



SNDT

Women's University

APRIL

2023



Department of

Psychology

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SNDT Women's University

Department of Psychology, Mumbai



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Notable Alumni

VISION & *Mission*

Vision

Preparing Ethical, Skilled Mental Health
Professionals by Imparting
Knowledge, Skills and Values to Advance the Field
of Psychology.

Mission: Our mission at the University Department
of Psychology at SNDT

Mission

Our mission at the University Department of
Psychology at SNDT Women's University is to
generate cutting-edge research and skills in
Psychology and its applications to enhance the
subject and the field.



Courses Offered

01

Choice Based Credit system

02

2 year M.A. course with 4 semesters

03

20 credits per semester

04

Total of 80 credits



Specializations Offered

01

**M.A. in
Industrial / Organizational Psychology**

02

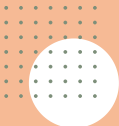
M.A. in Clinical Psychology

03

M.A. in Counselling Psychology



COURSE STRUCTURE



M. A.
Psychology
Part I

Semester I

Semester II

Cognitive
Processes

Application of
Statistics in
Psychology

Research
Methodology

Neurocognition

Psychological
Testing

Applied Social
Psychology

Theories
of Personality

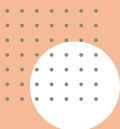
Positive
psychology

Psychological
Practical
Testing

Psychological
Practical
Experiments



COURSE STRUCTURE



**M. A.
Psychology
Part II
Industrial Psychology**

Semester III

Semester IV

**Organizational
Behavior and Consumer
Behavior**

**Organizational
Development and
Change Management**

**Human Resource
Processes and
Industrial
Relations**

**Employee and
Workplace Counselling
(elective)**

**Orientation to
Practicum in
Industrial
Psychology**

Field based Practicum

**Talent Management and
Competency Mapping**

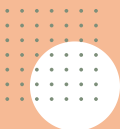
Internship

Research Proposal

Research Dissertation



COURSE STRUCTURE



**M. A.
Psychology
Part II
Clinical Psychology**

Semester III

Semester IV

**Psycho Pathology: Adult
and Geriatric**

**Psychopathology: Child
and Adolescent**

**Psycho Diagnostics:
Cognitive functions**

**Psychotherapy and
Counselling**

**Psycho Diagnostics:
Personality and emotions**

Field based Practicum

**Orientation to
Practicum in Clinical
Psychology**

Internship

Research Proposal

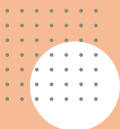
Research Dissertation

**Psychology of
Adjustment
(Elective)**



**Employee and
Workplace Counselling
(Elective)**

COURSE STRUCTURE



**M. A.
Psychology
Part II
Counseling Psychology**

Semester III

Semester IV

**Psychology of
Adjustment**

**Orientation to Special
Areas in Counseling**

**Assessment in
Counseling Psychology**

Counseling Approaches

**Orientation to
Practicum in Counselling
Psychology**

Field based practicum

Intervention Strategies

Internship

Research Proposal

Research Dissertation

**Psychology of
Adjustment
(Elective)**

**Employee and
Workplace Counselling
(Elective)**



STAFF INFORMATION & PHOTOS



Dr. Nilesh Thakre
(Professor & Head of Department)

PhD, M.A. (Industrial/Organizational Psychology), M.A. (Clinical Psychology), Master of Industrial Relations & Personnel Management (MIPRM), Dip, T.D., UGC- NET, Diploma in Counseling Psychology.

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Ms. Anita Sanu
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Ms. Divya H. Pillai
(Assistant Professor)

M.A. (Clinical Psychology), UGC-NET

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Ms. Nafisa Kachwala
(Assistant Professor)

M.A. (Counseling Psychology), UGC- NET & JRF

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NON-TEACHING STAFF



Anna Kamble
(Department Peon)



Rajashri Choudhary
(Laboratory Assistant)

Programme: Duration & Outcomes

| Programme & Duration | Outcome |
|--|---|
| <p style="text-align: center;">M.A. (Industrial/ Organizational Psychology)</p> <p style="text-align: center;">2 years</p> | <ul style="list-style-type: none"> • To be aware of the role, functions and functioning of the human resource department of the organizations. • To understand and communicate appropriate actions to employees based on their strengths and weaknesses in Talent management and Competency mapping. • The students will be acquainted with competency-based applications in HR Planning, Recruitment and Selection, Employee Training, Performance management, development, career-pathing and compensation. • The students will be able to demonstrate knowledge and understanding of: <ul style="list-style-type: none"> -The practice of action research in OD. -Small group theory, group dynamics, teams and team building and their application in OD. -OD interventions at the group and organizational level. • Hands on practical training will help combine all theoretical material that is learned and ensure high skilling. • To explain the feasibility and the nature of the link between business strategy and HR strategy • To explain the application of labour legislation in the organization |

| Programme & Duration | Outcome |
|--|---|
| <p>M.A. (Clinical Psychology)</p> <p>2 years</p> | <ul style="list-style-type: none"> • The practicum course embodies the combination of all theoretical material learned over the semester and ensures a highly skill-based program. • Hands on practical training & Internships will ensure high skilling. • Diagnostic testing in clinical psychology is a skill which is in high demand in the mental health field, thereby improving job prospects and consultancy opportunities. • A clear understanding of Child and Adolescent psychopathology will increase employability markedly. |
| <p>M.A. (Counseling Psychology)</p> <p>2 years</p> | <ul style="list-style-type: none"> • Application of knowledge of assessments in Counselling is a high demand and highly skilled area and will markedly increase employability. • Hands on practical training will help combine all theoretical material that is learned and ensure high skilling. • Theories and Schools of various therapies enable students to apply the same with real-life cases and improve on their Counseling and Therapeutic skills. |
| <p>PhD (Psychology)</p> <p>3-6 years</p> | <ul style="list-style-type: none"> • The students can use this program to increase their understanding and sharpen their scholarly writing skills along with critical analysis, statistical skills, framing of psychological enquiry and evaluation of published research. • Students can use an empirical, research-based approach to enhance the availability of mental health services to all sections of society including the vulnerable |

Best **PRACTICES**

The Department of Psychology is proud to introduce multiple best practices under its wing. To begin with, the Department considers development of research acumen at a Master's level to be salient and hence encourages Dissertation / Research Proposal Presentations by students as a part of their curriculum. Apart from dedicated research work, students from all 3 specializations are placed as interns in various organizations/companies which offer paid Internship up to 18k p.m. After their on-the-job training, the Department conducts Annual Placement Drive in an effort to get the best exposure to its students while beginning their career.



Being the propagators of all round mental health, the Department has introduced Maitra Samvedna - "मैत्र संवेदना" i.e. a Mentee-Mentorship Mental Health Program specifically with modules that focus on emotional and mental health of students pursuing their Master's course under us. This programme is meant to create an optimistic and interactive learning environment for students by involving the staff as mentors. Due to growing need of mental health services in educational settings, the Department also manages & coordinates the SNTD Women's University Counseling Center wherein counseling services are provided to students as well as faculty members on a University - wide scale. In order to elevate the outreach of mental health awareness, the Department has commenced Peer training via Workshop series on Emotional Well-being for Professional Success which caters to students from different disciplines and aims at increasing their emotional intellect and strengthening their resilience.

Further, the Department strongly believes in investing the capacity building abilities of both the staff and students by conducting Department-funded Annual Outbound Leadership Programme for students & staff members.

FUTURE *Plans*

- Commencing Consultancy Services like Counseling Services, Career Guidance, Workshops, Career Mapping etc. to generate revenue.
- Increasing Extension Activities – reaching out to the Community at a larger scale.
- Collaborations – NIMHANS, Various Indian & International Universities.
- Student and Faculty Exchange Programme.
- Increasing social media presence via apps like Instagram for Mental Health Awareness.
- Commencing Certificate courses for Mindfulness Training for students & professionals under Atmabodh SNDTWU Mindfulness Cell.

Unique Features



- आत्मबोध SNTD WU Mindfulness Cell
- Experiential learning encouraged via
- Guest Lectures, Industrial visits etc.

Wide demand ratio during admissions

Growing number of Transcripts issued to students every year.

Placements of students at lucrative jobs



| APPLICATIONS RECEIVED | SEATS AVAILABLE | TOTAL STUDENTS | ACADEMIC YEAR |
|-----------------------|-----------------|----------------|---------------|
| 300 | 80 | 53 | 2015-16 |
| 340 | 80 | 68 | 2016-17 |
| 410 | 80 | 74 | 2017-18 |
| 450 | 80 | 78 | 2018-19 |
| 520 | 80 | 74 | 2019-20 |
| 970 | 80 | 80 | 2020-21 |

RESEARCH PROJECTS & BOOKS PUBLICATION OF RESEARCH PAPERS



**Research
Papers
Published
(35)**



**Journals
(Editor/
Member)
(7)**

**Books
Published
(2)**

**Presentation in
Conferences
(22)**

**Research
Projects
(1)**

**Book Chapters
Published
(10)**

**Conference
Attended
Chaired
(14)**



AWARDS & RECOGNITION



**Resource
Persons: 18
offline events
+ 7 webinars**



**Workshops /
Seminars
29**



**Workshops /
Training
conduction
12**



**Awards &
Recognition
6**

TRAINING

Training at the Department of Psychology include Guest lectures, workshops, seminars, conferences, Pre-Internship training etc. Guest lectures are conducted to orient students to real-world life experiences imparted by industry experts. Students get to see the insight and perspective of the guest lecturers 39; their specific field of work. Recent guest lectures conducted were “Psychological Effects of Exercise” by Dr. Peter Kremer (Sports Psychologist, Deakin University, Australia), “Structure and Functions of Lobes with Subcortical Structures” by Dr. Jahnavi Kedare (Senior Psychiatrist, KEM Hospital), “Role of Industrial Psychologists in Railways” by Dr. Satish Ambhore (Chief Scientific Officer, Indian Railways)

The department also conducts workshops, seminars, conferences which can provide a forum for discussion of relevant topics on a particular subject area wherein students learn about contemporary trends and novel skills developed in the field.

Students from all 3 specializations have been trained for their prospective job roles post completion of Masters via Pre-Internship Training. Industrial/Organizational students are placed as interns in Multinational Companies like ABG, L&T, Mahindra & Mahindra, Tata Power, Godrej Chemicals. Clinical Psychology students are exposed to real-life clinical cases after being placed in Government & Municipal Hospitals like King Edward Memorial (KEM) Hospital, B.Y.L Nair Hospital, Sir Jamshedjee Jeejeebhoy (J.J) Group of Hospitals, Lokmanya Tilak Municipal General Hospital and Medical College (Sion hospital). Counseling Psychology students work as interns in non-governmental & private organizations like Red Boys Foundation, Mindwellness Centre, Sneha Foundation, Disha Counseling Centre, Open Your Arms Foundation, Institute of Exceptional Children etc.



Glimpses of Programs Conducted





Notable Alumni



Veena F.
Manager-L&OD at
Adani Electricity
Mumbai Limited

Sr. Patricia D'souza
Head, Department of
Psychology Sophia
College, Mumbai.



Aashmi Gailani
Human Resource
Business Partner
Hindustan
Unilever Ltd

Maitreyi Shah
Industrial
Psychologist & HR
Professional
Aditya Birla
Chemicals.



Sophia Peermohideen
Clinical Psychologist and
Behavioural Therapist at
Mind Wellness Centre

Dr Neerja Thergaonkar
Clinical Psychologist for
NICU and Oncology
(Cambridgeshire &
Petersbrough NHS
Foundation Trust)



Kalyani Deshmukh
Senior Executive
Talent Acquisition at
Purple

Sneha Sebastian
Team Lead & Senior
Psychologist onsite
psychologist for
Google via silver Oak
Health





Catherine Solomon
Talent Acquisition Specialist at
Zeta, Titan & Radix



Shyamli Mishra
Director, Talent and
People Operations at
Fulfil.IO



Aranya Banerjee
Associate Consultant at
Sattva Consulting



Ankita Kabra
Senior Associate- Talent
Acquisition at ShareChat



Rachel Dlima
Learning and Development
Executive at Cargosol
Logistics Ltd in Corporate HR
and Communications



Anju Chhabra
Senior Manager
Digital at Edelman



Krithika Shetty
Consultant at Nexus HR
Consultants Pvt Ltd.



Jahanara Shaikh
Manager-Learning &
Development and Talent
Management
Grasim Industries Pvt Ltd
(Aditya Birla Group),



एस्. एन्. डी. टी. महिला विद्यापीठ

* कुलगीत *

“संस्कृता स्त्री पराशक्ति” स्वर हमारा है
विश्व है परिवार, भारत घर हमारा है।
हम नहीं हैं दीन, कहता कौन हम अबला
है सबल संस्कृति हमारी, हम सभी सबला
ज्योती से जगमग हुआ, अंतर हमारा है॥
स्वप्न ठाकरसी हुआ साकार है इसमें
महर्षि कर्वे तपस्या - सार है इसमें
हम दिशाएँ और यह दिनकर हमारा है॥
“संस्कृता स्त्री पराशक्ति” स्वर हमारा है
विश्व है परिवार, भारत घर हमारा है।



Booklet Committee

- Prof. Medha Tapiawala, Dean, Faculty of Humanities
- Mr. Mehul Khale, PRO
- Mr. Shrikant Salekar, Jr. Stenographer

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