

Conferences and Workshops

Academic Year: 2018 – 2019

International Conference and Workshop on “Mental Wellbeing – A State of Mental Health, Its Relation with Education and Society”

The Department of Education and Department of Psychology have organized a two-day International Workshop and Conference on Mental Well-Being: A State of Mental Health and its Relationship with Education and Society.

The two-day conference began with a warm welcome note from the conference convener, Dr. Jasbir Rishi, for the dignitaries and delegates. Prof A. K. Sharma embarked on the inaugural event with the 'lighting of the lamp ', along with the divine amalgam of Gayatri mantra recital and chants.

After these wise words, the Dignitaries collectively launched the ‘Abstract book’ and the University Calendar, followed by felicitating the esteemed guests with mementos and shawls as a token of respect.



First Day of Conference

Workshop on “Life without Anger” – Dr Dean Van Leuven

The wise person with years of wisdom and experience addressed the audience that ‘Emotional Literacy is a global trend of today’s world where **Life without Anger** is a practical amalgam of emotional intelligence skills.

He emphasized that “Anger is unavoidable, but we can do a lot about it. We can train our minds to be anger-free.” Any individual can be anger-free if one assumes that – ‘I am angry, I am at mistake and can be free from anger’.

It is the conditioning of the brain that tells the individual to be angry in a particular situation. So we need to learn to think differently and train ourselves to deal with different situations. It is the ‘ability to think’ that can make an individual anger-free. One would reflect first and not judge the situation quickly. It is also important to understand the value of positive choices. Breaking habits is most difficult but one must understand that ‘Life can be beautiful if we change, it is just a manner of Learning.



The wise words by the Honorable guest, “Create peace within yourself in order to have peace in the world. He calls it ‘Emotional Literacy ‘which can be learned, and one can become easy with others and relations, accepting others. The one thing everyone wants in life is ‘Love ‘

Workshop on “Self Discipline” by Dr Shreya

Dr. Shreya through her interactive discussion session emphasized that we beat ourselves, undermining one ‘s own self when we are not disciplined enough, but we never take credit when we act in disciplined way. She taught as how we can increase our Self-discipline by building the requisite set of skills.



Second Day of Conference

Workshop on “Mindfulness-based Stress Reduction Techniques” by Dr. Hina Chatha

Dr. Hina started the session with an interrogative query from the Audience, what is mindfulness? She further explained this experiential process which begins with ‘clearing the Space’ which means to open mind to conceive correct notions.



It also emphasized upon physiology of mindfulness which involves stress–regress and stress–progress functioning. The concepts of mindful meditation were also practiced by the Audience guided by the trained therapist. The session concluded with interaction with the delegates and students.

Academic Year: 2019 – 2020

National Conference and Workshop on “Psychological Disorders in Conflicting World: Role of Positive Psychology and Mental Health”

National Conference and Workshop on **Psychological Disorders in Conflicting World: Role of Positive Psychology and Mental Health**, was organized by the Department of Psychology in collaboration with the Department of Education, DAV University on 27th and 28th of February, 2020. The event was a symposium for Academicians, trained Psychologists, Counsellors, Research scholars, and Students to gain an enormous repository of exploratory knowledge to encourage psychological well-being and promote programs based on Positive Psychology and harnessing the power of shifting one's perspective to maximize the individual's potential.



National Workshop on “Anger Management”

The National Workshop on **Anger Management** was organized by the Department of Psychology in collaboration with the Department of Education, DAV University on 27 February 2020.

There are several aspects covered in this workshop such as **Stress Management and Coping, Public Health Promotion, Conflict Identification and Adolescents, Addiction and Self-regulatory behaviour, Drug Use, and Mental well-being.**



National Workshop on “Behavioural Assessment and Psychometric Testing”

National Workshop on **Behavioural Assessment and Psychometric Testing** was organized by the Department of Psychology in collaboration with the Department of Education, DAV University on 28 February, 2020.

During the workshop, a number of tests were conducted which included- **Psychological Well-Being Test, Oxford Happiness Scale, Self-Esteem Test, Self-Efficacy Test, Resilience Test, Test for Learned Optimism, and Locus of Control.**



Academic Year: 2020 - 2021

International Conference on “Innovative Pedagogical Approaches for Integration of Physical Education and Yogic Sciences in Teacher Education”

An international conference on the theme of **Innovative Pedagogical Approaches for the Integration of Physical Education and Yogic Sciences in Teacher Education** was organized by the Department of Physical Education and Department of Education from 21st June 2021 to 22nd June 2021.

Health is a critical input for the overall development of the child in which physical education and yoga contribute to the physical, social, emotional, and mental aspects of a child’s development. Therefore, the innovative curriculum and pedagogic techniques need to be reinforced at the policy level, with administrators, other subject teachers in schools, the health department, parents, and children.

The conference aimed to focus on how to bring new technologies with appropriate strategies in teacher education and education at all levels of schooling for the holistic well-being of the students and quality education. It was for the benefit of the public in general and academicians, physical educationists, teacher educators, sports and yoga scientists, psychologists, physiotherapists, coaches, nutritionists, policymakers and sportspersons in particular.



DAV UNIVERSITY, JALANDHAR

*Department of Physical Education &
Department of Education*

Organize

International Conference

On

*Innovative Pedagogical Approaches for Integration of
Physical Education and Yogic Sciences in Teacher
Education*

(21-22 June, 2021)

Academic Year: 2021 – 2022

Workshop on “Innovative Pedagogy for Effective Teaching and Learning”

The Department of Education, DAV University Jalandhar has organized two days “Innovative Pedagogy for Effective Teaching and Learning” workshop from 3rd to 4th March 2022 for students enrolled in integrated B.A. B.Ed and B.Sc. B.Ed. Our university has been active in imparting hands-on training on advancements in school-level pedagogy. The workshops and training programs have been primarily organized to train the students of the final year of B.Ed. programme. Through several interactions with educational administrators and stakeholders, consolidated training programs for B-Ed trainees have been felt. The primary aim of the workshops was designed to equip participants with innovative techniques and strategies of teaching in order to lead change and monitor impact in the educational setting. Each session of

the workshop focused on a different area of teaching and learning practice and has developed the skills through the use of practical tools and tips.



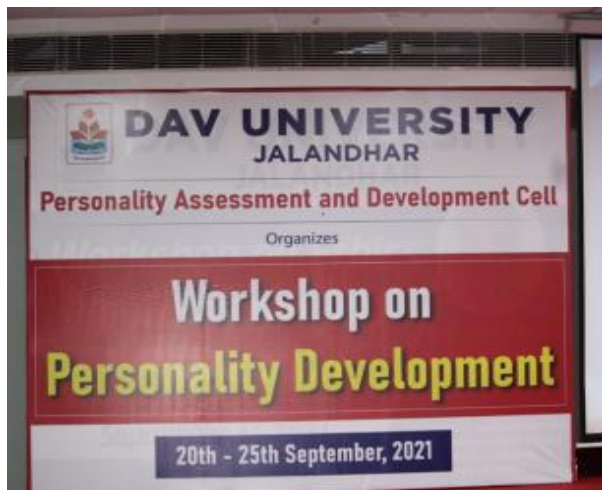
Workshop on “Personality Development”

A two-day workshop on “Personality Development” was organized by the Department of Education from 20th of September 2021 to 25th of September 2021.

Personality Development is pivotal to personal and professional growth. In the increasingly competitive world of today the employers are focusing on people with better interpersonal and communication skills. The workshop was aimed to inculcate confidence in the pupil students to face different situations in the workplace. In addition, a great



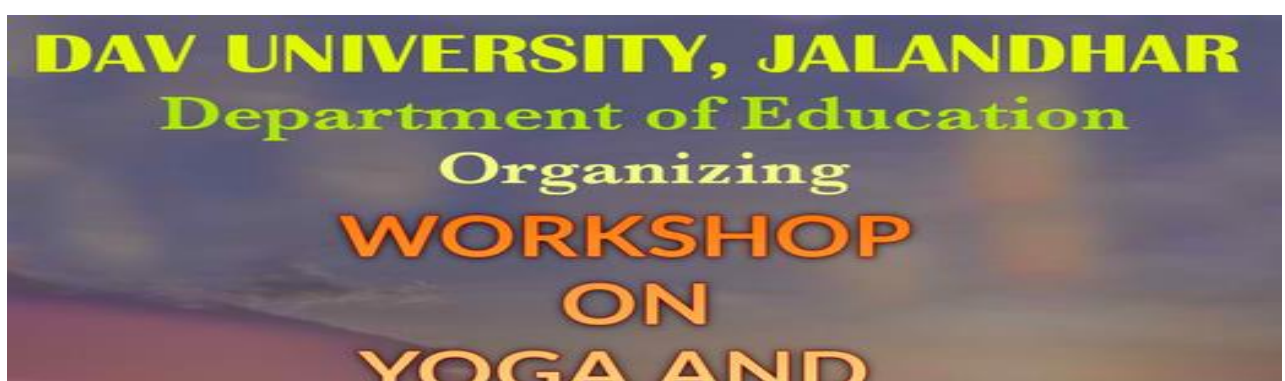
deal of emphasis was given to nurturing communication skills (oral and written).



Academic Year: 2022 – 2023

Workshop on “Yoga and Healthy Food Habits” on 13th of March, 2023

The Department of Education organized a workshop on 13th March 2023 on “Yoga and Healthy Food Habits.” The workshop focused on promoting a balanced lifestyle, emphasizing the benefits of regular yoga practice and nutritious eating for enhancing physical and mental well-being. Participants actively engaged in practical sessions, gaining valuable insights into sustainable health practices. This initiative highlighted the significance of mindful living and fostered a community committed to wellness.



An International Art Workshop with Russian & Indian Artists from 13th of December, 2023 to 18th of December, 2023.

The Department of Education successfully hosted an enriching International Art Workshop spanning three days, from October 13th to October 17th. The workshop brought together a diverse group of artists from Russia and India, fostering a dynamic environment for cultural exchange and artistic collaboration. Throughout the event, our students had the unique opportunity to observe and engage with these artists as they painted, providing valuable insights into their techniques and creative processes. The workshop not only served as a platform for skill development but also played a crucial role in bridging cultural gaps. The exchange of ideas and the shared passion for art created a harmonious atmosphere, breaking down barriers and fostering a deeper understanding between Russian and Indian artists. The guidance provided by the visiting artists was instrumental in shaping our students' artistic perspectives, making this workshop a truly transformative experience.



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