



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)

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DEPARTMENT OF PSYCHOLOGY

CLASS ACTIVITY- PANEL DISCUSSION/SESSION 23-24 EVEN SEM

Date & Time of the Programme	27/6/2024
Type of the Programme co-curricular /extra curricular/cultural/sports/NSS/NCC/Industry Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Capacity Building
Class	II, IV, VI BA
Total No. of Students	54
Programme In charge	Sandesh Zephaniah
Objective:	The objective of this panel discussion was to provide a critical analysis of various fields of psychology, offering students deeper insights into specialized domains and their practical applications..
Issues / Key factors addressed:	The key factor addressed was the importance of specialization in psychology to effectively meet diverse individual and societal needs.
Impact/ Outcome:	The panel discussion inspired students to explore diverse psychology fields, fostering curiosity and encouraging specialized career pursuits.

HOD

H.O.D. DEPARTMENT OF PSYCHOLOGY
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Hebbal, Bengaluru - 560024

PRINCIPAL

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Report on the Panel Discussion: "Critical Analysis of Different Fields of Psychology"

The Department of Psychology organized a thought-provoking Panel Discussion on the theme "Critical Analysis of Different Fields of Psychology" on 27/6/24. The event brought together four eminent psychologists, each representing a specialized domain, providing students and faculty with a unique opportunity to gain insights into diverse perspectives within the field of psychology.

Panelists and Their Insights

1. Ms. Vaishnavi Kanzal – *Licensed Clinical Psychologist*

Ms. Kanzal emphasized the growing significance of clinical psychology in addressing mental health challenges. She highlighted the importance of early diagnosis and evidence based therapeutic practices in improving the quality of life for individuals with mental health issues.

2. Ms. Anupama – *Child Psychologist*

Focusing on child development, Ms. Anupama shared valuable insights on understanding behavioral patterns in children and the impact of parenting styles. She also discussed the importance of nurturing a supportive environment for a child's emotional and cognitive growth.

3. Ms. Lakshmi – *Counseling Psychologist*

Ms. Lakshmi elaborated on the transformative role of counseling in resolving personal and interpersonal conflicts. She stressed the importance of non-judgmental listening and creating a safe space for individuals to express themselves.

4. Ms. Hari Priya – *Adolescent Psychologist*

Addressing the unique challenges faced by adolescents, Ms. Hari Priya spoke about the importance of guiding teenagers through their developmental years. She touched upon issues such as peer pressure, identity crises, and the mental health struggles prevalent in this age group.

Interactive Q&A Session

Following the panel discussion, the forum was opened for an engaging Q&A session, during which students enthusiastically interacted with the experts. Questions ranged from career opportunities in psychology to practical challenges in the field, showcasing the students' curiosity and keen interest in the subject.

Feedback

Paashmina, a student from II Semester BA: She remarked, "The panel discussion was incredibly enlightening. Each expert brought unique insights, and the Q&A session added

immense value. I feel more inspired to explore different avenues in psychology."

The panel discussion was a resounding success, providing students with a comprehensive understanding of psychology's diverse fields. It not only enriched their knowledge but also inspired many to consider specialized careers in psychology. The event served as a platform for meaningful dialogue, bridging the gap between theoretical knowledge and practical application in the field of psychology.

The department looks forward to organizing more such events to further nurture intellectual curiosity and professional growth among students.

Gallery:

