

SOPHIA GIRLS' COLLEGE (Autonomous), Ajmer



DEPARTMENT OF PSYCHOLOGY

2024-25

Interpretation of Projective Techniques



SOPHIA GIRLS'
COLLEGE
(AUTONOMOUS), AJMER

DEPARTMENT OF PSYCHOLOGY
is organizing an
Interactive Session

Interpretation of Projective Techniques

Venue : Room No. 113

Resource Person : *Ms. Resham Bhatia*
Counsellor

Mayoor School, Ajmer

Date : 12th November 2024

Time : 3:00 p.m.

Activity Details: -

Date –12th November 2024

Level – Departmental

Venue – Room No. 113

Title of event – Interpretation of Projective Techniques

No. of Participants – 12 (M.A. Previous Students)

Resource Person – Ms. Resham Bhatia –Counsellor, Mayoer School, Ajmer

Contact No. - 9116456148

Description: -

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized an Interactive session on “Thematic Apperception Test: Interpretation of Projective Techniques” by Ms. Resham Bhatia – Counsellor, Mayoer School, Ajmer on 12th November 2024 attended by 12 M.A. Prev. students.

Learning Outcomes:

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

- Understand the importance of projective techniques as a powerful tool for Personality assessment.
- Examine the application and interpretation of Thematic Apperception Test.






Ajmer, Rajasthan, India
Jaipur Road, Mirsali Colony, Ajmer, Rajasthan 305001, India
Lat 26.475939°
Long 74.655984°
12/11/24 03:49 PM GMT +05:30



Ajmer, Rajasthan, India
Jaipur Road, Mirsali Colony, Ajmer, Rajasthan 305001, India
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12/11/24 04:30 PM GMT +05:30

PSYFLORIA: The Psychology Fest



**DEPARTMENT
OF
PSYCHOLOGY**

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

is organizing

***“PSYFLORIA - THE
PSYCHOLOGY FEST
2024-25”***

Venue- College Campus
Date- 28th JANUARY 2025
Time- 12:00 Noon onwards

Activity Details: -

Date – 28th January 2025

Level – Departmental

Venue – College Campus

Title of event –PSYFLORIA: The Psychology Fest

No. of Participants –

Description: -

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer has organized “PSYFLORIA: The Psychology Fest” on 28th January, 2025 in the college campus. The students exhibited different counters which included Art and Expressive therapy, Gratitude techniques and Attention related activities in order to create awareness regarding mental health.

Learning Outcomes:

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

- Develop awareness about the importance of mental health
- Practice different techniques of Art and Expressive therapy, Gratitude techniques and attention-related activities in order to enhance their psychological well being





Visit to Mental Health Carnival, University of Rajasthan, Jaipur



The poster features a light green background with a faint watermark of a lightbulb containing a brain. At the top left is the University of Rajasthan logo, and at the top right is the Department of Psychology logo. The text is centered and includes the event title in a red script font, the organizing body, the project name, the date and time, the names and titles of the patron and chairperson, and the venue.

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF RAJASTHAN

organises

Mental Health Carnival

under the aegis of

RUSA 2.0, PROJECT NO. XIII
Psychological Interventions for Promotion of Holistic Health and Well-Being

12 DECEMBER, 2024
11 am - 4 pm

PROF. ALPANA KATEJA
PATRON
HON'BLE VICE-CHANCELLOR
UNIVERSITY OF RAJASTHAN

PROF. O.P. SHARMA
CHAIRPERSON
HEAD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF RAJASTHAN

VENUE
Humanities Hall
PG School of Humanities
University of Rajasthan, Jaipur



Mental Health Carnival



KEY ACTIVITIES

Inauguration of Healthology Club
Flash Mob
Poster Exhibition
Psychodrama Competition
On-spot Slogan Writing Competition
Self-Report Tests

REGISTER HERE



<https://forms.gle/xJHo6psqsvjJEAbz7>

(To participate in Psychodrama Competition)



<https://forms.gle/hk9DpVRkvJ4zECw6>

(To participate in Poster Exhibition Competition)

- Last date for Registration: 5 December, 2024
- Last date for Submission of Poster: 9 December, 2024

FREE ENTRY

EVENT COORDINATORS

Prof. Uma Mittal

Prof. Sushila Pareek

Prof. Purna Kumar

Dr. Chandrani Sen

Dr. Jyoti

STUDENT COORDINATORS

Garima Yadav: 7340304363

Harsha Sharma: 6377453932

Yashi Awasthi: 9602327302

Mahima Varghese : 9079653991

Sneh Meena: 9414224234

Activity Details: -

Date –12th December 2024

Level –Departmental

Venue– University of Rajasthan, Jaipur

Title of event – Field Visit

No. of Participants – 21

Description: -

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer attended the Mental Health Carnival organized by Department of Psychology, University of Rajasthan, Jaipur on 12th December, 2024. 21 students participated in the carnival and accompanied by two teachers. The students participated in various fine arts and theatre events.

Positions Acquired-

S. No	Name of the Event	Name of the Winners
1	Slogan Writing Competition	<ol style="list-style-type: none">1. Nirjara Kanwar – BA III2. Shivi Agrawal – Eco Hons- III3. Kirti Mourya – BA III
2	Skit Competition	<p>Secured First Position</p> <ul style="list-style-type: none">• Vanshika Singh – BA III• Aura Rathi – BA II• Pallavi Nagora- BA II• Tanya Kalra– BA I• Mugdha Ranawat – BA I• Syeda Sabeen Chisthy- BA I <p>Backstaging</p> <ul style="list-style-type: none">• Harshita Varandani- BA III• Sargam Bhargava- BA III• Saliya Khan- BA III• Pooja Tolwani- BA III

Learning Outcomes

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

- Understand the importance of mental health in the present times
- Gain experiential knowledge through participation in different activities related to Mental Health.





Suicide Awareness and Prevention

SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER



Department of Psychology in collaboration with
Department of Home Science, Women Development
Cell, Personality Development Cell and NSS

is organizing an
Interactive Session

Suicide Awareness and Prevention

Resource Person :

Dr. Prem Prakash

Assistant Professor, Psychiatry and
De addiction Centre, J.L.N. Medical College,
Ajmer

Venue: College Auditorium

Date: 9th October 2024

Time : 1:30 p.m.

Activity Details: -

Date –09th October 2024

Level – Departmental

Venue – Auditorium

Title of event –Suicide Awareness and Prevention

No. of Participants– 229

Resource Person – Dr. Prem Prakash, Assistant Professor, Psychiatry and De- addiction Centre, JLN Medical College, Ajmer, Rajasthan

Contact No. -8302905567

Description: -

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized an Interactive session on “Suicide Awareness and Prevention” by Dr. Prem Prakash, Assistant Professor, Psychiatry and De addiction Centre, JLN Medical College, Ajmer on 09th October 2024 at 1:30 p.m. in the College Auditorium.

Learning Outcomes:

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

- Understand the importance of Mental Health in the present times
- Examine the signs, symptoms, prevention and treatment of Suicide





Field Visit



**DEPARTMENT OF
PSYCHOLOGY**

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

**FIELD VISIT
TO
MINU MANO VIKAS
INCLUSIVE SCHOOL,
CHACHIYAWAS, AJMER**

DATE : 17TH DECEMBER 2024
TIMINGS : 10:00 A.M.

Activity Details: -

Date – 17th December 2024

Level – Departmental

Venue – Minu Mano Vikas Inclusive School, Chachiyawas, Ajmer

No. of Participants – 30

Description: -

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized a Field Visit to Minu Mano Vikas Inclusive School, Chachiyawas, Ajmer on 17th December, 2024 attended by 30 students accompanied by two teachers

Learning Outcomes

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

- Gain practical exposure and knowledge in Inclusive Education Sector.
- Understand the roles and responsibilities of a Special Educator.





Psychology Internship: Combining Theory with Practical Experience



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

**DEPARTMENT OF PSYCHOLOGY
is organizing an
Interactive Session**

**Psychology Internship:
Combining Theory with
Practical Experience**

Venue : Room No. 112

Resource Person : *Dr. Shaifali Kuvera
Clinical Psychologist*

CEO & Founder 'Psychnerv', Mumbai

Date : 22nd July 2024

Time : 1:30 p.m.

Activity Details: -

Date – 22nd July 2024

Level – Departmental

Venue – Room No. 112

No. of Participants – 31

Resource Person – Ms. Shafali Kuvera, Clinical Psychologist, Mumbai

Contact No. -9785305336

Description: -

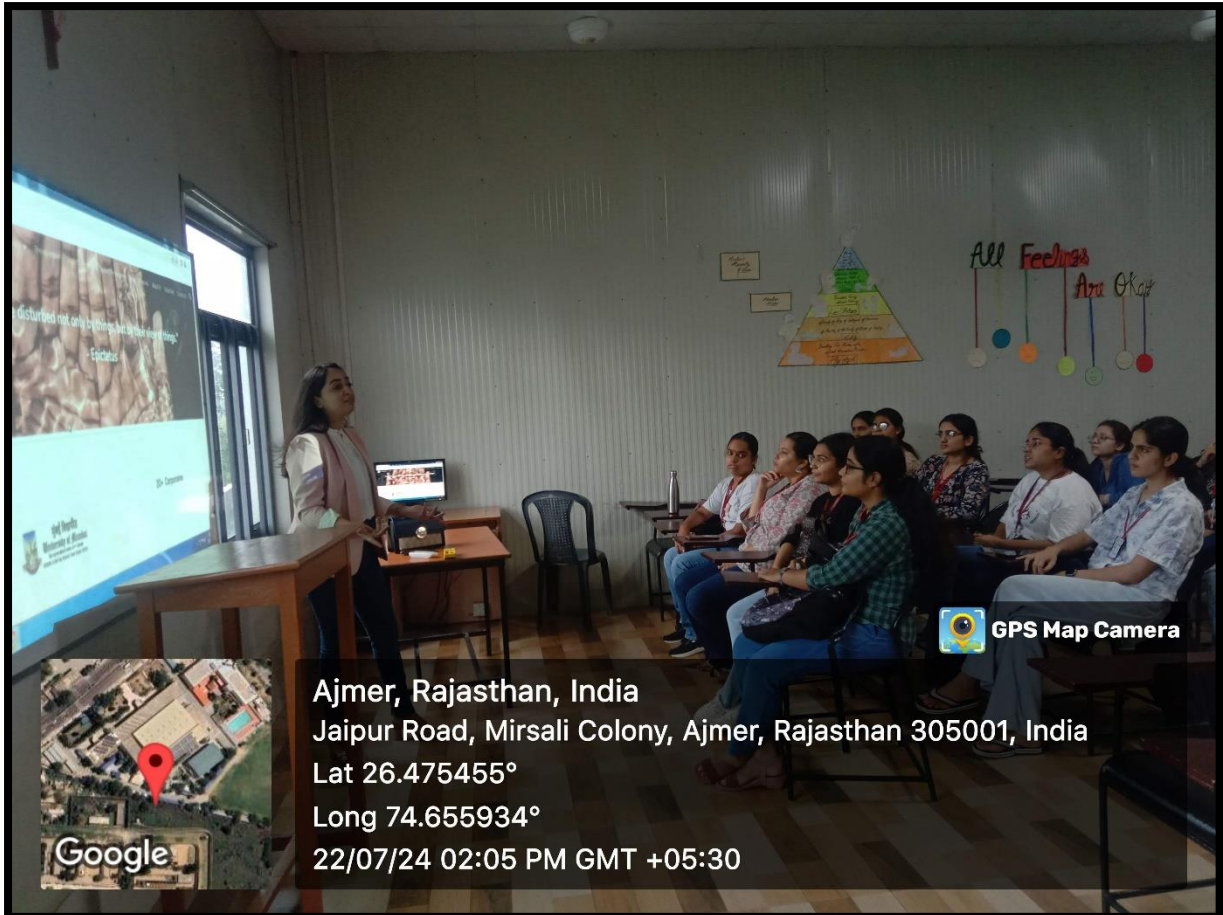
The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized an Interactive session on “Psychology Internship: Combining Theory with Practical Experiences” by Ms. Shafali Kuvera – Clinical Psychologist, Mumbai on 22th November 2024 attended by 31 BA Part III students

Learning Outcomes:

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

- Understand the importance of practical exposure and experience through internships in the field of Psychology
- Acquire knowledge of the basic skills of counselling, history taking interviews, mental status examination and case study writing.





GPS Map Camera



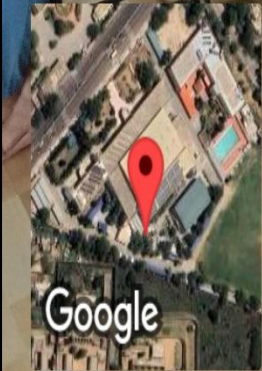
Ajmer, Rajasthan, India
Jaipur Road, Mirsali Colony, Ajmer, Rajasthan 305001, India
Lat 26.475455°
Long 74.655934°
22/07/24 02:05 PM GMT +05:30



GPS Map Camera



Ajmer, Rajasthan, India
Kankarda, Jaipur Rd, Mirsali Colony, Ajmer, Rajasthan 305001, India
Lat 26.475996°
Long 74.656009°
22/07/24 02:41 PM GMT +05:30



Ajmer, Rajasthan, India
Jaipur Road, Mirsali Colony, Ajmer, Rajasthan 305001, India
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Long 74.655963°
22/07/24 02:04 PM GMT +05:30

Youth Mental Health Skit Competition

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



Department of Psychology in
collaboration with
Gaur Mental Health Clinic, Ajmer
is organizing

YOUTH MENTAL HEALTH SKIT COMPETITION

on the occasion of
“World Mental Health Day”

Venue: College Auditorium

Date: 10th October 2024

Time : 12:30 p.m.

Activity Details: -

Date –10th October 2024

Level – Departmental

Venue – College Auditorium

No. of Participants – 136 + 49 (Participants) = 185

Description: -

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer has organized Youth Mental Health Competition in collaboration with Gaur Mental Health Clinic, Ajmer on the occasion of World Mental Health Day on 10th October 2024 at 12:30 p.m. in the College auditorium. The aim of this Youth Mental Health Skit Competition is to provide students with practical exposure to understand the importance of Mental Health in the present times.

Learning Outcomes

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

- Develop awareness about the importance of mental health
- Gain practical exposure to understand the importance of Mental Health in the present times



