

HIGHLIGHTS OF STTP ON “MENTAL HEALTH INTERVENTIONS IN PRACTICE”

DAY 1 (03/02/2025) Inaugural Session

- A warm welcome to all attendees, introducing the event **Short Term Training Programme on “Mental Health Interventions in Practice”** and setting the stage for the sessions ahead.
- Recognizing dignitaries, **Vice-Chancellor Prof. Dr. Manoj Kumar Ji**, **Dean CBME Dr. Geetika Nagrath** and distinguished individuals **Dr. Ashmeen Kaur**, **Dr. Atul Madaan**, **Dr. Tarlochan Singh** attending the event.
- Lighting the Lamp and singing DAV Gaan.
- Acknowledging the esteemed presence of distinguished individuals with a planter and memento.
- Address by the honourable **Vice-Chancellor Prof. Dr. Manoj Kumar Ji**.
- A speech from keynote speakers **Dr. Atul Madaan** and **Dr. Tarlochan Singh** providing insight into the event's theme, goals, and expected impact.
- Expressing gratitude to the keynote speakers, guests and participants.
- Summarizing the purpose of the session, offering final words of encouragement or inspiration, and officially declaring the event open.



Technical Session 1- Counselling Skills

- First Resource Person **Dr. Atul Madaan** Autism Specialist, Clinical Psychologist (RCI Regd.), Operational Head & Clinical Psychologist - Care For Autism (CFA).
- Introduction to **Counselling Skills** and Dr. Atul Madaan's Approach.
- Dr. Madaan introduced the basic principles of counselling, emphasizing the importance of mental health and well-being.
- A brief insight into his professional journey and his approach to counselling, which included psychological tests, evidence-based techniques, and his personal philosophy.
- Dr. Madaan explained how empathy is crucial for building a therapeutic relationship, **Non-Judgmental Stance**.
- He covered how counsellors can use verbal and non-verbal communication effectively to help clients feel heard and understood, **Questioning and Reflection**, Ethics in Counselling.
- A review of various counselling techniques and when to use each one depending on the client's needs.
- Dr. Madaan used real-life case studies to illustrate how counselling techniques are applied in different contexts.
- The session included time for participants to ask questions, clarify doubts, and discuss any specific challenges they might face in their own counselling work.
- Closing Remarks and **Vote of Thanks**.

DAY 2 (04/02/2025)

Technical Session 2- Rational Emotive Behaviour Therapy





- The session began with a warm welcome, emphasizing **Dr. Shreya Pahwa's** background, expertise, achievements and contributions to the field.
- The resource person was formally honoured with a token of appreciation as a gesture of respect and gratitude.
- The session's objectives and goals were clearly laid out, outlining how the resource person's expertise would enrich the participant's understanding of the topic.
- Dr. Pahwa emphasized the importance of **disputing irrational thoughts** to achieve happiness.
- She conducted practical sessions and demonstrated therapeutic techniques, dividing participants into groups to help them tackle crises effectively.
- Vote of thanks to express heartfelt gratitude to the resource person for her valuable insights, time, and contribution to the session.

Technical Session 3- Progressive Muscle Relaxation



- The session began with a warm welcome, emphasizing **Dr. Palak Arora's** background, expertise, achievements and contributions to the field.
- The resource person was formally honoured with a token of appreciation as a gesture of respect and gratitude.
- The session's objectives and goals were clearly laid out, outlining how the resource person's expertise would enrich the participant's understanding of the topic.
- Dr. Arora explained what **Progressive Muscle Relaxation** is, discussed the physiological and psychological benefits of PMR.
- She highlighted PMR's role in managing anxiety, sleep disorders, and chronic pain.
- Dr. Arora guided participants through a series of exercises, such as tensing and relaxing muscles from the toes to the head.
- Demonstrating **Muscle Tension and Release**.
- Dr. Arora wrapped up by answering questions.
- Closing Remarks and Vote of Thanks.

DAY 3 (05/02/2025)

Technical Session 4- Yoga for Mental Health and Wellbeing



- A heartfelt welcome to **Dr. Manju Deorari** highlighting her extensive experience in the field.
- An Overview of the Topic emphasizing the connection between **mind-body balance** and how yoga can aid in addressing psychological disorders.
- Dr. Deorari explained the foundational concept of **yoga** as a practice that **unites the mind, body, and spirit** to foster **holistic well-being**.
- She demonstrated and explained various yoga practices (**Pranayama, Asanas, Meditation and Mindfulness**).
- Expressing Gratitude and acknowledging Dr. Manju Deorari's time, expertise, and invaluable contribution to the session.

Technical Session 5- Digital Detox and Mental Well Being

- A warm welcome and introduction of resource person **Mr. Charan kamal**, life coach.
- Mr. Charan Kamal would begin by discussing how **technology** and **social media** have become integral to our daily lives, emphasized how taking a **digital detox** helps people regain control over their time, improve their focus, and **reduce digital dependency**.

- Expressing heartfelt thanks to Mr. Charan Kamal for his time, effort, and insightful session.

Technical Session 6- Integrated Expressive Art Therapy



- The session began with a warm welcome acknowledging the presence of the resource person **Ms. Sheenu Kochhar**.
- An introduction of Ms. Sheenu Kochhar, emphasizing her expertise in **Expressive art therapy** in using it as a therapeutic tool that integrates various art forms (**drawing, painting, dance, music**, etc.) to facilitate **emotional expression, healing** and **well-being**.
- Ms. Kochhar guided the participants through an **interactive session**, where they engaged in creative exercises like **drawing, sketching**, or other artistic expressions aimed at exploring emotions.
- A sincere vote of thanks to Ms. Sheenu Kochhar for sharing her expertise and knowledge and enlightening the group on the healing potential of art.

DAY 4 (06/02/2025)

Technical Session 7- Cognitive Behavioural Therapy



- A warm welcome and introduction of **Dr. Tarlochan Singh** as the resource person, distinguished expert, highlighting his contributions and commitment to practical and effective strategies for managing mental health challenges.
- An outline of the session's objectives, emphasizing how participants will gain insight into the core concepts of CBT and its practical applications.
- Dr. Singh explained the fundamentals of CBT as a **goal-oriented** and **solution-focused therapy** aimed at identifying and **challenging negative thought patterns** and replacing them with **positive, realistic thoughts**.
- He discussed the concept of **cognitive distortions**, CBT Techniques and Tools (**Cognitive Restructuring, Behavioral Activation, Exposure Therapy** etc.).
- Dr. Singh provided **case history examples** of how CBT has been successfully applied to treat a wide range of mental health issues such as **anxiety, depression, PTSD, and OCD**.
- He guided the participants through a brief CBT exercise, where they were encouraged to identify a negative thought, evaluate its validity, and replace it with a more balanced thought.
- Gratitude to Dr. Tarlochan Singh for sharing his expertise and valuable insights on Cognitive Behavioral Therapy (CBT).

Technical Session 8- Mindfulness Interventions



- A warm and enthusiastic welcome back to all the respected guests, learned resource person **Dr. Tarlochan Singh** and engaging participants.
- Dr. Singh introduced **Mindfulness Interventions** as a powerful tool for improving mental **well-being, emotional regulation, and stress management**.
- He actively engaged the participants in practicing **Guided Breathing Exercise, Body Scan Meditation, Mindful Listening Exercise and Mindful Reflection and Sharing**.
- Concluding with heartfelt thanks to Dr. Tarlochan Singh, the participants, and all those who made the session possible.

DAY 5 (07/02/2025)

Field Visit to Psychological Centres

- Participants were introduced to the key objectives of the visit: to **observe therapeutic techniques, understand the role of mental health professionals, and gain insight into psychological interventions, first-hand experience of how psychological centres operate and how mental health services are provided in real-world settings**.
- The group was welcomed by the staff of the psychological centres, who provided an **overview of the services offered**.
- Participants observed different forms of therapy, insights into **real-time therapeutic techniques** were shared, showcasing how therapists engage with clients to address **psychological challenges**.

- Participants interacted with psychologists and therapists who emphasized on **Client-Centred Approach**.
- The visit included a Q&A session where participants were able to learn from real-life case examples which were discussed (while maintaining **confidentiality**) to illustrate the application of psychological theories in practice.
- The visit provided valuable real-world insights into the day-to-day operations of psychological centres, and participants gained a deeper understanding of how mental health care is delivered in professional settings.
- Participants appreciated the **hands-on learning experience** and the opportunity to see **theory in action**.
- Expressing gratitude to the staff and professionals at the psychological centres for their time and insights.

DAY 6 (07/02/2025)

Technical Session 9-Transactional Analysis

- A warm welcome of the resource person **Dr. Nisha Chhabra**, known for her expertise in understanding and applying TA to enhance **interpersonal relationships** and address psychological challenges.
- A brief overview of the session's objectives to delve into the concepts of **Transactional Analysis**, understand its relevance in psychological therapy.
- Dr. Chhabra explained the basic principles of Transactional Analysis, which was developed by **Eric Berne**.
- Dr. Chhabra provided a detailed explanation of the three **ego states (Parent, Adult, and Child)**.
- She shared examples of common scenarios where understanding ego states and transactional patterns can **resolve conflicts, improve communication, and promote healthier relationships**.
- Participants were engaged in **interactive exercises** to identify their own ego states and reflect on how they communicate in different situations.
- Dr. Chhabra answered questions from the participants, providing insights into how to apply TA in specific situations.

- A sincere vote of thanks to **Dr. Nisha Chhabra** for her valuable time and for delivering such an insightful session on Transactional Analysis.

Valedictory Session



- A **reflection** on the journey, appreciate the learning experiences, and expressing gratitude to all the resource persons and participants.
- A **summary** of the key sessions, resource persons and activities presented, reflecting on the major takeaways and **learning points**, highlighting **practical skills acquired**, new concepts learned, and the overall experience of the event.
- Respected **Dean CBME and Humanities Dr. Geetika Nagrath** expressed heartfelt gratitude to the resource persons who contributed their valuable time, knowledge, and expertise throughout the event or session, presence of esteemed **Mr. Harish Sharma Ji, the Retired Deputy Commissioner**, deep appreciation for the **support** of the honourable **Vice Chancellor Prof. Dr. Mano Kumar Ji** and worthy **Registrar Prof. Dr. S.K. Kumar Ji** and presence of all the deans and coordinators.
- She extended heartfelt gratitude to all the participants for their **thoughtful** questions, contributions, and eagerness to learn which made the event even **successful** and **enriching**.
- Each participant's and organizer's certificate was presented individually by esteemed **Mr. Harish Sharma Ji, honourable Vice Chancellor Prof. Dr. Mano Kumar Ji, worthy Registrar Prof. Dr. S.K. Kumar Ji** and **Respected Dean CBME and Humanities Dr. Geetika Nagrath**.
- **Coordinator Department of Psychology, Dr. Pratima Sharma** thanked the honourable **Vice Chancellor Prof. Dr. Mano Kumar Ji** and worthy

Registrar Prof. Dr. S.K. Kumar Ji for their **support** and **guidance**, which had enabled the **successful execution** of the event.

- The event was **officially closed**, with an **encouragement** that participants would utilize the knowledge and skills gained to make a positive difference in their **professional** and **personal lives**.
- The event reached its **final moments**, and the atmosphere became more **solemn** and **reflective** as the **National Anthem** was played.