

BEST PRACTICES
OF THE DEPARTMENT
OF PSYCHOLOGY

Best Practices

- The learner-centred education through appropriate techniques such as participative learning, experiential learning and collaborative learning methods, facilitate active learning of the students. The Department of psychology has undertaken different types of approaches to improve the overall quality of the educational curriculum from the perspective of students to foster critical thinking, problem-solving skills, generate new and innovative ideas among students. This will also benefit them in their higher studies and jobs in near future. Some of the best practices, the Department of psychology has undertaken were mentioned below-

1. Educational Excursion

- **Name of Department:** Psychology
- **Date of Excursion:** 26.04.2023
- **Place:** SHELTER institution for “Children with Special Needs”, Bhadreswar, Hooghly
- **Participants:** General students of the Psychology Department from the **2nd, and 4th Semester**
- **Value Addition:**

Educational excursions are a crucial part of the academic program because they -

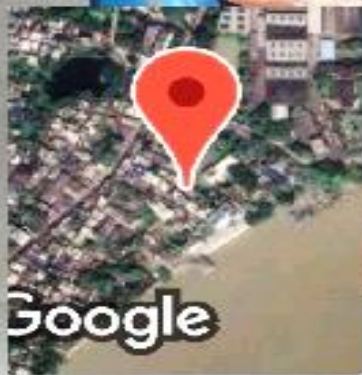
- Provide students the chance to learn outside of the classroom settings
- Gain practical experiences
- The exposure to different environments also impart a sense of responsibility among students in an unfamiliar setting
- It involve group activities and require students to work together, which helps them to develop teamwork skills, cooperation and social skills.

Few Glimpses of the Educational Excursion





GPS Map Camera



Bhadreswar, West Bengal, India

R9H4+FPQ, Palbagan, Bhadreswar, West Bengal 712124, India

Lat 22.828738°

Long 88.357106°

26/04/23 01:16 PM GMT +05:30

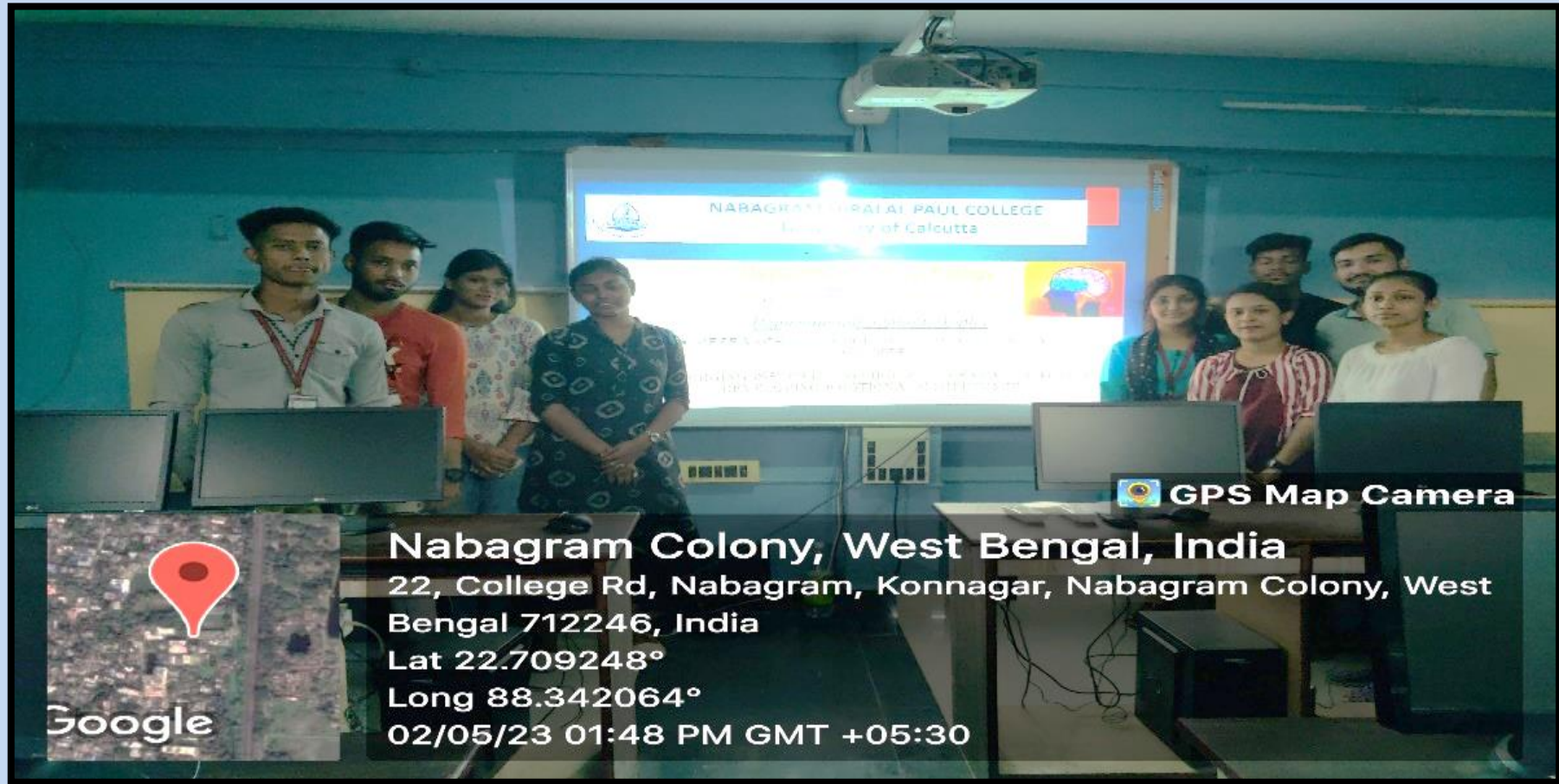
2. Student Seminar:

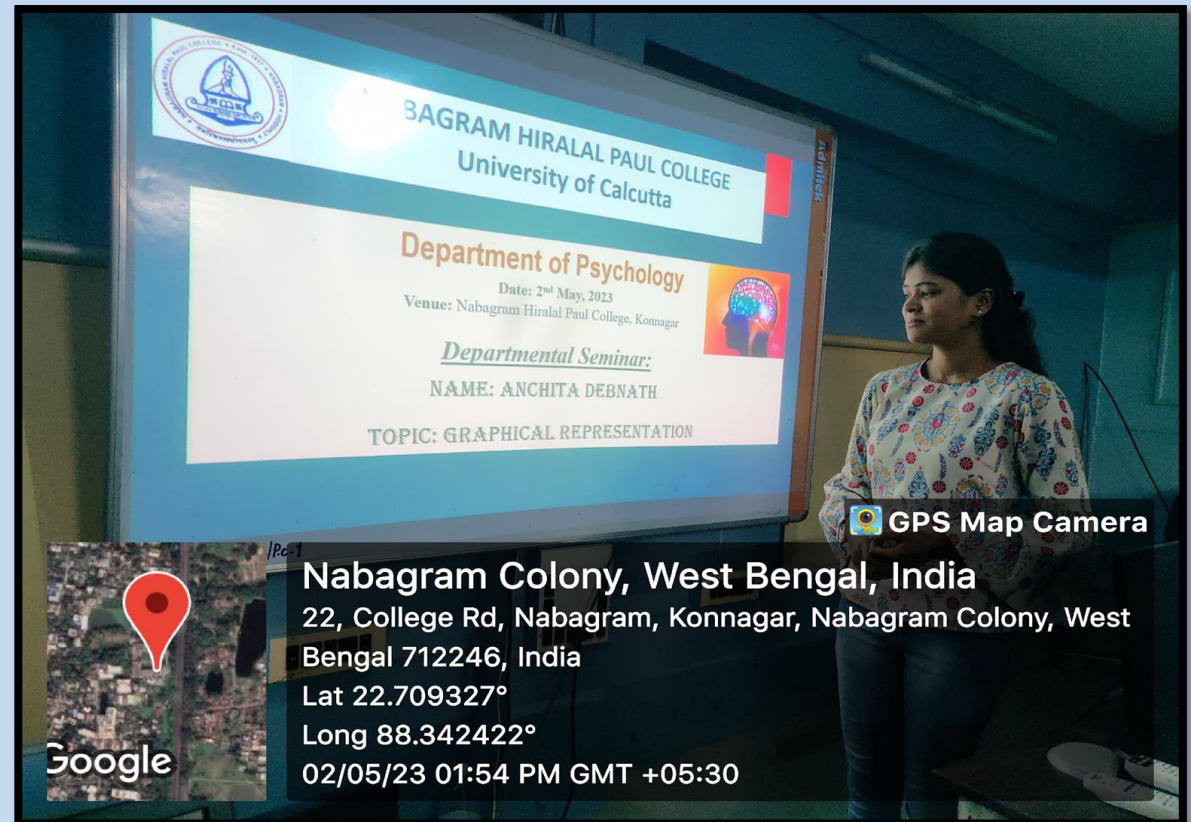
- **Name of Department:** Psychology
- **Date of Seminar:** 2.05.2023
- **Topic:** a) Research methodology in psychological studies, & b) Emerging issues in psychology: Mental health & developing emotional competence
- **Participants:** General students of the Psychology Department from **4th Semester**
- **Value Addition**

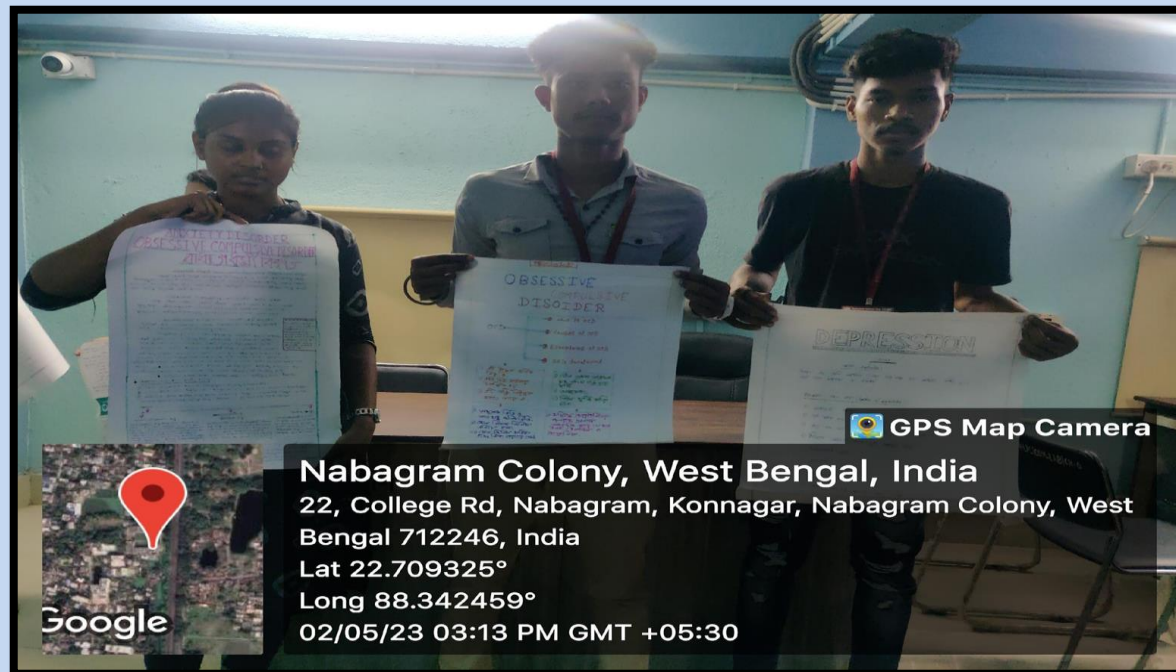
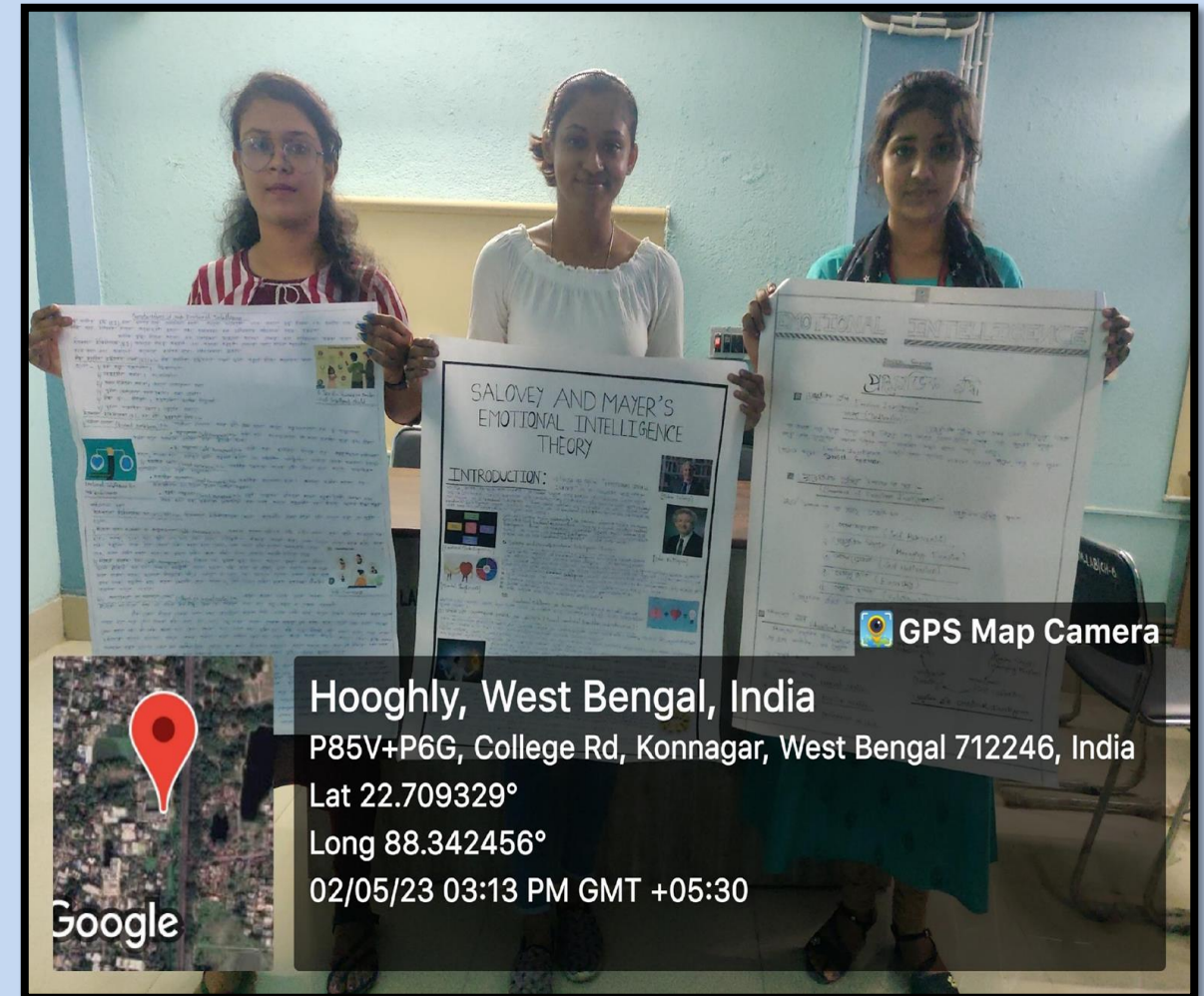
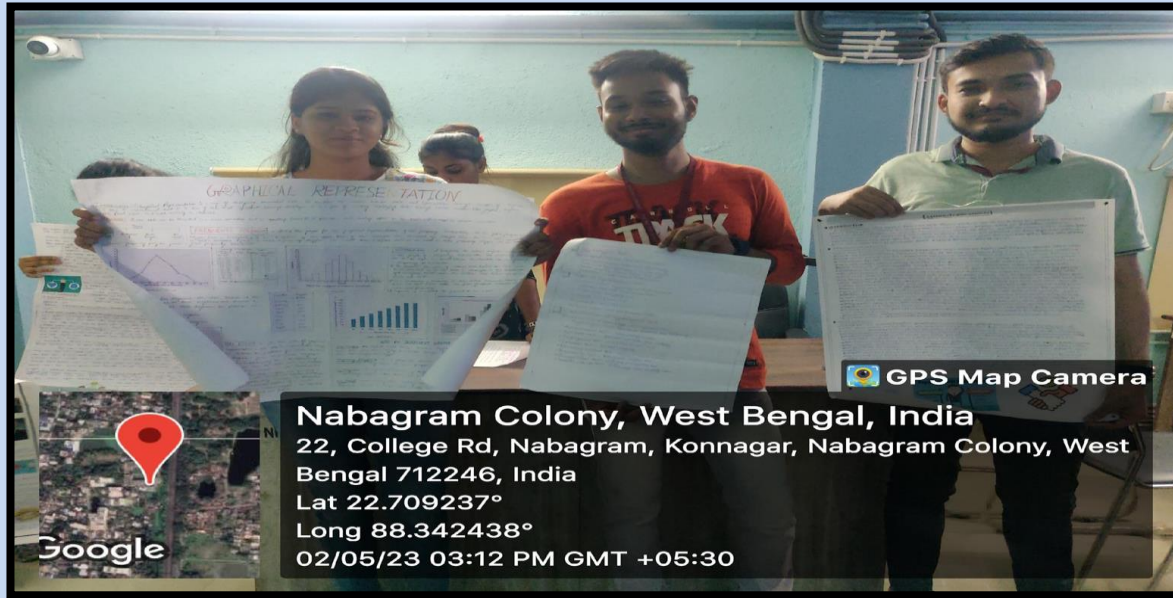
Students benefit greatly from attending and presenting at seminars. Through seminar presentations students gain variety of skills such as-

- ❖ Learn practical skills, such as how to speak in front of a group,
- ❖ Enhances their self-confidence,
- ❖ Improve their presentation skills, and
- ❖ Learn how to communicate their ideas effectively to others.

Few Glimpses of the Student Seminar:







POSTER PRESENTATION BY STUDENTS

3. Departmental Webinar

- **Name of Organizing Department:** Department of Psychology & Department of Education In Collaboration with IQAC, Nabagram Hiralal Paul College.
- **Date of Webinar:** 23.05.2023
- **Topic:** *Stress Management and Psychological Wellbeing*
- **Participants:** 152 participants (approximate) which include students, faculty members of our college and also different colleges
- **Value Addition**

Webinars are an excellent way to learn new concepts and gain new perspectives. This webinar on stress management topic will help to

- * Promote Mental Health Awareness
- * Develop better coping skills
- * Foster Self-awareness
- * Learning from Interdisciplinary Approach

Few Glimpses of the Departmental Webinar:



**NABAGRAM
HIRALAL PAUL COLLEGE**
NABAGRAM, KONNAGAR, HOOGHLY, 712246

ONE DAY STATE LEVEL WEBINAR

TOPIC
**STRESS MANAGEMENT &
PSYCHOLOGICAL WELLBEING**

SPEAKER
Dr. Doyel Ghosh
Clinical Psychologist & Lecturer,
Dept. of Clinical Psychology,
Institute of Psychiatry,
IPGMER Hospital, Kolkata

Date and Time:
**23rd May, 2023
5.30 PM**

Mr. Apurba Majumder
President, Governing Body

Dr. Srikanta Samanta
Principal, Chairperson

Dr. Suparna Chatterjee
Coordinator, IQAC

Dr. Piya Saha
Convener, Dept. of Psychology

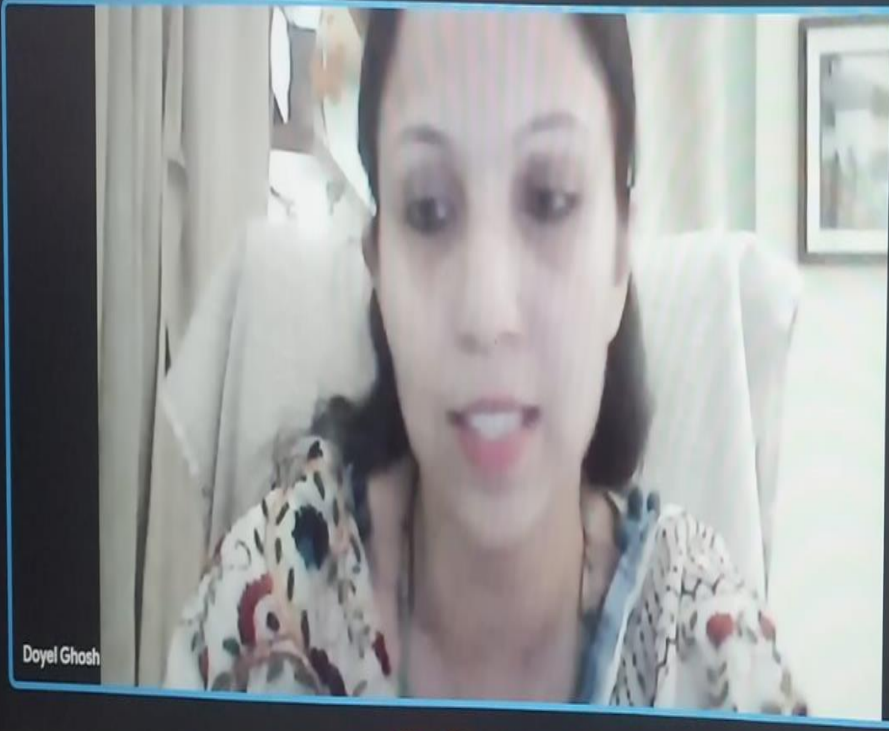
Asst. Prof. Tumpa Sarkar
Joint Convener, Head, Dept. of Education

Members of Organizing Committee

Mousumi Nandy: SACT-I
Somasree Chatterjee: SACT-II
Shanta Adhya: SACT-II
Tarunima Banerjee: SACT-II

Platform: Google Meet  Google Meet
Google form link: <http://webinar.hiralalpaulcollege.ac.in/req/psychology/>
Gmeet link: http://webinar.hiralalpaulcollege.ac.in/meeting_19/

Department of Psychology & Department of Education
In collaboration with IQAC, Nabagram Hiralal Paul College



Doyel Ghosh

You

Srikanta Samanta

56 others

5:48 PM | Webinar : Stress Management & Psych...

59

6:21 PM | Webinar : Stress Management & Psych...

Doyel Ghosh is presenting

How are we coping?

Coping Strategies

63

63

34°C

Q Search

ENG IN

18:21

23-05-2023

Participants:

- Doyel Ghosh
- Lila Bandyopadhyay
- Bicky Shaw
- Subhendu Kundu
- Ms sahin
- Suparna Roy
- Suborna Samui
- 54 others
- You

6:54 PM | Webinar : Stress Management & Psych...

In-call messages

Let everyone send messages

Messages are being recorded with the call

FEEDBACK FORM

Webinar Quantibit 6:53 PM

We know there are several methods to cop with stress, but we finally are unable follow them. So how to build up our mind in that way or is there any habits to parctice so that 'REWIRING' can be done in our brain.

Send a message

Participants:

- Doyel Ghosh
- Sneha Das
- Soumi Basu Roy
- Subhendu Kundu
- Lila Bandyopadhyay
- Suparna Roy
- Suborna Samui
- RITA GHOSH CHA...
- Suparna Banik
- Sathi Pachhal
- mousumi sarkar
- Rinki Adhikary
- Sonali Biswas
- 35 others
- You

48

34°C

Heavy rain

Q Search

ENG IN

18:54

23-05-2023

4. Teachers Day Celebration

- **Programme:** Teachers Day Celebration, Department of Psychology
- Teachers' Day honors the significant role of teachers in society. Teachers' Day is celebrated every year on 5th September to mark the birth anniversary of Dr. Sarvepalli Radhakrishnan. He was a former President of India, scholar, philosopher and Bharat Ratna recipient. On Teachers' Day 2023, students pay respect to their teachers.

On this very day, Teacher's day celebration are organized in our department by the general students of Psychology Department to convey their heartfelt appreciation for their teachers.

Value Addition

- Students express their deep gratitude to their teachers.
- The day unites students and educators in a shared celebration of knowledge and mentorship.

Few Glimpses of the Teachers Day Celebration:

