

RESEARCH PUBLICATION:

DR. SHIRISH SHITOLE, ASSOCIATE PROFESSOR

A) Ph.D. Awarded by Pune University on 26th July, 2019

Guide: Dr. P.V. Rasal

Title: Development and Evaluation of Self-regulated Learning Skills Facilitation Programme for civil service competitive examination students.

B) Award winning Research Paper (2014):

No.	Title of the Paper	Title of Conference	Organizer	Publication
1.	Study of correlation between performance given by Class-I Indian public servants in civil service written examination and personality testing	2 nd National Conference on Applied Psychology in 21 st Century	Marathi Manasshastr a Parishad (Venue: Baramati) (Oct 2015)	International Journal of Business, Management and Social Sciences ISSN: 2249-7463 (Peer Reviewed)

C) Research Publications:

No	Title of the paper presented	Name of Journal {Peer Reviewed}	
1	Study of relationship between examination fear and use of motivated learning strategies by students appearing for civil service competitive examinations	Conference Proceedings National Conference on 'Challenges in Teacher Education, Physical Education and Sports' Organized by Mahavir Mahavidyalaya, Kolhapur ISBN 978-81-927211-2-5	Oct. 2013
2	Study of relationship and differences between male and female students appearing for civil services competitive examinations related to	Conference Proceedings National Conference on 'Modern Approaches and Innovations in Psychology'	Feb. 2014

	different aspects of strategic learning approach and emotional intelligence	Organized by Kohinoor Arts, Commerce and Science College, Aurangabad ISBN 978-93-82504-46-7	
3	A study of relationship between perceived parenting styles and social maturity among urban adolescents	Indian Journal of Health and Wellbeing Vol 5, Issue 10 ISSN- 2229-5356	Oct. 2014
4	A Study of relationship between Big Five Personality Factors and Use of Motivated Learning Strategies by students aspiring for career in civil services	SSRG International Journal of Humanities and Social Science Vol I Issue II ISSN 2394-2703	Dec. 2014)
5	Concepts and Critical Issues in Andragogy	** Selected for publication by Humanities and Social Sciences Studies (HSSS) ISSN 2319-829X)	Jan. 2016
6.	Citizenship amendment act, 2019: Legal complexities and way forward	Indian Journal of Society and Politics (IJSP), India	2022

D) Books:

No.	Title	Publisher	Year of Publication	My contribution
1	‘समाज कार्यकर्त्यासाठी आधुनिक कौशल्य (Modern Skills for Social Workers)’	एज्युकेशनल पब्लिशर्स अँड डिस्ट्रिब्युटर्स, नागपूर, पहिली आवृत्ती	2022	Co-Author
2	Personality Development	Shivaji University, Kolhapur, First Edition	2019	Co-Author
3	General Psychology (English)	Shivaji University,	2014	Co-Author
4	MPSC-Mitra (Marathi)	Jnana Prabodhini,	2000	Co-Author

E) Articles published in Newspapers:

More than **125 articles** are published in **Daily Sakal (Series), Daily Maharashtra Times (Series)**, Daily Pudhari and Magazines till the date.

The subjects include:

- Preparing for competitive examinations (Series of Articles)
- Effective study strategies
- Career counseling and development
- Personality development
- Habits of Highly Effective People
- Stress management
- Consumer behavior
- Psychological analysis of general election strategies by different parties of India
- and their impact
- Terrorism in Jammu Kashmir

F) Television and Radio Talks:

1. Doordarshan - Jai Maharashtra Programme (2009):

One hour interview on Preparation dynamics for competitive examinations.

2. B-Channel, Kolhapur:

Careers after S.S.C./H.S.C., Careers after Arts and Commerce graduation, Careers through Competitive examinations, Managing stress during examination period etc.

3. AIR, Pune:

Preparation for Civil Service Class-I officers' examination

4. AIR, Kolhapur:

Careers after S.S.C. and H.S.C.

Dr. Suresh Sankpal, Associate Professor

A) Award Winning Research Papers:

Sr. No.	Title of the Research	Organized By	Research Competition	Period	Level
1.	Effect of competitive exam and degree qualification on resilience among College Students (1st Prize at teachers' category)	Warana College Warananagar	SVMP Research Competition	8 th Feb. 2014	State
2.	Learning style and student's achievement (2nd Prize in Teachers category)	Dept. of English Shivaji university Kolhapur	AVISHKAR	18 Dec. 2015	University
3.	Learning style and student's achievement	Savitribai Phule Pune University, Pune	AVISHKAR	10 to 12 Jan. 2016	State
4.	Effect of learning style on academic achievement among eighth standard students (2nd Prize in Teachers category)	Smt. ARP kanya Mahavidyalaya, Ichalkaranji	SVMP Research Competition	14 th Dec. 2017	State
5	Effect of gender and culture on Smartphone addiction among eighth standard students (1st Prize in Teachers category)	Kanya College, Islampur	SVMP Research Competition	2 nd February, 2019	State

B) Research Papers published in Journals/Periodicals:

Sr. No.	Title of the Research	Name of the Journal/ magazine	ISSN No.	Issue	Period
1.	A Comparative Study of Social Change among Unmarried Male and Female Post-graduate Students	Manasshastra Patrika	2394-4730	Vol.21	Nov. 2012
2.	Quality of life and mental health among High School Teachers	Indian Psychological Review	0019-6215	Vol.79 Special Issue.	2012
3.	इयत्ता आठवीच्या मराठू आणि इंग्रजी माध्यमाच्या विद्यार्थ्यांमधील सामाजिक पारंपारिकतेचा तुलनात्मक अभ्यास	Bharatiy Shikshan	2231-6493	Vol.47 Issue 7	July, 2013

4.	To study the suicidal tendency and mental health among AIDS affected parents	The ASIAN journal of Psychology & Education	0971-2909	Vol.46 No.7-8	Dec. 2013
	एकह व विभरत कुटुंबातील कठमहाविद्यालयात शिक्षणाच्या विद्यार्थ्यांच्या आंतरवैयक्तिक कौशल्यांचा तुलनात्मक अभ्यास	Manasshastra Patrika	2394-4730	Vol.22	Jan. 2014
6.	किशोरवयीन विद्यार्थ्यांच्या सामाजिक बुद्धिमत्तेचा अभ्यास	Bharatiy Shikshan	2231-6493	Vol.48 Issue 3	March, 2014
5.	Effect of mental health and Gender on academic achievement among Junior college students	Young Researcher	ISSN 2277- 7911	Vol. III Issue 4	January, 2015
6.	Effect of Learning Style Training Program on High School Students' Academic Achievement	Shivaji University Journal	0368-4199	Vol. 51/2	Decemb er, 2018
7.	Effect of Smartphone addiction and Gender on mental health among College Students	IJRAR	e-ISSN 2348- 1269 P-ISSN 2349-5138	Vol. 6 Issue 1	March, 2019
8.	Effect of Culture and Gender on Social Adjustment among College Students	ICRE	e-ISSN 2344- 1294	Vol. 2 Issue 1	February, 2020
9.	Experience sampler smartphone app:	Ayushi	2349-638x	Vol. 82/1	January, 2021
10.	Effect of competitive exam and degree qualification resilience among college students	IJCRT	2320-2882	Vol. 9/2	February , 2021
11.	Emotional Intelligence and Social Behavior among College Sportsman	The International Journal of Indian Psychology	2349-3429	Vol. 9/1	March, 2021
12.	Attitude towards sex education and sex myths among adolescents	Indian Journal of Psychology and Education	2231-1432	Vol. 12/2	July, 2022
13.	Quality of Life and Mental Health among High School Teachers	International Journal of Education and Psychological Research	2279-0179	Vol. 11/3	Sept., 2022
14.	Role of Mental Health Professionals in National Education Policy 2020	Vidyawarta	2319-9318	Sp. Issue 2	Jan.- March, 2023
15.	A Systematic Review of Fear of Missing Out: Understanding its Implications and Influencing Factors	IJNRD	2456-4184	Vol. 8/5	May-2023

16	Indigenization of Psychology in India: Connecting Cultural Perspectives	The International Journal of Indian Psychology	2349-3429	Vol. 11/4	Nov.-2023
17	The Silent Discrimination: Understanding Ageism in Indian Society	Indian Journal of Gerontology	0971-4189	Paper accepted	
18	Perspectives on the impact of the NEP 2020 for higher education institutes in India	GYANODAYA - The Journal of Progressive Education	2229-4422	Paper accepted	
19	Transforming Higher Education Innovative Ideas and Experiences to Implement NEP-2020	Education and Society	2278-8664	Vol. 3/1	Oct., 2023
20	Thich Nhat Hanh's Contributions to the Field of Mindfulness	Indian Journal of Positive Psychology	2229-4937	Vol. 15/1	March - 2024
21	Effect of Type of Family and Gender on Attitude towards Old People among College Students	International Journal of Indian Psychology	2349-3429	Vol. 12/3	Sept.-2024
22	Understanding Social Media Behavior: A Systematic Review of Patterns, Influences, and Outcomes	International Journal of Indian Psychology	2349-3429	Vol. 13/1	March - 2025

C) Research Papers published in Books/Proceedings:

Sr. No.	Title of the Research	ISBN/ISSN No.	Period	Level
1.	A Comparative Study of Attitude towards Research among Ph.D. and non-Ph.D. College Teachers	ISBN No. 978-93-81589-70-0	11 & 12 January, 2013	National
2.	Dr. Babasaheb ambedkars' thought on dhamma and current scenario	ISBN No. 978-81-922444-8-8	10 th March, 2013	Inter National
3.	Effect of type of family & gender on attitude towards old people among college students	ISBN No. 978-93-5126-898-7	7 & 8 Oct. 2013	National
4.	Emotional Intelligence and Social Behavior among sports students	ISBN No. 978-81-927211-2-5	18 & 19 Oct. 2013	National
5.	A comparative study of emotional intelligence among nuclear and joint family members of college students	ISBN No. 978-81-927680-0-7	22 & 23 Nov. 2013	National
6.	Effect of B.Ed. Qualification and Teaching Experience on Constructive Thinking among College Teachers	ISBN No. 978-81-8486-475-6	January, 2014	National
7.	Effect of stream and culture on resilience among junior college students	ISBN No. 978-81-924995-8-1	12 th Feb. 2014	National
8.	Effect of mental health and gender on academic achievement among junior college students	ISSN No. 2277-7911 Vol.III No.4	10 Jan. 2015	National
9.	Effect of class and gender on social maturity among junior college students	ISBN No. 978-93-83796-21-2	6 th Sept. 2015	National
10.	Jain Darshanatil Multatve	ISBN No. 978-93-83796-30-4	January, 2016	National

D) Research Project Completed:

Project Title	Funding Agency	Amount	Period	Role
Academic achievement and Self-Awareness among distance and regular mode students	SUK	10,000/-	2013-14 Completed	Investigator
Depression and Emotional intelligence among college students	UGC	72,000/-	2014-17 Completed	Investigator

E) Books Published

Title of Book	Publisher	Author
व्यक्तिमत्त्व विकास कौशल्ये	निराली प्रकाशन, पुणे	सहलेखक
मुलाखत आणि वैयक्तिक सादरीकरण कौशल्ये	निराली प्रकाशन, पुणे	सहलेखक
आरोग्याचे मानसशास्त्र	शिवाजी विद्यापीठ प्रेस, कोल्हापूर	सहलेखक

F) Articles Published:

Sr. No.	Title of the article	Name of the Journal/ Magazine	Publication Place	Issue	Period
1.	ताण-तणाव व्यवस्थापन	शिक्षण संघमण	पुणे	43/10	ऑक्टोबर, 2009
2.	संशोधनातील संस्थांशी	शिक्षण समीक्षा	नागपूर	4	सप्टेंबर, 2012
3	हव-जाणीव यशस्वी जीवनासाठी	भारतीय शिक्षण	मुंबई	46/6	जून, 2012
4	वैयक्तिक कौशल्ये	भारतीय शिक्षण	मुंबई	6	जुलै, 2013
5	सामाजिक बुद्धिमत्ता	शिक्षण समीक्षा	पुणे	39/2	जुलै, 2016
6	व्यक्तिमत्त्व पंचघटक सिद्धांत	शिक्षण संघमण	पुणे	44/8	जानेवारी, 2017
7	मानवचिंतनाचा आणि मान्यतापन	शिक्षण समीक्षा	नागपूर	43/5	जानेवारी, 2017

8	शिकण्याचीसुद्धा ठेवाईल असते	भारतीय शिक्षण	पुणे	44/8	जानेवार, 2018
9	विद्यार्थ्यांची ओळख :विचारांची शैली	भारतीय शिक्षण	पुणे	45/1	जानेवार, 2019
10	मानवचनावद :एक निरंतर निवास	भारतीय शिक्षण	पुणे	45/11	नोव्हेंबर, 2019
11	अभिययन अहमता	भारतीय शिक्षण	पुणे	49/12	डिसेंबर, 2021
12	शिक्षोर्ना समजून घेताना	भारतीय शिक्षण	पुणे	50/5	मे, 2022
13	राष्ट्रीय शैक्षणिक आराखडा: मानाची साधने	भारतीय शिक्षण	पुणे	51/05	मे, 2023
14	पंचकोशाचा शोध आणि अभिरतमत्व विकास	भारतीय शिक्षण	पुणे	51/07	जुलै, 2023
15	पालकत्व शैली	भारतीय शिक्षण	पुणे	51/10	ऑक्टोबर, 2023

Student Activities:

2021-22

The activities conducted in the academic year 2021-22 aimed to enhance students' research skills, critical thinking, and awareness of psychological topics. The goal was to provide a platform for students to engage in academic discussions, practical applications, and career-oriented learning.

Aim of the Activity **Outcomes of the Activity**

- Improved research presentation skills among students.
- Increased awareness about Autism through World Autism Day.
- Enhanced understanding of research methodology through workshops.
- Strengthened analytical and discussion skills through panel discussions.

Brief Summary of Activity for 2021-22

The **Department of Psychology at Mahavir Mahavidyalaya, Kolhapur (Autonomous)** conducted several academic and skill-enhancing activities under the *Student Ability Enhancement Program* for the academic year 2021-22.

1. **Research Proposal Presentation (September 2021)** – 11 students presented their research proposals, gaining experience in structuring and defending research ideas.
2. **World Mental Health Day Celebration (October 10, 2023)**: 46 students were engaged in street play for create awareness about Mental health among society.
3. **Guest Lecture**: 34 students were participate in this activity for opportunite in rehabilitation council corsees and careers
4. **Panel Discussion (February 2022)** – Engaged 11 participants in discussions on psychological topics, encouraging critical analysis.
5. **World Autism Day (01/04/2022)** – Organized an awareness program with 91 participants from various colleges affilate to Shivaji Unuiversity to educate on Autism Spectrum Disorder.
6. **Workshop on Research Methodology (27/04/2022)** – Attended by 74 students, the workshop focused on research techniques and academic writing.

These activities contributed to the academic and professional growth of students, equipping them with essential skills for further studies and careers in psychology.

2022-23

Aim of the Activity

The activities were designed to enhance students' academic abilities, research skills, career readiness, and practical experience in psychology. The goal was to provide hands-on learning, exposure to research methodology, and prepare for NET/SET exams.

Outcomes of the Activity

- **Research Skills Development:** Students improved their ability to present research proposals and discuss psychological concepts through panel discussions.
- **Exam Preparation:** The NET/SET workshop helped students prepare for higher education qualifications.
- **Practical Exposure:** The internship program and field activities provided students with real-world experience in primary and secondary schools.
- **Career Awareness:** Career talks and exhibitions introduced students to various career paths in psychology.
- **Critical Thinking and Analysis:** Group discussions, peer activities, and SWOC (Strengths, Weaknesses, Opportunities, Challenges) analysis helped students refine their analytical skills.

Brief Summary of Activities (2022-23)

1. **Research Proposal Presentation (Sep 2022)** – 24 students participated in presenting their research ideas.
2. **Panel Discussion (Feb 2023)** – Engaged 24 students in discussions on psychology-related topics.
3. **Workshop on Research Methodology (March 10, 2023)** – Attended by 68 students to develop research skills.
4. **Workshop on NET/SET Exam (March 31, 2023)** – Provided guidance for 84 students from various colleges affiliate to Shivaji Unuiversity on SET/NET exam preparation.
5. **Internship Program (March 2023)** – Conducted across 12 primary and secondary schools (Aprox. 600 students) for practical exposure regarding sex education and awareness about health & media.

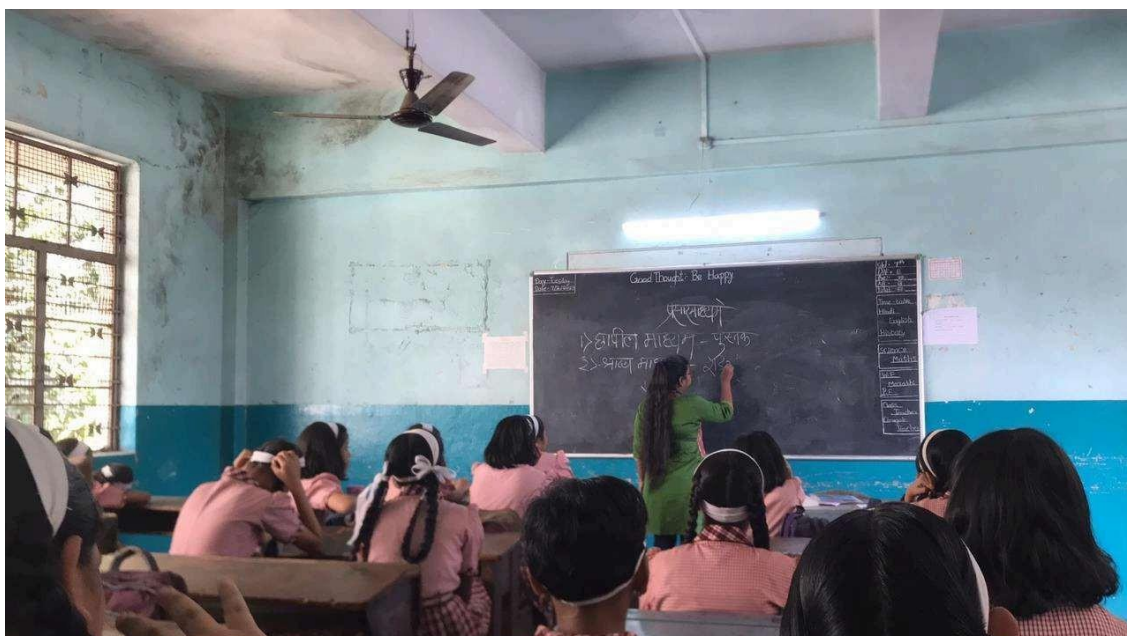
6. **Peer Activities (April 2023)** – Involved 24 students in class talks, career talks, and SWOC analysis for their professional development
7. **Field Activity Workshop (April 2023)** – Engaged students in hands-on workshops at 24 schools for work in real life experience.
8. **Group Discussion (April 2023)** – Helped students refine their communication and debate skills.
9. **Career Exhibition (April 2023)** – 138 participants explored career opportunities in their interested fields.
10. **SVMP State-Level Conference (April 13, 2023): 350 participants** from various institutions. This activity connect students with experts and researchers in psychology. Socio-Psycho perspectives in mental health. Psychological counselling and mental health awareness. **Students gained exposure to the latest psychological research. Networking opportunities** with academicians and professionals.

These activities contributed to the academic and professional growth of students, equipping them with essential skills for further studies and careers in psychology.





World Happiness Day, March, 2023



Internship Program – March, 2023



Workshop on NET/SET, 31 March, 2023



Career Exhibition, April 2023

विवेकाचा पूल बांधण्यासाठी समाजमाध्यमे वापरा

डॉ. बी. एम. हिर्डेकर; महावीर कॉलेजमध्ये राज्यस्तरीय मानसशास्त्र अधिवेशन

कोल्हापूर, ता. १३ : "माणसाचा मेंदू हा समाजात पूल बांधण्यासाठी निसर्गानेच अनुकूल बनवलेला आहे. त्याला समाजमाध्यमाच्या अतिरेकी आणि अविवेकी वापराने कुजू देऊ नका. विवेकाचा पूल बांधण्यासाठी समाजमाध्यमे वापरा," असे आवाहन ज्येष्ठ शिक्षणतज्ज्ञ डॉ. बी. एम. हिर्डेकर यांनी केले. महावीर महाविद्यालय आणि शिवाजी विद्यापीठ मानसशास्त्र परिषद यांच्यातर्फे आयोजित केलेल्या ८ व्या राज्यस्तरीय मानसशास्त्र अधिवेशनात ते बीजभाषक म्हणून बोलत होते.

डॉ. हिर्डेकर म्हणाले, "आपल्या दिसण्याला अवाजवी महत्त्व न देता अर्थपूर्ण जगण्यासाठी माहिती तंत्रज्ञान



कोल्हापूर : महावीर महाविद्यालयात आयोजित मानसशास्त्र अधिवेशनात बोलताना प्रा. डॉ. बी. एम. हिर्डेकर. सोबत इतर मान्यवर.

क्रांतीचा कसा विवेकी वापर करावा याचे मार्गदर्शन मानसतज्ज्ञांनी समाजाला करावे." दुपारच्या सत्रात चेतना विशेष विद्यार्थी विकास संस्थेचे प्राचार्य पवन खेवडकर यांनी 'जीवनध्येय आणि

अर्थपूर्ण जगण्यासाठीची मानसिकता' या विषयाची स्वानुभवातून मांडणी केली. या अधिवेशनात ३५० जणांनी सहभाग घेतला, तर ५५ जणांनी संशोधन निबंध सादर केले. त्यातील

नऊ उत्कृष्ट निबंधांना पारितोषिके प्रदान करण्यात आली. विविध मानसोपचार तंत्रांचे पोस्टर प्रदर्शन हे या अधिवेशनाचे वैशिष्ट्य ठरले. या परिषदेसाठी प्राचार्य डॉ. राजेंद्र लोखंडे, संस्थेचे चेअरमन के. ए. कापसे, सचिव एम. बी. गरगटे आणि मानसशास्त्र विभागप्रमुख प्रा. डॉ. भरत नाईक यांचे मार्गदर्शन लाभले. शिवाजी विद्यापीठ मानसशास्त्र परिषदेचे अध्यक्ष प्रा. डॉ. श्रीकांत चव्हाण, सचिव प्रा. डॉ. विकास मिणचेकर आदी उपस्थित होते. परिषदेचे अध्यक्ष प्रा. डॉ. अनिल घस्ते, समन्वयक प्रा. डॉ. शिरीष शितोळे यांनी परिश्रम घेतले. प्रा. डॉ. सुरेश सकपाळ यांनी सर्वांचे आभार मानले.

SVMP State level conference, 13 April, 2023



2023-24

Aim of the Activity

The activities conducted by the Department of Psychology at Mahavir Mahavidyalaya, Kolhapur (Autonomous) for the academic year 2023-24 aimed to:

- Enhance students' research abilities and academic skills.
- Provide hands-on experience through internships and fieldwork.
- Promote career awareness and development.
- Foster peer engagement and collaborative learning.
- Explore emerging trends in education, such as AI integration.

Outcomes of the Activity

- **Academic Development:** Students improved their research proposal writing and presentation skills.
- **Skill Enhancement:** Participation in workshops and discussions helped students prepare for competitive exams and future careers.

- **Practical Exposure:** Internship programs allowed students to apply their knowledge in real-world educational settings.
- **Career Awareness:** Career talks and exhibitions provided insights into professional pathways.
- **Networking and Collaboration:** The state-level conference enabled interactions with experts and peers from different institutions.

Brief Summary of Activities

A. Research and Academic Skill Development

1. **Research Proposal Presentation (September 2023):** 22 students participated in presenting their research proposals. Students trained in research methodology, academic writing, and public speaking.
2. **Panel Discussion (February 2024):** 22 participants engaged in a discussion on key psychological topics. The output of the PD is enhancement of students' ability to analyze and debate academic subjects critically.
3. **Workshop on 'AI and Education' (January 31, 2024):** 85 students participated. Introduction to AI in the education sector. Ethical concerns of AI in education and AI-based learning tools and future trends. These topics were covered in this workshop. The output of this workshop is to help students understand the growing intersection of psychology and technology.

B. Practical Exposure through Internships and Fieldwork

1. **Internship Program (March 2024):** Conducted in 11 primary and secondary schools (Approx. 600) for allow students to apply psychological theories in real-world educational settings. The activities were covered - Classroom observations, Student behavioral assessments, and Counseling support for school students.
2. **Field Activity Workshop (April 2024):** Conducted in 22 primary and secondary schools for to provide **hands-on experience** in psychological assessment and educational psychology. Activities included - Understanding school environments. Conducting psychological awareness programs. Interacting with students and teachers on mental health.
3. **Group Discussion (April 2024):** Educational current problems, recent social issues for enhance students' **critical thinking and communication skills**.

C. Peer Engagement and Learning Activities

1. **Class Talk (February 2024):** 22 students participated, for adapt peer learning and public speaking skills. To this activity various psychology-related subjects chosen by students.
2. **Career Talk (February 2024):** 22 students were engaged to collect and prepare for career opportunities in various fields for 10th and 12th students.
3. **SWOC Analysis (February 2024):** 22 students were participate in this activity to evaluate their **strengths, weaknesses, opportunities, and challenges** for Self-awareness and adapt counselling skills.

D. Career Guidance and Professional Exposure

1. **Career Exhibition (April 2024):** There are 102 students from 10th and 12th background were participated to identify their career opportunities and interest. Informational booths about various specializations after 12th exam pass out. Guest lectures from professionals in different fields.

The activities conducted in 2023-24 were instrumental in enhancing students' knowledge, practical skills, and career preparedness. With a balance of academic, research-oriented, and practical experiences, the program successfully fostered student growth and professional development.



World Mental Health Day Street Play, 10 October, 2023



Lead college Workshop on AI and Education 31 January, 2024



SVMP State level conference at KBP- PG Students got 1st Prize for Paper presentation

20 January, 2024



M.A. I Pannel Discussion, February, 2024

PRESENTATION OF CLASS TALK

**TOPIC : NEGATIVITY BIAS
(PSYCHOLOGICAL BIAS)**



DATE : 5 FEB. 2024

**While conducting the workshop
on 7th std students at
Yashwantrao Chavan
Highschool, Kolhapur.**

TOPIC: MINDFULNESS TECHNIQUE



DATE: 12 FEB, 2024

Internship Program



DATE : 17 FEB, 2024



Career Exhibition 1 April, 2024

महावीर महाविद्यालयांत करिअर एक्झिबिशन संपन्न

कोल्हापूर ता.१ (प्रतिनिधी) –
.....

महावीर महाविद्यालय
कोल्हापूर मधील समुपदेशन
मानसशास्त्र
विभागाच्यावतीने
करिअर एक्झिबिशन
भरवण्यात आले होते.
नुकत्याच १० आणि
१२ वीच्या परीक्षा
दिलेल्या कोल्हापूर
आणि आसपासच्या
परिसरातील विद्यार्थ्यांनी
या प्रदर्शनाचा लाभ

घेतला.

एक्झिबिशन च्या
उद्घाटनप्रसंगी समुपदेशन
मानसशास्त्र विभागाचे प्रमुख डॉ..



भरत नाईक बोलत होते. यावेळी
डॉ.. भरत नाईक यांनी मार्गदर्शन
केले.

या एक्झिबिशन
विद्यार्थ्यांसाठी संपूर्णपणे मोफत
आयोजित करण्यात आले होते.
प्रदर्शनाचे नियोजन विभागातील
एम. ए. भाग १ व २ च्या
विद्यार्थ्यांनी केले होते. या
प्रदर्शनासाठी कॉलेजचे प्राचार्य
डॉ. राजेंद्र लोखंडे यांचे सहकार्य
लाभले.





Pannel Discussion - April, 2024

2024-25:

शैक्षणिक वर्ष २०२४-२५ मध्ये मानसशास्त्र विभागांमध्ये १०० पेक्षा जास्त केस स्टडीज व समुपदेशन, ३०० पेक्षा जास्त लोकांचे चाचणी आधारे अभिक्षमता, अभिवृत्ती, आवड, व्यक्तिमत्त्व, नेतृत्वशैली इ. चे मापन आणि समुपदेशन, मानसिक आरोग्यासासंदर्भातील २१ विषयांवरील प्रशिक्षण कार्यक्रमांची निर्मिती व २०० पेक्षा जास्त लोकांसाठी प्रशिक्षण, समुपदेशक म्हणून व्यावसायिक ज्ञान आणि कौशल्ये विकसित करण्यासाठी एकांकिका, पथनाट्य, भूमिका वठवणे, सेमिनार, चित्रफिती, गटचर्चा, परिसंवाद, चर्चासत्र, संशोधन प्रस्ताव निर्मिती आदी अनेक उपक्रम राबवले गेले.

त्यातील काहींची संक्षिप्त माहिती पुढीलप्रमाणे:

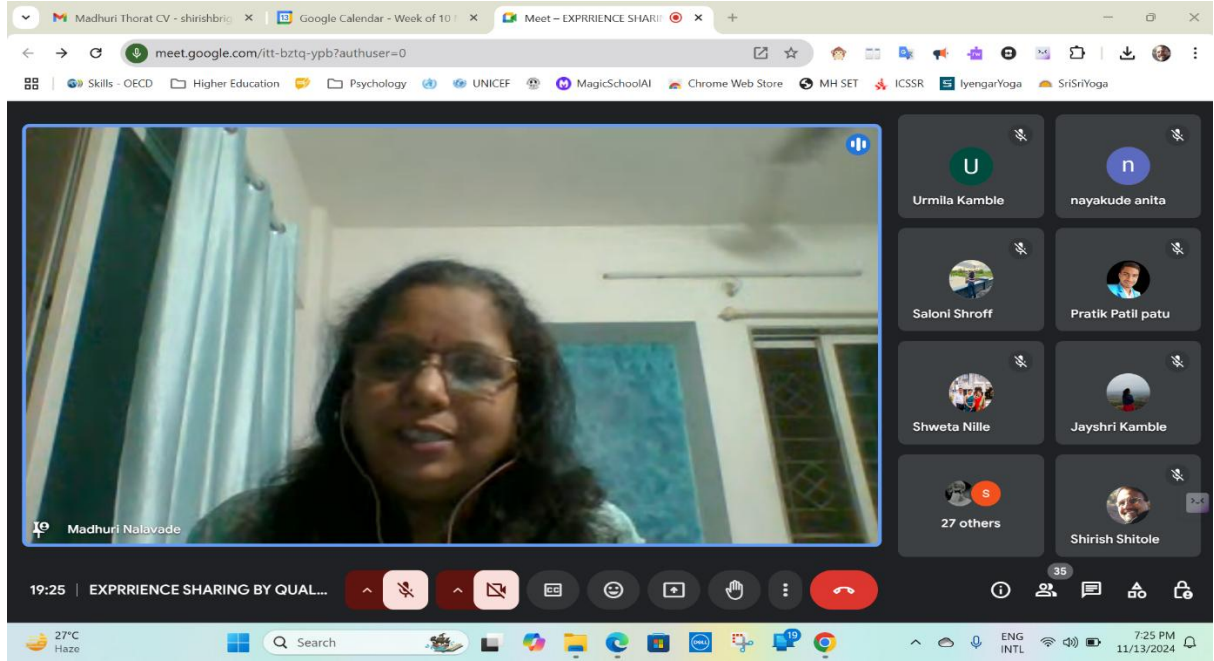
१. सप्टेंबर, २०२४: 'मानसिक आरोग्याचा स्त्रीवादी दृष्टिकोन' व्याख्यानमाला

'मानसिक आरोग्याचा स्त्रीवादी दृष्टिकोन' (Feminist Approach to Mental Health) या बीजविषयावर प्रा. डॉ. शिरीष शितोळे यांची व्याख्यानमाला संपन्न झाली. त्यातील मूलभूत गृहितके (Basic Assumptions) व उपचारतंत्रे (Therapeutic Interventions) या अनुषंगाने चर्चा व प्रश्नोत्तरे झाली.

२. नोव्हेंबर, २०२४: गुणात्मक संशोधन कसे करावे: अनुभवकथन

आंतरराष्ट्रीय ख्याती असलेल्या ऑक्सफोर्ड जर्नल मध्ये प्रसिद्ध झालेले मानसोपचारतज्ञ श्रीमती माधुरी थोरात यांचे आत्महत्येचे अयशस्वी प्रयत्न केलेल्या आणि जीवनात पुन्हा सावरलेल्या व्यक्तींवरचे गुणात्मक संशोधन त्यांनी कसे केले याचे अनुभव या ऑनलाइन सत्रात मुलांनी ऐकले. सत्राच्या शेवटी

प्रश्नोत्तरे झाली.



नोव्हेंबर, २०२४: गुणात्मक संशोधन कसे करावे: श्रीमती माधुरी थोरात-नलावडे

३. फेब्रुवारी, २०२५: 'पेटंट प्राप्त प्राध्यापक आणि संशोधन पुरस्कार प्राप्त विद्यार्थी अनुभवकथन'

प्रा. डॉ. रोहित पाटील, प्रा. डॉ. स्वप्नील पाटील, प्रा. स्वप्नाली जगदाळे आणि श्री. विनायक यादव या चार पेटंट मिळवलेल्या मान्यवरांनी त्यांच्या संशोधन प्रक्रियेचा प्रवास उलगडला. तसेच श्रीमती श्रुती माने आणि श्रीमती शेहबाज बागवान या तृतीय वर्षातील विद्यार्थिनींनी शिवाजी विद्यापीठातील आविष्कार संशोधन स्पर्धेत प्रथम क्रमांक मिळवलेले आपले 'ब्रेन रॉट' या सदयकालीन समस्येवरील संशोधन सादर केले. या प्रकल्पासाठी प्रा. डॉ. सुरेश संकपाळ यांनी मार्गदर्शन केले होते.



फेब्रुवारी, २०२५: 'पेटंट प्राप्त प्राध्यापक अनुभवकथन'



फेब्रुवारी, २०२५: 'संशोधन पुरस्कार प्राप्त विद्यार्थी अनुभवकथन'

४. फेब्रुवारी, २०२५: दहावीच्या परीक्षेसाठी विद्यार्थ्यांना मार्गदर्शन करणारे ई-साहित्य (व्हिडिओज) निर्मिती

विभागातील प्रा. डॉ. शिरीष शितोळे (ताण, आहार आणि निद्रा व्यवस्थापन) आणि प्रा. डॉ. सुरेश संकपाळ (परीक्षेसाठीची अभ्यासतंत्रे) यांनी ही ई-साहित्य (व्हिडिओज) निर्मिती करून रोटेटिव्ह ज्युनिअर कॉलेज यांच्याबरोबर संयुक्त प्रकल्प करून कोल्हापूर शहरातील विविध शाळांमधील विद्यार्थ्यांसाठी हे मार्गदर्शन आयोजित केले. तसेच कु. जुई साडविलकर, कु. प्रतीक पाटील, कु. विनायक यादव, कु. सारा नाईकवडी, कु. श्रीनिधी पाटील आणि कु. वैष्णवी नादवडेकर यांनी दहावीच्या परीक्षेदरम्यान स्वतःच्या अभ्यासाचे व ताणाचे नियोजन कसे केले होते याचे कथन केले.



फेब्रुवारी, २०२५: दहावीच्या परीक्षेसाठी विद्यार्थ्यांना मार्गदर्शन करणारे ई-साहित्य (व्हिडिओज) निर्मिती

५. फेब्रुवारी, २०२५: जिज्ञासा विकास मंदिर, कोल्हापूर (विशेष विद्यार्थ्यांसाठीची शाळा) येथे अभ्यास भेट

प्रथम वर्षाच्या सर्व विद्यार्थ्यांनी कोल्हापूर येथील विशेष मुलांसाठी कार्यरत असणाऱ्या या शाळेस भेट देऊन तेथील विविध उपक्रम आणि त्यामागची प्रेरणा व कष्ट समजावून घेतले. त्याचबरोबर प्रत्येकाने आपल्या स्वानुभवावर आधारित अहवाल सादर केले.



फेब्रुवारी, २०२५: जिज्ञासा विकास मंदिर, कोल्हापूर (विशेष विद्यार्थ्यांसाठीची शाळा) येथे अभ्यास भेट

६. फेब्रुवारी, २०२५: PSYCHE FUSION - 2025

मानसशास्त्रातील सर्व पदवी आणि पदव्युत्तर मुले स्वयंस्फूर्तीने दरवर्षी हा उपक्रम राबवतात. यावर्षी एकांकिका, भूमिका वठवणे, नृत्य, गायन, काव्यवाचन, मिमिक्री, फॅशन शो, शेला पागोटे, गेम्स यातून मुलामुलींनी विविध गुणदर्शन घडवले.



PSYCHE FUSION, फेब्रुवारी, २०२५

७. मार्च, २०२५: करिअर संधी प्रदर्शन आणि समुपदेशन:

मानसशास्त्र विभागातील पदव्युत्तर विद्यार्थ्यांनी भाई माधवरावजी बागल हायस्कूल व ज्युनिअर कॉलेज, कोल्हापूर येथे प्रमाणित चाचण्यांच्या माध्यमातून विद्यार्थ्यांचे कल आणि आवडीनिवडी शोधून त्यांना व्यावसायिक मार्गदर्शन केले. त्याबरोबरच विविध करिअर संधीचे प्रदर्शन पण भरवले होते. सुमारे १५० विद्यार्थ्यांनी याचा लाभ घेतला.



मार्च, २०२५: करिअर संधी प्रदर्शन आणि समुपदेशन, बागल हायस्कूल, कोल्हापूर :

Faculty Achievement:

Nil

MoU:

Nil

Consultancy Work:

A) Dr Shirish Shitole:

1. Resource Psychologist for Daily, Sakal Newspaper in Education (NIE) Project on VISION 2020:

Hon. Dr. A.P.J. Abdul Kalam and his associates have given us a dream of developed India: VISION 2020. Sakal paper, through NIE, wanted to spread this vision among 25000 children from schools across Maharashtra. For this noble cause, I had designed and utilized innovative technique for youth trainers to understand India's current reality and dreaming of their careers in consonance with VISION 2020. They, in turn, used the same technique during training for school children. The response was so overwhelming that Sakal paper had sent the story to Dr. A.P.J. Kalam who was President of India at that time. Kalamji hailed this effort and had given 50 minutes to NIE team during his visit to Pune.

2. Designer of Teaching and Learning Module for UPSC Mains General Studies Paper No. IV- 'Ethics, Integrity and Aptitude' for Jnana Prabodhini, Pune

UPSC has made drastic changes in Civil Services Examination System in 2012. During selection process, apart from knowledge, it has now emphasized on attitudes, aptitudes and motivations of aspirants. A new paper has been introduced which relates to foundational aptitudes for civil services, integrity, professionalism, social and political attitudes and behaviours, emotional intelligence, leadership, teamwork, management of change, work-life balance, decision making dynamics etc. in public service. In this unique paper, questions are open-ended and partly based on case studies. They don't demand information and facts but demand self- reflection. It helps to understand the psychic make-up of candidate.

I have designed the module and delivered workshops in collaboration with effective Class-I officers serving India today (**Details given in Point No. 8A)

3. Resource Psychologist on 'Child and Youth Personality Development Programme', Jnana Prabodhini Institute of Psychology (Pune):

We had taken different personality development exercises and made various observations to prepare integrated profiles of children. The data collected was used for counseling,

research and giving further inputs for growth of children. The duration of project was of Two Years.

4. Resource Psychologist for Young Inspirators Network (YIN) of Daily Sakal:

I have taken workshops on career development and personality development for young inspirators. The workshops were aimed at challenging one's abilities and come out of comfort zone to achieve the peaks.

5. Resource Psychologist on Panel set up by Collectorate Office, Kolhapur and S.S.C. board to prohibit suicide among school children:

This panel was set up to prohibit suicide among students appearing for S.S.C. examinations. I had taken Teachers' training on 'Effective handling of the month before final examination' and 'stress management during final examination'.

6. Psychologist for development of Ahmednagar Education Society's CBSE Model School at Ahmednagar:

As a Resource Psychologist I had played a key role in selection and training of principal and the faculty, designing curriculum of pre-primary education, sensitizing parents about the joy of learning and growth aspects of children. I have also designed competency-based evaluation system for children.

7. Resource Psychologist for ANANDDAYI SHIKSHAN Project, UNICEF executed by Solapur Municipal Corporation:

I had taken trainers' training on understanding aptitudes of students and executing competency based evaluation system.

8. Designer of Teaching and Learning Module for MPSC Mains Psychology Optional Paper for Jnana Prabodhini, Pune

Old MPSC Mains Psychology paper (Optional) was based on fundamental principles of Psychology. I had developed a Module and taken workshops to comprehend concepts and material in Psychology. Before such module, less than thirty students from all over Maharashtra used to take Psychology as an optional because of its difficulty level. The requirement of precision in writing due to solid scientific base was indeed the case.

After the availability of guidance, many students from all over Maharashtra had specially come to Jnana Prabodhini and got Class-I posts in Civil Services due to more marks obtained in Psychology (Optional).

9. Design for 'Effective Classroom Handling' for Nandrekar school, Jaysingpur

I had carried in-depth analysis of teachers' classroom experiences through customized tools and training in communication skills, team work and emotional intelligence was given.

10. Resource psychologist for Zilla Parishad, Kolhapur

I had delivered training on Leadership skills to legislative members of local government for effective public delivery.

11. Trainer for Effective Writing Skills for Journalists in Daily Prabhat, Pune

I had designed various activities based on customized '5C' Mantra (i.e. concept, content, context, creativity and critique) and taken workshops for skills in writing.

12. Head of Pilot Team for development of Adiwasia

BIAF, Pune and European Economic Commission Project was aimed at uplifting 33000 Adiwasia families in five states Above Poverty Line Sustainably and extending the initiative in other part of India.

I was the head of Pilot Team. We had developed Integrated Design of the project. I had stayed in Adivasi areas of Jawhar, Thane and observed and interacted with Adiwasia through Participatory Rural Appraisal Technique to gather socio-economic-psychological data for the design. We had used cluster sampling to make our data representative. After data analysis, we had selected entrepreneurial and employment activities, the economic feasibility of which was decided through forward and backward market linkage. This project was a huge success and replicated in other parts of India.

B) PROFESSIONAL MENTAL HEALTH SERVICE PROVIDED BY PSYCHOLOGY DEPARTMENT: CLIENT RECORD

ACADEMIC YEAR 2021-22

No	Age	Sex	Type of Session	No. of Sessions	Area of Problem/Concern
1	27	F	Telephonic	1	Online relationship and choice of life partner
2	28	F	Telephonic	2	Bullying by boys during college years
3	30	F	Telephonic	1	Childhood Sexual Abuse
4	30	M	Telephonic	1	Personality and career choice
5	33	M	Telephonic	3	Marital adjustment

ACADEMIC YEAR 2022-23

No	Age	Sex	Type of Session	No. of Sessions	Area of Problem/Concern
1	37	M	Face-to-Face	5	Marital Adjustment
2	32	F	Face-to-Face	2	Marital Discord
3	37	F	Face-to-Face	5	Marital Dispute and divorce trauma
4	48	M	Face-to-Face	3	Depressive and Suicidal thoughts
5	33	M	Telephonic	3	Career shifting concerns
6	20	F	Face-to-Face	1	Career counselling
7	21	F	Face-to-Face	2	Career through Competitive Examinations
8	23	M	Face-to-Face	1	Personality-Job fit Career Choice

ACADEMIC YEAR 2023-24

No	Age	Sex	Type of Session	No. of Sessions	Area of Problem/Concern
1	22	F	Face-to-Face and Telephonic	5	Identity crisis of gifted child
2	21	F	Face-to-Face	2	Career Choice
3	40	F	Face-to-Face	3	Marital Dispute and Depressive thoughts
4	24	F	Face-to-Face	3	Marital Dispute and Divorce
5	18	M	Face-to-Face	2	Study planning and Exam preparation
6	32	F	Face-to-Face	1	Marital discord

7	24	M	Face-to-Face	2	Marital Adjustment
8	23	F	Face-to-Face	2	Marital Adjustment
9	52	F	Telephonic	3	Death Anxiety
10	43	F	Face-to-Face	5	Auto immune disease and Post-traumatic Stress
11	24	F	Face-to-Face	2	Study strategy for competitive examinations
12	28	M	Face-to-Face	2	Study strategy for competitive examinations