



# AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

## University Provides Staff Access to Mental Health Support

### **A Round Table Collegium on Psychology: Retrospects and Prospects Across Five Generations of Learners**

On 22<sup>nd</sup> March 2024, a round table conference was held at AIBAS, AUMP focusing on the theme of qualitative studies in psychology. The conference was organized to delve deeper into the methodologies, challenges, and advancements in qualitative research within the field of psychology. The keynote speaker for the event was Prof. Girishwar Misra, a renowned expert in qualitative research methodologies.

#### **Overview of Qualitative Research in Psychology:**

Prof. Girishwar Misra began the conference by providing an overview of qualitative research in psychology. He highlighted its significance in exploring complex human behaviors, emotions, and experiences that quantitative methods alone may not capture adequately.

The round table conference on qualitative studies in psychology proved to be an enriching experience for all participants. Mr. Girishwar Mishra's insightful presentation and the interactive discussions among attendees contributed to a deeper appreciation of the complexities and potential of qualitative research in psychology. Moving forward, it was acknowledged that further interdisciplinary collaboration and methodological innovations will continue to enhance the impact and relevance of qualitative studies in advancing psychological knowledge.



Prof. Girishwar Misra with participants

## **National Workshop on Psychology: Embedded in Indian Knowledge Systems**

18th & 19th July 2024

The two-day national workshop on "Psychology Embedded in Indian Knowledge Systems" was successfully held at Amity university Madhya Pradesh. The event witnessed the participation of nine eminent experts who are renowned academicians and have significantly contributed to the various fields of psychology. Their involvement was crucial in framing the curriculum, which was one of the primary objectives of the workshop.

### **Workshop Highlights**

#### **Jñānāgni (Hawan)**

The inauguration of the workshop commenced with a solemn hawan ceremony, setting a spiritually uplifting tone for the event. The ritual, infused with traditional chants and offerings, was led by the esteemed guests and faculty members of AIBAS. Each participant contributed ahutis (sacred offerings) into the holy fire, symbolizing the collective invocation of wisdom and positive energy. This sacred ceremony not only honored the rich cultural heritage integral to Indian knowledge systems but also created a harmonious and focused atmosphere, fostering a deeper connection to the workshop's theme of psychology embedded in Indian traditions. The Hawan embodied the essence of the workshop, blending spiritual reverence with academic pursuit.

#### **Mano Ullas Vatika: Tree Planting Event**

In addition to the academic sessions, the workshop included a special event named "Mano Ullas Vatika." This initiative involved planting trees and was led by the Chief Guest, Chief Patron, and the invited experts. The event symbolized the growth and nurturing of knowledge, mirroring the workshop's goal of cultivating a deeper understanding of psychology within the framework of Indian knowledge systems.

#### **Expert Talks**

The workshop featured a series of expert invited talks that provided all participants with a profound understanding of psychology from the perspective of Indian knowledge systems. Each session was designed to delve into the rich heritage and contemporary relevance of Indian psychological thought, offering a unique blend of theoretical insights and practical applications.



Jñānāgni (Hawan) and worship ceremony by Lt. Gen. V.K. Sharma, AVSM(Retd.)  
Pro Chancellor AUMP, esteemed guests and faculty members

## **Gestalt Psychotherapy Workshop**

7th to 8th February 2024

The workshop aimed to familiarize participants with Gestalt Psychotherapy, encouraging them to explore their personal experiences through the lens of Indian Gestalt concepts. Participants were encouraged to creatively experiment with various Gestalt concepts to enhance personal growth and therapeutic practice.

Outcome of the activity: The event focused on making people think about one's mental health oneself and good practices of giving up worries and preoccupations. This would further help the students to take care of one's mental health. The Gestalt workshop organized by Amity Institute of Behavioural and Allied Sciences provided participants with a rich learning experience, combining theoretical knowledge with practical application. By integrating Indian Gestalt concepts into the curriculum, the workshop contributed to a deeper understanding of how Gestalt Therapy can be adapted to diverse cultural contexts. Participants left with enhanced skills and a renewed enthusiasm for applying Gestalt principles in their therapeutic practice and personal growth journeys.



Group photo of Participants of Gestalt Psychotherapy Workshop

## **“Bhartiya Gayan Parampara: Vividh Sandharbh Indian Knowledge System MANOVIGAYAN”**

10th May 2024

The Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity University, Madhya Pradesh, arranged an enlightening workshop on Bhartiya Gayan Parampara: Vividh Sandharbh Indian Knowledge System MANOVIGAYAN. The program commenced with a serene Deepvandana, followed by a warm welcome extended by the Hon'ble Pro Chancellor and the Director of the Department, Dr. Novrattan Sharma. In his welcome address, the Hon'ble Chancellor emphasized the importance of discipline and the profound insights offered by texts such as the Geeta Puran and Upnisada in understanding the given topic. Dr. Umashankar Pachauri, the esteemed resource person, expounded on the longevity and relevance of Indian knowledge systems since the dawn of civilization. He underscored the need for inclusivity in the Bhartiya Gayan Parampara, emphasizing its empathetic impact.

Dr. Pachauri further elucidated that the Indian Knowledge System offers explanations on Mental Health, urging the audience to correlate these teachings and devise effective tools for measuring happiness. Quoting from Ved Puran and Geeta, he stressed the importance of understanding human traits.

The workshop was graced by esteemed dignitaries, including the Hon'ble Pro Chancellor Lt. Gen. V.K. Sharma, AVSM (Retd), officiating Vice Chancellor Prof. (Dr.) Anil Vashisht, Pro Vice Chancellor Dr. Lalitesh Jain, and others. The initiative taken by the students of the department received accolades from the Director of AIBAS, Prof. (Dr.) Novrattan Sharma, and Head of the Department of Clinical Psychology, Prof. (Dr.) Rajendra Sharma, who also delivered the vote of thanks.

This workshop not only enlightened the participants about the richness of Bhartiya Gayan Parampara but also provided them with valuable insights into mental health and well-being, leaving an indelible impact on all attendees.



Pro Chancellor Lt. Gen. V.K. Sharma, AVSM (Retd) felicitating the speaker  
Dr. Umashankar Pachauri

## **Manoulas Ke Navrattan**

15th to 20th March 2024

The objective of the event is celebrating inner Happiness and nurturing true joy of life. A competition organized by AIBAS to identify true icons of happiness in Amity University as 'Manoulas Ke Navrattan' from the three categories

1. Faculty, 2. Staff & 3. Students.

Engaging discussion with an expert and creative activities, participants unearthed tool for joy and resilience, fostering a collective moment of positivity within our community.

The program encouraged the students and participants to be aware about the importance of happiness in studies, work productivity and job satisfaction.

Amity Institute of Behavioural and Applied Sciences, Amity University Madhya Pradesh, is committed to improve the lives of students and educate them about the pursuit of health and happiness, in line with the programme organized on the occasion of World Happiness Week, AIBAS has staged a competition to select true icons of happiness at Amity University as 'Manoulas Ke Navrattan' from three categories 1. Faculty, 2nd Staff & 3rd Students.

The aim of this competition was to identify nine exceptional people who are a symbol of spreading happiness through their creative art and sense of joy. Manoulas ke Navrattan represents a group of nine extraordinary people who spread happiness and joy. There are nine winners (3X3X3) in each category (1st, 2nd & 3rd)



Nine winners of Manoulas Ke Navrattan

## **“Garbage Collection Mental Health Cleaning”**

9th November 2023

In a bustling community center on a crisp Thursday morning, an event unlike any other unfolded a gathering dedicated to decluttering the mind of worries, intrusive thoughts, and the burdensome preoccupations that often weigh us down. The premise was simple yet profound: invite individuals to introspect on their thoughts, reflect on their preoccupations, and willingly choose to release what no longer serves their mental health. Volunteers, armed with warm smiles and genuine empathy, welcomed participants with open arms. Their mission was clear: to create a space where people could unburden themselves, let go of their mental baggage, and find a renewed sense of clarity and peace. As an incentive for their valuable time and willingness to engage in this introspective journey, the volunteers offered small tokens of appreciation—a gesture that seemed to resonate deeply with those present. It wasn't just about receiving a gift; it was a symbol of acknowledgment for taking a step towards prioritizing their mental well-being. The atmosphere crackled with enthusiasm and a shared sense of purpose. Participants, eager to shed the weight of their worries, embraced the opportunity wholeheartedly. For many, it was a welcomed respite from the monotony of daily life—a chance to pause, reflect, and re-calibrate their inner worlds. As the day unfolded, conversations flowed freely, and stories were shared with an openness that was both liberating and cathartic. It became evident that the preoccupations people wished to give up on were not isolated incidents but rather common threads woven into the fabric of modern life. Themes emerged organically, reflecting the collective struggles of the human experience. Increased self-criticism stood out as a formidable adversary, one that many grappled with silently. The weight of an inflated sense of responsibility, the relentless urge to control both oneself and the external world, and the complexities of navigating relationships all found a voice within the room. Poor self-esteem, often silently gnawing at the core of one's being, was bravely acknowledged and met with compassion. The lack of emotional skills and the challenges of managing one's feelings in a world that demands constant composure were laid bare. Yet, amidst these shared struggles, there was a palpable sense of relief and empowerment. By confronting these preoccupations head-on, by naming them and choosing to release their hold, participants found a newfound sense of agency over their mental landscapes. As the event drew to a close, a collective sigh of relief seemed to echo through the room. The weight lifted, burdens shared, and a community of like-minded souls emerged, united in their quest for mental well-being. "Mind Declutter: Letting Go for Mental Well-being" was not just an event; it was a transformative journey. It reminded everyone present of the importance of pausing, reflecting, and choosing what thoughts and preoccupations they allow to occupy their minds. In the end, the greatest gift was not the token of appreciation received but the profound realization that one has the power to declutter their mind, to let go of what no longer serves, and to embrace a life of greater peace and clarity. And as participants left the community center that day, their hearts felt lighter, their minds clearer, and their spirits buoyed by the promise of a brighter, more mindful future.



Participants interacting with Lt. Gen. V.K. Sharma, AVSM(Retd.), Pro Chancellor, Amity University, Madhya Pradesh

### **Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism “Know 2 No”**

26th April 2024

Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism. On the 26th of April 2024, the corridors of academia were abuzz with

excitement as students, staff, and faculty members alike gathered to celebrate Psychology Day. This annual event, marked by a jubilant spirit and a commitment to mental well-being, served as a testament to the vibrant community within the field of psychology. However, this year's celebration took on a special significance as it highlighted the theme of responsible hedonism—a philosophy that advocates for the pursuit of pleasure and happiness while ensuring the well-being of oneself and others. The festivities kicked off with an array of engaging activities carefully curated to promote fun, positive interaction, and meaningful connections among participants. Among the highlights were the banana eating competition, balloon bursting, tam bola, ball toss, and dumb charades. These activities, while seemingly light-hearted, carried deeper connotations that resonated with the principles of psychology and the importance of fostering a supportive community.

The banana eating competition, for instance, served as a playful reminder of the need for balance and moderation in life. Participants enthusiastically indulged in the sweet fruit, all the while mindful of the importance of mindful eating—a concept deeply rooted in psychology that encourages individuals to Savor each moment and be present in the experience.

Meanwhile, the balloon bursting activity symbolized the release of pent-up stress and tension—a cathartic experience that mirrored the therapeutic techniques often employed in psychology to promote emotional well-being. As balloons burst with laughter and cheers, participants found solace in the simple act of letting go and embracing the joyous moments of life.





Prof (Dr) Novrattan Sharma, Director, Amity Institute of Behavior & Allied Sciences  
Amity University, Madhya Pradesh presenting token of appreciation

### **“Poster Making Competition on World Mental Health Day”**

10th October 2023

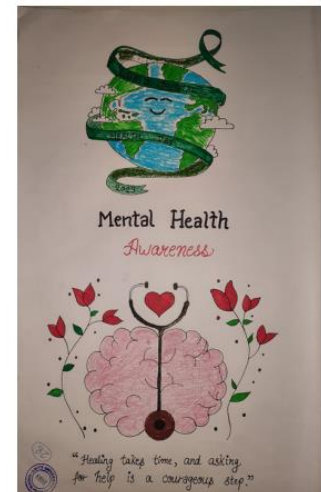
Positive Mental Health & Psychological First Aid Centre, Amity Institute of Behavioral and Allied Sciences, Amity University, Madhya Pradesh organized students from all courses at Amity University to showcase their artistic prowess and thoughtful insights into mental health issues during a poster-making competition held at the campus on the occasion of World Mental Health Day 2023. The university chose two pertinent themes for the competition: "Mental health is a universal human right" and "Positive psychology applications." The themes resonated deeply, given the increased emphasis on mental health and well-being in contemporary society. From vivid illustrations to powerful slogans, the posters presented a harmonious blend of artistry and awareness. Many artworks depicted the significance of understanding, empathy, and community support, emphasizing that mental health is a right, not a privilege. Others delved deep into the science and application of positive psychology, highlighting tools and techniques that can be employed to foster resilience and

happiness. The event was a resounding success, drawing participants and spectators in large numbers. The judges comprised of faculty members from ASAP and AIBAS department and HOD Clinical psychology. The winners were announced amidst applause and appreciation. The details of the winners are as follows:

1. The First prize went to Ms. Ananya Shakya (B.Sc. semester I)
2. The Second prize goes to Ms. Khushi Yadav (M.A. Clinical Psychology semester III)
3. The Third prize is bagged by Saurav Berwal (B.Pharm. semester V)

To foster a broader impact, the top one poster was also selected from all Undergraduate and Post graduate courses. The details of selected students for their best performance are as follows:

1. From Under Graduates- Ms. Alaya (B.Sc. Semester I)
2. From Post Graduates- Ms. Akshara Yeluri (M.A. Cli. Psy. Semester III)



Poster Making by Participants

## **“WORLD SCHIZOPHRENIA DAY”**

24th May 2024

The celebration of World Schizophrenia Day at Amity Institute of Behavioural and Allied Sciences was met with enthusiasm and participation from students, faculty, and external guests. The event successfully achieved its objectives of spreading awareness, fostering empathy, and promoting informed discussions about schizophrenia.

Participants gained valuable knowledge about the complexities of schizophrenia and the importance of early intervention and support. The event also contributed to breaking down stigma surrounding mental health disorders, encouraging a more supportive environment within the academic community. In conclusion, the World Schizophrenia Day celebration organized by Amity Institute of Behavioural and Allied Sciences, under the leadership of Dr. Rajendra Kumar Sharma, was a commendable initiative that contributed significantly to mental health awareness and education. By addressing critical issues related to schizophrenia, the event played a crucial role in

empowering individuals with knowledge and promoting a more inclusive approach towards mental health care.



Discussions about schizophrenia in a performance