

## Microscopic analysis of E1 and M1 in $^{156}\text{Gd}$

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The dipole electric (E1) and magnetic (M1) strengths in strongly deformed  $^{156}\text{Gd}$  are investigated within a fully self-consistent Quasiparticle Random Phase Approximation (QRPA) with Skyrme forces. We inspect, on the same theoretical footing, pygmy dipole resonance and isovector giant dipole resonance in E1 channel and orbital scissors resonance and spin- $\uparrow$  ip giant resonance in M1 channel.

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