

KEEPING THE INNER CHILD ALIVE

The Department of Psychology of Mata Sundri College for Women organized a session on the topic “Keeping the inner child alive” on the occasion of Children’s Day with Dr. Sabeen H. Rizvi as a guest speaker on 14th November 2022. The event took place in the psychology department (room no.324) from 1:00pm to 2:00pm in the presence of Dr. Harinder Sandhu, Dr. Pooja Wadawan, Dr. Poonam Vats, Dr. Dipika S. Dhanda, Dr. Garima Kumar, Dr. Amarjyoti Josen and Ms. Jyoti Gupta. The students of all three years were present for the session.

Dr. Sabeen H. Rizvi is extensively trained in CBT and has done Developmental psychopathology, mood disorders and evidence based research as well as Clinical assessment and therapy at different prestigious institutes in the USA. In the session Dr. Sabeen talked about how people usually tend to forget to nurture the child within themselves or depend on others to provide them with that kind of healing when all they need is themselves. She made the audience realize how important it is for a person to keep that child like innocence alive within themselves throughout their lifespan irrespective of their age. The session was made interactive and she kept the audience engaged for the whole session by her charming personality and even followed her talk by a couple of activities which left the audience healed. At the end of the session the guest and the audience were thanked. The audience was provided with the refreshments specially prepared by the faculty of the Psychology Department. The event was a great success. More than 80 students were there in the session and it proved to be immensely helpful for them.

The Department of Psychology was honored to have Dr. Sabeen Rizvi as the guest speaker for the event and is really thankful to her for the success of the event.



