

# Department of Psychology & Mental Health

## School of Humanities and Social Sciences

### Gautam Buddha University, Greater Noida

#### INTRODUCTION

The inception of **Department of Psychology & Mental Health** under the School of Humanities & Social Sciences at Gautam Buddha University took place in the academic year 2011, having the philosophy of Buddhist Psychology in its root. The department envisions earning the national and international recognition, particularly in the area of Applied Psychology and Mental Health. At its core, the Department carries the mission to promote the virtues of mindfulness, social equanimity and psychological well being among students and the people around through its academic and research ventures and mental health services. The Department strives to be a premiere research & training centre in the area of Psychology and Mental Health.

#### Academic Programmes offered by the Department:

The Department currently offers three programmes in the area of Psychology at Post Graduate level and higher research level which are:

1. **M.A. in Applied Psychology**  
(Specializations in Clinical & Counselling Psychology and Organizational Psychology), a Four semesters-2years programme
2. **M. Phil. (Clinical Psychology), 2 years programme (RCI Accredited)**
3. **Ph.D. (Applied Psychology)**

The Course Curriculum for Post Graduate & Ph.D. programmes is designed in accordance with UGC guidelines and for the M. Phil. (Clinical Psychology) course, it is as per the **Rehabilitation Council of India (RCI)** guidelines.

The department has established the “Clinical Psychology O.P.D” and “Psychology Laboratory” which facilitate the practical training and clinical exposure of the students and provides mental health services to the people in need. The details of the activities of these programmes are as below:



#### **a) Lab activities**

- The department facilitates the psychological assessments through Intelligence tests, Cognitive tests, Personality tests, Aptitude tests, and leadership skills at work place.
- To diagnose various psychological conditions, the department also facilitates the assessment of anxiety, depression, phobia, OCD, and severe mental disorders such as schizophrenia, acute psychosis, BPAD, etc to cater the needs of the target group.

#### **b) O.P.D. activities**

- The Department runs clinical psychology O.P.D. on each week day and provides following clinical services:
  - Mental Health Clinic
  - Child & Adolescent Clinic
  - Neuro-psychological Clinic
  - Mental Retardation and Developmental Pathology Clinic
  - De-addiction Clinic and
  - Marital & Psychosexual Clinic

In O.P.D. the Department has provisions of **Psychodiagnostic assessment, Psychotherapeutic management of psychological problems, Psychotherapeutic intervention & counselling, Bio & Neurobiofeedback training and relaxation therapy by EEG, ECG & EMG machines to the patients of depression, anxiety, phobia, OCD, tension headache and other psychological conditions.**

#### **c) Associations for Practical Training & Clinical Exposure**

The department has its association with many health organizations where the students of different programmes are posted for variety of clinical exposure and field training. The names of the organization are as follows:


- Greater Noida Medical University, Greater Noida, U. P.
- Post-Graduate Institute of Paediatrics (under Greater Noida Medical University), Noida, U. P.
- SHANTI HOME, Psychiatric and De-addiction Hospital, Greater Noida & New Delhi.
- Jain-Neurological Psychiatric Hospital, East Delhi.

Besides these as above, the students have actively participated and attended various workshops and seminars details of which are listed below:

- Conducted workshop on *“significance and Use of Thematic Apperception Test in Psychological Assessment”* on 22<sup>nd</sup> and 23<sup>rd</sup> September’ 2012 in association with **Indian Institute of Psychology** at School of Management, Gautam Buddha University.
- Conducted workshop on *“Introduction to EMDR – Principles and Applications”* on 12<sup>th</sup>-13<sup>th</sup> October’2012 in association with **Indian Institute of Psychology** at School of Management, Gautam Buddha University.
- Attended workshop on *“Rorschach Comprehensive System, Administration, Scoring & Interpretation”* on 15<sup>th</sup> & 16<sup>th</sup> February’2013 in association with Department of Psychiatry, at Moolchand Hospital, New Delhi.

- Conducted workshop on “Career Assessment, Exploration, and Counselling” on 26<sup>th</sup> and 27<sup>th</sup> February’ 2013 in association with **SkillGapfinder** at School of Management, Gautam Buddha University.
- Attended workshop on “Research Methodology & Statistics” on 7<sup>th</sup> to 11<sup>th</sup> October’2013 by **Institute of Psychology, TGOU** at Unique Psychological Society, Paryavaran Complex, New Delhi.
- The Department facilitates field visit exposure at **Community Centre of Richmond Fellow Society, Najafgarh, New Delhi** on different occasion.

## RCI Approval



**भारतीय पुनर्वास परिषद्**  
(सामाजिक न्याय और अधिकारिता मंत्रालय, भारत सरकार के अधीन एक सांविधिक निकाय)  
**REHABILITATION COUNCIL OF INDIA**  
(A Statutory Body under the Ministry of Social Justice and Empowerment)  
Department of Disability Affairs

17-785/M.Phil/CI.Psy./14/RCI 3766

7<sup>th</sup> July 2014  
SPEED POST

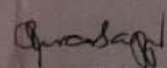
**CERTIFICATE OF APPROVAL**

The Rehabilitation Council of India is pleased to accord approval to **Gautam Buddha University, Near Yamuna Expressway, Greater Noida, Dist. Gautam Budh Nagar, Uttar Pradesh – 201308** for running the following course:


Course	Duration of course	Intake Capacity
M Phil (CI.Psy.)	02 year	08 (Eight) (Maximum)

**Note:** - The approval can be withdrawn at any time if found violating RCI norms.

- The approval is for **one academic session** i.e. **2014-15** subject to conditions that the RCI's standard syllabus and nomenclature are followed and facilities in the institute are maintained in accordance with the norms prescribed by RCI from time to time.
- The Council may depute team of visiting experts to evaluate the facilities at any time and visitors to attend the final examination (Theory/Practical). The final examination shall be conducted in accordance with the norms as prescribed by the Council from time to time. The teaching/core faculty should be ensured as per RCI norms throughout the programme.
- Approval fee of **Rs.30,000/-** may be remitted to the Council through Demand Draft in favour of **Rehabilitation Council of India** payable at New Delhi, within one month.
- The Institute is advised to fulfill all the conditions as prescribed by the Council. The recognition U/s 11 of the RCI Act, 1992 shall be granted by MoSJE after verification of removal of all the shortcomings.
- The shortcoming(s) as mentioned at Annexure-"A" on the reverse page of this order must be removed within 3 months with intimation to the Council failing which the approval shall be stand cancelled.
- Receipt of the certificate may be acknowledged

  
 (D. N. Sreenivasappa)  
 Member Secretary

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*"Human beings are like a mirror covered with dust. It is up to us to choose the way we remove the dust particles and bring forth clarity."*

#### Team of Service Providers

The various psychological services at OPD are offered by the trained Clinical Psychologists and the Resident Trainees of the Department. The details are as follows:

##### Consultants



**Dr. Anand Pratap Singh**  
Head, Deptt of Psychology & Mental Health  
Area of Expertise: Psychotherapy & Clinical Neuropsychology



**Isha Paul**  
Faculty  
Area of Expertise: Forensic & Clinical Psychology

##### Resident Trainees



**Shivani Tomar**  
Area of Expertise: Clinical Psychology



**Gangarani Devi**  
Area of Expertise: Clinical & Corporate Psychology



**Halley T. Singh**  
Area of Expertise: Clinical & Corporate Psychology



**Annie Singh**  
Area of Expertise: Clinical Psychology



**Jyoti Sharma**  
Area of Expertise: Clinical Psychology



**Toran Kapoor**  
Area of Expertise: Corporate Psychology

**Bhuvaneshwari**  
Area of Expertise: Clinical Psychology

#### Gautam Buddha University

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## Gautam Buddha University

Established by the Uttar Pradesh Gautam Buddha University Act 2002, UP Act No. 9 of 2002

### Department of Psychology & Mental Health

School of Humanities & Social Sciences



#### CLINICAL PSYCHOLOGY SPECIALITY OPD



#### From the Desk of the Vice Chancellor



The Department of Psychology & Mental Health was established in the School of Humanities & Social Sciences at Gautam Buddha University in the academic year, 2011-12. Having the Buddhist Psychology in the root, the Department aspires to become a centre of excellence, particularly in the area of mental health and psychological well being. We at the Gautam Buddha University working hard towards emerging as one of the premier centres of excellence in the country in promoting psychological wellbeing of the people. Our programmes are meticulously designed to facilitate the young learners to develop skills and competence in effective dealing with daily stressors, efficient and efficacious work styles and to enjoy physical health with a feeling of holistic emotional wellbeing.

The competent and widely experienced Clinical Psychologists at our Mental Health Centre (Clinical Psychology Speciality OPD) offers various psychological interventions that may prove vital in helping people to reach their mental health goals. They may be best bet in guiding the people having any sort of stressor in life due to various life conditions such as chronic illness or injury, loss of a loved one, anxiety & depression, loneliness, addictions & behavioural problems, eating & sleeping disturbances, difficulties at work place, etc., across generations. They are also the credible professionals in assisting the people during any crisis situation, natural disasters, and victims of an act of terrors. Besides the above, the professionals at our centre may help the people in identifying their psychological capitals within and enhancing their strengths at ease.

I take this opportunity to invite the people from the surrounding areas, who are in psychological need to seek our services at our Clinical Psychology O.P.D. being offered by the Department of Psychology & Mental Health and be the part of our mission of promoting the psychological wellbeing, virtues of mindfulness, psychological harmony & equanimity and quality of life in community at large.

I wish a good success to the Department and Clinical Psychology Services in their noble mission.

Dr. J. P. Sharma  
Vice-Chancellor

#### About the Department

The Department of Psychology & Mental Health is one of the key departments under the aegis of School of Humanities and Social Science. The department exercises both the thriving academic and vital clinical practices in the area of Applied Psychology & Mental Health. It envisions to be a centre of hub for information in mental health area, training & research and clinical interventions for various issues related to psychological wellbeing. The Department of Psychology & Mental Health lays emphasis on sharing, exchanging and disseminating crucial knowledge in promoting the psychological wellbeing through its teaching, research and psychological services. The Department is the premier mental health service provider at the Greater Noida and surrounding area. Our mission is to achieve an academic and clinical excellence and be a leader in the area of mental health.



#### Academic Programmes & Services

##### A. Academic Programmes

The Department currently offers three programmes in the area of Applied & Clinical Psychology named as:

- 1) M.A. in Applied Psychology
- 2) M.Phil. in Clinical Psychology (RCI Accredited)
- 3) Ph.D. in Applied Psychology



##### B. Mental Health Services

It has long been acknowledged that the prevalence and complexity of mental health issues has grown significantly in recent years. This growth has been observed across the generations and community. The impact of these mental health problems on the individuals can be devastating in both ways; emotionally and socially. Therefore, the Department aims to promote mental health in the community at large and encourage the social inclusion of people with mental health problems in their social environment.

We invite people to join hands with us in overcoming the stigma and discrimination associated with people having psychiatric disorders.

##### a) Laboratory Training & Services

The Department facilitates the assessments of various psychological capitals of the individuals such as Intelligence, Cognitive abilities, Personality, Aptitude, leadership skills etc at its Clinical Psychology Laboratory.

To diagnose the psychological disorders among the people, the Department also facilitates the assessment of various emotional & behavioural problems viz a viz anxiety, depression, phobia, OCD, ADHD, Dyslexia, severe mental disorders such as schizophrenia, psychosis, BPAD, etc. across the generation.

##### b) Clinical Psychology Speciality OPD Services

The Department runs clinical psychology speciality OPD on each week day and offers following clinical services:

- o Mental Health Clinic
- o Child & Adolescent Clinic
- o Neuro-psychological Clinic
- o Mental Retardation and Developmental Pathology Clinic
- o De-addiction Clinic and;
- o Marital & Psychosexual Clinic



In the OPD, the Department has provision of Psychodiagnostic assessment, Psychotherapeutic management of all kinds of psychological disorders, Biofeedback & Neurofeedback therapy by EEG, ECG & EMG machines, and relaxation therapy to the patients of anxiety, phobia, OCD, tension headache and other psychological conditions.

##### Workshops & Seminars

The Department organizes workshops and seminars intermittently throughout the year on various themes of relevance in mental health area and exercises promotional activities to encourage mental health campaign at community level.