

**HONOURS CERTIFICATE PROGRAMME PROPOSAL
AY 2023-2024**

General Information of the Activity	
1.	Department and Hub Lingua Humanities
2.	Title of the Activity Psychology Workshop
3.	Name of the Professor taking the course and Email address Ruby Pavri ruby.pavri@xaviers.edu
4.	Name/s of the Resource person/s There will be different resource persons for the different workshops (8 in odd semester and 6 in the even semester)
5.	Name of the Dept Coordinator and Email address Ruby Pavri ruby.pavri@xaviers.edu
6.	Name of the Hub Coordinator and Email address Dr. Suvaivba Pirani & Ms. Shilpa Chheda
7	Number of credits for the activity and number of hours 1 credit (15 hours) for each workshop. (12 hours are contact hours and 3 hours are for work on the graded assignment) The grade is given by the resource person based on the quality of the assignment submitted and attendance for all sessions of the workshop.
8	Fees 500
9	Eligibility Multi disciplinary activity
10	Number of students Around 25 seats per workshop
11	Duration and Time One and a half days (usually conducted over half Saturday 4-7pm and full Sunday 9am-6pm) and a few hours sprint on an application task that the student works on and submits by the specified deadline.

	Details of the Activity
1	Title: PSYCHOLOGY WEEKEND WORKSHOP
2	<p>Learning Objectives:</p> <ul style="list-style-type: none"> ● To orient an interdisciplinary group to a specific area of applied psychology ● To give the group an experiential learning opportunity with structured exercises, moderated by the facilitator/resource person ● To apply their learning to completing the task assigned by the facilitator/resource person
3	<p>Learning Outcomes:</p> <ul style="list-style-type: none"> ● ACADEMIC CONTENT: Participants will have introductory knowledge on a specific area of applied psychology ● INTERPERSONAL PROCESSES: Participants will get insight into the dynamics of group processes through participation in structured exercises, moderated by the facilitator/resource person ● APPLICATION: Participants will be able to demonstrate their learning in the form of an application oriented task assigned by the facilitator/resource person
4	<p>Description</p> <p>PSYCHOLOGY WORKSHOPS are opportunities for experiential learning beyond the prescribed syllabus for an interdisciplinary group (seats offered are usually 25 per workshop). This is a voluntary co-curricular activity.</p> <p>The themes are clearly from the field of psychology but have been adapted to suit an interdisciplinary group of participants. Registration is done in the Psychology Lab from 11:30 am to 12:30 pm.</p> <p>The format is experiential exercises, discussion and input along with an application-based task to be completed after the workshop and submitted by the due date specified by the resource persons. Most of these are held in person, a few may be conducted online. (In the online format, participant's audio and video feed will need to be kept on.)</p> <p>The grade assigned will be dependent on having attended the entire workshop, usually held over a weekend (half Saturday and full Sunday) and submitting the required assignment to the resource person by the deadline (which is decided by the resource person, after conferring with the group). The resource person will assign the grade for participants.</p> <p>Resource persons are usually alumni of the department from diverse fields of psychology who are willing to share their time and expertise with current students. Participants can be St. Xavier's senior college students from any department.</p> <p>The activity of participation in the workshop covers 15 hours of work (12 contact hours participating in the workshop and 3 hours work on the application based graded task) and is counted as a single credit with a grade assigned.</p> <p><i>For FY students under NEP, these workshops could be considered as part of their co-curricular activity requirements.</i></p> <p># THEMES AND DATES ARE DECIDED IN EACH SEMESTER ACCORDING TO AVAILABILITY OF RESOURCE PERSONS.</p> <p>(Refer to the section below for the odd semester psychology workshops 2023-24)</p>
5	Modules if any

PSYCHOLOGY WORKSHOPS ODD SEMESTER 2023-24 (Contact the department for Registrations for these workshops. The next set of workshops will be announced at the start of the even semester)

	THEME	RESOURCE PERSON	DATES	VENUE/ FORMAT
	Introduction to Animal Assisted Therapy	Janvi Thakkar	15th, 16th July 2023	Psychology Lab
	Conflict Resolution Life Skills	Arman Dalal	5th, 6th August	Psychology Lab
	Exploring Gender and Sexuality through Dance Therapy	Devika Mehta	5th, 6th August	Near Psychology Lab
	Forensic Psychology: Detection of Deception	Krupa Nishar	4th, 5th, 6th August	ONLINE
	Getting There: Designing our life forward	Sailee Biwalkar	19th, 20th August	Near Psychology Lab
	Rational Emotive Behavioural Therapy	Shama Shah	19th, 20th August	Psychology Lab
	Psychology of Story & the Self	Toru Jhaveri	16th, 17th September	Psychology Lab
	Ordinary People , Beautiful Minds: An Introduction to studies on 'Madness'	Snehajanki Ramesh	16th, 17th September	Near Psychology Lab



St. Xavier's College, Mumbai
Department of Psychology
presents

WORKSHOPS

Introductory Workshop to Animal-Assisted Therapy

(On Campus)

15th - 16th July 2023

Conflict Resolution Life Skills

(On Campus)

5th - 6th August 2023

Exploring Gender and Sexuality through Dance Therapy

(On Campus)

5th - 6th August 2023

Forensic Psychology: Detection of Deception

(Online)

4th- 5th - 6th August 2023

Getting There: Designing our life forward

(On Campus)

19th - 20th August 2023

Rational Emotive Behavioural Therapy

(On Campus)

19th - 20th August 2023

The Psychology of Story & The Self

(On Campus)

16th - 17th September 2023

Ordinary People, Beautiful Minds: An Introduction to studies on 'Madness'

(On Campus)

16th - 17th September 2023



WEEKEND WORKSHOPS

Offered by the Department of Psychology

WHAT is this activity about?

These workshops are opportunities for experiential learning beyond the prescribed syllabus for an interdisciplinary group (25 seats are usually offered per workshop). This is a voluntary **co-curricular activity**. The themes are clearly from the field of psychology but have been adapted to suit an interdisciplinary group of participants.

The format is experiential exercises, discussion, and input along with an application-based task to be completed after the workshop and submitted by the due date specified by the resource persons. Most of these are on campus in the Psychology Lab (near LR 34) or an allotted classroom and some are online (in the online format, the participant's audio and video feed will need to be kept on). They usually happen on weekends, so they begin on a Saturday (4 pm to 7 pm) and continue on a Sunday (9 am to 6 pm).

WHO is eligible to participate?

Senior college students from St. Xavier's College, Mumbai are eligible to register for one/more of any nine workshops being offered this semester. If they are in the Honours Program, they can earn a single credit from this activity, if they are non-Honours students, they will receive a certificate and grade from the psychology department on completion of this co-curricular activity.

HOW does my learning get assessed?

The certification and grade assigned will be dependent on having attended the entire workshop (all sessions) and submitting the required assignment to the resource person by the deadline (which is decided by the resource person, after conferring with the group). The resource person will assign the grade for participants. Resource persons are usually alumni of the department from diverse fields of psychology, who are willing to share their time and expertise with current students.

WHERE can I register for this?

Participants need to register with the Psychology Department near LR 34 (between 11:30 pm -12:30 pm) and pay the activity fee of Rs. 500/- per workshop. In case you cannot make it in this time slot, you may request a friend who is free at that time to come to our dept and register on your behalf.

Please read the brief descriptions of the themes before you choose which workshop/s you are registering for and the specific dates and timings that you will be committing to.

If you can't make it for some medical or serious reason, please inform us. There will be no refund on cancellation by the student. Seats are limited (around 25 seats per workshop) and allotted to those who register first. Wherever possible, preference will be given to TY students. Students are requested not to block the seats if they are not sure of their participation. Students cannot 'transfer' their booked seat to someone else either.

***WELCOME TO A DIFFERENT WAY OF LEARNING
AND APPLYING PSYCHOLOGY IN YOUR LIVES!***

INTRODUCTORY WORKSHOP TO ANIMAL-ASSISTED THERAPY

Resource Person - Janvi Thakkar

"Pawsitive energies" □

To understand the requirements for being a therapy animal and how animals contribute to the therapy process across different populations.

CONFLICT RESOLUTION LIFE-SKILLS

Resource Person - Arman Dalal

Conflict resolution is a life skill. The workshop endeavors to equip the students with conflict resolution skills by explaining the concept of conflict and conflict styles. Students will engage in Role Play to practice and experience conflict resolution techniques, and communication styles. They will also be introduced to the interdisciplinary threads of conflict resolution. Restorative justice, the worldview of conflict resolution and Peace Building initiatives.

EXPLORING GENDER AND SEXUALITY THROUGH DANCE THERAPY

Resource Person - Devika Mehta

Through this workshop, we encounter embodied dialogues of identity, gender, and sexuality. We try to navigate through internalized homophobia and understand how the impact of media representations and culture have influenced how we understand and navigate our bodily experiences.

Dance and movement therapy create a safe, nonjudgemental space to understand the information that the body has to offer. A multidimensional workshop offering another lens to an embodied conversation and how the body shows up in therapy settings. This workshop is queer affirmative.

FORENSIC PSYCHOLOGY: DETECTION OF DECEPTION

Resource Person - Krupa Nishar

This workshop is for those who are curious about how psychology can be applied to investigate and solve crimes. The focus will be on techniques to identify deception (to determine whether a person of interest in a case is lying rather than telling the truth).

GETTING THERE: DESIGNING OUR LIFE FORWARD

Resource Person - Sailee Biwalkar

Life design is about applying design principles to figure out what we want and how to get it. In this workshop we will explore how our ego-states, racket emotions (transactional analysis), dysfunctional beliefs (REBT), etc. restrict our worldview and prevent us from thinking outside the box. We will also learn to apply design thinking to overcome our inhibitions, clarify our goals, and come up with solutions that bring us closer to our life-by-choice, rather than life-by-default.

RATIONAL EMOTIVE BEHAVIOURAL THERAPY

Resource Person - Shama Shah

REBT is an approach to understanding the underlying irrational beliefs that determine our thoughts, actions and emotions. The workshops will help identify and dispute some of these beliefs that can then facilitate effective functioning and adjustment in one's life.

THE PSYCHOLOGY OF STORY & THE SELF

Resource Person - Toru Jhaveri

We think of stories as something we read, watch or listen to. We either enjoy them or think they're dull. We tell friends about them or forget about them and move on to the next interesting thing. But what if you were to think of a story not as something to 'consume,' but as a powerful force running through your life, shaping identity, attitudes, behaviours, beliefs - even culture and history? In this two-day workshop, you will come away with an understanding of how story helps us become who we are and how you can interpret yourself and the world in more meaningful ways.

NOTE: This is NOT a workshop about fiction, creative writing or storytelling techniques.

ORDINARY PEOPLE, BEAUTIFUL MINDS: AN INTRODUCTION TO STUDIES ON 'MADNESS'

Resource Person - Snehajanki Ramesh

A space to review our understanding of madness by centering the voices and lived experiences of those most likely to be labeled "mad".

Topics include :

- Intersectionality - Sexism, Racism, Ableism, Sanism
- Power & Aggression - Reflecting on Psy-violence
- Eccentric circles - Queer and Disability Studies and Neurodiversity
- Looking for the 'Body' in Mental Illness
- Self & Madness - arts-based reflection
- MAD allyship