



Cathect- Department of Psychology

Bharati College

University of Delhi

Collective reports of the Council Elections, Mental Health Day Event,

Activities and Workshops that happened under

The banner of Cathect - Department of Psychology

from September 2022 onwards under

Dr. Anupama Mahajan, TIC

Department of Psychology



Cathect- Department of Psychology

Bharati College

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Report on Council Elections - 2022-23

2nd September 2022, Bharati College, University of Delhi: Cathect, Department of Psychology, Bharati College, University of Delhi conducted the Council Elections for the year 2022-23.

Nominations for all the posts were pre-invited via the departmental email address. All the students in the department gave their coveted votes for the selection of the New President, Vice President, and Treasurer of the Cathect Society. The candidates for the mentioned posts had done their campaigning for both the second and third-year students. They gave promising reasons as to why they should be voted for and the students seemed quite intrigued with those proposals too. It was a liberating and insightful experience for all of the students.

On 6th September 2022, Individual interviews were taken by the Head Professors, Dr. Nitin Verma and Dr. Priyam Sharma for the selection of other council members.

After the selection process was done, the newly elected council was formed and they promised to work for the department with full potential.

Key highlights of the Election:

- Election took place on September 2, 2022, at Bharati College organized by Cathect Society in the Department of Psychology.
- The electoral process was transparent, featuring pre-invited nominations.
- Students of the department elected the President, Vice-President, Treasurer, and Joint Secretary.
- Remaining council was selected on the basis of an interview by Dr. Nitin Verma and Dr. Priyam Sharma.



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Report on Mental Health Week Celebration- 2022-23

10th and 11th October, 2022, Bharati College, University of Delhi: Cathect, the society of the Department of Psychology, Bharati College celebrated Mental Health Week with the theme “Sentient - Let Your Emotions Flow Through You”.

On day 1, the event officially commenced after lighting the lamp and welcoming the teachers and students along with the speakers.

The first speaker for the day was **Professor Nandita Babu**. She graced us with her auspicious presence to conduct the session on - "*Challenges of Parenting Children in the 21st Century*". The session was held in the seminar room where the students learned different attachment styles and how the right parenting can enrich a child's life. She gave us pointers for active listening that will make the child feel heard as well as seen by his/her parents. It was highly educational for all the students who were present in the audience.



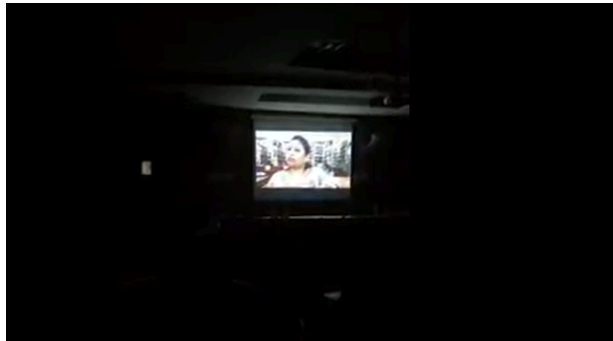
The second session was conducted by **Professor Navin Kumar** on 10th October 2022 on an extremely relevant topic in this day and age - "*Mass Media and Mental Health: Issues and Challenges*". Professor Navin educated the students on how our presence on mass media can bring challenges or mental health issues. He gave examples akin to constantly comparing ourselves with models on social media, less attention span due to constant consumption of 15-30 seconds short clips; using mobile phones in the classroom, among others. His session made the youth in the audience realize how unhealthy these habits are in reality and the necessity to break this cycle.



On 10th October 2022, an **Open Mic Competition** was organized in the seminar room. We had an hour-long event, starting at 1 PM, the topic being- "*Let Your Emotions Flow Through You*". The valuable judgment of the event was done by **Dr. Nitin Verma** of the Psychology Department and **Dr. Khushee Chaudhary** of the English Department. There were a total of 15 participants in the event and each received a certificate of participation. The winner was Ananya Sacheti from the Psychology Department; she received a certificate and a cup from the U.D.A.I NGO which works for specially-abled children. The first runner-up was Kashish Pathan from the Psychology Department and the second runner-up was Riya Aggarwal from the Journalism Department. Both of them were felicitated with certificates. The judges addressed the audience with their wise words. We are thankful for this amazing opportunity to present our views.



On 10th October 2022, Cathect in *collaboration* with Ananda screened a *documentary* followed by a discussion; the topic being- “*Why Social Media is Toxic on Teens’ Mental Health*”. The event took place in the seminar room, from 2 PM to 2:30 PM. The title of the documentary was “**Leap of Faith**”. After that, a discussion took place, in which an activity was conducted. All of the young and curious minds discussed *insecurities*. The discussion led to satisfactory answers. It was really an enriching experience; putting our thoughts forward and sharing experiences together.



On 11th October 2022, the second day of the event, a workshop on *Mental Consciousness* was facilitated by **Swami Om Prakash Ji**; a spiritual scientist and life coach from 11 AM to 12 PM. He highlighted the importance of breathing as a skill and how learning how to do so can rejuvenate the brain and keep the individual fit and healthy even later in life. It was an insightful session wherein the students realized how important physical fitness is for the betterment of mental health. The session was interactive and the questions posed by the students were readily answered by Swami Om Prakash Ji.



On 11th October 2022, the second day of the event, an informative and awareness invoking **Nukkad Naatak** was performed on the central lawn by the students of the department of psychology. The 15-minute act began at 12:15 PM and was targeted at the origin of mental health issues and how the impact of words goes far beyond what people would perceive it to be. The qualities of kindness and compassion were highlighted through the act. It was a memorable experience with a lasting impression on each of our minds.



On 11th October 2022, the second day of the event, **stalls** were set up by the *department of psychology* and an *NGO* named *U.D.A.I* that works for the betterment of *differently abled children*. The stalls represented the talent of the students of both the department and the NGO via beautiful handmade candles, purses, earrings, stickers, etc. Multiple purchases were made from both stalls and it truly brought along with it the fact that mental health is a growing concern that everyone feels deeply for.



A **dance therapy workshop** was also organized on the central lawn on 11th October 2022. The workshop was conducted by *Miss Pallavi Singh* and *Miss Prabjot Kaur*. Since we're all emotional beings, finding new and

creative ways to let out negative emotions like stress, anger, and irritation can be effective as well as enjoyable. The intent behind carrying out this workshop was to create a way to find relief from our day-to-day stress and tap into our emotions in a more creative manner. The workshop turned out to be successful with a lot of laughter and dancing. Students were visibly content as well as less stressed.



A **poster-making competition** was also organized in the foyer area of Bharati College following our theme “*Let Your Emotions Flow Through You*” to celebrate Mental Health Week on 11th October 2022. The students who participated felt relieved of their day-to-day stress and let all the negative emotions like rage, hurt, and frustration, flow through them onto the paper. The intent behind carrying out this competition was to create a safe place and tap into our emotions in a more creative manner. There were a total of 9 participants in the competition and each received a certificate of participation. The competition was judged by our respected Professors in the Department of Psychology. The winner was Himanshi from B. A. Honours Political Science; she received a certificate and a cup from the U.D.A.I NGO which works for specially-abled children. The first runner-up was Palak Goyal from B. A. Honours Political Science and the second runner-up was Shruti Sharma from B. A. Programme. Both of them were felicitated with certificates by our judges. We are grateful for everyone who came to participate and create awareness regarding Mental Health.





Cathect- Department of Psychology

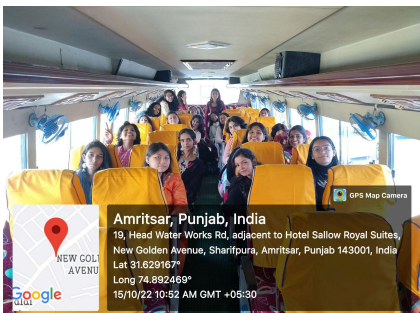
Bharati College

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Report on *educational-recreational trip to Amritsar-Dalhousie-Khajjiar- 2022-23*

14th to 18th October, 2022, Bharati College, University of Delhi: Cathect, the society of the Department of Psychology, Bharati College organized an educational-recreational trip to Amritsar-Dalhousie-Khajjiar.

On 14th October 2022, the teachers and students of the Department of Psychology **departed** for an educational trip to Amritsar-Dalhousie-Khajjiar. We arrived in **Amritsar** early in the morning on the 15th of October, 2022. After the students were well-rested and had their breakfast, we left for **Jallianwala Bagh**. At Jallianwala Bagh, we paid our respects to all the Indians who lost their lives in the battle for freedom a century ago. It was chilling to see gunshots on the walls and to think about the tragedy that ended up taking so many innocent lives. Next, we visited the **Golden Temple**. The students were allotted one hour to pray at and explore the temple. It was extremely peaceful to sit by the river and sense a higher presence so close to us. The last destination for the day was **Attari Border**, which separates India and Pakistan. The chants of "Vande Matram" and "Bharat Mata ki Jai" gave chills to every single person present. It was extremely unique to enjoy such patriotism, love, and devotion towards our country from thousands of Indians at once. Day 1 was a huge success and everyone returned back to the hotel, had their dinner followed by a DJ Night, and went to sleep utterly exhausted yet content.





On 16th October 2022, the students boarded the bus from Amritsar for the next destination which was **Dalhousie**, the scenic hill station. After around five hours of bus ride, the destination arrived. The students were allotted their rooms and had snacks at the beautiful accommodation. After that, a five-kilo-meter **hike** was scheduled to the beautiful **waterfall** of Dalhousie. The way to the waterfall was heavenly and the waterfall seemed ethereal. Some students also visited the famous **markets** of Dalhousie and purchased hand-knit warm socks and sweaters and also beautiful pieces of decor made by local artisans. Next, there were **dinner** plans and a bonfire was organized. The students enjoyed and sang around the **bonfire**. The day was as warm as the bonfire.



On 17th October 2022, the students boarded the bus from Dalhousie for the destination that was **Khajjiar**; renowned for its scenic beauty and adventurous activities. After an hour-long bus ride, the students were allowed to explore the glamorous setting. The local food and shops were a sight to remember and so was the view of the **hills**. Some students went **paragliding**, while some enjoyed a small **trail** of trekking. Group pictures were taken with the departmental **banner** and we were set to depart from the peaceful place. After lunch at Dalhousie, the students boarded the bus for Delhi with a suitcase full of amazing memories. We arrived in Delhi in the early morning of 18th October, 2022.





Cathect- Department of Psychology

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Report on Orientation Programme- 2022-23

3rd November, 2022, Bharati College, University of Delhi: The **Orientation Programme** for the students of the batch 2022-25/26 was held by Cathect, the society of the Department of Psychology.

The first-year students were made to sit comfortably in the *psychology lab* and were made familiar with the environment of college and the classrooms within. Then, they were given a brief introduction about the subject of psychology and how it is the need of the hour in our current times. All of the faculty members gave speeches to the students and gave them an overview of their views on psychology, their teaching methods, and how the classes for the allotted subjects are going to be held. The students were also asked to give brief introductions about themselves and a lively interactive environment was created. At the end of the program, all of the doubts of the newcomer batch were addressed. The seniors also conversed with the first-year students and made them feel at ease. The freshers were really excited to start this new chapter of their life. It was a successful event altogether.





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Report on Alumni Talk- 2022-23

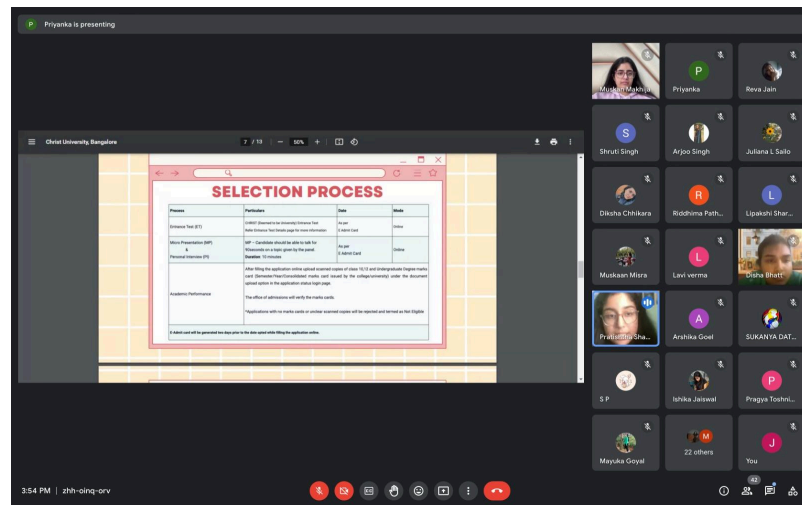
6th February, 2023, Bharati College, University of Delhi: Cathect Society, Department of Psychology held an **Alumni talk** which was an offline event which took place in the *Psychology lab*. Alumni of Bharati College were invited to share their valuable insights and experiences regarding the admission process of masters in the field of psychology. Our first speaker of the day was Soniya Rawat, a student of Jamia Milia Islamia followed by Bhavya Shegal, from Dr. BR Ambedkar University and towards the end we had Jeet, Chetna and Akshitara from University of Delhi. The students were given a chance to put up their queries. The event was concluded by a vote of thanks by the Head of Department of Psychology, Dr. Nitin Verma, and President of Cathect, Muskaan Makhija.





Cathect- Department of Psychology
Bharati College
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Report on Online Alumni Talk- 2022-23

11th February, 2023, Bharati College, University of Delhi: Cathect had an online **Alumni Talk**, on the google meet platform. The event was started by a warm welcome to all of the speakers. First up we had Pranati Kapoor from Amity University. Next, we had Pratishta Sharma from Christ University, Bangalore followed by Dharna Tandon from University of Bath, UK and towards the end, we had Sanika Surana from Tata Institute of Social Sciences. The students were asked to put up their queries. The event was concluded by a vote of thanks by the Head of Department of Psychology, Dr. Nitin Verma, and President of Cathect, Muskaan Makhija. It was a very enriching and helpful experience.





Cathect- Department of Psychology

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Report on Annual Fest Sonder- 2022-23

24th April, 2022, Bharati College, University of Delhi: The Department of Psychology at Bharati College, University of Delhi, conducted their annual academic fest, **SONDER: The Realisation That Everyone Has A Story**. The fest took place in the seminar room, and the first speaker for the day was Professor Arvind Kumar Mishra, who spoke on 'Making Sense of Psychology: Exploring Concepts and Methods'. The next speaker, also our keynote speaker, Professor Girishwar Mishra, is considered to be one of the most esteemed speakers in the field of psychology in India. Prof. Mishra enlightened the students with his exemplary words and insights. The next speaker of the day was Dr. Virendra Pratap Yadav, who illuminated the room with his speech on the field of Social Psychology in the Indian context. The next event was an activity carried out by Ms. Sumedha Tulani, a trauma-informed counseling psychologist, who taught the students about how mental trauma manifests in our bodies and minds. The last activity of the day was a fun game conducted by two students of the department, Ms. Ria Manocha & Ms. Reva Jain, which ended the Sonder event on a happy and joyful note.





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Report on Farewell- 2022-23

28th April, 2023, Bharati College, University of Delhi: A farewell was bid to the graduating class. It took place in the Psychology Lab where the 3rd year students created some of their core memories. The farewell started at 11 AM. The welcome song was very melodious and set the tone for the rest of the event. The event began with the Valedictorian speech, which was delivered beautifully by Miss Reva Jain. Then, some really fun games were planned for the students, lifting their spirits even more. The much-awaited title-giving ceremony followed, along with an energetic and gracious dance performance. The rest of the titles were then distributed. Next in line were some more entertaining activities that filled the room with laughter. Now it was time for the prestigious tradition of Cathect, The Miss Cathect Competition. Miss Ishika Jaiswal stole the show and was awarded the title. As the event moved towards the end, Miss Muskaan Makhija, the President of Cathect, gave her final speech, which left everyone teary-eyed. The 3rd year students were blessed with kind wishes from all the professors, and the event concluded with everyone preserving the day by taking pictures at the Photo Booth.





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Report on Orientation Programme- 2023-24

16th August 2023, Bharati College, University of Delhi: The **Orientation** Programme for the students of the batch 2023-26/27 was hosted by Cathect, the society of the Department of Psychology. First-year students were seated comfortably in the psychology lab and introduced to the college environment and classrooms. They received a brief introduction to the subject of psychology and its relevance in today's world. Faculty members delivered speeches, sharing their perspectives on psychology, teaching methods, and how classes for their respective subjects would be conducted. Students were also invited to introduce themselves, creating a lively and interactive atmosphere. The program concluded with the resolution of any doubts the newcomers had, and seniors engaged in conversations with the first-year students, making them feel at ease. Freshers were excited to embark on this new chapter in their lives, and the event was a resounding success.





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Report on Orientation Programme- 2023-24

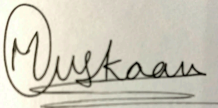
5th September, 2023, Bharati College, University of Delhi: Cathect, the society of the Department of Psychology, celebrated Teacher's Day to express gratitude to the esteemed teachers. It took place from 10:30 A.M. to 12:00 P.M., in the Psychology Lab., The event commenced with a Guru Shloka and songs tailored to the teachers' preferences, evoking nostalgia and a sense of familiarity as they joined in singing. A cake-cutting ceremony followed, along with the distribution of refreshments. Teachers were honored on stage, receiving tokens of appreciation and sharing their wisdom and insights humbly with students and fellow educators. Two interactive games involving teachers as active participants were hosted by the students, creating laughter-filled moments and keeping the audience engaged throughout. The event reached its climax with an electrifying dance performance by enthusiastic students. It concluded with a heartfelt message of appreciation for the hardworking educators who play an indispensable role in the education and development of future generations.



STUDENT ATTENDANCE RECORD (as of 21/06/2023)

NAME	POSITION	DAYS PRESENT	TOTAL DAYS	ATTENDANCE IN %
President	Muskaan Makhija	15	15	100.00%
Vice President	Priyanka	16	16	100.00%
Joint Secretary	Mansi	4	4	100.00%
Treasurer	Mayuka Goyal	8	11	72.73%
PR Head	Anushka Sharma	14	16	87.50%
PR Team Member	Shruti Singh	12	16	75.00%
Associate Editor	Jayantika Rawat	15	16	93.75%
Associate Editor	Lara Gautam	7	11	63.64%
Associate Editor	Ananya sacheti	14	16	87.50%
Volunteer Editor	Shatabhisha	4	4	100.00%
Social Media Head	Trisha Ladha	13	15	86.67%
Social Media Team Member	Jasmine Lohia	8	11	72.73%
Social Media Team Member	Dakshvi Singh	13	16	81.25%
Social Media Team Member	Janvi Verma	8	11	72.73%
Creative Team Member	Arshika Goel	14	15	93.33%
Creative Team Member	Disha Bhatt	8	10	80.00%
Creative Team Member	Juliana L. Sailo	9	11	81.82%
Creative Team Member	Simran Dua	5	10	50.00%

Creative Team Member	Sukanya Datta	9	11	81.82%
Creative Team Member	Pragya Toshniwal	11	11	100.00%
Creative Team Member	Rakhi Lamba	16	16	100.00%
Creative Team Member	Ayushi Chakma	15	16	93.75%
Creative Team Volunteer	Echita	2	4	50.00%
Creative Team Volunteer	Aditi	4	4	100.00%
Technical Team Head	Shivani Dayal	14	15	93.33%
Technical Team Member	Ishika Jaiswal	13	15	86.67%



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Muskaan Makhija
(President, Cathect)