



SINDHI COLLEGE

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(Sponsors: Sindhi Seva Samithi)

#33/2B, Kempapura, Hebbal, Bangalore- 560024

Permanently affiliated to Bengaluru City University Recognized by UGC under 2 (f) & 12 (b)

An ISO 9001:2005 certified institution



RE-ACCREDITED B** CGPA2.98

DEPARTMENT OF PSYCHOLOGY

ABSTRACT

ACADEMIC YEAR 2022-2023 (ODD & EVEN SEMESTER)

Type of Activity	Title	Name of Resource Person	Date	Total Activities
Guest Lecture	Resume Building	Sri Hari	5/12/2022	02
	Addict to De-addict	Dr. Gambetta D'Costa	23/12/2022	



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DEPARTMENT OF BBA

IN ASSOCIATION WITH


DEPARTMENT OF PSYCHOLOGY

“GUEST LECTURE- PSYCHOLOGY & WELLBEING”

Date & Time of the Programme	5/06/2023
Type of the Programme co-curricular /extra-curricular/cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Guest Lecture- Psychology & Well-Being
Class	VI SEM BBA
Total No. of Students	38
Resource Person	Sandesh Zephaniah & Felix M
Objective:	To educate students on the importance of mental wellbeing and how to take care of it.
Issues / Key factors addressed:	The importance of mental health and how to manage it effectively.
Impact/ Outcome:	Students gained knowledge and awareness about mental health and learned techniques to manage it effectively.


HEAD OF THE DEPARTMENT
 Dept. of Psychology, SINDHI COLLEGE
 #33/2B Kempapura, Hebbal,
 Bengaluru - 560 024.

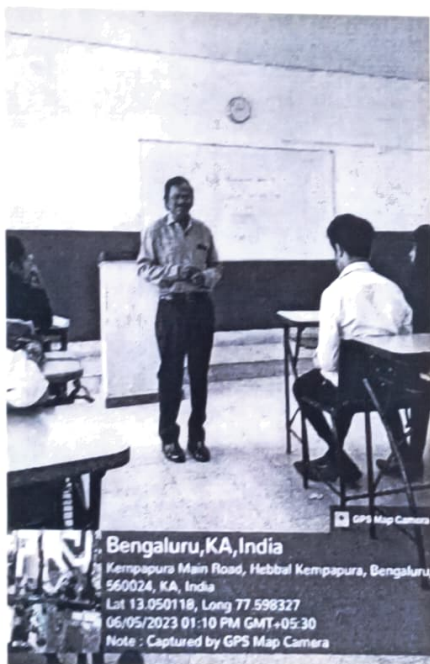

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 Director
 Sindhi College
 No. 33/2B, Kempapura, Hebbal
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REPORT

The **BBA department** organized an inter-departmental guest lecture on "**Psychology and Well-Being**" in collaboration with the **Department of Psychology**. Prof. Sandesh Zephaniah and Prof. Felix M spoke about the importance of wellbeing, common mental health issues, and techniques to manage psychological wellbeing. The lecture was highly engaging and interactive, with students from various departments asking questions and sharing their experiences. Overall, the lecture was a success, and students found it informative and helpful.

GALLERY





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GUEST LECTURE

Date & Time of the Programme	23/12/2022
Type of the Programme co-curricular /extra-curricular/cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Capacity Building
Name of the Resource Person	Dr. Gambetta D'costa
Designation	Founder, Higher Power Foundation
Class	I BCOM, BBA, III, V SEM BA
Total No. of Students	150
Programme In charge	Sandesh Zephaniah
Objective:	Aim to provide information and strategies to individuals and their families struggling with addiction to alcohol and drugs.
Issues / Key factors addressed:	The ill effects of addiction both psychological and physical
Impact/ Outcome:	Provided insights on process of addictions, and the importance of support system to overcome the same

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Dr. B.S. SRIKANTH
Director
Sindhi College
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Bengaluru - 560 024

Guest Lecture: Report

Title of the lecture	: Addict to De-addict
Resource Person	: Dr. Gambetta D'costa, Founder & Director, Higher Power Foundation
Course & Sem	: I, III, V SEM BA, BBA, BCOM
Date	: 23 DEC 2022
Timings	: 12: 00 AM to 2:00 PM
Total Students Attended	: 150



On Friday, the 23rd of December 2022, a guest lecture was delivered by Dr. Gambetta D'costa and his team on the ill effects of alcohol and drug addiction. The lecture covered topics such as changes to psychological and physical aspects of addiction, the process of addiction and de-addiction, and the treatment plan and support available to individuals suffering from addiction.

The Process of Addiction and De-Addiction

The lecture then went on to explain the process of addiction and de-addiction. Dr. D'costa discussed how addiction affects the brain's reward system, leading to compulsive drug-seeking behavior and addiction. The team also explained the steps involved in the process of addiction and de-addiction.

Treatment Plan and Support Available

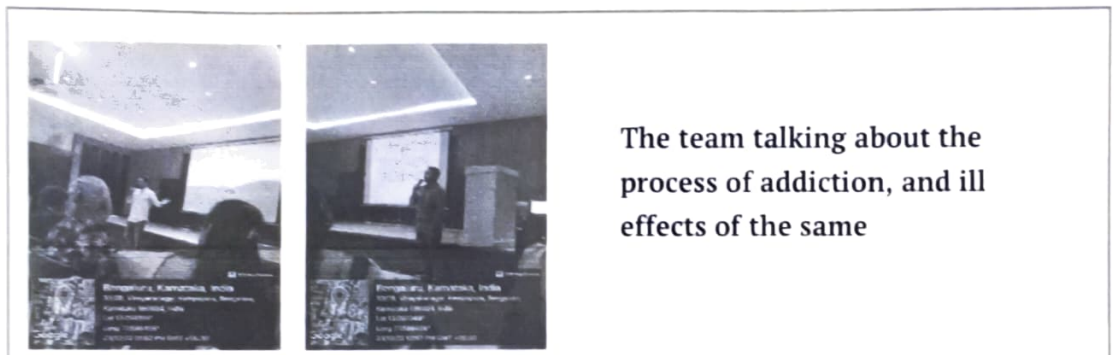
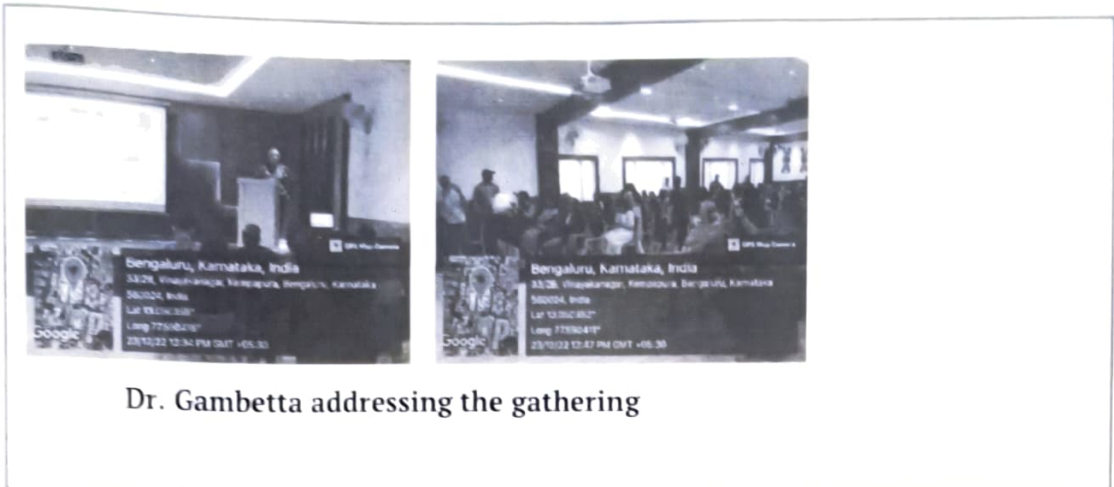
The lecture emphasized the various treatment options available for addiction. Dr. D'costa and his team highlighted professional treatment, peer support, and the importance of a strong support system. They stressed the importance of seeking professional help and addressing addiction as a treatable medical condition rather than a moral failing.

The lecture concluded with Dr. D'costa inviting students struggling with addiction, or those who know someone who is, to visit his de-addiction center. He provided details about the center's facilities and how it can help individuals struggling with addiction.

Audience Engagement

The lecture was followed by a Q&A session, where the audience had the opportunity to ask questions and clarify doubts.

Gallery





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Department of Psychology

Resource Person: Sarayu Perumal, Project Co-ordinator

Industrial Visit: Email sent from the Department

Formal request to visit dementia center Inbox x



Sandesh Zephaniah sandeshr1eve14@gmail.com
to: projectcoordinat...

Wed, Dec 7, 2022, 6:56 PM ☆ ↶ ⋮

Dear Ma'am,

I am Sandesh Zephaniah, Head- Department of Psychology, Sindhi College. This email is to formally communicate about the field trip that has been organised at your esteemed organization on 17/12/2022 at 10:30am with my BA students (40 students) from Sindhi College. This has been discussed with Dr. Radha Murthy by Mrs. Chaya Srivatsa, faculty, Sindhi College.

I believe it will be a great opportunity for my students to be oriented and develop greater insight in the work that is being done at your organization. This will cater greatly to their learning and development.

In case you or your team require any further details, kindly feel free to revert or directly contact me

Looking forward to visiting your organisation.

Thanking you

Communication for the speaker



Sarayu Perumal Projectcoordinator@nightingalesidercare.com
to: Swati Training m...

Thu, Dec 8, 2022, 11:37 AM ☆ ↶ ⋮

Dear Mr Sandesh,

Greetings from Nightingales Medical Trust.

We will try to accommodate your students at our Kastunnagar facility on Saturday, 17.12.22 at 10.30am.

My colleagues, Ms. Sofiya and Mr. Abhishek will organise their orientation and a Dementia Friends Programme for an hour and then they will take your students for a tour around the facility in batches.

Thankyou

Regards

Sarayu Perumal
Project Coordinator
Nightingales Medical Trust
9243737232



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Department of Psychology

Resource Person: Dr. Gambetta D'Costa

Guest Lecture: Email sent from the department

Formal Request to deliver guest lecture Inbox x



Sandesh Zephaniah <sandeshsteve14@gmail.com>
to drgambo

Wed, Dec 14, 2022, 1:04 PM



Dear Sir,

On behalf of Sindhi College, I Sandesh Zephaniah, Head- Department of Psychology would like to formally invite you to deliver a talk on the subject matter of de-addiction in our college on 16/12/2022 at 12:00 PM. The topic for the same would be "Addict to De-addict." We are really proud of what you do and I believe that you would be a great influence to the young minds in our college. Looking forward to the same.

In case you or your team require any further details, kindly feel free to revert or directly contact me.

Thankyou.

With Respect,

Asst. Prof. Sandesh Zephaniah
Head- Department of Psychology
Sindhi College, Bengaluru.

Communication for the speaker



dr gambo <drgambo@higherpowerfoundation.org>
to me

Thu, Dec 15, 2022, 10:05 AM



Thanks for yr email. See u tomorrow.

Looking forward!

Warm rgds

DR G DACOSTA
FOUNDER TRUSTEE

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DEPARTMENT OF BA

GUEST LECTURE- RESUME BUILDING

Date & Time of the Programme	5/12/2022
Type of the Programme co-curricular /extra-curricular/cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Capacity Building
Name of the Resource Person	Mr. Sri Hari
Designation	Placement Officer, Associate Professor
Class	I, III, V SEM BA
Total No. of Students	37
Programme In charge	Sandesh Zephaniah
Objective:	To provide practical tips and strategies for creating a compelling and effective resume that highlights their skills, experience, and achievements.
Issues / Key factors addressed:	The key factors include content and structure, design, , and the importance of review and feedback.
Impact/ Outcome:	Students gained a better understanding of what employers look for in a resume and how to make their application stand out.

[Signature]

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DEPARTMENT OF ARTS

2022-23

Report on Session on Resume Building

In Association with Career Guidance & Placement Cell

Department of commerce organised a career guidance program in association with **Career Guidance & Placement Cell** on 05th December 2022. The Session was organised as an In-House Training Programme for Final Year & Second Year BA students. The Session started with an Introduction of a resource person by Prof. Sandesh HOD & Asst. Professor of Psychology Department to the Participants. Resource person for the day was Prof. Sri Hari, Placement Co-ordinator & Asst. Professor. The Session started with a talk on contents in a resume to attract employers. It stressed on Career objective, Educational Qualification, Strengths, Skills, Internship Experience, Research Exposure and Awards & Achievements if any, Reference from Professors, Personal Profile and Declaration with Email-id & Phone Number. The Questions & answers made the session even more interactive and knowledgeable, informative. Samples of Resumes of various successful personalities in corporate world made students to get the inputs to make their CV more content full. Session was held in seminar hall for one & half hour.

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