

Event Reports

2023

Name: Understanding the Pride movements: Diverse Expressions of the LGBTIQ communities

Category: Seminar/ Extension Lecture: Workshop

Organising Unit: Departments of Psychology, Sociology , History and Sappho for Equality in collaboration with IQAC, RKSMV

Date: 28th June, 2023

Time: 1.30 pm

Number of Students: 70

Number of Resource Person and Names : 3: Minakshi Sanyal, Koyel Ghosh Madhurima Ghosh from Sappho for Equality

Number of Beneficiaries: 70 students and 8 teachers

Brief description of the event: This workshop was organised to celebrate Pride Month. The students were given awareness about various gender issues and LGBTQ community. The students from all the three departments were asked to prepare posters and present on what they know about Pride movements.

PROGRAMME OUTCOME: At the end of the workshop the participants Learned about Pride Month, Gender issues and about the community.



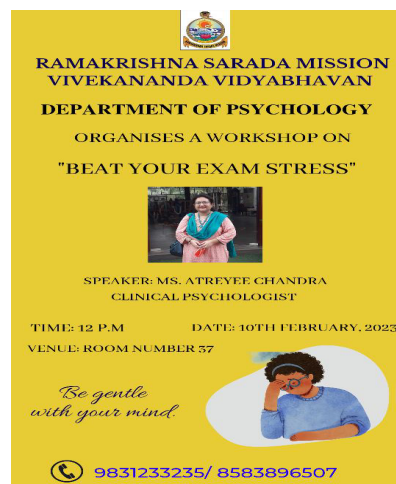
Name : Beat your exam stress

Category: Seminar/ Extension Lecture: Workshop

Organising Unit: Department of Psychology, RKSMMV

Date: 10th February, 2023 Time: 12pm

Number of Students: 30

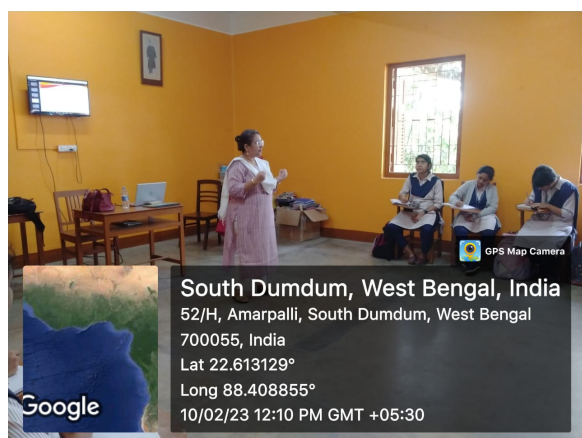


Number of Resource Person: 1) Ms. Atreyee Chandra, Clinical Psychologist

Number of Beneficiaries: 30 and 2 teachers

Brief description of the event: This workshop was devised to help students learn various sources of stress and how to beat their exam stress. The workshop and our guest taught about relaxation strategy and mindfulness meditation to our students.

PROGRAMME OUTCOME: By the end of the workshop students developed the Understanding of the basic principles of stress management



Name: Applications of Psychology on Work, Law and Health

Category: Seminar/ Extension Lecture: Extension lecture

Organising Unit: Department of Psychology, RKSMMV

Date: 20th January, 2023 Time: 11:15am

Number of Students: 30

Number of Resource Person: 1) Dr. Anwesha

Chakrobarty, Assistant Professor, Sarojini Naidu

College for women

Number of Beneficiaries: 30 and 2 teachers

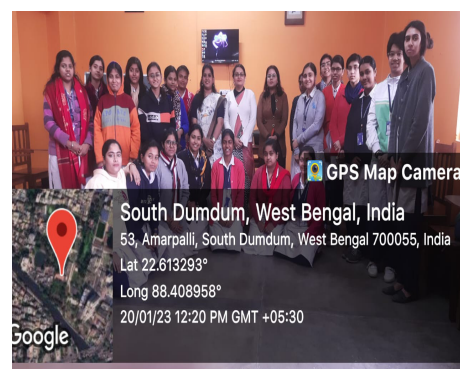
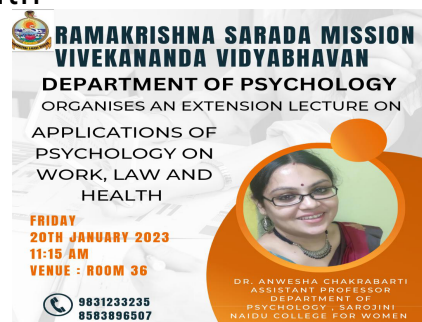
Brief description of the event: This extension lecture was syllabus orientated lecture. It was designed in such a way that students Learn about how psychology is applied in the field of Work, Law and Health.

PROGRAMME OUTCOME: At the end of this extension lecture students learned about the following topics:

Health psychologists can support people living with long-term conditions to improve or maintain quality of life

Utilizing the required scientific methods to examine human behavior in place of work,

Legal psychologists typically take basic social and cognitive principles and apply them to issues in the legal system such as eyewitness memory, jury decision-making, investigations, and interviewing.



Name: Excursion

Category: Seminar/ Extension Lecture: Excursion

Organising Unit: Department of Psychology, History and Human Rights RKSMV

Date: 23rd December, 22

Number of Students: 50

Number of Resource Person: Nil

Name of Teachers: Ms. Aiswarjya Banerjee, Ms. Nibedita Banerjee, Ms. Moumita De, Ms. Mousumi Mukherjee, Dr. Sunetra Mitra, Dr. Panchali Majumder, Ms. Maitreyee Sarkar, Dr. Sheli Dutta

Number of Beneficiaries: 50

Brief description of the event: This was an interdepartmental excursion where students were taken to Debipur, a small village located in the district of Bardhaman.

PROGRAMME OUTCOME: At the end of the excursion students gathered knowledge about various social issues faced by the villagers and this excursion also helped to get a stress relief from the daily monotonous life which was also very important and necessary for keeping the mental health positive.



Name: Suicide Prevention: From Historical and Psychological lenses

Category: Seminar/ Extension Lecture: Students' Seminar

Organising Unit: Departments of Psychology and History RKSMV

Date: 22nd September 2022 Time: 12:15pm

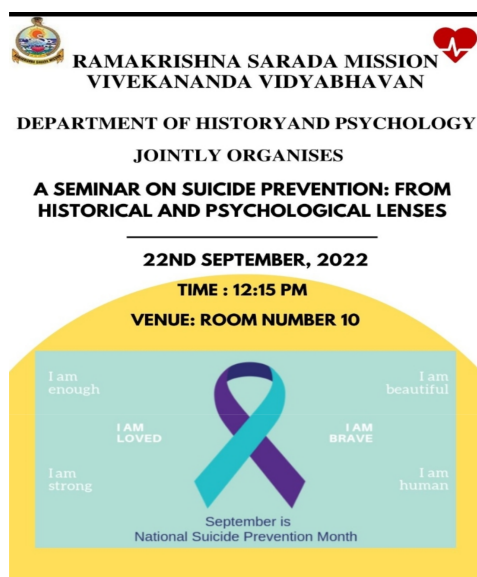
Number of Students: 45

Number of Teachers: 5: Dr. Soma Marik, Dr. Sunetra Mitra, Ms. Aiswariya Banerjee, Ms. Maitreyee Sarkar, Ms. Mousumi Mukherjee

Number of Beneficiaries: 45 students and 5 Teachers

Brief description of the event: This Seminar has been devised as an awareness seminar on suicide and its Prevention.

PROGRAMME OUTCOME: At the end of the seminar students learned about: Suicide prevention training raises awareness within the workforce that suicide is preventable. It is an opportunity to remind students/ individuals there are various resources and community supports available to individuals who may also be at risk.



Name: Sexual Harrasment at Workplace and Educational Institutions: Right to Mental Health

Category: Seminar

Organising Unit: Departments of Psychology and Human Rights with Internal Complaints Committee in Collaboration with IQAC of RKSMVV

Date: 2nd March 2022 Time: 1:45 pm

Number of Students: 100

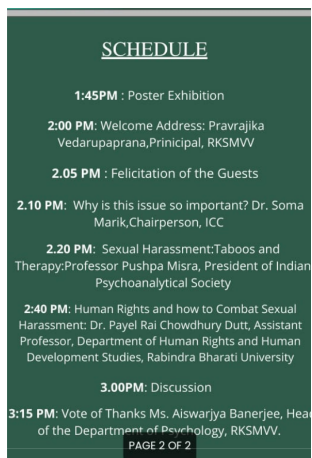
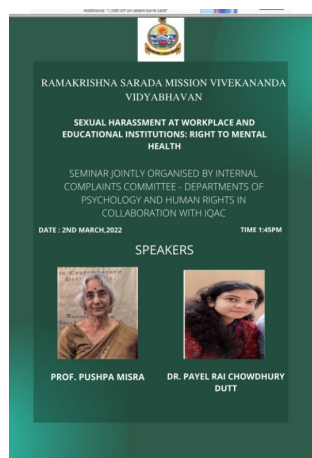
Number of Resource Person and Names: 2 1. Prof Pushpa Mishra and 2. Dr. Payel Rai Chowdhury Dutt

Number of Teachers: 10 Number of Beneficiaries: 115

Brief description of the event: This seminar was jointly organised to promote awareness on Sexual Harrasment at Workplace and Educational Institutions. The consequences of sexual assault, Sexual Harrasment etc. Hbw Psychologists help an individual to become positive and various psychological interventions used in Cases of Sexual Harrasment. A small poster exhibition and competition was also being held by the students which were followed by prize distribution by the members of IQAC

PROGRAMME OUTCOME: At the end of the seminar students learned

about: Workplace harassment is a serious concern which requires immediate attention for better outcome. Sexual Harrasment it's consequences and the various psychological interventions for helping the individual. Various laws, rights and regulations used for all forms of harrassments





Name: Moral Development

Category: Extension lecture

Organising Unit: Departments of Psychology RKSMMV

Date: 27th January 2022, Time: 12: 30 pm

Number of Students: 20

Name of Resource Person: Mr. Soumen Ghosh, SACT, Naba Barrackpur Prafulla Chandra Mahavidyalaya

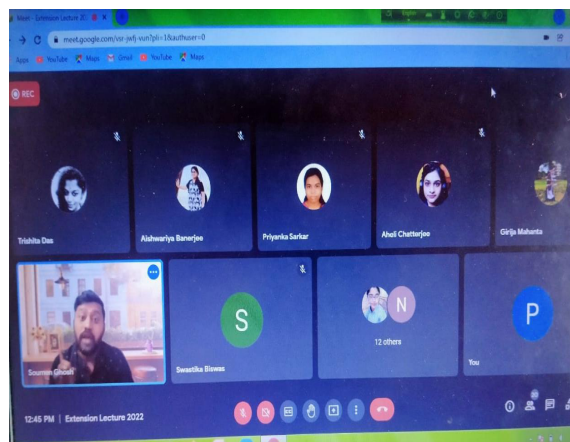
Number of Teachers: 2

Number of Beneficiaries: 20 students and 2 Teachers

Brief description of the event: This extension lecture was designed to make students aware about moral values and how morality is being shaped and develop. It was a syllabus orientated extension lecture.

PROGRAMME OUTCOME: At the end of the extension lecture students learned about: Moral education also helps children develop the disposition to act in accordance with such beliefs and values. More fundamentally, it encourages children to reflect on how they should behave and what sort of

people they should be. Students learned about various stages of moral development proposed by Kohlberg



Event Reports
2021

Name: Psycho Social Development: Erik Erickson's Theory

Category: Seminar/ Extension Lecture: Extension lecture

Organising Unit: Department of Psychology , RKSMMV

Date: 24th February, 21

Time: 11:15am

Number of Students: 20

Number of Resource Person: 1

Name of Resource Person: Dr. Manisha Dasgupta

Number of Beneficiaries: 20

Number of Teachers: 1. Aiswarjya Banerjee

2. Nbedita Banerjee

Brief description of the event: It was a syllabus orientated extension lecture on Personality Development proposed by Erik Erickson

PROGRAMME OUTCOME: At the end of the lecture the students learned about Personality Development. They Learned about how we develop across all life stages. What are the conflicts we face in every stages of our life. They gathered knowledge about Erickson's life and about epigenetic principles given by him



Name: Affective Processes

Category: Seminar/ Extension Lecture: Extension lecture

Organising Unit: Department of Psychology, RKSMV

Date: 11th February, 2021

Time: 12 pm

Number of Students: 20

Number of Resource Person: 1

Name of Resource Person: Ms. Mitali Mallick

Number of Teachers: 1. Aiswarjya Banerjee

Nivedita Banerjee

Number of Beneficiaries: 20

Brief description of the event: It was a syllabus orientated extension lecture. It was an online event via Google meet. This lecture was designed in such a way to impart knowledge about various emotions and emotional regulations. The theories involved in emotional / affective Processes.

PROGRAM OUTCOME : At the end of the extension lecture, students learned about various theories of emotions. Learning that is associated with feelings rather than knowledge or skills, such as learning to accept an idea or concept, or learning to appreciate a point of view.

Name: Women Mental Health and Stress Management Techniques



Edit with WPS Office

Category: Seminar/ Extension Lecture: Webinar

Organising Unit: Department of Psychology
with Gender Resource Centre, RKSMMV

Date: 7th January, 21

Time: 11am

Number of Students: 120

Number of Resource Person: 1

Name of Resource Person: Dr. Sreemoyee Tarafder, Assistant Professor, WBSU

Number of Beneficiaries: 120

Brief description of the event: The webinar was designed to promote awareness on Women Mental Health and various stress management techniques. This webinar was collaborated with GRC. Various gender issues was also discussed in the webinar.

PROGRAMME OUTCOME: At the end of the webinar, the students learned about: Recognize your stress triggers and how to manage them. Develop proactive responses to stressful situations. Use coping tips for managing stress both on and off the job. Understood the nature of stress and its impact on health and behavior. Recognize the stressors and signs of stress in their own lives. Recognize the cognitive components of stress, especially the effects of one's automatic thoughts and internal dialogue on appraisal of stressors. Women's Mental Health and importance of mental health in overall mental well-being.



Name: Extension Lecture

Category: Academic lecture

Organising unit: Department of Psychology

Date: 7th February, 2020

Time: 12:00 PM onwards

Number of Students: 22

Number of Teachers: 2

1. Nivedita Banerjee

2. Aiswarya Banerjee

Number of beneficiaries: 22 students are the beneficiaries



Brief description of the event:

Lecture topic was 'Mental health & Depression', speech delivered by Prof. Shaona Sengupta.

Mental health is an essential aspect of our overall well-being, influencing how we think, feel, and behave. Unfortunately, mental health disorders, such as depression, affect millions of people worldwide. In this lecture, we will explore the topic of mental health, focusing specifically on depression, its symptoms, causes, and available treatments.

Outcome:

The outcome of a mental health and depression lecture can vary depending on several factors, such as the content of the lecture, the expertise of the speaker, and the engagement of the audience. However, some general outcomes and objectives of a mental health and depression lecture may include:-

Increased awareness and understanding: The lecture aims to increase knowledge and awareness about mental health issues, particularly depression. This can include providing information about the signs and symptoms of depression, its causes, and the impact it can have on individuals and society.

Name: Extension Lecture

Category: Academic lecture

Organising unit: Department of Psychology

Date: 27th February, 2020

Time: 11:30 PM onwards

Number of Students: 22

Number of Teachers: 1

1. Nivedita Banerjee

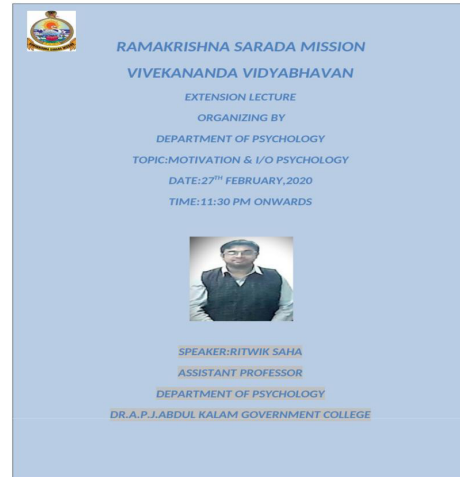
Number of beneficiaries: 22 students are the beneficiaries.

Brief description of the event:

Lecture topic was 'Motivation & I/O Psychology', Speaker was Prof. Ritwik Saha. Motivation plays a crucial role in shaping human behavior, especially in the context of work and organizations. In the field of industrial/organizational psychology, researchers and practitioners focus on understanding and enhancing motivation to improve employee performance, job satisfaction, and overall organizational effectiveness. In this lecture, we will explore the key concepts of motivation and its application in the I/O psychology domain.

Outcome:

The outcome of a Motivation and Industrial/Organizational (I/O) Psychology lecture can vary depending on the specific goals and objectives of the lecture. The students learned about motivational theories and its applications.



Event Reports
2019

Name: Extension Lecture

Category: Academic lecture

Organising unit: Department of Psychology

Date: 12th March, 2019

Time: 12:15 PM onwards

Number of Students: 15

Number of Teachers: 4

1. Nivedita Banerjee

2. Aiswarya Banerjee

3. Mounita De

4. Tanushree Guha

Number of beneficiaries: 15 students are the beneficiaries.

Brief description of the event:

Extension lecture on 'Changes of women roles in society', delivered by Dr. Homprabha Barua.

This lecture aims to shed light on the remarkable progress women have made in society, while acknowledging the ongoing challenges they face. By understanding the history of women's rights and the changes that have shaped their roles, we can continue to advocate for a more equitable and inclusive society.

Outcome:

The expected outcome of a lecture on changes in women's roles in society is to provide the audience with a comprehensive understanding of the historical progression and significant transformations that have occurred in women's societal roles over time. The lecture aims to shed light on various aspects, including social, economic, political, and cultural developments, that have contributed to shaping women's positions in different societies.

Overall, the expected outcome of the lecture is to leave the students with a deeper understanding of the progress made and the challenges that still lie ahead in achieving gender equality. It should also inspire further discussions and actions to promote inclusivity, diversity, and equal opportunities for all genders in society.



Name: Extension Lecture

Category: Academic lecture

Organising unit: Department of Psychology

Date: 25th March, 2019

Time: 12:15 PM onwards

Number of Students: 10

Number of Teachers: 2

1. Nivedita Banerjee

2. Aiswarya Banerjee

Number of beneficiaries: 10 students are the beneficiaries

Brief description of the event:

Extension lecture on 'Stress management techniques', delivered by Dr. Suchismita Sinha. In

fast-paced world, stress has become an inevitable part of lives. However, by adopting

effective stress management strategies can minimize its negative impact and lead a more

balanced and fulfilling life. In this lecture, we explored various techniques and practices

that can help students manage stress more effectively.

Outcome:

Expected Outcome of the stress management techniques lecture, participants have:-

Acquired a comprehensive understanding of stress and its impact on mental and physical health.

Identified their personal stressors and evaluated their specific triggers.

Learned and practiced various stress management techniques to effectively cope with stress.

Developed personalized stress management plans tailored to their individual needs.

Cultivated resilience and adaptive skills to deal with stressful situations more effectively.

Gained confidence in implementing stress management techniques in their daily lives.

Improved their overall well-being and ability to manage stress in a healthy and sustainable manner.

