

## **DEPARTMENT OF POST GRADUATE STUDIES: M.Sc. Psychology**

- **DEPARTMENT ORIENTATION**

The Orientation for the Batch 2023 – 2024 was organized on 20<sup>th</sup> November 2023 in HRD Hall, PG Block. The event commenced with a welcome speech by Swarna Gowri, Class Representative of 2<sup>nd</sup> year followed by Prayer. Faculty Members were introduced, followed by course introduction. A video presentation about the department & students were briefed regarding rules & regulations of the college. An ice-breaking session was also conducted by the students.



- **POST GRADUATE STUDENTS ORIENTATION & INVESTITURE CEREMONY & FRESHER'S DAY**

On 9<sup>th</sup> December 2023 the PG Orientation & Investiture was hosted for the new batch of the students for the Academic Year 2023 – 2024. The Leaders from each dept. representing their classes in the Student Council were installed in Office for the current academic year. MSc Psychology

Class Rep: Vinutha – 1<sup>st</sup> year

Swarna Gowri – 2<sup>nd</sup> year

Cultural Rep: Kruthika – 1<sup>st</sup> year

Nethra – 2<sup>nd</sup> year

Sports Rep: Hemalatha – 1<sup>st</sup> year

Mental Health Rep: Madeeha Kulsum

Zuha Fathima – 2<sup>nd</sup> year



- **Fresher's Day**: On 5<sup>th</sup> February Fresher's day was conducted by combined faculties which is an Icebreaker session for the new batch of students with introductions, Talent display and bonding between the seniors and juniors. A series of games, skits, contests led up to the crowning of the Freshie Queen.



- **WORKSHOP**

- **Literature Review Methods and tools** - On 6<sup>th</sup> January 2024, conducted a workshop on “**Literature Review – Methods and Tools**” was held. Resource Person - Dr Sindhuja.CV., Senior Associate Professor, Centre for Education & Social Studies. The workshop aimed to provide Critical review of theory, Identify research gaps, Illustrate various review structures, Identify criteria for developing research questions that can be answered. The workshop focused on the significance of literature review, choosing the right statistical and data analysis methods for psychological research, using specialized, various AI tools for conducting literature and identifying research gaps, such as Elicit and SciSpace. Understanding different types of research designs applicable to psychological studies. Overall, the workshop, had positive feedback which provided students with essential knowledge and skills to improve their ability to write research proposals in psychology.

**BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE**  
Affiliated to Bangalore City University Re-Accredited by NAAC

**DEPARTMENT OF PSYCHOLOGY**  
POST GRADUATE STUDIES

CORDIALLY INVITES YOU FOR A WORKSHOP ON

**"Literature Review – Methods and Tools"**

**6 January 2024**  
**9:30AM**  
**Venue : PG LIBRARY**

**Resource Person**

Dr. Sindhuja CV  
Senior Associate Professor,  
Centre for Education and Social  
Studies,  
Bangalore

**My Contact**

pgpsycottons@gmail.com

**Key Skill**

- Critical Review of theory.
- Identify Research Gaps.
- Illustrate various review structures.
- Identify criteria for developing research questions that can be answered.



- **Practical Applications of Hypnotherapy** - An IQAC initiative, postgraduate department of psychology at Bishop Cotton woman's Christian College hosted a workshop led by Ms. Lisa Matthew (Psychologist and certified transpersonal regression therapist).

Participants gained valuable insights into the interplay between trauma, the mind and various bodies that constitute a person's being.

Hypnotherapy was highlighted as an effective tool for accessing the subconscious mind, facilitating healing, and managing stress through conscious choice.

**BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE**  
#19, 3RD CROSS, C.S.I COMPOUND, MISSION ROAD, BENGALURU -27

An IQAC Initiative  
**POST GRADUATE DEPARTMENT OF PSYCHOLOGY**  
ORGANISES  
A WORKSHOP ON 'PRACTICAL APPLICATIONS OF HYPNOTHERAPY'

**Ms. Lisa Matthew**  
Resource Person:  
Psychotherapist & Certified Transpersonal Regression Therapist.  
HR Consultant for Lawrence & Mayo, Bengaluru

- Online Workshop
- Date: 3rd August 2024
- Time: 2:00 pm

<https://meet.google.com/yms-ndbt-vbm>

Zoom Meeting Interface showing participants: Liza, kavya, chitra, Reena, and 15 others.

## EDUCATIONAL VISITS

- An Educational Visit to National Institute of Mental Health & Neuro Sciences (NIMHANS) on 20<sup>th</sup> February 2024. Event- **MENTAL HEALTH SANTHE 2.0** – lets break the stigma around Mental Health was organized to bridge the gap of mental health needs of the community, increase knowledge of the service available from diverse organizations, to reduce stigma & enhance mental health literacy among the population. Faculty & Second Year Students from MSC Psychology, MA & M. Com attended the event.



- An Educational Visit to National Institute of Mental Health & Neuro Sciences (NIMHANS) for **NATIONAL SCIENCE DAY** was organized on 29<sup>th</sup> February 2024. Students took part in Various interactive sessions & display of human brain and its functioning experience of holding the Human Brain & various parts of the body.



- **INTERNSHIP**

From 14<sup>th</sup> February – 17<sup>th</sup> February 2024 students were sent to attend Training Program organized by YUVAKA SANGHA (NGO) – **PRAJNA On Life Skills Awareness followed by 3months Internship.** Prajna is in collaboration with Yuvaspandana, NSS, NIMHANS & Campus 2 Community organized a 4-day life skills awareness counselling training program to create a unique internship platform for Psychology & Social Work students.

After completion of the workshop, the students will be engaged in the Campus 2 Community Internship Program where they will be involved in highly dynamic & interactive opportunity to apply their acquired skill & knowledge to other beneficiaries.



**Dr Renuka Paul, HOD, M.Sc. Psychology**

