

ARYABHATTA COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PSYCHOLOGY SOCIETY “SRIJAN”



Annual Event Report: 2020-2021

I. WEBINAR SERIES ON MENTAL HEALTH DURING COVID 19 LOCKDOWN

The department of psychology, Aryabhata College, University of Delhi, organized a webinar series for the students and faculties of the college to help them through their journey to keep check of their mental and emotional health.

1. On 20th May 2020: *“How to manage your emotions in lockdown”* by Dr. Garima Srivastava - She emphasized on giving space to all emotions during her talk and also discussed the uncertainties and trauma brought by Pandemic. She also pointed out that we need to manage our life and our emotions, not control it or get rid of it. We can't do that as they are a permanent part of us. She divided the methods to manage emotions into two categories- internal and external. Internal techniques mainly include breathing and Stop technique. External techniques focus on methods like scheduling your time including even time for thinking and talking about

situations among other activities, exercises, and making gratitude jar to remind us of the thing we are grateful for in our life.

2. On 21st May 2020 - "*Boredom and Our Selves Amidst Lockdown*" by Ms Thankgiakching - She started the session by talking about Self and as we knew about it. While we consider 'self' as something we know about ourselves, she mentioned that all of us carry different 'selves' inside us and show them in different situations at different times. This lockdown altered our regular lifestyle, something we were really habitual to at a time and the sudden, surprising change caused a great deal of stress on people's mental health. She emphasized that the various selves existing in a person were affected by it because the work and activities that used to keep them occupied throughout the day found them suddenly useless.

3. On 29th May 2020 : "*Psychological restoration*" by Ms. Soshomi Makang – the session - began by stating that restoration is something that happens to us regularly. We tend to recover from relationships, from our anger, illness, trauma, addiction, and literally everything. She explained that restoration is the process of renewing our physical, psychological and social resources that diminish when we try to adapt with daily needs. She highlighted that there are resources in us that lie dormant, because we are bound by routines. She explained through her lecture about the three areas where restoration can be applied – environment, brain and morale.

4. On 8th June 2020: "*Engaging the Shadow in Times of Corona*" by Ms. Nitika Kumar - The session began with a story and the relevance and importance of stories as a symbolic medicine for our psyche. She weaved the explanations and importance of shadow work into the session. Shadow, a cardinal aspect of Jungian psychology, associated with the concept of "wholeness" of humans, was an extremely intriguing concept; just like everything luminescent casts a shadow, similarly, humans with their light of consciousness also have shadows and that's what makes them whole—the light and the shadow.

5. On 4th July 2020: *“Its my Life”* by Dr Vinay Kumar - He focused on three important aspects that are life, liberty and pursuit of happiness. He also pointed out that if we all do our duties then we won't have to talk about 'right' to life because it will be automatically available to us. He talked about how we're entangled in the cultural structures and how the "It's my life" theory has made us self-centered. He related it to Narcissistic Personality Disorder wherein people have an inflated sense of self-importance. They tend to give a lot of importance to their own thoughts and sayings and may complain about not getting enough attention and admiration.

6. On 11th July 2020: *“Mental Health and Wellbeing: Current Concerns”* by Prof Girishwar Misra and *“Pandemic an opportunity to rethink self and social identity”* by Prof. Anand Prakash - Prof. Mishra enlightened the participants about the mental health concerns concerning the current covid 19 situations from a social and cultural psychology perspective. The two webinars were seamlessly woven together as the topics were of similar nature. Prof. Prakash explained different gradual stages of reaction to the situation, as at the beginning people were in denial. Later it changed to a state of anger and now we are in the state of negotiation, where we are learning to live with it in a balance. He explained the perspectives of the inner and outer world through a mythological story of race between Ganesha and Kartika to revolve around the whole world three times.

7. On 15th July 2020 – *“Post COVID-19: EQ Paradigm”*, Prof. N.K. Chadha - The discussion revolved around the topics of anxiety, feeling of restlessness and constant worry due to the lockdown and seeing the rising number of cases all over the country. Professor N.K. Chadha explained about times of hardship, not just financial and economic challenges but also personal. Prof. Chadha briefed the students about the strength of Emotional intelligence – the ability to judge and understand your own emotions, know their strength as well as understand the emotions and feelings of other people.

II. WORKSHOPS:

1. Workshop on “*Self-exploration through Expressive Art*” by Ms. Suhasini Subramanian on 26th Aug 2020 – this workshop with students involved various self-related activities through art that helped students to discover about themselves more and better and also gave them a fresh perspective regarding the nature of art to produce therapeutic effect.

2. Workshop on “*Expressive art for stress relief*” by Ms. Avantika Malhautra on 15th Feb 2021 - The objective of this interactive session was to introduce Expressive Arts Therapy as a theoretical approach as well as an experiential process that enhances expression, reflection and insightfulness. During the explication of EAT as a part of the psychological approach to well-being, the participants were briefed about therapy, its elements and the features which make it a success. They got to learn about the pioneers of EAT like Paolo Knill, Shaun Mcniff, and Natalie Rogers, and the basic principles on which this therapy functions. The participants were informed about various responses to stress and how they can be managed with the help of Expressive Arts Therapy.

3. Workshop on “*Hatha yoga*” by Mr. Markus Hanna on 17th Feb 2021 - The session intended to make students aware and teach them about the different techniques to reduce, manage, and be resilient to stress. The speaker cited two different techniques that can be employed to deal with stress and to live cheerful and contented daily life, through the yogic perspective. The first technique was focused on giving purpose to labour and cultivating sharp focus and willpower while being calm through breath retention (Kumbhaka) exercises. The second technique focused on automatic inhalation and conscious exhalation through the nose and subsequently through the mouth. The speaker provided some valuable inputs about how to continue with this state of calmness and be more productive at work. Some of the main concepts included the power of practice of Hatha Yoga to make the acquired knowledge more valuable.

4. Workshop on “*Guided Imagery*” by Ms. Sera Wangdi on 16th March 2021 - The workshop consisted of a brief view of Buddhist ways of relaxation and meditation followed by a guided experiential practice of a few techniques of meditation. Ms. Sera Wangdi described meditation as a means of transforming the mind. Its practice helps encourage deep concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. She mentioned that in Buddhist meditation belief in oneself and their positive qualities and the search for wisdom is a prerequisite. From a Buddhist point-of-view, it is the enlightenment or Buddhahood comprising three namely view, meditation and action.