



Report On One Day Session on
A Perspective on Indian Psychology
Department of Psychology
Aditi Mahavidyalaya
University of Delhi

The Department of Psychology of Aditi Mahavidyalaya, University of Delhi organised a one-day session on **A Perspective on Indian Psychology** on **27th March 2023** at **11 AM**. The session was conducted under the guidance of our Patron Professor Mamta Sharma, Dr Ritu Sharma as the Convener . The Chief Speaker was **Professor Girishwer Mishra, Department of Psychology, University of Delhi.**

The entire psychology department participated with enthusiasm, different non psychology participants were also present with their keen interest in gaining Perspective on Indian Psychology. The session highlighted how cultural context is critical for behaviour and how culture and psychology are interdependent.

The Chief speaker Professor Girishwer Mishra lit the lamp while the students performed Saraswati Vandana seeking blessings before commencing the session.

The session was inaugurated by Dr Ritu Sharma with a brief welcome to the Guest speaker, Professor Girishwer Mishra a well known pioneer in the field of psychology who has made significant contributions to the field as a lecturer in Gorakhpur University (1970-78), Dean researcher in Humanity and Social Science University of Delhi, Chairperson for Rajiv Gandhi Hospital for Girls in DU.

Roshni Dhawan and Muskan Garg from department of Psychology gave an introductory speech to acknowledge the presence of our esteemed chief guest. Professor Girishwer Mishra was honoured by our Patron Professor Mamta Sharma with a token of gratitude.

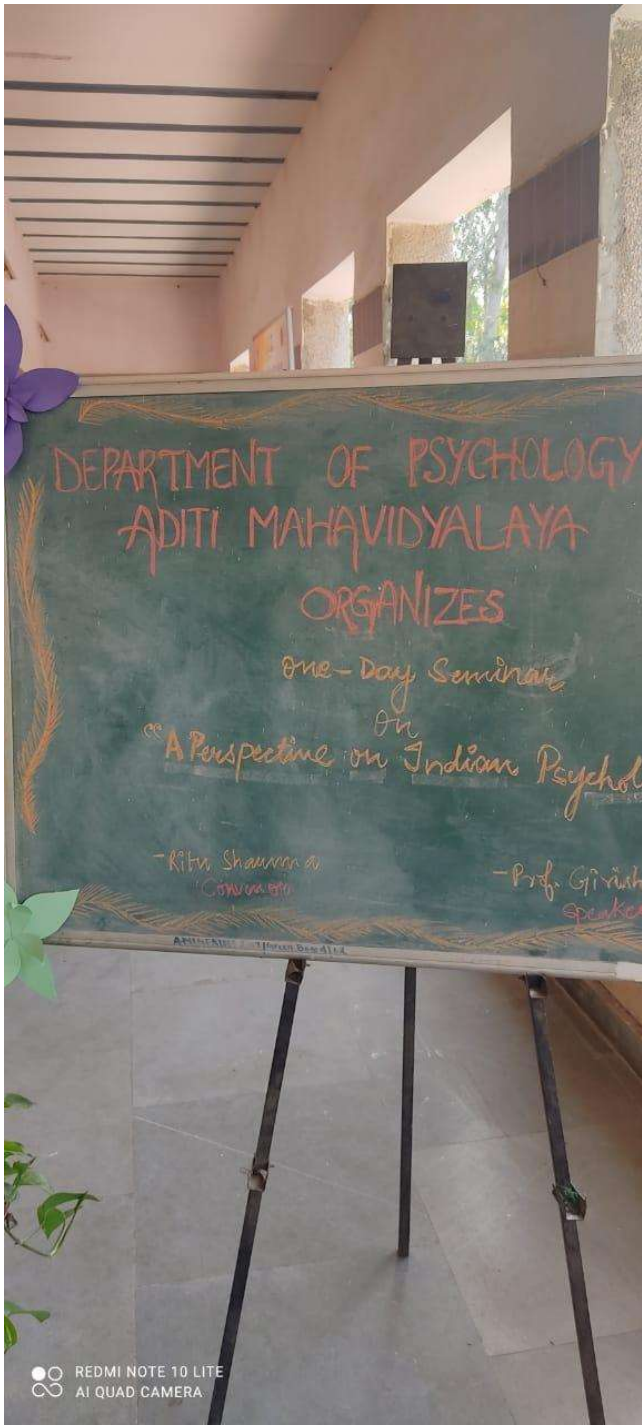
The event was advanced by Professor Girishwer Mishra explaining how Indian thought is context sensitive and the way it differs from Western Psychology. He further briefed how humans are not only biological beings but cultural beings. He shed some light on the **Panchkoshas** which are five sheaths, and further added the impact of qualities of Satva, Rajas, Tamas in our daily life.

The session was interactive and intelligently surrounding the topic. A very inquisitive question-answer round was run wherein, the participants involved and asked their queries and shared their experiences. All the questions were addressed by Professor Girishwer Mishra appropriately with great patience.

The seminar was concluded by vote of thanks by **Dr Ritu Sharma** around 1:30 pm. She thanked Professor Girishwer Mishra for the event and showed her gratitude towards the participant and the organising committee as well.

The event was a great success due to the exceptional hard work put in by the volunteers. Registrations were handled by Karishma

Dixit. Beautiful posters were designed by Manvi, Shruthi and Sampurna. Photos and Videos of the session were captured by Rashmi and Sampurna. An informative report was written by Aastha Mathpal and Ramya Kathuria. Sarswati Vandana and Lightning of the lamp was undertaken by Ritika, Kanishka and Priyanka. The venue was beautifully decorated by Suhani and Anjali. The whole team works with great collaboration.



DEPARTMENT OF PSYCHOLOGY
ADITI MAHAVIDYALAYA

ORGANIZES

one-Day Seminar

on



"A Perspective on Indian Psychology"


- Ritu Sharma as
Guest

- Prof. Girish
as speaker






Aditi Mahavidyalaya
 (University of Delhi)
 Department of Psychology
Organizes
One-Day Seminar
A Perspective on Indian Psychology
 by
Prof. G.C. Misra, Ex VC, Wardha University & Ex Head Department of Psychology, University of Delhi
 Reading Hall, 27th March, 2023 10.30 am
 Prof. Mamta Sharma
 Principal
 Patron
 Dr. Ritu Sharma
 TIC, Department of Psychology
 Convener
 Prof. Priya Kanwar
 Co-Convener



 Department of Psychology
 Aditi Mahavidyalaya
 University of Delhi
Organizes
ONE-DAY SEMINAR
A PERSPECTIVE ON INDIAN PSYCHOLOGY
 by Prof. G.C. Misra
 Ex VC, Wardha University
 Ex Head Department of Psychology, University of Delhi
 (1984-2018)
 27 March 2023
 Time - 10.30 am
 2023 - Reading Hall
 (10.30 am - 12.00 pm)
 Dr. Ritu Sharma
 TIC, Department of Psychology
 Convener
 Prof. Priya Kanwar
 Co-Convener
 Dr. Mamta Sharma
 Principal
 Patron
 (1984-2018)

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**DEPARTMENT OF PSYCHOLOGY
IN COLLABORATION WITH
HAPPINESS CLUB
ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI**

On the occasion of 75th Independence Day

“AZADI KA AMRUT MAHOTSAV”

HAR GHAR TIRANGA

Organises

Rangoli Making Competition

ABOUT:

The Department of Psychology, Aditi Mahavidyalaya in collaboration with Happiness Club organised a Rangoli Making Competition in Aditi Mahavidyalaya, University of Delhi on 26 August 2022 to celebrate the occasion of 75th Independence Day under the theme “AZADI KA AMRUT MAHOTSAV”.

Prof. Mamta Sharma, Patron, Dr. Ritu Sharma, Convenor commenced the competition at 11A.M., 20 participants across all department were a part of the joyous event with a competitive spirit. Prof. Priya Kanwar, Department of Psychology, Dr. Juhi Bhatnagar, Department of Political Science, Dr. Neerja Deshwal, Department of English judged the participants and made a successful unbiased judgement.

WEBINAR OBJECTIVE:

In the presence of all the Dr. Ritu Sharma, judges and all the participants, President of Happiness Club, Roshni Dhawan opened the competition with warm greeting to everyone. Dr. Ritu Sharma, Convenor, laid down rules and guidelines for the competition. The judges encouraged students to make their rangolis theme orientated. A stipulated time of 1 hour was given to all the participants to decorate their rangoli. All the participants with all enthusiasm participated and creatively styled their designs.

The students beautifully came up with all sorts of idea, they made rangolis out of flowers and colours in groups and pairs.

At 12 P.M. Dr. Ritu Sharma invited the judges to round their judgements. The judges went to all the groups and involved in the perspectives in the making of rangolis. After an enthusiastic round of cross questioning and discussion the judges announced three best winners.

THE WINNERS OF THE COMPETITION WERE:

FIRST PRIZE: Ridhi Solanki, Nikki Jangra, Priyanshi Dabas (CASH PRIZE of 2000/-)

SECOND PRIZE: CHAVVI SONI, MUSKAN DHIMAN (CASH PRIZE of 1500/-)

THIRD PRIZE: RITIKA TYAGI, SUHANI (CASH PRIZE of 1000/-)

All the three winners were facilitated with certifications and cash prize. All the other groups were facilitated with certification of participation as well.

The event was wrapped up with smiles and warm giggles. Dr. Ritu Sharma, Convenor presented a warm vote of thanks to all the judges, office bearers of happiness club, Roshni Dhawan and Muskan Garg, she also extended her heartiest appreciation to all the participants for making the event a success.

PARTICIPANTS OF THE COMPETITION

GROUP 1 - Shally

GROUP 2- Shruti Kandari , Manvi Sirohi

GROUP 3- Roshni Dhawan , Muskan

GROUP 4 - Ritika Tyagi , Suhani

GROUP 5 - Ridhi Solanki , Nikki Jangra , Priyanshi Dabas

GROUP 6 - Anjali , Mantasha Alam

GROUP 7 - Chavvi Soni , Muskan Dhiman

GROUP 8 - Mehak Soni , Aastha Sekhri

GROUP 9 - Ruchi

RANGOLI IN MAKING



JUDGEMENTS



5 September , 2022



Happiness Club
Aditi Mahavidyalaya
University Of Delhi

Organizes One day webinar on

“ Become Unstoppable - Behavior Elements for 21st century ”

JAIPURIA
INSTITUTE OF MANAGEMENT
LUCKNOW NOIDA JAIPUR INDORE

Become
unstoppable-
**BEHAVIOUR
ELEMENTS**
for 21st Century

📅 5th Sep'22 ⌚ 10:30 AM 📍 Aditi Mahavidyalaya

Speaker: Prof. Joy Patra MBA (FMS Delhi University)	Workshop Facilitator: Dr. Ritu Sharma TIC, Psychology Department & Convener Happiness Club	Patron: Dr. Mamta Sharma Principal, Aditi Mahavidhalya
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Kindly stay back for your participation certificate and refreshments after the workshop

Last Date and Time of Registration: Sept. 3rd | 5:00 PM

REGISTER NOW: <https://bit.ly/3pOUin9>

10:30 a.m.

ABOUT

The Happiness Club , Aditi Mahavidyalaya , University of Delhi organized a one-day webinar on “ Become Unstoppable - Behavior Elements for 21st century ” on 5 September , 2022 at 10: 30 a.m. The event was addressed by Honorable chief Guest Professor Joy from Jaipuria Institute of Management Batra with patron Professor Mamta Sharma , convener Dr. Ritu Sharma .

Total 70 participants participated in the webinar , The webinar introduces various ways of networking , skills needed for good life in 21st century and Entrepreneurial thinking .

About Webinar

The aim of the session to give more information and knowledge to the participant about financial crisis and entrepreneurial thinking.

Member of The Happiness Club, Roshni Dhawan started the session by giving a warm welcome to Professor Joy Batra and Ms. Meenakshi and introduced the mission and vision of The Happiness Club .

Prof. Batra started a session by discussing about financial crises of 2008. He took the session forward by explaining entrepreneurial thinking and various ways of healthy networking .

To make things more understandable he talked about his experiences and struggles in the field of Entrepreneurship.

Further he explained about skills needed for good life in 21st century , different ways for networking , effective use of Social Media like LinkedIn and Internshala

He talked about importance of stepping out the home town and serving villages and local areas outside Delhi -NCR.

The session was very interactive and informative , and taught about healthy networking.

In the last , Question Answers were asked by Member of The Happiness Club , Pooja Sharma where participants get actively involved and ask the question and all the questions was perfectly addressed by Prof. Joy with very suitable examples.

Vote of Thanks

In the end the session was concluded by vote of thanks by President of The Happiness Club , Shreya around 11:30 a.m.

Feedback and attendance Form was shared with the student and participant. The entire session goes smoothly because of the team of The Happiness Club and the session was very enriching to the students.

Credits of the Webinar

- Questions were open to all
- Feedbacks forms were given to all the participants .
- President - Shreya
- Vice President- Nishita Baranwal
- Secretary - Muskan Agarwal
- Executive Members :-
 1. Kanishka Agarwal
 2. Roshni Dhawan
 3. Pooja Sharma
 4. Priyanka Dixit
 5. Janvi Singh
 6. Kriti Tomar
 7. Rashi Sharma
 8. Arzoo Dhaiya
 9. Shruti
 10. Shivani
 11. Janvee Diwedi
 12. Tisha