

REPORT
INSIGHT CLUB: HUESOFTHEMIND- EMPATHISE

“Learning to stand in somebody else’s shoes, to see through their eyes, that’s how peace begins. And it’s up to you to make that happen. Empathy is a quality of character that can change the world.”

– Barack Obama

Empathy is defined as the ability to understand and share the feelings of another. On 13th June 2022, the Psychology club, Insight, and Huesofthemind SDSN, an NGO to promote mental health and member of the United Nations, organized “Empathise”: a space for students to express themselves and grow as leaders. It was a great opportunity for self-discovery, emotional regulation and self-awareness.

The session was conducted by two prominent psychologists Ms. Sofia Ali and Ms. Gagandeep Kaur. Ms. Sophia Ali, holds an MA, RSMT, in Clinical Psychology, is a Registered Somatic Movement Therapist and India’s first “Tamalpa Practitioner”. Ma’am spoke about the importance of expressing our emotions via art and movement exercises. An interesting activity on inhaling positivity and exhaling negativity helped students clear their minds and brought clarity to their life through self awareness.

Ms. Gagandeep Kaur, a Double Gold Medalist with M.Phil in Clinical Psychology, is an expert in Relationship Counseling, Parenting & Child and Career Counseling. Ms Kaur spoke about the importance of empathy and skills in a leader. ‘A leader is not insecure and can go against all odds to lead the group towards victory’. According to her a successful leader is first a leader of their own life and then that of others and deals with challenges with utmost efficiency and fortitude.

The session helped students find new ways to gain personal insight and develop healthy coping strategies. It was thoroughly enjoyed by all the attendees.

EXPRESS, NOT SUPPRESS

(15TH June, 5- 6:15 PM IST)

Expressing our emotions via art and movement exercises

Ms. Sophia Ali,
Psychotherapist
(REGISTERED SOMATIC MOVEMENT THERAPIST)

LEADERSHIP & EMPATHY

(15TH June, 6:30- 7 P.M IST)

Focus on Empathy & Self- Awareness to be a Better Leader

Ms. Gagandeep Kaur
(DOUBLE GOLD MEDALIST WITH M.PHIL IN CLINICAL PSYCHOLOGY)

Hrushitaa Murali (she/her)	Sonali Banerjee
Aditi Goyal	Sophia Ali
Anushka Gupta	Ananya Gupta
Priyanshi Agrawal	Naayaa Singh
Malini Chaturvedi	Anupama Connecting to audio ...

Sophia Ali	Sonali Banerjee	Aditi Goyal	Hrushitaa Murali (she/her)	Priyanshi Agrawal
Amrita Madaan	Aiman Khan [she/her]	Disha Pahuja	Ananya Kumar	Ananya Gupta
Anushka Gupta	Naayaa Singh	Anupama	Renuka Fernandes	aleena wahab
Hetal	Devanshi	Tavishi Batra	Pusti Yadav	Janisha Taneja
Navyaa Khatri	Rishika	Samridh Mahajan	Sudiksha Janoria	ishan

Unique Psychological Ser...	Hrushitaa Murali (she/her)	Amrita Madaan	Disha Pahuja	Sonali Banerjee
Anushka Gupta	aleena wahab	Aiman Khan [she/her]	Devanshi	Pusti Yadav
Janisha Taneja	Saanvi Chadha	Kaavyaa Gupta	Kasheeka Gupta	Rishika
Pragya	Jahnvi Chaturvedi	samya kasibhatla	Rama Kartika	Sudiksha Janoria
Tavishi Batra	Ananya Gupta	tejas channa	Yashvi	Aditi Goyal