

A REPORT
TWO DAYS NATIONAL WEBINAR
on

“Career Prospects in Psychology”



Organized by:

Department of Psychology
Rajiv Gandhi University (A Central University),
Rono Hills, Doimukh – 791112
Arunachal Pradesh, India

in collaboration with



Psychosocial Support Group,
Arunachal Pradesh, India

PART 1: PREFACE

The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh located at the picturesque tabloid of Rono Hills approximately 25 km away from the state capital Itanagar. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the University on 4th February 1984 at Rono Hills. Ever since its inception, the University has been trying to achieve excellence and fulfill the objectives as envisaged in the University Act. The University was recognized as a Central University in the year 2007 established under the Act of Parliament. Being the only Central University of the State at present there are Twenty Six (26) Departments and Two (02) Institutes functioning under Nine (09) Academic Faculties. The Faculty members have been actively engaged in research activities. The University has been maintaining its academic excellence and individuals from its alumni group are contributing at significant positions not only in State and Central Government Services, but also in various Institutions, Industries and Organizations. The University has continuously maintained its premier status among top hundred (100) educational institutions in NIRF ranking across India.

About the Department of Psychology

The Department of Psychology was established in the year 2017 with two Assistant Professors. Currently the Department is running with two Assistant Professors and 3 Guest Assistant Professors.

Vision: The Department was set up to develop an awareness of the importance of studying human behaviour and the societal relevance of psychology. The Department offers M.A. Psychology which is of four semesters and the curriculum is so designed as to provide strong theoretical, methodological and contemporary knowledge of various areas of Psychology to the students. The purpose is to equip the students with knowledge, skills and values to become effective and competent professional psychologists. During the course, the students are taken for field visit at mental health centres and counselling cells besides interactive classroom teaching and laboratory training. Time to time extended lectures from experts in relevant field is also conducted. This academic training enables the students to work in a

broad range of settings such as medical, organization, counselling centres, NGOs, researchers and academicians.

About Psychosocial Support Group, Arunachal Pradesh

The Psychosocial Framework of 2005–2007 of the International Federation defines psychosocial support as “a process of facilitating resilience within individuals, families and communities by respecting the independence, dignity and coping mechanisms of individuals and communities. Psychosocial support promotes the restoration of social cohesion and infrastructure.”

The lockdown to contain the spread of Covid-19 infection made an impact on the population of Arunachal Pradesh as well, giving rise to various mental health problems amongst the people. Given the already non-existing condition of Psychological wellbeing and the awareness revolving around it, a group of Psychologists from Arunachal Pradesh came together and initiated the tele counseling services on 14th May, 2020 to cater to the needs of the people of the state. The prime objective of the group is to promote mental health awareness and wellbeing amongst the tribal community and address issues like mental health related stigma and illegal health practices. Currently it is engaged in providing voluntary services like tele-counseling and assistance in terms of Psycho-education, provision of Covid-19 related information and important mental health helpline numbers to the people of the state. Mental health professionals, Psychiatrist Dr. T. Kena and Clinical Psychologist Miss Yeni Nabam are also associated with the group, who take over any serious cases encountered in the tele-counseling process. The group at present, is functioning under the aegis of the All Arunachal Pradesh Psychological Association, which is currently in the process of being formally established.

It has till date been actively engaged in various awareness related activities with reputable local news channels namely:

- Gyoloo News on Mental Health Awareness.
- Arunachal Revolutionary News on the importance of Psychology as a subject and Mental Health, related stigma and overall wellbeing.

- Collaborated on a video project with Information and Public Relations Department, Capital Complex to shed some light on Stigma and discrimination associated to COVID-19.
- Participated on a Live Panel discussion with Arunachal Mirror on Mental Health with specific regard to Suicide and De-addiction along with renowned neuro-psychiatrist cum de-addiction expert Dr. Pakha Tesia.

The group has also independently produced awareness videos on mental health topics in general and on Suicide prevention with renowned personalities: Mrs. Jarjum Ete (Social Activist and Politician), Dr. T. Kena (Psychiatrist) and social influencers like Lenzing Doming, Chum Darang, Karka Yomcha Ete, and Teli Menia and also organized a Live webinar on “Suicide Prevention during Covid-19 Pandemic” with notable resource persons from across the country.

The group has expanded and is at present providing free tele counseling services for 16+ hours every day.

Background

Youth is the backbone of any nation. According to the United Nations report released in 2014, there are 1.8 billion young people in the world between the ages of 10 and 24 wherein India tops the list with 356 million young people as the country of world’s largest youth population. As per India’s census 2011, Youth (15-24 years) in India constitutes one-fifth (19.1%) of India’s total population. It is a universally acknowledged fact that the youth plays a great role in nation building which is why it becomes necessary to cater to their needs in order to witness able workforce, keeping in mind the psychological elements of the reality.

Career counselling is the process of understanding and assessing another individual’s concerns, strengths, interests, and capabilities, in order to guide them towards the right career path. The process guides a candidate in understanding and pursuing the right career options as per their interests. Due to the geographical drawbacks and the lack of information with regard to academia, job scope and placements, there is limited resources and opportunities available in Arunachal Pradesh, to provide one with a proper channel of guidance regarding career options. More so, for the field of Psychology, which is a relatively new subject in the state as well as the country, the understanding of the subject is at its nascent stage. The sole

central University of the state - Rajiv Gandhi University, has already two batches of post graduates in the subject, but there still remains a dearth of adequate direction to guide these young, bright minds in the right direction, so as to ensure maximum utilisation of their potential. Against this backdrop, it is imperative that initiatives like the conduction of a webinar on the aforementioned domain, be carried out to facilitate the process of acquainting the young minds on the subject.

The Covid-19 pandemic is an epidemiological and psychological crisis. The uncertainty revolving around is not only limited to the virus but is heightened especially for the students when the education around the world is in a loop with the future of many students hanging in balance. With the lack of a cohesive framework to train the students for the job and education related tasks they face next, it is of utmost significance to, at the minimum, address any doubts regarding career prospects to aid in positioning their interests, aptitude with the reality in an affirmative manner. It will help in developing insight, allow an access to expert knowledge, bring clarity in choosing the right career path and ultimately boost confidence grooming them for a post-Covid world.

Objectives

- ❖ To acquire a cognizance of the perception and the interest level of the field of Psychology amongst the students of Arunachal Pradesh.
- ❖ To acquaint the participants with the subject and highlight the benefits of selecting it as their course.
- ❖ To promote career scope in the field of Psychology.
- ❖ To promote the provision of information regarding mental health centers.
- ❖ To highlight potential job prospects in various fields of Psychology outside the state and encourage job emigration.

Programme Outcomes

- ❖ Foster optimum clarity of the various job prospects in the field of Psychology.
- ❖ Drive the participants into a deep enquiry and exploration of the subject.
- ❖ Build confidence in the participants to explore various options in the field and settle for a choice that suits one best.

- ❖ Promote optimal utilization of human resources of the state.
- ❖ Procure an understanding of the domains of Psychology having the highest amount of interest level and demand amongst the youth of Arunachal Pradesh.

Tentative Programme Schedule

The tentative programme schedule is as mentioned below:

Date & Day	Time	Topic	Resource Person
Day 1: 18th August, 2020 (Tuesday)	11.00 AM- 11.30 AM	Inauguration Program	
	11.30 AM- 1.00 PM	<u>Technical Session 1</u> Topic: <u>Overview of various professions in the field of Psychology</u>	Ms. Aakanksha Bhatia, Visiting Faculty, Aditi Mahavidyalaya, New Delhi Lead Researcher (Assesment and Training), iDreamcareer, New Delhi
	1.00 PM - 2.00 PM	LUNCH BREAK	
	2.00 PM- 3.30 PM	<u>Technical Session 2</u> Topic: <u>Career Prospects in Clinical Psychology</u>	Dr. Priya Saxena, HOD, Dept. of Clinical Psychology, LGBRIMH, Tezpur
Day 2: 19th August, 2020 (Wednesday)	11.00 AM- 1.00 PM	<u>Technical Session 1</u> Topic: <u>Life as a Counselling Psychologist</u>	Ms. Vibha Deshpande Counseling Psychologist, Founder- Director at Tailwinds Organization, Pune, Maharashtra
	1.00 PM - 1.30 PM	LUNCH BREAK	

1.30 PM- 3.00 PM	<u>Technical Session 2</u> Topic: <u>Job prospects as an Industrial/ Organizational Psychologist</u>	Ms. Shruti Chhabra Organisational Psychologist and HR consultant, Saina Human Capital Advisory Services, New Delhi
3.00 PM- 4.30 PM	<u>Technical Session 3</u> Topic: <u>Significance of Sports Psychology for the youth of today.</u>	Ms. Mridu Sharma Consultant Sports Psychologist, KPMG, Netherlands
4.30 PM - 5.00 PM	<u>Valedictory Programme</u>	

How to apply?

There is **no registration fee**. The registration will open from 13th August, 2020. Number of seats is limited to 250 only. The selected participants will be communicated through registered mail id with program schedule. Participant can registered for the program by clicking on this link:

N.B: The program will be conducted online using Google Meet application.

Target Group

This webinar is open for all the stakeholders who have the keen interest in promoting a better understanding of the subject of Psychology and mental health in general, particularly students, research scholars, faculty members, and health professionals etc.

Proposed Date of the Webinar

The proposed National Webinar will commence from 18th August to 19th August, 2020.

Estimated Budget

The estimated budget of the programme is Rs. 10,000/- which includes honorarium to the Resource Persons and other Miscellaneous Expenses.

Chief Patron

Prof. Saket Kushwaha

Vice-Chancellor,
Rajiv Gandhi University, Arunachal Pradesh, India.

Patrons

Prof. Amitava Mitra

Pro Vice-Chancellor,
Rajiv Gandhi University, Arunachal Pradesh, India.

Prof. Tomo Riba

Registrar,
Rajiv Gandhi University, Arunachal Pradesh, India.

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Dean, Faculty of Education,
Rajiv Gandhi University, Arunachal Pradesh, India.

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Ms. Damini Tali
Psychosocial Support Group Member,
Arunachal Pradesh

PART 2: SESSION WISE DELIBERATION

Inaugural Session:

The inaugural session on the first day was graced by honourable Vice chancellor of RGU Prof. Saket Kuswaha, Pro-VC Prof. Amitava Mitra and Registrar Prof. Tomo Riba in-absentia through a recorded video message and Dr. Kakali Goswami, Head (In-charge) Psychology and Webinar Co-ordinator.

Honourable Vice Chancellor Prof. Saket Kushwaha, emphasised on maintaining dynamism instead of being stagnant at a particular point in life. He also expressed his ideals on inclusivity in lieu with one pertaining to Hon. PM Narendra Modi wherein he underlined the speciality in the uniqueness of each individual, in the same way as the former intends on the principle of inclusivity for all in the campus of RGU irrespective of students, teaching and non-teaching staffs. Lastly he concluded his note on a positive note reminding the participants to overcome each challenges turning them into beautiful possibilities in life.

Pro Vice Chancellor Prof Amitava Mitra stated that career counselling is the process of understanding and assessing another individual's strength, concerns, interest and capabilities needed to guide toward one's right path. Defining Psychology he highlighted various approaches of the subject stating that psychology is the study of mind and behaviour and involves science as well as social sciences and has application in all walks of life, work, family, relationships, sports and industries and emphasized on the importance of mental health practitioners as one of the career prospects in psychology.

Registrar Prof Tomo Riba expressed how with the increase in mental health crisis the society is facing esp. during the covid-19 pandemic the role of psychologist becomes need of the hour as they play crucial role in the promotion of healthy behaviour and improving quality of life for those who are suffering from mental illness.

The welcome address was delivered by Kakali Goswami, Co-ordinator of the Webinar and Head (in-charge) Psychology, RGU. She welcomed the dignitaries and expressed her warm, solicited greetings to the participants for fruitful deliberation and interaction on the topic.

Miss Leeyir Ete, the Co-coordinator of the program and Master of Ceremony, proposed the Vote of thanks expressing her gratitude on behalf of the entire organizing committee towards the esteemed dignitaries.

Technical Sessions:

Day 1 (18th August, 2020): 1st Technical Session:

The first technical session of the day was delivered by Ms. Aakanksha Bhatia, Career Counsellor and visiting Faculty at Aditi Mahavidyalaya, New Delhi, on the topic 'Career Pathways in Psychology'. In her deliberation she extensively highlighted all the possible career prospects, the required qualifications one needs along with the best institutions providing the aforementioned courses in India as well as abroad given the much needed clarity to the students on the various courses available in Psychology.

Day 1 (18th August, 2020): 2nd Technical Session:

The second technical session was delivered by Ms. Vibha Deshpande, Counselling Psychologist and Founder- Director at Tailwinds Organization Pune, Maharashtra presented on the topic ‘Developing career as a Counselling psychologist/Psychotherapist’. Apart from the content delivery on the given topic, she even elaborated on the significance of telecounseling and its effectiveness in the ongoing crisis situation caused by the Covid-19 Pandemic.

Day 2 (19th August, 2020): 1st Technical Session:

The Day 2 of the Two Day National Webinar kickstarted with the 3rd Technical session on Career Perspective in Psychology: “A Journey Worth Travelling in Clinical Psychology, which was handled by Dr. Madhumita Bhattacharya, Clinical Psychologist, CIP Ranchi. She elaborated on the core concepts of Clinical Psychology and its scope and particular lessons learnt from therapy. Her indepth explanation via personal experience helped the students in understanding the wide scope of the sub-field with better clarity of it amidst the many quacks practising.

Day 2 (19th August, 2020): 2nd Technical Session:

The 2nd Technical Session of the 2nd day was delivered by Ms. Shruti Chhabra, Organisation Psychologist & HR Consultant, Saina Human Capital Advisory Services, New Delhi on the topic ‘Scope of Organisational Psychology in India’. She not only spoke of the institutes providing courses and the different roles of Organisation Psychologist. She even shared her key insights noted as an intern alongwith some specific skills and competencies desired by recruiters with the ethics to be propagated being true to oneself throughout. The importance of internships, tie-ups, placements, networking and the power of branding.

Day 2 (19th August, 2020): 3rd Technical Session:

The last technical session was delivered by Ms. Mridu Sharma, Sport Psychologist, KPMG, Netherlands on the topic ‘Sport Psychology: Comprehensive Evidence Based Performance Consulting’. She deliberated on the significance of mental health and Sport Psychology as a sub-field as quoted many a times by various notable Sports persons which proved beneficial in performing and winning, in addition to enlightening students with the scope in India and abroad.

The valedictory session

Tentative Programme Schedule

Time	Topic	Resource Person
5.00 pm - 5.05pm	Welcome Address	Ms. Leeyir Ete, Co-coordinator of Webinar Department of Psychology Rajiv Gandhi University

Arunachal Pradesh

5.05 pm - 5.10 pm	Brief Webinar Report	Ms. Yuma Narah Co-coordinator of Webinar Department of Psychology Rajiv Gandhi University Arunachal Pradesh
5.10 pm - 5.15 pm	Address by Registrar	Prof. Tomo Riba Registrar Rajiv Gandhi University
5.15 pm - 5.20 pm	Address by Pro-VC	Prof Amitava Mitra Pro -VC Rajiv Gandhi University
5.25 pm - 5.30 pm	Valedictory Address	Prof. Saket Khushwaha Hon'ble Vice-Chancellor Rajiv Gandhi University
5.30 pm - 5.35 pm	Vote of Thanks	Ms. Jomyir Bagra Co-coordinator of Webinar Department of Psychology Rajiv Gandhi University

