



EMPATHY

THE PSYCHOLOGY ASSOCIATION OF ADITI MAHAVIDYALAYA

ANNUAL REPORT 2024-25

ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI

EVENTS ORGANISED DURING SESSION 2024-25

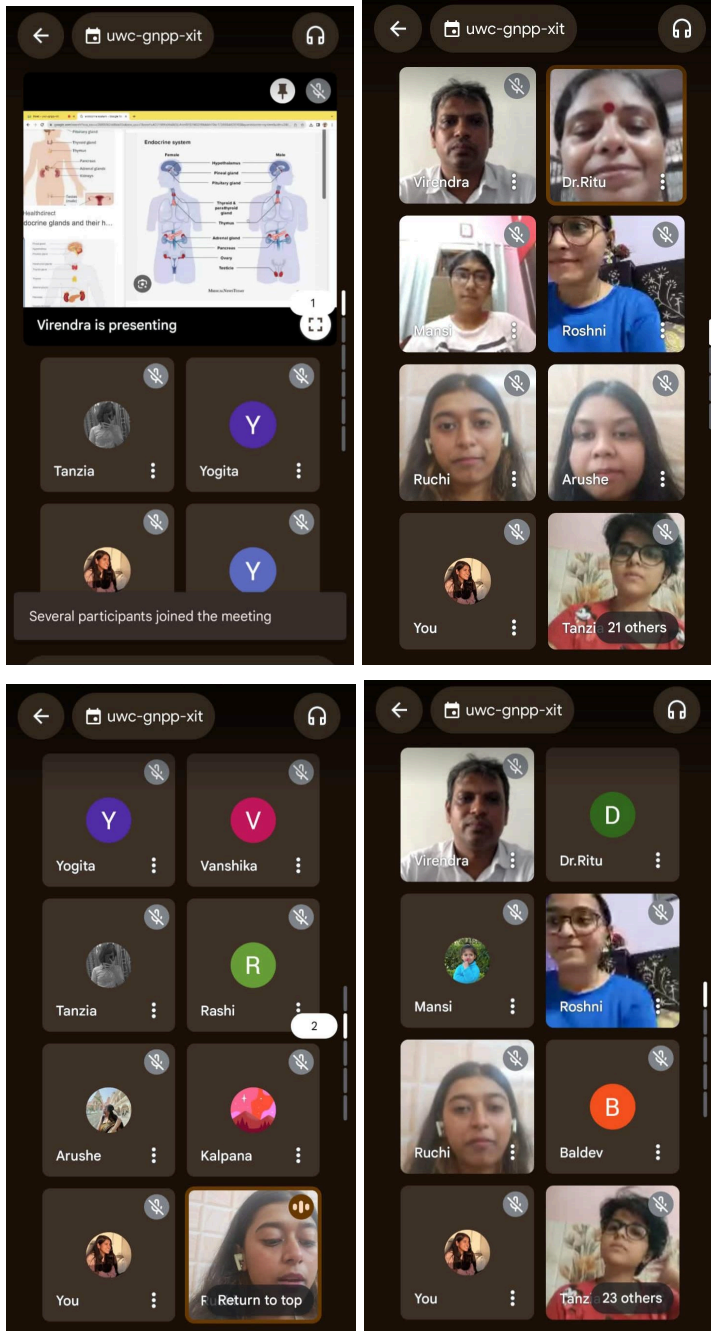
1. Webinar On Endocrine System

Date: 21st September, 2024

An informative webinar on “**Endocrine System: Structure, Behaviour, and Abnormalities**” was held on 21st September 2024 by EMPATHY, the Psychology Department Association of Aditi Mahavidyalaya, University of Delhi, under the guidance of Dr. Ritu Sharma, Associate Professor and Teacher-in-Charge.

Led by **Dr. Virender Yadav, Associate Professor at SPM College, University of Delhi**, the session explored the link between the endocrine system and human behaviour. It aimed to enhance students’ understanding of the physiological basis of behaviour and the role hormones play in psychological functioning.

Overall, the session was an enriching academic experience that deepened students' knowledge of biopsychology and inspired greater interest in the subject.



2. Mindscape – A Mental Health Fiesta

Date: *10th October, 2024*

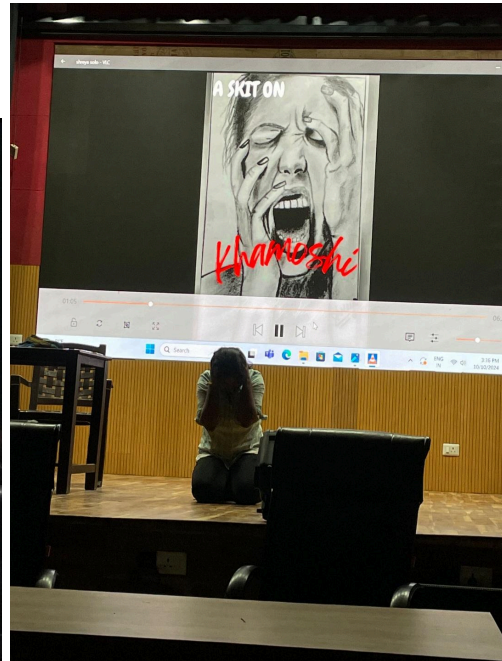
“**Mindscape: Unveil & Act for Awareness**” was organized on 10th October 2024 by EMPATHY, the Psychology Association of Aditi Mahavidyalaya, University of Delhi, to mark World Mental Health Day. The event aimed to raise awareness and promote emotional well-being through a series of interactive and thought-provoking activities.

Dr. Amulya Bharat, MD (AIIMS), Senior Consultant Psychiatrist and Director of North Point Psychiatric Clinic, graced the occasion as Chief Guest. His address on emotional resilience, coping strategies, and destigmatizing mental health was both insightful and impactful.

Students also performed powerful skit plays promoting empathy and community care. Resources from Youth for Mental Health (YMH) were shared to support the campaign.

The event, organized under the guidance of Prof. Mamta Sharma, Dr. Priya Kanwar, and Dr. Ritu Sharma, concluded on a positive note, leaving students empowered and more aware of mental health challenges and the need for compassionate dialogue.





3. Research Methodology Workshop

Date: 21st March, 2025

Empathy, the Psychology Association of Aditi Mahavidyalaya, University of Delhi, organized a seminar on “**Research Methodology**” under the guidance of Dr. Ritu Sharma and Dr. Priya Kanwar. The session featured two distinguished speakers: **Dr. Ankit Prakash, Assistant Professor at Aryabhata College, and Dr. Garima Aggarwal, Assistant Professor at Sri Aurobindo College.**

The seminar aimed to equip students with essential research skills, including study design, data collection, analysis, and ethical considerations in psychological research.

Dr. Garima Aggarwal conducted an interactive session on qualitative research, emphasizing the richness of human experiences and encouraging active student participation. Dr. Ankit Prakash followed with a session on quantitative research, focusing on statistical methods and data-driven analysis.

Overall, the seminar offered a valuable academic experience, enhancing students' understanding of both qualitative and quantitative methodologies in psychology.



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4. Bridging Theories: A Discussion on Psychological Schools

Date: 24th March, 2025

Empathy, the Psychology Association of Aditi Mahavidyalaya, University of Delhi, organized an engaging event titled “**Bridging Theories: A Discussion on Psychological Schools**” where first-year students presented two insightful skits under the guidance of Dr. Priya Kanwar. The event aimed to creatively demonstrate students’ understanding of foundational psychological theories.

The first skit offered a comparative take on structuralism and functionalism, highlighting their key principles, similarities, and differences. The second skit traced the evolution of various schools of psychology, with students effectively portraying the perspectives of prominent psychologists.

Overall, the event was a successful blend of academic learning and creative expression, providing students with a platform to apply their knowledge in an interactive and memorable way.



