



**Number of Invited Talk/Guest Lectures/
Seminar (Webinar) on Mental Health
and Wellbeing (June 2024 to June 2025)**

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Event Report

Date: 30th January 2025

Title of the event: Inspire Your Heart with Art Therapy

Organizer(s): Department of Clinical Psychology, Faculty of Behavioural Sciences

Venue: Shooting Hall, A-Block

Objective if the event: The primary objective of the workshop was to provide a comprehensive understanding of Cognitive Behavior Therapy (CBT) techniques, with a specific focus on Exposure and Response Prevention (ERP) for managing obsessive-compulsive disorder (OCD). The session aimed to enhance the clinical knowledge and practical skills of participants, equipping them with evidence-based therapeutic approaches.

Chief Guests / Speakers / Resource Persons: Dr. Ashima Narula, Expressive Art Therapist, Therapy Palette Organisation.

Event Coordinator: Dr. Akshita, Assistant Professor FBSC

Event Poster/Banner:

SGT UNIVERSITY
Shree Guru Gobind Singh Tricentenary University

FACULTY OF BEHAVIOURAL & SOCIAL SCIENCES

NAAC A+

WORKSHOP

INSPIRE YOUR HEART WITH ART THERAPY

SPEAKER

Dr. Ashima Narula
Counseling Psychologist,
Expressive Art Therapist,
Therapy Palette

Coordinator
Dr. Akshita
Assistant Professor, FBSC.

Patron
Prof. (Dr.) Amra Ahsan,
Dean, FBSC.

Co-Patron
Prof. (Dr.) Mridula Sharma
Associate Dean, FBSC.

10:00 Am To 1.00 Pm | Jan 30, 2025 Thursday | A block, Shooting Hall SGT University

Program Schedule

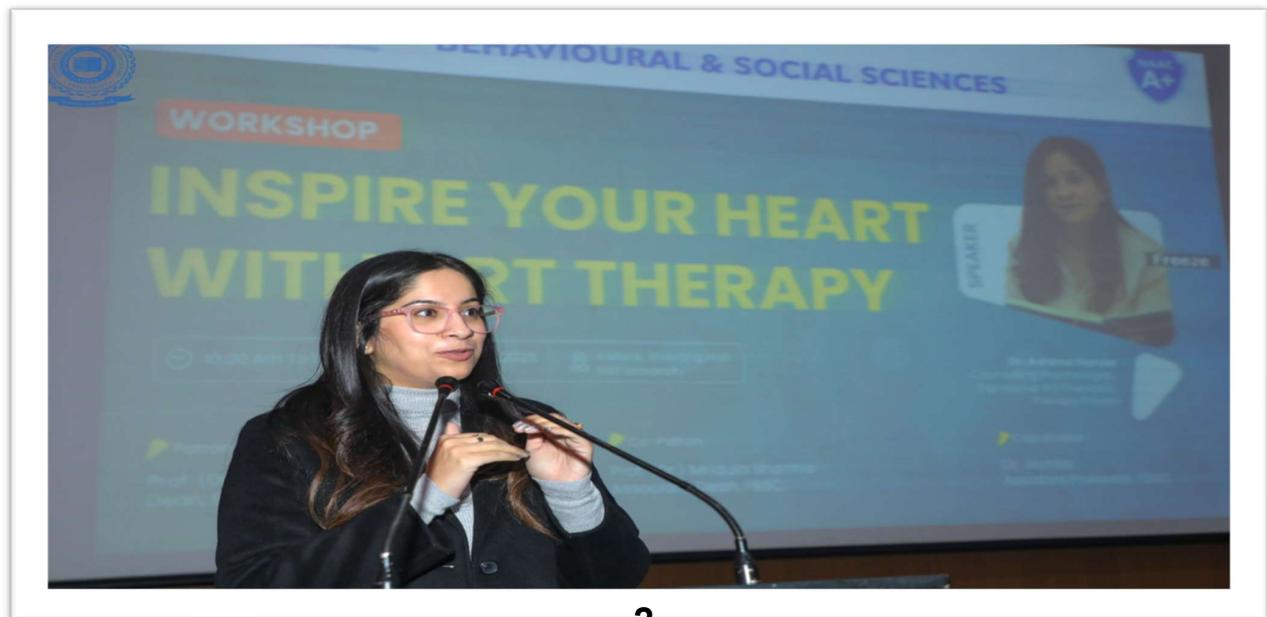
S. No	Time	Activity
1.	10:00AM	Introduction and Welcome
2.	10:15AM- 11:30AM	Introduction to Art Therapy and Grounding of the Participants
3.	11:30AM- 12:30PM	Application of Art therapy Using Art as Modality Also Group Work on Art as a Basis of Expression
4.	12:30PM- 01:00PM	Open Discussion and Q&A

Event Highlights:

The workshop began with a grounding exercise using Dance Movement Therapy (DMT), allowing participants to connect with their bodies and emotions through expressive movement. This was followed by an art-based therapeutic modality focused on self-expression and creativity. Participants were encouraged to reflect on their favourite songs and translate their emotions into visual art. Each individual designed a personalized cover page for an imaginary CD album, symbolizing their unique artistic and emotional journey.

The session provided a safe space for self-exploration and emotional processing, emphasizing the profound connection between art and mental well-being. Participants engaged in meaningful artistic expression, fostering self-awareness, relaxation, and creative engagement.

Overall, the event was a transformative experience, reinforcing the power of expressive arts therapy in emotional healing and self-discovery.





Attendance Sheet:

SUN UNIVERSITY Shri Gauri Gopal Singh Tejwariya University			
FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES			
EVENT TITLE: INSPIRE YOUR HEART WITH ART THERAPY			
DATE: 30.01.2025			
ATTENDANCE SHEET			
Sr. No.	Name of Faculty	Designation	Signature
1.	Vandana Beri	Assistant Prof.	<i>Vandana</i>
2.	Maithi Masun	Assistant Professor	<i>Maithi</i>
3.	Dr. Neha Khatiwala	Assistant Professor	<i>Neha</i>
4.	Dr. Rahul Kumar	Asst. Professor	<i>Rahul</i>
5.	Dr. Parshat Jadhav	Asst. Professor	<i>Parshat</i>
6.	Dr. Meishale Sharma	Professor	<i>Meishale</i>
7.	Dr. Bhramprajya	Asst. Prof.	<i>Bhramprajya</i>
8.	Dr. Anika Munglani	Asst. Prof.	<i>Anika</i>
9.	Dr. Manjama Roy	Asst. Prof.	<i>Manjama</i>
10.	Ms. Shivangi Agrawal	Asst. Prof.	<i>Shivangi</i>
11.	Ms. Anandika Ray	Lect. Assistant	<i>Anandika</i>
12.	Ms. Anantashyamini	Asst. Prof.	<i>Anantashyamini</i>
13.	Ms. Aparna Choudhary	Assistant Professor	<i>Aparna</i>
14.	Dr. Geeta Kumari	Asst. Prof.	<i>Geeta</i>
15.	Jai Prakash Kishore	Asst. Prof.	<i>Jai Prakash</i>

Pranshu

SUN UNIVERSITY Shri Gauri Gopal Singh Tejwariya University					
FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES					
EVENT TITLE: INSPIRE YOUR HEART WITH ART THERAPY					
DATE: 30.01.2025					
ATTENDANCE SHEET					
Sr. No.	Registration No.	Name of Student	Course	Year	Signature
1	241917001	SANYA KAPUR	Professional Diploma in Clinical Psychology	1	<i>Sanya</i>
2	241917002	GURKIRAT KAUR	Professional Diploma in Clinical Psychology	1	<i>Gurkirat</i>
3	241917003	ARSHITA SHARMA	Professional Diploma in Clinical Psychology	1	<i>Arshita</i>
4	241917004	JANHAVI REDDY	Professional Diploma in Clinical Psychology	1	<i>Janhavi</i>
5	241917005	PRASHANSI CHAKRABORTY	Professional Diploma in Clinical Psychology	1	<i>Prashansi</i>
6	241917006	RIDA MEHNAZ	Professional Diploma in Clinical Psychology	1	<i>Rida</i>
7	241917007	SHIKHA BATRA	Professional Diploma in Clinical Psychology	1	<i>Shikha</i>
8	241917008	HIMANSHI	Professional Diploma in Clinical Psychology	1	<i>Himanshi</i>
9	241917009	ISHA NAGPAL	Professional Diploma in Clinical Psychology	1	<i>Isha</i>
10	241917010	KHUSHBOO GUPTA	Professional Diploma in Clinical Psychology	1	<i>Khushboo</i>
11	241917011	MOHINI THUKRAN	Professional Diploma in Clinical Psychology	1	<i>Mohini</i>
12	241917012	AARUSHI	Professional Diploma in Clinical Psychology	1	<i>Aarushi</i>
13	241917013	ISHIKA SONI	Professional Diploma in Clinical Psychology	1	<i>Ishika</i>
14	241917014	AVANISHI SHARMA	Professional Diploma in Clinical Psychology	1	<i>Avanishi</i>
15	241917015	PRANJALI VATSA	Professional Diploma in Clinical Psychology	1	<i>Pranjali</i>
16	241917016	URVASHI YADAV	Professional Diploma in Clinical Psychology	1	<i>Urvashi</i>

Pranshu

FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES					
EVENT TITLE: INSPIRE YOUR HEART WITH ART THERAPY					
ATTENDANCE SHEET					
Sr. No.	Registration No.	Name of Student	Course	Year	Signature
1	231908001	SHIVANI DHRUV	Master of Philosophy (Clinical Psychology)	II	
2	231908002	PARMESHWARI	Master of Philosophy (Clinical Psychology)	II	<i>Parmeshwari</i>
3	231908003	VIDHU GUGNANI	Master of Philosophy (Clinical Psychology)	II	
4	231908004	BARSHA SONI	Master of Philosophy (Clinical Psychology)	II	
5	231908005	KAMAKSHI SABHARWAL	Master of Philosophy (Clinical Psychology)	II	<i>Kamakshi Sabharwal</i>
6	231908006	MITISHA BANERJEE	Master of Philosophy (Clinical Psychology)	II	
7	231908007	VIDUSHI YADAV	Master of Philosophy (Clinical Psychology)	II	<i>Vidushi</i>
8	231908008	MANSIE KHOSLA	Master of Philosophy (Clinical Psychology)	II	
9	231908009	SHUBHI AWASTHY	Master of Philosophy (Clinical Psychology)	II	<i>Shubhi</i>
10	231908010	PUNYA DEV	Master of Philosophy (Clinical Psychology)	II	

Pooja
30/1/25

FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES					
EVENT TITLE: INSPIRE YOUR HEART WITH ART THERAPY					
ATTENDANCE SHEET					
Sr. No.	Registration No.	Name of Student	Course	Year	Signature
1	241908001	SHIVANGI RAI	Master of Philosophy (Clinical Psychology)	I	<i>Shivangi Rai</i>
2	241908002	NISHA RANI	Master of Philosophy (Clinical Psychology)	I	<i>Nisha Rani</i>
3	241908003	CHETNA ARORA	Master of Philosophy (Clinical Psychology)	I	
4	241908004	RIYA JAIN	Master of Philosophy (Clinical Psychology)	I	<i>Riya Jain</i>
5	241908005	JOSHIKA SHARMA	Master of Philosophy (Clinical Psychology)	I	
6	241908006	CHETNA SAREEN	Master of Philosophy (Clinical Psychology)	I	<i>Chetna</i>
7	241908007	AADYA NARAIN	Master of Philosophy (Clinical Psychology)	I	<i>Aadya Narain</i>
8	241908008	SANYA KAPUR	Master of Philosophy (Clinical Psychology)	I	
9	241908009	ARUNIMA PALIT	Master of Philosophy (Clinical Psychology)	I	<i>A.P.</i>
10	241908010	VAIBHAVI GUPTA	Master of Philosophy (Clinical Psychology)	I	<i>Vaibhavi Gupta</i>

MSC Clinical Psy. 2nd year
231909044 Sahil Anandwal
231909029 Khushi Khataria
231909028 Diga Tyagi

Sahil
Khushi
Diga

Pooja
30/1/25

Outcome and Impact:

- **Enhanced Emotional Expression:** Participants found a creative outlet to articulate their emotions through art and music.
- **Increased Self-Awareness:** The activities encouraged introspection and self-reflection, helping individuals better understand their feelings.
- **Improved Stress Management:** Engaging in expressive arts therapy helped in reducing stress and promoting relaxation.
- **Strengthened Community Bonding:** Faculty members and students shared their artistic creations, fostering a sense of belonging and collaboration.
- **Therapeutic Benefits:** Many attendees reported a sense of relief and emotional catharsis, reaffirming the effectiveness of expressive arts therapy in mental well-being.

Overall, the event was a **transformative experience**, reinforcing the power of **expressive arts therapy** in emotional healing and self-discovery.

Conclusion and Summary:

The "**Inspire Your Heart with Art Therapy**" session successfully demonstrated the transformative power of expressive arts therapy. By integrating **dance movement and visual arts**, participants were able to **explore their emotions, enhance self-expression, and experience psychological relief**. The interactive and creative nature of the session not only provided **therapeutic benefits** but also strengthened **peer connections and faculty-student engagement**.

In conclusion, the event was a **profound and insightful experience**, emphasizing the importance of **art as a medium of healing and self-discovery**. Such initiatives should continue to be encouraged to foster emotional well-being and creative expression in academic and professional spaces.



Event Report

Date: 20th March 2025

Title of the event: Empathy in Action: A Day of Caring and Sharing.

Organizer(s): Department of Psychology, Faculty of Behavioural Sciences

Venue: Room No.-308, Block-E

Objective if the event: To provide insights into the science of happiness, resilience, and well-being through expert talks, interactive activities, and student competitions.

Chief Guests / Speakers / Resource Persons: 1. Prof. Dr. Abha Singh – Dean, FBSC
Topic: The Other Side of Psychology: Fostering Happiness and Resilience

2. Prof. Dr. Navin Kumar (Guest) – Faculty at Dr. Bhim Rao Ambedkar College, DU
Topic: Indigenous Approach Towards Happiness

3. Dr. Akshita (Assistant Professor) FBSC– Self-Compassion, Gratitude, and Happiness

4. Dr. Mehreen Fatima (Assistant Professor) FBSC– A Science of Empathy: A Pathway to Collective Joy

Event Coordinator: Dr. Akshita, Dr. Mehreen Fatima, Ms. Vanshika Beri

Event Poster/Banner

ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS
DEPARTMENT OF PSYCHOLOGY

EXPERT TALK ON
"THE OTHER SIDE OF PSYCHOLOGY: FOSTERING HAPPINESS AND RESILIENCE"

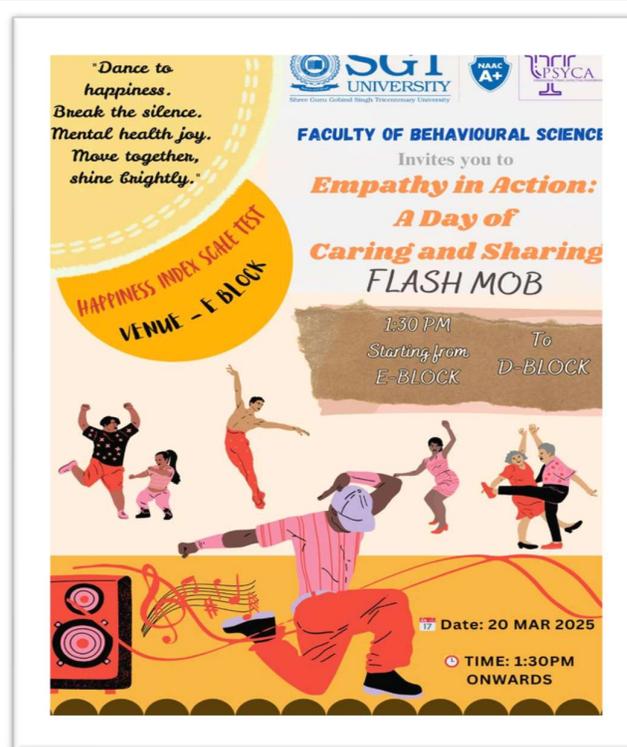
**EMPATHY IN ACTION:
A DAY OF CARING AND SHARING**

🕒 10:00 AM
03:30 PM

📅 March 20th, 2025
Thursday

📍 Room number 308, E-block
SGT University

Convenor:	Co-Convenor:	Coordinator		
Prof. (Dr.) Abha Singh Dean, FBSC, SGT University	Prof. (Dr.) Mridula Sharma Associate Dean, FBSC, SGT University	Dr. Akshita Assistant Professor, FBSC, SGT University;	Ms. Vanshika Beri Assistant Professor, FBSC, SGT University;	Dr. Mehreen Fatima Assistant Professor, FBSC, SGT University;

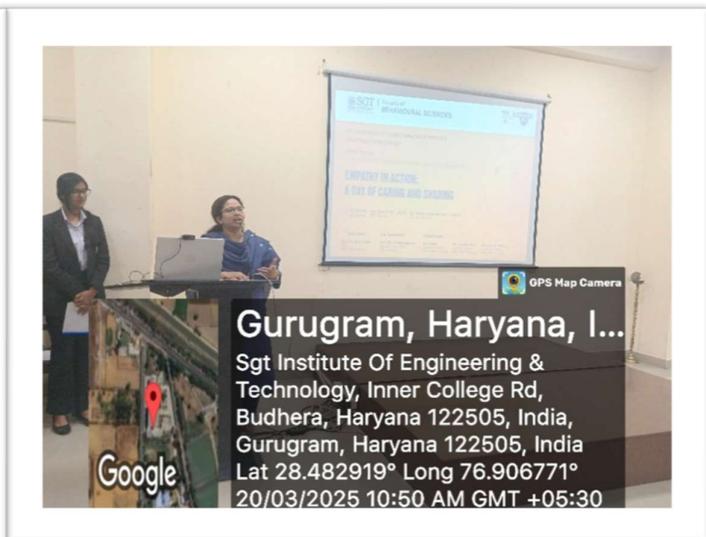


Minute to Minute Programme:

Sr. No.	Event	Duration	Time Slot
1	Inaugural Address by Anchor	5 min	10:00 AM - 10:05 AM
2	Welcome Address by Prof. (Dr.) Abha Singh	5 min	10:05 AM - 10:10 AM
3	Opening Remarks by Prof. (Dr.) Amra Ahsan	5 min	10:10 AM - 10:15 AM
4	Opening Remarks by Dr. Rahul Varma	5 min	10:15 AM - 10:20 AM
5	Highlights of Prof. (Dr.) Abha Singh's Contributions in Positive Psychology	7 min	10:20 AM - 10:27 AM
6	Keynote Speech by Prof. (Dr.) Abha Singh: "The Other Side of Psychology: Fostering Happiness and Resilience"	18 min	10:27 AM - 10:45 AM
7	Felicitation of Prof. (Dr.) Abha Singh	1 min	10:45 AM - 10:46 AM
8	Talk on "Self-Compassion, Gratitude, and Happiness" by Dr. Akshita	10 min	10:46 AM - 10:56 AM
9	Felicitation of Dr. Akshita	1 min	10:56 AM - 10:57 AM

10	Talk on "A Science of Empathy: A Pathway to Collective Joy" by Dr. Mehreen Fatima	7 min	10:57 AM - 11:04 AM
11	Felicitation of Dr. Mehreen Fatima	1 min	11:04 AM - 11:05 AM
12	Briefing on Extempore themes, Poster making and Slogan writing competition	8 min	11:05 AM - 11:13 AM
	Judges: Dr. Amra Ahsan & Mr. Deepak Chaudhary		
13	Extempore Competition	50 min	11:13 AM - 12:03 PM
14	Parallel Session: Poster Making & Slogan Writing	50 min	11:13 AM - 12:03 PM
15	Expert Talk by Prof. (Dr.) Navin Kumar, Professor of Psychology, University of Delhi on " <i>Indigenous Approach Towards Happiness</i> "	20 min	12:03 PM - 12:23 PM
16	Q&A Session with Prof. (Dr.) Navin Kumar	10 min	12:23 PM - 12:33 PM
17	Award Ceremony: Recognizing the Winners	10 min	12:33 PM - 12:43 PM
18	Closing Remarks & Vote of Thanks by Coordinators	10 min	12:43 PM - 12:53 PM

Event Highlights:



❖ A Celebration of Happiness, Empathy, and Resilience

1. Mindfulness and Emotional Grounding

The event began with a guided meditative experience, allowing participants to center themselves, cultivate mindfulness, and establish a sense of emotional grounding. This reflective opening moment helped create a calm and receptive mindset, encouraging attendees to be fully present throughout the event. The experience set the stage for meaningful discussions on well-being, self-awareness, and positive psychological practices.

2. Insights from Eminent Speakers

▪ **Keynote Address by Prof. (Dr.) Abha Singh: "The Other Side of Psychology: Fostering Happiness and Resilience"**

Prof. (Dr.) Abha Singh, Dean of the Faculty of Behavioral and Social Sciences, delivered a powerful keynote address highlighting the importance of resilience, self-compassion, and emotional intelligence in fostering happiness. She emphasised that happiness is not just an abstract concept but a skill that can be cultivated through conscious effort. Drawing from positive psychology and real-life examples, she illustrated how small, consistent changes in thoughts and behaviours can lead to lasting well-being. Her address left the audience with a deeper appreciation of mental resilience and self-growth, inspiring them to incorporate these principles into their daily lives. She concluded the address with the message "Pursue Happiness, Success Will Follow".

▪ **Talk by Dr. Akshita: "Self-Compassion, Gratitude, and Happiness"**

Dr. Akshita's talk focused on the profound interconnection between self-compassion, gratitude, and happiness. She discussed how self-criticism and negative self-talk often act as barriers to happiness, while self-kindness and gratitude can rewire the brain for emotional well-being. She encouraged participants to practice gratitude and self-acceptance as tools for long-term fulfilment by sharing research-backed strategies and personal reflection exercises. Her speech was both practical and emotionally impactful, providing the audience with simple yet powerful strategies to enhance their mental well-being.

▪ **Talk by Dr. Mehreen Fatima: "A Science of Empathy: A Pathway to Collective Joy"**

Dr. Mehreen Fatima explored the role of empathy in fostering deeper social connections and shared happiness. She explained that happiness is not just an individual experience but a collective phenomenon—when people practice compassion and understanding, they contribute to a more supportive and joyful society. Through real-world examples and psychological theories, she illustrated how acts of kindness and emotional atonement can strengthen relationships, enhance emotional intelligence, and improve overall life satisfaction.

▪ **Expert Talk by Prof. (Dr.) Navin Kumar: "Indigenous Approach Towards Happiness"**

Prof. (Dr.) Navin Kumar, a distinguished professor from the University of Delhi, delivered an insightful session on the cultural and indigenous perspectives of happiness. He highlighted how Western psychology often defines happiness in individualistic terms, whereas many indigenous traditions view happiness as deeply intertwined with community, spirituality, and nature. His talk encouraged participants to explore happiness beyond mainstream psychological frameworks, drawing inspiration from holistic well-being practices rooted in Indian traditions and Eastern philosophies. His perspective broadened the audience's understanding of happiness, reinforcing the

idea that cultural context plays a crucial role in shaping well-being. He concluded by saying “Happiness is the product, not a Process”

- **Pro-Vice Chancellor Prof Jawahar motivated students and faculty with his online presence and conveyed the message that SGT Students are high on Happiness and Well-being, which is cultivated in the learning eco-system at SGT University.**

3. Interactive Engagement and Creative Expression

The event encouraged active participation through a variety of interactive activities designed to promote self-reflection and creative expression:

→ The Happiness Index Survey

Throughout the event, participants engaged in a Happiness Index Survey, where they rated their happiness levels before and after attending the sessions. This provided an opportunity for introspection and allowed attendees to track their emotional journey throughout the day. Many participants found that by the end of the event, their self-reported happiness levels had increased significantly, reflecting the impact of the discussions and activities.

→ The Extempore Competition

The Extempore Competition provided a platform for spontaneous expression, where participants shared their perspectives on happiness, empathy, resilience, and well-being. The activity fostered quick thinking, confidence, and an ability to articulate emotions effectively. The diversity of perspectives and heartfelt reflections made this segment one of the most engaging and thought-provoking moments of the event.

→ The Poster Making and Slogan Writing Activities

Participants were encouraged to explore their creative and artistic sides through the Poster Making and Slogan Writing activities. These activities revolved around happiness, gratitude, and emotional resilience, allowing students to translate abstract psychological concepts into visual and linguistic expressions. The submissions were deeply insightful, colorful, and impactful, showcasing the participants' ability to integrate scientific understanding with artistic creativity.

4. Conclusion with Collective Celebration

The event concluded with a vibrant flash mob that spread happiness across different blocks of the college, engaging students and faculty in a joyful celebration of togetherness. As the performance



SGT UNIVERSITY
Shree Guru Gobind Singh Technological University

FACULTY OF BEHAVIOURAL SCIENCES
 ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS
 EMPATHY IN ACTION: A DAY OF CARING AND SHARING

ATTENDANCE SHEET Date: 20.03.2025

Sr. No.	Registration No.	Name of Student	Course	Semester	Signature
1	231909001	ROHAN AFRIA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Rohan</i>
2	231909003	MINKAL GARG	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
3	231909007	ARPITA GUSAIN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
4	231909008	SAKSHI CHAUDHARY	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
5	231909009	PALAK YADAV	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
6	231909010	HARSHITA SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
7	231909011	RADHIKA AGARWAL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Radhika</i>
8	231909012	MEENAKSHI YADAV	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Meenakshi</i>
9	231909013	VIDUSHI SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>VIDUSHI</i>
10	231909014	SHEFALI VERMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Shefali</i>
11	231909015	SUDHA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Sudha</i>
12	231909017	ANUSHKA CHOUDHRY	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
13	231909018	AAKANKSHA PAWAR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
14	231909020	RADHIKA SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
15	231909021	PRINYANKA BANSRAI VARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Prinyanka</i>
16	231909022	SAJMA KHAN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
17	231909023	KASHISH KAPUR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Kashish</i>
18	231909024	MONALISA KAKA KIRON	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
19	231909025	TAUSHI MISHRA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
20	231909026	SIMRAN KAPOOR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Simran</i>
22	231909027	KALASH JAIN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	

Coordination name with Signature Page 1 of 3

Gurugram, Haryana, India
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 Haryana 122505, India
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moved through academic and common areas, more participants joined in, turning the campus into a space of collective joy through music, dance, and infectious enthusiasm. This immersive experience broke barriers, encouraged participation, and left everyone with smiles, reinforcing that happiness is not just to be discussed but actively lived and shared.

Participants Attendance:

SGT UNIVERSITY
Shree Guru Gobind Singh Technological University

FACULTY OF BEHAVIOURAL SCIENCES
 ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS
 EMPATHY IN ACTION: A DAY OF CARING AND SHARING

ATTENDANCE SHEET Date: 20.03.2025

Sr. No.	Registration No.	Name of Student	Course	Semester	Signature
22	231909028	DIVA TYAGI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Diva Tyagi</i>
23	231909029	KHUSHI KHATANA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Khushi</i>
24	231909030	MANVI TYAGI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
25	231909031	AASHIKA JAIN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Aashika</i>
26	231909032	MONIC HAOBAM	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Monic</i>
27	231909033	AJINJA MOTON	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
28	231909034	ANUSHKA SAHU	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Anushka</i>
29	231909035	ARANSHA SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Aransha</i>
30	231909037	SHEENA SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Sheena</i>
31	231909038	TANISHA BHATTACHARYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
32	231909039	NIDHI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Nidhi</i>
33	231909040	ARANKSHA BHATTNAGAR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Aranksha</i>
34	231909041	SHARON JOSEPH	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
35	231909042	RAKHI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Rakhi</i>
36	231909043	PRIYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Priya</i>
37	231909044	SAHIL AMERWAL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Sahil</i>
38	231909045	VISHAKHA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Vishakha</i>
39	231909046	CHEETNA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>Cheetna</i>
40	231909047	EKTA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>EKTA</i>
41	231909048	KHUSHI SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	
42	231909049	HIMANSHU	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	

Coordination name with Signature Page 2 of 3

FACULTY OF BEHAVIOURAL SCIENCES					
ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS					
EMPATHY IN ACTION: A DAY OF CARING AND SHARING					
ATTENDANCE SHEET					
Date: 20.03.2024					
Sr. No.	Registration No.	Name of Student	Course	Semester	Signature
43	231909050	JAYA GOSWAMI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
44	231909051	KHUSHI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
45	231909052	TANYA SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
46	231909054	MUSKAN VINOD CHHABRIA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
47	231909055	CHARCHIT MISHRA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
48	231909056	MEHAK GHAI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
49	231909057	PRAGYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
50	231909059	MAHIMA CHAUDHARY	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
51	231909060	ANUPRIYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
52	231909061	PRIYA YADAV	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
53	231909062	KHUSHI VASHISTHA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
54	231909063	SONALI BHARDWAJ	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
55	231909064	ANKITA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
56	231909065	BHAVYA SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
57	231909067	ASHUTOSH SETHI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
58	231909068	ADITI RAWAT	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
59	231909069	ANKITA BHATTACHARYYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
60	231909071	SHRISHTI SINGH	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
61	231909072	ANUSHKA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>
62	231909073	KUMARI MANSHI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	IV	<i>[Signature]</i>

FACULTY OF BEHAVIOURAL SCIENCES					
ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS					
EMPATHY IN ACTION: A DAY OF CARING AND SHARING					
ATTENDANCE SHEET					
Date: 20.03.2024					
Sr. No.	Registration No.	Name of Student	Course	Semester	Signature
1	231927001	RIYA OBEROI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
2	231927002	PRENSHA SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
3	231927004	AKSA MATHEW	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
4	231927005	HARIBHAJAN KAUR	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
5	231927006	PAVAT PAL	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
6	231927007	PRADEEPTI RANJAN	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
7	231927008	SHIVANGI MISHRA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
8	231927009	NIKHIL	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
9	231927011	PUNJIMA SINGHAL	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
10	231927012	NISHU SHODKAN	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
11	231927013	ANUSHREE SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
12	231927014	GUNJAN SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
13	231927015	SAURABH V SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
14	231927016	VINDRA SAXENA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
15	231927017	CHANCHAL	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
16	231927018	POOJA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
17	231927019	NEEL SETYA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
18	231927021	TANNU	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
19	231927022	RIYA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
20	231927023	KOMAL	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
21	231927024	GARVITA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
22	231927025	ANKITA DAS	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
23	231927026	KINJAL KUNDU	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
24	231927027	YASH	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
25	231927029	TANISHA SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
26	231927030	SHWETA YADAV	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>

Coordinator name with Signature

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FACULTY OF BEHAVIOURAL SCIENCES					
ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS					
EMPATHY IN ACTION: A DAY OF CARING AND SHARING					
ATTENDANCE SHEET					
Date: 20.03.2024					
Sr. No.	Registration No.	Name of Student	Course	Semester	Signature
53	231927052	SURBHI RAWAT	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
54	231927053	PULKIT	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
55	231927054	KANAKA KHURANA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
56	231927055	DIYA SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
57	231927056	SHRISTI PRASAD	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
58	231927057	NIKITA RALI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
59	231927058	PRIYANKA KATARIA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
60	231927059	ANANYA SATTI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
61	231927071	SANJHA MISHRA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
62	231927072	SHIKHA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
63	231927073	SOUMYA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
64	231927074	NISHA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
65	231927075	RAMIT MUKHERJEE	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
66	231927076	AKSHITA SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
67	231927077	AKSHAY SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
68	231927079	MAYANK SHARMA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
69	231927079	AADITI MISHRA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
70	231927080	VAMINI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
71	231927083	MANSHI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
72	231927085	AKSHITA KOOJ	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
73	231927087	KARINA PRAKASH	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
74	231927088	PRAGATI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
75	231927089	PARGATI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
76	231927090	RIYAZ AHAZ BHAT	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
77	231927091	KHODA KANYA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
78	231927092	JIYA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
79	231927093	ISHA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>

Coordinator name with Signature

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FACULTY OF BEHAVIOURAL SCIENCES					
ON THE OCCASION OF INTERNATIONAL DAY OF HAPPINESS					
EMPATHY IN ACTION: A DAY OF CARING AND SHARING					
ATTENDANCE SHEET					
Date: 20.03.2024					
Sr. No.	Registration No.	Name of Student	Course	Semester	Signature
27	231927031	ANJALI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
28	231927034	RAGHUVANSHI VANDANA BHARSINI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
29	231927033	ISHA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
30	231927036	TAIBA ARSHI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
31	231927037	BHUMI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
32	231927039	SNEHA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
33	231927040	NAJNA PRADEEP	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
34	231927041	RUSHITA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
35	231927042	SWAYAM PRAKASH PATHAK	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
36	231927043	YASH KUMAR	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
37	231927044	CHEENU DAGAR	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
38	231927045	SANEYA SAIFI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
39	231927046	HARSH	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
40	231927047	PRACHI DESHWAL	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
41	231927048	SEHAJ KAUR	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
42	231927049	MEENAKSHI	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
43	231927050	NISHA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
44	231927052	NHARJKA PANDEY	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
45	231927053	PRATHIBA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
46	231927054	HARGUN KAUR	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
47	231927055	ASHWARYA ROHRA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
48	231927056	SADIYA PARVEEN	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
49	231927057	MANYA VARSHNEY	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
50	231927058	DEVYANSHU YADAV	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
51	231927060	MANJU	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>
52	231927061	ANSHOD SINGH BHATIA	Bachelor of Science (Clinical Psychology)	IV	<i>[Signature]</i>

Outcomes and Impact:

Outcomes and Impact	Description
<i>Enhanced Emotional Awareness</i>	The event deepened participants' understanding of happiness, resilience, and well-being, helping them recognize the psychological and emotional factors that shape their experiences. Through expert talks and discussions, attendees reflected on their own emotional states and explored ways to cultivate a more positive mindset.
<i>Increased Self-Compassion and Gratitude</i>	Sessions on self-love, gratitude, and empathy encouraged introspection and emotional growth. Attendees were reminded of the importance of being kind to themselves, embracing imperfections, and fostering a mindset of appreciation for their own journey and the people around them.
<i>Practical Strategies for Mental Well-being</i>	The event provided attendees with actionable tools such as meditation, mindful self-reflection, and gratitude practices. These strategies empowered participants to incorporate small yet effective habits into their daily lives, enhancing their emotional resilience and overall happiness.
<i>Stronger Sense of Community and Connection</i>	The collaborative nature of the event brought together faculty, students, and guest speakers in meaningful discussions, reinforcing the power of collective support. Engaging activities, from interactive Q&A sessions to the flash mob, fostered a sense of belonging and shared joy, strengthening interpersonal connections.
<i>Creative Expression and Personal Growth</i>	Competitions such as poster-making, slogan writing, and extempore allowed students to articulate their thoughts on happiness, empathy, and resilience through artistic and verbal expression. This platform not only sparked creativity but also encouraged participants to explore deeper, personal meanings of joy and fulfillment.
<i>Lasting Positive Impact</i>	By immersing themselves in thought-provoking conversations and experiential learning, participants left with a renewed perspective on happiness—one that extends beyond fleeting emotions to a more sustainable and

	conscious practice of well-being. The event inspired attendees to carry forward the lessons learned and integrate them into their academic, professional, and personal lives.
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Conclusion and Summary:

The event successfully fostered a deeper understanding of happiness, resilience, and self-compassion through insightful talks, engaging activities, and creative competitions. Participants explored scientific and cultural perspectives on happiness, while interactive exercises encouraged self-reflection and collective joy. The blend of academic discussions, artistic expression, and experiential learning made this event a holistic experience in psychological well-being.

We extend our heartfelt gratitude to **Prof. Dr. Abha Singh, Dean, FBSC**, for her unwavering support and guidance in making this event a success. We also sincerely thank **Dr. Mridula Sharma, Associate Dean, FBSC, Prof. Dr. Amra Ahsan** and **Dr. Rahul Varma, HOD**, for their encouragement and contributions.

A special acknowledgment to the coordinators of the event, **Dr. Akshita, Ms. Vanshika Beri** and **Dr. Mehreen Fatima**, whose dedication and efforts ensured the smooth execution of all activities.

Moving forward, similar initiatives should be encouraged to promote mental well-being and emotional resilience within academic and professional spaces.



Event Report

Date: 31st Dec 2024

Title of the event: Psychometric Assessment: Bridging the Gap between Academia and Industry

Organizer(s): Department of Psychology, Faculty of Behavioural and Social Sciences

Venue: Room number – 116, E block

Objective of the event: To explore the applications of psychometric assessments in academia and industry, fostering collaboration and advancing interdisciplinary learning

Chief Guests / Speakers / Resource Persons: Prof. N.K. Chadha, Former Professor of Psychology, University of Delhi

Event Coordinator: Dr. Mehreen Fatima

Event Banner:

SGT UNIVERSITY FACULTY OF **BEHAVIOURAL AND SOCIAL SCIENCES** NAAC A+

WORKSHOP
Psychometric Assessment: Bridging the Gap Between Academia & Industry
 10:00 AM – 01:00 PM

DISCUSSION
Consultancy and Industry Collaboration
 01:30 PM – 03:30 PM

31st December 2024 Tuesday | 116, E-Block SGT University

Patron: Prof. (Dr) Waheeda Khan, Advisor, SGT University
Co-Patron: Prof. (Dr) Amra Ahsan, Dean, FBSS, SGT University
Coordinator: Dr. Mehreen Fatima, Assistant Professor, FBSS, SGT University

Resource Person: **Prof. N.K. Chadha**, President, International Career Coach Association, Maryland, USA; Professor Emeritus, SGT University; Former Professor & Head, Department of Psychology, University of Delhi

Faculty Members and Research Scholars of SGT University are cordially invited to attend the workshop.

Program Schedule

- 10:00 AM: Introduction and Welcome
- 10:15 AM – 11:30 AM: Introduction to Psychometric Assessment
- 11.30 AM – 12:30 PM: Application of Psychometric Assessment in Industries
- 12:30 PM - 1:30 PM: Group Work on Developing as Assessment Tool on Resilience for Working Professionals
- 1:30 PM – 2:00 PM: Lunch Break
- 1:30 PM - 3:00 PM: Discussion on Consultancy and Industry Collaboration
- 3:00 PM - 3:30 PM: Open Discussion and Q&A

Event Highlights (Image)

1. Inaugural Address and Welcome

- The event began with a warm welcome and introduction to the theme of the workshop, “Psychometric Assessment: Bridging the Gap between Academia and Industry.”
- Prof. Dr. N.K. Chadha, the resource person, was introduced, highlighting his contributions to the field of psychometrics and his extensive academic and industrial experience.

2. Session 1: Psychometric Assessment

- Prof. Chadha provided a comprehensive overview of psychometric assessments, emphasizing their importance in academia and industry.
- Challenges in creating reliable tools were discussed, including shortening assessments without compromising reliability and adapting tools to meet industrial needs.
- The hands-on activity focused on creating a resilience assessment tool:
 - Faculty members worked in groups to define resilience operationally and identify its key domains.
 - Each group prepared a set of positively and negatively worded items, receiving feedback on how to make items neutral and avoid social desirability biases.

3. Translation and Adaptation of Psychometric Tools

- Prof. Chadha elaborated on the process of translating and adapting psychometric tools, ensuring cultural and linguistic relevance.
- He provided detailed steps for reverse translation, involving bilingual experts and rigorous correlation checks to ensure consistency.

4. Session 2: Consultancy and Industry Collaboration

- The session highlighted the critical role of psychometric assessments in consultancy projects, focusing on item analysis techniques:
 - Detailed explanation of item difficulty index, discrimination index, and reliability-validity measures.

- Emphasized the relationship between reliability and validity and how to achieve optimal outcomes.
 - Strategies for fostering industry-academia collaboration were discussed, including adding more people in advisory meetings, which will be attended by Prof. Chadha as well.
 - Prof. Chadha shared case studies from his consultancy experiences, showcasing the application of psychometric tools in corporate environments.
5. **Interactive Q&A and Open Discussion**
- Participants engaged actively during the Q&A sessions, raising questions about the practical challenges in tool development and consultancy.
 - Discussions also addressed best practices for data distribution analysis and ethical considerations in psychometric assessments.
6. **Networking and Future Directions**
- The event concluded with participants sharing their key takeaways and expressing interest in future workshops and training programs.
 - Prof. Chadha encouraged faculty members to pursue consultancy opportunities and explore collaborative projects with industry partners.
 - The workshop ended with the discussions on continuing such workshops in future.





Attendance Sheet



SGT UNIVERSITY

Shree Guru Gobind Singh Tricentenary University



Faculty of Behavioural and Social Sciences

Date: 31-12-2024

Attendance Sheet Workshop on 31st Dec 2024 (10:10 AM - 1:10 PM)

S.No.	Name	Signature	
1	Dr Waheeda Khan, Professor & Advisor		
2	Dr Amra Ahsan, Professor & Officiating Dean	A.	A
3	Prof. N.K. Chadha, Former Professor, HOD, D/O Psychology, Delhi University (Guest Speaker)		
4	Dr Vikas Sharma, HOD, D/O Clinical Psychology		
5	Dr Sam Raj Nesamony, HOD, D/O Art & Humanities	English.	
6	Dr Mridula Sharma, Professor & Associate Dean		
7	Dr Akhilesh, Professor		
8	Dr Satvir Singh, Associate Professor	S. Singh 31.12.24	S. Singh 31.12.24
9	Dr Anupam Kumar, Associate Professor	English.	
10	Dr Nidhi Mehta, Associate Professor		
11	Dr Farhat Jahan, Assistant Professor		
12	Dr Bhanupriya Rathor, Assistant Professor		
13	Ms. Megha Sharma, Assistant Professor		
14	Mr. Randhir Singh Yadava, Assistant Professor	D	D
15	Dr Anita Manglani, Assistant Professor		
16	Dr Muhammed Sihabudheen K., Assistant Professor		

17	Ms. Prachi Saini, Assistant Professor	A	A
18	Ms Shivangi Agarwal, Assistant Professor	Shivangi	Shivangi
19	Ms. Apoorva Choudhary, Assistant Professor	A	A
20	Dr Geeta Kumari, Assistant Professor	A	A
21	Dr Akshita, Assistant Professor	Akshita	Akshita
22	Dr Vineet Kumar, Assistant Professor	English	-
23	Dr Rahul Varma, Assistant Professor	Rahul 31/12/24	Rahul 31/12/24
24	Dr Shweta Tiwari, Assistant Professor	English	-
25	Mr Tushar, Assistant Professor	English	-
26	Mr. Deepak, Assistant Professor	English	-
27	Mr. Jai Prakash, Assistant Professor	Cognitive Science A.	A
28	Dr Shaurya Kaul, Teaching Assistant	A	A
29	Dr Mehreen, Assistant Professor	Mehreen 31/12/24	Mehreen 31/12/24
30	Ms. Vanshika Beri, Assistant Professor	D	Vanshika 31/12/24
31	Dr Longjam Loyangamba Meitei, Assistant Professor	English	-
32	Dr Mouparna Roy, Visiting Faculty	Liberal Arts	-
33	Ms. Naiti Phruon	Naiti 31/12/24	Naiti 31/12/24

Outcomes / Impact:

1. **Enhanced Knowledge of Psychometric Assessments**
 - Participants gained in-depth understanding of the theoretical and practical aspects of psychometric assessments, including tool construction, standardization, adaptation, and translation.
 - Insights into industry-specific challenges, such as shortening tools and maintaining reliability, provided actionable knowledge for practical applications.
2. **Strengthening Industry-Academia Collaboration**

- The workshop served as a platform to initiate discussions on fostering stronger ties between academia and industry through collaborative research and consultancy projects.
 - Participants explored avenues for leveraging psychometric tools to address real-world organizational needs, laying the foundation for future partnerships.
3. **Skill Development in Psychometric Tool Design**
 - Through hands-on activities, participants developed practical skills in creating psychometric tools, including defining operational concepts, preparing items, and addressing social desirability biases.
 - Feedback from Prof. N.K. Chadha on item preparation and analysis enhanced participants' ability to design scientifically robust tools.
 4. **Increased Capacity for Consultancy Projects**
 - The session on consultancy and industry collaboration equipped participants with the knowledge to take on consultancy roles in the areas of psychometric tool development and implementation.
 5. **Framework for Future Training and Research**
 - The event highlighted the need for continued training programs to further develop faculty expertise in psychometric assessments and their applications.
 - A roadmap for future research collaborations between the university and industry was conceptualized, focusing on innovative psychometric tools tailored to Indian contexts.
 6. **Improved Understanding of Psychometric Standards**
 - Participants gained clarity on the nuances of psychometric reliability and validity, item analysis techniques, and the importance of ethical considerations in psychometric research.
 - The emphasis on data distribution analysis and appropriate adaptation methods reinforced the importance of maintaining scientific rigor in assessments.
 7. **Encouragement of Interdisciplinary Approaches**
 - The workshop emphasized the interdisciplinary nature of psychometrics, encouraging collaboration between psychology, linguistics, and data analytics.
 - Participants were motivated to integrate psychometric tools into diverse fields, such as clinical practice, organizational behavior, and educational research.
 8. **Positive Feedback and Networking**
 - The event fostered a positive learning environment, with participants expressing satisfaction and enthusiasm for future workshops.
 - Networking opportunities with Prof. N.K. Chadha and peers provided a foundation for long-term professional relationships and collaborative efforts.

Conclusion

The workshop, “Psychometric Assessment: Bridging the Gap between Academia and Industry,” was a resounding success, fulfilling its objective of enhancing participants' understanding of psychometric assessments and fostering meaningful dialogue on industry-academia collaboration. The event provided a platform for faculty members to gain comprehensive insights into the nuances of psychometric tool development,

including construction, standardization, adaptation, and translation. The hands-on exercises on resilience tool development were particularly impactful, allowing participants to translate theoretical knowledge into practical skills. Prof. Dr. N.K. Chadha's sessions were highly engaging and insightful, as he shared real-world examples from his extensive experience in both academic and corporate settings. The participants appreciated his detailed guidance on addressing challenges such as maintaining reliability during tool modification, avoiding social desirability biases, and ensuring cultural and linguistic relevance in tool adaptation.

The second session focused on consultancy and industry collaboration, which highlighted actionable strategies for faculty members to engage in consultancy roles and foster stronger partnerships with industries. The workshop's outcomes exceeded expectations, as it not only enhanced knowledge but also laid the groundwork for future initiatives. Participants expressed a keen interest in continued training programs, advisory meetings with industry experts, and collaborative projects that align with the university's mission of interdisciplinary learning and professional engagement.



Event Report

Date: 09th December- 2024

Title of the event: Cognitive behavior therapy for obsessive compulsive disorder

Organizer(s): Department of Clinical Psychology, Faculty of Behavioural Sciences

Venue: 116-E Block

Objective if the event: The primary objective of the workshop was to provide a comprehensive understanding of Cognitive Behavior Therapy (CBT) techniques, with a specific focus on Exposure and Response Prevention (ERP) for managing obsessive-compulsive disorder (OCD). The session aimed to enhance the clinical knowledge and practical skills of participants, equipping them with evidence-based therapeutic approaches.

Chief Guests / Speakers / Resource Persons: Dr. Ajay Kumar

Event Coordinator: Ms. Vanshika Beri, Assistant Professor FBSC

Event Poster/Banner:

SGT UNIVERSITY FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES

Department of Clinical Psychology

WORKSHOP ON

Cognitive Behavior Therapy for Obsessive-Compulsive Disorder

Resource Person

Dr. Ajay Kumar
Associate Professor
Department of Clinical Psychology
NIMHANS, Bengaluru, India

09th December 2024 Monday | 10:00AM to 12:00PM | 116, E-Block SGT University

Patron: Prof. (Dr) Waheeda Khan, Advisor, SGT University

Co-Patron: Prof. (Dr) Amra Ahsan, Dean, FBSS, SGT University

Dr. Vikas Sharma, HoD, Department of Clinical Psychology, FBSS, SGT University

Coordinator: Ms. Vanshika Beri, Assistant Professor, FBSS, SGT University

Program Schedule

S. No	Time	Activity
1.	10:00AM	Welcome Address by Dr. Vikas Sharma, HOD
2.	10:10AM	Felicitation of Dr. Ajay Sharma
3.	10:15AM	Introduction to CBT and ERP for OCD
4.	10:45AM	Diagnostic Process and Behavioral Analysis
5.	11:15AM	Case Studies and Interactive Discussions
6.	11:45AM	Q&A Session
7.	12:00	Closing Remarks and Vote of Thanks

Event Highlights:

The workshop began with a warm welcome by Dr. Vikas Sharma, who emphasized the significance of understanding advanced therapeutic approaches like CBT for OCD. Dr. Ajay Sharma, a distinguished expert in CBT, introduced the fundamentals of ERP therapy. He discussed the interplay of cognitive and behavioral factors in OCD, highlighting the diagnostic process, including standardized assessments and behavioral analysis.

One of the key highlights was Dr. Sharma's explanation of the step-by-step ERP process, covering psychoeducation, hierarchy development, and implementation strategies. His presentation was enriched with real-life case examples, showcasing successful therapeutic outcomes and addressing challenges encountered in practice.

The interactive discussions provided an opportunity for attendees to apply theoretical concepts to practical scenarios. Dr. Sharma's patient responses during the Q&A session demonstrated his depth of expertise and enhanced participants' understanding of the nuances of therapy.



Outcomes of the Event

The workshop equipped participants with practical skills to apply CBT and ERP techniques effectively in their clinical settings. Attendees gained a structured understanding of creating exposure hierarchies, monitoring client progress, and addressing therapy resistance. The session also clarified the indications and contraindications for ERP therapy, enabling mental health professionals to determine appropriate interventions for diverse client profiles.

Participants expressed increased confidence in diagnosing and managing OCD cases. The workshop also provided valuable insights into tailoring therapeutic approaches to individual needs, reinforcing the importance of personalized care in mental health practice.

Impact of the Event

The workshop had a profound impact on both students and professionals. It fostered a deeper appreciation for evidence-based practices in mental health, particularly in treating OCD. The inclusion of real-life cases challenged participants to think critically and apply their learning to complex scenarios.

Students gained exposure to practical applications of CBT concepts, enhancing their academic knowledge. Mental health professionals appreciated the detailed discussion of ERP therapy, particularly its adaptability to various cultural and individual contexts. The workshop also promoted collaborative learning, as participants actively exchanged ideas and insights throughout the session.

The event's success has inspired participants to explore advanced therapeutic techniques further, creating a ripple effect that could contribute to better mental health care practices in their respective domains.

Conclusion

The workshop was a remarkable success, blending theoretical knowledge with hands-on learning. Dr. Ajay Sharma's expertise and engaging teaching style provided a transformative experience for participants, equipping them with actionable insights into CBT and ERP for OCD.

To sustain the momentum, it is recommended that follow-up workshops be organized to delve deeper into advanced CBT techniques or related mental health topics. Additionally, creating peer learning groups or case discussion forums could help participants continue their learning journey and implement these practices effectively in their clinical work.



Event Report

Date: 9th April 2025

Title of the event: Applications of Trauma-Informed Therapy

Organizer(s): Department of Psychology, Faculty of Behavioural Sciences

Venue: Room No.-117, Block-E

Chief Guests / Speakers / Resource Persons: Ms. Pallavi Singh, Trauma and Grief Therapist, I AM Wellbeing Organisation.

Event Coordinator: Dr Akshita

Event Poster/Banner



FACULTY OF
BEHAVIOURAL SCIENCES



Department of Psychology
in collaboration with PSYCA Academic Club

Workshop on

APPLICATIONS OF TRAUMA- INFORMED THERAPY

10:30 AM
01:00 PM

9th April, 2025
Wednesday

Room no.- 308, E block
SGT University

Ms. Pallavi Singh
Trauma and Grief Therapist
I AM WELLBEING Organization

Patron
Prof. (Dr.) Mridula Sharma
Officialing Deen
SGT University

Co-Patron
Dr. Rahul Varma
Assistant Professor, FBSC
SGT University

Coordinator
Dr. Akshita
Assistant Professor, FBSC
SGT University

Student Coordinator
Sahil Amerwal
(M.Sc. Clinical Psychology, 4th Semester)
SGT University

Minute To Minutes Programme

- 10:30 AM: Introduction and Welcome of the Guest
- 10:15 AM – 11.30 AM: Introduction to Trauma Therapy and Grounding of the Participants
- 11.30 AM – 12:30 PM: Application and Principles of Trauma therapy Using as a Modality, Also Group Work using Principles of Trauma-based Therapy
- 12:30:00 PM - 1 PM: Open Discussion and Q&A

EVENT HIGHLIGHTS

The Faculty of Behavioral Sciences, SGT University, hosted an impactful workshop on *“Applications of Trauma-Informed Therapy”* conducted by **Ms. Pallavi Singh**, a distinguished Trauma and Grief Therapist from I AM Wellbeing Organisation.

The session began with a grounding exercise utilizing voice modulation, setting a tone of calm and safety for the participants. Ms. Singh skillfully created a nurturing environment where each participant felt secure, heard, and respected — a direct embodiment of the **five core principles of Trauma-Informed Care: Safety, Trustworthiness, Choice, Collaboration, and Empowerment**.

Throughout the workshop, she introduced experiential activities such as deep breathing, group-based reflections, and self-awareness exercises. These were designed not only to teach the theoretical aspects of trauma-informed care but to allow participants to experience these principles firsthand. She facilitated collaborative discussions where participants explored personal challenges through a trauma-informed lens, enhancing their understanding and empathy.

By integrating reflective practices with meaningful dialogue, Ms. Singh empowered participants to apply trauma-informed approaches in both personal and professional settings. The session was deeply engaging, insightful, and emotionally resonant, leaving a lasting impression on all who attended.



Dr. Akshita facilitates the guest of the event



Interaction with students





Outcome and Impact

The workshop on “*Applications of Trauma-Informed Therapy*” proved to be a transformative learning experience for all participants. It successfully bridged theoretical knowledge with practical application, deepening the understanding of trauma-informed care among students and faculty members.

Key outcomes and impacts include:

- **Enhanced Understanding of Core Principles:** Participants gained a clear, experiential understanding of the five foundational principles of trauma-informed care — *Safety, Trustworthiness, Choice, Collaboration, and Empowerment* — and how to integrate them into therapeutic and academic settings.
- **Development of Reflective Practice:** The session encouraged students to engage in deep self-reflection, fostering emotional insight and personal growth. This has strengthened their ability to connect empathetically with future clients and peers.
- **Strengthened Group Engagement:** The collaborative group activities promoted peer learning, mutual respect, and a sense of shared responsibility in creating emotionally safe spaces — a vital skill in therapeutic environments.
- **Professional Exposure and Skill Building:** Through experiential methods like grounding techniques, breathwork, and trauma-sensitive facilitation, participants were equipped with practical tools that can be directly applied in clinical or educational settings.

- **Pathway for Future Collaboration:** The successful conduct of the session laid the foundation for a **formal collaboration between the Faculty of Behavioral Sciences, SGT University and I AM Wellbeing Organisation**. Plans are underway to establish a **Memorandum of Understanding (MoU)** to facilitate future workshops, research, training programs, and student internships, thereby creating sustained opportunities for growth and skill enhancement in trauma-informed practices.



Event Report

Date: 31st March 2025

Title of the event: Mastering Emotional Regulation: Strategies for Balance and Well-being

Organizer(s): Faculty of Behavioural Sciences, Department of Psychology

Venue: Room No. 308, E Block, SGT University

Objective if the event: To provide real life insights and experiences on managing emotions effectively in academic and personal life. It aims to equip students with practical strategies for handling stress, improving focus, and fostering resilience. Additionally, it seeks to inspire students by showcasing how emotional regulation contributes to personal and professional success.

Chief Guests / Speakers / Resource Persons: Ms Sharmila Ganguly

Event Coordinator: Dr. Bhanupriya Rathore

Event Banner:

The banner features the SGT University logo and NAAC A+ accreditation at the top. The main text reads: 'Department of Psychology In collaboration AASGTU ALUMNA TALK ON EMOTIONAL REGULATION: STRATEGIES FOR BALANCE AND WELL-BEING'. It includes a photo of Ms Sharmila Ganguly, identified as an RCI Licensed Clinical Psychologist. Event details are listed: 11:00 AM to 1:00 PM on Monday, Mar 31, 2025, in Room no. 308, E Block. The convenor is Prof. (Dr.) Mridula Sharma, Associate Dean, and the program coordinator is Dr. Bhanupriya Rathore, Assistant Professor, FBSC.

Program Schedule

Time Slot	Attributes	Remarks
10:45 AM- 11:00 AM	Welcome Tea	Tea and Refreshment for Guest and Faculty members
11:00 AM – 11:10 AM	Welcome Address	By Dean, FBSC
11:10 AM- 11:12 AM	Felicitation	Felicitation of Guest by Dean and HOD, FBSC
11:12 AM- 11:16 AM	Introduction to the session	Briefing about objectives and agenda by Coordinator, Dr. Bhanupriya, Assistant Professor FBSC
11:16 AM – 12:45 PM	Key note session by the Alumna followed by Real-Life Case Studies and Interactive Discussion	Insights on Emotional regulation followed by real-life case studies and Interactive Discussion
12:45 PM – 01:00 PM	Q&A Session	Open discussion with the expert.

Event Highlights (Image)

- The event was introduced by Event Coordinator Dr. Bhanupriya Rathore, Assistant Professor, FBSC who welcomed the guest speaker, Ms Sharmila Ganguly, RCI Licensed Clinical Psychologist, a distinguished expert in the field.
- She shared her journey, including how emotional regulation has played a crucial role in her personal and professional life.



FACULTY OF BEHAVIOURAL SCIENCES					
ALUMNI TALK ON EMOTIONAL REGULATION: STRATEGIES FOR BALANCE AND WELL-BEING					
ATTENDANCE SHEET					
Date: 31.03.2025					
Sr. No.	Registration No.	Name of Student	Course	Signature	
1	21190901	RIHAN AFRA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Rohan
2	21190903	MINKAL GARD	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Minkal
3	21190907	ARPIKA GUNAN	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Arpika
4	21190908	SANDEE CHAUHAN	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Sandeep
5	21190909	PAKAR YADAV	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	
6	21190910	HARSHITA SHARMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	
7	21190913	RAZIELA KADRAWAL	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Raziel
8	21190912	MEENAKSHI YADAV	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Meenakshi
9	21190913	VANISHI SHARMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Vanishi
10	21190914	SHEFALI VERMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Shefali
11	21190915	SUDHA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Sudha
12	21190917	ANUSHKA CHOUHARY	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Anushka
13	21190918	KARUNKISHA JASWAL	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Karun
14	21190920	RADHIKA SHARMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Radhika
15	21190921	PRIVANCA BANSHI YADAV	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Priv
16	21190922	SADANA KHAN	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Sadana
17	21190923	KASHISH KAPUR	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Kashish
18	21190924	MUNALISA KARA KIRAN	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Munalisa
19	21190925	TANISHA MISRA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Tanisha
20	21190926	SHRAN KAPOOR	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Shran
21	21190927	KALASHI JAIN	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Kalashi

Dr. Blompage

Coordinator name with Signature

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31/3/25

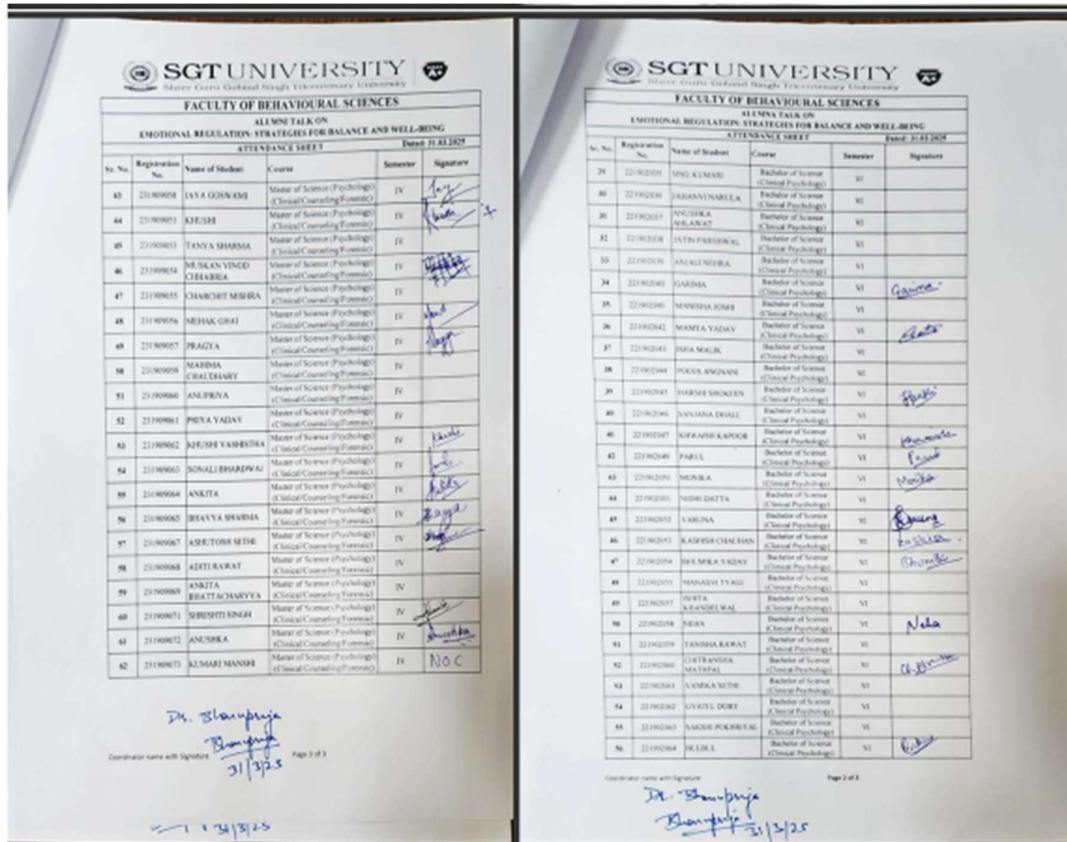
FACULTY OF BEHAVIOURAL SCIENCES					
ALUMNI TALK ON EMOTIONAL REGULATION: STRATEGIES FOR BALANCE AND WELL-BEING					
ATTENDANCE SHEET					
Date: 31.03.2025					
Sr. No.	Registration No.	Name of Student	Course	Signature	
22	21190928	DEVA TYAGI	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	NOC
23	21190929	KH. SHIKHATANA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	NOC
24	21190930	MANVI TYAGI	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Manvi
25	21190931	AASHEKA JAIN	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Aashika
26	21190932	MOHIC HADRAM	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Mohic
27	21190933	AJENIA MOTON	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Ajenia
28	21190934	ANUSHKA SAHU	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Anushka
29	21190935	AKANSHA SHARMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Akansha
30	21190937	SHEENA SHARMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Sheena
31	21190938	TANISHA BHATTACHARYA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Tanisha
32	21190939	NEELI	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Neeli
33	21190940	AKANSHA BHATTAGAR	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Akansha
34	21190941	SHARON JOSEPH	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Sharon
35	21190942	RAKHI	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Rakhi
36	21190943	PIYU	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Piyu
37	21190944	SAHE. AMERWAL	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	SAHE
38	21190945	VISHAKHA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Vishakha
39	21190946	CHETNA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Chetna
40	21190947	EKTA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	EKTA
41	21190948	KHUSHI SHARMA	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	Khushi
42	21190949	HIMANSHU	Master of Science (Psychology) (Clinical/Counseling Formative)	IV	NOC

Dr. Blompage

Coordinator name with Signature

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31/3/25



Outcomes / Impact:

- **Personal Growth & Awareness**

Attendees developed a better understanding of emotional regulation.

Increased self-awareness of emotional triggers and responses.

- **Skill Development**

Participants learned practical strategies for managing emotions in personal, academic and professional settings.

Enhanced coping mechanisms for stress, anxiety, and conflict resolution.

- **Academic & Professional Benefits**

Students can apply emotional regulation techniques to improve focus, decision-making, and productivity.

Improved communication and teamwork skills through better emotional control.

- **Mental Health & Well-being**

Reduced stress and burnout as attendees learned to handle emotions effectively.

Increased resilience in handling setbacks and failures.

Conclusion

An insightful Alumna talk on the topic “Emotional Regulation: Strategies for balance and wellbeing” was organized by the Department of Psychology, Faculty of Behavioural Sciences featuring our guest Alumna Miss Sharmila Ganguly, RCI Licensed Clinical Psychologist. During the session, the speaker shed light on the science behind emotional regulation, the differences between regulation and dysregulation, the reasons for radical frustration tolerance, and the strategies to increase emotional resilience. The session concluded with a Q & A segment and overwhelming positive feedback from the audience.



Event Report

Date: 4th- 5th December 2024

Title of the event: One Day Workshop on The Art of Storytelling

Organizer(s): Pehchaan Club: Nayi Soch Naya Prayas, Faculty of Behavioural Sciences

Venue: A block Shooting Floor

Objective if the event: The workshop aims to provide practical techniques, enhance communication abilities, and foster creativity.

Chief Guests / Speakers / Resource Persons: Mr Tarun Kohli

Event Coordinator: Mr. Tushar Sharma, Assistant Professor FBSC

Event Poster/Banner

SGT UNIVERSITY
Shree Guru Gobind Singh Tricentenary University

Faculty of Behavioural and Social Sciences
in collaboration with
Pehchaan: Nayi Soch Naya Prayas

One-Day Workshop & Competition

THE ART OF STORYTELLING

Mr. Tarun Kohli
Senior Artist & Theatre Faculty at Akshara Theatre

EXPERT SPEAKER

04th DEC 2024 | 09:30 AM to 04:00 PM
05th DEC 2024 | 10:00 AM to 01:00 PM

Shooting Hall, A-Block
SGT University

Patron: Prof. (Dr) Waheeda Khan
Advisor
SGT University

Co-Patron: Prof. (Dr) Amra Ahsan
Dean
FBSS, SGT University

Coordinator: Mr. Tushar
Assistant Professor
Department of Arts & Humanities
FBSS, SGT University

Student Coordinator: Harsh Tripathi
Student Advisor
Bhavya
Secretary

SCAN ME FOR REGISTRATION

SCAN ME FOR @PEHCHAAN_SGTU

Objective of the event

1. **Promote Creative Expression:** Encourage participants to express themselves creatively through the art of storytelling, showcasing their imagination, narrative skills, and personal experiences.
2. **Enhance Communication Skills:** Develop participants' verbal and non-verbal communication skills, helping them convey stories effectively to an audience.
3. **Foster Cultural Understanding:** Provide an opportunity for participants to explore and share diverse cultural stories, promoting empathy, respect, and understanding of different traditions and perspectives.
4. **Encourage Public Speaking:** Improve participants' confidence and comfort in speaking publicly by offering a platform to tell stories to an audience.
5. **Promote Emotional Intelligence:** Help participants connect emotionally with their audience, as storytelling often involves understanding emotions and sharing them in a relatable manner.
6. **Strengthen Listening Skills:** Enhance active listening skills in both participants and audiences, fostering a deeper connection to the stories shared.
7. **Highlight the Importance of Storytelling:** Reinforce the significance of storytelling in preserving traditions, sharing knowledge, and influencing social change.

Minute to Minute Programme:

S.no	Events in Sequence	Duration	Time	Day
1.	Welcome of Guest, Dean, Faculty members by Anchors	9:30–9:50	20 Mins	1
2.	Sapling	09:50-10:00	10 Mins	1
3.	Welcome of Students by Anchors	10:00-10:05	5 Mins	1
4.	Icebreaker Activity	10:05-10:30	25 Mins	1
5.	Introduction to Storytelling	10:30-11:00	30 Mins	1
6.	Storytelling Techniques	11.00-11.45	45 Mins	1
7.	Interactive Activity – Story Creation	11:45-01:00	75 Mins	1
8.	Break	01:00-01:45	45 Mins	1
9.	Storytelling Practice	01:45-02:30	45 mins	1
10.	Group Storytelling Challenge	02:30-03:30	60 Mins	1
11.	Q&A Session	03:30-3:45	15 Mins	1
12.	Wrap-up and Closing Remarks	03:45-04.00	15 Mins	1

13.	Feedback and Bind-up	04:00-04:10	10 Mins	1
14.	Welcoming Guest, Faculty and Judges	10.00-10.15	15 Mins	2
15.	Introducing Rules & Regulation and Criteria to Participants	10.15-10.30	15 Mins	2
16.	Round 1	10.30-11.30	60 Mins	2
17.	Round 2	11.30-12.30	60 Mins	2
18.	Round 3 Final Round	12.30-01.00	30 Mins	2
19.	Prize Ceremony and Bind Up	01.00-01.15	15 Mins	2

Event Highlights:



Pic 1: A group Picture with the participants along with organizing team and Speaker Mr. Tarun Kohli



Pic 2: How the students are doing activities in this Event



Pic 3: Mr. Tushar Sharma presenting sapling to Mr Tarun Kohli

Attendance Sheet:

FACULTY OF BEHAVIOURAL AND SOCIAL SCIENCES			
DEPARTMENT OF ARTS AND HUMANITIES			
NAYI SOCH NAYA PRAYAS (WORKSHOP & COMPETITIONS)			
SR. NO.	NAME	REGISTRATION NO.	SIGNATURE
1	Rachita Sharma	241927081	<i>Rachita</i>
2	Ishika	221910019	<i>Ishika</i>
3	Ruchit Tiwari	221910003	<i>Ruchit</i>
4	Anuj	240611011	<i>Anuj</i>
5	Shivam Gaur	220403068	<i>Shivam</i>
6	Hunnar Sikka	230210042	<i>Hunnar</i>
7	HARSHITA SHARMA	240553015	<i>Harshita</i>
8	Taha	230422019	<i>Taha</i>
9	Pradeep yadav	230422009	<i>Pradeep</i>
10	Harsh kumar	240553017	<i>Harsh</i>
11	Nisha	230921019	<i>Nisha</i>
12	Agrima Morodia	230921003	<i>Agrima</i>
13	Deepak	241929014	<i>Deepak</i>
14	Navdeep Yadav	241929021	<i>Navdeep</i>
15	Shruti Thakur	241930002	<i>Shruti</i>
16	Muskan chauhan	241929013	<i>Muskan</i>
17	Bodheet Bhardwaj	221902076	<i>Bodheet</i>
18	Harshita Yadav	221910008	<i>Harshita</i>
19	Tanisha Regmi	231928028	<i>Tanisha</i>
20	Rahul	241929002	<i>Rahul</i>
21	Harshita Joshi	241909043	<i>Harshita</i>
22	Tamanna Yadav	221902084	<i>Tamanna</i>
23	Shivam Gaur	220403068	<i>Shivam</i>
24	Shruti Kashyap	241909042	<i>Shruti</i>
25	Anuj	240611011	<i>Anuj</i>
26	Tanishka	241927096	<i>Tanishka</i>
27	Jyoti	240528077	<i>Jyoti</i>
28	Radhika	240305128	<i>Radhika</i>
29	Simran Sapaliya	240531007	<i>Simran</i>
30	Jaskaran Singh	240607016	<i>Jaskaran</i>
31	Srishti Choudhary	221302064	<i>Srishti</i>
32	Akhil Binu Koshy	240553012	<i>Akhil</i>
33	SAKSHI	220403064	<i>Sakshi</i>
34	Arpita	230921018	<i>Arpita</i>
35	Sachin Gothwal	240539012	<i>Sachin</i>
36	Gurpreet	241929027	<i>Gurpreet</i>

37	Manshi	231909073	<i>Manshi</i>
38	Priyanshi	220304018	<i>Priyanshi</i>
39	Khushi Sharma	241909041	<i>Khushi</i>
40	Angel Susan Saji	241930003	<i>Angel</i>
41	Shagun	241930005	<i>Shagun</i>
42	Kartikay	221302116	<i>Kartikay</i>
43	Tanishq	240539015	<i>Tanishq</i>
44	Tarana	220403078	<i>Tarana</i>
45	Neha Kapoor	241930008	<i>Neha Kapoor</i>
46	Vanshita	220403001	<i>Vanshita</i>
47	Kushboo	220403085	<i>Kushboo</i>
48	Meenakshi	241929012	<i>Meenakshi</i>
49	Goraksh nandal	241929030	<i>Goraksh</i>
50	Rishit grover	241929026	<i>Rishit</i>
51	Divya Joshi	241929015	<i>Divya</i>
52	Karishma	242001024	<i>Karishma</i>
53	Nikhil Gupta	221601006	<i>Nikhil</i>
54	Aman Pandey	221902091	<i>Aman</i>
55	Vaishnavi	241927050	<i>Vaishnavi</i>
56	Aditya Singh	241929022	<i>Aditya</i>
57	Anuradha	241929007	<i>Anuradha</i>
58	Tiya Sharma	241302130	<i>Tiya</i>
59	Harshita Sharma	240553015	<i>Harshita</i>
60	Ankita Arora	240553001	<i>Ankita</i>
61	Abhisht Tripathi	240553011	<i>Abhisht</i>
62	Nidhi Choudhary	240553010	<i>Nidhi</i>
63	Nidhi Choudhary	240553010	<i>Nidhi</i>
64	Parul sharma	240553007	<i>Parul</i>
65	Deepak Pal	240553002	<i>Deepak</i>
66	Priya		<i>Priya</i>
67	Meenakshi	241929012	<i>Meenakshi</i>
68	Annie Malhotra	Registration for the workshop	
69	Nikita Bali	231927067	<i>Nikita</i>
70	Khushpreet Kaur	230921010	<i>Khushpreet</i>
71	Jahnvi Dubey	240305102	<i>Jahnvi</i>
72	Deepanshi	231302249	<i>Deepanshi</i>
73	Aarsha	230415007	<i>Aarsha</i>
74	Divya Joshi	241929015	<i>Divya</i>
75	Goraksh Nandal	241929030	<i>Goraksh</i>
76	Rijwan	241929003	<i>Rijwan</i>

77	Akshat Jain	241927006	
78	Sunita Kumari	240609013	
79	Diksha	242001057	
80	Ishika Chauhan	221910019	
81	Mehwish iftekhar	240528018	
82	Mehwish iftekhar	8340775184	
83	Ankit Kumar	221348063	
84	Alok	221302048	
85	Dakshita	242001031	
86	Sakshi	221302046	
87	Sanvi	242001010	
88	PRATEEK	240305030	
89	Tanishka	241927096	
90	Vanshita	230415016	
91	Himnesh	241306097	
92	Riddhi kumari	241927037	
93	Manshit	241927080	
94	Vaishali	241927038	
95	Sachin	240528001	
96	Khushi	241928010	
97	Vishakha suri	240528055	
98	Aashu	241928020	
99	Ritika	230415020	
100	Bharti	230415012	
101	Sanju	230415083	
102	SUSHANT	231101011	
103	Sanvi	242001010	
104	Vanshita	230415016	
105	Sachin	241929011	
106	Ritika	241929023	
107	Ritika	241929023	
108	Vishakha	For workshop	
109	Khushi	241928010	
110	Pratyush bhawal	241927067	
111	Khushboo yadav	240305071	
112	Tanishq sood	212001023	
113	Diksha	220611030	
114	Shubhra	230415059	
115	Shivam Tiwari	240 901 014	
116	Preeti Bhardwaj	240901019	

117	Yashveer	241929029	
118	Kushal Dagar	241929004	
119	Ronit Berwal	241929019	
120	Aditya	241929022	
121	Hanshika Kathuria	241927043	
122	Mansi Sharma	241927066	
123	Adimalupu Satvika	230921004	
124	Shreya Mittal	241927070	
125	Anshul yadav	240528036	
126	bharti	220426001	
127	Rachita Sharma	241927081	
128	Mallishka Malik	241925001	
129	Shiwani	241927018	
130	Komal	241928007	
131	Pooja	231927018	
132	Lakshay	221302147	
133	Naveen	221302137	
134	Aarsha	230415007	
135	Amaya	241927064	
136	Himanshu	241927063	
137	Yajat	241426033	
138	Akhshya	241426063	
139	Jyoti	230721021	
140	Sapna	230921007	
141	K		
142	Tanisha Regmi Bharat	231928028 241929028	

Outcomes / Impact

Outcome of the Art of Storytelling Workshop:

- Enhanced Storytelling Skills:**
Participants gained a deeper understanding of crafting compelling narratives, structuring their stories effectively, and delivering them with confidence.
- Improved Communication:**
The workshop strengthened participants' verbal and non-verbal communication skills, making them more articulate and expressive in personal and professional settings.
- Increased Creativity:**
Participants developed innovative thinking skills, enabling them to generate unique ideas and approach storytelling from fresh perspectives.
- Boosted Confidence:**
Through practice and feedback, participants overcame stage fear, building confidence in public speaking and audience engagement.
- Strengthened Emotional Connection:**
Attendees learned how to create emotionally impactful stories, fostering deeper connections with their audience.
- Practical Application of Techniques:**
Participants successfully applied techniques such as pacing, tone modulation, and suspense to make their storytelling more engaging.

7. Collaboration and Teamwork:

Group activities encouraged teamwork, fostering a spirit of collaboration and idea-sharing among participants.

8. Preservation of Cultural Narratives:

Many participants explored personal or cultural stories, contributing to the preservation of traditions and unique life experiences.

Impact of the Art of Storytelling Workshop:

1. Personal Growth:

Participants experienced personal growth by unlocking their creativity, enhancing their communication skills, and gaining confidence in expressing themselves.

2. Professional Development:

The skills acquired during the workshop can be applied in careers requiring impactful communication, such as marketing, education, public speaking, and leadership.

3. Empowered Voices:

Participants discovered the power of storytelling as a tool for advocacy, awareness, and self-expression, enabling them to share meaningful messages with a wider audience.

4. Cultural Awareness:

The storytelling shared during the workshop created a platform for appreciating diverse experiences, fostering inclusivity and understanding.

5. Community Building:

The collaborative environment of the workshop helped build connections among participants, creating a supportive community of storytellers.

Ripple Effect:

Equipped with new skills, participants are likely to inspire others in their personal and professional circles, spreading the art of storytelling further.

Conclusion: Summarize of the event

The Art of Storytelling Competition: Pehchaan Club

The Art of Storytelling competition, organized by Pehchaan Club: Nayi Soch Naya Prayas in collaboration with the Faculty of Behavioral and Social Sciences (FBSS), SGT University, captivated audiences with its creative energy and impactful narratives. Held in the Shooting Hall, A-Block, the event provided an exceptional platform for students to showcase their storytelling skills across three thrilling rounds.

The competition featured three judges: Mr. Deepak, Dr. Akshita, and Mr. Biswambhar Bose, who evaluated participants based on originality, engagement, creativity, and delivery. In the first round, all participants shared their unique stories, leading to eight students being shortlisted for the second round. After intense performances, five finalists advanced to the final round, where the competition reached its peak. The top three storytellers were crowned: Rizwan, Tanishq, and Tanisha, who mesmerized the judges and audience with their compelling narratives.

This storytelling journey was preceded by a workshop conducted by Mr. Tarun Kohli, Senior Artist and Theatre Faculty at Akshara Theatre. He guided participants on techniques like voice modulation, body language, and narrative structuring, inspiring them to explore innovative storytelling

approaches. Practical activities like impromptu narration and group storytelling enhanced spontaneity, imagination, and collaboration.

The storytelling competition that followed showcased diverse performances, ranging from traditional folk tales to personal narratives, judged on originality, delivery, engagement, and creativity.

Despite challenges like balancing diverse styles and maintaining consistent engagement, the competition was seamlessly coordinated under the guidance of Prof. (Dr.) Waheeda Khan, Advisor, and Prof. (Dr.) Amra Ahsan, Dean, FBSS. The event also received substantial support from Mr. Tushar, Assistant Professor, and student coordinators Harsh Tripathi (Student Advisor and Intern) and Bhavya (Secretary of Pehchaan Club).

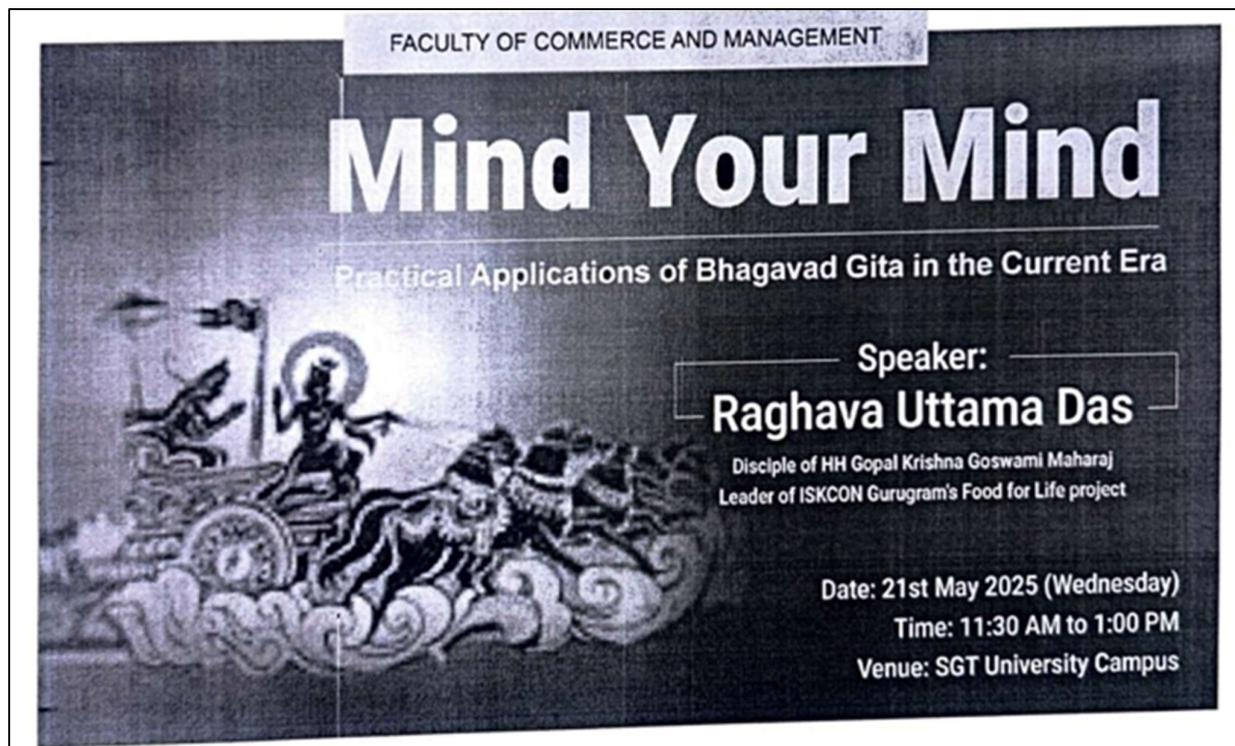
Concluding on a high note, the event not only recognized outstanding talent but also inspired participants to embrace storytelling as a powerful tool for expression and connection, embodying the initiative's ethos of *Nayi Soch Naya Prayas*.



Details of the Event

S.N.	Description	Remarks
1.	Title of the Event	Mind Your Mind Practical Application of Bhagwat Geeta in current Era
2.	Organizers	FCAM in collaboration with ISCKON
3.	Date and Time	May 21 st 2025 (Wednesday) 11:30 Am to 1:30 Pm
4.	Venue	SGTU

Banner

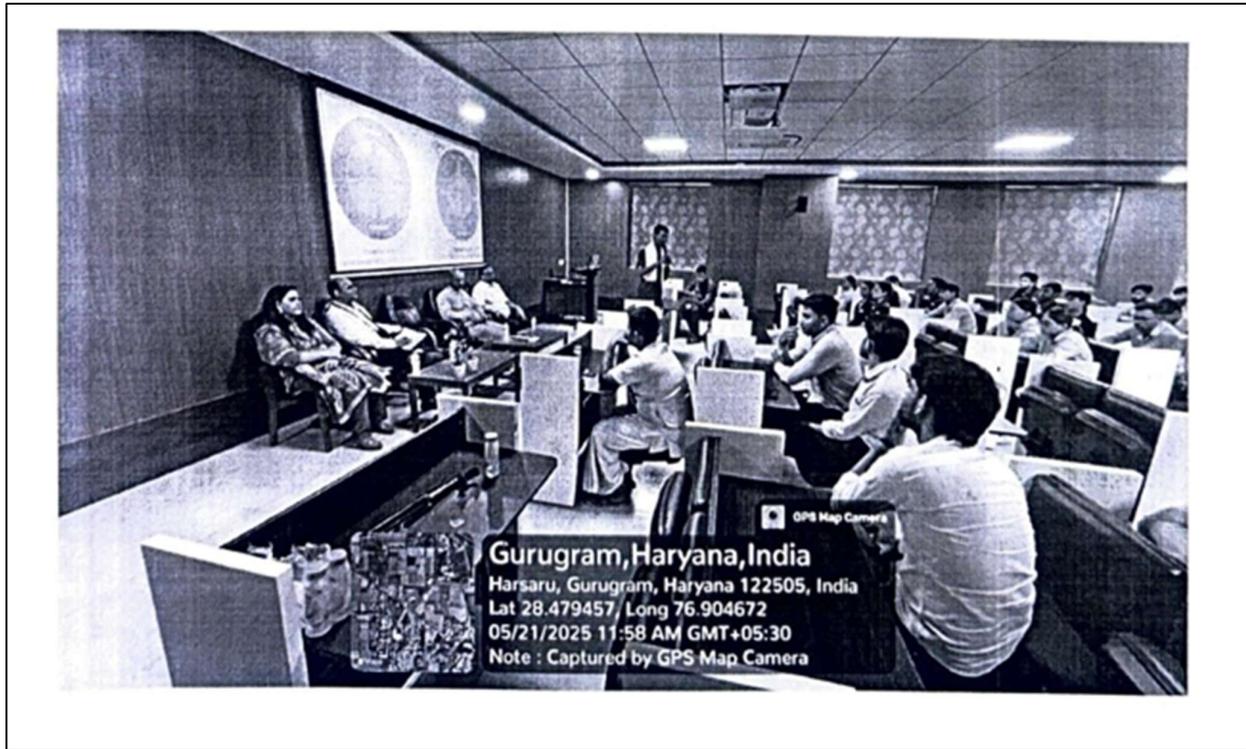


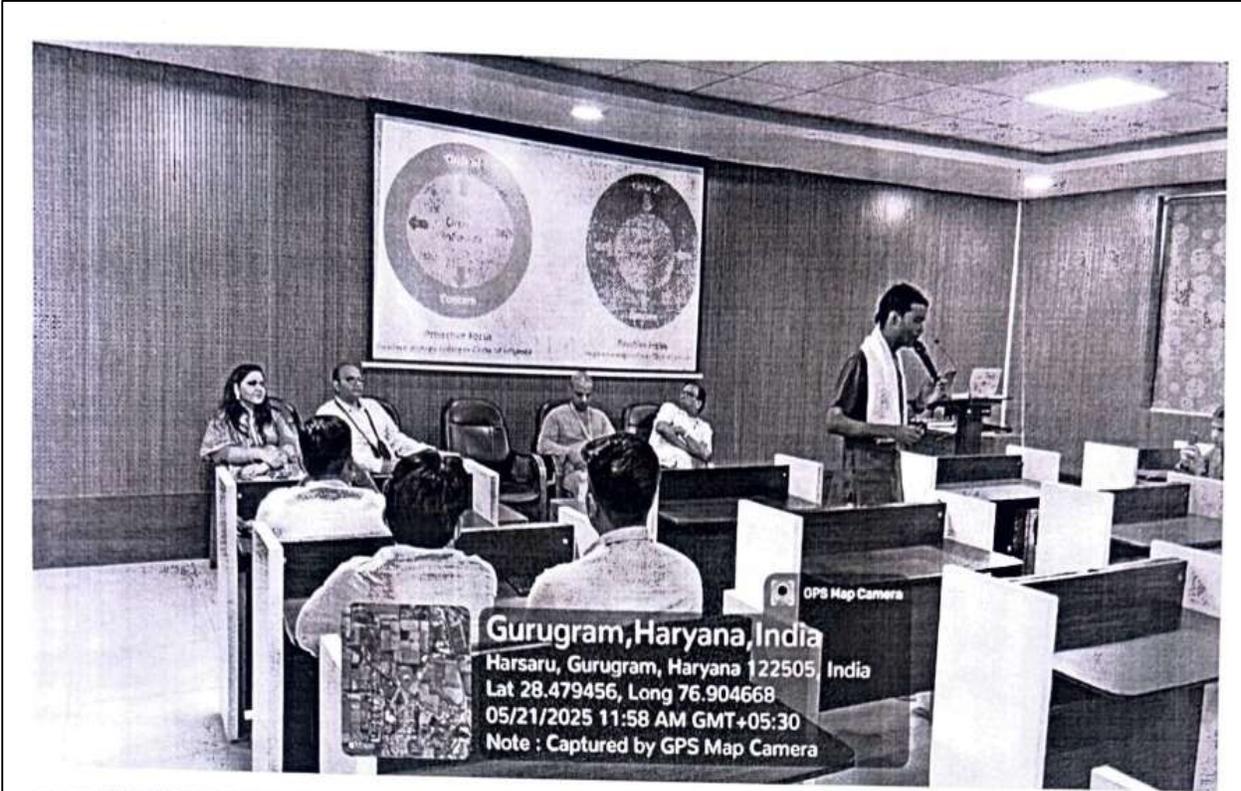
Invitation N/A

Minute to Minute

Time	Activity
11:00 AM – 11:30 AM	Guest Arrival and Registration
11:30 AM – 11:35 AM	Welcome Note by Anchor/Host
11:35 AM – 11:45 AM	Lamp Lighting Ceremony & Saraswati Vandana
11:45 AM – 11:50 AM	Welcome Address by Dean, FCAM
11:50 AM – 12:00 PM	Introduction of ISKCON Guest Speaker(s)
12:00 PM – 12:45 PM	Keynote Session by ISKCON on "Mind Your Mind: Practical Application of Bhagwat Geeta"
12:45 PM – 1:00 PM	Interactive Q&A Session
1:00 PM – 1:10 PM	Vote of Thanks by Faculty Coordinator
1:10 PM – 1:30 PM	Refreshments & Networking

Highlights of the Events (Images)





Outcomes

Annexure IV: Event Outcome

The ISKCON spiritual session, titled “**Mind Your Mind – Practical Applications of Bhagavad Gita in the Current Era,**” had a meaningful and lasting impact on the students and faculty of SGT University. The event successfully achieved its objective of promoting **value-based education, mindfulness, and emotional resilience** through the teachings of the *Bhagavad Gita*.

Participants reported a renewed sense of clarity and calmness as they engaged with the speaker’s insights on **mental discipline, inner balance, and self-leadership**. The application of ancient scriptural wisdom to contemporary challenges—such as academic stress, emotional turbulence, ethical dilemmas, and peer influence—was not only appreciated but also found to be highly relatable and actionable by the audience.

The outcome of the session can be summarized in the following key areas:

Enhanced Spiritual Literacy: Students were introduced to key concepts from the *Bhagavad Gita*, such as the nature of the mind, the influence of the three gunas, and the practice of karma yoga. This served as a foundation for future spiritual inquiry and introspection.

Improved Emotional Intelligence: Through the lens of spiritual teachings, participants learned how to manage stress, anxiety, and distractions in a more conscious and composed manner.

Strengthened Values and Character: The session emphasized the importance of inner discipline, gratitude, purpose-driven action, and ethical behavior—core values essential for holistic personality development.

Academic and Career Relevance: The event encouraged students to approach their academic and career goals not just with ambition but with wisdom and detachment, aligning their pursuits with larger life goals.

Positive Feedback and Engagement: The high level of engagement during the Q&A session and the enthusiastic response at the spiritual bookstall indicated genuine interest and curiosity among students to explore deeper aspects of life and learning.

Attendance

Annexure I: Participants' Attendance

S. No.	Date	Name	Contact Number	Email	Class
1	21-05-2025	Himanshu Rao	9034705605	himanshu78328@gmail.com	BBA General 4th Sem
2	21-05-2025	Ayush verma	9911982666	vermavihaan694@gmail.com	BBA General 4th Sem
3	21-05-2025	Jatin	8505821777	jatinc489@gmail.com	BBA General 4th Sem
4	21-05-2025	Lavina Saini	9310803255	Lavinasaini906@gmail.com	BBA General 4th Sem
5	21-05-2025	Deepanshu	8595482655	Deepanshu1846@gmail.com	BBA General 4th Sem
6	21-05-2025	Prachi Kaushik	9810743261	prachikaushik9810@gmail.com	BBA General 4th Sem
7	27-02-2025	Vartika	8950854754	vartikajaks1@gmail.com	BBA General 4th Sem
8	21-05-2025	Harsh	9518078985	harsh568675@gmail.com	BBA General 4th Sem
9	21-05-2025	Gursheen Kaur	9910854899	gursheen.kaur.uppal10@gmail.com	BBA General 4th Sem
10	21-05-2025	Shatakshi Arora	8810245699	shatakshi098@gmail.com	BBA General 4th Sem

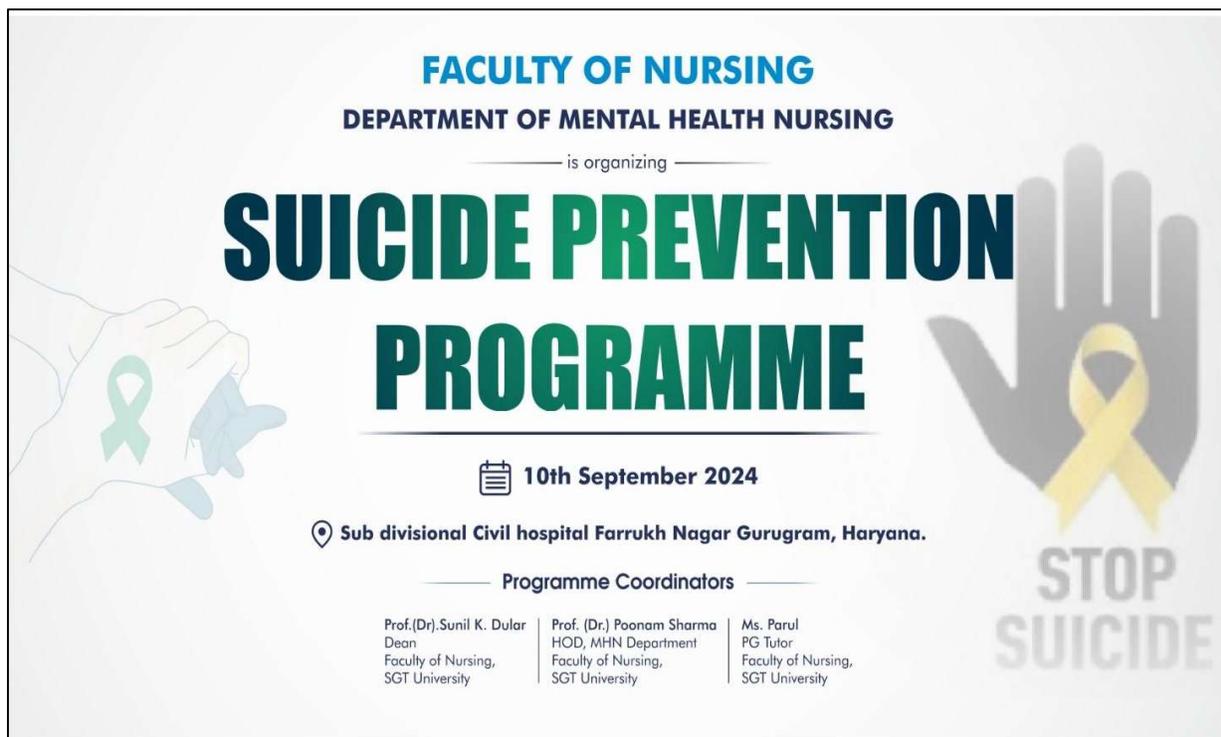
11	21-05-2025	Kavyansh	8053132331	Kavyansh3122@gmail.com	BBA General 4th Sem
12	21-05-2025	Rishu Raj	8168592387	rajasinghrishu5782@gmail.com	IMBA 4th Sem
13	21-05-2025	Prince punia	8607332040	princepunia5768@gmail.com	IMBA 4th Sem
14	21-05-2025	Nikhil	8766292502	Gulianikhil12@gmail.com	IMBA 4th Sem
15	21-05-2025	Shubham Saluja	8053272237	shubhamsaluja2005@gmail.com	BBA General 4th Sem
16	21-05-2025	Vartika	8950854754	vartikajaks1@gmail.com	BBA General 4th Sem
17	21-05-2025	Priyanshi	80535 33212	dagarchintu45@gmail.com	IMBA 4th Sem
18	21-05-2025	vrinda sharma	8882968029	sharmavrinda2005@gmail.com	BBA General 4th Sem
19	21-05-2025	Khush yadav	9354552124	khushyadav134@gmail.com	BBA General 4th Sem
20	21-05-2025	Nidhi Rathee	8570882414	ratheenidhi020@gmail.com	BBA General 4th Sem
21	21-05-2025	Zuned khan	9529598614	zunedkhan897@gmail.com	BBA General 4th Sem
22	21-05-2025	Siddharth	7082968854	Siddhuparmar54@gmail.com	BBA General 4th Sem
23	21-05-2025	Ishaan Aggarwal	9953549760	ishaanaggarwal1632004@gmail.com	BBA General 4th Sem

24	27-02-2025	Piyush Mishra	9205529697	piyushkrmishraofficial@gmail.com	IMBA 4th Sem
25	27-02-2025	Vani	9643661161	vanikalra8@gmail.com	BBA General 4th Sem
26	27-02-2025	Vanshika	8851331399	vanshika186@gmail.com	BBA General 4th Sem
27	27-02-2025	Parveen	8700541759	pv9376196@gmail.com	IMBA 4th Sem
28	27-02-2025	Gaurav Kumar	8950852524	gauravxdean@gmail.com	IMBA 4th Sem
29	27-02-2025	Shri kant singh	7982386071	shubhamsingh2005@gmail.com	BBA General 4th Sem
30	27-02-2025	Mukul	9643022266	yadavmukulyadav45@gmail.com	BBA General 4th Sem
31	21-05-2025	kunal	8599989770	kunalsabharwal916@gmail.com	BBA General 4th Sem
32	21-05-2025	Prachi	868493778	prachisingh102@gmail.com	Bcom 2nd Sem
33	21-05-2025	manthan	7404797060	manthansinghal@gmail.com	IMBA 4th Sem
34	21-05-2025	Gagandeep	9138515130	gagandeepvashisth.ooz@gmail.com	IMBA 4th Sem
35	21-05-2025	Devesh	9315772758		BCOM 4th Sem
36	21-05-2025	Yash Rana	9811855700	ryash3557@gmail.com	BBA General 4th Sem
37	21-05-2025	Rohit Yadab	9205051628	rohitrao7798@gmail.com	BBA General 4th Sem

Details of the Event

S.N.	Description	Remarks
1.	Title of the Event	“Suicide Prevention Awareness Program” (Nukkad Natak & Psychoeducation)
2.	Organizers	Nightingale Association under the Department of Mental Health Nursing, SGT university.
3.	Date and Time	10th Sept, 2024
4.	Venue	Subdivisional Civil Hospital Farukh Nagar, Gurugram, Haryana.

Banner



FACULTY OF NURSING
DEPARTMENT OF MENTAL HEALTH NURSING
— is organizing —

SUICIDE PREVENTION PROGRAMME

📅 **10th September 2024**

📍 **Sub divisional Civil hospital Farrukh Nagar Gurugram, Haryana.**

— Programme Coordinators —

Prof.(Dr).Sunil K. Dular Dean Faculty of Nursing, SGT University	Prof. (Dr.) Poonam Sharma HOD, MHN Department Faculty of Nursing, SGT University	Ms. Parul PG Tutor Faculty of Nursing, SGT University
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STOP SUICIDE

Invitation N/A

Minute to Minute

Time	Activity
10:00 AM – 10:15 AM	Arrival of faculty, students, and hospital staff; seating arrangement
10:15 AM – 10:20 AM	Welcome note by coordinators – Ms. Poonam Ahlawat & Ms. Parul
10:20 AM – 10:30 AM	Brief introduction on the importance of Suicide Prevention Awareness
10:30 AM – 11:00 AM	Nukkad Natak by undergraduate nursing students on Suicide Prevention
11:00 AM – 11:20 AM	Psychoeducation session – Risk factors, warning signs, and preventive tips
11:20 AM – 11:30 AM	Interactive Q&A session with the community members
11:30 AM – 11:40 AM	Take-home messages and mental health helpline awareness
11:40 AM – 11:50 AM	Feedback collection and reflections from the audience
11:50 AM – 12:00 PM	Closing remarks by Faculty and Coordinators

Highlights of the Events (Images)





Outcomes

1. Increased Community Awareness

- The program effectively raised awareness among the local community about **mental health** and the **early warning signs of suicide**.
- Attendees were able to understand that **suicide is preventable** with timely identification and intervention.

2. Education on Risk Factors & Preventive Measures

- Through the **Nukkad Natak and Psychoeducation**, community members learned about common **risk factors** like depression, substance abuse, loneliness, and social stigma.
- The audience received **practical guidance** on how to support someone in emotional distress and where to seek help.

3. Community Engagement & Participation

- The interactive format of the event encouraged **open discussion** and **audience participation**, breaking barriers around discussing mental health.
- Many attendees expressed their intent to share the knowledge with their family and neighbours, expanding the program's impact.

4. Skill Development for Nursing Students

- The event provided **hands-on experience** to undergraduate nursing students in **community outreach**, public speaking, and **mental health advocacy**.
- Students applied classroom knowledge to real-life scenarios, enhancing their **clinical communication and leadership skills**.

5. Promotion of Preventive Mental Health

- The program supported the goal of **preventive mental healthcare** by delivering awareness before any crisis could occur.
- The inclusion of **take-home messages and helpline awareness** empowered individuals to be proactive in mental well-being.

6. Positive Community Feedback

- Feedback collected during the event showed that the initiative was **well-received** by both hospital staff and local residents.
- The community appreciated the creative approach and emphasized the need for **more such awareness programs**.

Attendance

Participating Team Members with Designation:

1. Dr. Poonam Sharma (HOD, Mental Health Nursing. Faculty of Nursing)
2. Dr. Poonam Ahlawat(Associate Professor, Faculty of Nursing)
3. Ms. Parul (PG Tutor ,Faculty of Nursing)
4. Ms. Rajwant Kaur (Associate Professor, Faculty of Nursing)
5. Ms. Veena S. Chaudhary(Assistant Professor, Faculty of Nursing)
6. Ms. Nicky Tyagi(PG Tutor, Faculty of Nursing)
Ms. Ruchi(PG Tutor, Faculty of Nursing)

Student's List

B.Sc. nursing:

- 1) **Rahul**
- 2) **Aman**
- 3) **Megha**
- 4) **Soniya**
- 5) **Nancy**
- 6) **Garima**
- 7) **Tamanna**
- 8) **Prerna**
- 9) **Jyoti**



Details of the Event

S.N.	Description	Remarks
1.	Title of the Event	SAFE AND EFFECTIVE MEDICATION ADMINISTRATION PRACTICES
2.	Organizers	FNUR
3.	Date and Time	26 th April 2025 10:30 Am
4.	Venue	4 th Block Hospital Block , SGT Hospital

Banner

SGT UNIVERSITY FACULTY OF **NURSING**

In collaboration with AASGTU
Is organizing **Hands-on-Training** on

SAFE AND EFFECTIVE MEDICATION ADMINISTRATION PRACTICES

Expert Alumni

Mr. Shanky Dagar
B.Sc Nursing (Post Basic) (2020-2022)
Certified in QCM, ICM, MHA
Clinical Instructor,
Medanta- The Medicity, Gurugram

Organizers:

Prof. (Dr.) Sunil Kumar Dular Dean Faculty of Nursing, SGT University	Prof. (Dr.) Sarika Yadav Associate Dean, Faculty of Nursing, SGT University	Ms. Nicky Tyagi Assistant Professor Alumni Coordinator, Faculty of Nursing, SGT University	Ms. Sonam Assistant Professor Alumni Coordinator, Faculty of Nursing, SGT University
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10:30 AM Onward | April 26th, 2025 Saturday | 4th Floor, Hospital Block, SGT Hospital SGT University, Gurugram

Invitation N/A

Minute to Minute

Time	Activity
10:00 AM – 10:30 AM	Registration and Seating of Participants
10:30 AM – 10:35 AM	Welcome Address by Faculty Member
10:35 AM – 10:45 AM	Lamp Lighting Ceremony
10:45 AM – 11:00 AM	Introduction to the Theme by Event Coordinator
11:00 AM – 11:45 AM	Expert Session on Medication Administration Practices (Speaker: [Insert Name])
11:45 AM – 12:15 PM	Demonstration of Safe Medication Practices (Practical Insights)
12:15 PM – 12:30 PM	Interactive Q&A Session
12:30 PM – 12:45 PM	Feedback from Participants
12:45 PM – 1:00 PM	Vote of Thanks
1:00 PM onwards	Dispersal

Highlights of the Events (Images)





Details of the Events

S.N.	Description	Remarks
1.	Title of the Events	Empower me: Self Awareness & Mental Health Screening
2.	Organizers	Mental Health Screening (FNUR)
3.	Date and Time	7 th February 2025
4.	Venue	Govt Senior Secondary School

Introduction:-

The Department of Mental Health Nursing, Faculty of Nursing, SGT University, organized an impactful outreach activity titled "**Empower Me: Self-Awareness & Mental Health Screening**" on **7th February 2025**. This initiative was conducted at a **Government Senior Secondary School** in a nearby village, with the objective of promoting mental health awareness and early identification of psychological issues among school students.

As part of SGT University's ongoing commitment to community health and well-being, the activity focused on enhancing **self-awareness, emotional resilience, and mental health literacy** among adolescents. Through interactive sessions and screening tools, students were encouraged to express their thoughts, recognize emotional challenges, and understand the importance of seeking help when needed.

The program included educational talks, mental health assessments, and one-on-one interactions with trained faculty and students from the Department of Mental Health Nursing. The activity was well-received by the school administration, staff, and students, highlighting the importance of integrating mental health education at the grassroots level.

Such initiatives by SGT University reflect its dedication to extending healthcare knowledge beyond campus boundaries and fostering a mentally healthy society.

Highlights of the Events (Images/Pictures)





SGT UNIVERSITY

Shree Guru Gobind Singh Tricentenary University



Date: 27/01/2025

Time: 11:00 am Onwards

Name of the Event: Har Ghar Parivaar Suryanamskar Abiyaan

Type of Event: Yoga & Wellness

Organizers: Faculty of Indian Medical System and Yogic Science

Participants: All BAMS and BNYS students, along with teaching faculty

Venue: Shooting floor, A Block, SGT University, Gurugaon

Collaborators: Haryana Yog Ayog, Ayush Department & Higher Education Department

Banner

The banner features a sunset background with silhouettes of people practicing yoga. At the top, it includes logos for Haryana Yog Ayog, SGT University, NAAC A+, and the Ministry of AYUSH, Government of India. The main text reads: Faculty of Naturopathy And Yogic Sciences & Natura Wellness Club, Faculty of Indian Medical System, In collaboration with Haryana Yog Ayog, Ayush Department & Higher Education Department, Is organizing HAR GHAR PARIWAR SURYANAMASKAR ABHIYAN 2025. Below this, it lists the time (11:00 AM Onwards), date (Jan 27, 2025 Monday), and location (Shooting Floor, A Block Auditorium). It also lists the conveners (Dr. Sangeeth Somanadhapaal, Dr. Anil Sharma, Dr. Vidyavati Hiremath) and event coordinators (Dr. Bharat Vats, Dr. Akshatha Rao, Ms. Arli Sharma). A registration link and a note about downloading certificates are provided at the bottom.

Faculty of Naturopathy And Yogic Sciences & Natura Wellness Club
Faculty of Indian Medical System
 In collaboration with
Haryana Yog Ayog, Ayush Department & Higher Education Department
 Is organizing
HAR GHAR PARIWAR SURYANAMASKAR ABHIYAN
2025

🕒 11:00 AM Onwards 📅 Jan 27, 2025 Monday 📍 Shooting Floor, A Block Auditorium

Conveners:
 Dr. Sangeeth Somanadhapaal, Dean, FNYS
 Dr. Anil Sharma, Dean, FIMS
 Dr. Vidyavati Hiremath, Associate Dean, FIMS

Event Coordinators:
 Dr. Bharat Vats, FIMS
 Dr. Akshatha Rao, FIMS
 Ms. Arli Sharma, FNYS

Registration link: www.suryanamaskarharyana.in
 Note: You can download your certificate on given link after registration.

Minute to Minute Schedule

Time	Activity
11:00 am	Assembly of participants at the Shooting Floor
11:05 am	Introduction & Welcome by the Organizer
11:10 am	Brief significance of Suryanamaskar and Yoga benefits
11:20 am	Demonstration of proper Suryanamaskar postures by a Yoga Instructor
11:30 am	Mass Suryanamaskar practice – all participants follow together
11:50 am	Relaxation, deep breathing, and meditation
11:55 am	Vote of thanks and closing remarks
12:00 pm	Distribution of health pamphlets and a group photo
12:05 pm	Dispersal of participants

Glimpses of the Event



Event Overview

Faculty of Indian Medical System & Faculty of Naturopathic and Yogic Science SGT University, in collaboration with Haryana Yog Ayog, Ayush Department & Higher Education Department, has conducted “HAR GHAR PARIVAAR SURYANAMASKAR ABHIYAAN” at SGT University, A block, Shooting Floor on 27th January 2025. The programme started with an Inauguration function and the lighting of the lamp. Dr Anil Sharma, Dean of FIMS, gave a presidential speech and emphasized the importance of Yogic practices. 100 BAMS and BNYS students participated in the programme by registering on www.suryanamaskarharyana.in, and 13 rounds of Surya namaskar, loosening exercises, and pranayama were practiced by Yoga Saha yaks of Haryana Yog Ayog, Mrs. Baby Parashar and Mrs. Madhavi Yadav. The total duration of the practice was 1 hour. Mementos were distributed to Yog Saha yaks by Dr Anil Sharma and Dr Sangeet Somanadapai. Dr Vidyavati Hiremutt and Dr Bharath Vats distributed saplings. Dr Sangeet Somanadapai, Dean, FYNS, SGT University, delivered the Vote of Thanks.

Outcome of the programme:

The program engaged 100 BAMS and BNYS students, who practiced 13 rounds of Surya namaskar, loosening exercises, and pranayama. Mementos and saplings were distributed, fostering awareness about yoga and environmental sustainability. The event concluded with a positive and engaging atmosphere

Research-Oriented Learning:

The "Har Ghar Parivar Surya namaskar Abhiyaan" aimed to promote the practice of yoga, particularly Surya namaskar, to enhance physical and mental well-being among students.

Attendance Sheet



SGT
UNIVERSITY



Shree Guru Gobind Singh Tricentenary University

Faculty of Indian Medical System

Date : 27/01/2025

Har Ghar Parivar Surya Namaskar

Attendance Sheet

Roll number	Name	Signature
241616033	Sugam	Sugam
241616086	Shia	Shia
241616100	Anita	Anita
241616038	Shreya Sinha	Shreya Sinha
241616028	Riya Yadav	Riya Yadav
241616103	Saanvi Jaitly	Saanvi Jaitly
241616019	Kashish	Kashish
241616089	Samridhee Chandra	Samridhee Chandra
241616053	Diksha	Diksha
241616083	Manai	Manai
241616047	Devesh Kumar	Devesh Kumar
241616052	Tushar Kumar	Tushar Kumar
241616035	Nitin Kapur	Nitin Kapur
241616099	SAURABH UPADHYAYA	Saurabh Upadhyaya
241616073	LAKSHAY KUMAR	Lakshay Kumar
241616041	Rohit	Rohit
241616016	Daksh Sharma	Daksh Sharma
241616078	Hemanshi	Hemanshi
241616055	Simran Goyal	Simran Goyal
241616043	Kumar Ujjwal	Kumar Ujjwal
241616001	Gunjan Sharma	Gunjan Sharma
241616081	Rishi Sharma	Rishi Sharma
241616009	Dipanshu Yadav	Dipanshu Yadav
241616039	Mehak Yadav	Mehak Yadav
241616021	SMRITI CHATURVEDI	Smriti Chaturvedi
241616045	NEHA	Neaha
241616023	DIVYANSHI	Divyanshi
241616013	LAXMI	Laxmi
241616062	PRAKARTI KAUCHAL	Prakarti Kauchal
241616087	Madhu Yadav	Madhu Yadav
241616025	Ruchika	Ruchika
241616029	Saanya Katiyar	Saanya Katiyar
241616010	Bhoomi	Bhoomi
241616069	Kashish	Kashish

241616088	Vanshika	Vanshika
241616066	Lakshika	Lakshika
241616046	Nisha	Nisha
241616040	Priyamahu	Priyamahu
241616065	Deepak Sharma	Deepak Sharma
241616042	Suryansh Jain	Suryansh Jain
241616006	Anjali Mehlaawat	Anjali Mehlaawat
241616050	Tannu Yadav	Tannu Yadav
241616030	Tanu Yadav	Tanu Yadav
241616022	Yagita Yadav	Yagita Yadav
241616102	Manushi Veena	Manushi Veena
241616026	Shivam Tanwar	Shivam Tanwar
241616014	Nitin Kuman	Nitin Kuman
241616070	Sagar Sandhu	Sagar Sandhu
241616071	Mansi Rao	Mansi Rao
241616063	Khushi	Khushi
241616101	Priya	Priya
241616036	Gauri Singh	Gauri Singh
241616074	Simran Yadav	Simran Yadav
241616011	Tanish Saini	Tanish Saini
241616017	Gaurika Singh	Gaurika Singh
241616051	Akshay Tiwari	Akshay Tiwari
241616034	Rath Gupta	Rath Gupta
241616075	Faiz Ali	Faiz Ali
241616079	Sahud Khan	Sahud Khan
241616082	Jatin	Jatin
241616037	Samir Khan	Samir Khan
241616003	Devender	Devender
241616090	Karshit	Karshit
241616094	Anan	Anan
241616054	MEHWISH	MEHWISH
241616093	RIYA	RIYA
241616061	SHREYA	SHREYA
241616015	BHARTI	BHARTI

Event Coordinator

HOD



Event Report

Date: 04 June 2024

Title of the event: Workshop on Mind Body Medicine in Yoga and Naturopathy

Organizer(s): Faculty of Naturopathy & Yogic Science

Venue: TV studio, B-Block SGT University

Chief Guests / Speakers / Resource Persons: Dr. Nidheesh Kumar Yadav

Event Coordinator: Ms. Nitu Sinha,

Event Poster/Banner

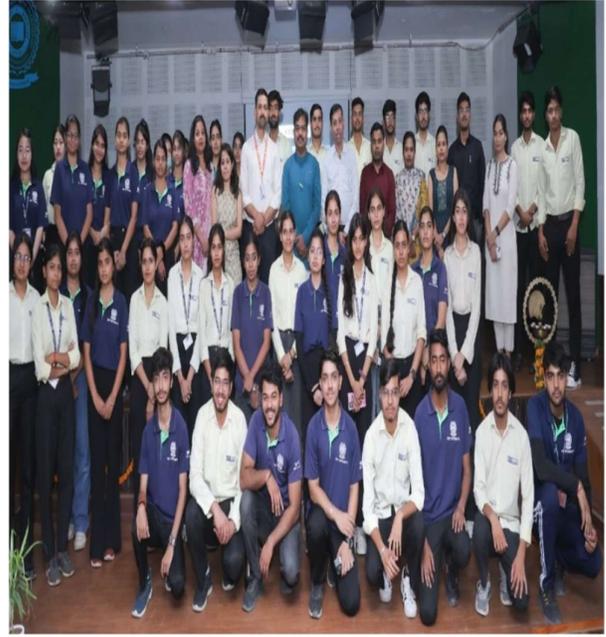
The poster features a light green background with a central illustration of a person in a yoga pose surrounded by a mandala. At the top left, it displays the SGT University logo and the text 'FACULTY OF NATUROPATHY AND YOGIC SCIENCES'. To the right are logos for the Ministry of Education, the university's emblem, and the NAAC A+ accreditation. The main text reads 'Natura Wellness Association WORKSHOP MIND BODY MEDICINE on the occasion of 10th International Day of Yoga'. It specifies the date and time as 'JUNE 04, 2024 Tuesday, 10:00 AM to 12:00 PM' and the location as 'TV.Studio, 3rd Floor, B-Block SGT University'. The organizers listed are Ms. Nitu Sinha (Event Coordinator), Ms. Arti Sharma (Event Coordinator), and Dr. Sangeeth Somanadhapai (Dean Convener). A speaker profile for Dr. Nidheesh Kumar Yadav, Associate Professor at Patanjali University, Haridwar, is shown on the right.

Minute to Minute Programme:

Time	JUNE 4TH 2024
10:00 AM	Ceremonial Lighting of the Lamp: The lamp was lit by Dr. Nidheesh Kumar Yadav and faculty members, marking the beginning of the program.
11:00 AM	Welcome Address: Dr. Sangeeth Dean FNYS gave a brief welcome address, welcoming all attendees and introducing the theme of the event.
12:00 PM	Guest Lecture by Dr. Nidheesh Kumar Yadav <ul style="list-style-type: none">• Key Points-• Introduction of Yoga.• Define Body, Mind & Soul.• The Mind-Body Connection.• Ashtanga Yoga.• Antakaran (Man, buddhi and ahankara)• Human nature and behaviour.• Ancient times vs modern times.
12:00 – 12:30 PM	Interactive Session <p>An interactive session followed the lecture, where participants could ask questions and share their thoughts on the topics discussed.</p> <p>Dr. Yadav answered questions related to practical approaches to integrating healthy lifestyle choices and understanding health rights.</p>
12:30 -1:00 PM	Vote of Thanks: <p>The event concluded with a vote of thanks by Dr. Alok, Assistant Professor, FNYS expressing gratitude to Dr. Nidheesh Kumar Yadav the organizing team, and all participants for their contributions and attendance.</p> <p>The program officially ended at 01:00 PM</p>



Glimpses of the Event



Glimpses of the Event

Workshop Overview:

Yoga is an ancient physical, mental, and spiritual practice that originated in India. The word 'yoga' derives from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'. It symbolizes the union of body and consciousness. Today, it is practiced in various forms around the world and continues to grow in popularity.

Outcomes Achieved:

Encourage relaxation.

Improve coping skills.

Reduce tension and pain and lessen the need for medication.

Research-Oriented Learning:

The mind-body techniques are to get the body and mind to relax and to reduce the levels of stress hormones in the body, so that your immune system is better able to fight off illness.

Attendance Sheet:

SGT University
Faculty of Naturopathy & Yogic Sciences
Participants List cum Attendance

Date of Event: June 04, 2024

1. Program / Activity Name (Title): Mind Body Medicine Workshop
On the Occasion of 10th International day of Yoga

Sr. No.	Name of Participants	Concerned Faculty/ Course	Contact number	Signature
1.	Neha Rawat	BAMS	9306424320	
2.	Love Yehout	"	7053944003	
3.	Kushagra	"	7678571229	
4.	Yukti sharma	"	9990254641	
5.	Azka Aziz	"	620399891565	
6.	mandeep)	9726916574	
7.	Amisha)	979928564	
8.	Mehak	"	9315800945	
9.	Riya	"	8608631087	
10.	Pankaj	"	7781010538	
11.	Shreya	"	7302948234	
12.	Krushika	BAMS	9671200227	
13.	Chahak	"	8130379302	
14.	Mitanshi	BAMS	7404573188	
15.	Komal	BAMS	8570896385	
16. 6	Chetna	BNYS 2 nd Yr	9205099520	
17.	Priyanka Yadav	BNYS 2 nd Yr	7011782838	
18. 8	Devanshi	BNYS 2 nd Yr	9810536082	
19.	Sanjana	BNYS 2 nd Yr	8800959447	
20.	Nikita	BNYS 3 rd Yr	8571873618	

21.	Anshu Anantak	BNYS 4th year	8860029877	Anshu
22.	Ruchi	BNYS 4th year	9729234167	Ruchi
23.	Rouney Jain	BNYS 4th year	8930958504	Rouney
24.	Nisha	BNYS 4th year	8571042879	Nisha
25.	Yash	BNYS 4th year	701548402	Yash
26.	Kash	BNYS 4th year	9585940989	Kash
27.	Misha	BNYS 1st year	7018116300	Misha
28.	Mannu	BNYS 1st year	8478421608	Mannu
29.	Piyush Shridher	BNYS 2nd year	7011858077	Piyush
30.	Vastika	BNYS 3rd year	8368233966	Vastika
31.	Kalpna	BNYS 3rd year	8800508986	Kalpna
32.	Shilpa	BAMS	7428686320	Shilpa
33.	Ranjeet Kaur	BNYS	8800343175	Ranjeet
34.	Neha	BNYS 3rd yr	9819002426	Neha
35.	Dhruv	BNYS 3rd year	9053295776	Dhruv
36.	Vedha	BNYS 1st year	9453293857	Vedha
37.	Kariga	BNYS 2nd year	898729958810	Kariga
38.	Burda	BNYS 2nd year	8729899770	Burda
39.	Dev	BNYS 1st year	8816946870	Dev Kumar
40.	Anna	BNYS 1st year	7404086082	Anna
41.	Wipita	BNYS 1st year	7033498080	Wipita
42.	Poojanka	BNYS 1st year	8004977900	Poojanka
43.	Simmi	BNYS 1st year	7206540569	Simmi
44.	Poojanka yadav	BNYS 4th year	9896402691	Poojanka
45.	Dang	BNYS 4th year	8592222096	Dang
46.	Obing	BNYS 4th year	9758659776	Obing
47.	Harsh	BNYS 4th year	9671210316	Harsh
48.	Aminul Islam	BNYS 2nd yr	6299773547	Aminul Islam
49.	Tushar yadav	BNYS 2nd yr	9053117598	Tushar

50.	Sourav	BNYS 2nd year	9819209010	Sourav
51.	Aditya	BNYS 2nd yr	9817214954	Aditya
52.	Indrajit	BNYS 2nd yr	9913176992	Indrajit
53.	Sanil	BNYS 2nd yr	9911764655	Sanil
54.	Yash	BNYS 2nd yr	7015473402	Yash
55.	Rupen	BNYS 1st yr	8397078739	Rupen
56.	Sheetal	BNYS 1st yr	9289067782	Sheetal
57.	Sagar	BNYS 1st yr	9319900819	Sagar
58.	Jilshan	B.N.Y.S 1st yr	8708650136	Jilshan
59.	Mohd Raheem	B.N.Y.S 1st yr	8901950458	Mohd Raheem
60.	Launhya	BNYS 1st yr	9354541846	Launhya
61.	Kaamini	BNYS 1st yr	9625231769	Kaamini
62.	Priyanshi	BNYS 1st yr	8059513900	Priyanshi
63.	Khushi	BNYS 1st year	9811031699	Khushi
64.	Vipul	BNYS 2nd yr	222001021	Vipul
65.	Jahmeed	BNYS 2nd year	222001010	Jahmeed
66.	Riya	BNYS 3rd year	212001014	Riya
67.	Jashine	BNYS 3rd year	212001024	Jashine
68.	Ashpreet	BNYS 3rd year	212001029	Ashpreet
69.	Manvi Tyagi	BNYS 3rd year	212001021	Manvi
70.	Manisha	BNYS 2nd year	212001001	Manisha
71.	Niharika	BNYS - Final	192001015	Niharika
72.	Sparschi	BNYS - Final	192001006	Sparschi
73.	Shweta	BNYS final	192001005	Shweta
74.	Rashika-V	BNYS 4th year	202001012	Rashika-V
75.	Anmol Khajuria	BNYS - 4th year	9810644353	Anmol
76.	Tanu	BNYS - 4th year	7206353551	Tanu
77.	Rakshi	BNYS - 4th year	7206322221	Rakshi
78.	Vikas Kankhik	BNYS 4th year	7204713508	Vikas
79.	Pashant	BNYS 4th year	8059622014	Pashant

80.	Dr. Anuja Anand	FNYS	9782040850	Anuja
81.	Dr. Alon	FNYS	885 8428 886	Alon
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Name & Signature: *Nitu Sinha*
Event Coordinators 4/06/2024

Event Report

Date: 21- 22 January 2025

Title of the event: The Healing Journey- Kundalini Practice for Wellness in Medicine.

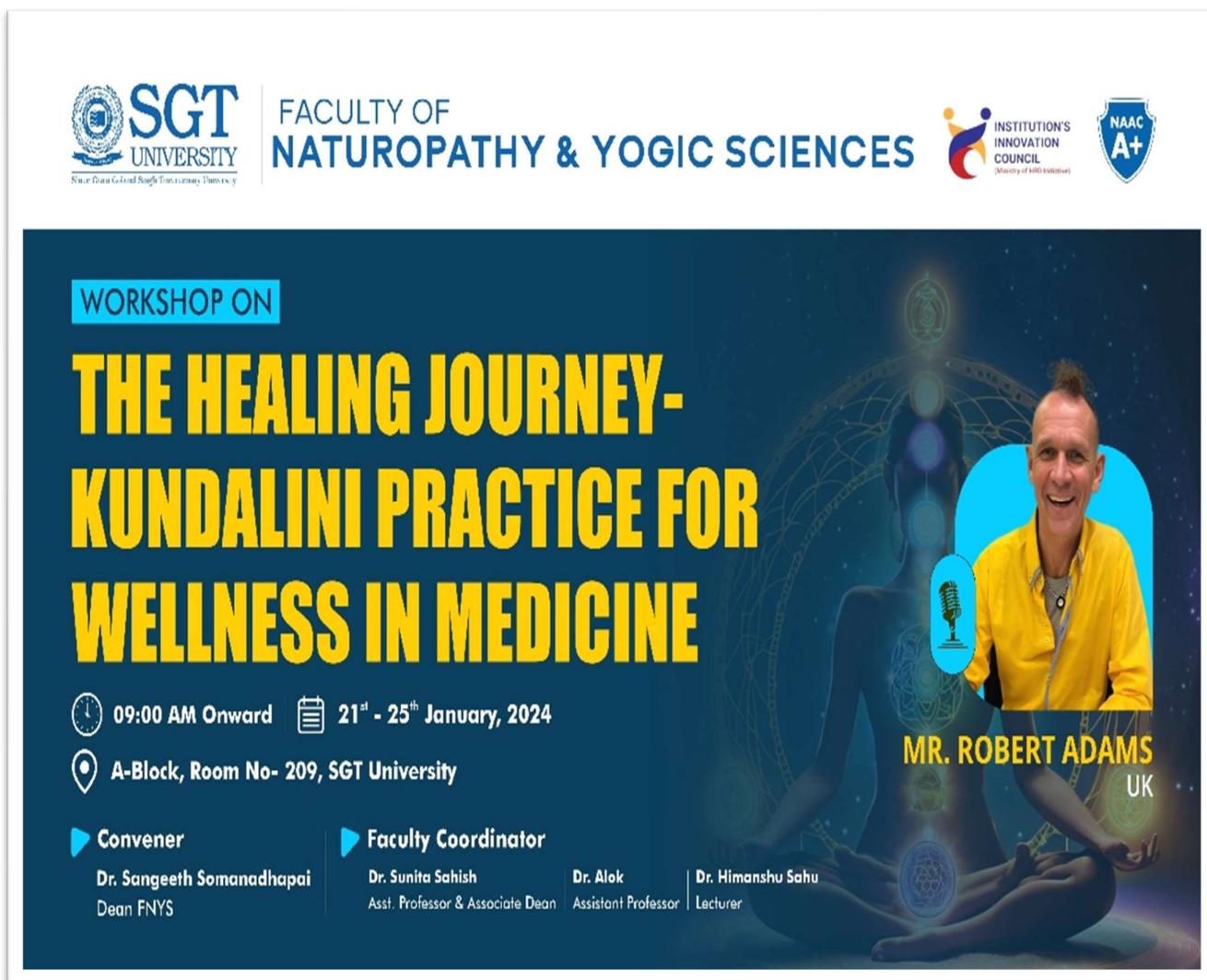
Organizer(s): Faculty of Naturopathy & Yogic Science

Venue: Room no 209, Block A

Chief Guests / Speakers / Resource Persons: Mr. Robert Adams

Event Coordinator: Dr.Sunita Sahish

Event Poster/Banner



The poster features a dark blue background with a glowing Kundalini diagram and a silhouette of a person in a meditative pose. A circular inset shows a smiling man in a yellow shirt, identified as Mr. Robert Adams. The text is in white and yellow, providing details about the workshop.

SGT UNIVERSITY | FACULTY OF NATUROPATHY & YOGIC SCIENCES | INSTITUTION'S INNOVATION COUNCIL | NAAC A+

WORKSHOP ON

THE HEALING JOURNEY- KUNDALINI PRACTICE FOR WELLNESS IN MEDICINE

09:00 AM Onward | **21st - 25th January, 2024**

A-Block, Room No- 209, SGT University

Mr. Robert Adams
UK

Convener: Dr. Sangeeth Somanadhapai, Dean FNYS

Faculty Coordinator: Dr. Sunita Sahish, Asst. Professor & Associate Dean | Dr. Alok, Assistant Professor | Dr. Himanshu Sahu, Lecturer

Minute to Minute Programme:

Minute to Minute Summary:

Date: 21 to 25 January 2025, **Time:** 9:00 AM to Onward, **Venue:** A-Block, Room No-209.

Program Schedule

9:00 AM – 9:15 AM

● **Welcome:**

Participants gathered in Room 209, where the event commenced with a formal welcome by the organizers.

9:15 AM – 9:30 AM

● **Opening Address by Prof. (Dr.) Sangeeth Somnathapai:**

Prof. Sangeeth, Dean of the Faculty of Naturopathy and Yogic Sciences, delivered the opening remarks. He outlined the objectives of the workshop and introduced the guest speaker, Mr. Robert Edams.

9:30 AM – 10:45 AM

● **Interactive Session by Mr. Robert Edams:**

- **Day 1: Overview, Philosophy, and History**
Introduction to Kundalini Yoga, its origins, and philosophical foundations, exploring its role in wellness and medicine.
- **Day 2: KTY, Surrender, and the Chakras**
Detailed exploration of Kundalini Yoga (KTY), the concept of surrender, and the energy dynamics of the chakra system.
- **Day 3: Technologies of Practices (1)**
Introduction to foundational Kundalini techniques, including breathwork, meditation, and basic kriyas.
- **Day 4: Technologies of Practices (2)**
Advanced practices focusing on specific kriyas, mantras, and their applications for healing and wellness.
- **Day 5: Summation and Review**
A comprehensive review of concepts and practices, reflections on learning, and insights for integrating Kundalini into daily life.

10:45 AM – 11:00 AM

● **Q&A Session:**

Participants actively engaged with Mr. Robert Edams, asking questions and discussing ideas related to Kundalini Yoga.

11:11 AM – 11:45 AM

● **Group Activity:**

Participants formed small groups to explore the practical application of Kundalini practices for wellness. Each group focused on specific themes, such as stress relief, energy balance, or workplace wellness. They brainstormed techniques like kriyas, breathwork, and meditations to address real-life challenges. Groups presented their ideas through short discussions or demonstrations, followed by a collaborative Q&A session. This activity fostered creativity, teamwork, and a deeper understanding of Kundalini's role in enhancing mental, physical, and emotional health, encouraging participants to integrate these practices into daily routines.

11:45 AM – 12:30 PM

● **Concluding Remarks and Vote of Thanks:**

The event concluded with closing remarks from the organizers, summarizing the key takeaways from the workshop. A vote of thanks was extended to Prof. (Dr.) Sangeeth Somnath Pai and the participants for their valuable contributions to the successful event.



Glimpses of the Event



Glimpses of the Event

Workshop Overview:

The Faculty of Naturopathy & Yogic Sciences (FNYS), under the guidance of the Institution Innovation Council at SGT University, successfully organized a five-day workshop on Kundalini Yoga for FNYS students. Held from January 21 to 25, 2025, the event aimed to provide participants with a rich experience that combined both theoretical and practical knowledge. The training sessions centered on the theme: “The Healing Journey – Kundalini Practice for Wellness in Medicine.” Each day included a 90-minute theory session followed by a 90-minute practical session, allowing participants to delve into the scientific, therapeutic, and practical aspects of Kundalini Yoga. The program sought to deepen students' and faculty members' understanding of the role of Kundalini practices in promoting holistic wellness and integrating traditional healing methodologies into the broader field of medicine. This report offers a comprehensive overview of the event, its objectives, and its outcomes achieved.

Outcomes Achieved:

- **Enhanced Understanding of Kundalini Yoga:**
Participants gained in-depth theoretical knowledge of Kundalini Yoga, its principles, and its relevance in promoting physical, mental, and spiritual well-being.
- **Practical Application of Techniques:**
Through daily 90-minute practical sessions, participants learned and practiced various Kundalini Yoga techniques, including breathwork, meditation, and posture alignment, enhancing their practical skills.
- **Integration of Yoga and Medicine:**
The program emphasized the therapeutic benefits of Kundalini Yoga, fostering an understanding of how it can be integrated into modern medicine to support holistic wellness.
- **Increased Awareness of Holistic Healing:**
Students and faculty developed a greater appreciation for holistic approaches to health, recognizing the potential of Kundalini practices in addressing physical ailments and improving mental health.
- **Skill Development for Students and Faculty:**
The event provided participants with valuable tools and insights to incorporate Kundalini Yoga into their professional practice and personal lives.
- **Promotion of Traditional Healing Practices:**
The training encouraged the preservation and promotion of traditional healing methodologies, highlighting their importance in complementing conventional medical practices.

Research-Oriented Learning:

Explore Kundalini Yoga's healing potential for promoting wellness in medicine.

Attendance Sheet:

SGT UNIVERSITY
Faculty of Naturopathy & Yogic Science
The Healing Journey- Practice For Wellness in Medicine
Date:-22/01/2025

Sr. No	Name of Participants	Concerned Faculty/ Course	Contact Number	Signature
1	Karishma	BNYS	8132801944	Karishma
2	Diksha	BNYS	9896129424	Diksha
3	Pansant	BNYS	8059622614	Pansant
4	Reetu	BNYS	8059622614	Reetu
5	Vikas Kushik	BNYS	87404713508	Vikas
6	Havi	BNYS	8595780490	Havi
7	Arshita	BNYS	9871694971	Arshita
8	Deepesh	BNYS 1st year	8053459599	Deepesh
9	Manvi Tyagi	BNYS 3rd year	8368090965	Manvi
10	Manvi	BNYS 2nd yr	8826460794	Manvi
11	Ratneshtika Varma	BNYS 1st Year	7398816578	Ratneshtika Varma
12	Nisha	BNYS (Intern)	8578042879	Nisha
13	Harshpal Singh	"	9719464793	Singh
14	Kash	"	8585940789	Kash
15	Harsh Kumar	"	96712210816	Harsh
16	Sahil	BNYS 4th Year	9992484350	Sahil
17	Vikas Pal	"	9811924482	Vikas
18	Kanika	BNYS 4th yr	9717383944	Kanika
19	Sakshi	BNYS 4th yr	7206826221	Sakshi
20	Sheetal	2nd yr	9289067782	Sheetal
21	Garima	2nd yr	8178328960	Garima
22	Anmol Khajuria	4th - year	9810644353	Anmol
23	Javia	BNYS (II)	9596362024	Javia
24	Manisha	BNYS 3rd Year	7015280812	Manisha
25	Prakshi	BNYS 1st yr	9355333017	Prakshi
26	Nangita Piku	BNYS 1st year	8132977722	Nangita
27	Ritika	BNYS 1st Year	9896694472	Ritika
28	Jannu	BNYS 1st Year	9306847002	Jannu
29	Madhuri Raghav	" "	7838751325	Madhuri
30	Madhavi Roshilla	" "	9899959954	Madhavi
31	Starshi	BNYS Intern	817122772	Starshi
32	Rashmi Raveena	BNYS (4th yr)	7827204660	Rashmi
33	Husam	BNYS 1st yr	8684699447	Husam
34	Kemkem	BNYS 1st yr	9992115306	Kemkem
35	Shambhavi	BNYS 1st yr	7827737195	Shambhavi
36	Varsha	"	8168694911	Varsha
37	Bhashti (53)	"	8826839893	Bhashti
38	Mohammad Rahif	2nd year	8901950158	Mohammad
39	Mohd. Kaif	2nd Year	9991447747	Mohd. Kaif

(Handwritten Signature)

SGT UNIVERSITY
Faculty of Naturopathy & Yogic Science
The Healing Journey- Practice For Wellness in Medicine

Date:-22/01/2025

40	Rupesh Dahiya	1st year 2nd	8901036296	
41	Sagar	2 nd Year	9319900819	
42	Vishal Yadav	BNYS 1 st year	9812559925	Vishal Yadav
43	Anshu	1 st year	8170719369	
44	Manan Rama	BNYS 1 st year	8882610234	
45	Sunil	BNYS 1 st year	8901060253	Sunil
46	Aakash	BNYS 1 st year	9996038258	Aakash
47	Himanshu	BNYS 1 st year	9013496292	Himanshu
48	Rohan Sindagi	BNYS 2 nd Year	7898531979	
49	Prabhakar Singh	BNYS 2 nd Year	989765555	
50	Gurjit Singh	BNYS 2 nd Year	9811422771	Gurjit Singh
51	Dixya	BNYS 2 nd Year	9306292649	Dixya
52	Sahmya	BNYS 2 nd Year	9354541846	
53	Priyanka	BNYS 2 nd "		
54	Anna	BNYS 2 nd "	7404086082	
55	Aarohi	BNYS 2 nd Year	7023498088	
56	Edina	BNYS 2 nd Year	9667780256	
57	Sudham	BNYS 2 nd Year	971303968	
58	Priyanka	BNYS 2 nd Year	232001014	Priyanka
59	Pallavi	BNYS 1 st year	9224077492	Pallavi
60	Dev	BNYS 2 nd year	9452954514	
61	Vedshree	BNYS "	8816946870	Vedshree
62	Priyanshi	BNYS "	9671892430	Priyanshi
63	Repen	BNYS "	8898627280	Repen
64	Vaishnavi	BNYS 1 st year	9162338312	
65	Shreshth	BNYS 1 st year		
65	Chonehal	BNYS 1 st year	9162338311	
66	Nadar	BNYS 3 rd year	9899765558	
67	Ash	BNYS 3 rd year	7719556258	
68	Tanishq	BNYS 3 rd year		
69	Priyanshu	BNYS 1 st year	7488337967	Priyanshu
70	Sarika Singh	BNYS 1 st year	9310245229	Sarika Singh