

Faculty of Behavioral Sciences

Orientation Program Report(Session- 2020- 21)

Week :1

Faculty of behavioural sciences has successfully conducted a 4 day Orientation Program from 28th September to 1st October. The event started by welcoming the new batches of B.Sc, B.A, BSLP, B.ed. and M.Sc. During the program they were made aware about the various courses which are running under the Faculty of behavioural sciences and the future prospects of the same.

Day 1: The first day was well spent in the introduction and virtual visit of the campus. It started with a welcome note by the Coordinator for the orientation program Ms. Devika Raje (Assistant Professor, Dept. of Clinical Psychology) followed by the virtual visit at the campus. Further the new batch was addressed by the Associate Dean, FBS Dr. Santosh Kumar. After this Dr. Nandha Kumara Pujam. S (Associate Professor and Head Department of clinical Psychology, Dept. of Clinical Psychology) welcomed the fresher batch. It also included the ice breaking session with Ms. Devika Raje where all their queries were answered. 35 students attended the program and were very much active throughout the session.

Day 2: The second day a lecture was delivered by the guest of Honour Prof. S.R. Musanna (CEO, SGT University)who motivated the students. Prof. Musannaspoke about the capacity of mind and how an individual can change anything by looking at things in your own unique way which gave a new vision to the new batch. In the consecutive session Ms. Shaurya Kaul (Academic Associate, FBSC) gave them the insight about Psychology: A growing discipline and also what are the differences in educational pattern in India and UK.The session was very stimulating and the

students enjoyed interaction with the speakers. 34 students were connected with the energetic speakers throughout the sessions.

Day 3: Day three was all about Career prospects and Training. The day started with a very energetic talk which was taken up by Dr. Vikas (Assistant Professor, FBSC). His lecture covered the career prospects and training in Clinical, Counselling and Forensic Psychology. The session was then taken over by Mr. Vivek Jha (Assistant Professor, FBSC) and Ms. Swati Mahendru (Assistant Professor, FBSC) who are also associated with FBS as Assistant Professors they dealt with the career prospects and training in speech and language pathology. Further the consecutive session was taken up by Mr. Tilak Raj (Lecturer, Dept of Special Education) who is associated with FBS as a Lecturer, he discussed about the career and training prospects in Special Education. After all the three sessions there was a question answer round where the students seemed very inquisitive and it was made sure that everyone gets an answer for all their queries. 32 students were attached with the program throughout.

Day 4: Day four was devoted to Co-curricular Activities and interaction with seniors. This day was taken up by the students under the guidance of Ms. Khushboo Tomar (Assistant Professor in the Department of Clinical Psychology). There were four students who were involved with the students for this day. Ms. Lakshita (M.Sc.Clinical Psychology, Sem III) made the students aware about the psychological association PSYCA and how it works. Ms. Harleen Kaur Chawala (B.A. Hons. Sem V) gave them the overview about the Cultural Activities, the festivals, about the music club etc. with the help of a pictorial presentation. Mr. Shubham Prasad (B.Sc. Clinical Psychology, Sem.V) Ms. Bhoomika Bhatt (B.Sc. Clinical Psychology, Sem III) helped the students to understand how SCRIPTING which is the monthly magazine by the students of FBS has evolved and how it

functions and they also motivated them to get connected by sharing their works using SCRIPTING as a medium. This was a wonderful session which lightened the mood of the fresher students. 27 students participated in this session.

Week 2:

Day 1: On day one in the second week of orientation 25 students participated and still were very excited about the week II. On this day a lecture was delivered by Dr. Shubhangi Gupta (Assistant Professor) explained them about the use of Psychology in daily life. The session was very interactive and informative where the students also participated in various activities conducted by the speaker.

Day 2: On the day two in the second week of orientation where 31 students participated in the session. Dr. Nandha Kumara Pujam. S (Associate Professor and Head Department of Clinical Psychology) took over the session. He spoke about how to manage stress. It was a stimulating session and the audience was intrigued by the knowledge shared by the expert. Dr. Nandha also helped the students to learn certain exercises which could help them to manage their arousal levels this helped them to have an insight about their own self.

Day 3: On the third day in the second week of orientation no. of students present were 30. Ms. Sonia Vats (Assistant Professor in the department of Clinical Psychology) was the spokesperson for the session. She spoke about testing in Psychology.

Day 4: On the fourth day Ms. Khushboo Tomar (Assistant Professor, FBSC) explained about the concept and management strategies of Conflict management. Further the session was taken up by Mr. Kishan Lal Bairva who is associated as a Lecturer with the department of Special Education, Faculty of Behavioural

Sciences, he spoke about Rights and benefits of children with special need. Both the sessions were very restorative and refreshing.

Week 3:

On day one of the third week the World Mental Day was celebrated by involving the new students actively. The session was taken up by Miss. Devika Raje and Miss. Khushboo Tomar. The theme proposed by WHO for this year was “Mental Health for all Greater Investment- Greater Access”. There were various activities in which number of students participated. The activities which held were slogan writing, poetry writing, essay writing, short stories and presentations. The students also shared their personal experiences and then discussed about the various current problems which they were facing. The faculty members also discussed about problem solving. The session was very stimulating and enriching. The participants enjoyed the interaction.

On day two the session was taken up by Mr. Ashwani Pundeer who is associated with the Faculty of Behavioural Sciences as an Assistant Professor. He discussed about Mindfulness & its application. The students found the session relaxing and they learned how to manage stress and how to regulate their emotions. The session was very informative and stimulating. They also learned how to practice mindful breathing.

On the day three the session was taken up by Dr. Santosh Kumar who is associated with FBS as an Associate Dean and Head of the department of Speech, Audiology and Language Pathology. He spoke about Augmentative and alternative communication. The session was very enriching and helped students to understand about the ways we share our ideas and feelings without talking.