

Detailed Activity Report
Academic Session: 2023-2024

ACTIVITY: I

Department: Psychology

Name of the Event: Workshop on Suicide Prevention-Celebration of World Suicide Prevention Day

Date of the Event: 13.09.2023

Name of the Resource Person (if applicable): Ms. Shreya Dogra and Ms. Yashika Jain

Teacher Coordinator: Dr. Pratima Sharma, Ms. Pratibha Khutan & Ms. Ankita Gautam

Approval for the Activity:

Subject Celebration of World Suicide Prevention Day
To: [pratima Mehendru <pratima_mahendru@yahoo.com>, Psychology coordinator <coordinator.psy@davuniversity.org>]
From Registrar <registrar@davuniversity.org>
Cc: [<academicaffairs@davuniversity.org>, Dean CBME & Humanities <dean.cbme@davuniversity.org>, <library@davuniversity.org>, Accounts Department <accounts@davuniversity.org>]
Date: Tue, 12 Sep 2023 at 16:15

Dear Madam

Reference to your request letter dated 12.09.2023 reg. celebration of **World Suicide Prevention Day** on 13.09.2023 in the Counseling Cell (knowledge Resource Centre, Central Library) , this is to inform you that the Competent Authority has approved your request for the same.

Copy of the approval sent to Accounts Branch for n.a.

With Regards

Prof (Dr) K N Kaul
Registrar (Officiating)
DAV University, Jalandhar
(O) 0181-2708845

Report:

The Department of Psychology at DAV University, Jalandhar hosted a workshop to educate students about suicide prevention. The workshop was held under the aegis of 'Together We Heal'–

Detailed Activity Report
Academic Session: 2023-2024

an NGO. The event underscored the commitment of DAV University to addressing mental health issues and providing valuable resources to its students.

Dr. Pratima Sharma, Coordinator, of the Department of Psychology welcomed all the participants and she briefly introduced the aims and objectives of the workshop. She highlighted the role of the support system in the prevention of suicide. The workshop was inaugurated by the Registrar of the University, Prof. (Dr.) K.N. Kaul. He addressed the students and encouraged them to prioritize happiness, living stress-free, and a more focused and meaningful life. Dean of CBME & Humanities, Dr. Gitika Nagrath also addressed the students and emphasized the significance of counseling in resolving day-to-day concerns.

The resource persons for the workshop were the founders of NGO- 'Together We Heal' Ms. Shreya Dogra and Ms. Yashika Jain. The resource persons begin the celebration of the 'World Suicide Prevention Day' event at DAV University with a creative activity, emphasizing the significance of unity and collective action in preventing suicide. Participants were invited to give their coloured thumbprints on board reflecting solidarity and mutual support in the face of mental health challenges.

Ms.Yashika highlighted the current status, causes, and symptoms of suicide. She also provided valuable insights into effective coping techniques for managing stress and anxiety. Interactive discussions by Shreya Dogra facilitated open dialogue and encouraged participants to share their experiences and concerns.

Following the seminar, the resource persons conducted an interactive session aimed at promoting mental wellness and resilience. They encouraged participants to express their emotions creatively and develop coping mechanisms for managing stress and anxiety.

Additionally, students actively engaged in creating posters to raise awareness about suicide prevention, which were prominently displayed on the university notice board. These posters conveyed messages of hope, resilience, and the importance of seeking help. Through their artistic expression, students effectively communicated the need for compassion, understanding, and community involvement in suicide prevention efforts.

By integrating creative activities and visual displays through PowerPoint presentation, Ms.Shreya Dogra and Yashika Jain encouraged active participation and facilitated meaningful conversations about mental health among students and faculty members. Their initiative not only raised awareness about suicide prevention but also fostered a sense of belonging and collective responsibility within the university community. Through their collaborative efforts, the resource persons inspired individuals to prioritize their mental well-being. The celebration of World Suicide Prevention Day served as a significant reminder of the importance of compassion, empathy, and proactive action in preventing suicide and promoting mental health.

The session witnessed active participation from both the university's student council members and students from the Department of Psychology.

**Detailed Activity Report
Academic Session: 2023-2024**

Pictures of the event:



Registrar (Prof. K.N. Kaul), Dean CBME & Humanities (Dr. Gitika Nagrath) & Coordinator, Department of Psychology (Dr. Pratima Sharma), DAV University with resource persons for the workshop -Ms. Yashika Jain and Ms. Shreya Dogra



Registrar, DAV University addressing the participants regarding suicide prevention

**Detailed Activity Report
Academic Session: 2023-2024**



Dignitaries appreciating the creative posters displayed by students of the Department of Psychology, DAV University to create awareness about suicide prevention



Dean CBME & Humanities, Dr. Gitika Nagrath participating in the creative activity conducted by the resource persons

Detailed Activity Report
Academic Session: 2023-2024

Attendance Sheet of Students containing name of the event, department, type of the event, date on the top of the attendance sheet

| 13 Sept 2023 Suicide Intervention (workshop) by Department of Psychology | | | | |
|--|----------|------------------|-------------|------|
| Name | Reg. No. | Dept. (course) | Designation | Sen. |
| ① Saathik | 12301114 | BBA | CR | 1st |
| ② Manvi | 12200442 | B.Com (Hons) | CR | 3rd |
| ③ Jahnvi | 12300207 | B.tech CSE | CR | 1st |
| ④ Karanjot | 12101126 | Biotech. | CR/DR | 5th |
| ⑤ Ayush Kumar | 12301123 | B.tech CSE(A) | CR | 1st |
| ⑥ Aman Pathak | 12300536 | B.tech CSE(B) | CR | 1st |
| ⑦ Banit Kumar | 12300927 | BCA (B) | CR | 1st |
| ⑧ Jai Asees Kaur | 12300632 | BCA (B) | CR | 1st |
| ⑨ Akshita | 12300835 | BBA (B) | CR | 1st |
| ⑩ Agnesh | 12301025 | B.Com (B) | CR | 1st |
| ⑪ Ritika | 12300841 | Msc Biotech | CR | 1st |
| ⑫ Mahimand | 12300147 | BBA | CR | 1st |
| ⑬ Mehal | 12200340 | MBA | CR | 3rd |
| ⑭ Kanika | 12301168 | Msc Botany | CR | 1st |
| ⑮ Kshitika | 12200347 | Msc Botany | CR/DR | 3rd |
| ⑯ Shifali | 12200199 | MBA | CR | 3rd |
| ⑰ Vishal | 12101129 | BALLB | CR | 5th |
| ⑱ Simran Kaur | 12100034 | BALLB | CR | 5th |
| ⑲ Anchal | 12300438 | Msc Microbiology | CR | 1st |
| ⑳ Kshitika Sharma | 12200312 | Msc Zoology | DR | 3rd |

Detailed Activity Report
Academic Session: 2023-2024

| Name | Reg. No. | Dept (Course) | Designation | Rank |
|---------------------------|----------|------------------|------------------|------|
| 21 Sakshi | 12301062 | MSc Zoology | CR | 1st |
| 22 Raghav Bhardwaj | 12200663 | B.Com (H) | CR | 3rd |
| 23 Chand Gupta | 12200879 | B.Com (H) | CR | 3rd |
| 24 Amanjeet | 12000338 | B.tech CSE | DR | 7th |
| 25 Siddhant | 12100453 | B.tech CSE | CR | 5th |
| 26 Rishav | 12200769 | " | CR | 3rd |
| 27 Devanshi | 12300617 | BSc Zoology | CR | 1st |
| 28 Meenakshi | 12201085 | MSc Zoology | CR | 3rd |
| 29 Sahil Pal | 12300371 | MCA | CR | 1st |
| 30 Amanvir Kaur | 12300356 | MCA | CR | 1st |
| 31 Diksha Gill | 12300194 | B.tech [CSE+SAP] | CR | 1st |
| 32 Diksha Gill | 12000122 | BA LLB (Hon.) | DR DR | 3rd |
| 33 Prashant | 12200269 | B.tech (CSA-A) | CR | 3rd |
| 34 Greetanjaly | 12200821 | B.tech (CSE-A) | CR | 3rd |
| 35 Iouleen Kaur | 12300452 | B.tech (CSE-B) | CR | 1st |
| 36 Latinder Kaur | 12300549 | BSc (Chemistry) | CR | 1st |
| 37 Payal | 12300964 | BSc Physics | CR | 1st |
| 38 Sondeep | 12300217 | MBA | CR | 1st |
| 39 Amrita | 1230029 | BSc (Comp S) | CR | 1st |
| 40 Gaurav | 12000841 | Btech (CSE) | ER | 7th |
| 41 Rajnish | 12000745 | BA LLB | CR | 7th |

Pratis
11/03/23

Pratis
13/9/23

Pratis
14/6/23

Detailed Activity Report
Academic Session: 2023-2024

| Name. | Reg. NO. | Dept (Course) | Designation | Sem. 2 |
|--------------------|-----------|-----------------|----------------------|--------|
| 51) Pooja | 12300370 | MA (Psychology) | CR | 1st |
| 43) Priya | 12200453 | " " | CR | 3rd |
| 44) Gurleen | 122003288 | " " | DR | 3rd |
| 45) Tanisha | 12300720 | CBME | CR | |
| 46) Simrandeep | 12301239 | CBME | CR | |
| 47) Muskan. | 12200650 | CBME | CR | |
| 48) Tushar Sharma | 12200441 | CBME | DR | |
| 49) Anshuman | 12300586 | CBME | CR | |
| 50) Menhil | 12000163 | BSC (MT) | CR | |
| 51) Tamana | 1230115 | BSC (Micro) | CR | |
| 52) Payal | 12300158 | BSC (Micro) | CR | |
| 53) Divya Pal | 12201387 | " | CR/DR | |
| 54) Kritika | 1210136 | BSC (Micro) | CR | |
| 55) Radhika Sharma | 12300676 | B. Com | CR | |
| 56) Mohit Kumar | 12300225 | B- & PED | Coordinator | 1st. |
| 57) Nishtha Behal | 12200272 | B. M. Com. | CR + Coordinator | 3rd. |
| 58) Hansika | 12300838 | MBA | Coordinator. | 1st. |
| 59) Aman | 12001239 | B. Tech (CSE) | NSS Coordinator | 7th. |
| 60) Tarun Kashyap | 12000835 | B. Tech (CSE) | Cultural Coordinator | 7th. |

Mohit
11/09/23
13/9/23

Radhika
14/9/23

Detailed Activity Report
Academic Session: 2023-2024

| Name | Reg. No. | Department | Designation | Sex |
|----------------------|------------|----------------------|------------------------------|-----------------|
| 61) Gagan Walia | 122 00 313 | Mathematics | Coordinator | 3 rd |
| 62) Anubhav | 122 00 385 | CSA | Coordinator [Artist Club] | 3 rd |
| 63) Shivangi Goel | 121 00 143 | B.Sc. (Microbiology) | Coordinator | 5 th |
| 64) Jasmineen | 121 00 946 | B.Tech CSE | Club Coordinator | 5 th |
| 65) | | | | |
| 66) | | | | |
| 67) | | | | |
| 68) | | | | |
| 69) | | | | |
| 70) | | | | |

Chaitanya
11131 13/9/23

Rishi
11093 13.9.23

Rishi
14/9/23

Learning Outcomes:

1. The awareness and understanding of the risk factors, warning signs, and prevalence of suicide, enabling participants to recognize when someone may be at risk and take appropriate action to intervene and provide support.
2. Enhanced knowledge of evidence-based strategies for suicide prevention, including how to effectively communicate with individuals in crisis, assess suicidal ideation and intent, and connect them with appropriate resources and support services.
3. Improved skills in developing and implementing suicide prevention plans and interventions within various settings, such as schools, workplaces, community

Detailed Activity Report
Academic Session: 2023-2024

organizations, and healthcare facilities, to create safer environments and promote mental health and well-being.

4. Strengthened capacity for collaboration and coordination among stakeholders involved in suicide prevention efforts, including mental health professionals, educators, law enforcement, policymakers, and community members, to facilitate a comprehensive and integrated approach to addressing the complex factors contributing to suicide risk.

ACTIVITY: II

Department: Psychology

Name of the Event: Workshop on Neuro and Biofeedback Therapy

Dates of the Event: 16.11.2023 & 17.11.2023

Name of the Resource Person (if applicable): Dr. Tarlochan Singh (Technical supporter: Mr. Amit Sharma, from Medicaid)

Teacher Coordinator: Dr. Pratima Sharma, Ms. Pratibha Khutan & Ms. Ankita Gautam

Approval for the Activity:

Subject Approval
To: [pratima Mehendru <pratima_mahendru@yahoo.com>, RAM SAINI <ramdavu82@gmail.com>, Rama shankar <ramashankarehir@gmail.com>, <amitjuneja1233@gmail.com>]
From Registrar <registrar@davuniversity.org>
Cc: [Dean CBME & Humanities <dean.cbme@davuniversity.org>, <academicaffairs@davuniversity.org>, Accounts Department <accounts@davuniversity.org>, <centralstore@davuniversity.org>]
Date: Tue, 17 Oct 2023 at 9:57

Dear Dr. Pratima

Reference to your request letter dated 16.10.2023 regarding organizing of Neuro Biofeedback Workshop from 30.10.2023 to 31.10.2023, this is to inform you that the Competent Authority has approved your request for the same.

Following staff members are hereby deputed for the said event:

1. Mr. Ram Murti - Seminar Hall
2. Mr. Amit Kumar, D.E.O – Technical Support
3. Hospitality arrangements - Deptt. of Psychology
4. Photography & Video Coverage - Mr. Rama Shankar
5. Peon - Mr. Gaurav

With Regards

Prof (Dr) Sanjeev Kumar Arora
Registrar (Officiating)
DAV University, Jalandhar
(O) 0181-2708845

Detailed Activity Report
Academic Session: 2023-2024

Report:

The Department of Psychology at DAV University, Jalandhar organized a two-day workshop on "Neuro and Biofeedback Therapy" on November 16 and 17, 2020. The program started with the lighting of a lamp and Saraswati Vandana, symbolizing the lifting of the metaphoric darkness of ignorance.

Dr. Pratima Sharma, Coordinator, Department of Psychology, DAV University welcomed the dignitaries and the participants and briefly explained the aims and objectives of the workshop emphasizing the role of biofeedback in the management of various mental health concerns. Dr. Gitika Nagrath, Dean of CBME & Humanities inaugurated the session. Dr. Gitika Nagrath in her address to the participants conveyed the significance of Biofeedback in dealing with the stressors of everyday life.

Dr. Tarlochan Singh, Director of Psychowaves, Ludhiana, served as the resource person. The technical support was provided by Mr. Amit Sharma, a representative of Medicaid, Chandigarh.

Day I: Orientation to the Concepts of Neurofeedback

On the first day, participants gained familiarity with the concept, aims, and theoretical underpinnings of neurofeedback therapy. They also learned the demonstration of different instruments and software used in Neurofeedback Therapy. Various parameters of Biofeedback Therapy like EEG, EMG, and GSR were discussed. The workshop also delved into the common areas and disorders where neurofeedback therapy is applied. Sessions throughout the day delved into the neurophysiological basis of neurofeedback, exploring topics such as brainwave patterns, neural plasticity, and the role of the central nervous system in regulating bodily functions. Furthermore, discussions centered on the various applications of biofeedback therapy in clinical settings, including stress management, pain reduction, and treatment of anxiety disorders.

Day II: Demonstration of different Instruments and Software used in Neurofeedback Therapy

The second day of the workshop focused on the practical application of neuro and biofeedback therapy techniques. Participants had the opportunity to gain hands-on experience with biofeedback instruments and software under the guidance of experienced practitioners. Detailed information was provided by both resource person and technician from Medicaid on the application of neurofeedback therapy to conditions such as anxiety, depression, epilepsy, and other disorders. The day commenced with a review of the instrumentation used in neurofeedback and biofeedback training, familiarizing participants with the various sensors, electrodes, and feedback devices employed in clinical practice. Demonstrations were provided on how to set up and operate on biofeedback equipment.

Participants were provided hands-on training on biofeedback instruments. They were engaged in practical exercises designed to simulate real-world neurofeedback and biofeedback sessions. These exercises covered a range of applications, including stress reduction, cognitive enhancement, and performance optimization. Participants were able to observe firsthand experience of how changes

Detailed Activity Report
Academic Session: 2023-2024

in physiological parameters, such as heart rate variability, skin conductance, and brain wave activity could be modulated through feedback mechanisms.

Over 30 participants, including Psychology professionals, research scholars, and students and teachers from different institutions including NIT Kurukshetra, DAV College of Physiotherapy, HVM College, Guru Nanak Dev University, Amritsar, M.G.N. Public School, Kapurthala, Jiya Lal Mittal DAV Public School, Gurdaspur and Tagore Hospital, Jalandhar attended the workshop.

The diverse participation helped promoting discussions and ideas which made this workshop more interesting. By the conclusion of the workshop, participants had acquired both theoretical knowledge and practical skills essential for implementing neuro and biofeedback therapies in clinical or research settings.

Detailed Activity Report
Academic Session: 2023-2024

Attendance Sheet of Students containing name of the event, department, type of the event, date on the top of the attendance sheet

| Certificate Number | | Sr. No. | Date of Registration | Name | Designation | Department | University/College/Institute/Affiliation | Reference No./Transaction No. | Signature |
|--------------------|---|---------|-----------------------|------------------------------|-------------------------|--|--|-------------------------------|------------------|
| 16 | ✓ | 1 | 20-10-2023 | Ms. Ishita Sharma | Student | Department of Psychology | DAV University, Jalandhar | 365964960494.00 | Ishita |
| 18 | ✓ | 2 | 20-10-2023 | Ms. Alka Thakur | Student | Department of Psychology | DAV University, Jalandhar | 329382268854.00 | Alka Thakur |
| 19 | ✓ | 3 | 20-10-2023 | Ms. Gunjan Kumari | Student | Department of Psychology | DAV University, Jalandhar | 329300768797.00 | Gunjan |
| 15 | ✓ | 4 | 21-10-2023 | Ms. Pooja Bhattacharya | Student | Department of Psychology | DAV University, Jalandhar | 366031128153.00 | Pooja |
| 11 | ✓ | 5 | 22-10-2023 | Ms. Shivani Rani | Research Scholar | Department of Psychology | Guru Nanak Dev University, Amritsar | 329589696886.00 | Shivani |
| 3 | ✓ | 6 | 23-10-2023 | Ms. Ranjit Kaur | Research Scholar | Department of Psychology | Guru Nanak Dev University, Amritsar | 329613113196.00 | Ranjit Kaur |
| 20 | ✓ | 7 | 23-10-2023 | Ms. Neha Thakur | Student | Department of Psychology | DAV University, Jalandhar | 366279254085.00 | Neha |
| 12 | ✓ | 8 | 24-10-2023 | Ms. Gurleen Kaur | Student | Department of Psychology | DAV University, Jalandhar | 329758671065.00 | Gurleen Kaur |
| 9 | ✓ | 9 | 25-10-2023 | Ms. Muskan | Student | Department of Psychology | DAV University, Jalandhar | 329839514548.00 | Muskan |
| 13 | ✓ | 10 | 25-10-2023 | Ms. Priya | Student | Department of Psychology | DAV University, Jalandhar | 329836103876.00 | Priya |
| 21 | ✓ | 11 | 25-10-2023 | Ms. Harsimran Kaur | Student | Department of Psychology | DAV University, Jalandhar | 329891215660.00 | Harsimran |
| 14 | ✓ | 12 | 25-10-2023 | Ms. Kritica Khanna | Student | Department of Psychology | DAV University, Jalandhar | 329843814158.00 | Kritica |
| 5 | ✓ | 13 | 26-10-2023 | Ms. Harsimrat Kaur | Student | Department of Psychology | Hans Raj Mahila Maha Vidyalaya, Jalandhar | 329970491284.00 | Harsimrat Kaur |
| 8 | ✓ | 14 | 26-10-2023 | Ms. Riti | Student | Department of Law and Legal Studies | DAV University, Jalandhar | 329982032413.00 | Riti |
| 1 | ✓ | 15 | 26-10-2023 | Ms. Jagriti Nagpal | Consultant Psychologist | | Tagore Hospital and Heart Care Centre, Jalandhar | 329948607786.00 | Jagriti |
| 26 | ✓ | 16 | 27-10-2023 | Mr. Ashfaq Jafar KP | Research Scholar | Department of Humanities and Social Sciences | National Institute of Technology, Kurukshetra | 330002694252.00 | Ashfaq |
| 27 | ✓ | 17 | 27-10-2023 | Ms. Sana C | Research Scholar | Department of Humanities and Social Sciences | National Institute of Technology, Kurukshetra | 330002770010.00 | Sana C |
| 17 | ✓ | 18 | 27-10-2023 | Ms. Araz Seth | Student | Department of Psychology | DAV University, Jalandhar | 330014164580.00 | Araz Seth |
| 25 | ✓ | 19 | 27-10-2023 | Dr. Shabnam | Assistant Professor | Department of Humanities and Social Sciences | National Institute of Technology, Kurukshetra | 330014035456.00 | Shabnam |
| | | 20 | 27-10-2023 | Ms. Rajwanti Kaur | Student | Department of Psychology | Kanya Maha Vidyalaya, Jalandhar | 330002822238.00 | |
| 7 | ✓ | 21 | 27-10-2023 | Dr. Palak Arora | Assistant Professor | Department of Physiotherapy | DAV Institute of Physiotherapy and Rehabilitation, Jalandhar | 330028287682.00 | Palak Arora |
| 2 | ✓ | 22 | 28-10-2023 | Ms. Ishmanpreet Kaur | Student | Department of Psychology | Hans Raj Mahila Maha Vidyalaya, Jalandhar | 330125673221.00 | Ishmanpreet Kaur |
| | ✓ | 23 | 28-10-2023 | Ms. Manpreet Kaur | Counsellor | Department of Psychology | MGN Public School, Kapurthala | 330142461875.00 | Manpreet Kaur |

Workshop on Neuro and Biofeedback Therapy
Department of Psychology

Day 1
16.11.23

Detailed Activity Report
Academic Session: 2023-2024

Date - 16.11.23

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|----|------------|---------------------|---------------------|-----------------------------|--|-------------------------|
| 24 | 28-10-2023 | Dr. Akash Hastir | Student | Department of Physiotherapy | DAV Institute of Physiotherapy and Rehabilitation, Jalandhar | |
| 25 | 28-10-2023 | Dr. Lovneet Kaur | Student | Department of Physiotherapy | DAV Institute of Physiotherapy and Rehabilitation, Jalandhar | |
| 26 | 01-10-2023 | Ms. Simranjit Kaur | PRT Science | Science Department | Jiya Lal Mittal DAV Public School, Gurdaspur | T2311011340473025850188 |
| 27 | 16-11-23 | Lt. Col. DS Chauhan | Student | Department of Psy. | DAV University, Jalandhar | |
| 28 | 16-11-23 | Ms. Anchal Aggarwal | Student | Department of Psychology | DAV University, Jalandhar | 330002822238 |
| 29 | 16-11-23 | Dr. Kritika Nagroth | Dean CBME | CBME Department | DAV University, Jalandhar | |
| 30 | 16-11-23 | Dr. Pratima Sharma | Coordinator | Dept of Psychology | DAV University, Jalandhar | |
| 31 | 16-11-23 | Ms. Ankita Gantam | Assistant Professor | Dept of Psychology | DAV University, Jalandhar | |
| 32 | 16-11-23 | Ms. Prabhika Khutan | Assistant Professor | Dept. of Psychology | DAV University, Jalandhar | |
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Prabhika Khutan
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Ankita Gantam
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Pratima Sharma
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Anchal Aggarwal
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Pratima Sharma
Anchal Aggarwal
Ankita Gantam
Prabhika Khutan

Detailed Activity Report
Academic Session: 2023-2024

Workshop on Neuro and Biofeedback Therapy
Department of Psychology

Day 2
17.11.2023

| Sr. No. | Date of Registration | Name | Designation | Department | University/College/Institute/Affiliation | Reference No./Transaction No. | Signature |
|---------|----------------------|------------------------|-------------------------|--|--|-------------------------------|----------------|
| 1 | 20-10-2023 | Ms. Ishita Sharma | Student | Department of Psychology | DAV University, Jalandhar | 365964960494.00 | Ishita |
| 2 | 20-10-2023 | Ms. Alka Thakur | Student | Department of Psychology | DAV University, Jalandhar | 329382268854.00 | Alka Thakur |
| 3 | 20-10-2023 | Ms. Gunjan Kumari | Student | Department of Psychology | DAV University, Jalandhar | 329300768797.00 | Gunjan |
| 4 | 21-10-2023 | Ms. Pooja Bhattacharya | Student | Department of Psychology | DAV University, Jalandhar | 366031128153.00 | Pooja |
| 5 | 22-10-2023 | Ms. Shivani Rani | Research Scholar | Department of Psychology | Guru Nanak Dev University, Amritsar | 329589696886.00 | Shivani |
| 6 | 23-10-2023 | Ms. Ranjit Kaur | Research Scholar | Department of Psychology | Guru Nanak Dev University, Amritsar | 329613113196.00 | Ranjit Kaur |
| 7 | 23-10-2023 | Ms. Neha Thakur | Student | Department of Psychology | DAV University, Jalandhar | 366279254085.00 | Neha |
| 8 | 24-10-2023 | Ms. Gurleen Kaur | Student | Department of Psychology | DAV University, Jalandhar | 329758671065.00 | Gurleen Kaur |
| 9 | 25-10-2023 | Ms. Muskan | Student | Department of Psychology | DAV University, Jalandhar | 329839514548.00 | Muskan |
| 10 | 25-10-2023 | Ms. Priya | Student | Department of Psychology | DAV University, Jalandhar | 329836103876.00 | Priya |
| 11 | 25-10-2023 | Ms. Harsimran Kaur | Student | Department of Psychology | DAV University, Jalandhar | 329891215660.00 | Harsimran |
| 12 | 25-10-2023 | Ms. Kritica Khanna | Student | Department of Psychology | DAV University, Jalandhar | 329843814158.00 | Kritica |
| 13 | 26-10-2023 | Ms. Harsimrat Kaur | Student | Department of Psychology | Hans Raj Mahila Maha Vidyalaya, Jalandhar | 329970491284.00 | Harsimrat Kaur |
| 14 | 26-10-2023 | Ms. Riti | Student | Department of Law and Legal Studies | DAV University, Jalandhar | 329982032413.00 | Riti |
| 15 | 26-10-2023 | Ms. Jagriti Nagpal | Consultant Psychologist | | Tagore Hospital and Heart Care Centre, Jalandhar | 329948607786.00 | Jagriti |
| 16 | 27-10-2023 | Mr. Ashfaq Jafar KP | Research Scholar | Department of Humanities and Social Sciences | National Institute of Technology, Kurukshetra | 330002694252.00 | Ashfaq |
| 17 | 27-10-2023 | Ms. Sana C | Research Scholar | Department of Humanities and Social Sciences | National Institute of Technology, Kurukshetra | 330002770010.00 | Sana |
| 18 | 27-10-2023 | Ms. Araz Seth | Student | Department of Psychology | DAV University, Jalandhar | 330014164580.00 | Araz |
| 19 | 27-10-2023 | Dr. Shabnam | Assistant Professor | Department of Humanities and Social Sciences | National Institute of Technology, Kurukshetra | 330014035456.00 | Shabnam |
| 20 | 27-10-2023 | Ms. Rajwant Kaur | Student | Department of Psychology | Kanya Maha Vidyalaya, Jalandhar | 330002822238.00 | Rajwant |
| 21 | 27-10-2023 | Dr. Palak Arora | Assistant Professor | Department of Physiotherapy | DAV Institute of Physiotherapy and Rehabilitation, Jalandhar | 330028287682.00 | Palak Arora |
| 22 | 28-10-2023 | Ms. Ishmanpreet Kaur | Student | Department of Psychology | Hans Raj Mahila Maha Vidyalaya, Jalandhar | 330125673221.00 | Ishmanpreet |
| 23 | 28-10-2023 | Ms. Manpreet Kaur | Counsellor | Department of Psychology | MGN Public School, Kapurthala | 330142461875.00 | Manpreet |
| 24 | 28-10-2023 | Dr. Akash Hastir | Student | Department of Physiotherapy | DAV Institute of Physiotherapy and Rehabilitation, Jalandhar | | Akash |

Phabs
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Ranjit
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Sana
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Detailed Activity Report
Academic Session: 2023-2024

Date - 17.11.23

| | | | | | | | |
|----|------------|---------------------|---------------------|-----------------------------|--|-------------------------|--|
| 25 | 28-10-2023 | Dr. Loveneet Kaur | Student | Department of Physiotherapy | DAV Institute of Physiotherapy and Rehabilitation, Jalandhar | | |
| 26 | 01-10-2023 | Ms. Simranjit Kaur | PRT Science | Science Department | Jiya Lal Mittal DAV Public School, Gurdaspur | T2311011340473025850188 | |
| 27 | 16.11.23 | Ms. Anchal Aggarwal | Internee | | Srimann Hospital, Jalandhar | 330002822238 | |
| 28 | 16.11.23 | Dr. Kritika Nagath | Dean CBME | CBME Dept | DAV University, Jalandhar | | |
| 29 | 16.11.23 | Dr. Prathima Sharma | Coordinator | Psychology Dept | DAV University, Jalandhar | | |
| 30 | 16.11.23 | Ms. Ankita Grewal | Assistant Professor | Psychology Dept | DAV University, Jalandhar | | |
| 31 | 16.11.23 | Ms. Pratibha Khosla | Assistant Prof. | Psychology Dept | DAV University, Jalandhar | | |
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Gautam 11131

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11072

Pictures of the Activity:



Dr. Tarlochan Singh delivering an orientation lecture on Neuro and Biofeedback Therapy

**Detailed Activity Report
Academic Session: 2023-2024**



Resource person delivering an orientation lecture on Neuro and Biofeedback Therapy



Dr. Tarlochan Singh providing practical demonstration of Instruments and Software used in Biofeedback Therapy

Detailed Activity Report
Academic Session: 2023-2024

Learning Outcomes:

1. Understanding the fundamentals of neurofeedback and biofeedback techniques, including the underlying principles of how these therapies work to regulate brain activity and physiological responses.
2. Acquiring practical skills in conducting neurofeedback and biofeedback sessions, including how to set up and operate equipment, identify relevant biomarkers, and interpret feedback data to guide therapeutic interventions.
3. Exploring the applications of neurofeedback and biofeedback across various clinical settings and populations, such as treating anxiety disorders, ADHD, PTSD, chronic pain, and enhancing cognitive performance and emotional regulation.
4. Developing proficiency in designing personalized treatment protocols based on individual client assessments, integrating neuro and biofeedback techniques with other therapeutic modalities, and monitoring progress over time to optimize therapeutic outcomes.

ACTIVITY: III

Department: Psychology

Name of the Event: Panel Discussion on Handling Stress: Staying Calm Towards the Creation of Destiny

Dates of the Event: 20.02.2024

Name of the Resource Person (if applicable): B.K. Manisha Didi, Dr. Atul Madaan, Ms. Pallavi Khanna

Teacher Coordinator: Psychology Department (University Level)

Approval for the Activity:

Detailed Activity Report
Academic Session: 2023-2024

5/17/24, 3:05 PM

DAV University, Jalandhar Mail - Approval



Dean CBME & Humanities <dean.cbme@davuniversity.org>

Approval

1 message

Mon, Feb 19, 2024 at 10:07 AM

Registrar <registrar@davuniversity.org>

To: Dean CBME & Humanities <dean.cbme@davuniversity.org>

Cc: Rawat Arts <jatinder.pkg@gmail.com>, amit.juneja1233@gmail.com, RAM SAINI <ramdavu82@gmail.com>, Gautam Bhalla <eo.davuniversity@gmail.com>, chetan10035@davuniversity.org, ashutosh10039@davuniversity.org, Manohar Kumar <manohar214@gmail.com>, <academicaffairs@davuniversity.org>, Ravinder Singh <ravi22sept@gmail.com>

Dear Dr. Gitika

Reference to your request letter regarding organizing an open forum panel discussion on the Topic "Handling Stress- Staying Calm towards the Creation of Destiny" on February 20, 2024 in the Auditorium. This is to inform you that the Competent Authority has approved your request for the same. The following faculty members are hereby deputed for the said purpose.

1. Photography & Videography: Mr. Jatinder Rawat
2. Technical for sound system & audio video aids: Mr. Amit (Lab Atten - CBME) and Mr. Ravinder Singh (Lab Atten. - CSA)
3. For Gifts: Mr. Ram Murti, Incharge - Central Store
4. Power Backup: Mr. Gautam Bhalla(Estate Officer), Dr. Chetan Vasudeva, Er. Ashutosh Bhadoria
5. Tea with Snacks and Lunch for 10 Persons

With Regards

Prof (Dr) Sanjeev Kumar Arora
Registrar (Officiating)
DAV University, Jalandhar
(O) 0181-2708845

Please do not take printout unless it is necessary, Save Tree Save Earth.

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Report:

DAV University organized an Open Forum Panel Discussion on the topic 'Handling Stress: Staying Calm Towards the Creation of Destiny' on 20th February 2024. More than 280 students, staff, and faculty members attended the event.

Detailed Activity Report
Academic Session: 2023-2024

The dignitaries included Vice Chancellor Prof. (Dr) Manoj Kumar, Registrar, Prof. (Dr) S. K. Arora, and Dr Gitika Nagrath, Dean of CBME & Humanities.

The panel of experts included B. K. Manisha Didi, a spiritual orator, Dr. Atul Madaan, a Clinical Psychologist, and Ms. Pallavi Khanna, a renowned Counseling Psychologist. The panelists engaged in discussing various facets of stress management, exploring topics such as the conscious and unconscious brain, the interconnectedness of thoughts, emotions, and behaviour, and practical strategies to cope with stress effectively. The event was moderated by Ms Pratibha Khutan, Assistant Professor in the Department of Psychology.

The program started with the lighting of lamp and Saraswati Vandana, symbolizing the lifting of the metaphoric darkness of ignorance. Dr. Namrita Kalia, Assistant Professor, Department of CBME, DAV University, and Dr. Pratima Sharma, Coordinator, Department of Psychology, DAV University welcomed all the dignitaries and students. They also made the participants aware of the aims and objectives of the panel discussion. They conveyed that the panel discussion aimed to provide participants with a comprehensive understanding of stress and its management techniques while exploring the relationship between psychology and spirituality in shaping one's destiny.

The spiritual orator, B.K. Manisha Didi provided a philosophical lens, discussing the concept of destiny and inner peace. She also conveyed that the practices like prayer, meditation and mindfulness help in connecting oneself with a higher power. Subsequently, the Clinical Psychologist, Dr. Atul Madaan helped students to understand the relationship of thoughts, emotions, and behavior and their impact on mental health. He emphasized the importance of psychological therapies like Rational Emotive Behavior Therapy understanding and transforming one's irrational thoughts and beliefs and modifying behavior. He also made students aware of the importance of learning 'Assertiveness.' Ms. Pallavi Khanna, a renowned psychologist conveyed the message that acknowledging and addressing mental health struggles is a courageous act, signifying strength and self-awareness. She also suggested that seeking assistance in dealing with mental health challenges is a proactive step towards healing and growth, fostering resilience and well-being. All the experts emphasized the importance of living and enjoying one's present moment or living in 'Here and Now.'

The faculty and students of DAV University enthusiastically participated in the discussion. The panel of experts addressed all queries of faculty and students comprehensively, fostering an inclusive and engaging environment. Each question was met with thoughtful consideration and expertise from panel experts. Participants received insights and guidance to identify their stressors and how to deal with them. Interactive discussions allowed participants to engage with the panelists, sharing their experiences and seeking advice on specific stressors in day-to-day life. Connection with the divine, relaxation exercises, resilience, self-care, assertiveness, and work-life balance emerged as key topics of interest.

In closing, the moderator summarized key takeaways, emphasizing the integration of psychological and spiritual approaches to stress management. Participants were encouraged to apply the insights gained to their lives, empowering them to navigate stressors with calmness, resilience, and inner peace.

Detailed Activity Report
Academic Session: 2023-2024

Overall, the panel discussion proved to be an enlightening and enriching experience, offering attendees a holistic perspective on stress management and destiny creation.

Attendance Sheet of Students containing the name of the event, department, type of the event, date on the top of the attendance sheet

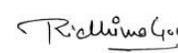
| Sr.No. | | NAME | REG. | CLASS | SIGNATURE |
|--------|-----------------|----------|-----------------------------------|--------------------|-----------|
| 1 | VANI | 12201049 | BSC IN HEALTH AND PHY.EDU. IV SEM | <i>[Signature]</i> | |
| 2 | SHEETAL | 12100985 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 3 | SWALI | 12100064 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 4 | KHUSHBOO | 12100244 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 5 | AKASH | 12100516 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 6 | VIVEK | 12100571 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 7 | SURYA PRATAP | 12101300 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 8 | RAHUL | 12101152 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 9 | YOGENDRA | 12101151 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 10 | AKIB | 12101153 | BSC IN HEALTH AND PHY.EDU. VI SEM | <i>[Signature]</i> | |
| 11 | MOHIT | 12300225 | BPED IISEM | <i>[Signature]</i> | |
| 12 | SHIVAM | 12301438 | BPED IISEM | <i>[Signature]</i> | |
| 13 | ABHEET CHAUDHRI | 12300907 | BPED IISEM | <i>[Signature]</i> | |
| 14 | AVINASH | 12200786 | BPED IVSEM | <i>[Signature]</i> | |
| 15 | KIRAN | 12201212 | BPED IVSEM | <i>[Signature]</i> | |
| 16 | MAMTA | 12201033 | MPED IV SEM | <i>[Signature]</i> | |
| 17 | AKSHAY | 12201130 | MPED IV SEM | <i>[Signature]</i> | |
| 18 | SANDEEP | 12201116 | MPED IV SEM | <i>[Signature]</i> | |
| 19 | ANJALI | 12201380 | MPED IV SEM | <i>[Signature]</i> | |
| 20 | SHAYAINA | 12201131 | MPED IV SEM | <i>[Signature]</i> | |
| 21 | SAURAV | 12201054 | MPED IV SEM | <i>[Signature]</i> | |

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Detailed Activity Report
Academic Session: 2023-2024

Department of Pharmacy 20/2/24

| Sr. No. | Name of student | Registration No. | Programme | Semester | Mb. No. | Signatures |
|---------|------------------|------------------|-----------|----------|------------|------------------|
| 1 | Himanshu Jardyal | 12300988 | Pharmacy | 1 | 6006112432 | Himanshu |
| 2 | Jagnoor Singh | 12300900 | Pharmacy | 1 | 7087256287 | Jagnoor Singh |
| 3 | Rajveer Kaur | 12301583 | Pharmacy | 1 | 9646001021 | Rajveer Kaur |
| 4 | Lovleen Chalotra | 12301469 | Pharmacy | 1 | 9877749990 | Lovleen |
| 5 | Parminder Singh | 12301258 | Pharmacy | 1 | 7986720546 | Parminder Singh |
| 6 | Jaskaran | 12300518 | Pharmacy | 1 | 7508536766 | Jaskaran |
| 7 | Ishika Sharma | 12300687 | Pharmacy | 1 | 9877485945 | Ishika Sharma |
| 8 | Anmol kaur | 12301488 | Pharmacy | 1 | 7347223728 | Anmol Kaur |
| 9 | Lakhwinder kaur | 12301046 | Pharmacy | 1 | 8146287791 | Lakhwinder Kaur |
| 10 | Kunal | 12300519 | Pharmacy | 1 | 7986557569 | Kunal |
| 11 | Bawa Lochan Kaur | 12301650 | Pharmacy | 1 | 7814772595 | Bawa Lochan Kaur |
| 12 | Arman Bedi | 12300702 | Pharmacy | 1 | 9056225121 | Arman Bedi |
| 13 | Vikas | 12301368 | Pharmacy | 1 | 8556903363 | Vikas |
| 14 | Priyanka | 12300140 | Pharmacy | 1 | 9877485945 | Priyanka |
| 15 | Rohit | 12301198 | Pharmacy | 1 | 7814589166 | Rohit |
| 16 | Arjun | 12300312 | Pharmacy | 1 | 8629006748 | Arjun |
| 17 | Nisha Gupta | 12301366 | Pharmacy | 1 | 8629006748 | Nisha |
| 18 | Saksham | 12301209 | Pharmacy | 1 | 7814453599 | Saksham |
| 19 | Abhishek | 1230640 | Pharmacy | 1 | 8194919429 | Abhishek |
| 20 | Rajinder Kumar | 12301189 | Pharmacy | 1 | 8194919429 | Rajinder |

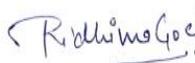





(CBME)

20/2/2024

| S.No | StudentName | RegdNo | ProgramName | Semester | Mobile No. | Signature |
|------|----------------------|----------|--------------------|----------|------------|----------------------|
| 1 | GURKARAN SINGH REHAL | 12300244 | B. Sc. - Economics | 2 | 9872143199 | Gurkaran Singh Rehal |
| 2 | ARSHPREET KAUR | 12301271 | B. Sc. - Economics | 2 | 8847450382 | Arshpreet Kaur |
| 3 | ANMOLPREET KAUR | 12301328 | B. Sc. - Economics | 2 | 7658082352 | Anmolpreet Kaur |
| 4 | TANISHA | 12301665 | B. Sc. - Economics | 2 | 8437648824 | Tanisha |
| 5 | AJAY KUMAR | 12300683 | BBA (Retail) | 2 | | |
| 6 | Nitu Kumari | 12300879 | BBA (Retail) | 2 | | |
| 7 | Rashi | 12100123 | B.Com | 6 | 7814992551 | |
| 8 | Harshikha | 12300838 | MBA | 2 | 9814765277 | |


Detailed Activity Report
Academic Session: 2023-2024

B.Tech (CSE)

20/2/2024

| Sr. No. | Name of student | Registration No. | Programme | Semester | Mb. No. | Signature |
|---------|-----------------|------------------|-----------------|--------------|------------|----------------|
| 1 | Geetanjali | 12200821 | Btech CSE | 4th Semester | 9872878427 | |
| 2 | Carpi | 12201491 | Btech CSE | 4th Semester | 7696249923 | |
| 3 | Rohit Meethar | 12200701 | Btech CSE | 4th Semester | 8264521812 | |
| 4 | Anuj | 12201024 | Btech CSE | 4th Semester | 6230278253 | |
| 5 | parkash | 12200612 | Btech CSE | 4th Semester | 7973857572 | |
| 6 | Bittu | 12200604 | Btech CSE | 4th Semester | 7528087806 | |
| 7 | Tania Sharma | 12200785 | Btech CSE | 4th Semester | 6284253975 | |
| 8 | Animesh | 12200842 | Btech CSE | 4th Semester | 9470754256 | |
| 9 | Pradeep | 12300262 | Btech(CSE & AI) | 2nd Semester | 9815197548 | |
| 10 | Vikram | 12300040 | Btech(CSE & AI) | 2nd Semester | 7529811960 | |
| 11 | K sushmita | 12300443 | Btech(CSE & AI) | 2nd Semester | 8143810488 | Mridul Giri |
| 12 | Ankit | 12101336 | Btech CSE | 6th Semester | 8082796736 | |
| 13 | Mridul | 12101482 | Btech CSE | 6th Semester | 9478402771 | Aman Chouhan |
| 14 | Girik | 12100653 | Btech CSE | 6th Semester | 7973475398 | |
| 15 | Aman Chouhan | 12001239 | Btech CSE | 8th Semester | 7889753054 | Avneet Singh |
| 16 | Avneet Singh | 12200073 | Btech CSE | 4th Semester | 7888909826 | |
| 17 | Meenakshi | 12200149 | Btech CSE | 4th Semester | 6284706225 | Neha Kumari |
| 18 | Manisha | 12200067 | Btech CSE | 4th Semester | 9779641825 | |
| 19 | Neha Kumari | 12200008 | Btech CSE | 4th Semester | 7814912669 | |
| 20 | Akash | 12200267 | Btech CSE | 4th Semester | 9855864307 | |

[Signature]

Ridhima Goel

Abhishek

*Pradeep
110973*

Detailed Activity Report
Academic Session: 2023-2024

20/2/2024

| Department of Microbiology | | | | | | |
|----------------------------|-----------------|------------------|---------------------------|----------|------------|--------------------|
| Sr. No. | Name of student | Registration No. | Programme | Semester | Mb. No. | Signatures |
| 1 | Sania | 12100016 | B.Sc Microbiology (Hons.) | V | 7528087273 | <i>[Signature]</i> |
| 2 | Kritika | 12100136 | B.Sc Microbiology (Hons.) | V | 6230109080 | <i>[Signature]</i> |
| 3 | Shivangi | 12100143 | B.Sc Microbiology (Hons.) | V | 9988154502 | <i>[Signature]</i> |
| 4 | Vanshika | 12100631 | B.Sc Microbiology (Hons.) | V | 7606822588 | <i>[Signature]</i> |
| 5 | Shray | 12101100 | B.Sc Microbiology (Hons.) | V | 8295723787 | <i>[Signature]</i> |
| 6 | Nikhil | 12101124 | B.Sc Microbiology (Hons.) | V | 7140029453 | <i>[Signature]</i> |
| 7 | Anjali | 12101321 | B.Sc Microbiology (Hons.) | V | 6230199608 | <i>[Signature]</i> |
| 8 | Komalpreet | 12101327 | B.Sc Microbiology (Hons.) | V | 9872906961 | <i>[Signature]</i> |
| 9 | Lakshya | 12101386 | B.Sc Microbiology (Hons.) | V | 9858148202 | <i>[Signature]</i> |
| 10 | Sharanjeet | 12101414 | B.Sc Microbiology (Hons.) | V | 9417653681 | <i>[Signature]</i> |
| 11 | Sanchita | 12201216 | B.Sc Microbiology (Hons.) | V | 7743077659 | <i>[Signature]</i> |
| 12 | Archi | 12200084 | B.Sc Microbiology (Hons.) | IV | 7807540137 | <i>[Signature]</i> |
| 13 | Amrit | 12200209 | B.Sc Microbiology (Hons.) | IV | 7347318280 | <i>[Signature]</i> |
| 14 | Deevanshi | 12200224 | B.Sc Microbiology (Hons.) | IV | 9805060033 | <i>[Signature]</i> |
| 15 | Tania | 12200227 | B.Sc Microbiology (Hons.) | IV | 8894576805 | <i>[Signature]</i> |
| 16 | Isha | 12200258 | B.Sc Microbiology (Hons.) | IV | 8360815355 | <i>[Signature]</i> |
| 17 | Mansi | 12200961 | B.Sc Microbiology (Hons.) | IV | 8287006366 | <i>[Signature]</i> |
| 18 | Tejpal | 12201189 | B.Sc Microbiology (Hons.) | IV | 9877719710 | <i>[Signature]</i> |
| 19 | Damini | 12201234 | B.Sc Microbiology (Hons.) | IV | 9816169851 | <i>[Signature]</i> |
| 20 | Vipul | 12201260 | B.Sc Microbiology (Hons.) | IV | 8278829960 | <i>[Signature]</i> |

[Signature]

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[Signature]

Detailed Activity Report
Academic Session: 2023-2024

Department of Education 20/2/24

| Sr. No. | Name of student | REGISTRATION NO | PROGRAMME | SEMESTER | MOBILE NO | SIGNATURE |
|---------|-----------------|--------------------|-----------|----------|------------|-------------------|
| 1 | NAVJOT | 12200202 | B.A. B.Ed | 4 | 9041176816 | <i>Navjot</i> |
| 2 | RAJNI | <i>Ra</i> 12200243 | B.A. B.Ed | 4 | 8968433354 | <i>Rajni</i> |
| 3 | BARKHA | 12200244 | B.A. B.Ed | 4 | 9501821108 | <i>Barkha</i> |
| 4 | SIMRANJEET | 12200384 | B.A. B.Ed | 4 | 8146088404 | <i>Simranjeet</i> |
| 5 | RIYA | 12200405 | B.A. B.Ed | 4 | 6283277092 | <i>Riya</i> |
| 6 | GURPREET | 12200497 | B.A. B.Ed | 4 | 8725064002 | <i>Gurpreet</i> |
| 7 | PAYAL | 12200655 | B.A. B.Ed | 4 | 9779095230 | <i>Payal</i> |
| 8 | SIYA | 12200715 | B.A. B.Ed | 4 | 8054118965 | <i>Siya</i> |
| 9 | TANIA | 12200754 | B.A. B.Ed | 4 | 9592148867 | <i>Tania</i> |
| 10 | SAMRIDHI | 12200783 | B.A. B.Ed | 4 | 6239649267 | <i>Samridhi</i> |
| 11 | SANCHI | 12200907 | B.A. B.Ed | 4 | 9915843155 | <i>Sanchi</i> |
| 12 | MEHAK | 12201032 | B.A. B.Ed | 4 | 7006404618 | <i>Mehak</i> |
| 13 | AVNEET | 12201109 | B.A. B.Ed | 4 | 7889065007 | <i>Avneet</i> |
| 14 | RAKHI | 12201404 | B.A. B.Ed | 4 | 7646069037 | <i>Rakhi</i> |
| 15 | ROMAN | 12201431 | B.A. B.Ed | 4 | 8360681767 | <i>Roman</i> |
| 16 | AMAN | 12100994 | B.A. B.Ed | 6 | 7491056561 | <i>Aman</i> |
| 17 | aishrica | 12100301 | B.SC B.Ed | 6 | 8699409114 | <i>Aishrica</i> |
| 18 | ARYAN | 12300341 | B.SC B.Ed | 2 | 9814259011 | |
| 19 | CHETAN | 12300615 | B.SC B.Ed | 2 | 7696042975 | |
| 20 | SUNIL | 12301250 | B.SC B.Ed | 2 | 9464127574 | |
| 21 | ANUPAM | 12300167 | B.SC B.Ed | 2 | 6230819156 | |
| 22 | SAHIL | 12300870 | B.SC B.Ed | 2 | 6239221849 | |
| 23 | RITESH | 12300693 | B.SC B.Ed | 2 | 7645846426 | |
| 24 | SAURAV | 12301614 | B.A. B.Ed | 2 | 7876607957 | |
| 25 | AJAY | 12300014 | B.A. B.Ed | 2 | 7528000304 | |
| 26 | HARMAN | 12300203 | B.A. B.Ed | 2 | 6239038861 | |

Signature

Ridhima Goyal

Abhishree

Signature

Detailed Activity Report
Academic Session: 2023-2024

Department of Law 20/2/24

| Sr. No | Name of student | Registration No. | Programme | Semester | Mb. No. | Signature | |
|--------|------------------|------------------|------------------|----------|------------|-----------|----------|
| 1 | HARMANJIT KAUR | 12200761 | B.A.LL.B (HONS.) | 4 | 8054938513 | / | |
| 2 | KULWINDER KAUR | 12200900 | B.A.LL.B (HONS.) | 4 | 7528993017 | | |
| 3 | KANWALPREET KAUR | 12201376 | B.A.LL.B (HONS.) | 4 | 9877121830 | | |
| 4 | KAMANA | 12200081 | B.A.LL.B (HONS.) | 4 | 8360172134 | | |
| 5 | ANANYA | 12200942 | B.A.LL.B (HONS.) | 4 | 6230537389 | | |
| 6 | NANIKA | 12200380 | B.A.LL.B (HONS.) | 4 | 8288823048 | | |
| 7 | PEARL | 12200129 | B.A.LL.B (HONS.) | 4 | 8195819393 | | |
| 8 | AANCHAL | 12200390 | B.A.LL.B (HONS.) | 4 | 7888317906 | | |
| 9 | JASRAJ | 12122618 | B.A.LL.B (HONS.) | 6 | 7508206469 | | Jasraj |
| 10 | NITIN | 12122565 | B.A.LL.B (HONS.) | 6 | 9876167889 | | Nitin |
| 11 | ISHIKA | 12101190 | B.A.LL.B (HONS.) | 6 | 7986226380 | Ishika | |
| 12 | NANDINI | 12100269 | B.A.LL.B (HONS.) | 6 | 6280518409 | Nandini | |
| 13 | PRIYA | 12100090 | B.A.LL.B (HONS.) | 6 | 8699448156 | Priya | |
| 14 | DISHIKA GILL | 12000122 | B.A.LL.B (HONS.) | 8 | 7814749079 | / | |
| 15 | RAJENWAL SINGH | 12001262 | B.A.LL.B (HONS.) | 8 | 7006813800 | | |
| 16 | GURPREET KAUR | 12001124 | B.A.LL.B (HONS.) | 8 | 8284043501 | | |
| 17 | GOPAL KRISHAN | 12001137 | B.A.LL.B (HONS.) | 8 | 9872031104 | | |
| 18 | VISHAL KAKKAR | 12101129 | B.A.LL.B (HONS.) | 6 | 7206346247 | | Vishal |
| 19 | LOVELEEN | 12000772 | B.A.LL.B (HONS.) | 8 | 9779876513 | | Loveleen |
| 20 | SIMRAN KAUR | 12100039 | B.A.LL.B (HONS.) | 6 | 8847433227 | | Simran |

Signature

Richhino Goel

Abhishree

Simran

m

20/2/24

Department of Psychology

| Sr. No. | Name of student | Registration No. | Programme | Semester | Mb. No. | Signatures |
|---------|-----------------|------------------|-----------|----------|------------|---------------|
| 1 | Gunjan Kumari | 12300034 | MA Psyc. | 2 | 7780975974 | Gunjan Kumari |
| 2 | Ishita Sharma | 12300036 | MA Psyc. | 2 | 7006960144 | Ishita |
| 3 | Princee | 12300370 | MA Psyc. | 2 | 9888891807 | Princee |
| 4 | Neha Thakur | 12300799 | MA Psyc. | 2 | 8427367340 | Neha |
| 5 | Alka Thakur | 12301255 | MA Psyc. | 2 | 7876197571 | Alka |
| 6 | Pooja | 12301520 | MA Psyc. | 2 | 9315632398 | Pooja |
| 7 | D. S. Chauran | 12301526 | MA Psyc. | 2 | 9999902000 | D. S. Chauran |
| 8 | Kritika Khanna | 12200419 | MA Psyc. | 4 | 7696222132 | Kritika |
| 9 | Muskan | 12200450 | MA Psyc. | 4 | 7347321515 | Muskan |
| 10 | Priya | 12200453 | MA Psyc. | 4 | 6283843256 | Priya |
| 11 | Harsimran Kaur | 12200829 | MA Psyc. | 4 | 7986305361 | Harsimran |
| 12 | Gurleen Kaur | 12201268 | MA Psyc. | 4 | 7814264570 | Gurleen |
| 13 | Araz Seth | 12201336 | MA Psyc. | 4 | 7986685173 | Araz |
| 14 | Tanushi Sharma | 12201381 | MA Psyc. | 4 | 8492032847 | Tanushi |

Signature

Richhino Goel

Abhishree

Simran

Detailed Activity Report
Academic Session: 2023-2024

20/2/2024

| Registration of Students | | | | | | |
|--------------------------|-----------------|------------------|---------------------|----------|---------------|---------------------|
| Sr. No. | Name of student | Registration No. | Programme | Semester | Mobile Number | Signatures |
| 1. | Swati | 12200794 | B.Sc(Hons) Biotech. | 4th | 889441382 | <i>Swati</i> |
| 2. | Singrajit Kaur | 12200811 | BSc (Hons) Biotech. | 4th | 9915944194 | <i>Singrajit</i> |
| 3. | Pratima Thakur | 12200689 | BSc(Hons) Biotech. | 4th | 8219065368 | <i>Pratima</i> |
| 4. | Abhay | 12201274 | BSc (Hons) Biotech. | 4th | 7876759438 | <i>Abhay</i> |
| 5. | Neha | 12200714 | BSc (Hons) Biotech. | 4th | 7876023024 | <i>Neha</i> |
| 6. | Riya | 12201103 | BSc (Hons) Biotech. | 4th | 901166352 | <i>Riya</i> |
| 7. | Nandini | 12301142 | B-pharmacy | 2nd | 8146163056 | <i>Nandini</i> |
| 8. | Manish | 12200914 | BSc Biotech | 4th | 8544787939 | <i>Manish</i> |
| 9. | Akhita | 12201052 | BSc Biotech | 4th | 821006696 | <i>Akhita</i> |
| 10. | Rahul Kumar | 12300864 | B. Pharmacy | 2nd | 8528192672 | <i>Rahul</i> |
| 11. | Utkar Singh | 12300520 | B. Pharmacy | 2nd | 9838872890 | <i>Utkar</i> |
| 12. | Mitali | 12100488 | BA English | 6th | 7888557879 | <i>Mitali</i> |
| 13. | Purnya | 12100008 | BA English | 6th | 9596458195 | <i>Purnya</i> |
| 14. | Riddhima | 12100472 | BA(Hons) English | 6th | 9914838850 | <i>Riddhima</i> |
| 15. | Sunit Barath | 12302231 | MBA (IT) Year | 2nd | 7527984454 | <i>Sunit Barath</i> |
| 16. | Ankita Rani | 12301289 | MBA (IT) Year | 2nd | 9041386260 | <i>Ankita Rani</i> |
| 17. | Raghav Verma | 12301009 | B-Pharmacy | 2nd | 9463547275 | <i>Raghav</i> |
| 18. | Rohit Kumar | 12300869 | B-Pharmacy | 2nd | 8528492672 | <i>Rohit</i> |
| 19. | Jaheen Kaur | 12301609 | MSc Zoology | IInd | 7807867156 | <i>Jaheen</i> |
| 20. | Tanisha | 12300917 | MSc Zoology | 2nd | 9041479894 | <i>Tanisha</i> |
| 21. | Deeksha Sharma | 12301379 | MSc Zoology | IInd | 7876754068 | <i>Deeksha</i> |
| 22. | Harti | 12300940 | MSc Zoology | IInd | 7428870854 | <i>Harti</i> |
| 23. | Aryoo | 12300662 | MSc Zoology | IInd | 6230089033 | <i>Aryoo</i> |
| 24. | Sonal | 12300746 | MSc Zoology | IInd | 7801496118 | <i>Sonal</i> |
| 25. | Shagun | 12301028 | MSc Zoology | IInd | 9015052545 | <i>Shagun</i> |
| 26. | Priyanka Kumar | 12300784 | MSc Botany | IInd | 862812865 | <i>Priyanka</i> |
| 27. | Chheen | 12300781 | MSc Botany | IInd | 9816686358 | <i>Chheen</i> |
| 28. | Karika | 12301168 | MSc Botany | IInd | 7807796562 | <i>Karika</i> |
| 29. | Jaagran | 12300810 | MSc Botany | IInd | 7652888919 | <i>Jaagran</i> |
| 30. | Sejanshu | 12300962 | MSc Botany | IInd | 8894046684 | <i>Sejanshu</i> |
| 31. | Tanvi Hans | 12101198 | B.A(Hons) English | 6th | 6205599386 | <i>Tanvi</i> |

Rane
11093

Abhinav

Riddhima Goyal

Lakha

Detailed Activity Report
Academic Session: 2023-2024

20/2/2024

| Registration of Students | | | | | | |
|--------------------------|--------------------|------------------|--------------------|--------------|-----------------------|--------------|
| Sr. No. | Name of student | Registration No. | Programme | Semester | Mobile Number | Signatures |
| 1 | Royal | 12301611 | B. Pharmacy | 2 | 7986302612 | Royal Duggal |
| 2 | Bansa Lakhan | 12301650 | D. Pharmacy | 2 | 7814772595 | Bansa Lakhan |
| 3 | Nisha Gupta | 12301366 | " | 2 | 7814453599 | Nisha Gupta |
| 4 | Mehak | 12100042 | BBA | 6 | 9814818675 | Mehak |
| 5 | Pooja | 12101252 | B.Sc Botany | 6 | 8054405846 | Pooja |
| 6 | Harshank | 12101388 | B.Sc Botany | 6 | 7658063896 | Harshank |
| 7 | Namrata K. | 12100214 | B.Sc Botany | 6 | 8699734998 | Namrata |
| 8 | Megha Ratti | 12100648 | B.Sc Botany | 6 | 7696163584 | Megha |
| 9 | Raghav Chandra | 12200663 | B. Com. (H) | 4th | 6284413523 | Raghav |
| 10 | Mtin | 12301464 | D-Pharmacy | 1st | 7696094051 | Mtin |
| 11 | Sanjay Singh | 12301382 | D-Pharmacy | 1st | 7522068058 | Sanjay |
| 12 | Sabit | 12301516 | D-Pharmacy | 1st | 7971600557 | Sabit |
| 13 | Vikas | 12301363 | D-Pharmacy | 1st | 8557903363 | Vikas |
| 14 | Raghav Verma | 12301009 | B. Pharmacy | 2nd | 9463547225 | Raghav |
| 15 | Mithilesh Kr | 12300851 | D-Pharmacy | 1st | 9102352061 | Mithilesh |
| 16 | Pranav Datta | 12200685 | B.Sc Biotechnology | IV | 837272469 | Pranav |
| 17 | Surya Sharma | 12201207 | B.Sc Biotechnology | IV | 7988925399 | Surya |
| 18 | Shital | 12201327 | B.Sc Biotechnology | IV | 8091004385 | Shital |
| 19 | Disha | 12201224 | B.Sc Biotechnology | IV | 7814941869 | Disha |
| 20 | Ashis | 12301604 | B. Pharmacy | 1st | 8968768776 | Ashis |
| 21 | Meenakshi | 12201085 | M.Sc. Zoology | 4 | 8219655552 | Meenakshi |
| 22 | Kuldeep | | | 4 | 7986057858 | |
| 23 | Natasha | 12200853 | | 4 | 9805370897 | Natasha |
| 24 | Ketan | 12201327 | M.Sc Zoology | 4 | 7807844676 | Ketan |
| 25 | Akanksha | 12200213 | B.Sc Zoology | 4 | 779677029 | Akanksha |
| 26 | Anamdeep | 12200287 | | 4 | 9622164018 | Anamdeep |
| 27 | Sampreet | 12201226 | | 4 | 7814364305 | Sampreet |
| 28 | Mangal | 12200834 | | 4 | 905428702 | Mangal |
| 29 | Poojushu | 12200882 | | 4 | 8054716269 | Poojushu |
| 30 | Ashika | 1200150 | | 4 | 8219813013 | Ashika |
| 31 | Aditi | 12201290 | | 4 | 9888571516 | Aditi |
| 32 | Aditi Pathin | 12200087 | | 4 | 7018476451 | Aditi |

Lulka

Pranshu
11093

Abhishek

Rishina Goyal

Detailed Activity Report
Academic Session: 2023-2024

20/2/2024

| S.No | Name | Registration No | Programme | Semester | Mobile No | Signature |
|------|-----------------|-----------------|-----------------------|----------|------------|-----------------|
| 1 | Shakshi Chib | 12301266 | M.Sc Hons Zoology | II | 8899723072 | Shakshi Chib |
| 2 | Mansi Manhas | 12301214 | M.Sc (Hons) Zoology | II | 6006645965 | Mansi Manhas |
| 3 | Nitika Khajuria | 12301319 | M.Sc (Hons) Zoology | II | 7889494957 | Nitika Khajuria |
| 4 | Roopali Sharma | 12301021 | M.Sc (Hons) Zoology | II | 6006295800 | Roopali Sharma |
| 5 | Neha | 12300921 | M.Sc. (Hons.) Zoology | II | 9129842186 | Neha |
| 6 | Vaishali | 12301035 | M.Sc. (Hons.) Zoology | II | 8219634415 | Vaishali |
| 7 | Akanksha | 12300758 | M.Sc. (Hons.) Zoology | II | 7814952871 | Aakanksha |
| 8 | Shivani Thakur | 12300987 | M.Sc (Hons) Zoology | II | 8580483314 | Shivani |
| 9 | Sunakshi | 12100691 | B.A (Hons) English | VI | 9872192900 | Sunakshi |
| 10 | Ankita Sharma | 12101453 | B.A (Hons) English | VI | 8494097830 | Ankita Sharma |
| 11 | Tamiya | 12101434 | B.A (Hons) English | VI | 9878302788 | Tamiya |
| 12 | Megha Manhas | 12300820 | M.Sc. Hons. Zoology | II | 7886399299 | Megha |
| 13 | Sakshi Sharma | 12301062 | M.Sc. Hons Zoology | II | 8899076424 | Sakshi |
| 14 | Anshuk Sharma | 12200934 | BA, BEd (Education) | IV | 7507251598 | Anshuk |
| 15 | Kritika | 12200143 | " | " | 6006992161 | Kritika |
| 16 | Kuldeep Kaur | 12300759 | M.Sc. Zoa (Hons) | II | 6284073825 | Kuldeep |
| 17 | Deepshikha | 12300595 | M.Sc. (Hons) - Zoo | II | 8219852874 | Deepshikha |
| 18 | Hanni | 12100558 | BHLLB Hons | 6 | 8529255642 | Hanni |
| 19 | Shreya | 12300302 | BBA | II | 8284108289 | Shreya |
| 20 | Nandini | 12100269 | Law | 6 | 6280518409 | Nandini |
| 21 | Priya | 12100090 | Law | 6 | 8699448156 | Priya |
| 22 | Palak | 12100675 | Law | 6 | 6130899082 | Palak |
| 23 | Manishu Raut | 12100792 | BBA | 6 | 698074110 | Manishu |

Signature

110993

Abhishek Rollima Goel

Detailed Activity Report
Academic Session: 2023-2024

20/2/2024

| Sl. No. | Name of student | Registration No. | Programme | Sem. | Phone No. | Signature |
|---------|-----------------|------------------|--------------------------|--------------------|------------|------------|
| 1. | Shekhar Trakur | 12201125 | Bsc. Zoology | 4 | 7876064538 | Shekhar |
| 2. | Palak | 12200423 | Bsc. Zoology | 4 | 8626826779 | Palak |
| 3. | Kamaljit Kaur | 12101118 | Bsc. Zoology | 6 | 6239872301 | Kamaljit |
| 4. | Jasvi Bhardwaj | 12100464 | Bsc. Zoology | 6 | 7717402971 | Jasvi |
| 5. | Dev | 12200553 | B.A English Hons. | 4 th nd | 8710450351 | Dev |
| 6. | Simsandeep | 12301239 | MBA CBME | 2 | 8544970252 | Simsandeep |
| 7. | Hoshika | 12100911 | Bcom 6 th sem | 6 | 6206911655 | Hoshika |
| 8. | Rishi | 12301451 | B- Pharmacy | 2 | 7719765033 | Rishi |
| 9. | Anya | 12100777 | law | 6 | 8283983613 | Anya |
| 10. | Khushi | 12101309 | law | 6 | 872904901 | Khushi |
| 11. | Aarhal Kumari | 12100432 | B.com | 6 | 7366046178 | Aarhal |

Palak

Abhishek

Palak 11/5/23

Rollins goel

Photos of the Activity:

Detailed Activity Report
Academic Session: 2023-2024



Dignitaries of DAV University - Vice Chancellor, Registrar, Dean CBME & Humanities & Dean Law with the Panel Experts



Panel of Experts Ms. Pallavi Khanna, B.K. Manisha Didi and Dr. Atul Madaan in Open Forum Panel Discussion

Detailed Activity Report
Academic Session: 2023-2024



Participants interacting with Panel Experts

Learning Outcomes :

1. Increased awareness of personal stress triggers and individual coping mechanisms, leading to enhanced self-regulation and emotional resilience.
2. Acquisition of diverse practical strategies and tools for managing stress effectively in various aspects of life, including professional, academic, and personal domains.
3. Development of a proactive mindset and adaptive approach towards challenges, empowering participants to maintain composure and focus on their goals amidst adversity.
4. Strengthened sense of agency and self-efficacy, enabling participants to take intentional actions and make informed decisions that align with their values and aspirations, ultimately contributing to the realization of their desired destiny.

ACTIVITY: IV

Department: Psychology

Name of the Event: Educational Visit to Rebirth Rehabilitation Centre and Hospital

Date of the Event: 24.04.2024

Name of the Resource Person (if applicable): N.A.

Teacher Coordinator: Ms. Ankita Gautam, Dr. Pratibha Khutan

Detailed Activity Report
Academic Session: 2023-2024

Report:

An educational visit was organized by the Faculty of the Department of Psychology to **Rebirth Rehabilitation Centre and Hospital on 24th April 2024**. Under the MOU between DAV University and Rebirth, the students of the Department visit the Rebirth Rehabilitation Centre and Hospital as a part of their experiential learning journey to deepen their understanding of addiction treatment and mental health care. The visit proved to be enlightening and provided valuable for understanding on addiction process, treatment and patient rehabilitation.

Upon arrival at the Rehabilitation Centre, the students were warmly welcomed by the staff, who provided an overview of the center's mission, treatment approaches, and patient care practices. Ms. Ankita Gautam and Dr. Pratibha Khutan interacted with a group of 30 recovering addicts and conveyed to them that healing is a journey worth taking. They also emphasized the importance of patience, compassion, hope, supporting oneself and others, self-motivation to heal and grow, and resilience in the journey of their recovery. Throughout the visit, students had the opportunity to engage in discussions with counselors and therapists, gaining firsthand knowledge of the therapeutic techniques employed in addiction recovery. They observed group therapy sessions, individual counseling sessions, and recreational activities designed to promote socialization and skill-building among patients. Dr. Gurjot Singh, Psychiatrist, Rebirth Rehabilitation Centre and Hospital also interacted with students and made them aware of the process of addiction, its treatment, and the role of rehabilitation in journey of recovery of addicts.

During the visit, psychology students engaged patients in recreational activities like 'balancing games' for the development of balancing skills and fostering social interaction. Through games, group activities, and team-building exercises, they promoted a sense of support and resilience among participants. These interventions served as effective tools for enhancing mood, cognitive flexibility, and emotional regulation in the rehabilitation process. The experience highlighted the therapeutic value of recreational activities in holistic patient care.

Overall, the visit was a transformative learning experience for the psychology students, fostering empathy, awareness, and a deeper understanding of addiction and mental health care.

Attendance Sheet of Students containing the name of the event, department, type of the event, date on the top of the attendance sheet

Detailed Activity Report
Academic Session: 2023-2024

Session- 23242

Educational Visit to Rebirth - Rehabilitation Centre & Hospital
24.04.24

Department of Psychology

| S.No | Student Name | Student Regd.No. | Programme Name | Semester | Signature |
|------|--------------------|------------------|-----------------|----------|---------------------------|
| 1 | Kritica Khanna | 12200419 | M.A. Psychology | 4th | <i>Kritica</i> |
| 2 | Muskan | 12200450 | M.A. Psychology | 4th | <i>Muskan</i> |
| 3 | Gurleen Kaur | 12201268 | M.A. Psychology | 4th | <i>Gurleen</i> |
| 4 | Araz Seth | 12201336 | M.A. Psychology | 4th | <i>Araz</i> |
| 5 | Tanushi Sharma | 12201381 | M.A. Psychology | 4th | <i>Tanushi</i> |
| 6 | Gunjan Kumari | 12300034 | M.A. Psychology | 2nd | <i>Gunjan Kumari</i> |
| 7 | Ishita Sharma | 12300036 | M.A. Psychology | 2nd | <i>Ishita</i> |
| 8 | Princee Sharma | 12300370 | M.A. Psychology | 2nd | <i>Princee</i> |
| 9 | Neha Thakur | 12300799 | M.A. Psychology | 2nd | <i>Neha</i> |
| 10 | Alka Thakur | 12301255 | M.A. Psychology | 2nd | <i>Alka Thakur</i> |
| 11 | Pooja Bhattacharya | 12301520 | M.A. Psychology | 2nd | <i>Pooja Bhattacharya</i> |

P. Khatun
11093
24.04.24

Chaitam
11131
24/4/24

Geotagged Pictures of the Activity:

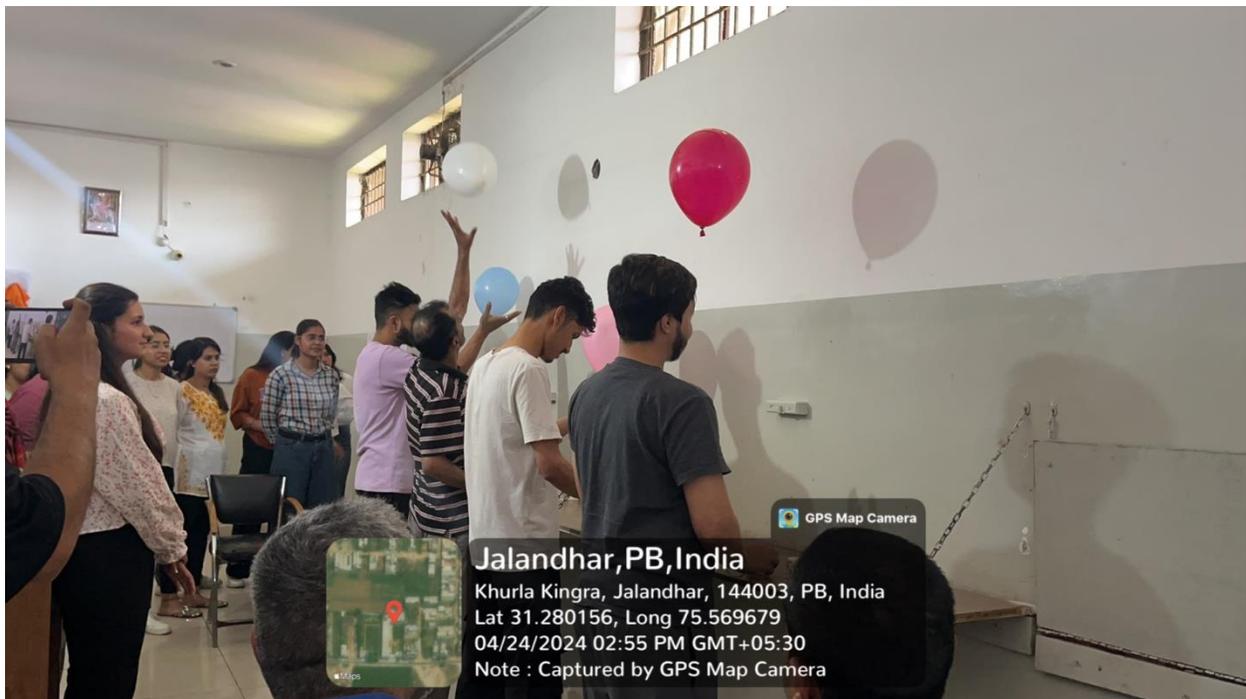


Group photo of faculty and students of the Department of Psychology, DAV University with Dr. Gurjot Singh (Psychiatrist, Rebirth Rehabilitation Centre and Hospital)

Detailed Activity Report
Academic Session: 2023-2024



Faculty and Students of the Department of Psychology, DAV University interacting with the Recovering Addicts in Rebirth Rehabilitation Centre and Hospital



Students of Department of Psychology, DAV University engaging recovering addicts in recreational games

Detailed Activity Report
Academic Session: 2023-2024



Interactive Session of Students of Department of Psychology, DAV University with Dr. Gurjot Singh

Learning Outcomes

1. Enhanced understanding of addiction psychology through direct observation and interaction with patients in rehabilitation and deaddiction settings.
2. Increased awareness of the complexities of addiction treatment, including the importance of addressing underlying psychological factors and social determinants of health.
3. Development of empathy and compassion towards individuals struggling with addiction, contributing to a more person-centered approach to psychological interventions.
4. Acquisition of practical skills in therapeutic engagement and group facilitation, laying the foundation for future careers in clinical psychology and addiction counseling.

ACTIVITY: V

Department: Psychology

Name of the Event: Educational Visit to Care for Autism Foundation

Date of the Event: 29.04.2024

Name of the Resource Person (if applicable): N.A.

Detailed Activity Report
Academic Session: 2023-2024

Teacher Coordinator: Dr. Pratibha Khutan, Ms. Ankita Gautam

Approval for the Activity:

← Approval - Educational Visit



Registrar

to Me & 2 more

Today, 12:38 pm



Dear Madam,

Reference to your request letter regarding Educational Visit to Care for Autism Foundation, Jalandhar on 29.04.2024. This is to inform you that the Competent Authority has approved your request for the same.

Timings of the visit: 10 a.m., No of Students: 11, Staff members: 2

Transport Incharge to provide transport facility for the above.

With Regards

**Prof (Dr) Sanjeev Kumar Arora
Registrar (Officiating)
DAV University, Jalandhar**

Report:

On 29th April 2024, students of the Department of Psychology visited the Care for Autism Foundation, aiming to deepen their understanding of Autism Spectrum Disorder (ASD) and explore therapeutic interventions for individuals with Autism.

Detailed Activity Report
Academic Session: 2023-2024

Upon arrival, students were warmly welcomed by Dr. Atul Madaan (Operational Head, of Care for Autism Foundation) along with the foundation's staff. Dr. Atul Madaan conducted an enlightening session raising awareness about autism with the faculty and students of DAV, University. With engaging presentations and interactive discussions, Dr. Atul Madaan elucidated the characteristics and challenges faced by individuals on the autism spectrum. Utilizing real-life examples, Dr. Atul Madaan facilitated a dynamic exchange of ideas, deepening students' understanding of autism. He also emphasized autism is not responsive to medicines and early diagnosis, early intervention during the initial stages of child growth and development can improve learning, communication, and social skills of a child. Ms. Riya Sharma, General Manager of Care for Autism Foundation delivered an informative and interactive oral presentation outlining the functioning of the foundation. She also informed students about the unique characteristics of Autism Spectrum Disorder, the sensory sensitivities, and communication challenges faced by individuals on the spectrum.

The highlight of the visit was the opportunity to observe individuals with autism in various settings, including sensory rooms and therapeutic activity areas. Through observation, students gained insight into the lived experiences of individuals with autism and the importance of interventions to support their social, emotional, and cognitive development.

The visit concluded with a reflection session, where students shared their observations and insights, reaffirming their commitment to promoting acceptance and understanding of autism in their future careers in psychology.

Attendance Sheet of Students containing name of the event, department, type of the event, date on the top of the attendance sheet

Date: 29.04.2024 ^{Session} 23242

Department of Psychology

| Attendance Sheet | | | | | |
|---|--------------------|------------------|-----------------|----------|---------------|
| Visit to Care for Autism Foundation (Educational Visit) | | | | | |
| S.No | Student Name | Student Regd.No. | Programme Name | Semester | Signatures |
| 1 | Kritica Khanna | 12200419 | M.A. Psychology | 4th | Kritica |
| 2 | Muskan | 12200450 | M.A. Psychology | 4th | Muskan |
| 3 | Priya | 12200453 | M.A. Psychology | 4th | Priya |
| 4 | Gurleen Kaur | 12201268 | M.A. Psychology | 4th | Gurleen |
| 5 | Araz Seth | 12201336 | M.A. Psychology | 4th | Araz |
| 6 | Tanushi Sharma | 12201381 | M.A. Psychology | 4th | Tanushi |
| 7 | Gunjan Kumari | 12300034 | M.A. Psychology | 2nd | Gunjan Kumari |
| 8 | Ishita Sharma | 12300036 | M.A. Psychology | 2nd | Ishita |
| 9 | Princee Sharma | 12300370 | M.A. Psychology | 2nd | Princee |
| 10 | Neha Thakur | 12300799 | M.A. Psychology | 2nd | Neha Thakur |
| 11 | Alka Thakur | 12301255 | M.A. Psychology | 2nd | Alka Thakur |
| 12 | Pooja Bhattacharya | 12301520 | M.A. Psychology | 2nd | Pooja |

Rishi
11093
29.04.24

Gurleen
11131
29.04.24

Detailed Activity Report
Academic Session: 2023-2024

Geotagged Pictures of the Activity



Interactive Session of faculty and students of the Department of Psychology, DAV University with Dr. Atul Madaan



Detailed Activity Report
Academic Session: 2023-2024



Group photo of faculty and students of the Department of Psychology, DAV University with Dr. Atul Madaan



Interactive Session of faculty and students of the Department of Psychology, DAV University with Dr. Atul Madaan

Detailed Activity Report
Academic Session: 2023-2024

Learning Outcomes

1. Gain insight into the challenges and needs of individuals on the autism spectrum.
2. Understand the various programs and services offered by the Care for Autism Foundation.
3. Explore effective strategies and interventions for supporting individuals with autism in their social, emotional, and cognitive development.
4. Develop empathy and awareness towards individuals with autism and their families, fostering a commitment to promoting inclusivity and support in the community.