



Department of Psychology
Maharshi Dayanand University Rohtak
(NAAC Accredited 'A' Grade)

Strategic Plan (2018-2023)

ABOUT THE DEPARTMENT

Department of Psychology M.D.University is one of the most renowned departments in India. It was established in July 1983, with four permanent faculty members in a small building with a strength of ten students only. Within the tenure of 35 years it has been enormously developed. Now it has quite spacious infrastructure with well equipped laboratories and well qualified (N: 13, all are Ph.D's; 10 Professors; 2 Associate Professors and one Assistant Professor) faculty members. The department is running two Masters Courses (i.e. M.A. Psychology and M.A. Applied Psychology), M.Phil and Ph.D Programme and a professional APGDGC (Advanced Post Graduate Diploma in Guidance and Counselling).

The department has a Centre for Positive Health and Psychological First Aid, where charitable counselling services are provided to the University fraternity as well as common masses. It also runs "Personality and Skill Development Cell" through which Life Skills training is imparted to the students for the development of their personality. The department has "PSY – Circle"- a student's activity for their holistic development.

The department owes social responsibility to sensitize the people from time to time about the psychological issues and to face psychological challenges boldly through organizing camps and psycho-education programs. Health promotion and awareness is the key agenda of the department. The Life Orientation Goal of the department is "**Psychological Services With A Smile Can Bring Positive Health & True Happiness**".

Vision

The department aims to prove itself as an outstanding center to promote education, research training along with well-being of the society at large.

Mission

The department is dedicated to inculcate human values along with bestowing erudition and to enhance personality not only to survive but to flourish and thrive in the contemporary competitive world.

Strategic Goals

- Strengthening of newly established course i.e. Advanced Post Graduate Diploma in Guidance and Counseling (APGDGC, Two semester Course)
- In order to provide professional /self enhancement training and to improve courses employability, some short term certificate Courses would be formulated and offered such as
 - Certificate Course in Guidance
 - Certificate Course in Life Skills
 - Certificate Course in Positive Psychology
 - Certificate Course in Personality Development
 - Certificate Course in Psychological Assessment
- Preparation of the scheme and syllabi of Short-term Certificate Courses

- Through evaluation and accreditation by internal and external means, teaching learning and research quality will be improved accordingly by organizing National/International Seminar/Conference/Workshop/Panel discussions focusing on the Frame - The Way Forward
- Diversification and designing of the Masters' programs to offer Multidisciplinary/ Super Specialized Courses to achieve Academic Inclusiveness & Social impact.
- To broaden the Academic, Research and Professional potential of the department through Community and Extension services/activities

SWOC Analysis

Strength

- Spacious infrastructure
- Running of Positive Mental Health Center to provide service to adolescents, old people and chronic disease population
- Provide Psychological First Aid
- Personality Development Cell
- Psy-Circle - a student forum to build team spirit and to develop organizational potential among students
- Student teacher ratio is robust
- Active involvement in academic activities such as organization of workshops , extension lectures, practical training visits, educational visits at Anatomy as well as Psychiatry departments of PGIMS, Rohtak, visits at Arpan school (A gifted children school), Rohtak
- Regular Academic Audit
- Actively engaged in outreach activities such as Health Promotion, Psycho-education Programs and Psychological testing camp
- Adoption of University campus school and Model school (Rohtak) for sensitizing the faculty to positive psychological strategies, providing life skills training and counseling facilities.
- Healthy team work among faculty
- Highly research oriented teaching faculty
- Viable interaction between mentor and mentee to address their academic as well as personal challenges

Weakness

- Least facilities for campus placement
- Requirement of technical personnel for maintaining the computerized equipments/software in the laboratories
- Lack of Computerized testing
- Lack of sufficient furniture in the laboratories as well as in the classroom

Opportunities

- Providing of psychological services to the University fraternity and masses for their well-being and thriving
- Providing of professional and self enhancement training to improve employability
- To enhance learning-teaching and research quality and professional potential by undertaking interdisciplinary institutional collaborations

Challenges

- To uplift the students of rural background
- To prepare the students for effective communication
- To control drop-out ratio
- To provide Campus placement
- To develop entrepreneurship skills among students

Action Plan

2018-19

- ✓ APGDGC has been likely to be started w. e. f. 2018-19 with the strength of 30 students
- ✓ Approval for the implementation of at least 2 courses would be sought

2019-20

- ✓ Running of a feasible no. of short term certificate courses depending upon the teaching workload and need of the students

2020-21

- ✓ Need based Conference/Workshop/Panel discussion would be organized

2021-22

- ✓ Syllabi of Masters' programs and M. Phil would be revamped to provide super specialty

2022-23

- ✓ MOUs would be built up with other institutions

Activity Calendar (2018-19)

Month	Activities
July, 2018	Applying Psychology to community: 1. Jumpstart-students first (Fun activity for primary school children) 2. Teaching –learning synergy workshop for teachers) at University campus school
August, 2018	1. Workshop on “Successful living” (Resource Person: Prof. Vidhu Mohan, Chandigarh). 2. Induction Program and Ice Breaking Session.
September, 2018	1. Workshop on “Communication: Broadening One’s Horizon” (Resource Person: Prof. Vandana Sharma) funded by R.K fund. 2. In pursuit of Liveliness- A Sketchy Presentation.
October, 2018	No Health without Mental Health – A Holistic Program.
November, 2018	1. Psycho –Expo : An Exhibition of Psychological tests and Equipments. 2. Visits to SIRTAR/ARPAN/ PGIMS.
December, 2018	Mindfulness: Helping the examinees to deal with examination anxiety and blackout.
January, 2019	Departmental Annual Day Celebration- 08.01.2019
February, 2019	1. Workshop/Extension Lectures. 2. Practical Training Visits.
March, 2019	Educational Visits to related Centers.
<i>Year long activity</i>	<i>Stress Assessment and Inoculation of University Employees.</i>