

PSYCHOLOGY TWO DAY INTERNATIONAL WEBINAR

On

EMOTION REGULATION IN THE AGE OF COVID-19: INDIAN AND WESTERN PERSPECTIVES

10/5/2020-11/5/2020

The faculty of Humanities and Social Sciences of Shri Ramswaroop Memorial University, organized a Two -day Internal Psychology webinar on Emotion Regulation in the age of COVID-19: Indian and Western Perspectives on 10//5/2020-11/5/2020 at 11:00A.M onwards. The webinar witnessed the dialects of eminent Indian and International psychologists like Prof. (Dr.) Madhurima Pradhan: (Head of Psychology Department, Lucknow University); Ms Aditi. Sacheti (Doctoral intern at community mental health clinic in the United States.); Dr. Puja V Anand: (Assistant Professor, Department of Psychology, Daulat Ram College, University of Delhi); Dr. Divjyot Kaur: (Psychology Lecturer, James Cook University Singapore); Dr. Ashutosh Srivastava: (President of Bhartiya Counselling Psychology Association, Director-Psyuni Institute of Psychology and Allied Sciences); Dr. Neha Anand : (Psychotherapist, Certified Career Coach Mindfulness Trainer, Executive Director- Bodhitree India, UNICEF Mental Health Soldier); Dr. Nehashree Srivastava : (Assistant Professor, National Post Graduate College , Assistant Coordinator IGNOU, Consultant Psychologist); Manisha Agarwal : (Senior Manager, Professional Recognition and Personal Data Protection and Research Scholar, James Cook University ,Singapore)

The speakers highlighted that due to COVID-19 ,human lives have been significantly altered, and a global, multi-level, and demanding stress-coping-adjustment process is ongoing process. Emotion regulation is the process of monitoring feelings and using techniques to minimize the unpleasant ones (down-regulation), increase pleasant ones (up-regulation), or maintain the ones you want in order to accomplish a personal or professional goal.

Some speakers highlighted the Indian perspectives to regulate emotion whereas some psychologists focused on Western perspectives. Prof. Madhurima Pradhan highlighted the teachings of Bhagvad gita on Emotion regulation. Dr. Pooja Anand,Dr. Neha Anand and Dr. Ashutosh Srivastava focused strategies based on Positive Psychology to regulate emotion regulation.

The deliberations were highly appreciated by the participants. The Webinar received participation from all over the country. These participants not only listened to the lectures but also participated in the discussions actively that made the webinar successful. After the Webinar e -certificate were given to the participants.

The webinar was conducted under the guidance of Prof. B.M. Dixit (Chairperson) and Dr. Vijaya Sethi (Co-chairperson). The organizing committee includes:-

Convener	Dr. Priyanka Shukla
Co-Convener	Dr. Rashmi saxena
Organizing Committe	Dr. Pavitra Bajpai, Dr. Eram Fatma, Ms Deepika Gupta, Ms Sneha Saha