

Eunoia 2020: The Psychology Festival

Date: 1st February 2020

Eunoia, the Psychology festival of Mata Sundri College, was held on 1st February 2020, under the Patronage of the Principal, Dr. Harpreet Kaur. The Co-Conveners of the festival, Dr. Harinder M Sandhu and Dr. Garima Kumar played a key role in executing the event and guiding the Student office bearers.

The theme of this initial festival was, **“Exploring Oneself within the Socio-Emotional Context”**. Inauguration of the fest took place with a lamp-lighting ceremony. It was followed by a soulful prayer Indian-folk dance, also known as ‘Vandana’. The performances began with a Shadow Show by Parindey, which is the very own Dramatic Society of Mata Sundri. The play highlighted a sensitive issue of ‘Suicide Prevention’. Next, the music group of the Psychology Department gave a glimpse of music therapy, rhythm and togetherness by its joyful musical performance. Further, a beautiful interaction was witnessed between the audience of students from various colleges, and the guest speakers.

The first guest speaker, Dr. Updesh Kumar, is one of the Heads of the Mental Health Division at the Defence Institute of Psychological Research; he specialises in various areas of personality assessment, suicidal behaviour, and counselling psychology. Dr. Kumar started with an introduction of military psychology- its aim, scope, and the importance of military psychology in India, the country with the second largest army in the world. He provided a timeline of the development of military psychology, globally (starting during World War I, when Intelligence tests were administered on personnel to measure their abilities, to its current purpose, i.e. to increase efficiency and effectiveness of military personnel), as well as within India- from its establishment to its current scenario.

The second guest speaker was Ms. Praneet Kaur, who is a relationship and counseling psychologist, specializing in cases of sexual abuse and trauma. She reflected her views on the theme, Exploring oneself in socioemotional context. She mentioned the changing roles with changing society. She raised questions pertaining to certain issues which millennials face, like: “How do people deal with loneliness?” She also mentioned about WHO research wherein suicide and cardiac issues took place due to loneliness.

Moreover, she highlighted ways to deal with loneliness and promote mental health with regard to relationships.

After the speakers presented their talks, an Open Mic Event followed outdoors. The true essence of the festival and talent of students could be seen as one visited the various stalls like craft house, positive doodling, art gallery, puzzles and games. The festival concluded successfully.