

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF PSYCHOLOGY

2019-20

1. Interactive Session on Conversation about Mental Health

DEPARTMENT OF PSYCHOLOGY



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

IS ORGANIZING AN

***INTERACTIVE SESSION ON
'CONVERSATION ABOUT
MENTAL HEALTH'***

**RESOURCE PERSON- *MS. MRIGTRISHNA RATHORE*
FROM CHAUPAL - A COMMUNITY AWARENESS
INITIATIVE OF HANK NUNN INSTITUTE , JAIPUR**

VENUE- AUDITORIUM

DATE- 3RD AUGUST, 2019

Date – 3rd August 2019

Level – Departmental

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

Title of event – Interactive Session on Conversation about Mental Health

No. of Participants – 89

Resource Person – Ms. Mrigtrishna Rathore from Chaupal - a community awareness initiative of Hank Nunn Institute , Jaipur.

Description :-

An interactive session on “Conversation about Mental health” was organized for the students on 3rd August, 2019. The resource person was Ms. Mrigtrishna Rathore from **Chaupal** - a community awareness initiative of Hank Nunn Institute , Jaipur . 89 students participated in this session.

Learning Outcome

On the completion of the above activity the students will be able to –
Appreciate and understand the importance of Mental Health in their daily lives, since there's a clear connection between mental health and academic performance.



2. Mental Health Awareness: “Identifying symptoms around us”



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

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

is organizing

**LECTURE ON MENTAL
HEALTH AWARENESS:
IDENTIFYING SYMPTOMS
AROUND US**

**Resource Person- Dr. Monica Sharma
Clinical Psychologist & Counsellor,
The IIS University, Jaipur
Venue- Commerce Hall
Date- 9th August 2019**

Date – 9th August 2019

Level – Departmental

Venue – Commerce Hall – Sophia Girls’ College (Autonomous), Ajmer

Title of event – Mental Health Awareness: “Identifying symptoms around us”

No. of Participants – 91

Resource Person – Dr. Monica Sharma, Clinical Psychologist & Counsellor, IIS University, Jaipur.

Description :-

A guest lecture on “**Mental Health Awareness: Identifying symptoms around us**” was organized on 9th August 2019. The resource person was Dr. Monica Sharma, Counselor, IIS University, Jaipur. 91 students attended this talk.

Learning Outcome

On the completion of the above activity the students will be able to –
Appreciate and understand the importance of mental health in our lives.



3. Workshop & Painting Exhibition on “Dyslexia – The Unseen Suffering”

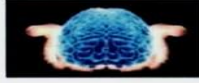
GAUR MENTAL - HEALTH CLINIC

A MENTAL-HEALTH, DE-ADDICTION AND ADVANCED COUNSELING CENTRE

Sarvodaya Colony, Police Lines, Ajmer 305001

Dr. Manisha Gaur

C.I.G., Ph.D. (Clinical Psychology & Counselling)
Rehabilitation Council of India (A09223)
Consultant Psychologist & Counselor
Formerly : S.M.S. Medical College & Hospital, Jaipur
Gautam Hospital & Research Center, Jaipur



Dr. Navendu Gaur

M.B.B.S., M.D. (Psychiatry) (RMC No. 21731)
M.I.P.S., M.R.P.S., M.J.A.G.M.H., M.A.F.E.C.P., M.I.A.S.
Consultant Psychiatrist and De-addiction specialist
Formerly : Department of Psychiatry PGIMER, Chandigarh
Department of Psychiatry, JLN Medical College, Ajmer

Date 27 July, 2019

Dear Sir/Madam,

We are highly pleased to share with you the news that we are organizing a workshop and painting-exhibition (made by school students) on the theme of "Dyslexia- The Unseen Suffering". The detail of the programme is as under:-

Chief guest

Dr. Raghu Sharma, Honourable Minister of Health, Government of Rajasthan

Guest of Honour

*IAS Mr. Vishwamohan Sharma, Collector, Ajmer
IFS Ms. Sudeep Kaur, District Forest Officer, Ajmer*

Special Invitees

*Dr. Shiv Gautam, Director & Professor,
Gautam Hospital & Institute of Behavioural Sciences, Jaipur
Former National President, Indian Psychiatric Society*

Mr. Sampat Rai Sharma, CEO, Kishangarh Marble Association

Date : 14 August, 2019
Venue : SuchanaKendra, Ajmer
Photo-exhibition : 10 AM – 08PM
Inaugural function : 5 PM
Speakers : Dr. Navendu Gaur
Dr. Manisha Gaur

On behalf of Gaur Mental-Health Clinic, we would like to invite you, your family and friends, and members, employees and students of your institute/organization to come and participate in this awareness cum sensitization programme for the overall benefit of dyslexic but intelligent students to help them achieve their full potential.
With warm regards.

(Dr. Navendu Gaur)

(Dr. Manisha Gaur)

Date – 14th August 2019

Level – Departmental Linkage – Gaur Mental Health Clinic

Venue – Suchana Kendra, Ajmer

Title of event – Workshop & Painting Exhibition on “Dyslexia – The Unseen Suffering”

No. of Participants – 12

Resource Persons – Dr. Navendu Gaur & Dr. Manisha Gaur

Description :-

Twelve (12) students of BA and Honours Part III participated and staged dance drama in the workshop “Dyslexia- The Unseen Suffering” organized by Gaur Mental health Clinic, Ajmer, Rajasthan. This workshop focused on spreading awareness on the learning disorder Dyslexia among the students and teachers of the Ajmer city.

Learning Outcomes

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

Create awareness and recognize symptoms of the learning disorder – Dyslexia, commonly seen in young children but not identified in time.



4. Visit to Special School

DEPARTMENT OF PSYCHOLOGY



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

is organizing

**A VISIT TO
SPECIAL SCHOOL**

**MINU MANOVIKAS
VIDHYALAYA
AJMER**

19th September 2019

Date – 19th September 2019

Level – Departmental

Venue – Minu Manovikas Vidhyalaya, Ajmer

Title of event – A Visit to Special School

No. of Participants – 53

Description :-

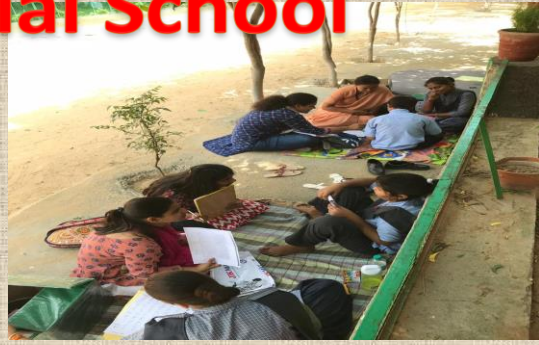
On September 19 2019, 53 students of BA part II and III accompanied with Ma'am Devangi Soni visited Special School "Minu Manovikas Vidhayalaya", Chachiyawas, Ajmer governed by Rashtriya Mahila Kalyan Mandal (RMKM). It is a non government organization working for Education and Holistic development of children with special need and also focused on community and human resource development for the same. Here the students interacted with the officials, psychologist, teachers and students. They also prepared case study with the help of teachers.

Learning Outcomes

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

- Appreciate and understand the special population, especially the gifted children and how to help in their vocational unit activities while interacting with them.
- Learn to conduct case studies, which is a part of their practicum, with the help of the teacher.

Visit: Special School



5. Lecture on Life Skills



**DEPARTMENT
OF
PSYCHOLOGY**

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

**LECTURE ON
LIFE SKILLS**

**SYNERGY PROGRAM 2019
STAFF- STUDENT EXCHANGE PROGRAM**

**RESOURCE PERSON - MS. GARIMA PATWARI
FAIRFIELD INSTITUTE, NEW DELHI
VENUE - AUDITORIUM
DATE -28TH JANUARY 2020**

Date – 28th January 2020

Level – Departmental

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

Title of event – Lecture on Life Skills

No. of Participants – 41

Resource Person – Ms. Garima Patwari, Fairfield Institute, New Delhi

Description :-

Ms. Garima Patwari from Fairfield Institute, New Delhi visited the institution from 27th to 29th Jan, 2020 under staff and student exchange program. She took classes on **Life Skills** for 41 students on 28th Jan, 2020.

Learning Outcome

On the completion of the above activity the students will be able to –
Comprehend and recognize the various life skills important for one's physical & mental health.



6. Emotional First Aid

DEPARTMENT OF PSYCHOLOGY
IN COLLABORATION WITH
THE DEPARTMENT OF
ENGLISH & WDC



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

is organizing

**EMOTIONAL
FIRST AID**

*RESOURCE PERSON- MR. DEEPAK KASHYAP,
WELLNESS COUNSELLOR &
LIFE SKILLS TRAINER*

**VENUE- AUDITORIUM
DATE- 13TH FEBRUARY, 2020**

Date – 13th February 2020

Level – Departmental

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

Title of event – Emotional First Aid

No. of Participants – 60

Resource Person – Mr. Deepak Kashyap, Wellness Counsellor and Life Skills Trainer (Freelancer)

Description :-

An interactive session on “Emotional First Aid” was organised for the students on 13th February, 2020. The resource person was Mr. Deepak Kashyap, a wellness counsellor and life skills trainer, 60 students participated in this session.

Learning Outcomes

On the completion of the above activity the students will be able to –
Understand the importance & meaning of Emotional First Aid and how to apply in real life situations.



7. 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 2019-20**

Dates – 17th February – 27th February, 2020 – 1st Batch of 10 days

16th March -19th March 2020 - 2nd Batch of 4 days

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

Venue – Gaur Mental Health Clinic, Ajmer

Title of event – Internship Program

No. of Participants – 6 students 1st Batch of 10 days

10 students 2nd Batch of 4 days

Description : -

The following six (06) students of BA Part III have completed their Internship of 10 days from 17th February to 27th February under the supervision of Dr. Manisha Gaur, Clinical Psychologist and Counselor, Gaur Mental Health Clinic, Ajmer, in the session 2019-20: Alisha Chishty, Moomal Panwar, Yogeshwari Udawat, Shivika Banerjee, Gargi Rathore, Sanghmitra Rathore.

The following ten (10) students of BA & Honors Part III have completed their Internship of 4 days (till date) from 16th March to 19th March under the supervision of Dr. Manisha Gaur Clinical Psychologist and Counselor, Gaur Mental Health Clinic, Ajmer, in the session 2019-20: Palak Jain, Stuti Anthony, Charu Tiwari, Simran Michael, Neelam Kirnani, Gargi Sharma, Yogita Vijrani, Vrinda Kapil, Shivani Tikyani and Divya Bhojwani.

Learning Outcome

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 & Counselling Psychology.

