



# मनोविज्ञान विभाग

## DEPARTMENT OF PSYCHOLOGY

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### Workshop (May 19th & 20th, 2023)

**Event Report:** Psychology Workshop - Flourishing in Modern Times

**Name of Workshop:** Flourishing in Modern Times

**Dates:** May 19th and 20th, 2023

**Venue:** Seminar Hall, Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya, Sagar, M. P.

**Introduction:** The Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya organized a two-day workshop titled "Flourishing in Modern Times" on May 19th and 20th, 2023. The workshop aimed to address contemporary challenges faced by individuals in navigating their mental health and wellbeing amidst the complexities of modern life. With a focus on stress management, psychological first aid, and research methodologies in psychology, the event sought to equip attendees with practical knowledge and skills to thrive in today's fast-paced world.

#### Resource Person:

(1) **Dr. Niranjana Prasad Yadav (Former Registrar, Tika Manjhi University, Bhagalpur):**

- **Lecture 1: Stress Management** Dr. Niranjana Prasad Yadav delivered an insightful lecture on stress management, highlighting the importance of recognizing and addressing stressors effectively. Drawing from his extensive experience in academia and psychology, he

provided practical strategies for managing stress, enhancing resilience, and fostering psychological wellbeing.

**(2) Dr. Niranjan Prasad Yadav (Former Registrar, Tika Manjhi University, Bhagalpur):**

- **Lecture 2: Psychological First Aid** In his second lecture, Dr. Yadav discussed the concept of psychological first aid, emphasizing the critical role of timely intervention and support in crisis situations. He underscored the importance of empathy, active listening, and non-judgmental support in providing psychological first aid to individuals experiencing distress or trauma.

**(3) Dr. Niranjan Prasad Yadav (Former Registrar, Tika Manjhi University, Bhagalpur):**

- **Lecture 3: Doing Research in Psychology** Dr. Yadav also shared valuable insights into conducting research in psychology, guiding attendees through the various stages of the research process. From formulating research questions to data collection and analysis, he provided practical tips and methodologies to enhance the quality and rigor of psychological research.

**Chief Guest**

- **Prof. Neelima Gupta (Hon. Vice Chancellor, Dr. Harisingh Gour Vishwavidyalaya):**  
Prof. Neelima Gupta graced the occasion as the chief guest, underscoring the university's commitment to promoting excellence in psychological education and research. Her presence added prestige and significance to the event, inspiring attendees to actively engage in the workshop's discussions and activities.


**Attendees:** The workshop attracted approximately 200 attendees, including students, faculty members, and professionals from diverse backgrounds. The hybrid mode of participation allowed both in-person and virtual attendance, ensuring broader access to the valuable insights and discussions presented during the workshop.

## Workshop Highlights

- **Interactive Sessions:** Each lecture was followed by interactive Q&A sessions, providing attendees with the opportunity to engage directly with the speaker, clarify doubts, and share their perspectives on the topics discussed.
- **Practical Demonstrations:** Dr. Yadav incorporated practical demonstrations and case studies into his presentations, illustrating key concepts and strategies with real-world examples and scenarios.
- **Networking Opportunities:** The workshop provided a platform for networking and collaboration among attendees, fostering connections and partnerships for future research projects and initiatives in the field of psychology.

**Conclusion:** The "Flourishing in Modern Times" workshop organized by the Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya was a resounding success, offering valuable insights and practical guidance on stress management, psychological first aid, and research methodologies in psychology. Through engaging lectures, interactive sessions, and the esteemed presence of Prof. Neelima Gupta, the workshop facilitated meaningful discussions and learning experiences for attendees.

Moving forward, the department remains committed to organizing similar events that contribute to the advancement of psychological knowledge and practice, empowering individuals to lead healthier, more fulfilling lives in today's ever-evolving society.

  
(Prof. A. D. Sharma)  
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