

Importance of Happiness and Self-esteem 2019

The department of Psychology conducted a seminar on **10th October 2019** as part of its annual mental health week celebrations from 1st-10th October. To promote mindfulness and happiness, the department invited **Dr Girishwar Misra** to deliver a talk on the topic- **“Importance of Happiness and Self-esteem.”** Dr. Girishwar Misra, Professor, Delhi University. He is a renowned author, the editor of Psychological Studies, a journal of National Association of Psychology for fifteen years and a professor of Delhi University. The talk was attended by 120 students. The Department of Psychology will forever be grateful to Dr. Misra for sharing his knowledge and experience with the students and sparing his valuable time to deliver an enriching talk.



