

To

The Principal
Aditi Mahandiyala
Bawana, Delhi

1676
17-07-23

Subject:- Handover of TIC incharge ship
to Prof. Priya Kanwar

Dear Madam,

This is to inform you that I am
Handing over the charge of TIC (2022-23) to
Prof. Priya Kanwar from the new academic
session (2023-24).

Thanking you.

Sincerely Yours

Dr Ritu Sharma

Ritu
11/07/23

Received

Sharma

11/7/23

(Prof. Priya Kanwar)

MINUTES OF THE MEETING OF
DEPARTMENT OF PSYCHOLOGY HELD
ON

JUNE 14, 2023

Members Present

Prof. (Dr.) Priya Kanwar

Dr. Ritu Sharma

A meeting of the department was held in the Psychology Lab College at 11 am to decide:

- ① Plan of action regarding events during the academic year
- ② Updation of the departmental information on the college website
- ③ Courses taught to the teachers teaching them in the new academic year.

Priya Kanwar
14/6/23

Prof. (Dr.) Priya Kanwar

Ritu Sharma
14/06/23

Dr. Ritu Sharma

TTC

Date 28/10/2022, 53

Minutes of the Meeting, Department of psychology, AMV

The meeting of the Psychology department held on 27/10/2022 online at 7pm to finalize the workload and timetable of Psychology department as per NEP. Below is the workload of the Psychology department as per the norms of Delhi University: As per this workload we are in urgent need of Guest faculty to teach 1st Semester students.

Sl. No	Name of Teacher	Paper to be taught	Nature of Paper (Core/DSE / GE/Core)	Sem	Theory/Practical/ Both (with no. of classes /week)	No of Sections	Approx No of students per section	No of tute s/ week	Remarks
1	Guest Faculty	Fundamentals of psychology	Major	1st	Th+ practical 3+2prac (4 groups*2=08) =11	1	50	00	
2	Guest Faculty	Fundamentals of Cognitive psychology	Major	1st	Th+ practical 3+2prac (4 groups*2=08) =11	1	50	00	
3	Guest Faculty	Fundamentals of psychology	Minor	1st	Th+ practical 3+2prac (4 groups*2=08) =11	1	50	00	Same as Major
4	Dr Ritu Sharma	Statistical methods and psychological research	Core	4th	Th+ practical 4+12 (3 groups)	1	46	00	
5	Dr Priya Kanwar	Industrial /Organizational Psychology	Core	6th	Th+ practical 4+12 (3 groups)	1	45	-00	

IC, Dr Ritu Sharma
Department of Psychology, AMV

R
28/10/22



Prof Priya Kanwar
Department of Psychology, AMV

MINUTES OF PSYCHOLOGY DEPARTMENT MEETING 152

HELD ON 1327
29/06/22
IN THE PSYCHOLOGY LAB, ROOM
NO. - 44, AMV BAWANA

ATTENDED BY

Dr. RITU SHARMA - T.I.C (2022-23)

Dr. PRIYA KANWAR - Prof (Department of Psychology)

DISCUSSION

A meeting was held to discuss the academic calendar & budget (tentative) of the department for the academic calendar 2022-23.

Academic calendar events & budget attached

Kanwar
Prof. (Dr. Priya Kanwar) T.I.C, Psychology Dept

Ritu Sharma
T.I.C

Dr. Ritu Sharma

T.I.C, Psychology Dept

MINUTES OF PSYCHOLOGY DEPARTMENT 151
MEETING

HELD ON

IN THE PSYCHOLOGY LAB, AMU BAWANA

Attended by

Prof. (Dr.) PRIYA KANWAR

Dr. RITU SHARMA.

DISCUSSION

The meeting was held on
in the psychology lab (room # 44)
to hand over charge of teacher-
-in-charge ship to Dr. Ritu Sharma,
who'll be the T.I.C for 22-23
from Dr. Priya Kanwar.

~~Priya Kanwar~~
Prof. (Dr.) Priya Kanwar

Ritu Sharma
29/06/22

DEPARTMENTAL MEETING OF
PSYCHOLOGY HELD ON 150
17/2/22 in room 44, Aditi
Mahavidyalaya

A meeting was held on Feb 17
2022 with the following members
present:

Prof. Priya Kansar T.I.C
Dr. Ritu Sharma Asso. Prof.

The following agenda was discussed

① Only one guest teacher allotted
to the department for the workload
of 38 extra periods. (Guest teacher
awaited)

② 30 periods to be divided into
the 2 permanent faculty to take
care of.

③ The department requires more rooms
to take care of the classes as
right now we have only 1 lab.

~~Prof~~ Kansar
17/2
Prof. Priya Kansar
T.I.C

Done
17/2/22
Dr. Ritu Sharma
Associate Prof.

Minutes of the Meeting

21 OCTOBER 2022 / 10:00 AM / Gmeet

Attendees

1. Core team members of Saday NGO
2. Dr. Priya Karwar, Convener of Empathy
3. Shivani Sharma, President of Empathy
4. Aalika Malik, Vice President of Empathy

22-23

Notes

Saday is a not-for-profit organization registered under the Indian trust act 1882 (June 2020), NGO Darpan and 80G, 12A approved. It aims to bridge the gap between challenges and opportunities in society through implementing aid and assistance projects. It has been initiating dialogues and conversations about social issues to invent unique as well as innovative strategies, and working to increase mass awareness about stigmatized issues namely menstruation, mental health etc.

Empathy, the Psychology Association of our college, in association with Saday, is looking forward to organise a session on "violence against women", on 4th November 2022, from 10-11am, in the library reading hall, for the students of the college.

Posters and registration forms will be made to spread awareness about the upcoming session. We would require the projector and the mic for the session as well.

Towards the end of the session, Saday will also be inviting student volunteers for internships and volunteership with them, to contribute to the cause they are working for.

Here's Saday's website link for reference- [Saday](#)

Registration Form: <https://forms.gle/nfFDboHxCOLPYwap9>

Feedback form: <https://forms.gle/e2LFeBkhRLgDxsqCA>

Report of the workshop on the topic

"VIOLENCE"

The Association of Psychology

२० सितम्बर २०२२

सुसाइड प्रिवेंशन आउटरीच प्रोग्राम

एम्पथी, द साइकोलॉजी एसोसिएशन

डिपार्टमेंट ऑफ साइकोलॉजी

सहयोगी सदस्य (एम्पथी)

१. प्रोफ प्रिय कँवर, संयोजक
२. डॉ. ऋतू शर्मा, स-संयोजक
३. शिवानी शर्मा, अध्यक्ष
४. आलिका मालिक, उप - अध्यक्ष
५. रंशनी धवन, सचिव
६. कशिश वधावन, कोषाध्यक्ष
७. देबप्रिया रे, उप- सचिव
८. दिशा गुप्ता, उप -सचिव
९. श्रुति कंडारी, कार्यकारी सदस्य
१०. मानवी सिरोही, कार्यकारी सदस्य
११. रितिका त्यागी, कार्यकारी सदस्य
१२. करिश्मा, कार्यकारी सदस्य
१३. महक सोनी, कार्यकारी सदस्य
१४. शैलजा, कार्यकारी सदस्य

Heans

सुसाइड या आत्महत्या काफी समय से एक निषेध विषय रहा है। समाज में इस विषय पर शिक्षाप्रद या रचनात्मक बात नहीं की जाती। आमतौर पर हम इस विषय पर बात करने में कतराते हैं और बात करने पर शर्म महसूस करते हैं। इस सोच को एक राह देने के लिए सितम्बर २०२२ का महीना अंतर्राष्ट्रीय आत्महत्या रोकथाम माह घोषित किया गया है।

एम्पथी, डी साइकोलॉजी एसोसिएशन, अदिति महाविद्यालय, यूनिवर्सिटी ऑफ दिल्ली, ने इसी सोच को बढ़ावा देने के लिए २० सितम्बर २०२२ को एक "सुसाइड प्रिवेंशन आउटरीच प्रोग्राम" आयोजित करा। अदिति महाविद्यालय के सभी छात्राएं व अध्यापिकाओं को इस मुहौम में जोड़ा गया।

एम्पथी की कोर टीम की ओर से इस कार्यक्रम का आयोजन किया गया। इस कार्यक्रम के अन्तर्गत टीम को दो भागों में बाटा गया और दोनों टीम कॉलेज के अलग अलग भागों में जा कर आत्महत्या के खिलाफ जागरूक सन्देश देकर आये। कार्यक्रम के तहत सभी को आत्महत्या के कुछ महत्वपूर्ण समाधान से भी अवगत कराया गया।

आउटरीच के माध्यम से "फ्री हट्स फॉर आल" का नारा लगा कर, ये सन्देश दिया गया की कोई अकेला नहीं है और आत्महत्या जैसा कदम, दिल से गले लग कर भी रोका जा सकता है। कार्यक्रम सबके सहज और सहयोग के साथ सफलतापूर्वक समाप्त हुआ।





Aditi Mahavidyalaya, University of Delhi

"EMPATHY"

In collaboration with

"SADAY - A NON-PROFIT ORGANISATION".

ABOUT:

Empathy, The Psychology Association of Aditi Mahavidyalaya organized a one-day workshop on the topic "Violence" in collaboration with a non-profit organization, "SADAY" at 10:00 A.M. in the college (Reading hall).

WEBINAR OBJECTIVE:

Nothing good ever comes of violence

In the presence of Professor Priya Kanwar, esteemed guests, and the audience, The President, Shivani Sharma extended a warm welcome to everyone in the reading hall. She welcomed the speaker of the event from team SADAY - Palak and Vijayalakshmi.

Vijayalakshmi Mam started the presentation by asking everyone, "what do they think when they hear the word violence"? Everybody was asked to open the site "menti.com" on their mobile phones and write three words that they think are Violence according to them and some of the words that came into the list were, "mental health disturbance, rage, anger" etc.

It was a really interactive session. Vijayalakshmi mam explained the meaning of violence, and then the other speaker of the event, from team saday, "Palak" came to the stage and introduced herself then she gave some situations to the audience and asked if they thought it was violence or not. The situations which were discussed during the event were very relatable because they involved family and relationships, which are very important to everyone. But sometimes, when we are bound by the walls of a relationship, we forget that we have our own space too, which we need to value and if someone tries to demean it, we should take some action. This was the main agenda of the workshop.

They tried to make everyone understand that Violence is not something that is always physical but it's emotional, financial, domestic, and sexual too. They explained the types of violence with the help of situations. There was a good interaction between the audience and the speakers of the event. The audience was asked to share their stories when they faced any violence or if they've ever encountered any violence. The students present, shared their stories and they got their answers with an understanding, as to why sometimes it's better to not respond to the guilty because "YOUR SAFETY MATTERS FIRST"

Then they introduced "SADAY SADEV" to the audience. Saday is a Non-Governmental Organization registered under the Charitable Trust Act by the government of India. Providing Assistance and Aid programs for needy people diminishing disparities between different

societies & Combating the challenges posed by COVID -19. Then they introduced the projects that they've been working on for 2.5 years and they asked the students to be a part of the team "SADAY SADEV". The projects were, **Project Dhairya** -under this initiative #its okay to not be okay revolves around lending a listening ear to sufferers by being there in the form of Sakha i.e friend and project **My Pad My Pride** -Through this project, they aim to lift society in terms of menstrual education and awareness by conducting workshops and the distribution of reusable cloth pad kits.

At the end of the workshop, Professor Priya Kanwar extended a warm gesture to the speakers and appraised them for the creative explanations they used. She shared a situation too and explain the psychological aspect related to violence. Then the vice president of Empathy, Aalika Malik extended the vote of thanks to the speakers and thanked them for conducting the informative and important workshop because this is the need of the hour. People need to understand what wrong is going on, then only they can act accordingly and keep themselves safe.

LIST OF CORE TEAM MEMBERS:

PRESIDENT : SHIVANI SHARMA
VICE-PRESIDENT : AALIKA MALIK
SECRETARY : ROSHNI DHAWAN
JOINT SECRETARY: DEBAPRIYA RAY
JOINT SECRETARY: DISHA GUPTA
TREASURER : KASHISH WADHAWAN
EXECUTIVE MEMBER: MANVI SIROHI
EXECUTIVE MEMBER: SHRUTI KANDHARI
EXECUTIVE MEMBER: RITIKA TYAGI
EXECUTIVE MEMBER: MEHAK SONI
EXECUTIVE MEMBER: SHAILZA BATRA

Glimpses of the workshop





New Delhi, DL, India
Call Number: 1, Bawana, New Delhi, 110039
DL, India
Lat: 28.795662, Long: 77.037609
11/04/2022 11:04 AM GMT+05:30
Note: Captured by GPS Map Camera



New Delhi, DL, India
Call Number: 1, Bawana, New Delhi, 110039
DL, India
Lat: 28.795662, Long: 77.037609
11/04/2022 11:21 AM GMT+05:30
Note: Captured by GPS Map Camera



New Delhi, DL, India
Bawana, New Delhi, 110039, DL, India
Lat: 28.795662, Long: 77.037609
11/04/2022 11:29 AM GMT+05:30
Note: Captured by GPS Map Camera

Heena





Report on One Day Webinar on
"STRESS FREE- a session on Guided Imagery Meditation."

The Association of Psychology

Aditi Mahavidyalaya

University of Delhi

"EMPATHY"

ABOUT:

Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi organized a one-day Webinar on "STRESS FREE- a session on Guided Imagery Meditation." on October 8, 2022, i.e. Saturday. The event was addressed by the honorable Resource Person, Manoj Dhinakaran with patron Professor Mamta Sharma, Professor Priya Bir as the Convener. The webinar introduced the concept of mental health and Guided Imagery as relaxation techniques, scientific understanding of emotions and psychological applications in our daily lives.

WEBINAR OBJECTIVE:

The webinar was commenced and opened by President of the Association, Shivani Sharma, in the presence of Professor Priya Bir by giving a brief welcome to the esteemed guest, Mr Manoj Dhinakaran from HIBISCUS FOUNDATION. A youth run and youth led foundation; Hibiscus Foundation for Social Welfare, established in 2020, is a not-for-profit organization registered under the Government of India.

President, Shivani Sharam opened the webinar with a warm welcome and introduction to the resource person, and all the audiences. The objective of the webinar mainly focused on

understanding the concepts and determinants of mental health. The first half of the webinar was very impactfully addressed by the resource person explaining, what is mental health and what all is not, busting myths and wrong concepts regarding the same. The webinar was arranged so participants could have a better perspective on mental health, and mindfulness and their varying effects on our personality as a whole and how we, as people, impact society.

The session was very interactive and informative, and touched down some potent concepts of mental health which was followed up by 20 minutes of Guided Imagery. The resource person played a soothing forest scene video as the creative visual. It continued with guided instruction that worked as an extremely relaxing technique.

The webinar was concluded by the vote of thanks given by Aalika Malik., The Vice-President of Empathy. She expressed gratitude to the resource person Manojj Dhinakaran, Professor Mamta Sharma, Convener- Professor Priya Bir for their constant encouragement and support in conducting the Webinar.

The feedback forms were also distributed among all participants. The participants and the organizing committee were facilitated with certificates. The entire session was well managed by the Host, technical team and faculty of Empathy.

The objective of the webinar was achieved. The overall session discussion benefitted the participants.





Report on One Day Event on

“MANOSPRASH”

The Association of Psychology

Aditi Mahavidyalaya

University of Delhi

“EMPATHY”

ABOUT:

Empathy, The Psychology Association of Aditi Mahavidyalaya, on Mental Health Awareness month, organised a one-day event themed "MANOSPARSH" on 12 October 2022, 11AM. The event was named and themed as "MANOSPARSH," to promote things that gently touch your heart. The one-day event, capsulated three sub events: An Open Stage, Nukad Natak and Gimme Hearts.

On the record of World Mental Health Day observed on 10 October, Empathy executed MANOSPARSH as a contribution to the awareness month.

WEBINAR OBJECTIVE:

In the presence of Professor Priya Kanwar, esteemed guests and audiences, The President, Shivani Sharma opened the events with a warm welcome to everyone. The President addressed the huge audience and briefed them about the series of event. She warmly passed down the stage to Secretary of the Association, Roshni Dhawan.

The Secretary ardently welcomed all the teachers, participants, and the audiences with a brief introduction to "MANOSPRASH," and commenced the line of events by inviting the participants for Open Stage, Poetry Category and then Singing Category. The participants came up with their creative and melodious composition and filled the atmosphere with delight, giggles, and nostalgia. Each participant was awaited and invited with excitement and thunderous rounds of clapping. To encourage the spirit of the event, roses were given to all the participants, no winners were announced. The next round of events, was done in collaboration with Drama Society, a Nukad Natak on MANOSPARSH. The students presented a small educative drama with an underlying theme

to promote mental health and self-esteem for young girls. The drama was extremely relatable and left an impressive imprint on the audiences. The drama was wrapped up with a huge round of applause. The Secretary invited. The Vice-President, Aalika Malik to present the vote of thanks.

The Vice-President extended her gratitude to all the present teachers, participants, and the core team of Empathy for making the event a huge success. She further invited all the present members to participate in the third sub event, Gimme Heart, a small initiative for everyone to leave positive notes. It was a step to create positive support among the students. All the students of the college left encouraging and warm notes, making the day successful.

The objective of the event was achieved.

LIST OF CORE TEAM MEMBERS:

PRESIDENT: SHIVANI SHARMA
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EXECUTIVE MEMBER: RITIKA TYAGI
EXECUTIVE MEMBER: MEHAK SONI
EXECUTIVE MEMBER: SHAILZA BATRA
EXECUTIVE MEMBER: KARISHMA DIXIT

LIST OF PARTICIPANTS

OPEN STAGE:

POETRY CATEGORY

1. Ruchi and Pragati
2. Tanushree
3. Sakshi Yadav

SINGING CATEGORY

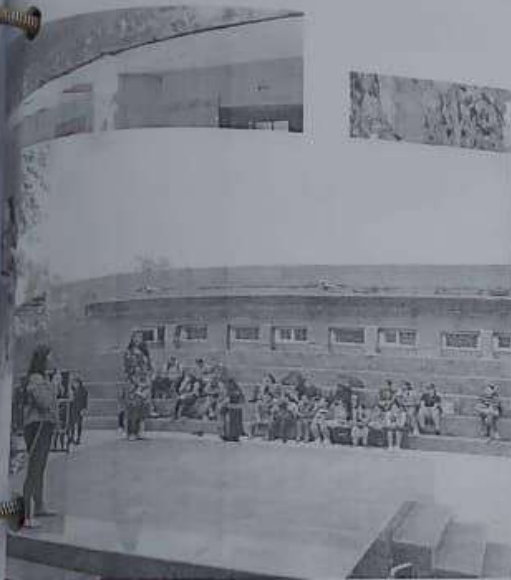
1. Pragati Singh
2. Ritika Tyagi
3. Debapriya
4. Swpnalekha
5. Savita Gupta

NUKAD NATAK

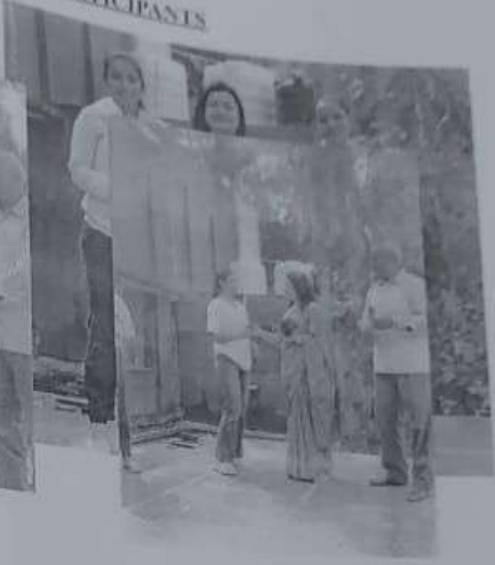
1. Mehak Soni
2. Debapriya Ray
3. Kashish Wadhawan
4. Disha
5. Shailza

6. Disha
7. Vanshika
8. Anshika
9. Prachi

OPEN STAGE



ROSE GIVING TO THE PARTICIPANTS



NUKAD NATAK

