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Editorial Musings



Dear Readers,

Season's Greetings and Best Wishes for a Merry Christmas and a Prosperous New Year!

Welcome to Volume 5 Issue 2 of SLS Mirror, the newsletter that brings you the latest updates, stories, and insights from the School of Liberal Studies. As we continue our journey of intellectual exploration, this issue highlights the achievements, events, and ongoing projects that reflect the vibrant spirit of our academic community.



In this issue, we delve into the captivating field of psychology, examining its significance, emerging trends, and its connections with other disciplines. Additionally, we explore various career opportunities and further study options in psychology, providing valuable insights into how students can pursue these pathways and shape a successful future.

Alongside this, we are excited to introduce a new section dedicated to the School of Liberal Studies Credentials. This section will provide detailed information about the number of papers published, ongoing projects, and recent achievements. The purpose of this section is to showcase the scholarly contributions of our faculty and students, highlighting the innovative work being carried out within our academic community. We hope it serves as an inspiring resource for all and reflects the dynamic research environment at SLS.

We hope you find this edition both informative and engaging. As always, we welcome your feedback and contributions for future editions.

Thank you for your continued support and engagement.

Happy Reading! Editor SLS Mirror



Editorial Musings

Dear Readers,

As the year draws to a close, it brings us great excitement and privilege to present to you the final issue of this year. This edition marks the culmination of months of collective effort, creativity, and dedication, and serves as a reflection of the incredible journey we've had throughout the year.

Looking back, this year has been one of challenges, growth, and remarkable achievements. Each issue we published was a testament to the hard work of our team and the unwavering support of our contributors and readers. This final issue is no exception. It celebrates the highlights of the year while also offering a glimpse into the possibilities that lie ahead. We hope it serves as both a reminder of how far we've come and an inspiration for the future.



As co-editor, I am deeply grateful for the trust and encouragement you have shown us. Your engagement—through your readership, feedback, and contributions—has been instrumental in shaping the vision and impact of this publication.

As we turn the page on this year, we remain committed to raising the bar and delivering content that resonates, challenges, and inspires. We invite you to continue this journey with us in the coming year, as we explore new ideas and opportunities together.

On behalf of the entire team, I extend heartfelt thanks to everyone who has been part of this endeavour.

Here's to a year of growth, discovery, and connection!!

Warm Regards,

Dr.Shweta Bambuwala Co-editor, SLS Mirror

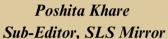


Editorial Musings



Guiding the Narrative and Aesthetics: Editorial & Design Excellence







Anushka Singh Design Editor, SLS Mirror

Hello, Readers!

We are so happy to welcome you back to another edition of *SLS Mirror!* This is the final issue of 2024, and it has paved the way for some exciting new developments. Our teams have worked with complete dedication to bring forward the achievements of our students and faculty, and the scholarly publications of the School of Liberal Studies, and provide guidance for future career prospects.

Your support through readership and contributions have been immensely valuable to the making of this newsletter. With each edition, we attempt to create a platform that reflects our aspirations.

We hope to pleasantly engage you in this edition as well as see you in our next one!







VISIT TO SEWA BANK

Rapporteur: Department of Business Administration and Commerce

November 12, 2024: On November 12th, 2024, the B.Com (Honours) Banking students from Semesters 3, 5, and 7, accompanied by Dr. Shweta Bambuwala, Faculty of the Department of Business Administration and Commerce, visited the Mahila SEWA Sahakari Cooperative Bank in Ahmedabad. The visit aimed to provide students with insights into the cooperative banking model and its unique approach to financial inclusion.

The Mahila SEWA Bank, established to empower women through financial independence, showcased its operations and demonstrated how it serves underserved sections of society, particularly women in informal sectors. The interactive session included discussions with bank officials and members, offering students practical exposure to the cooperative banking framework and its socio-economic impact.

This visit enriched the students' understanding of the cooperative banking sector, complementing their academic curriculum with real-world applications.







FROM STRESS TO STRENGTH: BUILDING A RESILIENT YOU

Rapporteur: Maitri Chheda

November 12-13, 2024: The Department of Psychology, School of Liberal Studies, conducted a two-day workshop titled 'From Stress to Strength: Building a Resilient You' to emphasize the importance of stress management and provide attendees with practical strategies to address its adverse effects on mental and physical health.

On the first day, the session featured international guest expert Mr. Alexander, who delivered an engaging talk on chronic stress, its effects, and the symptoms of burnout. He introduced the concept of resilience and elaborated on the seven Pillars of Resilience. Mr Alexander demonstrated tools such as the Muse headband and discussed techniques for regaining control over thoughts, including the use of a thought catalogue. He also explained methods to measure stress levels, touched upon medical tests for stress evaluation, and covered related topics such as brain waves and the cortisol hormone. The session concluded with a Q&A round, during which Mr. Alexander, supported by Ms. Sonia, addressed attendees' questions.

On the second day, the workshop continued with Dr Udaya Kumar Reddy, who began by exploring techniques for achieving life fulfilment. His session included discussions on stress, distress, coronary artery disease (CAD) and its risk factors, stress management, stress flow, and the stress audit using his proprietary stress management lab. Dr. Reddy also introduced the principles of yoga and family resilience, while highlighting strategies for stress management in academic and professional contexts. His session included insightful statistics on well-being and stress factors in India and other countries. The workshop concluded with a Q&A session, a final note by Dr. Ritu Sharma, and a vote of thanks to the experts and organising committee. Certificates of participation were presented to the attendees, marking the successful completion of the event.









EXPERT LECTURE ON 'USE OF COMPUTER IN QUALITATIVE RESEARCH'

Rapporteur: Vishwa Jani (M.A. Psychology Sem 1)

Number of Participants: 56

November 20, 2024: An expert lecture on 'Use of Computer in Qualitative Research' was organised by the Department of Psychology, School of Liberal Studies, PDEU, on November 20th, 2024, for MA semester 1 and semester 3 students. Coordinated by Dr. Shraddha Sharma, the session was delivered by Dr. Ambati Nageswara Rao, former Dean of the Research and Publication Division and Assistant Professor of Social Work at Gujarat National Law University, Gandhinagar.

Dr. Rao introduced the fundamentals of qualitative research and demonstrated how software like NVivo can help in data analysis. Dr. Rao provided an in-depth view of NVivo software and hands-on experience from installation to practice. His clear teaching style made it easy for students to understand the complex features of NVivo. The practical exercises were particularly helpful, giving students the confidence to use the software for their research projects. The session greatly enhanced their skills in qualitative data analysis and broadened their understanding of research methods.

To conclude the event, Vishvam Shukla (M.A. Sem 1) gave a vote of thanks and expressed gratitude to Dr Rao for his invaluable guidance and contribution and Dr Shraddha Sharma for her unwavering support and effort in organising this event.









WORKSHOP ON SPSS

Rapporteur: Dr. Nausheen Nizami

December 10-11, 2024: The Office of PhD Programme in collaboration with the Department of Economics successfully conducted a two-day training workshop on SPSS. The workshop aimed to enrich the participant's knowledge of the software and foster data analytics skills among them. The event brought together 56 participants, including PhD scholars, post-graduation students, and graduate students from the different departments.



The workshop began with an inaugural session by Dr. Nausheen Nizami, the Head of the Department of Economics, who introduced the theme of the workshop and the resource person of the event Prof Gaurang Rami, Veer Narmad South Gujarat University. He is an expert in data analytics and software.







The workshop was structured into five sessions over two days. The first session was an introduction to the software and brushing up on the basic topics of data analytics, followed by sessions on descriptive statistics cross-tabulation, bivariate, and multivariate Correlation. The first day of the workshop concluded with a session on normality stationarity and an introduction to regression Analysis. The next day of the workshop was a session on Principal component Analysis with which the training was concluded.

It was a very active and engaging event as throughout the event queries were taken up, and it worked on real data sets to enhance the understanding of the participants. The feedback from the participants reflected their contentment from attending the workshop. The workshop concluded with a Vote of Thanks by Dr Vaibhav Shah and the Valedictory remarks were given by Prof A K S Suryavanshi (Director, SLS) and Dr Sitakanta Mishra (Dean, SLS).

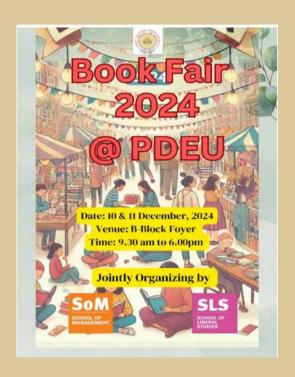




BOOK FAIR REPORT

Rapporteur: Dr. Sandip Pathak

The Book Fair 2024 was jointly organized by the Library and Information Centre of the School of Liberal Studies (SLS) and the School of Management (SoM) at PDEU on December 10th, 2024 and December 11th, 2024. The event witnessed active participation from the Director and Dean of the School of Liberal Studies, as well as faculty members from both SLS and SoM. They enthusiastically contributed to the fair by recommending books to enhance the library's collection







Achievements of Faculty & Staff Members



DR. SANDIP PATHAK

Dr Sandip Pathak was invited as a guest lecturer by Gujarat National Law University to take two different sessions on the course 'Research Methodology and Literature Review' for their PhD Scholars on the date December 22nd, 2024.

The majority of them enrolled for a PhD in Law and very few students enrolled for interdisciplinary areas like Political Science, Management, Sociology, and Social Work.



Dr. HIREN A. SOLANKI

Sr. No	Course Title	University	Grade	Issue Date
1	Early Childhood Development: Global Strategies for Implementation	Harvard University	99 (Passing grade 60)	30th October 2024
2	Creating Modern China: The Birth of a Nation	Harvard University	88 (Passing grade 75)	24th Septemb er 2024
3	U.S. Public Policy: Social, Economic, and Foreign Policies	Harvard University	97 (Passing grade 70)	25th July 2024
4	American Government and Constitutional Foundations	Harvard University	96 (Passing grade 70)	7th June 2024





DR. NAUSHEEN NIZAMI

Dr Nausheen Nizami was invited to participate in a closed-door roundtable discussion titled 'A Global Perspective on the Gender Gap Index – Redefining Metrics for Inclusivity and Impact' organized by the CII Centre for Women Leadership (CII-CWL) in collaboration with Prof. Vidya Vemireddy of IIM Ahmedabad. The event took place on December 10th, 2024.

This session was part of a series of roundtables hosted by CII-CWL, designed to culminate in the development of a comprehensive report and an alternate set of indices. These indices aim to accurately reflect India's unique socio-economic and cultural context while evaluating the nation's progress in the areas of gender and inclusion.

The research initiative is supported by Karmannya Counsel, underscoring its significance in redefining metrics for inclusivity and impact. Dr. Nizami's participation highlights her expertise and commitment to advancing conversations around gender equity and inclusivity.







DR SANDIP PATHAK

Dr. Sandip Pathak was invited by the librarian of the MICA Library, Ahmedabad, to attend the Librarian Meet 2024.





The event, organized by the Knowledge Exchange and Information Centre (KEIC) at MICA Ahmedabad, highlighted the significance of knowledge sharing among library professionals to foster community growth and promote the holistic development of library users. The librarian of MICA also showcased the various services provided by the MICA Library and shared insights from his recent visit to libraries in the United States.

On December 20th, 2024, more than 15 library professionals gathered at MICA to exchange ideas and discuss strategies for improving library services. As part of the event, a podcast recording was organized, featuring Dr. Chintan Pandya as the anchor, with Dr. Sandip Pathak and Shivam Moradia as panellists. This initiative served as an excellent platform to inspire and engage library users, further enriching the experience for all participants.









LAHER DUDANI

22BABBA188

1. Laher Dudani completed the "Introduction to Statistics" course offered by Stanford University through Coursera. This course provided Laher with a robust understanding of statistical concepts, including data analysis, probability, and inferential statistics, which are crucial for decision-making and research. A notable aspect of this accomplishment is Laher's receipt of 100% financial aid, reflecting a strong determination to access quality education despite financial constraints.



2. She completed the "Introduction to International Relations" course offered on the SWAYAM platform, an initiative funded by the Ministry of Education, Government of India. This comprehensive 12-week program, conducted by Aligarh Muslim University from July 2024 to October 2024, provided an in-depth exploration of global politics, diplomacy, and international systems. With a consolidated score of 56%, Laher demonstrated consistent dedication through strong performances in online assignments, scoring 20.94 out of 25, and in the proctored examination, achieving 34.76 out of 75.







3. She had the honour of receiving a medal in the Combined Annual Training Camp (CATC) for excelling in the category of "Best in Camp Activities". This camp was conducted from December 17th to December 26th, 2024, where she actively participated in various activities, showcasing her dedication, leadership, and teamwork skills. In addition to the medal, she successfully earned the "B" certificate in NCC, achieving an A grade, which is a testament to her discipline, commitment, and outstanding performance in the National Cadet Corps.





4. She completed a crowdfunding internship with the Muskurahat Foundation from June 6th to July 8th, 2024. During this internship, she actively participated in raising funds to support underprivileged children catered by the foundation. She was able to raise ₹2,555/- through her dedicated efforts, showcasing her commitment to social causes and effective communication skills. This internship provided her with hands-on experience in crowdfunding and strengthened her ability to connect with people, develop persuasive communication, and promote meaningful causes. It was a rewarding opportunity that allowed her to contribute to a noble mission while also enhancing her personal and professional skills.







BHARGA V DHOKIYA 23BABBA318

Bhargav Dhokiya had the rare opportunity to visit the Satish Dhawan Space Center in Sriharikota, a facility not open for public visits. He earned this exclusive chance by securing a spot in the Top 100 of the National Space Day Quiz Competition after competing amongst 1.5 lakh students. Bhargav explored the Rocket Launch Pad, Control Center, and ISRO Library, gaining valuable insights into advanced space technologies body text





KASHVI SHAH 24BABBA220

Kashvi Shah is proud to share that she recently participated in the 'Concours Cup tournament' hosted at DAIICT, where she had the honour of representing Pandit Deendayal Energy University (PDEU) in table tennis. It was an incredible experience playing as part of a team and strategising together.







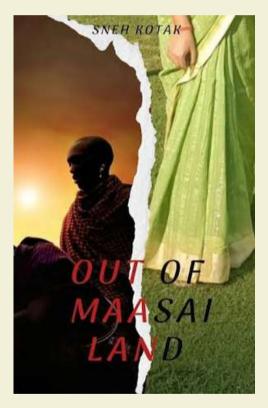
SNEH KOTAK

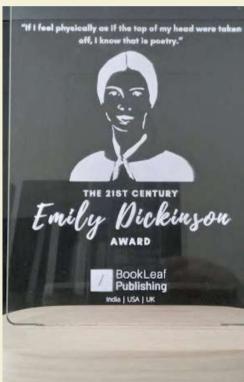
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As a student of SLS, MA (Politics and International Relations), Sneh Kotak independently published a poetry book earlier this year.

This collection with the title 'Out of Maasai Land' offers a glimpse into her homeland of Kenya and her mixed culture. Inspired by her love of poetry from a young age and the rich tapestries of Indian and African cultures, as well as universal themes of love, loss and humanity, she crafted narratives that resonate through different aspects of life.

For this achievement, the book was published on platforms like Amazon and Flipkart, and she recently received the 21st Century Emily Dickinson Poetry Award, portraying insights into the soul and heart of a new author.









ADA GUPTA 23BABBA004

Ada Gupta completed a digital marketing training and internship through a collaboration between Acme-grade & IIM Ahmedabad, CHAOS which started from August to October 2024.

She gained expertise in SEO, social media, analytics, and more. She learnt how to apply her skills to real-world projects. Her dedication and performance earned her certifications, highlighting her commitment to professional growth.



KRISHA PATEL 23MCOM02

Completing Part 2 of the US Certified Management Accountant (CMA) program is one of Krisha Patel's proudest accomplishments. The journey was challenging and rewarding, requiring unwavering dedication to mastering topics like financial decision-making, corporate finance, and risk management.

This achievement has not only deepened her understanding of advanced financial concepts but also boosted her confidence to take on strategic roles in the dynamic field of finance. The experience has been transformative, teaching her the importance of perseverance, adaptability, and continuous learning.

She is excited to leverage the skills and knowledge that she gained through this program in real-world scenarios. This milestone serves as a stepping stone in her professional journey, inspiring her to aim higher and grow both personally and professionally.





MEGHAVI T 21BABBA148

Meghavi had the privilege of presenting her research paper titled "Impact of Financial Development and Non-Renewable Energy on Carbon Emissions of India" at the International Conference on Energy Infrastructure and Management 2024, organized by the School of Management, Pandit Deendayal Energy University. As the youngest presenter among the participants, this experience was both enriching and a testament to her dedication to research and academic growth. Her study examines the relationship between financial development and non-renewable energy, analysing their combined impact on India's carbon emissions using a time series regression model covering the period from 2000 to 2022. The findings provide actionable insights into aligning financial systems and energy policies to address environmental challenges, contributing meaningfully to the discourse on sustainable development.

Being part of this prestigious conference allowed Meghavi to engage with seasoned professionals, researchers, and industry leaders in the energy and infrastructure sectors. This achievement marks a significant milestone in Meghavi's academic journey, inspiring her to continue pursuing impactful research at the intersection of finance, energy, and sustainability.









DIYA JAYMINBHAI DESAI 21BABBA131

1. Diya Jayminbhai Desai, student of BA Hons. (Economics), successfully completed her first NPTEL examination on Labour Economics—Theory and Practice. She is honoured to be among the 132 students certified for the course, achieving a position in the top 5% with a score of 76% and earning the prestigious Elite + Silver Certificate. Prof. Falguni Pattanaik organized this course at IIT Roorkee.

The 8-week coursework provided an in-depth exploration of labour market dynamics, particularly within the Indian context. The course emphasized the impact of government policies on labour market equilibrium, along with insights into theoretical models of market discrimination and schools of thought on human capital. A significant highlight for her was the emphasis on the role of women in the workforce as pivotal to achieving India's \$5 trillion economic target.



2. She completed the 'Economics of Innovation' course on NPTEL, achieving an Elite + Gold certificate with a score of 90%. The course, meticulously designed and conducted by Prof. Ruchi Sharma of IIT Indore, offered fresh perspectives which helped her learn, unlearn, and relearn various concepts. As a student of Economics and Public Policy, Diya found the course particularly appealing for its seamless transition from theoretical frameworks to real-world examples, policy analysis, and future directions. This experience has broadened her understanding of innovation and its pivotal role in driving economic growth and policy formulation.







3. She is thrilled to share that she completed the 'Policy in Action' fellowship organized by YLAC (Young Leaders for Active Citizenship). It is a month-long highly selective engagement that started in 2016 by the co-founders of The Quantum Hub, a public policy consultancy.

Being the youngest in the diverse cohort of 64 fellows was initially overwhelming, but the seamless facilitation by her coordinators, Rohit Kumar and Aparajita Bharti, ensured a cohesive and interactive environment for everyone. A key highlight was the chance to work on live projects with policymakers. Diya, along with five fellows, collaborated on a project titled "Health Challenges Faced by Women Workers in the Informal Sector of India" under the guidance of Dr. Fauzia Khan, Member of Parliament, Rajya Sabha, Government of India. This hands-on experience of designing a policy brief provided a practical dimension to her academic understanding of public policy, bridging the gap between theoretical study and real-world application.





KRISHA PATEL

23MCOM02

Completing Part 2 of the US Certified Management Accountant (CMA) program is one of Krisha Patel's proudest accomplishments. The journey was challenging and rewarding, requiring unwavering dedication to mastering topics like financial decision-making, corporate finance, and risk management.

This achievement has not only deepened her understanding of advanced financial concepts but also boosted her confidence to take on strategic roles in the dynamic field of finance. The experience has been transformative, teaching her the importance of perseverance, adaptability, and continuous learning. She is excited to leverage the skills and knowledge that she gained through this program in real-world scenarios. This milestone serves as a stepping stone in her professional journey, inspiring her to aim higher and grow both personally and professionally.





BHARGAV DHOKIYA 23BABBA318

Bhargav Dhokiya has completed a 1-month online training and internship in Business Development and Analysis with Boost Star Experts. The program, conducted from August 1st, 2024 to September 1st, 2024, provided valuable insights into business strategies, market research, and data-driven analysis.

During this internship, he gained practical knowledge in identifying business opportunities, understanding customer personas, and using analytical tools to drive growth. This experience enhanced his skills in strategic decision-making and market evaluation, which are essential in today's competitive business landscape.



DHYANA AASHIT SHAH 24BABBA220

Dhyana Aashit Shah, currently pursuing her Master's Degree in English Literature from the esteemed Pandit Deendayal Energy University (PDEU), Gandhinagar has achieved a remarkable milestone in her academic journey. She secured the second rank at St. Xavier's College (Autonomous), Ahmedabad in her Bachelor of Arts degree with English as her specialization. Constant dedication and a passion for literature enabled her to attain an impressive cumulative grade point average of 7.78 out of 10.









JAIVIK GEHLOT 23BABBA098

Jaivik Gehlot completed a 60-day internship at Visak Financial Services Private Limited as a financial research intern from May 20th to July 19th, 2024, under the esteemed guidance of CA Tejas Chokshi.

He gained invaluable exposure and practical knowledge as a Financial Research Intern. His responsibilities encompassed a diverse range of projects, such as conducting a detailed market research study on the CNG market in the United Kingdom, documenting and analyzing the SME IPO process in Indian markets, and performing an in-depth analysis of accounting software used across three countries. His internship concluded with him receiving a trophy, a letter of recommendation, and formal recognition alongside his internship completion certificate.





RIDHAM SHAH 23BABBA103

Ridham Shah completed his two-month financial research internship at ViSak Financial Services, which was an invaluable experience in his pursuit of a finance career.

During his time at ViSak, he contributed to a variety of projects that enhanced his research, analytical, and presentation skills. He developed over five professional presentations, ten detailed research reports, and numerous Excel-based financial models, which directly supported various client solutions and internal strategic analyses. His work spanned diverse areas, including comprehensive market research for companies considering overseas expansion (encompassing market sizing, competitive analysis, and relevant regulatory landscapes) and in-depth investigations into the regulatory requirements, procedures, and associated costs of establishing businesses and engaging in international trade (import/export) in four different countries, including a detailed analysis of the UK market.





He also performed comparative market analyses of accounting software, evaluating cost structures, feature sets, and market availability across both domestic and international platforms.

After his internship, he was recognized with an award for exceptional work, an internship completion certificate, and a letter of recommendation.





KASHISH SHAH 24BABBA220

Kashish Shah completed a one-month internship as a Counselor at Kanoria Hospital, Gandhinagar, from December 1st to December 31st, 2024. Although she is a Psychology minor student, her experience was truly remarkable.

She participated in various activities with the children at the daycare and provided counselling to adult patients at the hospital. She gained insights into the types of disorders the patients were dealing with, learned about their medical histories, as well as their families' medical backgrounds, and much more.





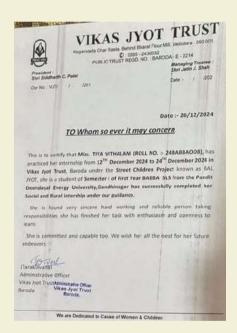




TIYA VITHALNI 24BABBA008

In December 2023, Tiya completed an enriching internship program with an NGO focused on social work, which allowed her to contribute meaningfully to the community while honing skills in teaching, research, and community engagement.

Her primary role involved teaching underprivileged children, including a slum community. She designed and conducted interactive sessions where she taught them the basics of drawing, the alphabet, and other foundational skills. Creative methods, incorporating visual aids and storytelling, were used to make the lessons engaging and easy to understand. The goal was not limited to academics but also to boost their confidence and creativity. Additionally, she conducted surveys to understand the specific needs of the community and identify potential donors who could support the NGO's initiatives and contribute to their funding and outreach efforts.











SOCIAL AND RURAL IMMERSION (SARI) PROGRAM

Rapporteur: Saumya Shah

Number of Participants: 420

December 10, 2024-January 4, 2025: The SARI program aims to equip students with practical insights into the challenges faced by underprivileged communities while promoting civic consciousness and social responsibility. By stepping beyond their academic boundaries, students engage in hands-on learning experiences, actively contributing to the upliftment of rural populations.

During their immersion, students closely observed and participated in the daily lives of rural residents, gaining valuable insights into sustainable living, agricultural practices, local governance, and community-driven problem-solving. They engaged in meaningful interactions with families, visited traditional homes, and explored the socio-economic dynamic shaping rural livelihoods. Many participants described the experience as humbling and enlightening, providing them with a deeper appreciation for the resilience and simplicity of rural communities.

Beyond practical exposure, the program was pivotal in developing essential professional and interpersonal skills such as communication, leadership, teamwork, and problem-solving. Engaging with NGO professionals and community members encourages students to think critically about social development and policymaking, broadening their perspectives on sustainable community engagement.

The overwhelming response from participants underscored the success and impact of the SARI program. Many students shared transformative experiences, highlighting how the program reshaped their understanding of rural life and instilled a stronger commitment to social development. Their reflections emphasised a newfound appreciation for rural self-sufficiency and an increased awareness of the socioeconomic disparities that exist between urban and rural populations.

The School of Liberal Studies (SLS) at PDEU takes immense pride in organizing this immersive initiative, which serves as a bridge between urban students and rural communities, fostering a sense of social responsibility and engagement. The SARI Program exemplifies the institution's dedication to holistic education, community involvement, and experiential learning. More than just an internship, it is a journey of self-discovery, social consciousness, and meaningful societal contribution.

Through initiatives like SARI, SLS PDEU continues to empower students to become responsible, empathetic, and socially aware leaders, committed to creating positive change in society.

















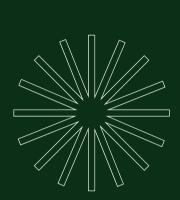




KNOW YOUR FIELD:

Chapter 02 Psychology









Introduction

PROF (DR) RITU SHARMA is currently working as a Professor of Psychology at SLS, PDEU, Gujarat. She was the former Dean of the School of Liberal Studies. With over 20+ years of experience, she is involved in the complete gamut of academic activities – teaching, research, institutional development & training assignments. Her teaching experience involves various courses at the university level in psychology & management-related subjects at the Ph.D., Postgraduate & Undergraduate levels.

Interviewed by Mayuri Nayak





1. Could you share a bit about yourself, what inspired you to pursue psychology, and what keeps you motivated in this field?

She has engaged with psychology in various roles, beginning as a practitioner and researcher while exploring academic pursuits. Her family background allowed her to travel across the country, giving her insights into how behaviours influence emotions, which sparked her curiosity.

Starting her academic journey at a young age, her teaching experiences since early 2004 have motivated her contributions to the field. Psychology has connected her with ancient Indian wisdom and deepened her understanding of human complexities, such as the brain and behaviour. Her fascination with the challenges people face drives her passion for understanding human nature and the importance of her field in contributing to society. Influential mentors in psychology inspired her early on, reinforcing her commitment to dedicate her life to this discipline.

2. What are the different areas of specialisation within psychology (clinical etc), and how does one decide which is right for them?

In today's world, clinical psychology is a crucial field where trained professionals are in high demand, alongside traditional areas such as organisational psychology, cognitive psychology, and the emerging field of forensic psychology. These specialisations have evolved into promising career options. Other significant and engaging areas include digital mental health practitioners, health psychologists, and coaches with a background in psychology.

Choosing a path in psychology should align with one's interests and passions. Furthermore, there are opportunities in research, particularly in psychological testing and tool development, as well as roles focused on data analysis for those inclined toward research. A student must undertake as many internships in all these fields which will allow them to decide what will be right for them.

3. How can undergraduates gain practical experience in psychology through internships, research, or fieldwork?

Students have the opportunity to engage in social work and volunteer activities in addition to internships. At SLS, they can work as research interns on faculty-led projects, applying their theoretical knowledge to practical research activities.

The undergraduate psychology programs at SLS and PDEU balance theory and practical application, preparing students for diverse career paths. Through collaborations with local hospitals, NGOs, and industry partners, students gain hands-on experience. Faculty members involve students in research projects where they develop methodologies, conduct fieldwork, and analyse data. Dissertation work and field-driven assignments further enhance their skills. The university offers flexibility in location based on individual interests, ensuring students are well-equipped for professional roles with meaningful practical experiences.





4. For students considering advanced degrees in psychology, what factors should they consider when choosing a specialisation or institution?

When choosing an institution for advanced degrees, it's essential to consider the faculty and the knowledge they will provide. The specialisation of the faculty is particularly important, as it can open up various opportunities for research and practical learning. Other factors like facilities, infrastructure, support systems, scholarships, and research or travel grants also play a significant role. However, faculty specialisation remains a key consideration. For instance, if someone is interested in Indian Psychology, they should review the profiles of faculty members who have expertise in that field. This allows them to learn from and connect with the right mentors effectively.

5. What distinguishes Master's, Doctorate, and certifications in psychology, and which are essential for career growth?

After earning an undergraduate degree, many individuals pursue a master's degree in psychology, which allows flexibility in exploring the field. In India, master's programs usually last two years, but some universities, following the new education policy, are offering one-year programs, similar to those in Europe and the USA.

A doctorate program is the highest academic qualification, granting the title of "Doctor" in a specific field. In psychology, it involves extensive training and research in areas like social, cognitive, or AI psychology. Alternatively, a Doctor of Psychology (PsyD) focuses on practical training, making it suitable for those pursuing a career in clinical psychology.

Professional certifications are important, but it's crucial to verify their recognition by relevant authorities when job searching. Universities also offer postgraduate diplomas, while experienced psychologists may consider short-term courses (3 to 6 months) for niche expertise or personal interests.

If someone wants to pursue child counselling, special needs, or rehabilitation training, there are specific programs for these areas offered by the Rehabilitation Council of India (RCI), an authorized body for such certifications. She recommended completing a master's degree after undergraduate studies and then enhancing it with relevant professional certifications.

6. What types of professional certifications or licenses should one pursue to advance in the field of psychology?

If someone wants to pursue child counselling, special needs, or rehabilitation training, there are specific programs for these areas offered by the Rehabilitation Council of India (RCI), an authorized body for such certifications. She recommended completing a master's degree after undergraduate studies and then enhancing it with relevant professional certifications.





7. What resources, workshops, or extracurricular activities does the university offer to help students build essential skills like counselling, research, or data analysis?

The university offers a range of workshops, training programs, and seminars to help students develop essential skills like counselling, research, and data analysis. Key programs include training in counselling techniques, research methodologies, psychometric testing, and statistical data analysis, with sessions conducted both on-campus and off-campus when opportunities arise. Additionally, expert-led seminars are periodically organised to provide industry insights and networking opportunities. Some skill development sessions are mandatory for students, encouraging learning beyond traditional classroom methods.

8. Does the university have a dedicated career counselling or placement cell to guide psychology students in finding job opportunities or higher education pathways?

The university has a dedicated career counselling and placement cell that actively supports psychology students in exploring job opportunities and higher education pathways. The cell regularly shares opportunities via email, and students are encouraged to connect with it during their 6th semester to maximise benefits. This proactive approach allows ample time to refine CVs, seek guidance from mentors, and align career goals. Waiting until the final semester often limits available choices, so early engagement is key. Additionally, students can leverage resources like student clubs, and research projects, and even volunteer with the placement cell to enhance their career readiness.

9. What advice would you give to students who are just beginning their journey in psychology?

The most important advice for aspiring psychologists is to adopt a nonjudgmental approach. This means accepting people as they are and creating a comforting environment where they feel safe to open up. Developing patience, curiosity to inquire, and an attitude of acceptance is crucial, as these qualities form the foundation of effective psychological practice.

It's also essential to consciously train oneself to avoid labelling situations or individuals as simply "good" or "bad." Psychology demands an open mind and a willingness to explore without bias. Start building this mindset from day one, as it not only helps you connect with people but also enhances your skills in listening and understanding deeply.

10. What is one skill or habit that you believe is essential for every psychology student to develop?

She believes good listening skills are essential for every psychology student. Developing this skill allows a deeper understanding of the mind and a lot of things that are spoken in the environment, but we tend to ignore them because of our crowded mentality. It enhances the ability to comprehend and connect with others, which is crucial in psychology.





11. What has been the most rewarding aspect of working in psychology?

The most rewarding aspect of working in psychology is its threefold approach: the ability to engage in teaching and learning with young minds, the application of scientific methods to answer curious questions, and the opportunity to connect with diverse individuals and contribute to societal development. Psychology offers a deep understanding of life, providing constant intellectual stimulation. The field never fails to intrigue, as each human story is unique and fascinating, allowing us to see the profound impact psychology can have in understanding and contributing to human development.

12. Do you have any favourite books, quotes, or personal insights related to psychology that you'd like to share with students?

Two books that she believes can offer valuable insights for students, especially those in interdisciplinary fields like Liberal Studies, are "What Do You Say After You Say Hello?" by Eric Berne and "Tuesdays with Morrie" by Mitch Albom. Both books teach us about interpersonal relationships and the human experience, offering timeless wisdom that psychology students can apply early in life. By understanding these concepts, we can make our lives richer and contribute to others' growth, both personally and professionally.



Research and Publications



Introduction

Section Name: From Inquiry to Impact: Research and Publications

Research and publication form the backbone of academic excellence, reflecting a school's commitment to innovation, inquiry, and intellectual growth. In this section, we spotlight the strides made by our faculty and students in exploring diverse fields of knowledge. From ground-breaking research projects to thought-provoking articles and collaborative publications, this segment highlights the achievements that position our school as a hub of creativity and scholarly pursuits.

Whether delving into contemporary issues, contributing to specialized disciplines, or showcasing innovative pedagogical practices, our research and publications exemplify the dedication to fostering a culture of critical thinking and academic integrity. Join us in celebrating these milestones that continue to enrich the academic community and society.





Research Publications & IPR



Dr. Rajesh Desai

Dr. Rajesh Desai, Assistant Professor, Department of Business Administration and Commerce has number of research articles to his credit published in highly prestigious journals in year 2024 and is also awarded with Copy Right.

- Desai R. (2024). Analysing consumer switching behaviour and financial antecedents to determine the intention to use central bank digital currency: evidence from the Indian economy, *Asia Pacific Journal of Marketing and Logistics*, 1-28. 10.1108/APJML-05-2024-0669 [ABDC A, Scopus, Web of Science]
- Raval A.; Desai R. (2024). Reviews and directions of FinTech research: bibliometric—content analysis approach, *Journal of Financial Services Marketing*, 29(3), 1115-1134. 10.1057/s41264-023-00262-4 [ABDC B, Scopus, Web of Science]
- Desai R. (2024). Nexus between mandatory ESG disclosure regulation and abnormal stock returns: a study of an emerging economy, *International Journal of Law and Management*, 66(2), 236-258. 10.1108/IJLMA-07-2023-0154 [ABDC, Scopus, Web of Science]
- Desai R. (2024). Nexus between Debt Financing and Market Value Moderated by Firm Size: Panel Data Evidence from India, Vision, 28(5), 633-644. 10.1177/09722629211052641 [ABDC, Scopus, Web of Science]
- Patel S.; Desai R.; Soni K. (2024). Unveiling the drivers of green loan disclosures: a study of financial and governance determinants, *Journal of Financial Regulation and Compliance*, 32(5), 699-725. 10.1108/JFRC-08-2024-0161 [ABDC, Scopus, Web of Science]
- Desai R.; Mehta B. (2024). Working capital policy of newly incorporated firms, Asian Journal of Accounting Research, 9(1), 13-24. 10.1108/AJAR-02-2022-0066 [ABDC, Scopus-Q1]
- Desai R.; Das L. (2024). Investor reaction to the mandatory reporting of corporate ESG practices in the Indian stock market: an event study approach (2020–2021), *International Journal of Green Economics*, 18(1), 45-60. 10.1504/IJGE.2024.138511 [ABDC, Scopus-Q1]

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Dr Sher Singh Yadav

Dr Sher Singh Yadav, Assistant Professor, Department of Business Administration and Commerce has published a research paper, "Influence of Religious Value and Minimalism on Repurchase Intention of Sustainable Fashion: A Combined PLS-SEM and NCA Approach," in the prestigious Journal of Cleaner Production (ABDC: A, IF: 9.8, Cite Score 20.4, SCIE, Q1, Elsevier).



Mr. Shanti Chaudhary

Mr. Shanti Chaudhary, Assistant librarian has published a paper titled "Research Journey of Advances in Human Biology: Visualisation Approach", DOI: 10.4103/aihb.aihb_63_24 In Journal: Advances in Human Biology published by Wolters Kluwer



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