

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

Contents

Sl.	Topic	Page(s)
	Organizing Committee	3-4
	Acknowledgements	5
	Executive Summary	5
Part 1: Preface		
1.1.	About Host Institution	
	- The University	6
	- Department/Institute/Centre	6
	- Psychosocial Support Group	7
1.2.	About the Sponsoring Agency (if any)	8
1.3.	Background: About the Issue	8
1.4.	Objectives	9
1.5.	Expected Outcomes	9
1.6.	Themes and Sub-themes	10
1.7.	Resource Persons	10
1.8.	Target Population	11
1.9.	Proposed Date of the webinar	11
1.10.	Budget	11
1.11.	Mode of Operation	11
Part 2: Session Wise Deliberations		
2.1.	Inaugural Session	11
2.2.	Plenary Sessions (if any)	11
2.3.	Technical Sessions	12-13
2.4.	Valedictory Session	13
Part 3: Major Takeaways		
3.1.	Academic Context	14
3.2.	Research Context	15-16
3.3.	Policy Making and Practice Context	16
3.4.	Other (if any)	
Part 4: Appendices & Annexure		
	Annexure 1: Programme Schedule	17-18
	Annexure 2: List of Participants	19-30
	Annexure 3: Photographs (if any)	31
	Annexure 4: Media Coverage	31
	Annexure 5: Other (if any)	
Reference (if any)		

ORGANIZING COMMITTEE:

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.

Advisory Committee

Prof. Rachob Taba

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

Prof. Kesang Degi

HoD, Department of Education,
Rajiv Gandhi University, Arunachal Pradesh, India.

Technical Advisors

Mr. T.D. Megeji

Joint Director, Computer Center, RGU

Mr. Gyan Rai

Technical Assistant, Computer Center, RGU

Organizing Convenor

Dr. Kakali Goswami
Assistant Professor,
Department of Psychology, RGU
Mobile No.: 8876942391
E-mail: k.goswami86@yahoo.com

Mr. Toko Rika
Managing Director, Laurel Institute, Nirjuli
Psychosocial Support Group Member,
Arunachal Pradesh
Mobile no. 8132897863
E-mail: rikatoko5@gmail.com

Co-Convenors

Ms. Leeyir Ete
Guest Assistant Professor,
Department of Psychology, RGU
Psychosocial Support Group member,
Arunachal Pradesh
Mobile No.: 9366485732
E-mail ID: leeyir.ete@gmail.com

Ms. Haj Bincee
M Phil. Trainee,
Ehsaas Clinic,
Ambedkar University, Delhi
Psychosocial Support Group member,
Arunachal Pradesh
Mobile No.: 9560713768
E-mail ID: hajbincee@gmail.com

Organizing Committee Members:

Ms. Yuma Narah
Guest Assistant Professor,
Department of Psychology, RGU
Psychosocial Support Group member
Arunachal Pradesh
Mobile No.: 8837321508
E-mail ID: yumanarahcamdir@gmail.com

Ms. Jomyir Bagra
Guest Assistant Professor,
Department of Psychology, RGU
Psychosocial Support Group member
Arunachal Pradesh
Mobile No.: 7628982688
E-mail ID: jomyirbagra@gmail.com

Ms. Kenju Pakam,
Psychosocial Support Group Member,
Arunachal Pradesh

Mr. Goto Dabi,
Psychosocial Support Group Member,
Arunachal Pradesh

Ms. Maneka Perme,
Psychosocial Support Group Member,
Arunachal Pradesh

Ms. Damini Tali
Psychosocial Support Group Member,
Arunachal Pradesh

ACKNOWLEDGEMENT

I express with innermost regard and sincerity, the sense of gratitude to our honourable Vice Chancellor, R.G.U, Prof. Saket Kushwaha for his constant guidance and support. I owe him Thanks for the way he has always encouraged me.

I also express my deepest gratitude to the Pro-Vice Chancellor, Prof. Amitava Mitra and the Registrar, Prof. Tomo Riba, who always boosted my morale and has been a guide helping me through thick and thin. I am indebted to you both for your guidance.

I also extend my gratitude to Dr. K P Singh, Head, Dept. Social Work and his colleagues, for their time and cooperation, without which the event wouldn't have been made possible.

I must also thank my loving and dedicated colleague, guest faculty members and students for providing me with emotional and moral support; their cooperation and support can never be forgotten.

Dr. KAKALI GOSWAMI

Convenor

1.1 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.

1.2 Sponsoring Agency

The Program was sponsored by the Rajiv Gandhi University.

1.3 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.

1.4 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.

1.5 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.

1.6 Theme:

The Webinar has organized on the theme “Career Prospects in Psychology.”

1.7 Resource Persons:

- ❖ **Ms. Aakanksha Bhatia,**

Visiting Faculty,

Aditi Mahavidyalaya, New Delhi

Lead Researcher (Assesment and Training),

iDreamcareer, New Delhi

- ❖ **Dr. Priya Saxena,**

HOD,

Dept. of Clinical Psychology,

LGBRIMH, Tezpur

- ❖ **Ms. Vibha Deshpande**

Counseling Psychologist,

Founder- Director at Tailwinds Organization,

Pune, Maharashtra

- ❖ **Ms. Shruti Chhabra**

Organisational Psychologist and HR consultant,

Saina Human Capital Advisory Services, New Delhi

- ❖ **Ms. Mridu Sharma**

Consultant Sports Psychologist,

Founder Director at Breathe. EHC

1.8 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.

1.9 Proposed Date of the Webinar

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

1.10 Estimated Budget

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

1.11 Mode of Operation:

The program was conducted online platform called ‘Google meet’.

PART 2: SESSION WISE DELIBERATION

2.1 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.

2.2 Plenary session: None

2.3 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.

2.4 Valedictory Session:

The valedictory session was witnessed by 100 delegates, resource persons and esteemed dignitaries and was hosted by Miss Leeyir Ete, Co-convenor of the webinar, who acted as the master of the ceremony. The welcome address was delivered by Dr. Kakali Goswami, Head (in charge) Department of Psychology, RGU. Miss Yuma Narah, Co-convenor of the programme provided a brief report of the webinar of the technical sessions that took place over the two-day span. A brief experience sharing session from participants hailing from various corners of the country was also held, where in they highlighted and commended the relevance and importance of discussing about the various subfields of Psychology. RGU Pro-Vice Chancellor Prof Amitava Mitra, in his address, emphasized on the need of the university students to have required skills and qualifications to meet the increasing need of the people of the state with limited availability of mental health professionals. RGU Registrar Prof Tomo Riba spoke on the detrimental affairs of mental health in the state which he said has multiplied in the current times due to the Covid-19 pandemic. Raising concerns over the silent sufferers of the state, he suggested more awareness, education and counselling. During the vote

of Thanks, Coordinator of the webinar, Toko Rika thanked the Rajiv Gandhi University and department of Psychology for their support and constant motivation. He said the Psychosocial Support Group, Arunachal Pradesh has taken the responsibility to take psychology forward and volunteer to provide social service in the context of mental health and propagate the importance of mental health.

Major Takeaways:

3.1. Academic context:

In the present time caused by the global pandemic, with social distancing measures being cautioned by all, it is of utmost importance to maintain continuity in all other aspects especially with regard to academics in order to rule out the same reaching a standstill. In addition to which, there exists a large number of unemployed youth, especially in a state like Arunachal Pradesh wherein job openings are at its bare minimum and where maximum people still are on a lookout for Government jobs along with an absence of Private enterprises to rule out the dependence on the former. In lieu of which, the Two Day National Webinar was conducted by the Department of Psychology wherein the majority of the participants comprised from the student community.

The technical sessions designed by the resource persons in collaboration with the department were created to facilitate the overall mental health and wellbeing of the entire student community, with regard to understanding of Psychology as a discipline with its various sub-disciplines in both Indian as well as global context.

The sessions were also created to accommodate the psychosocial emotional needs of all but with specific focus on the students, given the uncertainty surrounded by Covid-19, impacting the normalcy of face-to-face classes, reduction in physical-social interactions, exam induced stress and confusion regarding the future. A set of questions were generated by the organizing team to analyse the interests and awareness on Psychology amongst the participants in the Registration Form. The resource persons were selected as per the data analysis of the interests and demands of the registered participants. The doubts and concerns associated were tackled by the key subject experts via the PowerPoint presentations as well as Q&A sessions.

- (i) A solution driven aspect with the significance of a more student focused approach was highlighted.
- (ii) Indepth understanding of the scope of Psychology was disseminated, along with some desired sub-fields namely, Counselling Psychology, Sport Psychology and Clinical Psychology.

- (iii) The resource persons acknowledged the practical ways to incorporate online courses and its significance in developing a good CV, with utilization of proper time management.
- (iv) Recognize, regulate and incorporate a multidisciplinary approach in the future for all round development of students with specific regard to Psychology.
- (v) Students' positive comments and feedback reflected the understanding they gained through the Two Days course.

3.2. Research context:

Any uncertainty automatically instills fear or even phobia amongst the people and the associated uncertainty that is increasingly testing psychological resilience of the masses. The pandemic has generated a major jolt in all aspects around the globe. However, one needs to adjust to the new normal and start moving on with life.

Various competitive exams are being conducted and the educational institutions are already out with their new academic calendar to avoid wastage of an academic year of students. Hence, today, more than ever, it becomes crucial for Career professionals to solicit their support, understanding and knowledge of the subject to help aid the students in making correct career choices especially for the +2 and Pre-University students due to the additional chaos and confusion revolving around.

The webinar covered various significant contemporary issues prevailing for Psychology as a subject, the understanding of the term mental health, the dearth of professionals available to promote the subject and its sub-fields despite the boom in demand, and the huge increase in demand and career market available across the globe. The findings offered a glimpse of what is brewing in hundreds of millions of students around the world and the negative consequences of it as the career choices have a direct co-relation with life satisfaction in the long-run.

- (i) Guide researchers to plan prospective longitudinal studies for assessing the impact of career choices.
- (ii) Secondary research data on relevance and demand of the subject were discussed and the participants were also briefed.

- (iii) The relevance of taking action now in analysing one's strengths and weaknesses apart from one's interests, goals and the career prospects available in order to mitigate the indirect implications of career decision also called attention.
- (iv) The impact of the subject, and its role in providing upper hand to its students in various career domains were also made aware of.

3.3. Policy making and practice context:

It is no surprise of the insights on the long-term damage of poor career choices, which have been accepted in the field of IO Psychology and HR professionals for decades. Hence, post the end of this unprecedented lockdown, we will need all able bodies to help the world recover in all factors namely health, education, livelihood and economy and be better prepared to cater to the needs of all, especially the torchbearers. The stakeholders involved amongst which the body that constitutes the most significant role to play is the government and the policy makers, to accommodate the new normal and ease the process of adapting to the new normal for the general population. The fear due to the contraction of COVID -19 is on the rise because of the death tolls and global spread. Hence, this webinar also attempted to find the requirements and interests of Psychology amongst the youth of north-east in the absence of research, which can potentially help policy makers in formulating comprehensive interventions as a future roadmap. This webinar highlighted the need of online career counselling as the need of the hour and its implementation at the earliest.

- (i) Need for more systematic and longitudinal assessment of career needs of the population, which can help the government in formulating holistic interventions in lieu with the job scope and the demand.
- (ii) Bridge the gap between demand and supply and create a protective layer for the youth to not ward off to substances as a reliever.
- (iii) Identify trigger points and anticipating issues, and how to address them.
- (iv) Dire need for more job creation for psychology related fields, especially in the rural areas of the country and introduction of the subject in +2 and Pre university level in wide scale across all the schools and colleges of India irrespective of Private, autonomous or government.
- (v) Mandatory appointment of Psychologists and Counsellors in every schools and organizations.

PART 4. APPENDICES & ANNEXURE

4.1 Programme Schedule

The 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><i>Life as a Counselling Psychologist</i></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><i>Job prospects as an Industrial/Organizational Psychologist</i></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><i>Significance of Sports Psychology for the youth of today.</i></u>	Ms. Mridu Sharma Consultant Sports Psychologist, KPMG, Netherlands
4.30 PM - 5.00 PM	<u>Valedictory Programme</u>		

Annexure 2: List of Participants

Full Name	Gender:	State:
YUMA NARAH	Female	Arunachal Pradesh
LEEYIR ETE	Female	Arunachal Pradesh
JOMYIR BAGRA	Female	ARUNACHAL PRADESH
Toko Rika	Male	Arunachal pradesh
Kenju pakam	Female	Arunachal pradesh
RIGIO BABY	Female	ARUNACHAL PRADESH
NAWEEN RAKESH TIRKEY	Male	WEST BENGAL
JUMI JINI	Male	Arunachal Pradesh
SUNIL KUMAR SHARMA	Male	Rajasthan
Menaka Perme	Female	Arunachal Pradesh
Maram Bagang	Female	ARUNACHAL PRADESH
GYANWANG K. WANGSU	Male	Arunachal Pradesh
RAZOUNEINUO SUOKHRIE	Female	NAGALAND
DR KAKALI GOSWAMI	Female	Arunachal Pradesh
Damini Tali	Female	Arunachal pradesh
LIKHA YATER	Female	Arunachal pradesh
ARMIN SULTANA	Female	Assam
TOBI RIBA	Female	Arunachal Pradesh
Takuni Tamin	Male	Arunachal Pradesh
Tuyir Riba	Female	Arunachal Pradesh
MIKBI RINA	Female	Arunachal Pradesh
Dr. Satarupa Datta	Female	West bengal
NGURANG TARE	Male	Arunachal pradesh
CHANDANA BORGOHAIN	Female	Assam
Rubi Kumari Dubey	Female	Assam
AVRADITA RAY	Female	West Bengal
Tadar Amar	Male	Arunachal Pradesh
DR SUBHAS RAY	Male	WEST BENGAL

CHAUDHURI		
SANGEY TSERING	Male	ARUNACHAL PRADESH
RANA BHATTACHARJEE	Male	West Bengal
Dwaipayan Pal	Male	West Bengal
SANGITA SAIKIA	Female	Assam
SADHANA CHANDRA	Female	West Bengal
MUMNI TABOH	Female	Arunachal Pradesh
SANGITA SARKAR	Female	Arunachal Pradesh
GARIMA SHARMA	Female	CHANDIGARH (UT)
Ponung Nonang	Female	Assam
NABANITA CHOUDHURY	Female	Assam
SULAKSHANA KHATONIYAR	Female	Assam
Aradhana Deborah Bordoloi	Female	Assam
PUSPASHREE DAS	Female	Assam
Ms. DEBOMITA KESHORI	Female	ASSAM
JEEVIKA NARZARY	Female	Assam
Pribilina champramary	Female	Assam
BONENDRA BRAHMA	Male	Assam
PALLABI SHARMA	Female	Assam
BIDHISHA BASUMATARY	Female	Assam
BANDANA KALITA	Female	Assam
MAINEE PATHAK	Female	Assam
BONDITA GOGOI	Female	ASSAM
NAYANA MAZUMDER	Female	Assam
NAYANA MAZUMDER	Female	Assam
PRITI REKHA DAS	Female	Assam
BIDYAJYOTI BASUMATARY	Male	Assam
SASWATI DEB	Female	Assam
Shefali Mishra	Female	Delhi
HIRIMDAO NARZARY	Male	Assam
SURAMYA BHATNAGAR	Female	Uttar Pradesh

Shruti Chhabra	Female	DELHI
BIDHISHA BASUMATARY	Female	Assam
Muemina Basheer	Female	Kerala
Ms.Wrishika Limbu	Female	Assam
MONOMITA SARKAR	Female	West Bengal
JAHANVI ANILBHAI SUTARIYA	Female	Gujarat
Dr. NABANITA CHAKRABARTY	Female	Assam
RAJLAKHI BORAH	Female	Assam
SHILPASHREE MEDHI	Female	ASSAM
RAKHI GUPTA	Female	Haryana
Anisha Jain	Female	Assam
Sudeshna Kaushik	Female	Assam
PRITIKA KAUR	Female	Assam
Trishanti Barsaikia	Female	Assam
TWINKLE YANGLEM	Female	Guwahati
Gagandeep kaur	Female	UP
Pushpinder Kaur	Female	Punjab
Hima deka	Female	Assam
Rimpi Barman	Female	Assam
GUNGUN MISHRA	Female	New Delhi
MANYA SODI	Female	Alwar
Khushi Sharma	Female	Delhi
Krupa Prakruthi	Female	Tamil Nadu
Pallabi Parasar	Female	Assam
MAHIMA BHAGAT	Male	Karnataka
Mehak	Female	New Delhi
Risha Hajowary	Female	Assam
RishaHajowary	Female	Assam
Yomgam Doji	Female	Arunachal Pradesh

Priyanka Parida	Female	West bengal
DARSHANA MAZUMDAR	Female	Assam
RAGINI RAJAK	Female	West Bengal
Ankit Satija	Male	Delhi
ARITRA BHATTACHARYA	Male	WEST BENGAL
Changjilan Ngangom	Female	Manipur
MUSKAN KUMARI	Female	Delhi
ANJULI DAIMARY	Female	Assam
ADITI BASIA	Female	Rajasthan
MAHIMA DAS	Female	West Bengal
KABIR GROVER	Male	Delhi
SHARIL GUPTA	Female	delhi
AADYA SARUP	Female	Delhi
KANIKA BHATIA	Female	Delhi
RISHIKA JAIN	Female	Delhi
MRS. SHAHINA AKMAL	Female	UP
UNNATI KHANDELWAL	Female	Delhi
MOHSINA ASFAQUE	Female	Assam
CHAHAT SACHDEVA	Female	Delhi
PRABHGUN KAUR	Female	New delhi
Jia Gupta	Female	Delhi
LARA GAUTAM	Female	New Delhi
MANU	Female	Delhi
ANJAN MUKHERJEE	Male	West Bengal
VRINDA MITTAL	Female	Delhi
Saumya Mehta	Female	Delhi
KHUSHI JAIN	Female	Delhi
HIMANI KHURANA	Female	Delhi
Jasmine	Female	Delhi
AASTHA BANSAL	Female	Delhi

ISHITA KAMBOJ	Female	Delhi
Guranshi Thareja	Female	New Delhi
Unnati Garg	Female	Delhi
YUKTI KHOKHAR	Female	New delhi
YATIN ARORA	Male	New Delhi
KRISHNENDU MANDAL	Male	West Bengal
ISHIKA KAUSHIK	Female	New Delhi
RONIT KAPOOR	Male	New Delhi
MUSKAN AHUJA	Female	Delhi
CHANDRA CHETRY	Male	Meghalaya
BHAVYA RAJPUT	Female	New Delhi
Rashmeet kaur	Female	Delhi
DHARMESHWARI LOUREMBAM	Female	Arunachal Pradesh
Nalin Bedi	Male	Delhi
DR. SUSMITA ROY CHOUDHURY	Female	Assam
Elangbam Reebika Devi	Female	Manipur
MUKESH KUMAR	Male	RAJASTHAN
PRIYANSHI JAIN	Female	Delhi
RADHIKA NARULA	Female	Delhi
GITO SANDHYA NEOG	Female	Assam
NIMISHA BEHL	Female	Delhi
DEEPJYOTI BORA	Male	Assam
AMARJYOTI BARMAN	Male	Assam
Dr Shruti Jain	Female	New Delhi
MINAKSHI SAIKIA	Female	Assam
KHUSHBU	Female	Haryana
KANGKANA SAIKIA	Female	Assam
SHREYA CHOPRA	Female	Delhi
NAYAN MANI MAJUMDAR	Male	Assam

HIMASHREE SARMAH	Female	Assam
TANNU DABAS	Female	Delhi
OYIN TAYENG	Female	Arunachal Pradesh
Yasu taki	Female	Arunachal Pradesh
SUNITI GAUR	Female	Haryana
SURABHI GOYAL	Female	Delhi
TAPAN MAJUMDAR	Male	Assam
Toko Sumpi	Female	Arunachal Pradesh
Ashtha Baruah	Female	Assam
Sanjana Purdhani	Female	Delhi
VAISHALY	Female	Punjab
Dr Zothanzami	Female	Mizoram
NIHARIKA BORA	Female	Assam
LALRAMHLUNI PACHUAU	Female	Mizoram
H.LALHRIATZUALI	Female	MIZORAM
VANLALDUHSAKA	Male	Tamil Nadu
Malsawmtluangi Chuauhang	Female	Mizoram
LALNUNPUII	Female	Mizoram
Jaishree Devi	Female	Assam
ELLIE MALSAWMDAWNGZELI	Female	Mizoram
VL RAMDINGNGHETA	Male	Mizoram
R.HMINGTHANZUALI	Female	Mizoram
Zodinsanga Kiangte	Male	Mizoram
LALRINPUII	Female	Mizoram
DAI HARING	Male	Arunachal Pradesh
F. LALTLANPARI	Female	Mizoram
VANLALRUATPUII RALTE	Female	Mizoram
LALRINPUIA	Male	MIZORAM
TIMOTHY RAI	Male	Mizoram
CLAUDY THASANGZUALI	Female	Mizoram

Deborah Zonunpuii	Female	Mizoram
VANLALHRIATPUII	Female	Mizoram
Lalrinfeli	Female	Mizoram
VANLALRUATI	Female	Mizoram
MALSAWMKIMI	Female	Mizoram
MANSI BATRA	Female	Delhi
Tanya Sharma	Female	Delhi
Vanlalpeka	Male	Mizoram
Ishita Wadhvani	Female	Madhya Pradesh
KANIKA BHATIA	Female	Delhi
LALHMINGSANGI PACHUAU	Female	Mizoram
DAISY CHELENG	Female	Asaam
TAPESH DOLEY	Male	Assam
UNNATI KHANDELWAL	Female	Delhi
Leena John	Female	Karnataka
DEEPIKA MALHOTRA	Female	Punjab
NOELLE LALHLUPUII	Female	Mizoram
Mr. Sushant Kumar Nayak	Male	Arunachal Pradesh
Reema sureka	Female	Assam
HAI BINCEE	Female	Arunachal Pradesh
Jombi Bagra	Female	Arunachal Pradesh
LAMA ZANGMU	Female	Arunachal Pradesh
LATIKA BRAHMA	Female	assam
LATIKA BRAHMA	Female	Assam
DEEPAK HAZARIKA	Male	Assam
DEBAJANI DEKA	Female	Assam
ROSY LALLAWMPARI	Female	Mizoram
LALKUNGPUII	Female	Mizoram
LALSANGKIMI	Female	Mizoram
GLOWRINA GOGOI	Female	ARUNACHAL PRADESH

LALNUNMAWIA	Male	Mizoram
RAGHAV SEHGAL	Male	Delhi
TIMOTHY RAI	Male	Mizoram
KUNAL GULATI	Male	Delhi
AFSHA FIROZ NATHANI	Female	Telangana
J.LALLIANTLUANGA	Male	Mizoram
SAHIL ARORA	Male	Punjab
TARUSHI SAINI	Female	Delhi
SUSHMITA MOHAN	Female	Assam
ANDREW LALVAWNHIMA	Male	Aizawl
LALRODINGNGHETI	Female	MIZORAM
NEHA PERWEEN	Female	JHARKHAND
AFZAL HASSAN KHAN	Male	JHARKHAND
MANISH MISHRA	Male	Chhattisgarh
RAJIB MORANG	Male	Assam
Dr Zothanzami	Female	Mizoram
Ayushi Jalan	Female	West Bengal
HITARTH MAHAJAN	Male	Delhi
NISHI	Female	New Delhi
EVANLENDLE LYNGKHOI	Female	Meghalaya
EVANLENDLE	Female	Meghalaya
ANUSHKA CHAUHAN	Female	Delhi
ANUSHKA CHAUHAN	Female	Delhi
SHWETA SHARMA	Female	Uttar Pradesh
UNNATI KHANDELWAL	Female	Delhi
REBECCA VANLALRUATI	Female	Mizoram
BHASHYATI DEKA	Female	Assam
Popi Borah	Female	Assam
Pranab Das	Male	Assam
PRANAB DAS	Male	Assam

KUMO DOYE	Male	ARUNACHAL PRADESH
Terang dada	Male	Arunachal pradesh
RISHI RAJ GAUTAM	Male	Delhi
SANJANA PANNU	Female	Punjab
ROMITA HANDA	Female	Punjab
SIYA KEHAR	Female	Punjab
Nimrat	Female	Punjab
Dr. Sangita Barman	Female	Assam
SEHER SOOD	Female	Punjab
AAIRA MADAAN	Female	Punjab
SUHAVANI THAPAR	Female	Punjab
Rohan Nayar	Male	Punjab
Abhishek Kumar Maurya	Male	Uttar Pradesh
AIMAN JAIN	Male	Punjab
BHOOMIKA	Female	Delhi
SEHER SOOD	Female	Punjab
KAVYA JAIN	Female	Punjab
Kashvi Bansal	Female	Punjab
AVIK	Male	Delhi
HARNOOR KAUR	Female	Punjab
Sarthak gupta	Male	Delhi
Basinso Kri	Male	Arunachal Pradesh
KAVYA JAIN	Female	Punjab
Dr. RENU DEWAN	Female	Jharkhand
DECHA TONGLUK	Female	Arunachal Pradesh
SEHER SOOD	Female	Punjab
THEO SHAPHAT NAYAK	Male	ODISHA
KANCHAN DEVI	Female	Arunachal Pradesh
Kiri taso	Male	Arunachal pradesh
NGAMNYA LOWANG	Female	Arunachal pradesh

Pukhrambam Chanu Anilly	Female	Manipur
moses joseph	Male	Assam
Janhavi Som Saha	Female	Assam
moses joseph	Male	Assam
RICHA PALLAVI MINJ	Female	Assam
Shriya Jain	Female	Punjab
Mariasuklang Marba Majaw	Female	Meghalaya
Himashree Kalita	Female	Assam
ARYAMON SABARNA	Male	Assam
Poonam Agarwal	Female	U.P.
Jahnvi Saraogi	Female	Assam
Suzen Kenpi Ori	Female	Arunachal Pradesh
DHRITI KALITA	Female	Assam
PRATHICIA A SANGMA	Female	Meghalaya
MARGE BASAR	Female	Arunachal pradesh
GOTO DABI	Male	Arunachal Pradesh
ANUBHA JAIN	Female	West Bengal
DIMPEE HATI BARUAH	Female	Assam
ASHMITA	Female	Delhi
NIKITA RATRA	Female	Delhi
CHAMPA TANGA	Female	Arunāchal Pradesh
Lalhmailngaihi	Female	Mizoram
KALLABI BORAH	Female	Assam
Lalruatsangi Tochwawng	Female	Mizoram
Kamti dubi	Female	Arunachal Pradesh
GAMI BOGO	Female	Arunachal pradesh
Lalrinfela	Male	Mizoram
PUSHTI GUPTA	Female	Punjab
PUSPA SAIKIA	Female	Assam
K.LALNUNPUII	Female	MIZORAM

manher kaur	Female	Punjab
Tokmem Paron	Female	Arunachal Pradesh
TANUSH GUPTA	Male	Punjab
Lalduhawmi	Female	Mizoram
LALDUHAWMI	Female	Mizoram
LALHMINGSANGI PACHUAU	Female	Mizoram
REBECCA RAMHUOLTLING HMAR	Female	Assam
PUNYA KHURANA	Female	Punjab
C. LALNGAIHSAKI	Female	Mizoram
DONA BISWAS	Female	Assam
Ashanu Linggi	Female	Arunachal pradesh
TAGE TARUNG	Male	Himachal Pradesh
Rubu Kapa	Male	Arunachal Pradesh
SATNAM SINGH	Male	Himachal Pradesh
Lalruatsangi Tochwawng	Female	Mizoram
JIJNASHI KASHYAP	Female	Assam
NIBEDITA BASUMATARY	Female	Assam
LIZA HAZARIKA	Female	Assam
Shahiba Khatoon	Female	Other
Ipsita Sen	Female	West Bengal
PARIBRITA BORDOLOI	Female	ASSAM
SHAHBAZ AL AZAM	Male	Assam
Jagat Jyoti Baruah	Male	Assam
Bage Kamsi	Male	Arunachal Pradesh
BOMNYA KAMDAK	Male	Arunachal Pradesh
AMBIKA WARRIER	Female	Delhi
ROHIT BISWAS	Male	Arunachal Pradesh
ELIZABETH LALMALSAWMI	Female	Mizoram
SHRIYA DEVI	Female	Assam
C.LALNGAIHSAKI	Female	Mizoram

KARTIK SHARMA	Male	Delhi
LAVANYA CHHABRA	Female	Delhi
SNEHA JAIN	Female	Delhi
ROXEN LAMBA	Male	Delhi
NIDHI MAGGO	Female	Delhi
PRATHICIA A SANGMA	Female	Meghalaya
Damini Tali	Female	Arunachal Pradesh
REBEK LALENGKIMI	Female	Mizoram
VANLALHMANGAIHZUALI	Female	Mizoram
TANUSRI JOSHI	Female	Assam
REBEK LALNUNPARI	Female	Mizoram
Shreya Gupta	Female	Delhi
MARILYN LALHMANGAIHZUALI	Female	Mizoram
PRABHGUN KAUR	Female	New Delhi
SR VANLALTLINGA	Male	MIZORAM
MARILYN LALHMANGAIHZUALI	Female	Mizoram
DAKSH SINGHAL	Male	Delhi
YATIN ARORA	Male	New Delhi
SUDESHNA CHOWDHURI	Female	WEST BENGAL
RUBU TARE	Male	Arunachal pradesh
IPSITA BORDOLOI	Female	Assam
JHONNY G. NARANJA	Male	Pangasinan
LALREMMAWII	Female	Mizoram
SWASTIKA CHAKRAVARTY	Female	Assam
Ngilyang Nampi	Female	Arunacahal pradesh
Apekshaa Choudhury	Female	Assam
Narang Richo	Male	Arunachal Pradesh
PRITOM BASUMATARY	Male	Assam
PREMCHAND BAPURAO	Male	MAHARASTRA

RAUT		
ANNIE BAMIN	Female	Arunachal pradesh
ANNIE BAMIN	Female	ARUNACHAL PRADESH
JUMTER JINI	Female	Arunachl Pradesh
Dr. Bijoyeta Das	Female	West Bengal
PALLABI GOHAIN	Female	Assam
Rumi chetia	Female	Assam
CHANRITA RABHA	Female	Assam
Lalnunmawia Sailo	Male	MIZORAM
Mito bage	Male	Arunachal pradesh
JYOTI BHUSAN SAHA	Male	Arunachal Pradesh
SILU DAS	Male	ASSAM

Annexure 3: Photograph



Annexure 4: Media Coverage

The webinar was well covered in Local daily Newspaper of the state.

Following all the link of the media coverage:

<https://arunachal24.in/arunachal-webinar-on-promoting-career-prospects-in-the-field-of-psychology-held-at-rgu/>

<https://arunachaltimes.in/index.php/2020/08/19/webinar-on-career-prospects-in-psychology-underway/>

<https://thedawnlitpost.com/natl-webinar-on-career-prospects-in-psychology-ends/>