

DEPARTMENT OF PSYCHOLOGY ACTIVITIES 2015-16

Sponsored by Union Bank of India

Sr. No.	Date and Day	Activity	Criterion	Particulars
1.	18.06.2015 Thursday	Psycho- Buddies Inauguration	Student – oriented	Chief – Guest – Dr. Mrs. T. P. Ghule. 50 students and teachers attended the programme.
2.	18.06.2015 Thursday	Nutrition – Buddies Activity Week 1	Healthy practices	Dr. Kavita Rambal, Head, Dept. of Botany – guest speaker. Theme- “PEANUTS. Distributed chikki and ground nuts packets.
3.	25.06.2015 Thursday	Nutrition – Buddies Activity Week 2	Healthy Practices	Dr. Kavita Rambal, Head, Dept. of Botany – guest speaker. Theme- ‘PAPAYA’. Distributed home- made papaya puris by students.
4.	27.06.2015 Saturday	Field Visit -1 – Shraddha Rehabilitation Center, Karjat	Student oriented, Innovative Teaching- Learning methods	45 students with 2 teachers Dr Sundari & Prof Mythili visited Karjat Shraddha foundation, and learnt about Schizophrenia management.
5.	27.06.2015 Saturday	Nature Trek -	Healthy practices	A trek with 45 students in Bhivpuri.
6.	01.07.2015 Wednesday	Orientation	Orientation to the F.Y.B.A students	An orientation for the class of F.Y.B.A students was organized in the Mini Theater. Principal madam, Vice Principal of Arts and other staff members addressed the students about the academic pattern, exam systems, and other activities for the students’ benefits.
7.	02.07.2015 Thursday	Nutrition – Buddies Activity Week 3	Healthy Practices	Dr. Kavita Rambal, Head, Dept. of Botany – guest speaker. Theme- ‘METHI’. Distributed home- Methi Theplas wrapped in banana

				leaves by students.
8.	06.07.2015 Monday	Inauguration of Activities 2015- 16	Student oriented	Dr. Rajendra Barve, psychiatrist – ‘STRESS MANAGEMENT TECHNIQUES’. 150 students from Arts and Commerce and faculty members attended the session.
9.	07.07.2015 Tuesday	Out-reach activity	Health and innovative practices	Visit to TATA hospital area. Distributed needful things like water, boiled milk and glucose biscuits to the destitute patients on the pavements. 25 students from the S.Y.B.A Health Psychology class participated.
10.	08.07.2015- 31.07.2015	Certificate Course – Soft Skills		A group of 18 students registered for the certificate course in Soft Skills. A month long course started off with Principal madam and Vice Principal of Arts addressing the students. The motto of the course was to acquaint the students with soft skills like social grace, table etiquettes, stress and time management. Various activities were planned for the students. Videos, presentations, live demonstrations were planned. The trainer for the course was Ms. Vrushali Tare.
11.	09.07.2015 Thursday	Nutrition Buddies Week 4	Healthy Practices	Dr. Kavita Rambal Head, Dept. of Botany – guest speaker. Theme – ‘AMLA’. Distributed Amla candies.
12.	16.07.2015 Thursday	Nutrition Buddies Week 5	Healthy Practice	Prof. Sanjay Desai, Botany Dept. was the guest speaker. Theme –

				'BANANA'. Distributed bananas.
13.	23.07.2015 Thursday	Nutrition Buddies Week 6	Health Practices	Dr. Kavita Rambal was the guest speaker. Til Laddo were distributed.
14.	23.07.2015 Thursday	Environment Buddies Poster Competition	Environment Awareness	Prof. Mythili Mukund, Head, English Dept. was the judge. 68 participants from all faculties participated. Principal, Dr.Mrs. T. P. Ghule addressed the students and encouraged more such environment awareness activities.
15.	24.07.2015 Friday	Environment Buddies Rally	Environment Awareness	A collaborated activity of Dept. of Psychology, Botany, Commerce (E.V.S).120 students from all faculties along with 10 professors conducted the rally with Posters, flags, banners, tulsi saplings, palkhi of Lord Vitthal. Principal Mrs. T.P.Ghule and chief guest Ms. Rekha Nayak, GM, Union Bank, flagged off the rally.
16.	28.07.2015 Tuesday	Counseling Cell	Remedial, Student oriented	Counseling Cell interns from SNDT University interacted with all classes and faculties to introduce counseling services.
17.	30.07.2015 Thursday	Nutrition Buddies Week 7	Healthy Practices	Dr. Kavita Rambal, Head, Dept. of Botany was the guest speaker. Rajgira Ladoos were distributed to the students and staff who attended the lecture.
18.	03.08.2015 – 28.08.2015	Certificate Course – Communication Skills		A group of 18 students registered for the course. Various modules like listening skills, reading, writing and speaking skills were planned. Demonstrations on

				presentations, group discussions, social communication were also carried out. The trainer for the course was Ms. Vrushali Tare
19.	04.08.2015 Tuesday	Health Buddies	Health awareness practices	A mascot addressed the students of various classes and made them aware of the symptoms, signs and causes of 'Leptospirosis'. It was chosen keeping in mind the monsoon time.
20.	06.08.2015 Thursday	Nutrition Buddies Week 8	Healthy Practices	Dr. Kavita Rambal, Head, Dept. of Botany was the guest speaker. Dry fruit chikkis were distributed to the students and staff.
21.	07.08.2015 Friday	Movie Screening -1	Innovative teaching , learning method	The film –'PIKU' was shown to the students of Psychology. This was to make them understand about expressing emotions, family bonding, psycho-somatic disorders.
22.	13.08.2015 Thursday	Nutrition Buddies Week 9	Healthy Practices	Dr. Sundari, Head, Dept. of Psychology was the guest speaker. Health benefits of sweet corn was shared with the students. A student prepared sweet corn fry dish and distributed to the class.
23.	13.08.2015 Thursday	Counseling Cell	Canvassing for Aptitude Testing	A mascot dressed as Ganesha distributed handouts about the Free Aptitude Testing services on Thursdays.
24.	13.08.2015 Thursday	MOU with Central Railways	Individual – Social Responsibility	A MOU was signed with the Parel Railway station for 3 months for voluntary cleanliness drive.
25.	14.08.2015 Friday	P.T.A. meeting		A Parents Teachers Association Meeting was organized for all classes. Principal madam, vice

				principal of Arts and all the faculty members addressed and interacted with the parents. Issues like defaulters, class test performance, future scope was discussed.
26.	26.08.2015 Wednesday	Felicitation Program for T.Y.B.A	Student oriented	A felicitation program for the T.Y.B.A toppers for 2014-15 was organized in the Mini Theatre. Ms.Harsha Pawaskar, Ms. Bhagyashree Sawant and Ms.Kadambari Dube were felicitated with cash prizes from Union Bank of India. Principal madam and Vice Principal of Arts and faculty members were present. Ms. Rekha Nayak, Gen. Manager, Social-Corporate Responsibility, Union Bank awarded the toppers.
27.	27.08.2015 Thursday	Nutrition Buddies Week 10	Healthy practices	Dr. Kavita Rambal, Head, Dept. of Botany was the guest speaker. Coconut sweets and cookies were distributed to the students and staff.
28.	28.08.2015 Thursday	Wilhelm Wundt Lecture Series -2	Prenatal Nutrition	Dr. Mugdha Raut a gynecologist was the guest speaker for the day.
29.	10.09.2015 Thursday	Nutrition Buddies – 11 - Ragi		Dr. Sundari K.P., Head, Dept. of Psychology was the guest speaker. Ragi chips were distributed in the class.
30.	16.11.15 Monday	Governor Dr Raghuram Rajan's visit to MD College	Interaction with students & Staff of 12 cluster colleges.	Dr Rajan & Dr Radhika Rajan visited M.D. College on 16 <sup>th</sup> of November 2015. About 240 students, staff and guests interacted with Dr Rajan for an Hour & half in the mini theatre. It was well received and

				enjoyed by all the Participants. It was a Dream come true for the college.
31.	26.11.15 Thursday	Cleaning of Parel Station	About 20 students of Psychology visited Parel station along with Dr Sundari & Prof Namrata for cleaning the station for 12 weeks.	Under the Environmental buddies Project sponsored by Union Bank of India, The Department of Psychology Staff & students Inaugurated the Parel station cleaning & Beautification Project. Posters made by students on cleanliness was also displayed.
32.	03.12.15 Thursday	Nutrition Buddies Week 12 - Lemon	Healthy Practices	Dr. Kavita Rambal, Head, Dept. of Botany was the guest speaker. Lemon Juice were distributed to the students and staff.
33.	8 <sup>th</sup> & 9 <sup>th</sup> December Tuesday, Wednesday	Psych Fest	Around 100 students from M.D. & 4 other colleges Participated in the Fest.	The Fest was based on the theme Sleep & Dreams. On 8 <sup>th</sup> November Sleep experts- Dr. Rahul Modi and Dr. Sheryll John (somanologist, clinical psychologist) spoke on Sleep Hygiene, health & Disorders followed by a dance & Short film competition, on 9 <sup>th</sup> the theme being Dreams Dr Barve a noted Psychiatrist spoke on Dream Analysis, followed by treasure hunt & Poster competition. The Fest was a grand Success.
34.	17.12.15 Thursday	Nutritional Buddies 13 ( Pulses)	Healthy practices	Dr. Kavita Rambal, Head, Dept. of Botany was the guest speaker. Roasted Pulses were distributed to the students and staff.
35.	21.12.2015 Monday	Counseling Psychologist on the interviewer's panel for HPCL		Ms. Vrushali Tare was appointed as one of the panel members for interviews at HPCL as a

				counseling psychologist.
36.	21.01.2016- 26.01.2016 Thursday- Tuesday	Field Visit – BRBNMPL		18 students with two faculty members – Ms. Vrushali Tare and Ms. Saujanya Jagtap visited the RBI Note Mudran at Mysore. They had an altogether different guest lecture with Dr. Umapathy, professor of Dr. Sundari K.P. Students interacted and asked questions about the current trends and scope of Psychology in human life.
37.	28.01.2016 Thursday	Workshop on Sexuality	Student oriented	Around 75- 100 students attended the lecture on introduction to Sexuality. Dr. Gokral, gynecologist, Global Hospital was the guest speaker.
38.	04.02.2016 Thursday	Nutrition Buddies 14 (Tomato)		Dr. Sundari K.P. was the guest speaker. 60 students were given tomato soup prepared by the students. Health benefits of tomato was discussed by the speaker.
39.	08.02.2016 Monday	Lecture on Love and Relationships		Around 120 students attended the lecture from MMP Shah College, Matunga and M. D. College, Mumbai. Dr. Barve – psychiatrist, Parivartan was the guest speaker. This was the concluding part of the ‘Psych Buddies’ 2015-16 project.
40.	11.02.2016 Thursday	Nutrition Buddies 15 (Potato)		Dr. Kavita Rambal, Head, Dept. of Botany delivered the last lecture of this series and discussed the health benefits of potato. Potato slings were distributed in the class to

				about 50 students.
41.	17.02.2016- 19.02.2016 Wednesday- Saturday	Research Paper Presentation at SDM, Ujire, Karnataka		A research paper on “Understanding the differences in thought process and feelings on everyday concept: A gender perspective” was presented at the UGC national conference at Shri Dharmasthala Manjunatheshwar College, Ujire, Karnataka. Dr. Sundari K.P. and Ms. Vrushali Tare received certificates for presenting papers and the abstract was published in the souvenir
42.	29.02.2016 Monday	Guest lecture on ‘ Interpersonal Attraction’ at M. M.P.Shah College		Ms. Vrushali Tare was invited as the guest speaker for ‘Interpersonal Attraction and Love’ at Smt. M.M.P.Shah College, Matunga for the undergraduate students as a part of their curriculum.