



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Event

Community Mental Health Program



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Program In charge : Brig Randhir Singh Yadava

Topic : Community Mental Health Program

Faculty/Department: Faculty of Behavioral and Social Sciences

Date : 29 Nov 2023

Time : 10.30 AM to 2.30 PM

Venues : Tulsi Healthcare Centre, Gurugram



E Brochure-

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R-606
24/11/23

Faculty of Behavioural Sciences

SGT/FBSC/CL.Psy/2023/ 202

Date: 24-11-2023

To
The Registrar,
SGT University, Haryana

Subject: Permission for visit to Tulsi Health Care Centre for community outreach program by students of M.Phil (Clinical Psychology) and Professional Diploma in Clinical Psychology

Respected Sir,

The Department of Clinical Psychology, Faculty of Behavioural Sciences, is planning to take students of M.Phil (Clinical Psychology) and Professional Diploma in Clinical Psychology to Tulsi Health Care Centre Gurugram for community outreach program on 29th November 2023. This is part of their curriculum. 20 students, and two faculty members will depart at 09:00 AM from A-Block and return by 03:00 PM. Brig Randhir Singh Yadava will be the coordinator.

Seeking your approval for the program and necessary arrangements as per university norms.
Administrative support required – vehicle for 22 persons (1 Bus) on the day of the visit.

Thanking You

Randhir
Coordinator
Brig Randhir Singh Yadava
Assistant Professor
Department of Clinical Psychology

DAV
Dean
FBSC
Dean
Faculty of Behavioural Sciences
SGT University
Gurugram (Haryana) (Pin Code: 122505)

May be considered for approval please
VE
Approved as per rule
Resident
24/11/23

Joint Registrar
SGT University
Budhera, Gurugram
24/11/23
Dean (FBSC)



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Background: Keeping the University resolve of ‘*Samazik Vikas SGT ka Paryas*’ in view, the Faculty of Behavioral and social Sciences has been organizing regular community outreach program. This event was also an exercise in that direction. A Community Mental Health Program was organized at Tulsi healthcare centre on 29 Nov 2023.

Organizers: Faculty of Behavioral and Social Sciences, SGT University.

Participation: The following faculty/students participated in the event:

Faculty member

1. Brig Randhir Singh Yadava – Assistant professor

Students

1. Nishtha Jain
2. Taranpreet Kaur
3. Sharmila Ganguly
4. Vanshika Beri M Phil II Year
5. Rhey Kumar
6. Angela Mathias
7. Swati Sharma
8. Sonam Chandnani
9. Chhaya Palan
10. Sweta
11. Anjali Srikanth PDCP
12. Avleen Kaur
13. Vadee Sharma
14. Aditi Saxena
15. Bhoomika Sharma
16. Vidushi Yadav
17. Punya Dev
18. Parmeshwari M Phil I Year
19. Mansie Khosla
20. Barkha Soni



Report of the Event:

- a) **Introduction.** Maintenance of good mental health is essential to achieve one's full potential, adapt to evolving situations, enhance self-efficacy, develop good coping mechanism to face the difficult situations, have cordial relationships and live in harmony with environment. With that in view, Tulsi Healthcare Centre which is a well-known Institution for mental health care and rehabilitation was visited by 20 students of M Phil (Clinical Psychology) and PDCP students on 29 Nov 2023.

b) **Objectives of the Event :**

1. To give exposure to students of treatment of institutionalized patients.
2. To familiarize students with the use of neurological modulation techniques.
3. To involve trainees of Faculty of Behavioral and Social Sciences in community outreach services.

c) **Brief description of the activities-**

- 20 students of M Phil Clinical Psychology and PDCP students under Brig Randhir Singh Yadava, Assistant Professor, department of Clinical Psychology reached Tulsi Healthcare Centre, Sector 64, Gurugram.
- The team was received by Mr Rahul Gupta who briefed the students on general working of the institution.
- Dr Gorav Gupta, the Founder and CEO of Tulsi Healthcare, educated the students on the current scenario of mental health in the country.
- The students attended a group counselling session for heterogeneous patients by Dr Gorav Gupta.
- A visit to Neuromodulation Lab was conducted by Dr Cheena Choudhary, Sr Manager, where the students were familiarized with various devices to include VRET, ECT, Deep Brain Stimulation therapy and Ketamine Therapy.
- The students also interacted with the patients and got insight into their problems.
- The students also visited the indoor games stadium and learned the importance of physical and recreational activities.



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d) Screenshots of Webinar/ Picture of Event:





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 **GPS Map Camera**



Gurugram, Haryana, India

Tulasi Healthcare - Best Mental Hospital, Rehabilitation & Deaddiction

Centre Unnamed Road, Sector 64, Gurugram, Haryana 122102, India

Lat 28.389545°

Long 77.070619°

29/11/23 12:42 PM GMT +05:30

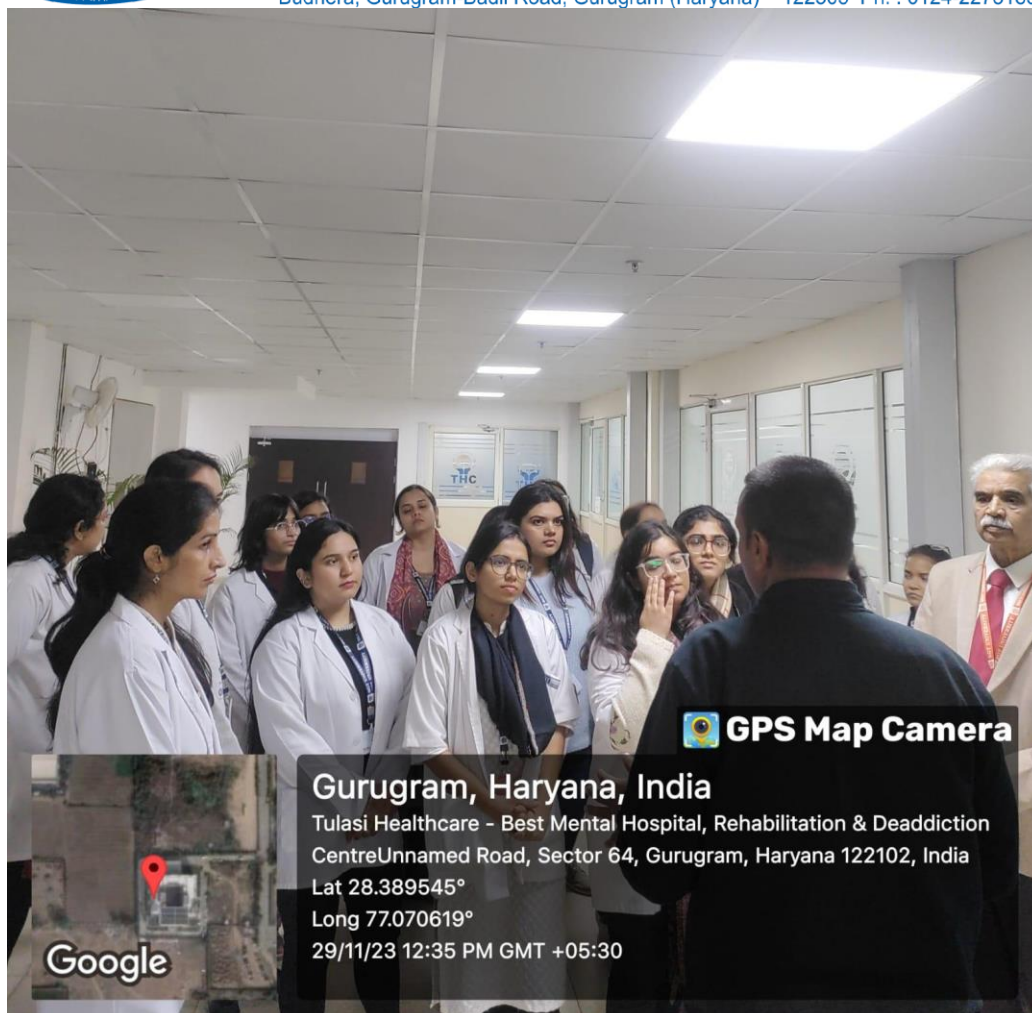


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 GPS Map Camera



Google

Gurugram, Haryana, India

Unnamed Road, Sector 64, Gurugram, Haryana 122102, India

Lat 28.389291°

Long 77.070644°

29/11/23 10:52 AM GMT +05:30



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e) Feedback

Shaminda Ganguly 11 April Year 2

Tulasi Mental Healthcare is the largest private psychiatric hospital in NCR and for all of us the first private psychiatric hospital visit. We met Dr. Gorav Gupta and watched his group psychoeducation of patients who were mostly from upper SES. We visited the rooms, saw the work stations where therapy was held, the activity room, the indoor stadium. We were also shown the ECT area, TMS, virtual reality, Ketamine Therapy and Biofeedback rooms. We interacted with the marketing executive and Sheena who is a Sr. Manager counselling. Most rooms were either single, double or triple. They had a separate VIP floor. The activities included Physiotherapy, gymnasium, billiards table, table tennis tables. Thank you for organising this visit.



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Rheya Kumar, MPhil 11th year.

A very informative educative excursion. Tulsi healthcare was an impressive infrastructure for rehabilitation of individuals with chronic mental illness. The group therapy session dived into the nuances of patient's role in treatment and medical compliance.

Shwati Sharma, MPhil 11th year

The visit to Tulsi Healthcare Centre was a very insightful experience. We observed the various facilities provided by the centre to its IPD and OPD patients. The manner of functioning of the institution was impressive and precise worthy. The staff was welcoming and we had interesting conversations about their day to day experiences.

Angela Mathias, MPhil 11th year.

Visit to Tulsi Healthcare centre was very informative experience. The interactive group session gave insight on the functioning & challenges faced in a private psychiatric center. The staff was welcoming, and the infrastructure as well as ^{various} neurotechnologies was interesting.



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List of participants: The students attended the Group Session which had about 30 patients with heterogeneous psychiatric problems. Students also interacted with one-to-one basis with the patients. There were about 75 patients admitted in the Institution.



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Shree Guru Gobind Singh Tricentenary University



FBSS/Clinical Psy/2024/1

02 Apr 2024

Circular

One faculty member and 12 students of PDCP and M Phil Clinical Psychology I year will proceed to Govt Model Sanskriti Sr Sec School Farukhanagar on 07 April 2024 as per the following program

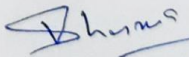
Departure from A Block – 11.00 AM

Return to the University – 15.30 PM

The student will interact with the principal, teachers and students and carry out the following activities

- Evaluation of issues related to adolescence
- Psychoeducation on problems related to the students
- Group counselling
- Feed back to the principal regarding the issues discussed

Brig Randhir Singh Yadava will be the coordinator and guide for the visit.


Head 2.4.24
Department of Clinical Psychology
Faculty of Behavioural Sciences
SGT University, Budhera Gurugram

