

SOPHIA COLLEGE (Autonomous), Ajmer



DEPARTMENT OF PSYCHOLOGY

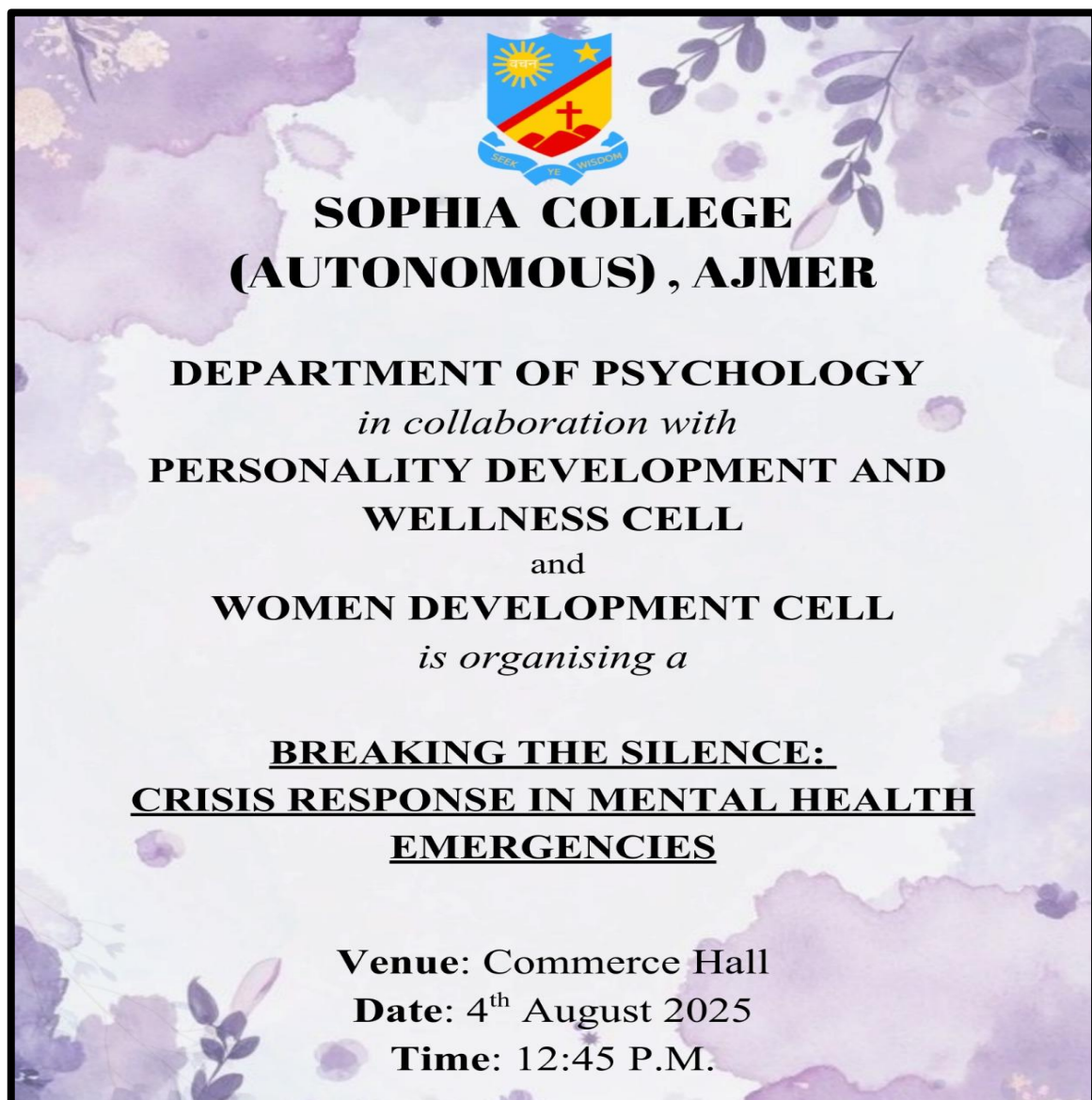
2025-26


DEPARTMENT OF PSYCHOLOGY
ANUBHUTI: The Psychology Forum
Activities (2025-26)

ACTIVITY – 1

**Title- “Breaking the Silence: Crisis Response in Mental Health
Emergencies”**

Brochure




SOPHIA COLLEGE
(AUTONOMOUS), AJMER

DEPARTMENT OF PSYCHOLOGY
in collaboration with
**PERSONALITY DEVELOPMENT AND
WELLNESS CELL**
and
WOMEN DEVELOPMENT CELL
is organising a

BREAKING THE SILENCE:
CRISIS RESPONSE IN MENTAL HEALTH
EMERGENCIES

Venue: Commerce Hall
Date: 4th August 2025
Time: 12:45 P.M.

Activity Details: -

Date – 4th August 2025

Level – Departmental

Venue – Commerce Hall

Title of event - “Breaking the Silence: Crisis Response in Mental Health Emergencies”

No. of Participants – 69

Resource Person –Ms. Shaifali Kuvera, Clinical Psychologist, CEO & Founder of ‘Psychnerv’, Mumbai.

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer in collaboration with Women Development Cell and Personality Development and Wellness Cell organized an interactive session on “**Breaking the Silence: Crisis Response in Mental Health Emergencies**” by Ms. Shaifali Kuvera, Clinical Psychologist, CEO & Founder ‘Psychnerv’, Mumbai, on 4th August 2025 at 12.45 p.m. in the College Commerce Hall. Total no. of students were 69.

Learning Outcomes

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

- Understand the importance of mental health in today’s world.
- Identify signs and symptoms of mental health emergencies.

Photos



ACTIVITY – 2

Title- “Symposium: A Pro Youth Mental Health Initiative”



unicef
for every child

VIKSIT BHARAT
YUVA
CONNECT

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF RAJASTHAN
in collaboration with
UNICEF, RAJASTHAN
organises

Symposium

प्रतिस्कंदन: ‘मनोरूग्णता से मनोअभ्युदय की ओर’
(A Pro Youth Mental Health Initiative)

August 19th, 2025 (Tuesday)
12:00 noon onwards

KEY ACTIVITIES

PANEL DISCUSSION
“Approaching Mental Health through Indigenous Wisdom and Positive Psychological Interventions”

PSYCHODRAMA
“कश्मकश: एक मनोभावाभिव्यक्ति”

YOUTH PARTNERSHIP FOR HEALTH PROMOTION
Elocution Competition
Poster Competition
Psychodrama Competition

REGISTER HERE : <https://forms.gle/dZYr1xBxhggHnaR87>

VENUE : Auditorium, RA Poddar Institute of Management, University of Rajasthan



Activity Details: -

Date – 19th August, 2025

Level – Departmental

Venue – University of Rajasthan, Jaipur

Title of event – Symposium: A Pro Youth Mental Health Initiative

No. of Participants– 21 Students

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer participated in “Symposium: A Pro Youth Mental Health Initiative” at University of Rajasthan, Jaipur on 19th August 2025 accompanied by Dr. Fehmeena Bakht. Total no. of students participated were 21. The aim of this participation is to provide an opportunity to the students to showcase their talents in various competitions.

Learning Outcomes

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

- **Analyze** the importance of youth mental health initiatives by engaging with diverse perspectives and discussions presented during the symposium.
- **Evaluate** personal and peer contributions in competitive and collaborative settings to enhance skills in communication, creativity, and psychological awareness.

Photos





ACTIVITY – 3

Title- “PSYFLORIA- The Psychology Fest 2025-26”



Activity Details :-

Date – 10th September 2025

Level – Departmental

Venue – College Campus

Title of event – Title- “PSYFLORIA- The Psychology Fest 2025-26”

No. of Participants– 170 Students

Description: -

The Department of Psychology of Sophia College, (Autonomous) organized **Psyfloria- The Psychology Fest 2025-26** on 10th September 2025 from 11:30 a.m. onwards in the college campus. Total no. of Students participated were 170. The aim of this fest is to enhance the understanding of psychological concepts, mental health awareness and personal well- being.

Learning Outcomes

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

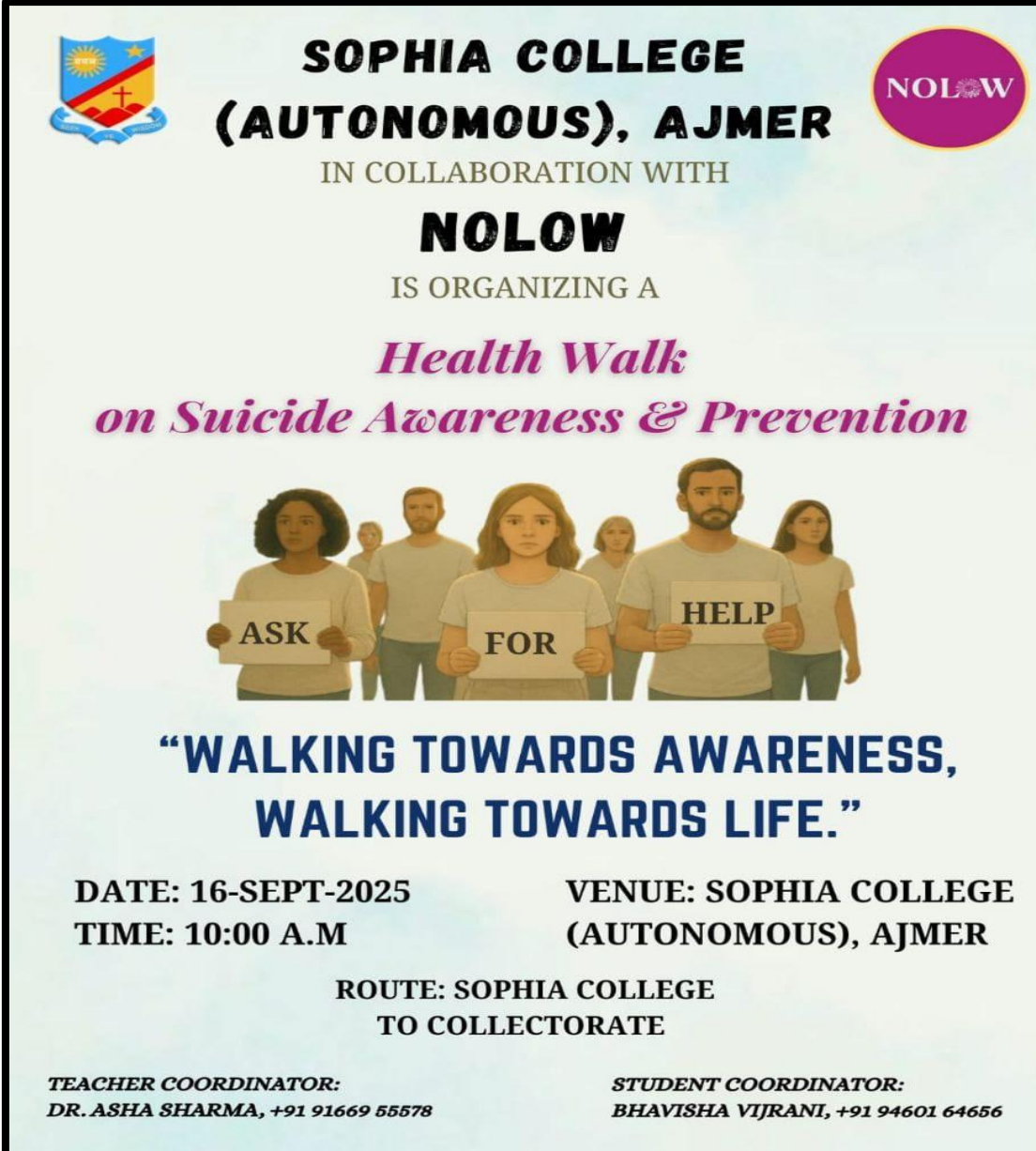
1. **Analyze** the importance of psychological concepts and their application in promoting mental health awareness and personal well-being.
2. **Evaluate** different strategies for improving mental health and enhancing overall personal well-being in everyday life.

Photos



ACTIVITY – 4

Title- “Suicide Awareness and Prevention” – Health Walk



**SOPHIA COLLEGE
(AUTONOMOUS), AJMER**

IN COLLABORATION WITH

NOLOW

IS ORGANIZING A

*Health Walk
on Suicide Awareness & Prevention*

ASK FOR HELP

**“WALKING TOWARDS AWARENESS,
WALKING TOWARDS LIFE.”**

DATE: 16-SEPT-2025 VENUE: SOPHIA COLLEGE
TIME: 10:00 A.M (AUTONOMOUS), AJMER

ROUTE: SOPHIA COLLEGE
TO COLLECTORATE

TEACHER COORDINATOR:
DR. ASHA SHARMA, +91 91669 55578

STUDENT COORDINATOR:
BHAVISHA VIJRANI, +91 94601 64656

Activity Details: -

Date – 16th September 2025

Level – Departmental

Title of event - “Suicide Awareness and Prevention” – Health Walk

No. of Participants – 183

Description: -

Sophia College (Autonomous), Ajmer in collaboration with **NOLOW** organized the health walk on “**Suicide Awareness and Prevention**”, on 16th September 2025 at 10 a.m. from Sophia College to Collectorate. Total no. of participants were 183. The objective of this health walk to educate students and the community about recognizing signs of stress, anxiety, and emotional distress and to raise awareness about suicide prevention and the importance of mental health.

Learning Outcomes

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

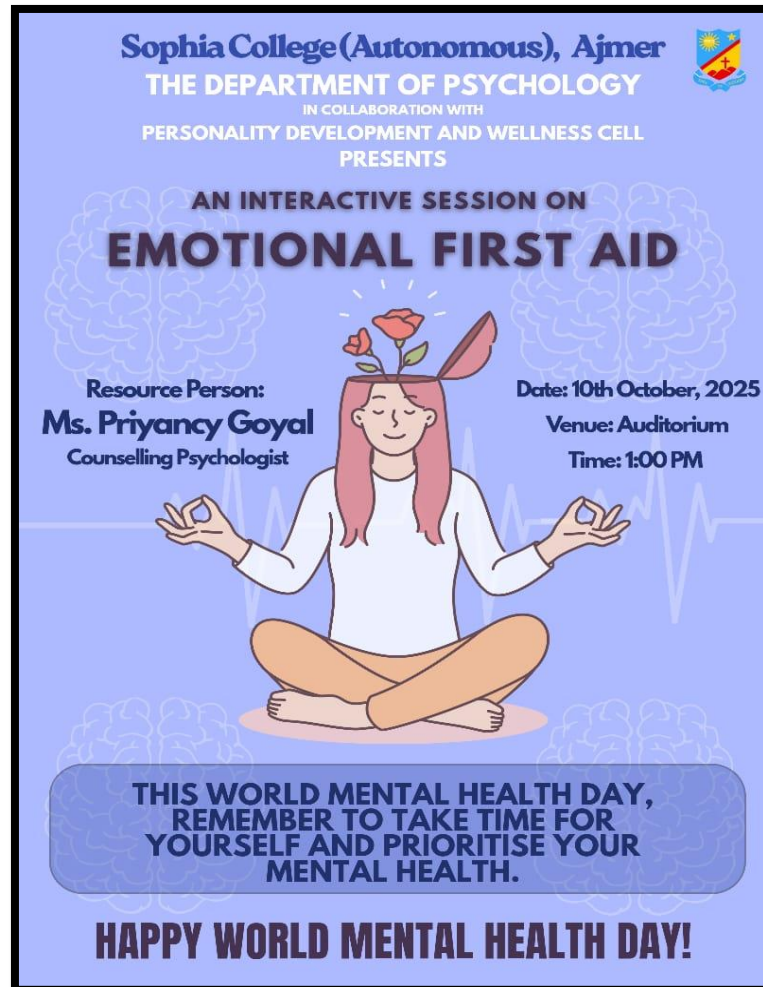
- To raise awareness about suicide prevention and the importance of mental health.
- To reduce stigma surrounding mental health issues and encourage open interpersonal discussions.
- To educate students and the community about recognizing signs of stress, anxiety, and emotional disturbances.





ACTIVITY – 5

Title- “Emotional First Aid” – An Interactive Session



Activity Details: -

Date – 10th October 2025

Level – Departmental

Venue – Auditorium

Title of event - “Emotional First Aid” – An Interactive Session

No. of Participants – 103

Resource Person –Ms.Priyancy Goyal, Counselling Psychologist, Psylens

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer in collaboration with Personality Development and Wellness Cell organized an interactive session on “**Emotional First Aid**” by **Ms. Priyancy Goyal, Counselling Psychologist**, Psylens, on 10th October 2025 at 1 p.m. in the College Auditorium. Total no. of students were 103

Learning Outcomes

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

- Understand and recognize signs of emotional distress in self and others.
- Apply basic emotional first aid strategies in order to provide psychological help and support.

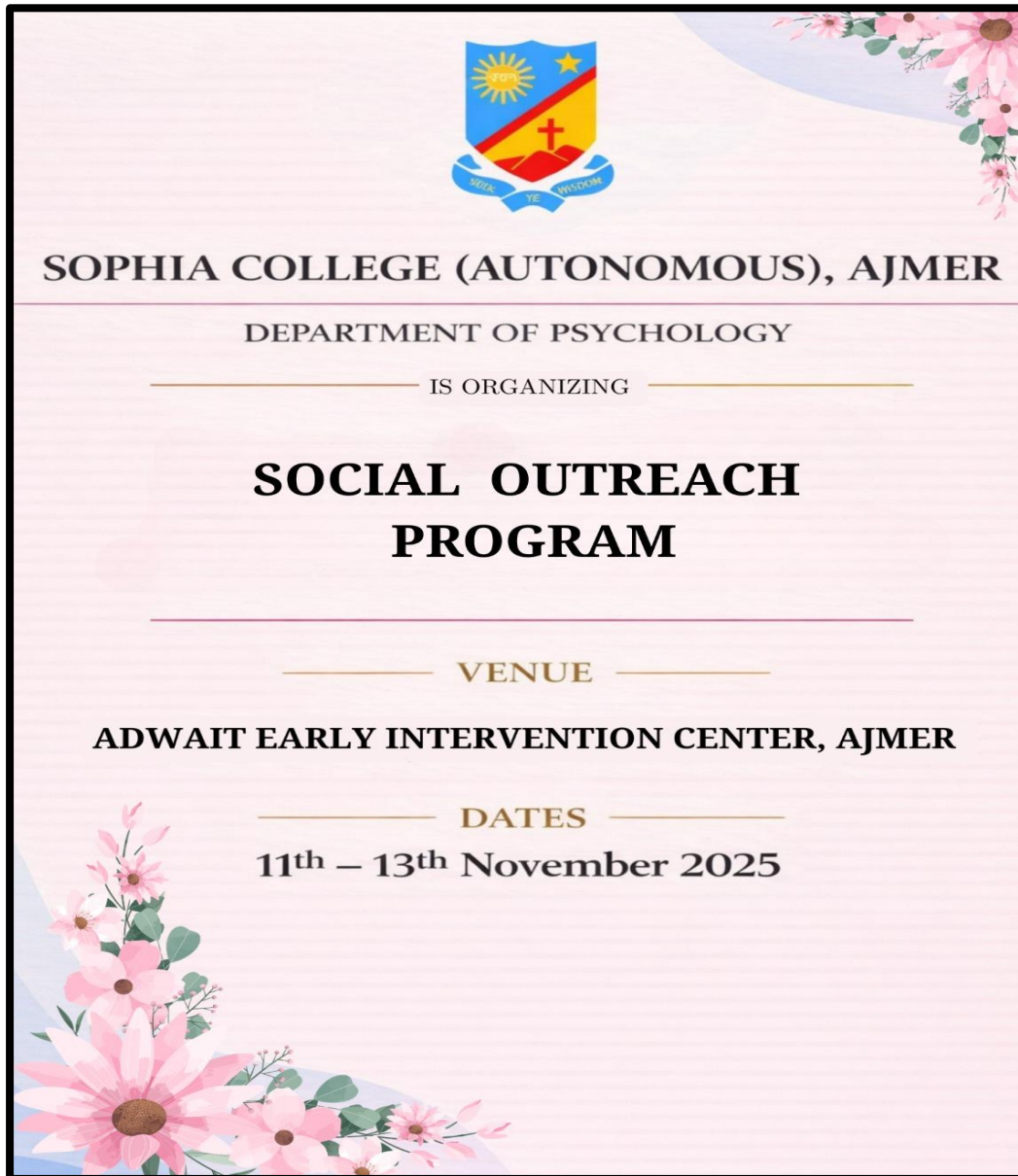
Photos





ACTIVITY – 6

**Title- Social Outreach program for Post Graduate Students of M.A
Previous Psychology**



Activity Details: -

Date – 11th to 13th November 2025

Level – Departmental

Venue – Sophia College Ajmer - Collectorate

Title of event – Social Outreach program for Post Graduate Students of M.A Previous

No. of Participants – 20

Institute Name- **Adwait Early Intervention Centre, Ajmer.**

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer organised social outreach program for Post Graduate students of M.A Previous at **Adwait Early Intervention Centre, Ajmer**. The objective of this outreach program was to provide students with practical exposure to early intervention services for children with developmental delays and special needs and to understand the importance of early identification and intervention in supporting the developmental growth of children.

Learning Outcomes

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

- Understand early intervention practices through real-life settings.
- Gain insight into developmental delays and the importance of timely intervention,
- Enhance observation, communication, and interaction skills with children and caregivers

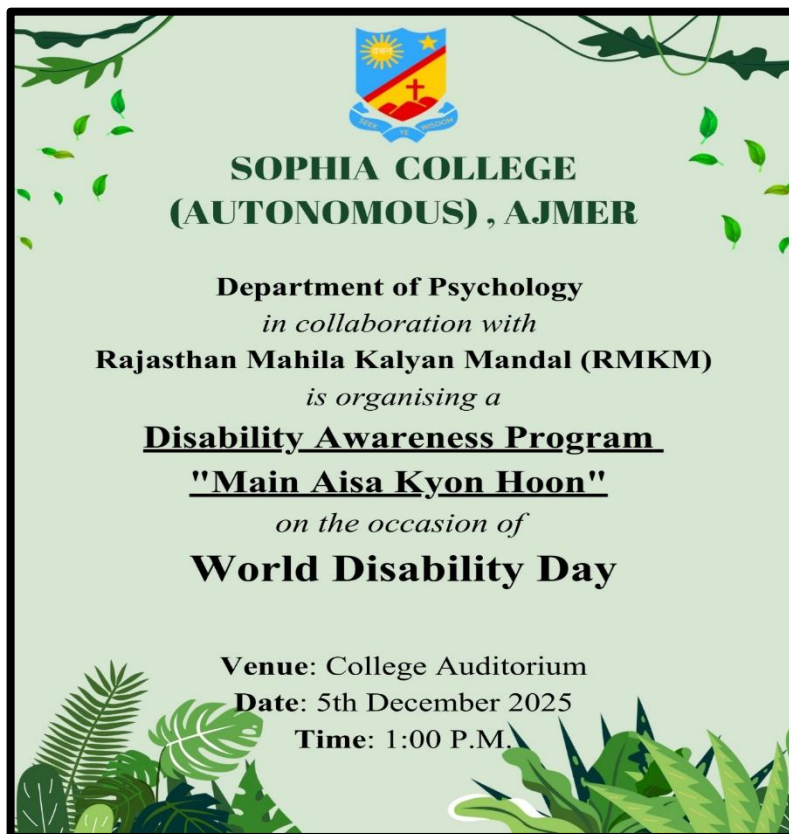
Photos





ACTIVITY – 7

Title- Disability Awareness Program “Main Aisa Kyon Hoon”



Activity Details: -

Date – 05th Dec, 2025

Level – Departmental

Venue – College Auditorium

Title of event – Disability Awareness Program “Main Aisa Kyon Hoon” in collaboration with Rajasthan Mahila Kalyan Mandal

No. of Participants– 94 Students

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer organized a **Disability Awareness Program “Main Aisa Kyon Hoon”** in collaboration with **Rajasthan Mahila Kalyan Mandal** on 05th Dec, 2025 from 1:00 p.m. onwards in College Auditorium.

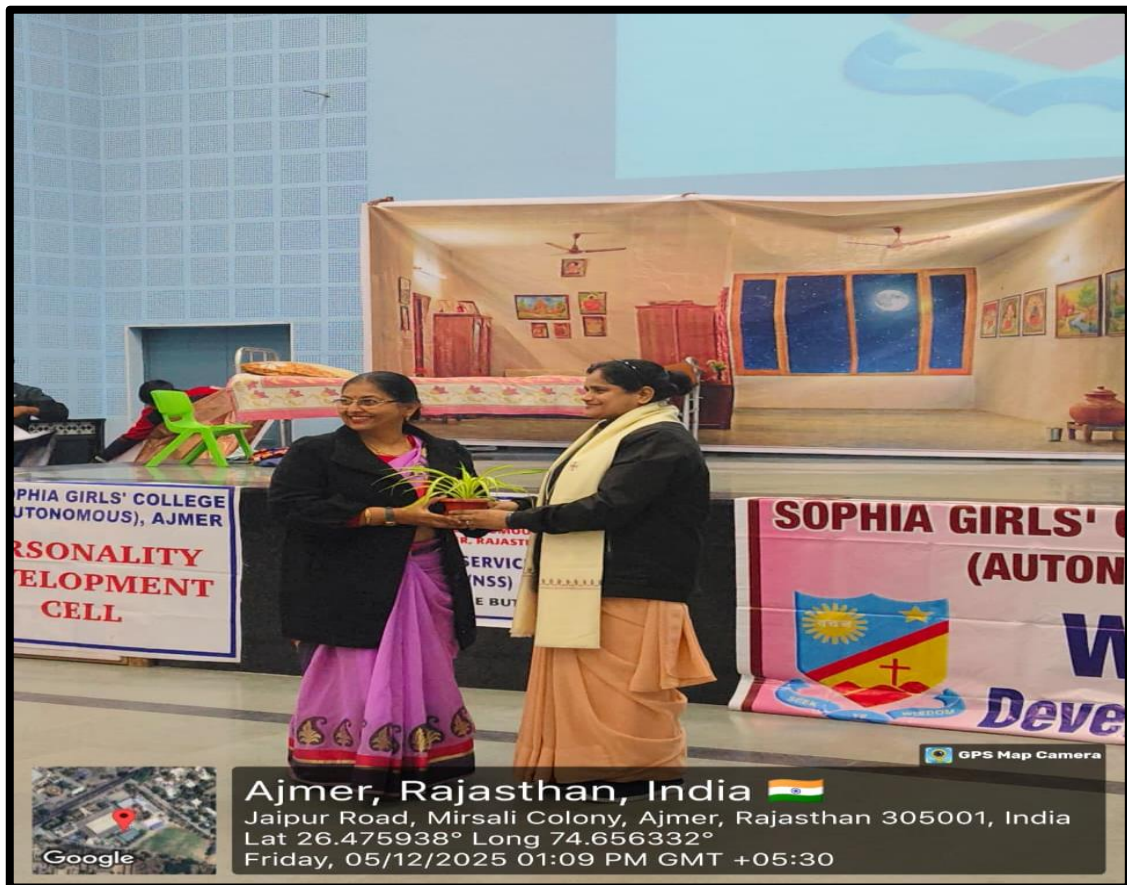
Total no. of Students participated were 94. The aim of this Program was to promote inclusivity in children and to increase awareness and sensitivity towards children with special needs.

Learning Outcomes

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

- Demonstrate empathy, respect, and positive attitudes toward children with special needs.
- Analyze and Challenge misconceptions and stigma about disability by recognising that every child, regardless of ability, has unique strengths and potential.


Photos





ACTIVITY – 8

Title- “Personal and Professional Qualities of a Counsellor”



Sophia College
(Autonomous), Ajmer

DEPARTMENT OF PSYCHOLOGY
is organising an
Interactive Session on
Personal and Professional
Qualities of a Counsellor

Resource Person:
Dr. Prashasthi Jain
Date: 6th December 2025
Venue: Room No. 112
Time: 11 a.m.

Activity Details :-

Date –06th December 2025

Level – Departmental

Venue – Room No. 112

Title of event – “Personal and Professional Qualities of a Counsellor”

No. of Participants– 31 students

Resource Person – Dr. Prashasthi Jain, Assistant Professor, Manipal University, Jaipur,

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer organized an Interactive session on “Personal and Professional Qualities of a Counsellor” by Dr. Prashasthi Jain, Assistant Professor, Manipal University, Jaipur on 06th December 2025 from 11:00 a.m. onwards in Room no. 112. The total number of students was 31. The aim of this session was to help students understand the essential personal and professional qualities of a Counsellor required for maintaining a good counsellor-client relationship. Also to gain practical insights into applying these qualities in real settings, in order to enhance self-awareness, competence, and readiness as future counsellors

Learning Outcomes

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

- **Analyse** the essential personal and professional qualities required of a counsellor to maintain an effective and ethical counsellor-client relationship.
- **Apply** practical counselling qualities and skills in simulated or real-life settings to enhance self-awareness, professional competence, and readiness as future counsellors.

Photos





ACTIVITY – 9

Title- Disability Awareness Program “Main Aisa Kyon Hoon”



**SOPHIA COLLEGE
(AUTONOMOUS), AJMER**

Department of Psychology
is organising
**Cognitive Behavioral Therapy (CBT)
Workshop**

Facilitated By
Shaifali Kuvera

Dates: 27th January – 2nd February
Venue: Room No.- 111

Activity Details: -

Date – 27th January 2026 - 2nd February 2026

Level – Departmental

Venue – Room no. 111

Title of event – Workshop on “Cognitive Behavioral Therapy”.

No. of Participants– 17 Students

Description: -

The Department of Psychology of Sophia College (Autonomous), Ajmer organised **Cognitive Behavioural Therapy – Work Shop** by **Ms. Shaifali Kuvera, Clinical Psychologist, CEO & Founder ‘Psychnerv’,** Mumbai, from 27th January to 2nd February 2026 at 9.30 am in the Room No.111. Total no. of Students participated were 17. The aim of this workshop is to provide students with practical knowledge of Cognitive Behavioral Therapy (CBT), helping them understand the relationship between thoughts, emotions and behaviors and to equip them with basic skills to manage stress, modify negative thinking patterns and enhance mental wellbeing.

Learning Outcomes

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

1. **Apply** the principles of Cognitive Behavioural Therapy to identify and modify negative thought patterns and behaviours in real-life situations.
2. **Analyze** the relationship between thoughts, emotions, and behaviours to develop effective strategies for stress management and improved mental wellbeing.

Photos



