



AMITY UNIVERSITY

MADHYA PRADESH

(Established by Ritnand Balved Education Foundation)

MEDIA REPORT

“Personality Development a Way Forward to Innovation”

Date: 28th September 2023 (Thursday)

Time: 3:15pm to 5:15pm

Objective:

1. To explore and understand the unique and enduring patterns of thoughts, feelings, and behaviors that define an individual's personality.
2. Comprehensive exploration of role of innovations in development of personality.

Outcome of the activity: The session focused on to make the audience aware about the aspects and the depth of personality as well as the recent innovations in this field. This would further help the audience to delve deeper in aspects of personality of oneself.

Mode: Offline

Venue: Amity University, Madhya Pradesh

Number of Participants: 75 Students.

Resource Personage: Students of MPhil and PDCP, Department of Clinical Psychology, Amity Institute of Behavioural and Allied Science, Amity University Madhya Pradesh.

Summary of the Session:

Positive Mental Health & Psychological First Aid Centre, Amity Institute of Behavioural and Allied Sciences, Amity University, Madhya Pradesh organized a special session on Personality Development a Way Forward to Innovation for the students of the department. The event began by a student who introduced everyone with the contents of the event and the esteemed director of AIBAS Prof (Dr) NovRattan Sharma, imparted words of wisdom on the importance of AI in the field of psychology and he shared his knowledge about the importance of innovation week. This event focuses on discussing in depth about personality, it was done to make audience aware about the various aspects of personality and the role it plays in the process of development. Further, it also involves the influence of AI, this will make the young minds acquainted with the role personality plays and motivate them to develop in a certain way where they would be able to reflect better in their lives as well as make them acquainted with AI innovations that are now growing in the field of psychology.

The event was kick started by the student of MPhil Clinical Psychology where he began by talking about personality and the factors affecting personality development of children, he discussed how personality is a unique pattern of thoughts, feelings, and behaviours that distinguish a person from others. A product of both biology and environment, it remains fairly consistent throughout life. It was understood that personality is affected by aspects such as parental influence, home environment, school environment, culture, family treatment, mass media and social media.

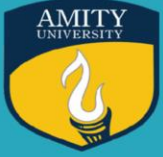
A detailed discussion about Big 5 personality theory was done which has an acronym as OCEAN this model, encompass Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Openness to Experience measures a person's inclination towards novelty and creativity. Conscientiousness reflects traits like organization and diligence. Extraversion gauges sociability and energy in social interactions. Agreeableness assesses one's cooperativeness and empathy. Neuroticism relates to emotional stability and the tendency to experience anxiety and mood swings. Together, these factors provide a comprehensive framework for understanding and categorizing various aspects of an individual's personality.

The event was further taken forward by amazing performance done by the students where they showcased Erik Erikson's theory of psychosocial development which delineates eight distinct stages that individuals traverse throughout their lives, each characterized by a unique psychosocial challenge. Beginning with infancy, the "Trust vs. Mistrust" stage emphasizes the establishment of trust through responsive caregiving. Early childhood introduces the "Autonomy vs. Shame and Doubt" stage, wherein children strive to assert independence while learning self-control. Preschoolers navigate the "Initiative vs. Guilt" stage, balancing curiosity-driven exploration with societal rules. Elementary school years mark the "Industry vs. Inferiority" stage, where children aim to develop competence in various activities. Adolescence presents the "Identity vs. Role Confusion" stage, characterized by identity exploration and potential confusion about societal roles. Young adulthood features the "Intimacy vs. Isolation" stage, focusing on forming meaningful relationships while avoiding isolation. Middle adulthood introduces "Generativity vs. Stagnation," where individuals seek to contribute to society and future generations, avoiding feelings of stagnation. Late adulthood encompasses the "Integrity vs. Despair" stage, during which individuals reflect on their life's achievements, either achieving a sense of integrity and wisdom or experiencing despair and regret if unresolved challenges persist.

Later a presentation was given which included The Concerns and Importance of Psychological Expertise in the Evolving Landscape of Personality Development and Life Coaching, here the presenter discussed the expansion of personality development. It has been seen that life coaching has non-psychology professionals taking on coaching roles, raising concerns about quality, ethics, and potential harm. It is vital to recognize that delving into these fields requires deep psychological understanding. Those lacking formal psychology training may offer misguided advice and unproven techniques. The field's limited regulation allows unqualified individuals to exploit vulnerable clients, often making exaggerated promises for financial gain. Coaches may overlook ethical guidelines, potentially breaching trust and privacy. A personalized, evidence-based approach to coaching is essential. Clients should exercise critical thinking, seek transparent pricing, and be wary of emotional manipulation. In serious mental health cases, consulting qualified professionals is crucial.

The department did not only give information but also involved the audience in a fun game of BINGO, where they gave out BINGO Sheets and asked questions regarding the presentation. Whoever was able to answer the question quickly and said 'O' were given a reward, this was a fun session and the audience enjoyed it a lot.

Lastly, the event ended with discussion related to Artificial Intelligence and Innovations in the field of psychology which is a new field it involves exciting innovations that AI brings to the field of psychology include enhancing the effectiveness and accessibility of therapeutic techniques such as systematic desensitization and ERP through virtual reality simulations, personalized biofeedback for self-regulation, AI-driven assertiveness training programs, optimizing relaxation therapy sessions, and refining aversion therapy interventions through data-driven insights and virtual environments.



CELEBRATION OF INNOVATION WEEK

“PERSONALITY DEVELOPMENT” Way Forward To Innovations

Highlights:

Interactive Presentation

SKIT

Bingo

AI & Innovations

September 28, 2023

Timing: 03:15-05:15 P.M.

Venue: L.T. 412, “C” Block

Organized By

**Positive Mental Health & Psychology First Aid Centre
Amity Institute of Behavioral & Allied Sciences (AIBAS)
Amity University, Madhya Pradesh (Gwalior)**



Prof (Dr). NovRattan Sharma, Director AIBAS, sharing words of wisdom and encouragement to the students of AIBAS



Students of AIBAS portraying the stages of Erik Erikson's Psychosocial Development through a skit performance



Role of Psychologist

- Assessment and Understanding
- Individual Counselling and Therapy
- Early Intervention
- Skill Building and Behaviour Modification
- Self-awareness and Self-Reflection
- Stress and Coping Strategies
- Conflict Resolution and Relationship Skills
- Therapy and Social Skills Training
- Prevention and Guidance
- Research and Knowledge Advancement
- Research and Advancement

