

DAULAT RAM COLLEGE

UNIVERSITY OF DELHI

‘POSITIVE CONVERSATIONS 3.0: IGNITING THE H.E.R.O. WITHIN’

Organized by

CENTRE FOR WELL-BEING AND FLOURISHING

Under Psychology Resource Centre, Under IQAC

29th September, 2022

Convenor: Dr Pooja V. Anand

The Centre for Well-being and Flourishing under IQAC, Daulat Ram College organized the event called **‘Positive Conversations 3.0: Igniting the H.E.R.O within’** on 29th September, 2022. The Centre for Well-being and Flourishing (earlier called Positive Psychology Centre) was established in 2018 by Dr Pooja V. Anand. The main aim of the Centre is to enhance the strengths and well-being of the students and faculty members of our college. To fulfil this aim, in these four years of its existence, the Centre has organized many programs which have been very well received by the faculty and students not just from our college but other institutions as well.

The event was graced by the presence of our respected Vice Principal ma’am, Prof. Sarita Nanda and respected Bursar ma’am, Dr. Pooja Jain as well as faculty members and students of various departments of our college. The event was also attended by colleges who have collaborated under Vidya Vidya scheme with our college. We were honoured by the presence of respected Dr. Pramod Kumar Shah, Principal, Rajkiya Kanya Mahavidyalaya, Magra Punjla, Jodhpur, respected Shri Babu Lal, Principal and Coordinator, Vidya Vistar Scheme, Rajkiya Mahavidyalaya, Chouthan, and Dr. Chayan Mehta, Coordinator, Vidya Vistar Scheme, Rajkiya Kanya Mahavidyalaya, Magra Punjla, Jodhpur, Rajasthan.

The event started with the felicitation of dignitaries followed by addresses by Vice Principal, DRC, Prof. Sarita Nanda, Dr. Pramod Kumar Shah, Principal, Rajkiya Kanya Mahavidyalaya, Magra Punjla, Jodhpur, Dr. Chayan Mehta, Coordinator, Vidya Vistar Scheme, Rajkiya Kanya Mahavidyalaya, Magra Punjla, Jodhpur, Rajasthan and address by the Convenor, Dr. Pooja V. Anand. This was followed by an activity on identifying one’s top character strength from a list of strengths and wearing it as a badge.

This was followed by the speaker session. The aim of the event, **Positive Conversations: 3.0: Igniting the H.E.R.O within**, is to invite our college students and colleges collaborating with our college under Vidya Vidya scheme to narrate their stories of hope, efficacy, resilience and optimism (the full form of H.E.R.O.) to inspire other students.

The following students were speakers at our event: Nidhi Malik, BSc Hons Physics II year, DRC (Hope); Deepshikha Deb, BA Hons Sanskrit III year, DRC (Self-efficacy); Anubha Bajaj, BA Hons Psychology III year, DRC (Resilience); Yashika Yadav, BA Programme II year, DRC (Optimism) and Ishika Gehlot, BSc III year, Rajkiya Kanya Mahavidyalaya, Jodhpur (Optimism). Even though the life stories were categorized according to the most significant strength depicted in them, each life story involved many more character strengths. Each student shared their life story in terms of the numerous challenges they have faced and how due to their positive attitude, determination as well as support from others they have bounced back from adversity.

The event was highly appreciated by the audience who expressed their desire to have more such events in the future. We are humbled and overwhelmed by the positive feedback. We thank our media partner DU Beat for covering our event. We thank everyone for their support and cooperation in making this event a huge success!

GLIMPSES OF THE EVENT

