



N. L. Dalmia®
College of Arts, Commerce & Science
(A School of Excellence of N. L. Dalmia Educational Society)

Affiliated to University of Mumbai | College Code: 1088

Mon 02 Sep 2024

NOTICE

The **Psychology Club** of The **Psychology Department, NLDC**, are pleased to announce an exciting **internship opportunity** in collaboration with the **Bharosa Cell at Bhayander (W) Police Station** under the **MBVV Police Commissionerate**. This initiative, "**Empowering Dialogue: Soft Skills and Conflict Resolution Training**," is designed to provide **TYBA Psychology students** with first-hand exposure to mediation techniques, professional counseling practices, and conflict resolution strategies, thereby bridging academic learning with practical experience. The proposed internship aims to equip students with essential skills such as empathy, active listening, assertive communication, and negotiation, along with advanced conflict resolution techniques.


Day & Date : Monday 27 January 2025


Time : 3 days a week - 1200 PM to 0200 PM

Venue : Bharosa Cell, MBVV Police Station

Audience : TYBA Psychology students




Psychology Club
(Convenor)


Dr Ganesh Pawar
(Principal)
02/09/2024

N. L. Dalmia College of Arts, Commerce & Science

Activity Report

Name of Activity: Internship at Bharosa Cell, Bhayander (W) Police Station

Conducted by: Department of Psychology in collaboration with Bharosa Cell, MBVV Police Commissionerate

Name of Teacher In-charge:

Asst. Prof. Tejaswi Shetkar

Asst. Prof. Radheya Surve

No. of Participants:

Females: 4

Males: NIL

Total: 4 TYBA Psychology students per batch

Description of Activity:

The Psychology Club of the Psychology Department, NLDC, organized an internship program in collaboration with Bharosa Cell, Bhayander (W) Police Station. This initiative, titled *Empowering Dialogue: Soft Skills and Conflict Resolution Training*, aimed to provide students with practical exposure to mediation techniques, professional counseling practices, and conflict resolution strategies.

The internship was conducted over one month, with a total of 30 hours of training and observation. Sessions were held three times a week (Monday, Wednesday, and Friday) from 12:00 PM – 2:00 PM. Under the guidance of trained professionals at the Bharosa Cell, students learned essential skills such as empathy, active listening, assertive communication, and negotiation techniques. A faculty member from the Psychology Department accompanied the students once a week to facilitate discussions and ensure the effective application of theoretical concepts.

The Bharosa Cell has been instrumental in providing counseling and mediation services, particularly for women and the elderly affected by domestic disputes. This internship allowed students to observe real-life case interventions and understand the psychological impact of domestic conflicts on individuals and families. By participating in mediation processes, students gained first-hand experience in handling sensitive psychological issues in a legal and ethical framework.

Names of Dignitaries Attended Activity: -N.A.-

Feedback Analysis:

The feedback from participating TYBA students highlighted the significant impact of the internship on their academic and professional growth. Students reported an enhanced

understanding of conflict resolution strategies, the role of psychology in legal frameworks, and the importance of effective communication in mediation processes. They appreciated the opportunity to apply theoretical knowledge to practical situations, reinforcing their learning in counseling psychology and conflict management. The internship also helped students develop emotional resilience and a deeper awareness of the challenges faced by individuals in distress.

Overall, the internship was highly beneficial, bridging academic learning with hands-on experience and preparing students for careers in counseling, mediation, and psychology-related fields.

Certification:

Upon successful completion of the internship, students received certificates issued by the Bharosa Cell. Additionally, NL Dalmia Degree College awarded students for completing this add-on course.

Signature of In-charge:



Attachment:



