



# PSYCH HERALD

Newsletter of Department of Psychology, Aditi Mahavidyalaya,  
University of Delhi



NEW DELHI

APRIL 10, 2021

**Editors in Chief:** Dr. Ritu Sharma (TIC, Assistant Professor)  
**Executive Editor:** Dr. Priya Bir (Associate Professor)  
**Editorial Board:** MiliMuskan Chhetry, Karishma Bansal, Tannu Dabas,  
Nayansi Singh, Roshni and Shivani Sharma

## MESSAGE FROM THE PRINCIPAL

From the Principal's Desk

**Prof. Mamta Sharma**

"Education is what survives when what has been learned has been forgotten."

- B.F.Skinner



It gives me immense pleasure that the Department of Psychology is releasing its first newsletter. They have been doing great work and it needed to be showcased sooner than later. This newsletter is a great platform for showcasing the work done by the department in the past year in terms of holding expert lecture series, international and national webinars, workshops and panel discussions. I have personally really liked the space, "Student spotlight" devoted to field work, research and experiences of the students. I believe that the learning process never ends, even long after the days of formal education are over. You should never stop challenging yourself to explore new information, new ways of doing things, and different ways of thinking about the world. Like said by Scott Barry Kaufmann, "Every person on this earth is full of great possibilities that can be realized through imagination, effort, and perseverance", I hope that the students strive on expanding their horizons in order to learn about new ways of thinking and explore different ways of communicating with others. My best wishes for the teaching faculty, staff and students of Department of Psychology. Keep learning, keep growing.

**Dr. Ritu Sharma**

Message from the Editor in Chief

It is my privilege and pleasure to bring up the first Newsletter of Psychology department, Aditi Mahavidyalaya. The year 2020-21 was the most challenging year as Teacher-in-charge, COVID 19 pandemic has shifted the offline learning to online mode. The entire teaching learning process, which was 90% based on face-to-face interaction ran with Google classroom and Google meets.

There was fear and anxiety around everyone in the world, keeping the morale of students high in those time was the toughest job. Another challenge was to keep students motivated to be disciplined, focused, confident and dynamic in their approach towards studies, career and life as a whole. To overcome these challenges, I had planned many activities that can enhance their knowledge, experience and kept them motivated to work hard throughout the year. Together the entire department converted the Covid pandemic situation into an opportunity by maximizing the use of technology in teaching learning process. The involvement of students in various activities made them to learn power point presentations, usage of virtual classroom for uploading assignments and other class activities. They did several research projects with the help of google forms and statistical analysis software. By this way the apprehension of technology has been converted into empowerment through the usage of technology. We conducted several National and International webinars for the students taken up by eminent speakers. During lockdown Psychology department has conducted various webinars for the benefit of students as well as whole society which were widely appreciated by nation and international participants. We revived the society of Psychology department 'Empathy' and mentored students. Student office bearer of 'Empathy' also successfully performed various academic activities under the umbrella of Psychology department. Students have also conducted various research projects as part of their curriculum and apart from that too. This Newsletter is the reflection of all those activities performed by Psychology department enthusiastically throughout the year. I wish that the department keep working harmoniously in future and keep striving for higher goals.



**Dr. Priya Bir**

Message from the Executive Editor

It is with immense pleasure, humility and anticipation that we celebrate the launch of "Psych Herald", the first newsletter of the Department of Psychology.

On behalf of the Psych Herald Editorial Team, I would like to extend a very warm welcome to the readership. I take this opportunity to thank my editorial team, all of whom have proactively contributed to make this newsletter a reality. This year marks a milestone in the history of the Department of Psychology at Aditi Mahavidyalaya because despite the testing times due the Covid 19 situation and the lockdown, it proved its determination and grit to win against all odds by holding many events for its students. Todd Kashdan said, "When we are open to new possibilities, we find them. Be open and sceptical of everything." Each of these events were unique, enriching and productive. The students gained new insight and knowledge with such a huge exposure to a plethora of expert perspectives. A newsletter was in order to showcase our work, accomplishments, exchange of ideas and put forward student's journey of awareness and growth. Together we would work towards making the newsletter a truly influential publication.

# Events at a Glance

## *List of Events*

**Career Pathways in Psychology**

**Gandhian Ideas In Action: A Psychological Perspective on Relevance in Modern Times**

**Career Management Practices during the Pandemic**

**Research Methodology**

**Emotional Intelligence Edge: emotional intelligence and your success**

**Psychology in Action**

**Work Psychology**

## **Career Pathways in Psychology**

*21st April, 2020*

### **Career Pathways in Psychology**

An interactive webinar discussing over 40 Career pathways for the students of Department of Psychology, Aditi Mahavidyalaya, University of Delhi.

**April 21, 2020 | Tuesday**  
**9 am to 11 am**

Conducted by Dr Priya Bir & Ms. Aakanksha Bhatia

Choosing a career is one of the most important decisions you will make in life. It's about so much more than deciding what you will do to make a living. The importance of selecting a career with which we are satisfied cannot be overemphasized. Career awareness is the process to know what are the various career paths or career options available to you. And it also helps you to know about the process of what do you have to do to achieve that career option. Career awareness helps one in looking at and finding all career options available to you based on your best interest and not just that one who is aware about the different existing careers in their field will help them developing deeper knowledge about their chosen career and to excel in that career. To guide the students about different existing career pathways in psychology and providing them a step by step guide for setting up goals that will make them do well in their chosen career we organized a detailed webinar to guide and discuss the classic and the budding stems of Psychology.

### **What did we do?**

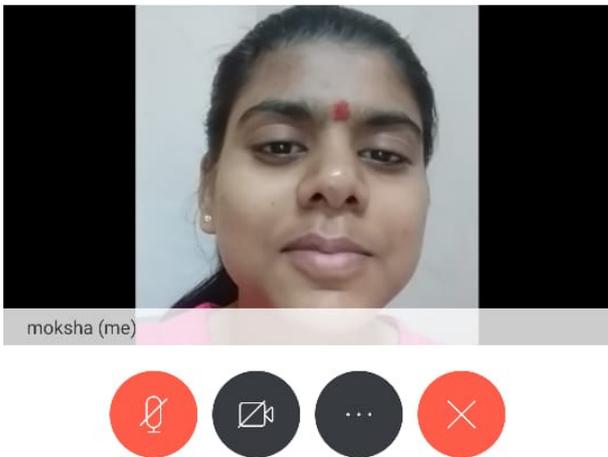
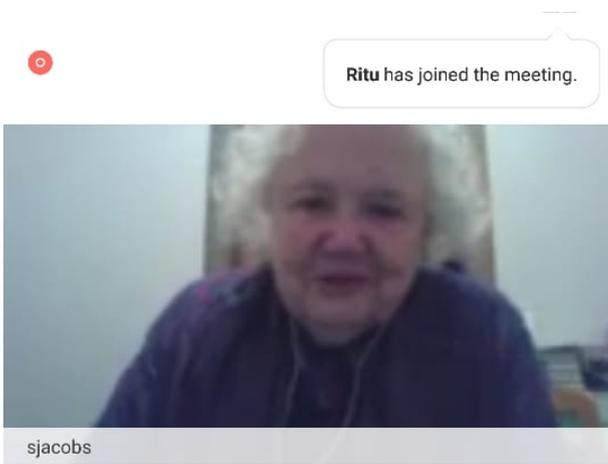
An interactive webinar was organized for the students of Psychology, Aditi Mahavidyalaya by the Teacher-in-Charge, Dr. Priya Bir, Associate Professor and Ms. Aakanksha Bhatia, visiting faculty on April 21st from 9 am to 11:30 am. This webinar was aimed to disseminate knowledge about at least 40 career options that become open to the students after they complete their under graduation in Psychology. Information was given about the fields, the courses to be undertaken and the universities and institutes offering them. The webinar was extremely informative and interactive. Queries of the students were addressed thereafter. A unique feature added was that of polling at the end of the webinar. 95% of the students felt that a career in Psychology could make them successful whereas 100% voted in favor of getting to know about the various fields of Psychology through this webinar.

Without having a clear picture of the options available in your field you might end up choosing a career that you are not interested in. The interactive workshop was instilled with all the existing career options in psychology to guide the students to choose the right career path for them.

# Self Management in the Shadow of COVID- 19 Pandemic

*27th May, 2020*

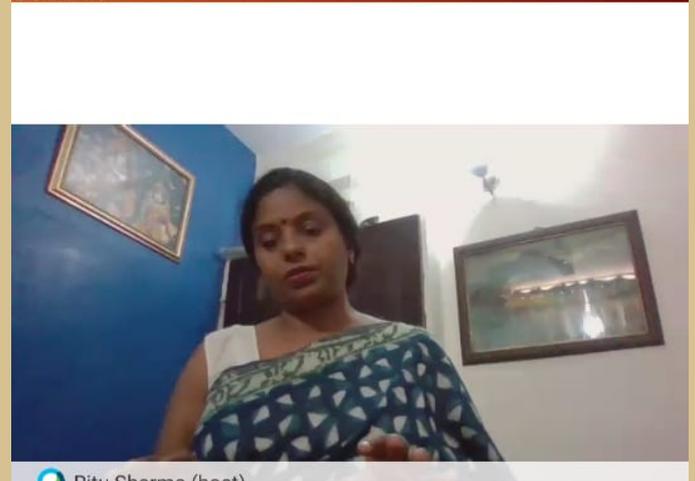
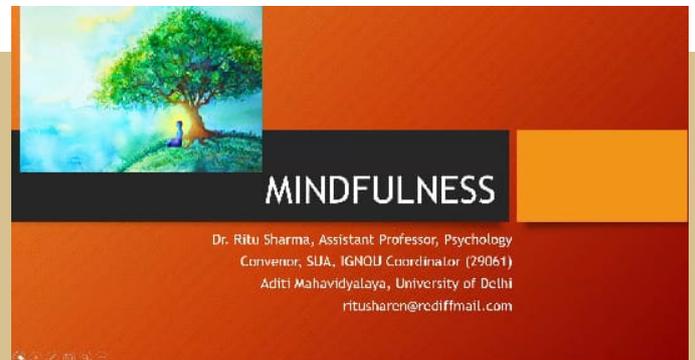
Psychosocial well being acquaints us more about when individual, community have cognitive, emotional strength and is added with positive social relationship. For leading a perfect healthy environment we need to know the specific mental status of individuals present in our surrounding. Dr. Ritu Sharma conducted a webinar on 'Self Management in the shadow of COVID 19' on 27th May 2020 and studied the psycho-social aspects of mental health during covid 19. When people were packed inside their houses due to lockdown, the assessment of their psychosocial needs and counselling was done. There were 227 responses and 53 people were facing mental issues such as depression and stress.



## Mindfulness

*2nd May, 2020*

MINDFULNESS WEBINAR- was taken by Dr Ritu Sharma and Prof Sue C Jacobs from University of Oklahoma, United States on 2nd May 2020. The webinar was open for all students of college, faculty and general public. Various issues related to practicing Mindfulness were discussed in detail followed by a question answer session.



# Gandhian Ideas In Action: A Psychological Perspective on Relevance in Modern Times

1st - 2nd October, 2020

Looking at the present state of affairs in India, the birthplace of Gandhi, one would probably surmise that Gandhism, whatever the term may mean, cannot have any relevance in this twenty-first century. Gandhi is rightly called the Father of the Nation because he single handedly stood up against the mighty British Empire, without any arms, and brought her independence. However, today, Gandhi is mostly forgotten and his relevance questioned even by his ardent devotees. Today Gandhi is remembered in India mostly on his birthday which is celebrated as a national holiday rather as a ritual. To discuss and share Gandhian ideologies we organized a two days International Webinar on Topic "Gandhi's idea in action : A Psychological Perspective on Relevance in Modern times". On first day (1st October 2020) of the event Online Debate Competition was organised. On Day 2 , there was a webinar in which different dignitaries shared their knowledge. The speakers were Prof. Kavita Singh (Faculty of Management Studies, Delhi University), Dr. Kalapatapu Lalitha (Assistant Professor, Yogi Vemna University), Dr. Bhuvan Jha (Assistant Professor, Delhi University), Prof. Tribudi W. Rahardjo (Universitas Indonesia and Universitas Respati Indonesia)

Our Respected Convenor Dr. Ritu Sharma ma'am and Respected Prof. Kavita Singh Ma'am spoke about Gandhian principles and also discussed some Anger Management Techniques which can be implemented in our day to day life. She also quoted that Gandhiji used 'The Cognitive Behavioural Therapy' as he always quoted in his words "I am painfully conscious of my imperfection and therein lies all the strength I possess, because it is a rare thing for a man to know his own limitations". Moreover Kavita Ma'am told us that Gandhiji claimed himself to learn a lot of things from wife Kasturba, such as "In order to transform other, you have to transform yourself" which is a form of "Social Learning Theory". She also enlightened us that how can we positive from Gandhiji's Learning. After that, Dr. Bhuvan Jha (Assistant Professor, Delhi University) shared his knowledge about global presence of Gandhiji. He discussed Gandhiji's contribution during Colonial Period, Non Cooperation Movement, Chauri Chaura Movement. Following that our Guest of Honour, Prof. Tribudi W. Rahardjo laid emphasis on perspective of Gandhian Philosophy. She discussed how youths can implement Gandhi's action in their lifestyle to get great achievement in life. She told us that ideals of truth and nonviolence, which underpin the whole philosophy and relevant to all humankind and are considered as universal by Gandhians. More than ever before, Mahatma Gandhiji teaching are valid today, when people are trying to find solutions to the rampant greed, widespread violence, runaway consumptive style of living.

As a matter of fact, India is not following any of Gandhi's teachings which are mostly confined to text books. In fact, since independence, the country has witnessed many violent communal riots in this multi communal country. Gandhi's message of 'swabalambi', self-sufficiency with home spun 'khadi' cloth is not used now a days even as a social slogan. Statistics show that the country is definitely not following 'sarvodaya', a broad Gandhian term meaning 'universal upliftment' or 'progress of all' reaching the masses and the downtrodden. On the contrary, India today has the unique distinction of being the only country in the world which has the richest man in the world while at the same time more than 30 per cent of its population lives in dire poverty.

Gandhi ji stated "Violence and nonviolence are mental attitudes; they concern the feeling in our heart." In other words, for Gandhi, the psychology of violence is related to its morality. Thus, ideas such as attachment, appetite, desire and self-interest are key to analysing the level of violence in any act. His ideologies and sayings have a lot to offer the present generation and we should definitely abide by his principles for a better living.

**ADITI MAHAVIDYALAYA (UNIVERSITY OF DELHI)**  
Psychology Department presents

## Two Days Intellectual Celebration of Gandhi Jayanti

DATE and TIME: 1st & 2nd October, 2020 from 10 am Onwards

### DAY - 1 ONLINE DEBATE COMPETITION

Google Meet Link: <https://meet.google.com/pwm-fypz-sak>  
Topic: "Gandhian Ideas In Action: A Psychological Perspective on Relevance in Modern Times"  
TIME LIMIT: 5 minutes  
LANGUAGE: Only English  
REGISTRATION LINK: <https://forms.gle/yfEopbGi6n1K1SBe7>

**JUDGEMENT CRITERIA**

- Presentation style
- Use of argument
- Reasons in support
- Organization and clarity

Only Students of Aditi Mahavidyalaya and Associated Bodies (IGNOU and NCWEB) can participate. Others can join as audience.

### DAY - 2 INTERNATIONAL WEBINAR

Google Meet Link: <https://meet.google.com/qtd-vdvi-ike>

#### SPEAKERS

 <p><b>Prof. Kavita Singh</b> Faculty of Management Studies, University of Delhi Keynote Speaker</p>	 <p><b>Tri Budi W. Rahardjo</b> Professor (Universitas Indonesia and Universitas Respati Indonesia) Guest of Honor</p>
 <p><b>Dr. Lalitha Kalapatapu</b> Assistant Professor (Yogi Vemana University, Andhra Pradesh)</p>	 <p><b>Dr. Bhuvan Jha</b> Assistant Professor (University of Delhi)</p>

**Dr. Mamta Sharma**  
Principal, Aditi Mahavidyalaya Patron

**Dr. Ritu Sharma**  
Convenor  
TIC Psychology Department Organizing Committee

**Dr. Priya Bir**  
Co-Convenor,  
Organizing Committee

**PSYCHOLOGY STUDENTS**  
(Organising Committee Members)

For Further Queries, Contact:: 8882325599

# Career Management Practices during the Pandemic

4th - 5th December, 2020

A two- days international webinar was conducted by Empathy to discuss the career management practices during the pandemic dated on 04th and 05th of December, 2020.



*Moderator,  
Panel Discussion*



The Psychology Association of Aditi Mahavidyalaya, University of Delhi  
**"EMPATHY"**  
Presents a two-day International Webinar  
on  
**"CAREER MANAGEMENT PRACTICES DURING THE PANDEMIC"**

Registration Form: <https://forms.gle/LQa8ZKNikjiv2Tic7>  
Meeting Link: <meet.google.com/yhd-cxfc-ppj>

**DAY-1** DATE- 04/12/2020 TIMING: 4:00 P.M.  
**PANEL DISCUSSION on " HIGH FLYERS NEED STRONG WINGS"**  
**MODERATOR:** Dr. Priya Bir, Associate Professor, Department of Psychology, AMV

**PANELISTS:-**

 Allan Gatenby Global Leader Life Design and Actualizing Coach, Australia	 Naishadh Gadani Career Coach, Australia	 Dr. Brian Schwartz International Career & Life-design Counselor, China	 Dr. Chavi Bhargava Sharma Dean, FMS and Social Sciences, MRIU	 Prof. Mamta Sharma Principal, Aditi Mahavidyalaya, University of Delhi
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**DAY-2** DATE- 05/12/2020 TIMING: 10:00 A.M.  
**WORKSHOP on " CREATING YOUR CAREER"**

 Dr. Mamta Sharma Principal,	 Dr. Priya Bir Convenor,	 Dr. Ritu Sharma Co-Convenor
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For Further Queries, Contact: 9818949447; 7060804448

The vision of the webinar conducted was to help students have a career management plan that plans for the possibility of burnout, job loss, pay reductions during the times pandemic as Career management is essential to achieving professional success.

Day - 1 of the international webinar series included a panel discussion on - "High flyers need strong wings". The panelists for the first 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). Day first of the international webinar series was held to discuss the impact of the pandemic's outbreak on career practices and the aftermath of learning vital skill sets and enhancing work performances virtually.

Day - 2 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. Students were made to understand the disruptive factors arised due to Covid's - outbreak in career practices and were taught the further necessities required in near future to work effectively in workspaces.

The webinar had a significant importance as there are pressing issues and problems that have caused less work effectiveness and dissatisfaction amongst the workers in times of pandemic. The risk of burnout , long, demanding working hour, shifts and changes in the technology used, challenges of providing childcare and pay reduction are the topics of high concern and discussion . Working in the new normal with new norms is difficult and coping up came be stressing, so the webinar experts gave important and essential guidance and tips to work through the pandemic without panic. The webinar was a success as it helped the participants a lot.



The Psychology Association of Aditi Mahavidyalaya, University of Delhi

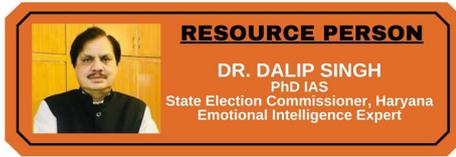
## “EMPATHY”

organizes One-Day Webinar on

# EMOTIONAL INTELLIGENCE EDGE -EMOTIONAL INTELLIGENCE AND YOUR SUCCESS-

Date: February 26, 2021 Time: 4:00 PM Onwards

Registration Form: <https://forms.gle/kGEZ7Rb4HtEILFYp6>  
Meeting Link: <http://meet.google.com/xym-zhhy-izj>

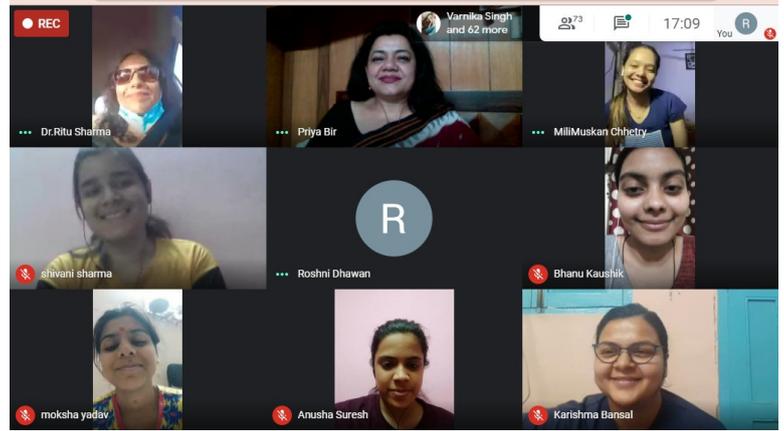


E- Certificates will be provided to the Participants



# Emotional Intelligence Edge: Emotional Intelligence and your Success

26th February, 2021



Emotional Intelligence is an important factor in our lives, the value and benefits of developing your EQ are extensive and in many areas massively under-utilised. Therefore, Emotional intelligence is the gateway to living a more fulfilled and happy life. Emotional intelligence helps you to understand and manage your emotions in order to self-motivate and to create positive social interactions. There's huge value and benefits of EI vast in terms of personal, academic, and professional success. Those with high emotional intelligence are able to manage their emotions as well as use their emotions to facilitate their thinking and understand the emotions of others. Hence, EQ plays a very crucial role in our lives by helping one in staying attuned with their emotions in all kinds of positive and negative situations. It's very crucial to study how can one enhance their EQ to get better at skills like leadership, managing interpersonal relationships, empathy, so on and so forth.



To gain insights into the area and to hear about it from an expert we organized a one-day Interactive Webinar on Emotional Intelligence on 26th February 2021. Dr.Dalip Singh (Phd IAS and State Commissioner of Haryana), was the resource person of the Interactive webinar. The workshop covered various scientific understanding of emotions and its importance in our daily lives. The workshop was started by Dr. Dalip Singh, he took the whole session and covered the topics as follows: Introduction to Emotions, difference between IQ and EQ, techniques and methods to enhance Emotional Intelligence and Five Components of Emotional Intelligence. Workshop was found to be very effective as participants learned about the importance and powers of Emotions. Participants were unaware on how they could use emotional Intelligence. But after the workshop they found new techniques and methods to do so. Also training effectiveness was measured through "EQ Test" developed by Dr Dalip Singh IAS, which will help us to know more about ourselves and about people around us. The test measures the way you use your emotional skills in your personal and professional life. It was found that participants were more emotionally aware on the topic after the training. He also told us that Emotional intelligence, or EQ, is a concept that describes factors that set successful leaders apart from other leaders. EQ can be defined as those skills that people use to manage their own emotions wisely, to help them achieve their goals and to manage their interactions with others in ways that maximize the chances of influencing others constructively. Overall the workshop was found to be highly effective for participants. Questioners were also conducted in the webinar. Dr. Dalip Singh IAS concluded with how EQ plays a huge role in our lives, how this webinar would help the participants to know the importance of Emotional Intelligence and also it would help them to do their implementation in their day to day life.

Psychologists and some experts even suggest that it can be more Utilizing and developing emotional intelligence in the workplace can greatly improve both job performance and the social capabilities of individuals within that workplace and after the completion of the workshop the students had a lot of take away lessons on why is EQ important and how to enhance it.

# Research Methodology

3rd February, 2021

Research is a logical and systematic search for new and useful information on a particular topic. Scientific research is a critical tool for successfully navigating our complex world. Without it, we would be forced to rely solely on intuition, other people's authority, and blind luck. While many of us feel confident in our abilities to decipher and interact with the world around us, history is filled with examples of how very wrong we can be when we fail to recognize the need for evidence in supporting claims. At various times in history, we would have been certain that the sun revolved around a flat earth, that the earth's continents did not move, and that mental illness was caused by possession. It is through systematic scientific research that we divest ourselves of our preconceived notions and superstitions and gain an objective understanding of ourselves and our world.

The Psychology Association (Empathy) at Aditi Mahavidyalaya, University of Delhi has organized a one day Webinar on "Research Methodology" on 3rd February 2021. Dr. Ritu Sharma was the convener of the webinar and Dr. Priya Bir was the co-convener of the webinar. 95 participants from the various fields were the part of this webinar.

Dr. Ritu Sharma briefed the participants about the Webinar on Research Methodology and introduced Dr. Poonam Phogat, the resource person of the session.

The workshop was continued by Dr. Poonam Phogat. She covered the topics as follows: Introduction to Research, Format of research, different types of Research – Quantitative, Qualitative and Mixed Method, A brief introduction to statistical analysis of data. She explained that research is not just information gathering, is not rearranging the facts and figures alone and is not playing off words. She focused on what is research? And she told us about that in detail. She stresses that research starts with a question or problem, accepts certain basic assumptions, expects critical interpretations, requires unbiased data collection analysis, performs validation, needs articulated documentation and leads to further research. She also told us about types of research and the use of research methods to study different aspects and to apply research methods for the research questions. Dr. Poonam also explained research steps. In quantitative she discussed descriptive, correlation, causal comparative and experimental. The entire session was filled with simple and beautiful examples which were easily understandable by the participants. She also tells the meaning of hypothesis which means an intelligent guess or prediction that gives a direction to the researcher to answer his research question. She also talked about the contribution of hypothesis in the research study i.e. it gives clarity to the research problem, describes and predicts the expected results or outcomes, indicates the types of research, describes research design, identifies the population of the study, facilitates data collection, data analysis and data interpretation.

Questions were conducted in the session. The resource person addressed Doubts raised by participants.

The Webinar on Research Methodology concluded with a vote of thanks by Vice president of empathy, Karishma Bansal. They felicitate the participants with the certificates and feedback form.

Studies have shown that research helps us understand what makes people think, feel, and act in certain ways; allows us to categorize psychological disorders in order to understand the symptoms and impact on the individual and society; helps us to understand how intimate relationships, development, schools, family, peers, and religion affect us as individuals and as a society.



Aditi Mahavidyalaya, University of Delhi

Department of Psychology & Association of Psychology Empathy

organizes One-Day Webinar on

## Research Methodology

DATE: 3rd FEB, 2021

DAY: Wednesday

TIME: 11:30 am

Google Meet Link: <https://meet.google.com/spn-fjts-xfp>



### RESOURCE PERSON

**Dr. Poonam Phogat**  
Assistant Professor  
Gargi College, University of Delhi

E-certificates will be provided to the participants



**Prof. Mamta Sharma**  
Principal

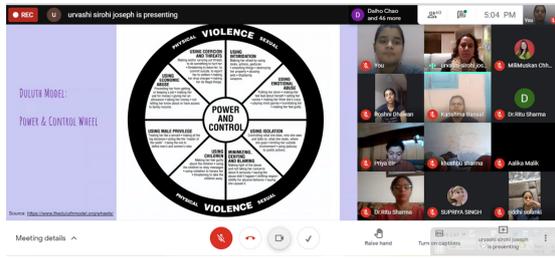


**Dr. Ritu Sharma**  
Convener



**Dr. Priya Bir**  
Co-Convener





# Psychology in Action

25th - 26th March, 2021

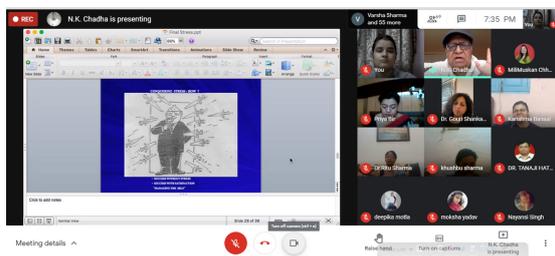
Aditi Mahavidyalaya, University of Delhi  
 Department of Psychology  
 Presents a two-day International Webinar on  
**PSYCHOLOGY IN ACTION**  
 Registration Form: <https://forms.gle/YQGGZaS1BskPCuvP9>  
 Meeting Link: <https://meet.google.com/byr-zbez-hzj>

DAY - 1	25th March, 2021	6pm onwards
<b>RESOURCE PERSONS</b>		
<b>STRESS MANAGEMENT</b> Prof. N.K. Chadha	  Dr. Renu Kishore	<b>EXPRESSIVE THERAPIES</b>
DAY - 2	26th March, 2021	10am onwards
 Dr. Nimisha Kumar Cognitive Behavioral Therapy	 Dr. Vandana Gambhir Psychology in Organisations	 Dr. Urvasi Sirohi Joseph Healthy Relationships
E- Certificates will be provided to all the participants		
 Prof. Mamta Sharma Principal	 Dr. Ritu Sharma Convener	 Dr. Priya Bir Co-Convener

Stress for ordinary people as well as professionals also, has created more fear and anxiety among adults and children. However, there are certain actions that are necessary to curtail the negative impacts. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Everyone reacts differently to stress in full circumstances. So how to manage all these factors in personal life as well as in professional life is elucidated via this webinar.

Therapy, also called psychotherapy or counseling, is the process of meeting with a therapist to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body). Two such therapies- cognitive behavioural therapy and expression therapy- had been taken up as topics of discussion for the young budding psychologists.

Organisational psychology, the field consists of conducting research into workplace dynamics and applying research findings to optimize business efficiency and worker satisfaction. Its emerging as great carrier option in India and worldwide, and therefore becomes an important topic for discussion.



The Psychology Association (Empathy) at Aditi Mahavidyalaya, University of Delhi had organized a two days Webinar on Psychology in action on 25th and 26th March 2021. Dr. Ritu Sharma was the convener of the webinar and Dr. Priya Bir was the co-convener of the webinar. 95 participants from the various fields were the part of this webinar.

Webinar on 1st day, first session was on the topic “Stress Management”, organized by the Department of Psychology, AMV on 26th of march took reverence and joy in addressing the keynote speaker of the day Prof. N.K. Chadha. In continuation the second session was taken by Dr. Renu Kishore on the topic “Expression Therapy”. The second day of the webinar was embarked with the a session by Dr. Nimisha Kumar on the topic “Cognitive Behavioral Therapy” organized by the Department of Psychology, Aditi Mahavidyalaya on 26th March. The second session of the day was click started by Dr. Vandana Gambhir, on the topic “psychology in organisation”, majorly focusing on motivation.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. One of the key take aways was to follow your daily routine by making a checklist and working on those tasks throughout the day. Set benchmarks and don’t compare it with others. Learn to balance your work and rest. Me time will increase productivity and balance. Expression therapy refers to both verbal and non verbal arts form which enhances client involvement. Some of its example are dance, music, drama techniques. The focus of expressive therapies is on healing effect of the creative experience through 4 major areas: expression, imagination, active participation and mind body connection. . motivation a important and major factor that effects people’s work life, the session zoomed in all the points on motivation in an elaborated form, that motivated students in the complete essence. The key take points to take away from the webinar were focusing at your goal direction. Intensity of your goal, and direction- as these were the bible points to help in motivation in any fields.

# Work Psychology

28th - 30th March, 2021

Workplace psychology – sometimes referred to as Industrial and Organizational Psychology – is concerned with understanding, explaining, and ultimately improving the attitudes and behaviors of individuals and groups in organizations and applying this knowledge to problems at work. Psychology is critical to the workplace. It helps managers at all levels of organizations select, support, motivate and train employees. It also helps businesses design products, build better workspaces and foster healthy behavior.

Stress isn't always bad. A little bit of stress can help you stay focused, energetic, and able to meet new challenges in the workplace. But in today's hectic world, the workplace too often seems like an emotional roller coaster. Long hours, tight deadlines, and ever-increasing demands can leave you feeling worried, drained, and overwhelmed. And when stress exceeds your ability to cope, it stops being helpful and starts causing damage to your mind and body—as well as to your job satisfaction.

The Department of Psychology at Aditi Mahavidyalaya had organised a series of lectures on the topic “work psychology”. On 28th March 2021, from 9am onwards Dr. Vandana started her lecture on “leadership” as a topic of Industrial and organizational psychology. In this lecture she covered topics like, what is leadership, theories of leadership, understanding Indian concept of leadership from mythological frame of mind, the evolving concept of leadership, coaching and mentoring. The whole lecture was very interactive and informative.

On 29th March 2021, the lecture started sharp at 8am where Dr. Vandana covered the topic “Human Resource Management”. In this lecture she covered the topics like, what is HRM, nature of HRM, objectives of HRM, scopes of HRM, importance of HRM, traditional and strategic HRM, evolution of HRM and functions of HRM. attendees. On 30th March 2021, Dr. Nupur commenced with the lecture on the topic “Managing stress”. In this lecture she covered the topic like, what is stress, nature and scope of stress, approaches related to stress, coping with stress, meditation and yoga. The lecture was then followed by a question and answer session.

Studies have shown that using psychology at work can help solve problems and create improvements in the workplace. The workplace can be quite a stressful setting. Employers search for ways to deal with this stress because it is a crucial part of employee productivity and job satisfaction. The sessions were overall quiet interactive and insightful and resolved with the purpose for which they had been conducted.

Aditi Mahavidyalaya, University of Delhi  
Department of Psychology  
Presents series of lectures on

## WORK PSYCHOLOGY

Meeting Link: <https://meet.google.com/nbr-fnef-vre>

**DAY 1** 28th March, 2021 9am - 11am  
DR. VANDANA GAMBHIR  
LEADERSHIP

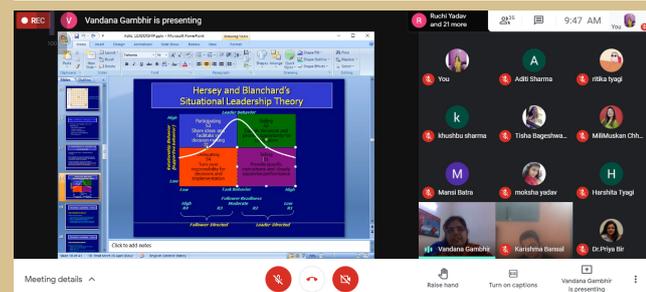
**DAY 2** 29th March, 2021 8am - 10am  
DR. VANDANA GAMBHIR  
HUMAN RESOURCE MANAGEMENT

**DAY 3** 30th March, 2021 9am - 11am  
DR. NUPUR GOSAIN  
MANAGING STRESS

Prof. Mamta Sharma  
Principal

Dr. Priya Bir  
Convenor

Dr. Ritu Sharma  
Co-Convenor





## The Psychology Association of Aditi Mahavidyalaya, University of Delhi

# “EMPATHY”

Empathy is the art of winning the heart. According to Edward B. Titchener (who introduced empathy in 1909), Empathy is that state of mind through which we emotionally understand what other people feel, see things from their point of view, and imagine ourselves in their place. Similarly, we are the organization of Empathy, here to put ourselves in someone else's position and feel what they must be feeling.

**VISION** “empathize with others in a variety of situations.”

The Psychology Association at Aditi Mahavidyalaya aspires to give the best of the best to its undergraduate students. Our faculty of Empathy is here to establish close collaboration to learn not only theoretically but also experimentally and practically, to improve the effectiveness, quality, and value of healthcare services in upcoming psychologists. Empathy makes significant contributions to the field of psychology and to produce professionals who serve the local, national and global communities.

**MISSION** “understand others and compels us to take action”

Empathy, The Psychology Association is committed to excellence in undergraduate education. We are expected to be competent and become ethical professionals committed to the science of psychology and its application to the real world situation. We as an association are on a mission to sow the seed of empathy not only among the aspiring mental health professionals but also reaching out to every individual who learn and develop the art of being empathetic.

This is all about this association and their characteristics in which every member has put their efforts to bring upliftment and progress. Henceforth, each and every contribution is quite precious for this. Moreover through team cooperation and exploring leadership skills, we can take our organization “Empathy “ to a great height.

# OFFICE BEARERS

*Of Empathy, Association of Psychology, Aditi Mahavidyalaya*



**PRESIDENT**

MILIMUSKAN CHHETRY

**VICE PRESIDENT**

KARISHMA BANSAL



**GENERAL SECRETARY**

TANNU DABAS

**GENERAL SECRETARY**

NAYANSI SINGH



**SECRETARY**

SHIVANI SHARMA



**SECRETARY**

ROSHNI DHAWAN



# STUDENT'S CORNER

## FROM 3RD YEAR STUDENTS

It's been a year since we went to college but the learning never stopped. We as students of Aditi Mahavidyalaya never found it hard to get quality education. Under such an extraordinary faculty we have thrived and learnt a lot. We got so many opportunities to learn about different developments in the field of Psychology. Our professors have been a perfect role model for all the budding psychologists of Aditi Mahavidyalaya. From the day we stepped in Aditi Mahavidyalaya and today we have grown a lot. Some of us came in this department with just a goal to get a bachelors degree and now we all wanna do work in the field of Psychology. And working under Empathy was just a cherry on the top. We learnt team building, taking responsibility and organising events. We meet so many renowned psychologists and professors that offered us so much knowledge. Being in this college has been a wonderful experience. It was a journey where many of us used to travel so long to reach our college but it was all worth it because of the knowledge we were getting. Aditi Mahavidyalaya has helped us grow and moved towards becoming an empathetic and comfortable member of this society.

**- By MiliMuskan Chhetry**

Moving to college from school is a huge transformation to be successful in our college journey. Our Psychology Department includes Dr. Priya Bir, Dr. Ritu Sharma ma'am. These teachers are our Angel teachers as we came to know much about research, case study from them. Priya ma'am and Ritu ma'am were always ready to do something innovative for us and they were keen to organize workshops, conferences and seminars for us. As time passed and it's our last year I really feel nostalgic about leaving my growth and reflection zone. The professors are indescribable and I will really respect them throughout my lifetime as they were my second guardian. Overall it was a blended emotion experience for me inside the college. Lastly, much gratitude to my professors for making us get throughout the phase of perfection. Unforgettable memories attached from it that will remain with me throughout my lifetime.

**- By Moksha**

We have heard from many people, how difficult college can be but taking into consideration my college journey has been a lot of fun as working under the psychology department. The psychology department at Aditi Mahavidyalaya worked as a door of opportunities for its students offering different activities to engage us. This department has enabled us to explore our environment as well as our inner self by introducing different seminars, webinars, series of professional lectures, by different professionals, giving us a chance to grow. Although many of us came here just for a graduation degree but working under the psychology department our professors gave us a golden opportunity to reflect on ourselves and change our minds. As a budding psychologist, the psychology department at Aditi Mahavidyalaya gave us wings and also the direction to take our career on peak.

**- By Riddhi**

It has been a roller coaster ride in Aditi Mahavidyalaya. Today, we are in the final chapter of completing this journey. By the time we embrace our college journey, a pandemic happens and half of our time is spent in our homes but that too can't stop our spirit from learning and growing in the virtual setup. Our department not only revived the society but they also give us wholesome exposure, experiential learning and hands-on training. And gives us the opportunity to lead various events under the umbrella of their guidance. We organized 7+ successful events under our belt that too in a year during the pandemic. We are fortunate enough to be blessed with the best.

**-By Karishma**

# RESEARCH CORNER

*Newsletter*

## DEPRESSIVE SYMPTOMS AMONG OLDER ADULTS: THE MODERATING ROLE OF GENDER

(Supervised by Dr Ritu Sharma to First Year Student's batch 2020-21)

**ABSTRACT:** The aim of the study is to understand the role of rumination and self-compassion as contributory factor for depression among community dwelling older adults. Another objective was to find a relationship between depression and gender. Depression is most pressing mental health issue for older adults as their mental issue is often overlooked. Geriatric Depression scale, Rumination scale and self-compassion scales were used for assessment. Every student collected the data from 5 older women and 5 men and all together 205 older adults.



## A STUDY OF INTERGENERATIONAL LEARNING AND BONDING THROUGH STORIES

(Supervised by Dr Ritu Sharma and done by 2nd year students 200-21)

**ABSTRACT:** During the COVID-19 pandemic, many grandparents have spent more time with their grandchildren than they used to. It has been a precious opportunity for both the children and their grandparents to get to know each other better and to learn from each other. During this challenging period of home learning, psychology students of 2nd year from Aditi Mahavidhyalaya (DU), conducted a two-month project that investigated intergenerational learning and bonding between grandparents and grandchildren and tested their anxiety levels after the process of establishing and maintaining a bond through the conduction of this study

In our analysis of the interview data, four themes emerged in regard to the changes the project has made for the participants. They are

- (1) Learning about health, life skills and values;
- (2) Grandparents development of learning motivation and behavior;
- (3) : Grandchildrens better understanding of older people and the concept of lifelong learning; and
- (4) Closer relationships between grandparents and grandchildren



## RESEARCH ON OLD AGE: A CURSE OR A BLISS

(Supervised by Dr Ritu Sharma to third year students 2020-21)

**ABSTRACT:** This was a research done by students of Aditi Mahavidyalaya on Topic Old Age -Curse or Bliss. The students visited Triveni Devi Old Age Home, Bawana for interaction and doing a case study of inmates of old age home. This research work was done on 27 aged people who were living in old age home. In this research work, we collected the case study of each individual with the help of observation and interview skills. that 80% of aged people living there were facing some kind of elder abuse and the remaining 20% were abandoned and left there because their children couldnt take care of them emotionally and financially because of their busy lives. Although, because of this abandonment they all have some kind of void in their lives but they still started a life from scratch in Triveni Devi Old Age Home. Triveni Devi has provided them better food, sanitation, hygiene, medical care. And they have found a new family but they still deep down have a hope that one day their children will take them home.

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. This type of violence constitutes a violation of human rights and includes physical, sexual, psychological, and emotional abuse; financial and material abuse; abandonment; neglect; and serious loss of dignity and respect.

## PSYCHO-SOCIAL MEASURES OF COVID 19

(Dr Ritu Sharma and students of Psychology Department)

The survey was conducted on the psycho-social parameters of people get affected due to COVID 19 and lockdown. 113 people participated in this study most of them were of the age group 19-30 years old. It was a qualitative study in which they shared their experiences and how they got affected with the lockdown situation. There responses were individually analyzed and counselling session were give to those who were suffering from high depression.

## RESEARCH ON JOB SATISFACTION AND COMMITMENT IN AN ORGANIZATION

(Supervised by Dr Priya Bir to third year students 2021)

**ABSTRACT:** A comprehensive research work was done on Job Satisfaction and Organizational Commitment by 3rd year students of Aditi Mahavidyalaya in 2021. Students visited Indraprastha Public School located in Baghpat, Uttar Pradesh. Job Satisfaction Survey by Paul E. spector was used to measure the Job Satisfaction of teachers. Organizational Commitment was measured by the TMC Employee Commitment Survey. Every student contacted two teachers through random sampling. A comparative analysis was done for both on the variable of tenure.