



AMITY UNIVERSITY

MADHYA PRADESH

(Established by Ritand Balved Education Foundation)

AMITY INSTITUTE OF BEHAVIOURAL & ALLIED SCIENCES
AMITY UNIVERSITY, MADHYA PRADESH

2.3.1. Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences

S.no.	Institute/school	Name of activity under experiential learning(industrial visit, internship, dissertation, field work and military training)	Name of activity under participative learning / problem solving methodologies(hands-on- workshop, conferences, seminar and inclusive learning)	Date of activity
1	Amity Institute of Behavioural & Allied Sciences	Event	Garbage Collection Mental Health Cleaning	9 th November 2023
2	Amity Institute of Behavioural & Allied Sciences	Industrial Visit	Air Force School, Gwalior, organized an industrial visit to offer students practical exposure to industrial operations and deepen their understanding.	19 th November 2023 & 24 th January 2024
3	Amity Institute of Behavioural & Allied Sciences	Educational and Adventure Tour	Educational and cultural tour covering Amritsar, Dharamshala, McLeod Ganj, and Delhi.	7 th -13 th January 2024
4	Amity Institute of Behavioural & Allied Sciences	Workshop	The Gestalt Psychotherapy session encouraged creative exploration of Indian concepts to enhance personal growth and therapy.	7 th & 8 th February 2024
5	Amity Institute of Behavioural & Allied Sciences	Workshop in Lifestyle & Health Week Celebration	A free fitness workshop on "Active Lifestyle and Fitness Goals" educated students on the role of lifestyle in health and provided guidance on building immunity, stamina, and endurance.	4 th to 7 th March 2024
6	Amity Institute of Behavioural & Allied Sciences	Event: Manoulas Ke Navrattan	The program emphasized happiness's role in productivity and job satisfaction, with	15 th to 20 th March 2024



			participants creatively expressing its importance through art	
7	Amity Institute of Behavioural & Allied Sciences	Lecture Series on World Philosophy Day	The event fostered global dialogue on philosophy, promoting understanding, coexistence, and solutions to global issues through expert insights and discussions.	21 st & 22 nd March 2024
8	Amity Institute of Behavioural & Allied Sciences	A Round Table Collegium on Psychology on Retrospect and Prospects Across Five Generations of Learners	The conference focused on methodologies, challenges, and advancements in qualitative research in psychology, with Prof. Girishwar Misra, a renowned expert, as the keynote speaker.	22 nd March 2024
9	Amity Institute of Behavioural & Allied Sciences	Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism "Know 2 No"	Psychology Day was celebrated to promote positive interaction, mental well-being, and awareness of psychological principles through engaging activities, while reducing stigma and encouraging responsible hedonism among students, staff, and faculty.	26 th April 2024



1. Report on Garbage Collection Mental Health Cleaning Activity

Date: 9 November 2023

Time: Not specified

Venue: Amity University, Madhya Pradesh (AUMP), Gwalior

Coordinators: Students of the Amity Institute of Behavioural and Allied Sciences (AIBAS)

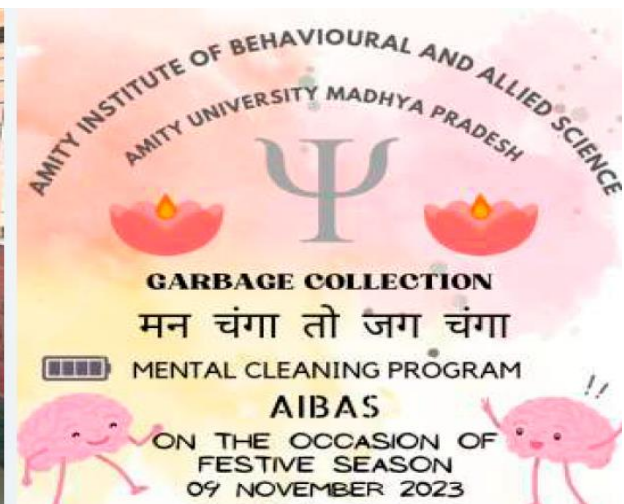
Objective: The activity aimed to provide students and employees with an opportunity to unburden themselves, declutter their minds, and express their thoughts in today's fast-paced world. It focused on fostering an understanding of the importance of letting go of worries and preoccupations to promote introspection and mental well-being.

Event Details: Students from AIBAS organized an offline event at AUMP, Gwalior, encouraging participants to express themselves by writing down thoughts they wished to relinquish. The activity emphasized addressing mental clutter and working on personal growth to reduce negativity and conflicts in life.

Need and Relevance: While decluttering physical spaces is relatively straightforward, decluttering the mind of disturbing thoughts and worries is far more challenging. This event was designed to inspire participants to introspect and prioritize their mental health, fostering positive practices for managing stress and negativity.

Outcome: The event successfully raised awareness about mental health and the practice of releasing worries and preoccupations. It encouraged participants to reflect on their mental well-being and adopt healthier practices. The initiative also provided volunteers with insights into the importance of mental health advocacy.

Participation: A total of 200 participants, including students, faculty, and staff, actively took part in the event, alongside the volunteers who facilitated the activities.



2. Industrial Visit

Coordinators:

- Dr. Sandhya Garg, Assistant Professor, AIBAS
- Himani Sharma, Assistant Professor, Clinical Psychology, AIBAS

Participants:

Students and faculty members from Air Force School, Gwalior

Date:

19 November 2023 & 24 January 2024

Objective:

The industrial visit, organized by Air Force School, Gwalior, aimed to provide students with practical exposure to industrial operations and deepen their understanding of theoretical concepts learned in the classroom.

Activities and Highlights:

1. Introduction to the Industry:

Senior executives provided an overview of the industry's history, products/services, and market position.

2. Technical Sessions:

Students were divided into groups and toured various departments to observe production processes, quality control, and the real-life application of theoretical knowledge.

3. Interaction with Experts:

Students engaged with industry professionals, discussing career opportunities, technological advancements, and industry challenges.

4. Practical Demonstrations:

Live demonstrations of machinery showcased the practical applications of engineering principles.

5. Q&A Session:

A dedicated session allowed students to clarify doubts and gain insights into specific aspects of the industry.

6. Feedback and Conclusion:

Students shared their experiences, expressed gratitude, and highlighted the learning benefits of the visit.

Learning Outcomes:

- Enhanced understanding of industrial processes and operations.
- Insight into real-world applications of theoretical concepts.



- Exposure to career opportunities and industry expectations.
- Development of interpersonal and communication skills through interaction with professionals.

Conclusion:

The industrial visit, guided by Dr. Sandhya Garg and Himani Sharma, was highly enriching for students, bridging the gap between academic learning and industry requirements. It prepared students to face future challenges in their chosen fields.

Acknowledgments:

We extend heartfelt gratitude to the management and staff for their hospitality and informative sessions. Special thanks to Dr. Sandhya Garg and Himani Sharma for their meticulous planning and coordination, ensuring the success of this initiative.

Recommendations:

- Organize more frequent industrial visits to diverse sectors for broader exposure.
- Incorporate insights from these visits into the academic curriculum to enhance learning outcomes.



3. AIBAS Educational and Adventure Tour: A Journey Through History, Culture and Adventure

Dates: 7–13 January 2024

Destinations: Gwalior → Amritsar → Dharamshala → McLeod Ganj → Delhi → Gwalior

Coordinators: Organized by the Amity Institute of Allied and Behavioural Sciences (AIBAS), AUMP

The educational and adventure tour combined learning, cultural immersion, and teamwork for an enriching experience beyond classroom confines.

Amritsar: Golden Temple and Attari-Wagah Border

- Students visited the Golden Temple, engaging in the langar and learning about Sikhism's principles of equality and service.
- A visit to Jallianwala Bagh deepened their understanding of India's independence struggle.
- At the Attari-Wagah Border, they witnessed the vibrant border ceremony and interacted with the local Attari village community, gaining insights into life near geopolitical boundaries.

Dharamshala and McLeod Ganj

- Students explored Tibetan culture, Buddhism, and the Dalai Lama Temple, participating in meditation and cultural exchanges with the Tibetan community.
- A trekking expedition strengthened teamwork and resilience.

Delhi: Heritage and Spiritual Exploration

- Visits to iconic Mughal monuments like the Red Fort and Humayun's Tomb enriched their historical understanding.
- At Bangla Sahib Gurudwara, students participated in langar and learned about Sikh principles of compassion and equality.

Outcome

The tour fostered personal and educational growth, promoting cultural sensitivity, teamwork, and introspection. Students returned with broader perspectives and meaningful memories from this multidimensional experience.





4. Gestalt Psychotherapy Workshop:

Date: 7–8 February 2024

Venue: Amity University, Madhya Pradesh

Coordinators: Ms. Grace Joyce (Assistant Professor, AIBAS) and Dr. Rajendra Sharma (HOI, Clinical Psychology)

Speaker: Mr. Sam Manickam

Participants: 200 attendees, including students, faculty, and staff

Objective

The workshop aimed to familiarize participants with Gestalt Psychotherapy, encouraging them to explore personal experiences through Indian Gestalt concepts. The focus was on creative experimentation to promote personal growth and enhance therapeutic practices.

Activities & Highlights-

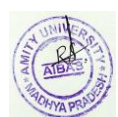
1. **Conceptual Overview:** Mr. Sam Manickam provided an introduction to Gestalt Psychotherapy, emphasizing its principles and techniques within an Indian context.
2. **Experiential Learning:** Participants engaged in exercises focusing on awareness, dialogue, and mind-body integration to experience Gestalt principles firsthand.
3. **Application in Practice:** Case studies and group discussions helped participants explore practical strategies for applying Gestalt Therapy in individual and group settings.
4. **Creative Experimentation:** Activities included role-playing, art, and movement to encourage innovative applications of Gestalt concepts.
5. **Interactive Sessions:** Participants actively shared insights and challenges, fostering a dynamic and collaborative learning environment.

Outcome

The workshop enhanced participants' understanding of Gestalt Therapy, offering them practical tools to address psychological challenges and promote mental well-being. It also emphasized the importance of introspection, helping attendees develop healthier practices for managing worries and preoccupations.

Conclusion

The event successfully blended theoretical insights with practical applications, emphasizing the adaptability of Gestalt principles in Indian cultural contexts. Participants left with enhanced therapeutic skills and a deeper appreciation for Gestalt concepts.



Recommendations: Future workshops could explore specific cultural applications of Gestalt Therapy and provide ongoing professional development opportunities to deepen expertise in this field.

The workshop's success was attributed to the expert facilitation by Mr. Sam Manickam, the dedication of the organizers, and the active engagement of all participants.



5. Lifestyle & Health Week

Date: 4–7 March 2024

Venue: Amity Institute of Behavioural and Applied Sciences (AIBAS), Amity University Madhya Pradesh

Coordinators: Dr. Shubhagata Awasthi, Assistant Professor (In-house Event Coordinator, AIBAS)

Speakers and Guests:

- Ms. Shanta Banerjee (Senior Wellness Coach & Entrepreneur)
 - Ms. Vinita Kanitkar (Motivational Speaker)
 - Mr. Imtiyaz Ali (Technical Coordinator & Media Person)
- Participants: 180 students (AIBAS, ASAP, ALS) and 20 faculty members

Objective

1. Celebrate Lifestyle and Health Week to assess, promote, and create awareness of holistic wellness.
2. Conduct a free fitness workshop on "Active Lifestyle and Fitness Goals" to educate participants about the role of lifestyle in health, balanced nutrition, and building immunity, stamina, and endurance.
3. Encourage students to understand the health consequences of neglecting well-being while promoting a proactive approach to fitness and nutrition.

Summary of the Event

The workshop featured Ms. Shanta Banerjee, Ms. Vinita Kanitkar, and Mr. Imtiyaz Ali, who shared insights on the importance of active lifestyles, balanced nutrition, and fitness goals.

The session was divided into two parts:

- Session 1: Participants learned about the role of lifestyle choices in health, guided by insights from specialists.
- Session 2: Practical tips and guidance were provided to maintain a healthy lifestyle, focusing on building immunity, stamina, and endurance.

Health-related topics such as BMI, breathing capacity, and eating disorders were addressed throughout the week, encouraging students to adopt healthier habits.

Outcome

The workshop successfully raised awareness about the importance of fitness and holistic health. Participants left with a deeper understanding of maintaining a healthy lifestyle and practical strategies to improve their physical and mental well-being.

The event demonstrated AIBAS's commitment to enriching students' lives by fostering a culture of health and wellness.





6. Manoulas Ke Navrattan

Date: 15–20 March 2024

Venue: Amity Institute of Behavioural and Applied Sciences (AIBAS), Amity University
Madhya Pradesh

Mode: Offline

Coordinators:

- Dr. Shubhagata Awasthi
 - Ms. Nabanita Barua (Assistant Professors & In-house Event Coordinators, AIBAS)
- Special Guests and Speakers:

Special Guests and Dignitaries

The event was graced by:

Lt. Gen. V.K. Sharma, AVSM (Retd.) (Hon'ble Pro Chancellor, AUMP)

- Prof. (Dr.) Girishwar Misra (Retd. Vice-Chancellor, MGAHV, Wardha)
- Prof. (Dr.) Novrattan Sharma (Director, AIBAS)
- Prof. L.K. Jain (Director, ASAP)

Objective

1. Celebrate inner happiness and nurture joy in life.
2. Identify and recognize "Manoulas Ke Navrattan" (Nine Icons of Happiness) in three categories: Faculty, Staff, and Students.
3. Engage participants in discussions and creative activities to explore tools for joy, resilience, and positivity.
4. Raise awareness about the importance of happiness in studies, work productivity, and job satisfaction.

Summary of the Event

5. In celebration of World Happiness Week, AIBAS organized a series of activities to promote inner happiness and holistic well-being. The highlight of the event was the "Manoulas Ke Navrattan" competition, aimed at identifying nine individuals across faculty, staff, and students who embody and spread joy.
6. The competition witnessed the active participation of over 150 students, staff, and faculty members from diverse departments, including AIBAS, ASAP, ALS, ASL, ASET, and AIP. The event showcased creativity and positivity, with participants expressing their understanding of happiness through quotes, sketches, and posters.



7. The event also featured an engaging discussion with dignitaries and special guests, who emphasized the importance of happiness as a tool for resilience and community well-being. The sessions encouraged participants to adopt a joyful perspective in their studies, work, and daily lives.

Results of the Competition

Category: Faculty

1. Prof. (Dr.) Rajendra Kumar Sharma (AIBAS)
2. Mr. K. Muthuvel (ASL)
3. Prof. (Dr.) Rakhi Singh Chouhan (ALS)

Category: Staff

1. Ms. Rashmi Singh (Warden)
2. Ms. Geetanjali Sikarwar (Office Assistant, ABS)
3. Mr. Varghese Matheu (HR Manager)

Category: Students

1. Ms. Palak Velankar (B. Pharma, Semester VI, AIP)
2. Ms. Jasmeet Kaur (B.A(H) Applied Psychology, Semester VI, AIBAS)
3. Ms. Tanya Verma (B. Tech CSE, Semester II, ASET)

The winners were awarded certificates and prizes by Lt. Gen. V.K. Sharma, AVSM (Retd.), Prof. (Dr.) Girishwar Misra, and Prof. (Dr.) Novrattan Sharma, who appreciated the participants' efforts and creativity.

Conclusion

The competition successfully fostered a sense of joy and community among participants, while emphasizing the significance of happiness in academic and professional productivity. The program was a remarkable initiative by AIBAS, contributing to the holistic development of students, staff, and faculty, and promoting a culture of positivity and well-being across the campus.





7. Lecture Series on World Philosophy Day

Date: 21st & 22nd March 2024

Day: Thursday & Friday

Venue: Amity Institute of Social Sciences (AISS) and Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity University, Madhya Pradesh

Overview

The programme aimed to create awareness about World Philosophy Day 2023 and its relevance in contemporary times. It provided an engaging platform for students and participants to explore the essence of philosophy, encouraging them to ask critical and out-of-the-box questions.

Objectives

1. Inculcate knowledge of philosophy among undergraduate students.
2. Provide a platform for philosophical dialogue and inquiry.
3. Disseminate the principles of the Indian knowledge system.
4. Discuss ethics of globalization from Vedantic and political perspectives.

Resource Persons and Topics

1. **Prof. Adarasupally Natraju (Centre for Philosophy, JNU, New Delhi)**
 - *Topic:* Ethics of Globalization (A Vedantic Perspective)
2. **Prof. Satish Kumar (School of Social Sciences, IGNOU, New Delhi)**
 - *Topic:* Ethics of Globalization (A Political Perspective)
3. **Prof. Girishwar Misra (Former VC, MGAHV, Wardha)**
 - *Topic:* Basic Values Embodied in Indian Culture and their Relevance to National Reconstruction
4. **Prof. Arvind Vikram Singh (Head, Department of Philosophy, University of Rajasthan, Jaipur)**
 - *Topic:* Modern Education System and Indian Culture

Special Guests and Dignitaries

The event was graced by:

- Lt. Gen. V.K. Sharma, AVSM (Retd.) (Hon'ble Pro Chancellor, AUMP)
- Prof. (Dr.) M.P. Kaushik (Hon'ble Pro Vice Chancellor, AUMP)
- Deans, Directors, Heads of Institutions (HOIs), Heads of Departments (HODs), faculty members, and members of the Amity family.



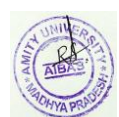
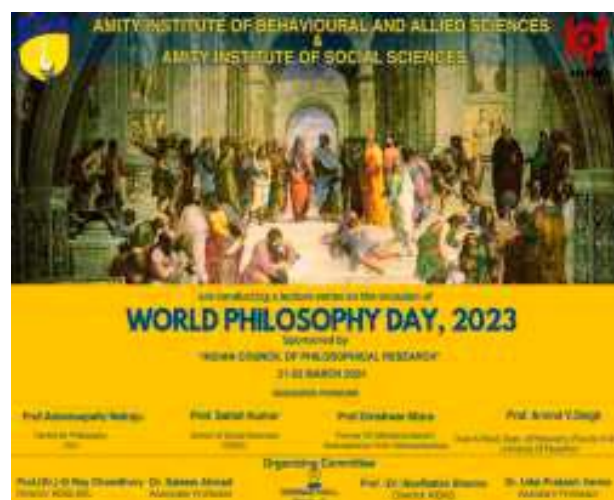
Event Highlights

Organized under the guidance of Prof. (Dr.) Iti Roychowdhury and Prof. (Dr.) Novrattan Sharma, and coordinated by the faculty of AISS and AIBAS, the event explored:

- The importance of philosophy in understanding global issues and promoting peaceful coexistence.
- Ethical aspects of globalization from Vedantic and political perspectives.
- The relevance of Indian cultural values in national reconstruction.
- Philosophical reflections on modern education and Indian culture.

Conclusion

The two-day event successfully highlighted the pivotal role of philosophy in addressing contemporary global challenges, fostering intellectual inquiry, and promoting a deeper understanding of cultural values. The participation of eminent philosophers, dignitaries, and students made it a memorable and impactful celebration.



8. A Round Table Collegium on Psychology: Retrospect and Prospects Across Five Generations of Learners

Date & Day: March 22, 2024, Thursday

Venue: AIBAS, AUMP

Introduction:

On March 22, 2024, a round table conference was held at AIBAS, AUMP, focused on qualitative studies in psychology. The event aimed to explore the methodologies, challenges, and advancements in qualitative research within the field. The keynote speaker was Prof. Girishwar Misra, a renowned expert in qualitative research methodologies.

Keynote Speaker & Important Guests:

- Prof. Girishwar Misra (Keynote Speaker)
- Dr. R. K. Sharma (Coordinator, AIBAS)
- Prof. M. K. Jain (Director, AUMP)
- Dr. S. P. Patel (Guest of Honor)

Overview:

The conference began with Prof. Misra's presentation on the significance of qualitative research in psychology, emphasizing its role in understanding complex human experiences beyond what quantitative methods can reveal.

Methodological Approaches:

The conference explored various qualitative research methods, including phenomenology, grounded theory, case studies, and narrative analysis. Prof. Misra stressed the importance of choosing the appropriate methodology based on research objectives.

Challenges and Ethical Considerations:

Challenges like researcher bias and ensuring rigor in findings were discussed. Ethical issues such as informed consent and confidentiality were also highlighted.

Advancements and Innovations:

Recent technological advancements, including digital recording devices and qualitative data analysis software, were presented as tools that enhance the qualitative research process.

Case Studies and Practical Applications:

Participants discussed case studies demonstrating how qualitative methods can be applied to psychological research to provide deeper insights into human behaviour.

Conclusion of the Conference:

The conference concluded with valuable discussions that enriched participants' understanding of qualitative research. Prof. Misra's contributions and the interactions among attendees emphasized the importance of continued innovation and collaboration in qualitative research.

Tree Planting Ceremony:

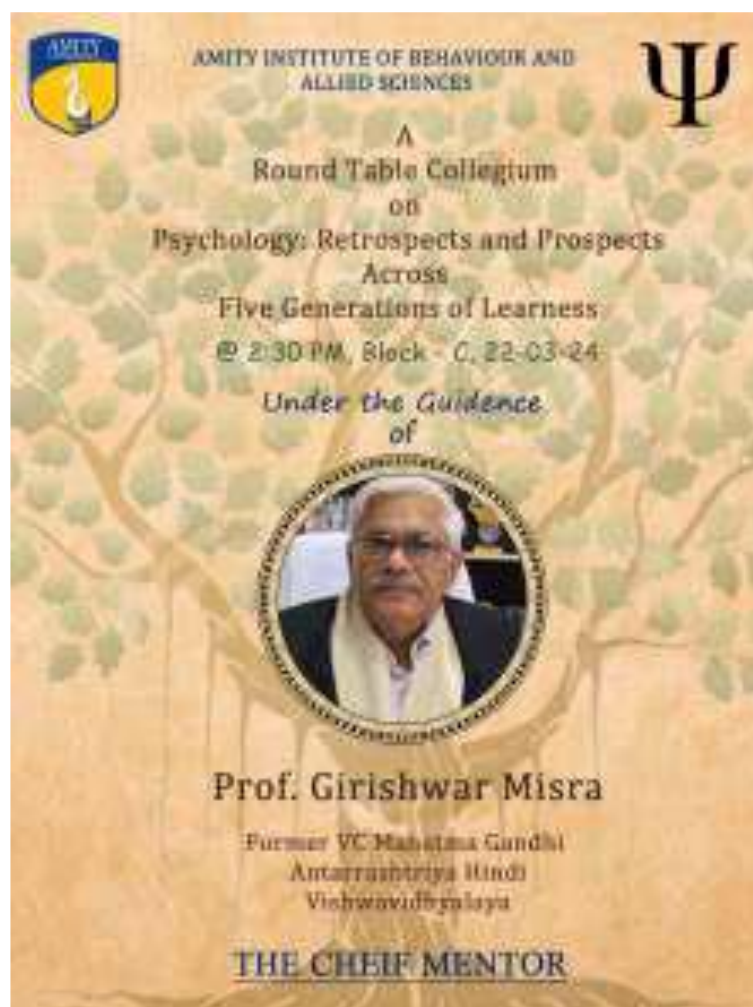
Following the conference, a tree planting ceremony was held to symbolize the growth and



sustainability of psychological research. Prof. Misra led the ceremony, highlighting the parallels between qualitative research and tree planting—both requiring patience and nurturing for long-term development.

Reflection and Closing:

The ceremony was a fitting end to the event, underscoring the conference’s theme of sustainable, collaborative growth in psychological research. The round table successfully promoted ongoing dialogue and learning in the field.





9. Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism “Know 2 No”

Date & Day: April 26, 2024, Friday

Venue: Amity University, Madhya Pradesh

Key Speakers & Guests:

- Dr. R. K. Sharma (Coordinator, AIBAS)
- Prof. M. K. Jain (Director, AUMP)
- Dr. S. P. Patel (Guest of Honor)

Objective:

The Psychology Day celebration aimed to promote positive interactions, mental well-being, and awareness about psychological principles among students, staff, and faculty through engaging activities centered on responsible hedonism.

Need & Relevance:

The celebration emphasized key outcomes:

1. **Promotion of Positive Interaction:** Activities like banana eating, balloon bursting, tam bola, and dumb charades fostered camaraderie and a sense of community.
2. **Emphasis on Mental Well-being:** Participants engaged in activities that encouraged mindfulness, stress relief, and self-care, promoting resilience within the academic community.
3. **Reduction of Stigma:** Workshops and discussions helped reduce mental health stigma, empowering participants to seek support openly.
4. **Enhanced Awareness:** The event raised awareness about the importance of psychology in understanding human behavior and promoting mental health.
5. **Building Relationships:** Activities encouraged teamwork and communication, fostering supportive relationships within the university.

Outcome of the Activity:

The event, with over 100 participants including faculty, students, and staff, allowed individuals to take a break from their routine and interact positively, reinforcing the importance of mental health and social connections.

Summary of the Session:

The celebration, themed “Fostering Positive Interaction through Responsible Hedonism,” featured light-hearted activities with psychological significance. The banana eating competition reminded participants about balance and mindfulness, while balloon bursting symbolized stress relief. Traditional games like tam bola promoted camaraderie, and ball toss and dumb charades encouraged teamwork and communication.

These activities not only provided fun but also reflected the principles of psychology—promoting well-being, social interaction, and self-care. The celebration also facilitated open



discussions on mental health, reducing stigma and encouraging participants to seek support when needed.

Conclusion:

Psychology Day was a resounding success, fostering a supportive, interactive environment that reinforced the importance of mental well-being and community engagement. The event left a lasting impact, reminding all participants of the significance of self-care, collaboration, and mental health awareness.

