

Psychology as Life Skills : An Interactive Counselling Skills Session

Resource Person: Prof. Aruna Broota conducted by Psychology Dept and IQAC (MSC) held on 11 February 2021.

(Convener: Dr. Harjinder Kaur, Co-convener: Dr. Pranita Gaur)

An interactive life skills session was held online on Zoom platform, with renowned Clinical Psychologist Prof Aruna Broota. The session was attended by not only the students and faculty members of Mata Sundri College but also academicians and students across various colleges of University of Delhi. 500 students and faculty across Delhi participated. It was also Live on YouTube and was joined by a large number of people. Prof. Broota's extremely engaging session focused on imparting life skills to participants that would help them in navigating their life in an effective and productive manner. She addressed a wide range of concerns ranging from effective ways of retaining focus on accomplishing important life goals including academic focus in contemporary times of crisis caused by the pandemic. She shared numerous examples from her rich experience as a clinical psychologist and an academic to bring forth the relevance of developing important life skills including cooperation, positivity, resilience, ability to deal with ambiguity and handle paradoxes, time management, effective study habits, effective communication amongst many others. Her conversational audience friendly style, her pleasant demeanor and her ability to relate and connect with the younger generation as well as older age groups made the session very valuable.