

department of psychology



A Satyam Foychowdhury initiative

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About the department

Department of Psychology, Sister Nivedita University, is not only leading to an advancement of the academic discipline in the field of psychology and creating of job opportunities, but has also contributing significantly in the welfare of the society as well. The Department of Psychology aspires to establish itself globally in the field of psychology. It seeks to advance the cognitive science and professional practice of psychology, cultivate the knowledge to develop, promote and prepare our students as associates in advancing education and creating noble solutions to significant life challenges. We aim to nurture moral persons who have a well-developed understanding for analyzing information, are logical thinkers and empathetic communicators, and non-judgmentally accept every cultures and perspectives of individuals. Psychology, most commonly is defined as the 'scientific study of human behavior and mental processes'. As this definition implies this subject encompasses every sphere of human life, starting from the development of a child, to choice of career, work ethics, industries, organizations, personal well-being, marital harmony, publicity campaigns, voting behavior, crowd and mob behavior; to the management of illness and disease, and even facing trauma or death.



People Behind



Sri Satyam Roychoudhury
Chancellor



Dr. Dhrubojyoti Chattopadhyay
Vice Chancellor



Dr. Anjali Ray
Ret. Prof and HOD, Department of Applied Psychology, University of Calcutta
Advisor



Dr. Jayanti Basu
Professor and former HOD, Department of Applied Psychology, University of Calcutta
Advisor



Gargi Dasgupta
Clinical Psychologist, Department of Psychiatry, Calcutta Medical College)
Advisor



Anindita Mukherje
HOD, Assistant Professor and Clinical Psychologist

Course structure

What we teach:

The primary objective of the department is to facilitate teaching-learning environment including practical training and research in the discipline of psychology. Applications of psychology are major focus of the department.

Our offerings:

We offer three years undergraduate Bsc (Hons) in psychology course and two years post graduation course ie, Msc. in Applied psychology

The imparting practices:

The faculty practices both traditional and innovative teaching methodologies and corresponding curriculum ideas. The students will find the balance of discipline and freedom needed in their classroom to be both educated and inspired.

Integrating technologies:

As a student of the 21st century, students will learn to integrate various types of technology in our immersive classroom environment to imbibe relevant and assessable content.

Internships:

We blend theories and practical implications of acquired knowledge. Students will observe and engage with teachers and mentors in various settings: Hospital OPDs, NGOs, Private Psychiatric Hospitals, Industry visits as well as contemporary learning centers.

Final year project:

Students will have the opportunity to synthesize all their knowledge and experience in a comprehensive final project and seminar presentation.





Anindita Mukherjee

HOD, Assistant Professor and Clinical Psychologist

Anindita Mukherjee has completed her M.Phil in Clinical Psychology, M.Sc in Applied Psychology with specialization in Clinical and Forensic Psychology, Bsc Honors in Psychology from department of Applied Psychology, University of Calcutta. She has completed certified course on “psychological first aid” from John Hopkins University. She has a Diploma on graphology from Kolkata Institute of Graphology. She has qualified UGC NET twice. She has presented research papers in various national and international level conferences and received many best paper awards and published research papers in index journals. She is associated with mental health service for last 9 years. She was associated as a Clinical psychologist and faculty in different Government Medical College and different private neuropsychiatric hospitals in India.

Research/ Publications:

1. Mukherjee A, Mukherjee T (2020). Anxiety, Depression and counseling awareness among women with breast carcinoma. Skills for counseling parents of students with special needs. Renova International Publications, New Delhi.
2. Mukherjee A, Mazumder K, Ghoshal S (2018). Impact of different socio-demographic factors on mental health status of female cancer patients receiving chemotherapy for recurrent disease. Indian J Palliat Care;24:426-430
3. Mukherjee A, Mazumder K, Kaushal V, Ghoshal S (2017). Effect of supportive psychotherapy on mental health status and quality of life of female cancer patients receiving chemotherapy for recurrent disease. Indian J Palliat Care; 23:399-402

Awards and recognition:

1. First class 7th rank in Bsc (Hons) in Psychology from University of Calcutta.
2. First class 2nd rank in Bsc (Hons) in psychology from Victoria Institution college, University of Calcutta
3. Best paper award in 3rd International And 5th National Psychological Science Congress, Chandigarh, 2016
4. Best paper award in RCI recognized 3 days International Seminar cum /continuing Rehabilitation Education Programme, Jadavpur University, West Bengal, 2020.



Dr. Ruma Mukherjee

Guest faculty

Dr. Ruma Mukherjee has done her Master's degree in Applied Psychology from Calcutta University. She is a B. Ed. from Calcutta University. She has done her Ph. D. in Clinical Psychology and her special paper in Masters was Industrial and Organisational Psychology. She is a faculty in IISWBM for the Masters of Social Work Course. She is also associated with IGNOU Masters degree course in Psychology. She has 10 years of experience in counselling in NGOs and in special schools.



Anwasha Bhattacharya

Guest faculty

Anwasha Bhattacharya has completed her M.Phil degree in Clinical Psychology from Ranchi Institute of Neuropsychiatry and Allied Sciences (RINPAS) and had obtained her Master degree with specialization in Clinical and Forensic Psychology from Department of Applied Psychology, University of Calcutta. She has presented papers in national and international conferences and also has two published research papers. she is employed as Assistant Professor in the Clinical Psychology Centre of University of Calcutta, Department of Applied Psychology, University of Calcutta. She is also attached as a Guest Faculty with two courses, viz. Masters in Applied Psychology and Post Graduate Diploma in School Counseling of the Department of Applied Psychology, University of Calcutta. Besides, she is a visiting faculty in another postgraduate diploma course in Rabindra Bharati University. She is also pursuing her PhD research work.



Puja Dutta

Guest faculty

She has completed her M.Phil. in Clinical Psychology from Amity University Kolkata and M.A. in Applied Psychology with specialization in Clinical and Forensic Psychology from University of Calcutta. B.Ed. in Special Education, Mental Retardation from the National Institute for the Mentally Handicapped. 5 years of experience in the field of Mental Health. Area of Expertise lies in dealing with children and adolescents with developmental and emotional problems .Her specialization also lies in conducting individual and group Play Therapy, Special Education and Early Intervention. She has a deep passion for working in the area of Autism Spectrum Disorder.

Undergraduate Programs

Bsc (Hons) in psychology

Bsc (Hons) in Psychology is a 3-year undergraduate course which includes 6 semesters. This course is carried out by maintaining UGC guidelines. The basic eligibility for pursuing this course is 10+2 qualification in science Stream. The student should have qualified senior secondary with a minimum of at least 60% marks.

Psychology, in simple terms, is the study of human mind and human behavior. In this course, students of Bsc in psychology has to study how a human mind works in different situations, basic principles, theories, physiology behind mental processes and different fields of psychology.

Postgraduate Programmes

Msc. Applied psychology

Msc.in Applied Psychology is a 2-year postgraduate course which includes 4 semesters. The basic eligibility for this course is that the students should have done their graduation in psychology from a well-recognized institute which has the necessarily required accreditations. Adding to this, the student should have also obtained at least 50% marks in their graduation.

Applied Psychology uses the principles and fundamentals of psychology to help solve the practical problems of human behavior and experience. It is a course which aims at studying the application of theories of psychology to benefit the society. Msc in Applied psychology course covers Specializations like, clinical and rehabilitation psychology, organizational & environmental psychology, stress management & community psychology, organizational development & human resource management, positive psychology.



Future prospects

The future outlook for careers in psychology varies depending on the degree the students hold and their area of specialization.

A psychologist is a person who studies human behavior, and who typically has master's degree in psychology. Growth for psychologists will be driven by greater demand for these services in

- Schools
- Hospitals
- Mental health centers
- Social services agencies
- Industry or Organization:
- Sports
- Military
- Research Departments
- Law firms

Subfields



Clinical Psychology

This is the most prominent subfield of psychology, constituting about 36-49% of the total field of psychology. It deals with the study, diagnosis, and treatment of psychological disorders. Clinical psychologists apply psychological principles and research to assess, diagnose, and treat patients with mental and emotional illnesses. They often work in private practices, but many also work in community centers or at universities and colleges.



Counseling Psychology

Counseling psychology is closely linked to clinical psychology. However, counseling psychologists deal with comparatively milder problems of daily life that do not normally fall under any diagnosable category. These milder problems might be in the form of adjustment problems, difficulty in choice of career and so on. Marital counselors, career counselors also fall under this broad classification.



Neuropsychology

Neuropsychology is an area of psychology is known by a number of titles including behavioral neuroscience, psychobiology, and neuropsychology. Neuropsychologists study the relationship between the brain and behavior, such as how the brain and nervous system impact our thoughts, feeling, and moods. This field can be thought of as a combination of basic psychology and neuroscience.



Social psychology

Study social behaviors, including how individual self-image and behavior is impacted by interactions with others. These psychologists often conduct research in academic settings, but others work in such areas such as advertising and government sector.



Experimental psychology

Experimental psychologists utilize the scientific method to study a while range of human behaviors and psychological phenomena. Experimental psychology is often viewed as a distinct subfield within psychology, but experimental techniques and methods are actually used extensively throughout every subfield of psychology. Some of the methods used in experimental psychology include experiments, correlational studies, case studies, and naturalistic observation.



Personality psychology

Personality psychologists study the characteristic patterns of thoughts, feelings, and behavior that make each person unique. These psychologists often work in academic settings as instructors or researchers.

Subfields



Developmental Psychology

Developmental psychologists study the physical and cognitive development that occurs over the course of the lifespan. These psychologists generally specialize in an area such as infant, child, adolescent, or geriatric development, while others may study the effects of developmental delays.



School Psychology

School psychologists work within the educational system to help children with emotional, social, and academic issues. These psychologists collaborate with teachers, parents, and students to find solutions to academic, social, and emotional problems.



Industrial & Organizational Psychology

Psychologists in this field apply psychological principles to research on workplace issues such as productivity and behavior. Some psychologists in this field work in areas such as human factors, ergonomics, and human-computer interaction.



Health psychology

This field is centered on understanding how psychological, biological, social, and environmental factors influence health and wellness. Health psychologists often deal with health-related issues such as weight management, smoking cessation, stress management, and nutrition. They are also involved in designing public prevention programs designed to educate people about risky behaviors and adopt healthier ones. This field is closely related to behavioral medicine. Palliative care is also a part of this field.



Educational Psychology

This field is concerned with teaching and learning processes, such as the relationship between motivation and school performance. Educational psychology is an integral part of the subject education. It helps us decide the appropriate educational set-up and the most effective medium of teaching and impartment of knowledge.



Rehabilitation Psychology

This field is gradually becoming an indispensable part of society. This field aims at helping people with any kind of disability, illness or physical/ mental loss readjust themselves to their family and society. It equips these individuals with better skills, aids and guidance.

Besides the fields described, military psychology, sports psychology, community psychology, evolutionary psychology, genetic psychology, positive psychology are also some important fields of psychology that are gradually gaining importance.

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