



## **B.V. Patel Institute of Management Uka Tarsadia University**



**Date: 07-04-2022**

### **Workshop on Importance of Human Psychology**

Objective: The objectives of the workshop was to enable the students

- To learn different aspects of Human Psychology through experiential learning activities
- To learn to develop a positive attitude towards others and towards life in general
- To highlight the importance of human psychology in the field of management

Outcomes: At the end of the workshop the students were able to:

- Gain understanding of various psychological concepts by experiencing them
- Develop a positive approach towards self & others
- Learn some important lessons of psychology with fun
- Relate the class room theory with their experiences

Date	07-04-2022
Time	1 <sup>st</sup> Session - 10:30 am to 12:30 pm, 2 <sup>nd</sup> Session – 1:30 pm – 3:30 pm
Topic	Workshop on Importance of Human Psychology
Venue	Mandap, Architecture Department
No. of Students	120
Coordinator	Bhavna Patel
Speakers	Dr. Nirav Majmudar, Corporate Trainer & Business Coach, Founder of My Saarthi – A Training Firm
Category	Management Club

A workshop on “Importance of Human Psychology” was organized by B. V. Patel Institute of Management, Uka Tarsadia University on 7<sup>th</sup> April, 2022 from 10:30 am to 3:30 pm at Mandap Hall, Architecture Department for the first year students. The students study Psychology as a part of their first year curriculum and the workshop was organized to make them understand some deeper aspects of Psychology through experiential learning.

## Proceeding of the Workshop

- The Expert initiated the session by setting some ground rules to be followed during the entire workshop
- The students were divided into 10 groups for conducting various activities
- The workshop comprised of series of activities conducted to make students some basic aspects of Psychology like perception, individual differences, cognitive processes, etc.

### Activities:

- 1) Thematic Apperception Test – Each group was provided with a picture to describe in few lines. They were given time to discuss and note their group perceptions about the picture on paper. At the time of sharing of views, it was revealed that the same picture was repeated among two groups. This allowed the students to understand & realize that people have difference in their perceptions on the same situation.
- 2) Observation and Interpretation Activity (The Chandani Bar) – 2 students acted a mute scene on a given story in front of the participants. The participants were assigned a specific character according to which they described their observations and interpretation on the pre and post part of the scene. At the end, the expert revealed the actual story to be completely different from what described by the groups thus making them understand how small information or pre-conceived notion about the person can change their entire perception towards that person.
- 3) Video Screening – The students were shown a video screening on how psychology is used in making video commercials appearing on television and digital platforms to touch upon the emotions of the customers.
- 4) Emotional Introspection – The expert took the students to an introspective experiential journey by making them close their eyes and recall memories about some events described by him. This activity made them realize how usage of words can influence individual thought process and make them experience positive or negative emotions.
- 5) Spinning lady right brain left brain test – A video of a spinning lady (appearing to be rotating in clock & anti-clock direction) was shown to the students and asked to observe the change in the direction. The activity made the students understand the

concept of left brain and right brain dominance and how this difference are responsible for different manners of thinking.

- 6) Writing & Describing – The students were asked to descriptively write the answers of the questions asked by the expert. The questions included aspects like completing a sentence, mentioning their favourite colour, drawing a picture of given objects, etc. Later, selected students shared their answers with everyone. It was concluded, how answers to such questions can reveal a lot about an individual personality, thinking and cognitive processes.
- 7) Psychological Tests – The participants were oriented regarding various psychological tests that can be used to understand the hidden aspects of individual personality that may be used in organizations for various purposes.

The Expert concluded each activity by explaining the participants the psychological aspects associated with it. Active participation of the students was ensured by using fillers and sharing chocolates for answering correctly. The workshop was found to be highly engaging and the students were able to enthusiastically express their excitement and feedback of having had an opportunity of “learning with fun” at the end of the workshop.

#### **Few Glimpses of the Event:**



*Observation & Interpretation Activity*



*Students sharing their views with the expert*



*Group Photo with the Expert*



*Students working in group on assigned task*



*Students attentively listening to the expert*



*Dr. Nirav Majmudar conducting activity on Thematic Apperception Test*



*Emotional Introspection Activity*