

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF PSYCHOLOGY

2018-19

1. Internship Program

**DEPARTMENT
OF
PSYCHOLOGY**



**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

**IS ORGANIZING
AN INTERNSHIP
PROGRAM**

**UNDER THE SUPERVISION OF
Dr. MANISHA GAUR**

**-GAUR MENTAL
HEALTH CLINIC, AJMER**

**10 DAYS FOR THE
SESSION 2018-19**

Dates – 17th- 27th September 2018

Level – Departmental Linkage – Internship Program with Dr. Manisha Gaur

Venue – Gaur Mental Health Clinic, Ajmer

Title of event – Internship Program

No. of Participants – 10

Description : -

The students of BA and Honours Part III have completed their Internship of 10 days from 17th to 27th September under the supervision of Dr. Manisha Gaur, Clinical Psychologist and Counselor, Gaur Mental Health Clinic, Ajmer, in the session 2018-19. This internship emphasized on the preparation of clinical case study with special reference to basic counseling and communication skills.

Learning Outcomes

On the completion of the above activity the students will be able to –

- Understand the significance of the basic skills of counseling, history taking, interviewing and case study writing.
- Help students to gain practical exposure and knowledge in the field of Clinical & Counseling Psychology.



2. Interactive Session of Women & Well – Being



**DEPARTMENT OF PSYCHOLOGY
IN COLLABORATION WITH
THE DEPARTMENT OF
HOME- SCIENCE & WDC**

**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

**INTERACTIVE SESSION
OF
WOMEN & WELL-BEING**

**RESOURCE PERSON: NISHA JAIN GROVER
DIRECTOR OF VATSALAYA LEGACY
PVT. LTD. JAIPUR**

Date- 20th September 2018

Venue - Auditorium

Date – 20th September 2018

Level – Departmental

Venue – Auditorium – Sophia Girls’ College (Autonomous), Ajmer

Title of event – Interactive Session of Women & Well - Being

No. of Participants – 172

Resource Person – Nisha Jain Grover, Founder and Director of Vatsalaya Legacy Pvt. Ltd., Jaipur.
Mobile No. 9001299063
Email address- vatsalya.nisha@gmail.com

Description :-

An interactive session on the topic “**Women and well-being**” was organized for the students on 20th September 2018. The resource person was Nisha Jain Grover, the Founder and Director of Vatsalaya Legacy Pvt Ltd., Jaipur. Her session highlighted about her own journey from a young bride to creating her own company which works with children with learning disabilities. She encouraged the students to be resilient and to never stop learning. A total of 172 students participated in the session.

Learning Outcome

On the completion of the above activity the students will be able to –
Realize and understand the importance of having a sense of purpose, living & working productively and coping with the daily stressors of life. Being enduring and tough to meet the various challenges of life and learning through it all.



3. Interactive Session on Mental Health of Women & Children



**DEPARTMENT OF PSYCHOLOGY
IN COLLABORATION WITH THE
DEPARTMENT OF
HOME-SCIENCE & WDC**

**SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER**

is organizing

**INTERACTIVE SESSION
ON
MENTAL HEALTH OF
WOMEN & CHILDREN**



*Resource Person- Dr. Neerja Thergaonkar,
Child Psychologist, Mumbai
Alumini of Sophia Girls' College, Ajmer.*

Venue- Auditorium

Date- 28th January 2019

Date – 28th January 2019

Level – Departmental

Venue – Auditorium – Sophia Girls’ College (Autonomous), Ajmer

Title of event – Interactive Session on Mental Health of Women & Children

No. of Participants – 200

Resource Person – Dr. Neerja Thergaonkar, Founder of Aaroha Psychological Services, Child Psychologist, Mumbai.

Email Id - drthergaonkarneerja@gmail.com

Mobile No. 9910071253

Description :-

Another session on the topic “Mental health of Women and Children” was held on 28th January 2019. The resource person, Dr Neerja Thergaonkar is an alumnus of Sophia Girls’ College. She discussed about the important developmental milestones, resilience and the modern day issues affecting young kids. She also shared about her experience of being a child psychologist and emphasized upon the qualities needed to be a good counselor. 200 students participated in the session.

Learning Outcome

On the completion of the above activity the students will be able to –
Appreciate and understand the importance of developmental milestones, resilience and the modern day issues affecting young kids. Realize and understand the importance of having a sense of purpose, living & working productively and coping with the daily stressors of life.



4. Workshop on Intelligent Meet



DEPARTMENT OF PSYCHOLOGY

**SOPHIA GIRLS' COLLEGE (AUTONOMOUS),
AJMER**

is organizing

WORKSHOP ON INTELLIGENT MEET

**RESOURCE PERSON—MR. VINOD SHARMA,
WORLD BOOK RECORD HOLDER &
EXPERT IN MNEMONICS
VENUE— AUDITORIUM
DATE— 8TH AND 9TH FEBRUARY 2019**

Date – 8th & 9th February 2019

Level – Departmental

Venue – Auditorium – Sophia Girls’ College (Autonomous), Ajmer

Title of event – Workshop on Intelligent Meet

No. of Participants – 220

Resource Person – Mr. Vinod Sharma, World Book Record Holder & Expert in Mnemonics

Description :-

A two day workshop on the topic Memory, Mind and Body titled as “**Intelligent Meet**” was held on 8th and 9th February 2019. The resource person Mr. Vinod Sharma is a Guinness World Book record holder. He taught the students about the different forms of mnemonics that can be used to retrieve memory. He also gave students tips on how they can improve their learning habits and score higher in exams. 220 students participated in the workshop

Learning Outcome

On the completion of the above activity the students will be able to –
Understand and be acquainted with the different forms of mnemonics which can be used to retrieve memory and improve their learning habits so that they can score higher in exams.

