

GOKHALE EDUCATION SOCIETY'S
SHRI BHAUSAHEB VARTAK COLLEGE OF ARTS, COMMERCE & SCIENCE,
BORIVALI (W), MUMBAI – 400091
Department of Psychology – A. Y. 2018-19

The Department of Psychology is instrumental in sensitizing students about mental health and various topics in Psychology.

The Department of Psychology in collaboration with the counselling centre organised a number of activities and guest lectures in the academic year 2018-19. On 25th September, 2018, an Elocution Competition was organised on 'Smartphone Addiction' and 'Importance of Counselling'. It was conducted by Ms. Ritika Tejwani (Asst. Prof., Dept. of Psychology) and Mrs. Sushila Yadav (Asst. Prof., Dept. of Sociology, Co-ordinator of Counselling Center) and was judged by Prof. Prakash Khandare (Asst. Prof., Dept. of Mathematics). A total of 11 students participated in the competition.

In context of the increasing use of social media among the youth, a survey was conducted on 'Social Media Use Among young people belonging to urban areas.' A fun activity of 'Brain Games' was organised for the students on 6th February 2019 that challenged the students with some Psychology concepts.

A Guest lecture on 'Heal yourself' was conducted on 12th March, 2019. Students were enlightened about Self-care techniques and keep them calm in such stressful situations.

The Department also runs a Counselling Centre to help students with mental health issues and cope with their problems.

In-charge Teacher
Ms. Ritika Tejwani