

## ROADMAP TO PROBLEM –SOLVING

Rapporteur: Aishvee Bhansali & Anika Dadhich

**9 Nov. 2019:** The Psychology area of the Department of Social Science organized an event 'Roadmap to Problem Solving'. The event had three facilitators - Dr. S.L.Vaya, Dr.Smita Pandey and Dr. Ritu Sharma who had planned to talk on and conduct a few exercises on the topics such as Mind-Body Interactions, Mind-Body Communication Experience, Extrasensory Perceptions such as Intuition and Telepathy, Mindfulness, Stress, Cognitive Level Transformation and their applications. There were a total of 42 registrations, all of them being PDPU students.

The lecture began with the first speaker, Dr. S. L Vaya, who is an RCI recognized Clinical Psychologist and a Forensic Scientist. She was the first NABL accredited Forensic Psychologist in India who established the National Resource Centre for Forensic Psychology.

She started with the topic of Understanding Mind-Body Interaction which she explained using the 2 mind theory. The Mind and the Body are intertwined. How does the human mind function? -- only 3% of the mind involves rational thinking while the other 97% is automated by social cognition. The automated functions are a result of habit patterns wherein a person often logically reasons their malpractices to avoid emotional sensation regarding it. These patterns are hard to break as for cognitive level transformation, the concepts have to be emotionally worked through by the person. Then we talked about the various psychometric tests conducted on criminals who've mastered controlling their physiological responses to stress. She went on to explain an interrelationship between Disorder, Deviance, and Disability (cultural and physiological). She states, 90-95% of illnesses are psychosomatic because we're not functioned to mindfully observe body sensations. She talks about the difference between being conscious and being aware of one's habits. She stated that telepathy and mindfulness can occur when a person can question and observe their actions with complete objectivity which leads to cleansing at a psychological level, which was when she briefly stated the topic of Experiencing Mind-Body Communication.

The session was resumed with the second guest speaker, Dr. Smita Pandey who is a Psychologist with around 18 and a half years of work experience. She is currently working as an Assistant Professor with the Institute of Behavioural Science in Gujarat Forensic Sciences University, Clinical psychology and Clinical neuropsychology being her areas of specialization. She conducted two activities, Mindful Eating, and Body Scanning, wherein everyone was made to sit on the ground. For the Mindful Eating exercise, the attendees were each given a raisin. We had to close our eyes and eat it slowly savoring the flavor, thinking about its origin and the work that goes behind it. By this, she wanted to focus on how it is beneficial for one's body to mindfully eat and not be distracted by unnecessary external stimuli like T.V and other conversations. The full-body scan was like a guided meditation where she made us direct our attention on every tiny part of our body whilst keeping our eyes closed for internal peace, stability and mental cleansing purposes.

The third speaker Dr. Ritu Sharma, spoke about the role of Intuition and Telepathy in problem solving and decision making. Through 5 senses, there's a systematic and sequential information processing, so one can validate, process, verify and check the results. But with telepathy and intuition, this doesn't happen as it is outside these 5 senses. She stated that Intuitive intelligence is the highest realm of

consciousness. The event had many insightful incidents from the life of the speakers which helped us gain more knowledge in the field of Mind-Body Communication and interaction, Forensic Psychology, Telepathy, Mindfulness, etc. This event was a great success as all the participants not only enhanced their skills but also learned different aspects and perspectives by which they could see their own life.



Students immersed in Mindfulness Practice



Dr. Ritu Sharma



Our Esteemed Speakers- (from right to left)  
Dr. S.L Vaya, Dr. Smita Pandey & Dr. Ritu Sharma



Dr. S.L Vaya



Participants involved in learning



Dr. Smita Pandey

