



# R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's) **RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce**

**Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.**

Website: [www.rjcollege.edu.in](http://www.rjcollege.edu.in)

Email: [rjcollege@rjcollege.edu.in](mailto:rjcollege@rjcollege.edu.in)

Tel No: +91 22 25151763

Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

**Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)**

Date: 29-01-2024

## Department of Psychology

Organizes

### 'The DOT- Active Listening'

An orientation session for the first Value-Added Course which aims at developing 'Empathic listening skills'. Psychology Department will be conducting it in collaboration with *The Connect Hut* – A social enterprise dedicated towards suicide prevention.

The department will be inaugurating the course for T.Y.B.A. students with this session whereas further enrollment for the same will be registration based.

### Resource person

**Mr. Sachin Chitambar**

(Founder, The Connect Hut)

**Day & Date:** Wednesday, January 31, 2024

**Time:** 10:30 AM – 12:30 PM

**Venue:** Room No. 62

**Mr. Chinmay Bapat**  
In-charge,  
Department of Psychology



**Dr. Himanshu Dawda**  
Principal  
PRINCIPAL

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# R. J. COLLEGE of Arts, Science & Commerce (Empowered Autonomous)

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Value Added Course

## DOT-Active Listening

Department of Psychology in collaboration with The Connect Hut

2023-24



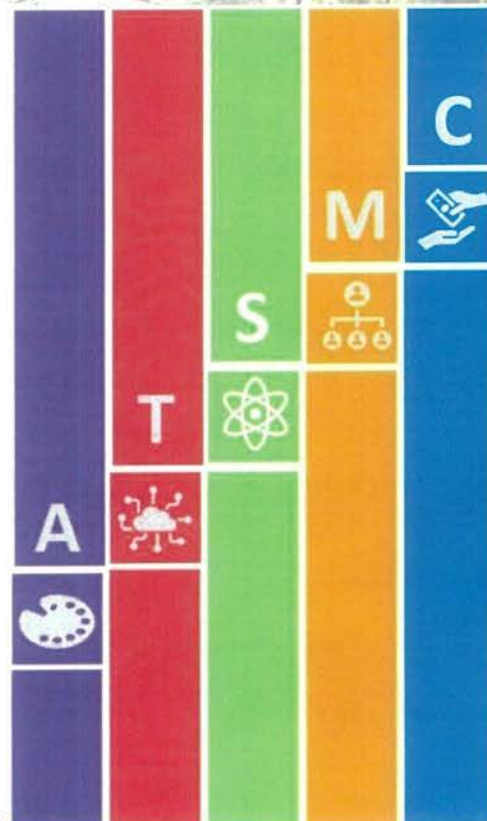
AY 2024 Onwards

Hindi Vidya Prachar Samiti's  
**R. J. COLLEGE**  
of Arts, Science & Commerce  
(Empowered Autonomous College)  
Affiliated to UNIVERSITY OF MUMBAI

(Also known as Hindi Vidya Prachar Samiti's  
RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE & COMMERCE)

Affiliated to UNIVERSITY OF MUMBAI || Recognized by UGC under 2f & 12B  
NAAC Accredited 'A GRADE' with CGPA 3.50

Knowledge is all Ambrosia



## CERTIFICATE COURSE IN

**DOT**  
Active-Listening

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## COURSE CONTENT

### CERTIFICATE COURSE IN DOT- Active Listening

#### Fundamentals of Communication and Listening

- Unit I**
- Communication and Miscommunication
  - Listening vs. Hearing
  - DOT Listening Styles

#### Understanding the DOT principles and listening Values

- Unit II**
- DOT principles for Emotional Support
  - DOT Listening Values
  - Self-Compassion

#### Exploring DOT Emotional and Cognitive Responses in Listening

- Unit III**
- DOT emotional responses- Empathy and Sympathy
  - DOT Cognitive Response
  - DOT listening Framework

#### Listening for Emotional Support

- Unit IV**
- Developing Connections
  - Rapport Building
  - Crisis Intervention

## For Psychology Students

Medium Of Instruction: English

❖ **MARKS: 100**

❖ **PASSING: 40**

## Assessment

Journalling, Community Sessions,  
Report Submission



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## ABOUT US

### CERTIFICATE COURSE IN DOT- Active Listening

Hindi Vidya Prachar Samiti was incepted on the auspicious day of Shri Krishna Janmashtami, 15th August 1938. A brainchild of a visionary Late Shri Nandkishore Singh Jairamji, samiti was established with the objectives of catering to the educational needs of the Hindi speaking community. Ramniranjan Jhunjhunwala College came into existence in 1963, enabling a larger section of the society to take advantage of the facilities provided for higher education.

From 1999-2000 the College has added a number of self-financing courses like B.M.S., B.B.I., B.Sc. in Computer Science, Information Technology, Biotechnology, M.Sc. in Computer Science, Biotechnology and Information Technology as well as add on courses, which further hone the special skills of the students.

The college has been reaccredited with 'A' Grade by NAAC in 2014 with a CGPA 3.50 and received the Best College Award (2007-2008) of the University of Mumbai. The College has been bestowed with IMC "Ramkrishna Bajaj Performance Excellence Trophy", 2010.

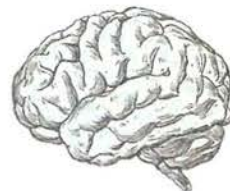
The Principal of the college was awarded "Best Teacher" by Government of Maharashtra in 2011.

Government of Maharashtra conferred the college with "JAAGAR JAANIVANCHA" (First in Mumbai Suburban- in 2013 and Second in Mumbai Suburban- in 2014) for safety of girls.

Course Code: **RJPSYC01**

Duration: **30** hours

Credits : **02**



## LEARNING OUTCOMES

On successful completion, students will be equipped with:

- ▶ Conceptual understanding: emotional support and crisis intervention
- ▶ Insight Building: through analogies
- ▶ Actionable Tools: of emotional support and crisis intervention for positive impact in life
- ▶ Practice: Knowledge-transfer - real-life scenarios



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## Guest/facilitator Biodata

**Mr. Sachin Chitambaran-** Founder and Lead trainer – The Connect Hut & Asst. Director – Training and Development, Samaritans Mumbai

- Experienced facilitator and a Cognitive Hypnotic coach involved with suicide and emotional support helplines for over 13 years.
- Asst. Director – Training and Development with Samaritans Mumbai, a suicide helpline established since over 25 years.
- President – Befrienders India, an umbrella organisation working for suicide prevention as part of Befrienders Worldwide present in over 30 countries and 10,000 volunteers.
- Director, Sales and Key Account Management with Suicide Prevention India Foundation.

Contact: +91 79776 13060



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## Program report

Department of Psychology introduced a Value-Added Course this academic year 2023-24 in collaboration with The Connect Hut named 'DOT- Active Listening'. Total 20 students registered for this course. The facilitator Mr. Sachin Chitambaran focused on four listening styles as well as four listening components.

The course was conducted in the hybrid mode including some lectures being conducted online. Students engaged in group discussions and roleplays extensively throughout the duration of the course and were assessed based on the same. At the end of the course students were asked to submit the report on their individual learnings gained through the course. The report was also considered as a part of the assessment.



  
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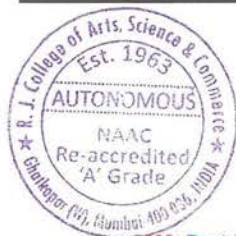
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Date: January 23, 2024

**Mr. Sachin Chitambaran**

**Founder**

**The Connect Hut**

Dear Mr. Chitambaran,

This is to acknowledge the collaboration of Department of Psychology with your social enterprise The Connect Hut in introducing a Value-Added Course this academic year 2023-24.

This course named 'DOT- Active Listening', primarily developed by yourself and your organization has been PASSED BY THE DEPARTMENT'S Board of Studies in July 2023 for its effective implementation, noting its need and scope in facilitating effective communication.

The said course will be of 02 Credits and of 30 Hours in duration. We look forward to its execution led by yourself in all the aspects of interactive teaching-learning, and evaluation.

Yours faithfully,

**Mr. Chinmay Bapat**

**In-charge, Department of Psychology**

**Dr. Himanshu Dawda**

**Principal**



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## LIST OF STUDENTS WHO REGISTERED AND COMPLETED THE VAC DOT – ACTIVE LISTENING

SR NO	NAMES	ROLL NO
1	GHOSH SOUMITA SUBHANKAR MADHABI	807
2	WALIMBE ESHAN MANOJ MANASI	822
3	NAIR SAI MANOJ RADHIKA	810
4	PAGARE NIDHI MAHENDRA SHARDA	813
5	THAKKAR PRERNA ASHISH VAISHALI	830
6	CHINMAYI RAVI UMA	820
7	KORI ANUJA MAHESH KESHKALI	806
8	KHAN SANYA ATHAR JAMILA	804
9	VAZ SAMUEL STANISLAUS LYNETTE	829
10	CHAUDHARI GAYATRI NIVAS ALKA	825
11	SAWANT AKSHATA MAHENDRA NAMITA	803
12	PANDEY KOMAL ARUN RENU	814
13	FAROOQUI NAAZRA KALAMULLA NASREEN	811
14	SHAH SHRAVANI SUNIL KALPANA	828
15	GUPTA SEJAL KAMLESH POONAM	826
16	BHAIRI KHUSHI SATYARTHA KAVYA	801
17	SHAIKH ALFIA YUNUSALI RAHIMA	815
18	VARMA AKSHAYA RAMVILAS POONAM	808
19	SINGH RITIKA AJAY POONAM	831
20	SHEWALE GAURI VILAS VANITA	809





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