



PSYCH HERALD

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



NEW DELHI

MARCH 31, 2022

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Editorial Board:

Tannu Dabas, Harshita Tyagi, Aditi Sharma, Roshni,
Shivani Sharma, Nayansi Singh & Suniti Gaur

MESSAGE FROM THE PRINCIPAL

From the Principal's Desk

Prof. Mamta Sharma

Dear students and faculty members,

It is indeed a great honour to be the patron for the second edition of Psych Herald, newsletter of the Psychology department. It gives me immense pleasure to read the remarkable work of the students and faculty members of the department. To work hard is good, but working hard on a sustainable basis is commendable and that is what I see in the department of Psychology.

Glenn Close said, "What mental health needs is more sunlight, more candor, and more unashamed conversation." It is indeed delightful to see the department working hard to destigmatise mental health and hold multiple programs in the area coupled with community outreach programs.

I wish the Empathy team the very best for all its future endeavours and am certain that Psych Herald will continue to achieve new milestones with dedication, perseverance and motivation.



Prof. Priya Kanwar

Message from the Editor in Chief

Dear readers

It's a matter of great pride for me and the editorial team and the department of Psychology to bring out the second edition of Psych Herald, the official newsletter of the department of Psychology, Aditi Mahavidyalaya, University of Delhi.

This newsletter not only highlights the work done in the department but also many imperative issues pertaining to mental health and well-being. Apart from all the regular features, we have student columns where the students make original contributions in terms of articles in the various domains of Psychology. I am presenting before you this edition with great pleasure, humility and anticipation of powerful reading.

Once again, I extend my special thanks to the editorial team. We are open to queries and suggestions.

Happy reading!



Dr. Ritu Sharma

Message from the Executive Editor

Bringing out the second Newsletter of Psychology department 'Psych Herald' is a matter of immense pleasure for me. On behalf of Psych Herald Editorial team, I welcome all the readers and congratulate our team for this fine work. The functionaries of the department worked day and night throughout the year to create achievements in form of new learnings and experiments. This was done despite odd situations. These events provided huge exposure and opportunities to students. The Newsletter documents these efforts and their fruits.

In the year 2021-22 department has organized four events- 1) Standup against street harassment (Part I), 2) Emotional intelligence: A key to Success, 3) Standup against street harassment (Part II) and 4) Body Language and Deception Detection. All the sessions were held in online mode. It was heartening to see a great evolution in the technological skills of our students as they smoothly handled online registration, prepared and facilitated filling up of feedback forms, conducted question & answer sessions by themselves. The two sessions on street harassment empowered the girls with the skills of handling the situations of eve teasing etcetera wisely. Similarly, the session on 'body language and deception detection' enlightened the students about how to understand the body language of others as well as how to manage their own non-verbal language in various situations to get maximum benefits from the situations. In today's scenario success is defined more by emotional intelligence (EQ) rather than IQ, understanding the concept of EQ and its applications in personal and professional life make one more adjusted with people around.

Every year our students come up with innovative ideas to develop their psychological skills and grow further in their professional life. I wish all the best to the entire team for the publication of newsletter and performing stupendous job.



EVENTS AT A GLANCE

PSYCHIC

HERALD

SESSION

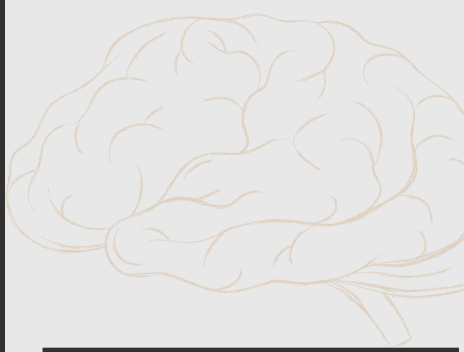
2021- 22

This Session's List of Events

- **StandUp Against Street Harassment I**
- **Emotional Intelligence: A Key to Success**
- **StandUp Against Street Harassment II**
- **Body Language and Deception Detection**

POSTERS

01



DEPARTMENT OF PSYCHOLOGY
ADITI MAHAVIDYALAYA
(UNIVERSITY OF DELHI)

A TRAINING SESSION ON

STAND UP AGAINST STREET HARASSMENT

August 13, 2021 | Google Meet | 11 AM

MS. BISMA JAVED
TRAINER
BREAK THROUGH INDIA

Registration Form: <https://forms.gle/qp3o8QcsM3q6qvGh9>

L'ORÉAL PARIS | **hollaback!** | Breakthrough
Act. End violence against women.

Prof. Mamta Sharma
Principal

Dr. Priya Bir
TIC Organizer

Dr. Ritu Sharma
Associate Professor

EMPATHY, THE PSYCHOLOGY ASSOCIATION
ADITI MAHAVIDYALAYA, UNIVERSITY OF DELHI

ORGANIZES A ONE DAY WEBINAR ON

Body Language and Deception Detection

Date: 31st January, 2022
Time: 11 am onwards

Registration Form:
<https://forms.gle/kyGdpuVCQquwPtfMA>

SPEAKER: MR. GAURAV GILL

Specialisation:

- Body Language Analyst
- Psychologist
- Assistant Professor of Psychology

E-CERTIFICATES WILL BE GIVEN TO THE PARTICIPANTS

Empathy Office Bearers
Tanna Dabas (President)
Harshita Tiagi (Vice President)
Aditi Sharma (General Secretary)
Shivani Sharma (Secretary)
Roshni Dhanani (Secretary)

Prof. Mamta Sharma
Principal

Prof. Priya Kanwar
TIC Organizer

Dr. Ritu Sharma
Associate Professor

The Psychology Association of Aditi Mahavidyalaya,
University of Delhi

"EMPATHY"

Presents a one- day webinar on

Emotional Intelligence

A Key to Success

Resource Person: **Prof. NK Chadha**

Date: 28th December, 2021
Time: 4 PM onwards
Platform: Google Meet

Registration Form:
<https://forms.gle/MpY9mTUWf3AzP6C8>
Meeting Link:
<https://meet.google.com/jcm-czzy-dxf>

E-CERTIFICATES WILL BE GIVEN TO THE PARTICIPANTS

Prof. Mamta Sharma
Principal

Prof. Priya Bir
Convener

Dr. Ritu Sharma
Co-convener

Empathy, The Psychology Association of Aditi
Mahavidyalaya, University of Delhi presents

A Training Session on

STAND UP AGAINST STREET HARASSMENT

15 JAN 12:00 PM

The more you know, the
easier it is to Stand Up

Registration Form:
<https://forms.gle/gohgZStuVrbMBUrw5>

MS. BISMA JAVED
TRAINER
BREAK THROUGH INDIA

L'ORÉAL PARIS | Breakthrough | **hollaback!**
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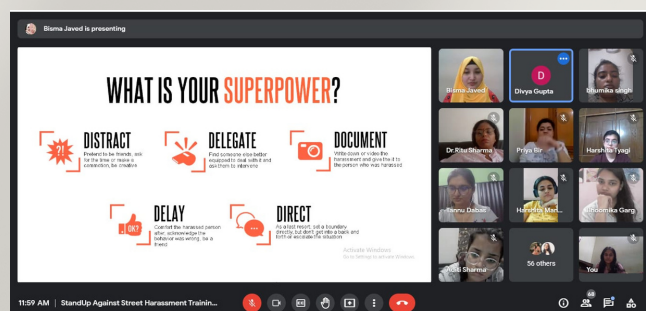
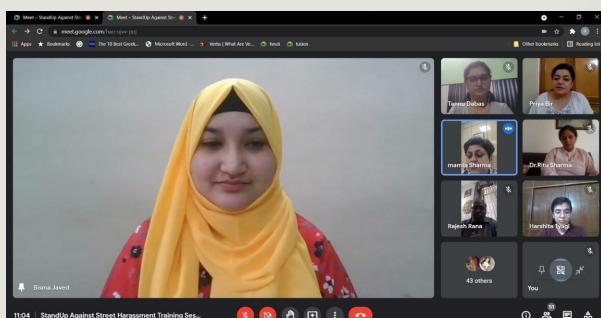
Dr. Ritu Sharma
Associate Professor

STAND UP AGAINST STREET HARASSMENT

13th August, 2021, Friday

11 AM to 1 PM

An interactive Workshop conducted by Ms. Bisma Javed on Street Harassment for the students of Department of Psychology, Aditi Mahavidyalaya, University of Delhi. This webinar was aimed to encourage people to break the silence and intervene in Sexual harassment to create a world wherein every individual can live a life with dignity, equality, and justice. The training workshop included learning about the 5D strategies. The workshop gave students an opportunity to practice applying the 5D's strategies. The Presentation was interactive, very easy to understand, and the workshop was very insightful, empowering, and encouraging for the participants. Queries of the students were addressed thereafter and indeed students took a lot of learning from the training workshop.



EMOTIONAL INTELLIGENCE: A KEY TO SUCCESS

December 28, 2021, Tuesday

4 PM to 5:30 PM

Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi organized a one-day Webinar on “Emotional Intelligence- A Key to Success” on December 28, 2021 i.e. Tuesday. The event was addressed by the honourable Chief Guest, Professor N.K. Chadha with patron Professor Mamta Sharma, Professor Priya Bir as the Convener and Dr. Ritu Sharma as the Co-Convener. 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. So in order to understand that into more detail, Professor N.K. Chadha [a former Professor and Dean at University of Delhi and currently the Chairperson (Council for Doctoral Program) at Manav Rachna International University], was the resource person of the Interactive webinar. The event was advanced by Professor N.K. Chadha by elucidating on the concept of Emotional Intelligence, furthermore, and giving insightful lessons in management of emotions by involving the participants. Participants were actively involved in the discussion, mostly on issues on emotions, competence and skills. The webinar went on analyzing various topics related to emotional intelligence. The honorable resource person introduced parallel techniques for efficient self-management that could lead to more meaningful, healthy relationships. The session was very interactive, informative, & touched down some potent concepts of Emotional Intelligence. The objective of the webinar was achieved & queries were taken at last. The overall session discussion benefitted the participants. This webinar helped the participants to know the importance of Emotional Intelligence as a prerequisite key for success.

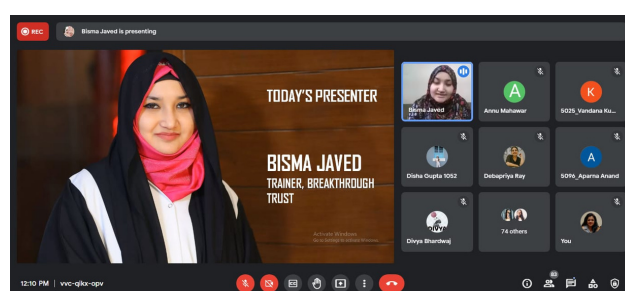
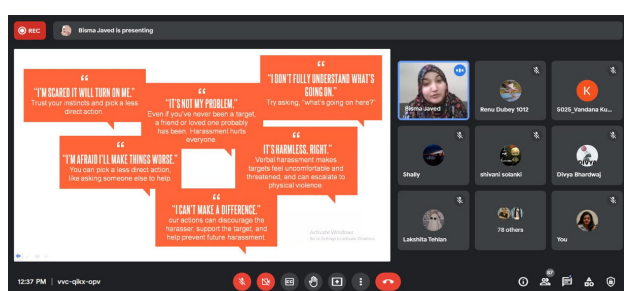


STANDUP AGAINST STREET HARASSMENT

January 15, 2022, saturday

12 PM onwards

Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi organized a one-day webinar on Stand up Against Street Harassment on 15 January 2022 at 12 PM. The webinar was conducted in the guidance of our Patron Professor Mamta Sharma, Professor Priya Bir, as the Convener, Dr. Ritu Sharma as the Co-Convener. The Guest of the event was Ms. Bisma Javed. The webinar introduced the different methods which we can prevent and tackle sexual harassment at public places. She also talks about '5D' which initially is to stop sexual harassment. The aim of this webinar was improving the awareness on the taboo topic, along with the motto that carried the learning to the webinar "the more you know, the easier is to stand up". The resource person elucidated and emphasized the importance of knowing and understanding need to stand up intelligently against sexual harassment in public places. The webinar also approached the key techniques to follow while intervening. This webinar boosts up the confidence of each and every participant so they will stand up and fight against the street harassment. Ms. Bisma Javed a Trainer, from Break through India. she has been a trainee and a social worker with an experience of more than eight years. The event was advanced by Ms. Bisma Javed by involving various PowerPoint presentations, including very impactful videos on street harassment which shows how people can protect themselves and others in critical situations of harassment. Further, what are the right steps which one can take in the sensitive situation of public harassment? She makes webinar more impactful by involving participants with some good number of multiple-choice questions. The webinar went on analyzing various concepts like 5D which is Direct, Delegate, Document, Delay and Distract. She also explains how street harassment pay impact on our psychological and social well-being. The webinar was very interactive, intelligently destroying myths and destructive mentality that surrounded the topic. The overall session discussion benefitted the participants to know how to stand up against street harassment.



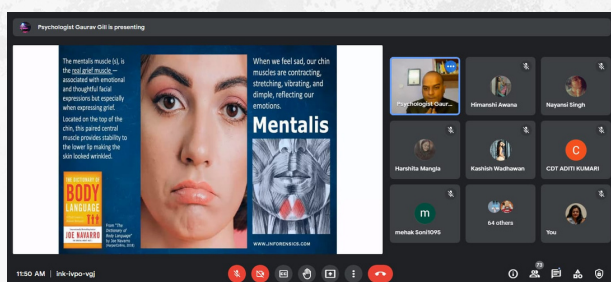


Body Language and Deception Detection

JANUARY 31, 2022, MONDAY

11AM ONWARDS

Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi organized a one-day webinar on “Body language and deception Detection” on 31 January 2022 at 11am. The event was addressed by the Honorable chief guest Mr. Gaurav Gill with patron Professor Mamata Sharma, Organizer, Prof. Priya Kanwar and Associate Professor, Dr. Ritu Sharma. The Webinar introduced the various psychological applications and understanding on Body language and Deception Detection. The aim of the session to give more information and knowledge to the participant about Body language and deception and how to detect them. Mr. Gaurav Gill, a psychologist with Catalyst India Charitable Trust Delhi, Assistant Professor of psychology and a Body language & statement Analyst. Mr. Gill started the session with PowerPoint Presentation which included different images and relatable videos associated with Body language and Deception and to identify them. He starts it with a Sherlock Holmes quote “You See but You Don’t Observe”. He took the session forward by explaining Body language involving images related to Face expression, eye contact, Hand Movement, Face Muscle, breathing rate, blinking rate, Cranial nerve, lip movement, Chained elephant movement, Eye blocking emotional insecurities and confidence. To make things more understandable he gives examples of different criminal cases like Susan Smith case, Jodi Arias, Arushi Talwar, Green River case Gary, Ridgway Foster, Elizabeth Holmes. He also uses psychological and scientific term like limbic brain, fluttered eye, Duchene’ grief Muscle, Mentalis chin bone, Boa Constrictor, isopraxism, Fig leaf posture and he also talk about crime forensic and investigation and scope of criminal psychology and body language. He recommended the participants to watch the series – Lie to me and a book “what everybody is” by Joe Navarro. He also talked about BCCC- Base line, Context, Cluster of Tell, Culture.



EMPATHY

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



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

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

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

Tannu Dabas



VICE PRESIDENT

Harshita Tyagi



**GENERAL
SECRETARY**

Aditi Sharma



**ADDITIONAL
SECRETARY**

Roshni Dhawan



**ADDITIONAL
SECRETARY**

Shivani Sharma



STUDENT'S CORNER

FROM FINAL YEAR STUDENTS

College is the most formative experience of our lives. It's an emotional roller coaster with both bitter and wonderful recollections. Due to the pandemic, we were forced to stay at home for more than a year, but that didn't stop us from gaining knowledge and experience in the virtual environment. Our psychology department at Aditi Mahavidyalaya hosted a number of webinars during which we met a number of notable professors and psychologists who shared their knowledge with us. As Aditi Mahavidyalaya students, we were always striving for perfection. We are grateful to our professors for pushing us to complete the perfection phase. Our professors served as a pillar of support for us. Despite difficult circumstances such as the pandemic, our psychology department was able to organise 11+ effective events. Being a part of empathy is like icing on the cake. a place where you can learn and grow all at once, a place that teaches us how to be empathetic, how to construct a team, create a safe environment for team members, and organizing events. It was a wholesome experience. We are fortunate to be blessed with the best.

- Harshita Tyagi

These three merry years in Aditi Mahavidyalaya has not been less than a bliss for me. Though almost two years of our journey went through online mode; yet the learning, the opportunities & exposure we're taking isn't less than the offline mode. My heart will always have a special corner for the Psychology Department, for Prof. Priya Bir and Dr. Ritu Sharma who not only guided us academically but who're also our role models. This department has given us a chance for opportunities & to explore various dynamics of psychology. I'll always be grateful for this beautiful journey & cherish the time I've spent at Aditi Mahavidyalaya and I'm taking a lot of learning from here.

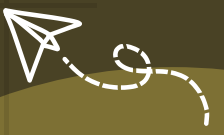
- Aditi Sharma

I remember coming to college with a dicey mindset for how I will manage everything that this phase beholds, after all, going to college and prepping for the "real world" is not that easy. But, now after three years when this journey is about to end, I can certainly claim that this has been such a delightful ride. For around two years, we have been in a virtually connected zone but that never came as a hindrance for our learning. Our professors have made this journey so enriching. There is so much to embrace and being a part of "Empathy" has legitimately been the cherry on the cake. I cannot thank everyone, who was a part of Empathy, and my professors enough as this has made me gain so much. Now that I think of it, my heart is filled with gratitude and I feel extremely flattered that I have had such amazingly smart and wonderful juniors, seniors and professors to work with. I know for a fact that this journey has provided all the budding psychologists wings to fly and we can't thank our professors and everyone enough for all of it.

- Nayansi Singh

Like me, no one would have thought during our admission to Aditi Mahavidyalaya that we would all be attached to the college and to our professors this much. I guess we all must have thought at least for once that "koi baat nahi off campus hai toh, degree pe toh DU hi likha hoga". But now when we are on the verge of completing our 3 year graduation, we all are so attached and feel emotional to leave. Personally to me, the college and to be precise the 'Psychology Department' has taught me a lot. I was a naive girl like everybody else with no knowledge or experience almost about anything. Working in Empathy for 2 long years and working as a placement cell coordinator has made me experience and learn innumerable things. Starting from interacting with the teams to interacting with the corporates, I have come a long way. All thanks to our teachers who have guided us from Day 1 and encouraged us to push ourselves beyond our comfort zones. Though almost 2 years of our college life went online, but the learning never stopped. The teachers left no stone unturned to provide us exposure for our learning and experiencing different phases. Now when I look back to these 3 years, my heart is filled with immense gratitude and happiness. This college and especially the Psychology Department has given us a lot of experiences and numerous chances for our growth and I am sure all the budding psychologists and everyone else must also be feeling the same. I am very grateful for this very beautiful journey of 3 years and I feel blessed to have got this experience.

- Tannu Dabas



Talking about my college life, I had enjoyed my college life to the fullest. I am a final year student of B.A. (prog.) in mathematics and Psychology. When I took admission in Aditi Mahavidyalaya, I was really afraid as all the people were new to me. But soon, I started enjoying my college life and made some good friends. I loved everything about my college, Especially our Psychology department. Just 2 years back, I had joined the Psychology department i.e. Empathy as one of the office bearers and working under with such brilliant professors Dr. Priya Kanwar Ma'am and Dr. Ritu Sharma Ma'am was the golden opportunity. Working with Empathy not only gave me the exposure but also I learn the sense of duties, responsibility, organization webinars during pandemic, improving self confidence and self importance. Also being a core team member of Placement cell was the best opportunity for me. Overall, I have Enjoyed the full freedom and I'm ready to turn my dreams into reality.

- Suniti Gaur



RAVEN'S STANDARD PROGRESSIVE MATRICES

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(Supervised by Dr. Ritu Sharma to 2nd year students)

Abstract

Due to Covid-19 Raven's Standard Progressive Matrices test was the first-ever study we as students of the 4th semester did in an offline setting. Raven's Progressive Matrices or RPM is a nonverbal group test.

It is usually a 60-item test used in measuring abstract reasoning and is regarded as a non-verbal estimate of fluid intelligence. It is typically used in/for educational settings. This test was specifically picked up by teacher in charge, Dr. Ritu Sharma, for various factors. Such as the test's short time limit, need for limited participants, limited calculations, etc. so as to not overwhelm us and in order to show us how a practice is conducted in a typical setting.

It was an interesting test to conduct. It helped in understanding the concept of intelligence to a whole different level. Seeing how simple matrices in a total non-verbal setting can be used to assess abstract reasoning of almost all ages. This test not only test intelligence but also a person's patience to some extent as there are 60 questions

JOB SATISFACTION & EMPLOYEE COMMITMENT SURVEY

SUPERVISED BY PROF. PRIYA KANWAR TO 3RD YEAR STUDENTS

A comprehensive study, superintended by Prof. Priya Kanwar, was conducted to compute "Job Satisfaction" and "Organizational Commitment" in employees by the third year students of Aditi Mahavidyalaya in 2022.

To initiate the study a google form was made and circulated amongst the employees from various domains and/or sectors. Collection of the data, which included both the demographic details and responses to the questionnaire, was obtained through the google form.

For measuring the level of the Job Satisfaction in the employees, Survey by Paul E. Spector was used. JSS is a 36 items, nine facet scale to assess employee attitude about the job and aspects of the job. Organizational Commitment on the other end was surveyed by the Meyer & Allen's Three-Component Model (TCM) of commitment. The survey included three well-validated scales, the Affective Commitment Scale (ACS), the Normative Commitment Scale (NCS) and the Continuance Commitment Scale (CCS). Each was scored separately and was used to identify the "commitment profile" of employees within an organization.

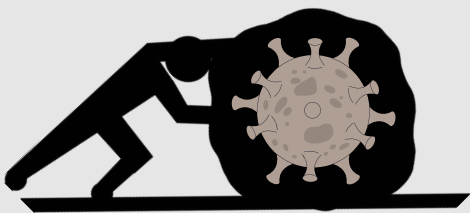
Every student was assigned with two employees through random sampling for the conduction of the research. A comparative analysis thereafter was done for both on the variable of tenure.





MENTAL HEALTH POST PANDEMIC, COVID-19

The COVID-19 pandemic has posed a serious threat to global mental health. Multiple lines of evidence suggest that there is a varying yet considerable increase in mental health issues among the general population and vulnerable groups. The aftermath is obscure and speculative from a social, economic, individual and public mental health perspective. Experts have predicted a “tsunami of psychiatric illness” in the aftermath of COVID-19 pandemic. For such a large scale event like COVID-19 pandemic, the impact on mental health can be long lasting. The prevalence of common mental health disorders is expected to rise during the post-pandemic time as a result of the long term effects of the pandemic, the restrictive measures such as social distancing and quarantine and the socio-economic effects. This has implications for mental health services. Recently published studies support the existence of an emotional epidemic curve, describing a high probability of an increase in the burden of mental health issues in the post-pandemic era. Furthermore, previous major public health emergencies showed that more than half of the population developed mental health problems and required mental health intervention. There is, therefore, an urgent need to reorganise existing mental health services to address the current unmet needs for mental health and to prepare for future challenges in the post pandemic era in terms of prevention and management.



REDEFINING RESILIENCE IN THE NEXT NORMAL

COVID-19 has thrown a curveball into our lives, upended business operations, affected physical health and everyday life. People have experienced constant anxiousness because of job loss, financial fallout, school closures, grief, and uncertainty about what the future holds. But when you're faced with a curveball, you try to hit it as hard as you can. Some people were agile and could adapt well to the new normal while most of us struck out. But as a long time has passed since the pandemic was declared, it's safe to say that we've grown accustomed to the strange realities of the new normal. So now the focus of our lives should be on how life will be in the post-covid era : the "next normal."

Given that COVID-19 has exceedingly tested our emotional and mental resilience, we need to prepare ourselves for more curveballs in a post-viral era. Most of us will agree that thriving through the next normal requires us to be proactive. An emotionally and mentally resilient individual will be more equipped to weather through tumultuous times than a person that doesn't prioritize resilience.

Resilience is a dynamic concept and depending on who you may ask it may be defined differently. Some people understand resilience as the ability to bounce back, while others believe resilience is the ability to preserve basic functionality in the face of adversity. Despite the subjective understanding of resilience, the underlying concept is that resilience is exhibiting adaptive positive functioning during and after times of upheaval.

The post covid-era would definitely be experienced differently by everyone and there will not be an easy way through this crisis, but building coping skills and resilience will help one work through the emotional, financial and mental upheaval triggered by COVID-19.

HOW BEING AN EMPATH CAN CHANGE ONE'S LIFE!

An empath is a person who can step up & walk a mile into someone else's shoes and can actually feel the emotions one's feeling- is a very common and widely used saying we often hear. Empathy was introduced in 19th century and empathy was considered an inborn trait that could not be taught, but research has shown that this vital human competency is mutable and can be taught to health-care providers. We come across with people who believe that; 'Being an empath can change one's lives'; which is actually true! Empathy is all about the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling and providing emotional support to them. It includes being a good listener, keeping optimistic approach, having problem-solving ability, trusting nature, willingness to compromise, concern for social harmony, and higher sensitivity towards one's emotions. Though, it is often difficult for empaths to set boundaries, even for themselves and say no, even when too much is being asked of them. Thus, being an empath, can also be emotionally draining but if one knows how to regulate his/her emotions without disrupting their mental peace is a genuine quality of an empath. Empaths know how to protect their own psyche if they're feeling mentally & physically drained. They simply separate themselves from the outside world so that they can breathe, heal; by creating boundaries, practicing mindfulness, and experiencing their own emotions by giving a break to themselves from the world. Empathy is a common gift among helping professionals, especially counselors. Counselors who empathize deeply bring deep healing to others; those who practice self-empathy help clients even more, and also maintain thriving counseling careers. Here's an interesting fact about empathetic people that while most empaths are thought to be emotional or physical empaths, there are also empaths who feel the emotions of animals! Mostly, these people often can't go near a zoo!

As Maya Angelou said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Empathy is a powerful skill. Empathy can lead to wisdom and selflessness, or to chronic weariness. With sympathy, one can stand at a distance and take pity on the misfortunes of others. With empathy, that distance dissolves. You enter into others' struggles. It's almost like stepping into someone's skin which feels as natural as breathing. Empathy makes you feel fully alive, fully present, as you meet others with understanding and compassion. It is a factor that draws individuals to helping professions and plays a critical role in understanding the nuances of others' experiences. Empathy is a complex capability enabling individuals to understand and feel the emotional states of others, resulting in compassionate behavior. Empathy requires cognitive, emotional, behavioral, and moral capacities to understand and respond to the suffering of others. If we are to move in the direction of a more empathic society and a more compassionate world, it is clear that working to enhance our native capacities to empathize is critical to strengthening individual, community, national, and international bonds. In other words, if we lack empathy, if we lack the emotional connection to others and the world by separating ourselves emotionally, indeed from creation itself, we interfere with the hardwiring of our brains. Developing empathy for others and self-empathy, and teaching others to do the same, will dramatically improve not only emotional health but physical health as well.



STUDENT'S ACCOMPLISHMENTS



Vivekanand Arts, Sardar Dalipsingh Commerce & Science College, Department of Psychology with Marathi Mannashatra Parishad, Samarth Nagar, Aurangabad, Maharashtra, organised 7th National and 34th State Level Annual Conference on March 31 & April 01, 2022. The national conference invited empirical (both qualitative and quantitative) and theoretical papers, on the theme "FROM CONFLICT TO WELL BEING". The conference was held to achieve wide span understanding of the development of mental health and disorders by appropriate interventions presented by researchers all over the nation.

Roshni Dhawan and Shivani Sharma, second year students of B.A. Programme Psychology, under the guidance of Associate Professor, Dr. Ritu Sharma from Aditi Mahavidyalaya, University of Delhi participated and presented in the national conference on the topic "INFLUENCE OF INTERNAL CONFLICTS AS RUMINATION IN LATER YEARS OF LIFE". The students competed within the grounds of under graduate and secured first position for best scientific paper presentation and deliberation in the 7th National Conference 2022. The two students were facilitated by certificate, a Memento and cash prize by Marathi Manasshastra Parishad.