

February 1, 2024

Press Release

### **Prof. Anna Sircova from Denmark delivers lecture at JMI**

The Department of Psychology, Jamia Millia Islamia (JMI) organised a Guest Lecture on "Psychology of Time: Before, After, and In-Between" by Prof. Anna Sircova on 30<sup>th</sup> January 2024 in the Seminar Room of the Dean's Office, Faculty of Social Sciences, JMI.

Prof. Sircova is a distinguished Clinical Psychologist, an expert in time perspective, and works with existential analysis & logotherapy in Copenhagen. Dr Sircova's scholarly pursuits focus on unraveling the intricacies of time, examining how individuals perceive their past, present, and future, and the consequential influence on decision-making and well-being. She is the Head of the Board at the Time Perspective Network, and unites enthusiasts from over 40 countries, fostering cross-disciplinary dialogue on this fascinating concept.

Students, PhD scholars and faculty members from the Department of Psychology listened to her fascinating talk enthusiastically. The lecture commenced with opening remarks by Soniya Rawat, a student member of the Subject Association. Prof. Sheema Aleem, the Head of the Department welcomed Prof Anna Sircova to JMI and the Department and thanked her with a token of appreciation for gracing the department with her presence.

Dr. Sircova's lecture focused on research in the field of time perspective. She presented a video of the 3<sup>rd</sup> Time Perspective Conference in Copenhagen to acquaint the audience with the kind of work being done by the Time Perspective Network. She then delved into the psychology of time: time orientation and time perspective. She highlighted the latest developments in the field like Zimbardo's Time Perspective Inventory.

The lecture was followed by an interactive Q& A session that allowed attendees to engage directly with Dr. Smith. The questions ranged from cross-cultural issues of studying time perspective, existentialism and time perspective, and the differences between 'self' and time perspective.

After the Q&A session, the lecture was resumed during which Prof. Sircova discussed the concept of balanced time perspective (BTP), what it means to have a high or low BTP, and how countries around the world vary in their time perspective. This was followed by another round of Q&A sessions. Prof. Sircova concluded her lecture on

how can we study Balanced Time Perspective further and its cross-cultural implications.

At the end, Prof Naved Iqbal thanked Prof. Anna Sircova for her enlightening presentation on a unique and timely theme. The students and faculty members were greatly enlightened by the lecture and it opened a new area of study and research among faculty and students.

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