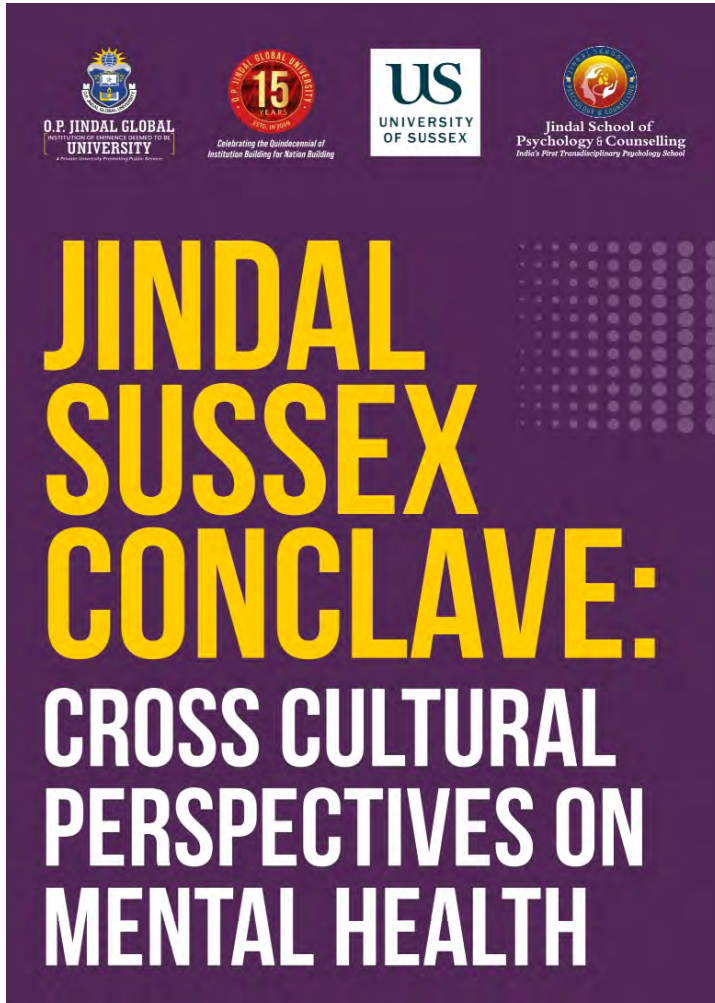
Founding Director, Centre of Psychotherapy and Clinical Research, Dr. B. R. Ambedkar University, Delhi

Brief about the speaker: Prof. Honey Oberoi Vahali is a psychoanalyst, clinical psychologist and professor of psychology at Dr. B.R. Ambedkar University Delhi, India. It has been her endeavour to conceptualize a model of psychoanalytical psychotherapy in the Indian context that is deep going and yet freely accessible to those in need. She has been the founding Director of the Centre of Psychotherapy and Clinical Research, AUD, a centre in a university context dedicated to a vision of psychoanalytical work along the lines of social and emotional justice. She has also written extensively on psychoanalysis, psychotherapy as well as mental health in the context of higher education. From 2012 to 2015, she was the Dean of the School of Human Studies, Ambedkar University Delhi.



Major Highlights @JSPC

Jindal Sussex Conclave



Major Highlights @JSPC

JINDAL SCHOOL OF PSYCHOLOGY & COUNSELLING

Inaugural Ceremony

COUNSELLING PSYCHOLOGY **M.Sc. Fall 2025**

**Psychology's Wild Terrain:
Surviving the (In)Discipline and Chaos**

Keynote Speaker:



Dr Surabhika Maheshwari

Associate Professor,
IP College for Women,
University of Delhi

Short Bio: Dr. Surabhika Maheshwari is an Associate Professor at the Department of Psychology, Indraprastha College for Women, University of Delhi. She is a practicing psychologist with nearly two decades of experience. Her areas of research interest include mental health, psychotherapy, psychology of identity, and self. Her background in psychology is complemented by her experience as a psychotherapist and college counselor, affording her a nuanced understanding of both theoretical foundations and applied practice in counseling. She has rich experience in curriculum development, as well conducting workshops, trainings, and supervision at academic and industry fronts. She has authored numerous scholarly book chapters and research papers and served as co-editor on a special issue on Identity and Self for the journal Psychological Studies. Dr. Surabhika has also worked with multiple national and international organizations, including the World Health Organization (WHO), Child Rights and You (CRY), Rajiv Gandhi Foundation (RGF), Indian Oil Corporation Limited (IOCL), and TEDx

Major Highlights @JSPC

Research Discussion Meeting with Prof Robin Gearing from the University of Houston, Texas

A research discussion meeting with Prof Gearing from the University of Houston and JSPC faculty was organized by the International Collaboration Committee on 13th Nov 2024 at Polaris, Savitri Jindal Faculty Office Building, JGU Campus. The aim of the meeting was to facilitate research collaboration between faculties. This was followed by a One-on-one meeting with Prof Gearing and faculty members, where the faculties discussed common themes for future research collaborations.



Student Research Conference 2024

Four themes of oral presentations at SRC 2024:

1. Psychology in practice
2. Wellbeing: integrative approaches in mental health
3. Youth mental health
4. The online brain: psychology & technology

Topic of his talk: *Addiction Management and Role of Psychology for Thriving Future*

Keynote Speaker:

Dr. Gauri Shankar Kaloiya

Professor of Clinical Psychology,

National Drug Dependence Treatment Centre, AIIMS

He is a Professor of Clinical Psychology at the National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences, New Delhi. Prior to AIIMS, Dr. Kaloiya's training and extensive experience includes various renowned institutions including the Central Institute of Psychiatry (CIP), NIMHANS, Bengaluru, and IHBAS, Delhi. He has made significant scientific contributions in the field of mental health and addiction psychology. His research experience includes projects funded by WHO, UK-UCL, and ICMR, among others. Prof. Kaloiya has supervised over 27 Ph. D., DM., MD, and M.Sc. theses, and has authored over 75 research articles. Dr. Kaloiya has been a resource person and a key member of various government committees, including those under the Ministry of Health and Family Welfare (MoHFW), and has held leadership roles in various professional societies, including the President of the Indian Association of Clinical Psychologists (IACP).



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ALLIANCE
UNIVERSITY



Mahindra
University



ASHOKA
UNIVERSITY



BENNETT
UNIVERSITY



Tata Institute of Social Sciences



PES
UNIVERSITY



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UNIVERSITY BAREILLY



জগন্নাথ বিশ্ববিদ্যালয়
Jagannath University



Plenary Address:

Dr. Suneetha B Mantam

Professor of Counselling, Department of Counselling,
College of Professional Advancement MERCER University,
Atlanta, Georgia, USA

Dr. Manyam, Ph.D., LPC, CRC, CPCS is a tenured professor at Mercer University in the Department of Counselling. As a counsellor educator, she has been training and supervising the future counsellors for the past 17+ years, manages, \$2+ million federal grants from Department of Education, serves as a federal grant reviewer, publishes research regularly. She serves as one of the board of directors for Licensed clinician, Dr. Manyam is serving couples, families, and clients from 5-75 years in the areas of anxiety, stress management, trauma, addiction, grief, acculturation issues for the last two decades.

78 papers were presented: 41 oral presentations + 21 research posters + 16 informative posters

Topic of her talk: Role of self-care and mindfulness in the psychological well-being of helping professionals of Psychology for Thriving Future



Fall 2024 & Spring 2025

Faculty Development Workshops

FDP - 1

"Feminist Pedagogy & Mindful Leadership in Classrooms"

This session delved into:

1. The six principles of feminist pedagogy
2. Bell Hooks' groundbreaking work "Teaching to Transgress"
3. Practical strategies for implementing mindful leadership in your classroom

Allowed discovery into how to foster critical thinking, validate diverse experiences, and empower your students to actively participate in their educational journey.



FDP - 2

Sustainability as an Educator



FDP - 3

Inquire, Ideate, Inspire: Unlocking Innovative Potential for Teaching Excellence

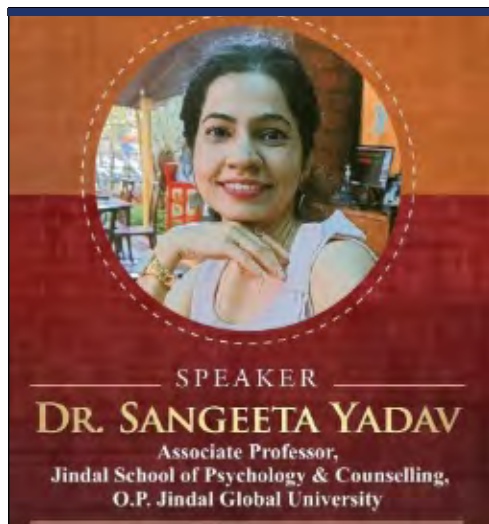


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Faculty in Spotlight



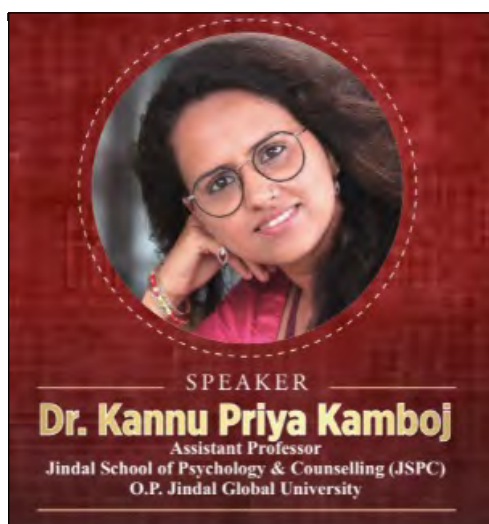
Socio-culturally induced distress among migrant labourers in India: A Qualitative Inquiry

Lecture Brief: The work revolves around exploring the experiences of distress among Indian migrant labourers with the help of qualitative research. Findings indicate that the essence of the migrant labourers' distress is largely rooted in their culturally defined roles, prevailing socio-cultural norms, legal and other structural factors.



Harnessing the Power of Climate Activism: A psychological perspective

Lecture Brief: Dr. Akancha Srivastava presented a review of psychological research on climate change and climate activism. The talk highlighted trends in climate change research over time and across different regions. She examined the meaning and understanding of key research themes pertaining to the area of climate change. She provided insights into the psychological factors that drive climate activism and suggest strategies for encouraging broader participation in efforts to combat climate change.



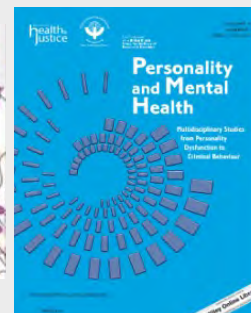
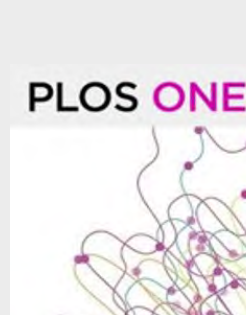
Job Demand Resource Model of Psychological Capital

Lecture Brief: Dr. Kannu Priya discussed about the antecedents of Psychological Capital in Indian IT Industry, based on one of the most recent theoretical paradigms of occupational health, that is, Job Demand Resource Model. The discussion furthers the understanding of co-existence and interdependence of motivational and limitational processes in the development of 'Psychological Capital' at work.

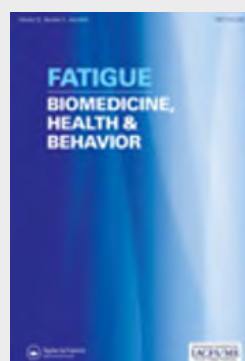
Faculty Publications

Total number of PUBLICATIONS in AY 2024-25: 28

Logos Journals with Scopus Q1-indexing with publications by Faculty at JSPC



Logos Journals with Scopus Q2-indexing with publications by Faculty at JSPC



Fall 2024 & Spring 2025

Guest Lectures @ JSPC



Commencement Lecture for AY 2024-25:

Chief Guest Speaker **Prof. (Dr.) Beulah Shekhar**, Director of Prism Research, Tamil Nadu; Ex-Chair Professor of Criminology, National Forensic Science University (NFSU); Emeritus Professor of Criminology, Karunya University, Coimbatore; Ex-Professor & head of the Department of Criminology an Criminal Justice Sciences, Manonmaniam Sundaranar University, Tamil Nadu

“On your mark...get set...Go!!” : The interaction covered the 6W's that is: Why, What, Who, Where, Which and When and the 1H, the How of study of psychology!

Ms. Prerna Gupta

Trained Dance Movement Therapist
A guest lecture on Dance Movement Therapy (DMT) was organised for the students enrolled in the Stress Management course. The guest, Ms. Prerna Gupta, is a trained dance movement therapist, who also completed her master's in counselling psychology from the Tata Institute of Social Sciences. Students had the opportunity to learn about the intricacies of dance movement therapy and how it is beneficial not only for persons with dementia, but also for effectively managing stress. Ms. Gupta discussed current research in DMT and engaged the audience in dance movement activities during this lecture.



Ms. Prabhjyot Kaur

Trauma Focused Therapist & Founder Restory Psychotherapy

Title of the talk: Making Room: Queer Tales of Therapy

Overview of the talk: This was an invitation to reflect on what centuries of normativity, both in psychotherapeutic practice and the world in general has done to gender and sexual minorities. She invited all to make room in what they might know to be true about therapy and open up their minds to the lived realities of folks that are underrepresented in every sphere of the society as well as the conversation around global mental health. This lecture shed light on the challenges and opportunities of working with the queer community in the therapeutic and community setting in the Indian context.



 <p>Manak Matiyani Independent Consultant <i>(feminist, queer rights activist, gender justice)</i></p>	 <p>Raza Consultant, Naz Foundation International <i>(love, masculinity, freedom)</i></p>	 <p>Prathyasha George Assistant Professor, ISPC <i>(sexuality, social psychology, dating and masculinity)</i></p>
 <p>Praveen Das Lead, Partnership Management, Wikimedia <i>(technology, AI, personal experience)</i></p>	 <p>Nitya Prakash Associate Professor, ISPC <i>(psychoanalysis, literature, history)</i></p>	 <p>Garima Jain Assistant Professor, ISPC <i>(narratives, victimology, feminist psychology, love)</i></p>

Men, Masculinity & Love in a Global Context with a Focus on India and the Global South

Guest Lectures @ JSPC

Holding space and holding steady: Emotion regulation for clients and therapists – A panel discussion

Discussion Brief: this engaging panel discussion on emotional regulation in therapy explored how both clients and therapists navigate emotional experiences in clinical settings. Our distinguished speakers provided insights into evidence-based strategies that support emotional well-being in therapy. From cognitive reappraisal and distress tolerance to the emotional resilience of therapists themselves, this discussion highlighted key challenges and practical approaches across different therapeutic orientations.



Ms. Rhea Dhir

Liscenced Clinical Psychologist, Research Associate, Consultant, Metropolis, Wellcome Trust.

Title of the talk: **Behavioural Activation (BA) Programs in India**

Ms. Aakriti Chaudhary

Counselling Psychologist and a mental health researcher

Title of the talk: **Self-care for Peer Counsellors**



Guest Lectures @ JSPC



Mental Health Care Act: the evolution
 Dr. Vasundhara S Nair, Assistant Professor,
 Institute of Behavioural Sciences,
 O. P. Jindal Global University

**Topic of her talk: Adaptation for behavioural
 activation therapy in an indian set-up**

The panel explored:

1. Men's attitudes toward gender equality in South Asia. The impact of cultural expectations on male behavior.
2. The evolution of gender roles across the Global South.
3. Engaging men as allies in gender equality efforts.
4. The role of education and research in advancing this discourse.
5. The potential influence of AI on perceptions of masculinity.



Ms. Miriam Sequeria

Intervention Programme Lead, Addictions and related-Research Group (ARG), Sangath

She holds a master's degree in clinical psychology and serves as the Intervention Lead at Sangath's Addictions and Related Research Group in Goa. With over a decade of experience, she has contributed to research funded by the National Institute of Health (USA) and the Medical Research Council (UK), developing psychosocial interventions delivered by non-specialist health workers in India. As a consultant for J-Pal, she collaborates with MIT economists Dr. Abhijit Banerjee and Dr. Esther Duflo on a project addressing depression prevention among the elderly in Tamil Nadu. Her research interests include common mental disorders and addictions in adult populations, with a commitment to improving access to mental health services.



Ms. Prabhjyot Kaur
Trauma Focused Therapist &
Founder Restory Psychotherapy

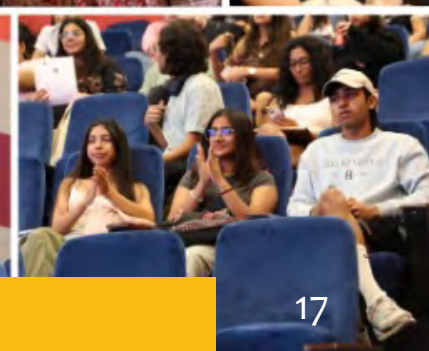
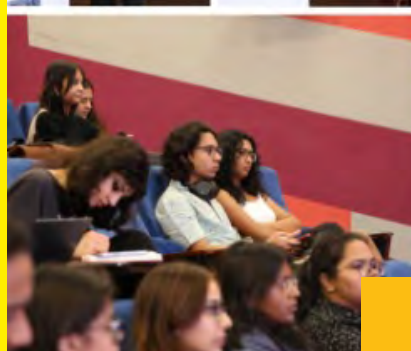
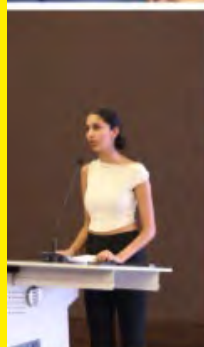
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Ms. Shweta Dharamsasani,
Trained Psychoanalytic Psychotherapist

*Title of the talk: Building Blocks of
Personality: Freud, Erickson and Piaget in
Dialogue*

Synopsis of the talk: personality is a collection of behavioural, cognitive and emotional patterns in an individual and has been defined in different manners by different theorists in the discipline. The lecture aims to demonstrate how different aspects of development are interconnected and how different theorist postulate similar yet different aspects of development of personality. Development is a continuous process and all the various streams of thought are in fact complementary to one another.



Guest Lectures @ JSPC



Ms. Shruti

HCPC UK Regd. Dramatherapist

Title of the talk: Bullying: A Drama Therapy Exploration

Brief about workshop: In this experiential and psycho educational workshop, students explored the important issues of bullying with respect to the context. They used the tools of drama and creative arts to explore various aspects of this issue, such as, causes, prevention and response. They focused on enabling the participants to engage with this issue in an experiential and self-reflective way using the tools of drama therapy.



Dr. Stacey B Daughters

Professor of Psychology and Neuroscience at the University of North Carolina, Chapel Hill, and the Director of Biobehavioural Research on Addiction and Emotion (BRANE) Lab

Title of the talk: Behavioural Activation for Substance Use

'Strengths-based Assessment and Interventions'



SPEAKER

DR AARTI JAGANNATHAN

Additional Professor of Psychiatric Social Work, NIMHANS, Bengaluru

Short Bio of Speaker: Dr. Aarti Jagannathan is an Additional Professor of Psychiatric Social Work, NIMHANS, Bengaluru - 29. She helms multiple research projects in Yoga, Rehabilitation and mental health funded by ICMR, the Ministry of Social Justice and Empowerment and NIMHANS. She has published more than 75 publications to her credit in National and International journals and books. She is also a recipient of the 5th National Women's Excellence Award 2012, Nav Kiran (Young Women Achiever) by the Government of India (GOI) and Women's International Network (WIN).

**Dr. Rajanikant Panda**

Computational Neuroscientist & Postdoctoral Scholar, University of California, San Francisco, USA

Title of the talk: Rewiring the Brain: Effects of Meditation, Hypnosis, and Virtual Reality

Lecture Brief: The talk explored how cognitive interventions (meditation, hypnosis, virtual reality) reshape neural circuits and enhance brain functions. His research suggests that these techniques can modulate brain networks, offering promising applications in mental health, neurotherapy, and cognitive enhancement. The session will conclude with discussions on emerging research and future possibilities for integrating these interventions in clinical and wellness settings.

Title of the talk: Psychosocial Rehabilitation in mental Health**'Community-Based Rehabilitation Need of the Day'**

SPEAKER

DR N JANARDHANA

Professor of Psychiatric Social Work,
NIMHANS, Bengaluru

Short Bio of Speaker: Dr N Janardhana Professor of Psychiatric Social Work, NIMHANS, Bengaluru -29. He is working with children in difficult circumstances and children in institutions and continues to promote community-based interventions for caregivers through NGOs in rural India. Written more than 250 scientific articles in national and international journals, books, and manuals. Awarded 24 projects from national and international funding organizations. Guided several Doctoral research and MPhil Research.

Guest Lectures @ JSPC

Dr. Charru Sharma

Associate Professor, University of Delhi

Title of the talk: The Resilience Portal: Awakening Grit Through Mindfulness and Drama

Workshop Brief: In today's fast-paced world, many young people struggle with a sense of purpose and direction. This workshop inspired and empowered participants to become aware of their passion and build resilience. Through engaging in ice-breaking activities and thought-provoking reflective exercises, participants will embark on a journey of self-discovery. At the heart of the workshop is a unique, ground breaking module – that seamlessly blends drama and mindfulness. This innovative approach encouraged creative expression, introspection, and emotional resilience, engaging participants with tools to navigate life's challenges with confidence and clarity.





Dr. Arvinder Singh
Founder and Director of the Ashoka Centre
for Well-being at Ashoka University

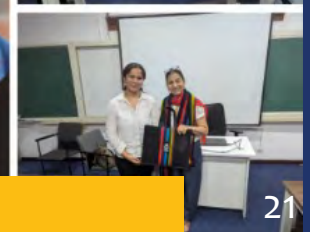
*Listening Circles: A tool for emotional
containment and healing*

Dr. Mercian Daniel

Operations Lead – Community Studies
& Senior Research Fellow (Mental
Health), The George Institute for Global
Health India

**Title of the talk: Mental Health Research
Among Marginalized Communities in
India**

Lecture Brief: The prevalence of mental disorders appears to be more among certain populations given their vulnerable situation. Vulnerable populations, including socio-economically disadvantaged individuals, ethnic minorities, migrants, and those experiencing homelessness, face heightened risks of mental health issues. In India tribal communities, slum residents, and transgender individuals among others, face significant mental health challenges due to socio-economic disadvantages, stigma, and limited access to healthcare. Adding to this vulnerable population are young people who experience extreme climate change events. This lecture will showcase studies and discuss specific issues while conducting mental health research among some marginalized populations in India.



Bridging the Gap Series

JSPC's BRIDGING THE GAP SERIES

Session 4

*Beyond the Silence:
How Teachers' Attitudes Shape the
Taboo of Discussing Sex*



Speaker

Aavardhan L

*Honor & Violence:
Analyzing the Public Opinion
on Honour Killings*



Speaker

Akansha Narain

*Deadline Effect:
Reaction Time and Accuracy*



Speaker

Anya Aswin

*Relational Patterns in Individuals with
Attention Deficit Hyperactivity Disorder*



Speaker

Manya Goyal

*The Impact of Generational
Trauma on Coping Mechanisms and Self-Identity*



Oishee Malay



Speakers

Saanvi Kumar



Delving into Research: A Session led by JSPC's Research & Exchange Committee Student Volunteers

'Approaching Faculty for Research'



ESHA SAXENA

'Navigating the Research Process'



ARPITA KASERA

'Artificial Intelligence & Ethics in Psychological Research'



VANSHIKA BHUWALKA

'Navigating Research Ethics Review Board'



AAVARDHAN L



AY 2024 - 2025

Emerging Scholar's Showcase: Honor's thesis Presentation



Sanjana Deshmukh

Between Tradition and Modernity:
Exploring Evolving Interpersonal
Relationships in India



Divyanshi Srivastava

From Verses to Voices: A Literary
Narrative Analysis of Poetic
Expression



Dipanwita Basu

From Screens to Self: Media Influence
on Sexual Socialisation among Young
Adults in India



Aditi Khanna

Gendered Experiences in
Indian Psychology Startups:
Comparative Analysis of
Barriers & Work-Life Balance



Palak Surana

Faculty's Brand Citizenship
Behavior as a Catalyst:
A Multilevel Examination of
Engagement & Student Well Being



Geetanjali Goel

Non-disclosure and Disclosure of
Domestic Violence: Perspectives of
Mental Health Professionals in India



Devika Joshi

The Language Labyrinth: Tracing Gen
Z's Psyche through the Maze of Slang



Swati Shreyaa

Exploring the Relationship of Self-
care with Perceived Stress and Life
Satisfaction among Mental Health
Professionals in India



Keerthana MS

Exploring the Relationship between
Social Media Addiction, Compulsive
Online Shopping and Psychological
factors



Ritisha Sharma

The Impact of Emotional Abuse in
Romantic Relationships on Gen-Z



Manasvi Goyal

Understanding Experiences and
Perceptions of Physician
Communication among
Indian Women with PCOS/ PCOD



Kanika Agarwal

What Makes you a Prosocial Risk-
Taker? Exploring the Psychological
Predictors of Prosocial Risk-Taking
in Indian Young Adults



Sarmishta Bharadwaj

Exploring the Influence of Emotional
Arousal on Visual Attention and
Recognition Memory: An Investigation
among Indian Young Adults



Kanika Gupta

Unraveling Grief in the Social Realm:
An Exploratory Study in the Indian
Context



Rithika Parivelan

Exploring Athletic Identity through
Photographic Self-Representation
among Indian College Athletes

E-Cog's 2nd Symposium

Emotion and Cognition in Education: Current Trends and Research



23 APRIL 2025

F18 (1st Floor)
Prithviraj Jindal Academic Block (T1)

'I LIKE IT, I WANT IT, BUT DO I NEED IT?'

Emotion cognition pathways in decision making - implications for education

DR. NANDINI CHATTERJEE SINGH

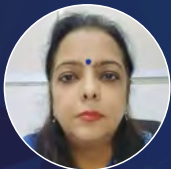
Nandini Chatterjee Singh is a cognitive neuroscientist and currently Senior National Project Officer at UNESCO MGIEP (Mahatma Gandhi Institute of Education for Peace and Sustainable Development), in New Delhi, India. Nandini set up the first developmental cognitive neuroscience laboratory in India at the National Brain Research Centre and conducted pioneering work on educational neuroscience and neurodiversity encompassing biliteracy, dyslexia, autism, music and emotion. In 2017, she joined UNESCO MGIEP with a focus on building the science-policy nexus in education. At MGIEP, she leads research and development focused on mainstreaming social-emotional learning into education systems. She designs courses that combine social-emotional skills with cognition and academic knowledge using interactive, immersive, digital pedagogies, including digital games. Her purpose is to reimagine education, using the science of learning, to build societies that are equitable, peaceful and sustainable and promote learners' flourishing.



'THE ROLE OF EMOTION AND COGNITION IN LEARNING: PEDAGOGIES AND PRACTICES'

DR. SHALINI SINGH

Associate Professor
School of Psychology and Education,
Rishihood University



DR. DEEPAK MAUN

Associate Professor
International Institute for Higher Education Research &
Capacity Build



DR. POULOMI DAS

Assistant Professor
Jindal School of Liberal Arts and Humanities (JSLH),
O.P. Jindal Global University



DR. DIVYA BHATIA

Associate Professor,
Jindal School of Psychology and Counselling,
O.P. Jindal Global University



DR. P DEEPAK

Assistant Professor,
Jindal School of Psychology and Counselling,
O.P. Jindal Global University



Moderator



E-COG

EMOTION & COGNITION
PSYCHOLOGY RESEARCH CENTRE



E-COG JORNAL CLUB MEETING

Session Title:

How the brain heals emotional wounds: the Functional Neuroanatomy of Forgiveness



Aavardhan L

Aavardhan L is a final year psychology student at the Jindal School of Psychology and Counselling. His research interests focus on cultural dynamics and intersectionality within the education sector, particularly in addressing societal taboos such as sex education in Indian schools. He has presented on the complexities of the Mani Box Model at the Inaugural Student Research Conference and later served as a student panelist in the second edition of the conference, contributing to discussion on academic stressors, societal expectations, and youth mental health.



7th E-COG JOURNAL CLUB MEETING

Session Title:

'Emotional Goals and Emotion Regulation Tactics in Adulthood and Old Age'

Faculty Presenter:

Dr. Meenakshi Banerjee

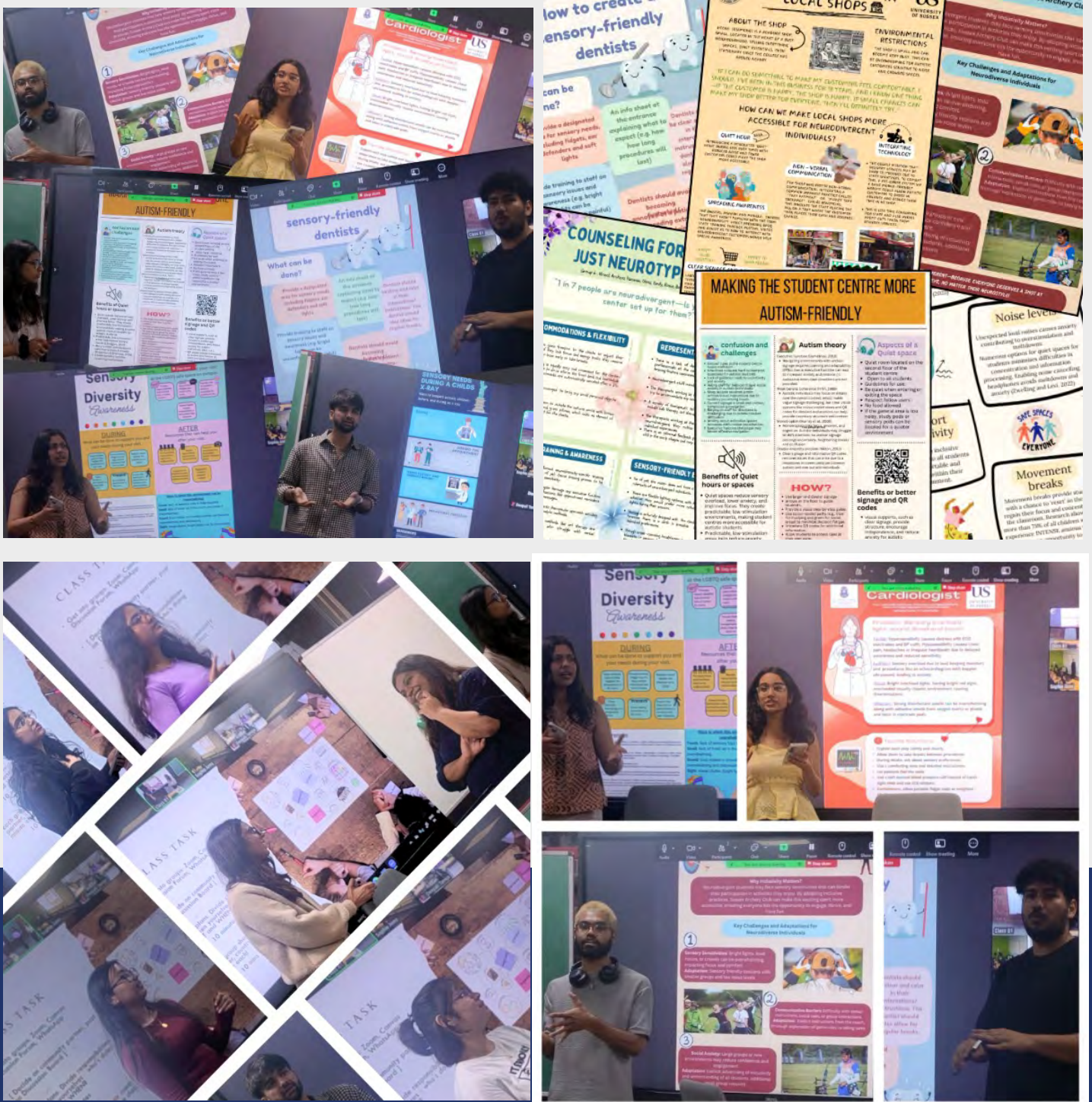


Assistant Professor, JSPC

For more updates, follow us on LinkedIn

Global Classroom





Across the borders, Global classroom understanding sensory diversity in autism in India and UK.

Neurodiversity Across Lifespans course offered by Dr. Deepali Taneja, JSPC and **Autism across lifespan** course offered by Dr. Sophie Anns, University of Sussex collaborated on a **Global Classroom** in the month of March to facilitate student interactions. Students from both universities bonded over incorporating cultural skills and knowledge to come up with creative infographics about supporting sensory needs in different community settings.

We saw the formation of new friendships and amazing cooperative work in just four weeks and are very proud of what the students have come up with!

Autism Acceptance Month (AAM25) by CND updates

AAM25 was filled with insightful discussions, shared experiences, and meaningful connections aimed at co-creating greater understanding, acceptance, and appreciation of neurodiversity on campus. From the panel discussion on diverse autistic experiences and the global seminar highlighting perspectives from **Madagascar to the screening of "The Reason I Jump"** and the much-loved **Comfort Cave & Fidget Frenzy**, each event contributed to conversations around inclusion.

We are thrilled to say that the events were a great success, thanks to your enthusiastic participation!

This initiative would not have been possible without the collective effort of many individuals and groups. We extend our heartfelt thanks to:

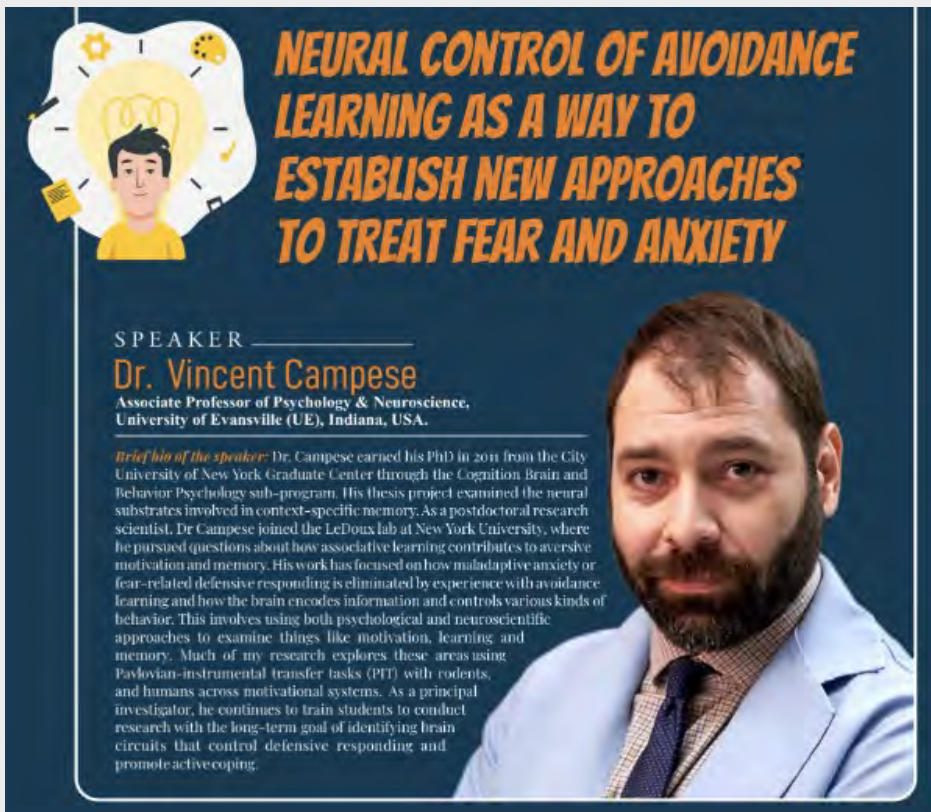
- All the students, staff, and faculty who attended the events, asked thoughtful questions, and contributed to the conversations.
- The dedicated AAM25 Student Organizing Committee, whose passion, hard work, and invaluable perspectives were the driving force behind the month's activities.
- Our collaborators, including the Centre for Community Mental Health and the Centre for Neurodiversity and Development at Durham University, for partnering with us.
- The JGU Student Councils who helped amplify our message across different schools.
- The JGU administration and support staff for their assistance in facilitating the events.

While Autism Acceptance Month has concluded, the Centre for Neurodiversity Studies remains committed to advocating for neurodiversity inclusion and creating supportive spaces year-round. We encourage you to stay connected with CNS for future events and initiatives.



AY 2024 - 2025

Internationalization @ JSPC



NEURAL CONTROL OF AVOIDANCE LEARNING AS A WAY TO ESTABLISH NEW APPROACHES TO TREAT FEAR AND ANXIETY

SPEAKER
Dr. Vincent Campese
 Associate Professor of Psychology & Neuroscience,
 University of Evansville (UE), Indiana, USA.

Brief bio of the speaker: Dr. Campese earned his PhD in 2011 from the City University of New York Graduate Center through the Cognition Brain and Behavior Psychology sub-program. His thesis project examined the neural substrates involved in context-specific memory. As a postdoctoral research scientist, Dr. Campese joined the LeDoux lab at New York University, where he pursued questions about how associative learning contributes to aversive motivation and memory. His work has focused on how maladaptive anxiety or fear-related defensive responding is eliminated by experience with avoidance learning and how the brain encodes information and controls various kinds of behavior. This involves using both psychological and neuroscientific approaches to examine things like motivation, learning and memory. Much of my research explores these areas using Pavlovian-instrumental transfer tasks (PIT) with rodents, and humans across motivational systems. As a principal investigator, he continues to train students to conduct research with the long-term goal of identifying brain circuits that control defensive responding and promote active coping.

The Jindal School of Psychology and Counselling has entered a landmark MoU with the University of Evansville, USA, to launch a 2+2 undergraduate degree program. This collaboration offers students a unique opportunity to pursue two years of study at Jindal and two years at Evansville, culminating in an internationally recognized degree.

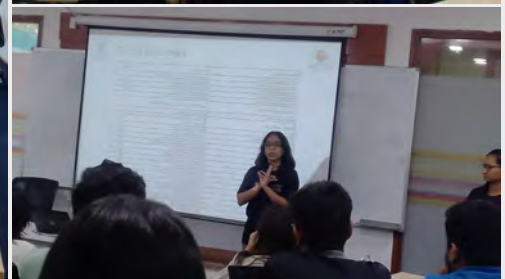



OPEN HOUSE ON APPLICATIONS FOR STUDY ABROAD OPPORTUNITIES: SPRING 2025

KEY HIGHLIGHTS OF THE SESSION

- APPLICATION PROCESS AND ELIGIBILITY CRITERIA
- SELECTION PROCESS
- AVAILABLE OPPORTUNITIES IN VARIOUS UNIVERSITIES (SPRING 2025)
- QUESTION AND ANSWER
- INTERACTION WITH A STUDENT AMBASSADOR

WEDNESDAY 18TH SEPT 2024 4:00 PM TO 5:00 PM
 S28 (2ND FLOOR) EAST SIDE
 PRITHVIRAJ JINDAL ACADEMIC BLOCK






STUDENT MOBILITY

Fall 2025

JINDAL SCHOOL OF PSYCHOLOGY AND COUNSELLING

OPEN HOUSE

25th February 2025
11:30am to 1:00pm
Venue: T1-S28

AVAILABLE OPPORTUNITIES

Semester Abroad

- University of St. Andrews, UK
- Berkley International Study Abroad Program (BISP), University of California, Berkley
- Griffith University, Australia
- University of Wisconsin, Madison
- University of Liverpool, UK
- Northern Illinois University, USA

Dual Degree

- James Cook University, Singapore

My experience at the University of St. Andrews was incredibly enriching—right from the start, the university was welcoming and supportive, making the transition smooth. They organized mixer events that helped me connect with other students, and the professors were approachable and always willing to help, which made adjusting easier. The academic environment was insightful, offering a culturally diverse perspective that broadened my understanding of psychology and beyond. Overall, it was a fantastic university experience that not only deepened my knowledge but also helped me grow personally and academically.

Natasha Arora @ University of St. Andrews, UK



CONTACT US
 In case of queries, please reach out to us at jpsc_jgu@jgu.edu.in
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deepali.taneja@jgu.edu.in
nprakash@jgu.edu.in
sarah.sharma@jgu.edu.in
megha.aggarwal@jgu.edu.in






JSPC - INTERNATIONAL COLLABORATION COMMITTEE

invites you to OPENHOUSE

MASTERS PROGRESSION OPPORTUNITIES IN UK USA & JAPAN

- UNIVERSITY OF KENT
- UNIVERSITY OF EXETER
- UNIVERSITY OF SUSSEX
- LOUGHBOROUGH UNIVERSITY OF LONDON
- HIROSHIMA UNIVERSITY
- NOTTINGHAM TRENT UNIVERSITY
- NORTHEASTERN UNIVERSITY
- PORTSMOUTH UNIVERSITY
- UNIVERSITY OF NOTTINGHAM

KEY HIGHLIGHTS OF THE SESSION

- APPLICATION PROCESS AND ELIGIBILITY CRITERIA
- SELECTION PROCESS
- AVAILABLE OPPORTUNITIES AND SPECIALISATIONS
- DISCOUNTS ON TUITION FEES FOR JGU STUDENTS
- QUESTION AND ANSWER

MSc SOCIAL PSYCHOLOGY
 MSc COGNITIVE PSYCHOLOGY
 MSc NEUROPSYCHOLOGY
 MSc DEVELOPMENTAL PSYCHOLOGY
 MSc ORGANIZATIONAL & BUSINESS PSYCHOLOGY
 MSc FORENSIC MENTAL HEALTH
 MSc PSYCHOLOGICAL WELLBEING AND MENTAL HEALTH
 MSc CYBERPSYCHOLOGY
 MSc AGED CHILD PSYCHOLOGY
 MSc PSYCHOLOGICAL RESEARCH METHODS
 MSc ANIMAL BEHAVIOR
 MSc PSYCHOLOGY OF EXERCISE REHABILITATION
 MSc BUSINESS PSYCHOLOGY

TUESDAY
11th FEBRUARY 2025

12:00 PM
01:00 PM

G02, PRITHVIRAJ JINDAL
ACADEMIC BLOCK (T1)



List of International Faculty who visited JSPC in AY 2024-25



Dr. Darya Gaysina, Reader in Mental Health Science, School of Psychology, University of Sussex



Dr. Liat Levita, Reader in Behavioural & Clinical Neuroscience, School of Psychology, University of Sussex



Dr. Sophie Anns, Associate Professor in Psychology, School of Psychology, University of Sussex



Dr. Adhip Rawal, Assistant Professor in Psychology, School of Psychology, University of Sussex



Prof. Robin Gearing, Professor of Social Work and Director of MH-RITES Research Centre, University of Houston



Dr. Shahnaz Savani, Assistant Professor of Social Work, University of Houston-Downtown



Prof. Ellet Copson, Professor, School of Psychology, University of Southampton



Prof. Hanna Kovoskoff, Professor of Neurodiversity, School of Psychology, University of Southampton



Dr. Vincent Campese, Assistant Professor (Psychology) and Director of Neuroscience Program, University of Evansville

Collaborating Countries

Old Collaborating Countries

- Australia
- Argentina
- Canada
- China
- Hong Kong
- Israel
- Italy
- Korea
- Malaysia
- Philippines
- Russia
- Singapore
- Taiwan
- Turkey
- Ukraine
- United Kingdom (UK)
- United States (USA)

New Collaborating Countries

- Brazil
- Germany
- Japan
- Netherlands

Partner Institutions

Old Partner Institutions

- Federation University
- Griffith University
- Australian Catholic University (ACU)
- Monash University
- University of Belgrano
- King's Western University
- University of Fraser Valley
- University of Victoria
- Berkley International Study Abroad Program (BISP)
- Hubei University
- University of Hamburg
- Hong Kong Shue Yan University

- Tel-Aviv University
- Reichman University (IDC Herzliya)
- Sapienza University
- Jeonbuk National University
- Management and Science University (MSU)
- Cebu Technological University
- St. Petersburg State University
- James Cook University
- Fo Guang University
- Fenerbahce University
- Krok University
- University of St. Andrews
- University of Kent
- University of Exeter
- Loughborough University
- University of Leeds
- University of Liverpool
- University of Sussex
- SOAS University of London
- Nottingham Trent University
- Portsmouth University
- University of Bristol
- University of Virginia
- University of Wisconsin-Madison
- Northern Illinois University
- North American University

New Partner Institutions

- Murdoch University
- Fundação Dom Cabral
- University of Mannheim
- Hebrew University of Jerusalem
- Soka University
- University College Utrecht
- De La Salle University
- University of Glasgow
- Northeastern University
- Johns Hopkins University
- University of Evansville

Community Outreach @ JSPC

Training Workshop

Training workshop for volunteers targeting environment and self-awareness in community work



Dr. Aradhana Sharma

School Visit

To conduct workshop for the high school students in Jatheri village, class 8th and 10th on preparing for examinations and dealing with stress.



Donation at Old Age Home

Donation Drive & Visit at Old Age Home



Student-led Events @ JSPC

- Activities and Events

Freshers' Night: That 70's Night



Kosmos: Facing it Inside Out!



Karaoke Eve: Beyond the Book Series

Unकही Dil Se



To share your deepest thoughts and feelings in any form that speaks to you—whether through poetry, song, dance, storytelling, or art. This event is your haven, a judgment-free space where your voice can be heard, and your creativity can flourish. Here, you express what home and nostalgia mean to you, be it a person, a place, a memory, or anything else close to your heart. We eagerly hear your stories and experiences. Together, let's weave a rich tapestry of emotions, narratives, and art, celebrating the unique essence of each of our journeys.



Ringa Ringa Roses



Pretty Little Wires



Spin My Heart



Psychological Society Initiative Led Events

Beyond Boundaries 2.0 is a flagship event hosted by Psychological Society Initiative organised on the 13th and 15th of September, 2024. We celebrate the rich diversity of the LGBTQIA+ community and explore the underpinnings of self-discovery, acceptance, and resilience. In order to fully celebrate the community members and allies, PSI organised a two-day event including a panel discussion as well as interesting and unique activities. On Day 1, the panel discussion included a very eye opening discussion by Ankita Agarwal (from Karma Care), Kabir Maan (from Narariya) and Ayaan Krishan Varma. On Day 2, around 15 small businesses from JGU put up stalls along with many activities hosted by PSI including tote bag painting, make your own flags, pick up your favourite tulips, this one's for you, pin your pride, face painting and guess who! The event turned out to be an amazing success filled with joy, conversations and positivity. We're already looking forward to beyond boundaries 3.0!



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

coursera



Bachelor of Science (B.Sc.) *in* Psychology



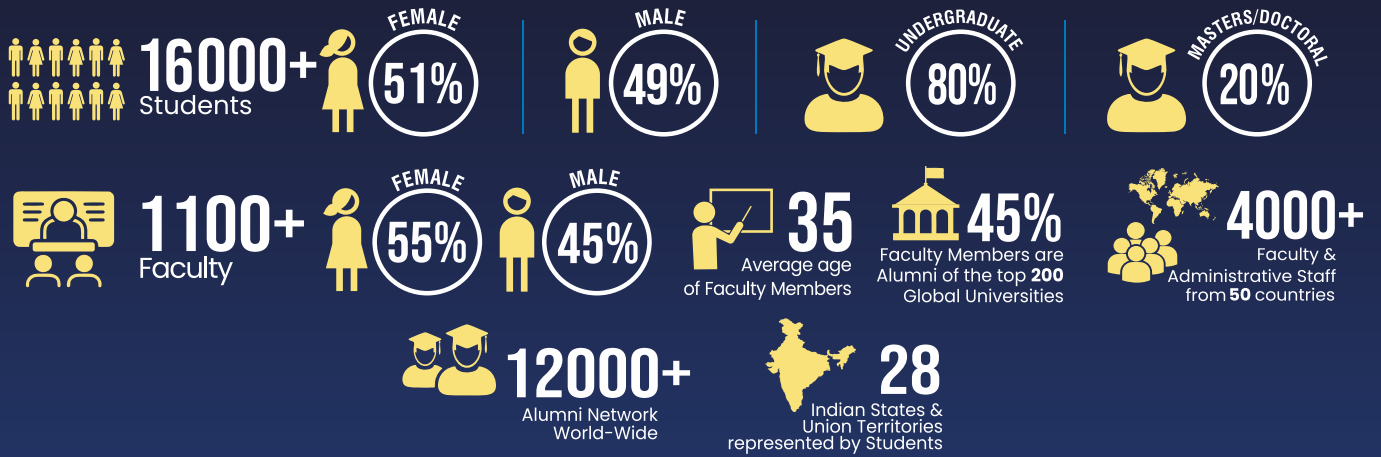
About the Programme

The B.Sc. in Psychology programme offered by the Jindal School of Psychology & Counselling (JSPC) at O.P. Jindal Global University is a rigorous yet flexible online degree designed to provide students with a deep understanding of human behaviour, mental processes, and applied psychological principles. Blending theory with practical training, the programme prepares students for diverse career paths in counselling, mental health, education, human resources, and research.

Spanning three years, the curriculum includes core and elective courses, hands-on internships, industry certifications, and research-driven projects. Learners will benefit from live tutorials, recorded lectures, expert-led masterclasses, and access to JGU's digital academic resources. The programme also offers multiple exit options (Advanced Certificate, Diploma, or full BSc degree), ensuring flexibility for varied learning goals.

Whether you aspire to become a mental health professional, pursue higher studies, or apply psychology in corporate and social sectors, this globally recognised, NEP-aligned degree empowers you with the skills, insights, and credentials needed for success.

JGU at a GLANCE



12 SCHOOLS



45+

Programmes

30+ Undergraduate Programmes
15+ 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
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JINDAL SCHOOL OF ENVIRONMENT & SUSTAINABILITY
INDIA'S FIRST GLOBAL ENVIRONMENTAL SCHOOL



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INDIA'S FIRST TRANSDISCIPLINARY PSYCHOLOGY SCHOOL



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



JINDAL SCHOOL OF PUBLIC HEALTH & HUMAN DEVELOPMENT
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7900+
Publications



60+
Interdisciplinary research centres

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JINDAL INSTITUTE OF BEHAVIOURAL SCIENCES



IIHED
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Jindal India Institute
PROPELLING THE INDIAN GENIUS
O.P. JINDAL GLOBAL UNIVERSITY



JINDAL GLOBAL INSTITUTE OF HARYANA STUDIES

INTERNATIONAL COLLABORATIONS



525+

Collaborations with International Universities & Higher Education Institutions



10

Forms of Global Partnerships



80+

Countries & Regions



200+

Faculty & Student Exchange Collaborations



75+

Countries represented by Students

RANKINGS & RECOGNITIONS



RANKED NO.1 IN INDIA
LAW & LEGAL STUDIES



RANKED NO.1 PRIVATE UNIVERSITY IN INDIA
ARTS & HUMANITIES



RANKED NO.1 PRIVATE UNIVERSITY IN INDIA
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RANKED AMONG TOP 101-200 GLOBALLY
SDG 12 & 16
TIMES HIGHER EDUCATION IMPACT RANKINGS 2024

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INSTITUTION OF EMINENCE
BY THE
MINISTRY OF EDUCATION
GOVERNMENT OF INDIA



WORLD UNIVERSITY RANKINGS
BY SUBJECT 2025



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