



Online National Workshop on “Self-Growth based on Rational Emotive Behavior Therapy (REBT) Principles” October, 5th 6th & 7th 2020

Resource Person: Dr. Sowmya Puttaraju

(10.00am-05.00pm)



Dr. Sowmya Puttaraju is a Consultant Psychologist at Postgraduate Department of Psychology, Mount Carmel College, Bengaluru since 2018. She is also a renowned mind Counsellor, life coach, and adjunct faculty in various institutions situated at Bengaluru.

Program Coordinator: Dr. Sanjay Kumar

Dr. Sanjay Kumar is an Assistant Professor in the Department of Psychology and also a psychological counsellor in Dr. HSGVV, Sagar. He is a recognized “Counselor” by the MHRD, Govt. of India and extends the counseling services to the students through the “MANODARPAN” portal regularly.



Organizing Committee:

Chief Patron:

Prof. J. D. Ahi,
Hon'ble Vice-Chancellor, Dr. HSGVV, Sagar

Patron:

Prof. A. D. Sharma, Dean-H.S.S. & DoSA,
Dr. HSGVV, Sagar.

Program Advisors:

Prof. Uday Jain, Ex. Vice-Chancellor
APS, University, Rewa.

Prof. Pramod. K. Rai (Retd.) Department of
Psychology, Dr. HSGVV, Sagar.

Mental Health Task Force,
Dr. HSGVV, Sagar

Organizing Secretaries:

Dr. Sharda Vishwakarma,
Dr. D. N. Sharma, Mr. Abhilash Singh



National Webinar on “Life amidst Crisis: Mental Health Perspective of COVID-19 Pandemic” October, 8th & 9th 2020



Sub-theme-1: Mental Health Pandemic post COVID19: Effective coping strategies



Schedule: 08.10.2020
10.00am-12.00pm

Dr. Dharitri R.
*Clinical Psychologist,
Bangalore, India*



Dr. Masood Masood,
*Clinical Psychologist, Govt.
Medical College Kashmir, India*

Sub-theme 2: Gearing up for the new normal:
Dealing with stigma and infodemic



Schedule: 08.10.2020
12.00pm-02.00pm

Mr. Mohit Kumar
*Clinical Psychologist ,
AIIMS, Bhopal, India*



Dr. Akriti Srivastava,
*Assistant Professor, Christ
University, Bangalore, India*

Sub-theme 3: COVID House Arrest: Fostering healthy interpersonal relation within families



Prof. Uday Jain,
*Social Psychologist, Ex. VC, APS
University, Rewa, M.P. India*

Schedule: 09.10.2020
08.00am-10.00am



Ms. Ashwini N. V, *Counselling
Psychologist & Director Muktha,
Foundation, Bangalore, India*

Host-Institution

Link to Register:

<https://forms.gle/RHLfUN2whm9tKuQ68>

Contact: Dr. Sanjay Kumar, 8819034818;

Email: sanjaybhu5504@gmail.com

Organized by: B. S. Centre of Neuropsychology & Counselling, Department of Psychology, Doctor Harisingh Gour Vishwavidyalaya, Sagar, M. P. 470003