



DAV UNIVERSITY, JALANDHAR
Department of Psychology and Education
proudly presents
**Workshops on 'Promotion of Mental Well Being-
A State of Mental Health'**

Workshop on LIFE WITHOUT ANGER
February 5th, 2019



Dr. Dean Van Leuven
Founder President
World Emotional Literacy League, USA

Workshop on
SELF DISCIPLINE
February 5th, 2019



Dr. Shreya Pahwa
RE&CBT Therapist
Advance training from Albert Ellis
Institute, New York
Branch Head, Rationally Yours - Bhopal
Founder - Manahsthiti

Workshop on MINDFULNESS BASED
STRESS REDUCTION TECHNIQUES
February 6th, 2019



Dr. Hina Chatha
Ph.D in Clinical Psychology
Trained Therapist in CBT, Canada

REGISTRATION FEE

Teachers: Rs. 800/-
Students: Rs. 500/-