



THE PSYCHOLOGY ASSOCIATION OF ADITI MAHAVIDYALAYA

ANNUAL REPORT 2023-24

**ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI**

Teacher-in-Charge: Prof. Priya Kanwar

Co-convener: Dr. Ritu Sharma

EVENTS ORGANISED DURING SESSION **2023-24**

MANOVIGYAN MELA (27th OCTOBER, 2023)

Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi organised a मनो विज्ञान Mela in collaboration with Youth For Mental Health on 27 th October from 10: 00 am onwards.

The seminar was headed by **Mr. Hitesh Sanwal**, the Founder and CEO of Youth For Mental Health as well as the Youth Advisor to the Secretary General at World Federation for Mental Health, aiming to equip the students in creating a change that is needed, one step/project at a time.

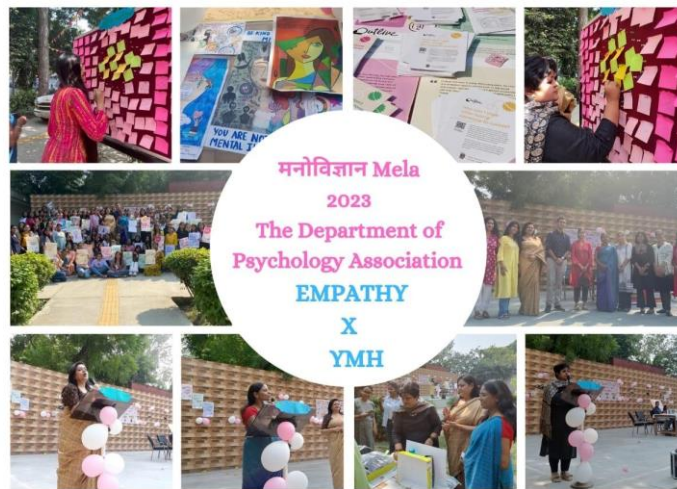
The event witnessed a remarkable turnout, drawing students, faculty, and the local community. "Manovigyan Mela" aimed to **promote awareness and understanding of psychology as a science** and its practical applications.

Attendees had the opportunity to participate in interactive workshops, attend insightful seminars and **engage in thought-provoking panel discussions**.

During the event, participants were actively involved in hands-on activities and experiments related to psychology in the interactive workshops. Distinguished psychologists and experts shared their insights on various psychological topics in the seminars. The panel discussions featured thought leaders who deliberated on the relevance of psychology in today's world.

The "Manovigyan Mela" event was **open to all** and offered free admission, making it accessible to a broad and diverse audience, all eager to delve into the world of psychology.

Manovigyan Mela was dedicated to promoting psychological awareness, knowledge, and community engagement providing a platform for students to explore the various facets of psychology and its relevance in today's world.

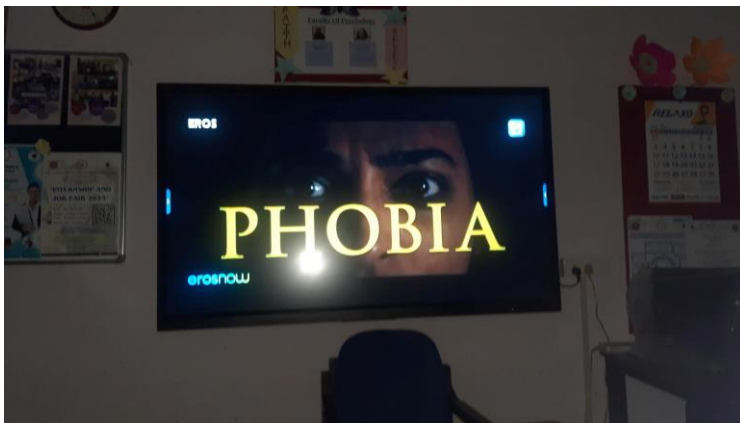


PSYCH VISION (5th MARCH, 2024)

An interactive session “**Psych-vision**” was held on **5th March** 2024 by The Empathy Association of Aditi Mahavidyalaya, University of Delhi under the guidance of our convenors Prof. Priya Kanwar and Dr. Ritu Sharma.

The event "Exploring Phobia: A Psychological Analysis Through Cinema" was held to analyze the portrayal of phobia in the film "Phobia" and engage in a psychological discussion regarding the movie. Commencing with the screening of the psychological thriller, participants were presented with the protagonist's experiences of intense fear and avoidance behaviors, serving as a narrative backdrop to explore various psychological themes related to phobic disorders and anxiety. Led by a panel of mental health professionals, discussions delved into diagnostic criteria for specific phobias and generalized anxiety disorder, the role of trauma in shaping phobic reactions, cognitive-behavioral models of phobia, evidence-based

treatment approaches, and the influence of social and environmental factors on phobia development and maintenance. By bridging cinematic narratives with psychological discourse, the event aimed to promote awareness, destigmatize mental health issues, and foster empathy towards individuals grappling with phobic disorders. The event mainly focused on creating a



SCOPE AND CAREERS IN THE FIELD OF PSYCHOLOGY (22nd APRIL, 2024)

An informative and interesting seminar on “**Scopes and Careers in Psychology**” was held on **22nd April 2024** EMPATHY the Department Psychology association with **Dr Akanksha Bhatia** a renowned career counsellor and founder of Manrahi as our resource person .

The aim of the seminar was to **get necessary information and insight** of career paths in psychology related information like colleges offering that particular course , salary , admission criteria and so on.

The event was held in two sessions, the first session discussed the Scopes in Psychology . The upcoming and new diverse fields of psychology were conferred. The **new policies of CUET & CUET PG entrance exam prospects** and further criterion were elaborated on.

The second session highlighted the career prospects in the field. Various other disciplines of psychology along with their outlooks in career development were also discussed. Various **offbeat and traditional career trajectories were explored** and talked about providing a deeper understanding and insight in the field.

Dr. Akanksha thoroughly explained each detail and answered each query with utmost clarity. The event concluded on a positive note with students grateful for the **opportunity to connect over the shared passion of psychology**.



LEVERAGING LINKEDIN (23rd APRIL, 2024)

EMPATHY the Department of Psychology association on **23rd April 2024** in collaboration with **JAIPURIA INSTITUTE OF MANAGEMENT** organised a distinctive session on **LEVERAGING LINKEDIN** with **Asstt. Prof. Varda Sardana**.

The event was held in two sessions. The first session began with **creating a deeper understanding about LinkedIn** as a necessary and professional platform for students as the first step to engaging and making a **professional presence** on social media.

Prof Varda highlighted the need for students to create a proper profile with main focus on showcasing the unique skills each student possesses.

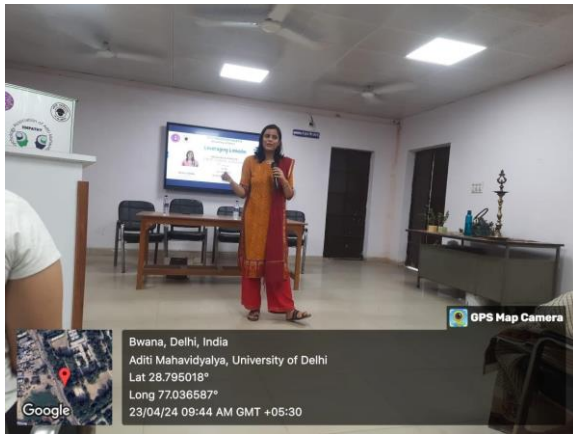
The second part of the session, spotlight was shifted to learning how to produce a creative and engaging post on linkedin. Choosing the right job criteria and aiming for the correct internship and fellowships which **best suits with individual's skill set**.

Prof Varda sparked engaging conversations involving each participant in the session, helping answer each query patiently and efficiently.

The event came to an end with the vote on thanks extended to the convenors, participants and the organising team and mainly the resource person.

The learning outcomes were comprehensive, from **creating a compelling profile that highlights one's expertise** to engaging with relevant content and connections.





PROPOSED EVENTS

Empathy, Department of Psychology Association, Aditi Mahavidyalaya is looking forward to organising an informative and real time learning session on **ACADEMIC RESEARCH** and learning the significance of arenas while acquiring the knowledge of writing pioneering research papers with **Dr. VANDANA GAMBHIR** as the resource person on 2nd May, 2024.