

**ST. FRANCIS COLLEGE FOR WOMEN - HYDERABAD**

**ACADEMIC YEAR 2025-26**

**Annual Report**

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**1. WORKSHOPS CONDUCTED**

A workshop on "Narrative Therapy" was conducted on September 3, 2025 by the department of Psychology facilitated by resource person Dr. Sravanthi Maya, Psycho-oncologist, Founder-The Raft, which was attended by 30 MSc.Applied Psychology (II Year) students and one staff member.

One day workshop on "Gatekeeper Training" was conducted on September 4, 2025 by the department of Psychology in collaboration with Suicide Prevention India Foundation (SPIF) as part of Suicide Prevention Week observance. The workshop was held online on 4th September 2024, which was attended by 40 psychology students, in two batches.

A workshop on "Dance Movement Therapy" was conducted for the registered students from the Department of Psychology by resource person Ms. Lavyanya Kaushal, Psychologist & DMT facilitator, trauma informed approach practitioner. The workshop was held on September 19, 2025, which was attended by 20 UG and PG Psychology students.

A workshop on "Factor Analysis" was conducted online by the Department of Psychology by resource person Dr. Subhangi Goswami, Assistant Professor, Department of Psychology, Ramaiah University of Applied Sciences. The workshop was held on 13th and 14th November, 2025, which was attended by 30 MSc.Applied Psychology (II Year) students and two staff members.

A workshop on "Dance Movement Therapy" was conducted for the registered teaching faculty from the Department of Psychology by resource person Ms. Lavyanya Kaushal, Psychologist

&DMT facilitator, trauma informed approach practitioner. The workshop was held on December 11, 2025, which was attended by 21 faculty.

## **2. SEMINARS CONDUCTED**

The seminar titled “Psychological First Aid” was conducted on September 10, 2025 by the Department of Psychology and Psycon, as part of Suicide Prevention Week. This session was facilitated by Dr. Sravanthi Maya, Psycho-oncologist, Founder-The Raft. This seminar was attended by 179 UG , 60 PG psychology students, 5 PGdiploma students, Aasara counselors and 7 faculty members of the department.

## **3. WORKSHOP / SEMINAR ATTENDED (By the Faculty)**

Dr.Nandini Sanyal attended the three day workshop titled “‘R’ for Social Science, Researchers: A Hands-on Guide to Statistical Data Analytics” from 21<sup>st</sup> - 23<sup>rd</sup> May 2025 and it was organized by MentorVedha.

Dr.Nandini Sanyal attended a five day Faculty Development Programme on “Generative AI Tools for Smart Teaching” from 9<sup>th</sup> - 13<sup>th</sup> June 2025 and it was organized by All India Association for Christian Higher Education , NewDelhi

Dr.Nandini Sanyal attended a workshop on “After the MoU: Best Practices to Activate US - India Academic Partnerships” on 16th January 2026 and it was organized by American Corner, St.Francis college for women, Begumpet, Hyderabad.

Dr.Nandini Sanyal attended a one day Faculty Development Programme on “Power BI Essentials: Visualizing, Analyzing and Reporting Data” on 12th February 2026 and it was organized by Department of Statistics , St.Francis college for women, Begumpet, Hyderabad.

One day Faculty Development Programme organized by IQAC “The Changing face of NAAC Accreditation: BAF & MBGL” was attended by faculty members of psychology department (Dr. Nandini Sanyal, Ms. S. Navya Suma, Ms. Amulya.K, Ms. Keerti S and Ms. Vindhya) on 24th June 2025 in St. Francis college for women, Begumpet, Hyderabad.

#### **4. PAPERS PRESENTED , PUBLISHED / BOOK /CHAPTERS PUBLISHED BY FACULTY MEMBERS**

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#### **5. GUEST LECTURES ORGANISED**

A guest lecture on “Psychosocial Interventions for Chronic Illnesses” was organized by the Department of Psychology facilitated by the resource person Dr.Aarti Nagpal, Counselor, Assistant Professor , Chanayakya University on September 3, 2025 for the students of II year MSc. Applied Psychology.

A guest lecture on “Neuroplasticity” was organized by the Department of Psychology facilitated by the resource person Dr.Shubhangi Goswami, Counselor, Assistant Professor , Ramaiah University of Applied Sciences on September 3, 2025 for the students of BA I (PLP, PPP, MLPSY).

A guest lecture on “Counseling Children with Special Needs” was organized by the Department of Psychology facilitated by the resource person Ms. Afshan Jabeen, Clinical Psychologist, Dyslexia Therapist, and Founder–Director of Ripples: A Centre for Enhanced Learning on September 11, 2025 for the students of II year MSc. Applied Psychology.

A guest lecture on “Suicide Prevention” was organized by the Department of Psychology in collaboration with Advanced Psychological Services Association (APA-I) facilitated by the resource person Mr. Visesh, Counseling Psychologist & NLP Trainer on September 19 , 2025 for intercollege poster making competition participants. members of the department.

A guest Lecture series on “Representation of women in American History” by the Department of Psychology in collaboration with American Corner facilitated by resource person Dr.Ann Denkler from November 20, 2025 to December 4, 2025.

A guest Lecture on “New Age Treatments for Anxiety, OCD, and Depression” on 4th February 2026 for second-year M.Sc. Applied Psychology students, led by Ms. Vasudha Bharade,

Counseling Psychologist at Asha Neuromodulation Clinic. The session addressed the prevalence and treatment gap of these disorders in India, discussed lesser-known presentations of OCD, and reviewed both traditional treatments and emerging neuromodulation techniques such as rTMS and dTMS.

A guest lecture on “Projective Techniques” was organized by the Department of Psychology facilitated by the resource person Ms.Simran Gupta, licensed Clinical Psychologist on 4th February,2026 for the students of 1st year & 2nd year. MSc.Applied Psychology.

A guest lecture on “Developmental tasks and Delays - Motor & Cognitive” was organized by the Department of Psychology facilitated by the resource person Dr. Pooja Jha Nair, licensed Clinical Psychologist on Founder-Secretary of Total Solution Rehabilitation Society, Hyderabad on February 5, 2026 for the students of B.A. III (PPP & PLP) & 1st year M.Sc. Applied Psychology.

A guest lecture on “Relevance of Non-Invasive Brain Stimulation in Mental Health” was organized by the Department of Psychology facilitated by the resource person Dr. Ashwin Kumar, MD Physiology, Head- Academics, Research & Training, ANC, India and Ms. Vasudha Bharade, Counselling Psychologist, ANC, Gachibowli on February 9, 2026 for the students of MSc. Applied Psychology 1st year, PG Diploma Students.

A talk on "Scope of Organisational Psychology “was organised by the department of psychology facilitated by resource person Ms.Shreyanjali , Analyst (L &D), Deloitte, Gachibowli on February 11, 2026 for MSc. Applied Psychology 1st year

A talk on “Professional practice of Counselling: An overview” was organized by the Department of Psychology facilitated by Dr. Sravanthi Maya, Psycho-oncologist, Founder-The Raft on February 11, 2026 for MSc. Applied Psychology 1st year

A guest lecture on “Buddhist Psychology for IKS” was organized by the Department of Psychology facilitated by the resource person Dr.David Brazier, on February 27, 2026 for the students of MSc. Applied Psychology 1st year, PG Diploma Students.

The Centre for International Studies, St. Francis College for Women, in association with Departments of History, Economics, Public Administration, Political Science, Psychology and English and in Collaboration with California Baptist University, Riverside, California organized a day long “International Lecture Series” on 10th March, 2026 from 9:30 am to 2:20 pm for all the Social Sciences students.

## **6. INDUSTRY -ACADEMIA CONNECT INITIATIVES**

Any **MOUs signed** by the Department of Psychology

**A.** MOU was signed between St.Francis College for Women and Ishva Foundation, a registered non-governmental organization on 9th December 2025 with the objective of offering students’ practical exposure in the field of education and community engagement also to enhance students’ communication, leadership and work ethic through hands on experience and also support the academic and cocurricular development of underprivileged children through Ishva’s learning centres.

### **B. Guest talk by Industry experts**

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## **7. FACULTY ACHIEVEMENTS ( PhD., Research Grants ,Minor/Major research , Awards....)**

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## **8. STUDENT ACHIEVEMENTS (WINNER DETAILS)**

For events:(at the College ,Inter-college , National, International)

Ms.Sreemanya Reddy. A of B.A (MLPsy) I year had participated in the All India Tennis Association (AITA - 1 lakh) (National) event in Hyderabad organised by Ash Sports Academy and was awarded runner up in August, 2025.

Ms. Vaishnav.T of B.A (PPP) II year along with her group members had participated in Maa Tujhe Salam organized by YDI Events. The group won first prize and a cash prize and token of appreciation from police team of Hyderabad on 24<sup>th</sup> January 2026

Ms. Vaishnav.T of B.A (PPP) II year along with her group members won second prize in classical dance competition held in BITS Pilani, Hyderabad in January,2026.

## **8. SOCIAL OUTREACH INITIATIVES**

A total number of 79 students from BA I PLP (29) , BA II PLP (20) and M.Sc. II Applied Psychology (30) were accompanied by Ms. Amulya, Ms. Navya and Dr. Nandini visited Asha Kuteer Home for the blind, Gagan Vihar Colony, Begumpet on December 10, 2025.

A total number of 27 students from M.Sc.I Applied Psychology were accompanied by Ms. Geeta, Ms. Keerti and Ms. Vindhya visited Ashray Akruiti, Non- Government organization working for people with disabilities with a focus on children with hearing loss on December 10, 2025

## **9. FIELD VISITS ORGANISED**

A group of 27 students from M.Sc.Applied Psychology I year, were accompanied by Dr.Nandini Sanyal visited Asha Hospital, BanjaraHills, for a Demonstration on Biofeedback and rTMS (repetitive Transcranial Magnetic Stimulation) on 20th February, 2026

## **10. STUDENT CLUB ACTIVITIES HOSTED BY DEPARTMENT STUDENTS (IF RELEVANT)**

Psycon club of the Department of Psychology organised “Bond and Beyond” an ice breaker session on July 14, 2025 was conducted for B.A 1st year Psychology students. It was attended by 80 B.A Psychology students.

Psycon club of the Department of Psychology organised “Ribbon Drive” to stand in solidarity with those suffering with suicidal thoughts as part of observance of Suicide Prevention Week on September 10, 2025. The teaching, non-teaching staff and all the students of the college participated in the drive.

Psycon club of the Department of Psychology organised a “suicide prevention awareness campaign” was organised on September 11, 2025 for all students across the college, where student volunteers of the Psycon club explained a comprehensive poster on warning signs and coping strategies to spread awareness on mental wellbeing.

Psycon club of the Department of Psychology organised “flashmob” was conducted as a part of “value of the month competition” on September 18, 2025 by student volunteers of the Psycon club focussing on “Mental Wellness” as the theme which also coincides with the observance of the Suicide Prevention Week.

Psycon club of the Department of Psychology organised “Intercollege Poster Making Competition” was organised on September 19, 2025 by the Department of Psychology in association with APA-I (Advanced Psychological Services Association, India) and attended by various college students, members of the APA-I and faculty members of the department.

Psycon club of the Department of psychology organised valedictory on 23rd March 2026 for the final year students in MBA Seminar Hall which was attended by club members, faculty and psychology students.

## **11. Student Exchange programmes**

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**12.FDP Conducted- Date, Faculty-in charge, Resource person,Topic**

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**13.FIP Conducted Date, Faculty-in charge, Resource person, Topic**

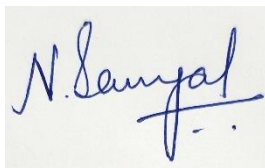
A Faculty Induction Program (FIP) titled “*Conversations on Emotional Well-being*” was organized by the Faculty Development Cell and IQAC at St. Francis College for Women on 17th December, 2025, at Capitanio Hall. The Resource persons for the same were Dr. Nandini Sanyal and Ms. Janani Rao from the psychology department

**14.Capacity building program conducted by the department Date, Faculty incharge, resource person, topic.**

The Department of Psychology, in collaboration with *Aasara*, organized a Capacity Building Programme on 22 November 2025 for the non-teaching staff of St. Francis College for Women on Coping Strategies for Stress Relief. The programme was conducted from 9:15 a.m. to 10:15 a.m. in Gerosa Hall. The resource persons were faculty members from the Department of Psychology along with representatives from Aasara. Approximately 40 staff members participated in the programme.

**15. Any other:**

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A handwritten signature in blue ink on a light-colored background. The signature reads "N. Sanyal" with a stylized flourish underneath.

Dr. Nandini Sanyal

Head, Department of Psychology