<div align="center">**State Level Lecture series** on **'Community Resilience'**</div>

<div align="center">Lecture 01: <u>**Forgiveness & inner healing for community resilience in Covid times**</u></div>

The Department of Psychology of M.E.S College of Arts & Commerce, Zuarinagar-Goa organized a **State Level Lecture series** on **'Community Resilience'** with Lecture #01: '**Forgiveness & inner healing for community resilience in Covid times'** held on google meet platform. The session was conducted with the aim of reaching out to the community and build resilience through forgiveness and inner healing. Prof. Shanmukh V. Kamble, Professor in Psychology at the Karnatak University, Dharwad was the resource person for the lecture. Dr. Manasvi M. Kamat, the Principal of M.E.S College welcomed the virtual audience, while Ms. Cedila Pereira e Gomes, the coordinator of the event, introduced the speaker for the session. Prof. Kamble's research interest involves belief in a just world, happiness, values, emotions, religion, spirituality, coping, forgiveness and bioethics; he has published nearly a hundred research papers in international journals and nearly thirty research papers in national journals and has two international book publications, including five research projects.

In his session, Prof. Kamble gave an overview of the association between Covid and mental health of individuals, how people form schemas of the world in pandemic times. He opined that; adverse situations lead people to have intense feelings of vulnerability. People in general tend to engage in self-blame on losing a family member due to Covid. He stressed on the importance of forgiveness on health and general well-being of individuals, wherein forgiveness acts as a tool that builds resilience. The decision to forgive reduces anger against oneself and others. He explained that the forgiveness process involved empathy, compassion, gift of forgiveness to oneself and discovery and release from the emotional prison created by individuals. The session concluded with a fruitful interaction with the audience. The lecture

was witnessed by 77 participants from all over Goa. Dr. Freda Cota e Pereira, H.O.D in Psychology proposed the vote of thanks.