

**Annual Report 2020 - 2021**  
**[01/04/2020 - 30/04/2021]**  
**Department of Psychology**  
**Aditi Mahavidyalaya, University of Delhi**

The Department of Psychology of Aditi Mahavidyalaya, University of Delhi organized various workshops and webinars in the year 2020- 21 in online mode due to the pandemic.

The first event conducted by the department in the academic year of 2020-2021 was "**Career Pathways in Psychology**" on **21<sup>st</sup> April, 2020**. It was an interactive webinar organized for the students of Psychology, Aditi Mahavidyalaya by **Dr. Priya Bir**, Associate Professor and **Dr. Aakanksha Bhatia**. This webinar was aimed to disseminate knowledge about at least 40 career options that open up to the students after they complete their Bachelors in Psychology. Information was given about the fields, the courses to be undertaken and the universities and institutes offering them.

Psychosocial well being acquaints us more about when individual, community has cognitive, emotional strength and is added with positive social relationship. **Dr. Ritu Sharma** conducted a **webinar on 'Self Management in the shadow of COVID 19'** on **27<sup>th</sup> May, 2020** and studied the psycho-social aspects of mental health during Covid- 19.

Following this a webinar on **Mindfulness** was taken by **Dr. Ritu Sharma** and **Prof Sue C Jacobs** from University of Oklahoma, United States on **2<sup>nd</sup> May, 2020**. Various issues related to practicing mindfulness were thoroughly discussed.

Further the department conducted a Two days International webinar on "**Gandhian Ideas in Action: A psychological perspective on relevance in modern times**" on **1<sup>st</sup> – 2<sup>nd</sup> October, 2020**. The speakers for the first day of the event were **Prof. Kavita Singh** (Faculty of Management Studies, University of Delhi), **Dr. Kalapatapu Lalitha** (Assistant Professor, Yogi Vemna University), **Dr. Bhuvan Jha** (Assistant Professor, University of Delhi), **Prof. Tribudi W. Rahardjo** (Universitas Indonesia and Universitas Respati Indonesia). The second day of the event included a debate competition on the same topic.

Later, a two- days International webinar was conducted by Empathy, the Psychology Association of Aditi Mahavidyalaya, to discuss the **Career Management Practices during the Pandemic** dated **4<sup>th</sup> - 5<sup>th</sup> December, 2020**. The vision of the webinar

conducted was to help students have a career management plan that plans for the possibility of burnout, job loss, and pay reductions during the times of pandemic as Career management is essential for achieving professional success. First day of the international webinar series included a panel discussion on - "High Flyers Need Strong Wings". The panelists for the day were **Allan Gatenby** (Global leader life design and actualizing coach, Australia), **Naishadh Gadani** (Career coach, Australia), **Dr. Brian Schwartz** (International career and life-design counselor, China), **Dr. Chavi Bhargava Sharma** (Dean, FMS and Social Sciences, MRIU) and **Prof. Mamta Sharma** (Principal, Aditi Mahavidyalaya, University of Delhi). Second day of the webinar series was followed by a detailed interactive workshop on - "Creating your Career". The speaker for the event was **Dr. Chavi Bhargava** (Dean, FMS and Social Sciences, MRIU). She talked about various ways and essential deciding factors for choosing a career.

Scientific research is a critical tool for successfully navigating our complex world. A webinar on **Research Methodology** on **3<sup>rd</sup> February, 2021** was conducted by the department. The resource person for the webinar was **Dr. Poonam Phogat**. Topics like - Introduction to Research, Format of research, different types of Research – Quantitative, Qualitative and Mixed Method and statistical analysis of data were covered.

Emotional Intelligence being an important factor in our lives, the values and benefits of developing EQ are extensive and in many areas massively under-utilized. To gain insights into the area and to hear about it from an expert the association & department of psychology organized a one-day Interactive Webinar on **Emotional Intelligence Edge** on **26<sup>th</sup> February, 2021**. **Dr. Dalip Singh** (PhD IAS and State Commissioner of Haryana) was the resource person for the Interactive webinar. The workshop covered various scientific understanding of emotions and its importance in our daily lives. Furthermore training effectiveness of the students was individually measured through an "EQ Test" developed by Dr Dalip Singh.

Later a two days Webinar on "**Psychology in Action**" dated **25<sup>th</sup> – 26<sup>th</sup> March, 2021** was conducted by the psychology department. On the first day of the event a session on "Stress Management" was taken by **Prof. N.K. Chadha**. Furthermore the second session for the day was about "Expressive Therapy" by **Dr. Renu Kishore**. On the second day of the webinar series three sessions on - "Cognitive Behavioral Therapy", "Psychology in Organizations" and "Healthy Relationships" was conducted by **Dr. Nimisha Kumar, Dr. Vandana Gambhir and Dr. Urvashi**, respectively.

Following that a Series of Lectures on "**Work Psychology**" were organized from **28<sup>th</sup> March, 2021 to 30<sup>th</sup> March, 2021**. Lecturers for the event were taken up by **Dr.**

**Vandana Gambhir and Dr. Nupur Gosain.** First day of the event, conducted by Dr. Vandana Gambhir, included a lecture on “Industrial and Organizational Psychology” where topics like Theories of leadership, Understanding Indian concept of leadership from mythological frame of mind and the evolving concept of leadership were covered. Second day of the lecture series was conducted by Dr. Vandana Gambhir and included a session on “Human Resource Management” wherein the nature, scope, objectives, importance, evolution and functions of Human Resource Management were discussed. Third day included a lecture on “Stress Management” by Dr. Nupur Gossain wherein the definition of stress, its nature and scope, approaches related to stress and coping with stress were discussed.

