

Seminar Report (2020-21)

On the occasion of the mental health day the two-day webinar on “Life amidst Crisis: Mental Health Perspective of COVID-19 Pandemic” was organized from October, 8th & 9th 2020 and the interactive session with the students was held adding the knowledge of the various aspect cognitive behavior therapy and its relatable application to the field. To fulfill the purpose of the awareness about mental health among society, approx. 200 students joined in the program.

A workshop was organized entitled “Self-growth based on rational emotive behaviour therapy” during 05.10.2020 to 07.10.2020 by the Department of Psychology, Dr. Harisingh Gour University, Sagar, MP. About 50 participants attended the programme. Dr. Sowmya Puttaraju, consultant psychologist, Mount Carmel College, Bengaluru, Dr. Dharitri. R., Clinical Psychologist, Bengaluru, Dr, Masood Massood, Clinical Psychologist, Government medical college, Kashmir, Mr Mohit Kumar, Clinical Psychologist, AIIMS, Bhopal, M.P., Dr. Akriti Srivastava, Assistant Professor, Christ University, Bengaluru, Ms. Ashwini, N. V., Counselling Psychologist and director, Muktha Foundation, Bengaluru were resource persons of the programmes.

(Prof. A. D. Sharma)

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