

**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'–

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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.

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**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**



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**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**

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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 Mehak	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 Kritika Sharma	12200312	MSc Zoology	DR	3rd



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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) Siddharth	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 <del>Gill</del>	12300194	B.tech [CSE+SAF]	CR	1st
32) Diksha Gill	12000122	BA LLB (Hon.)	<del>DR</del> DR	3rd
33) Bishant	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)	CR	7th
41) Rajnish	12000745	BA LLB	CR	7th

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Name.	Reg. NO.	Dept (Course)	Designation	Sem. 2
51) Prince	12300370	MA (Psychology)	CR	1st
43) Priya	12200453	" "	CR	3rd
44) Gurilem	122001288	" "	DR	3rd
45) Tanisha	12300720	CBME	CR	
46) Simrondip	12301239	CBME	CR	
47) Muskan.	12200650	CBME	CR	
48) Tushar Sharma	12200441	CBME	DR	
49) Anshuman	12300586	CBME	CR	
50) Menhil	12000163	BSC (MAT)	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) Arman	12001239	B. tech (CSE)	NSS Coordinator	7th.
60) Tarun Kashyap	12000835	B. tech (CSE)	Cultural Coordinator	7th.

*Handwritten signature and date:*  
11/09/23  
13/9/23

*Handwritten signature and date:*  
14/9/23

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

*Chaitanya*  
11131 13/9/23

*P. S. S.*  
11093 13.9.23

*Shruti*  
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



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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 Mahendru <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>, <academicaaffairs@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

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**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

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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, HMTV 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.



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

Workshop on Neuro and Biofeedback Therapy  
Department of Psychology

Day 1  
16.11.23

Certificate Number

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

Ravi 11093      Chaitan 11031      Jyoti 10160      Bhavishvi 11072

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Date - 16.11.23

23	24	28-10-2023	Dr. Akash Hastir	Student	Department of Physiotherapy	DAV Institute of Physiotherapy and Rehabilitation, Jalandhar		
22	25	28-10-2023	Dr. Loveneet Kaur	Student	Department of Physiotherapy	DAV Institute of Physiotherapy and Rehabilitation, Jalandhar		
10	26	01-10-2023	Ms. Simranjit Kaur	PRT Science	Science Department	Jiya Lal Mittal DAV Public School, Gurdaspur	T2311011340473025850188	
24	27	16-11-23	Lt. Col. D. S. Chohan	Student	Department of Psy.	DAV University, Jalandhar		
	28	16-11-23	Ms. Anchal Aggarwal	Intergrance Student	Skimann Hospital	Jalandhar		
30	29	16-11-23	Dr. Kritika Nagrothi	Dean CBME	Department of Psychology	DAV University, Jalandhar	330002822238	Anchal
29	30	16-11-23	Dr. Pratima Sharma	Coordinator	CBME Department	DAV University, Jalandhar		
28	31	16-11-23	Ms. Ankita Gauram	Assistant Professor	Dept of Psychology	DAV University, Jalandhar		
31	32	16-11-23	Ms. Pratiksha Khatri	Assistant Professor	Dept. of Psychology	DAV University, Jalandhar		
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*Pratik*  
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*Ankita*  
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*Pratik*  
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*Pratik*  
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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

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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. Gritika 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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*Dr. An*  
*Anchil*  
*Dr. 11/2*  
*Dr. 11/3*  
*Dr. 11/3*

*Dr. 11/93*

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## Pictures of the Activity:

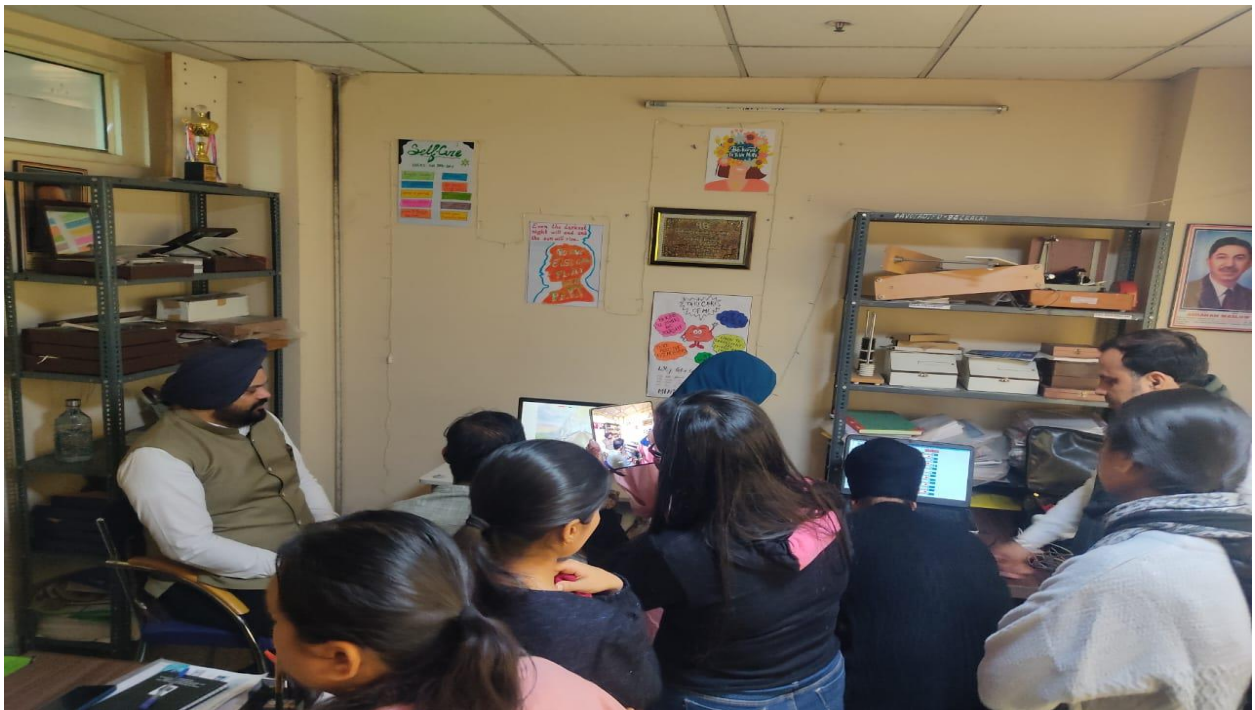


Dr. Tarlochan Singh delivering an orientation lecture on Neuro and Biofeedback Therapy

**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>

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**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>, <academicaaffairs@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 20<sup>th</sup> 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**

OPEN FORUM PANEL DISCUSSION ORGANIZED BY DEPARTMENT OF PSYCHOLOGY				Physical Education	20/2/2024
Sr.No.	NAME	REG.	CLASS	SIGNATURE	
1	VANI	12201049	BSC IN HEALTH AND PHY.EDU. IV SEM	[Signature]	
2	SHEETAL	12100985	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
3	SWALI	12100064	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
4	KHUSHBOO	12100244	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
5	AKASH	12100516	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
6	VIVEK	12100571	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
7	SURYA PRATAP	12101300	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
8	RAHUL	12101152	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
9	YOGENDRA	12101151	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
10	AKIB	12101153	BSC IN HEALTH AND PHY.EDU. VI SEM	[Signature]	
11	MOHIT	12300225	BPED IISEM	[Signature]	
12	SHIVAM	12301438	BPED IISEM	[Signature]	
13	ABHEET CHAUDHRI	12300907	BPED IISEM	[Signature]	
14	AVINASH	12200786	BPED IVSEM	[Signature]	
15	KIRAN	12201212	BPED IVSEM	[Signature]	
16	MAMTA	12201033	MPED IV SEM	[Signature]	
17	AKSHAY	12201130	MPED IV SEM	[Signature]	
18	SANDEEP	12201116	MPED IV SEM	[Signature]	
19	ANJALI	12201380	MPED IV SEM	[Signature]	
20	SHAYAINA	12201131	MPED IV SEM	[Signature]	
21	SAURAV	12201054	MPED IV SEM	[Signature]	

[Signature]      [Signature]      [Signature]      [Signature]



**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 Jaryal	12300988	Pharmacy	1	6006112432	Himanshu
2	Jagdeep Singh	12300900	Pharmacy	1	7087256287	Jagdeep 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

*[Signature]*

*[Signature]*

*[Signature]*

*[Signature]*

(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	

*[Signature]*

*[Signature]*

*[Signature]*

**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	12201421	Btech CSE	4th Semester	7896249923	
3	Ronik Nudhan	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	
12	Ankit	12101336	Btech CSE	6th Semester	8082796736	
13	Mridul	12101482	Btech CSE	6th Semester	9478402771	Mridul
14	Girik	12100653	Btech CSE	6th Semester	7973475398	Girik
15	Aman Chouhan	12001239	Btech CSE	8th Semester	7889753054	
16	Avneet Singh	12200073	Btech CSE	4th Semester	7888909826	
17	Meenakshi	12200149	Btech CSE	4th Semester	6284706225	
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	

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11093

**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>Sania</i>
2	Kritika	12100136	B.Sc Microbiology (Hons.)	V	6230109080	<i>Kritika</i>
3	Shivangi	12100143	B.Sc Microbiology (Hons.)	V	9988154502	<i>Shivangi</i>
4	Vanshika	12100631	B.Sc Microbiology (Hons.)	V	7606822588	<i>Vanshika</i>
5	Shray	12101100	B.Sc Microbiology (Hons.)	V	8295723787	<i>Shray</i>
6	Nikhil	12101124	B.Sc Microbiology (Hons.)	V	7740029453	<i>Nikhil</i>
7	Anjali	12101321	B.Sc Microbiology (Hons.)	V	6230199608	<i>Anjali</i>
8	Komalpreet	12101327	B.Sc Microbiology (Hons.)	V	9872906961	<i>Komal</i>
9	Lakshia	12101386	B.Sc Microbiology (Hons.)	V	9858148202	<i>Lakshia</i>
10	Sharanjeet	12101414	B.Sc Microbiology (Hons.)	V	9417653681	<i>Sharanjeet</i>
11	Sanchita	12201216	B.Sc Microbiology (Hons.)	V	7743077659	<i>Sanchita</i>
12	Archi	12200084	B.Sc Microbiology (Hons.)	IV	7807540137	<i>Archi</i>
13	Amrit	12200209	B.Sc Microbiology (Hons.)	IV	7347318280	<i>Amrit</i>
14	Deevanshi	12200224	B.Sc Microbiology (Hons.)	IV	9805060033	<i>Deevanshi</i>
15	Tania	12200227	B.Sc Microbiology (Hons.)	IV	8894576805	<i>Tania</i>
16	Isha	12200258	B.Sc Microbiology (Hons.)	IV	8360815355	<i>Isha</i>
17	Mansi	12200961	B.Sc Microbiology (Hons.)	IV	8287006366	<i>Mansi</i>
18	Tejpal	12201189	B.Sc Microbiology (Hons.)	IV	9877719710	<i>Tejpal Singh</i>
19	Damini	12201234	B.Sc Microbiology (Hons.)	IV	9816169851	<i>Damini</i>
20	Vipul	12201260	B.Sc Microbiology (Hons.)	IV	8278829960	<i>Vipul Sharma</i>

*Lakshia*

*Riddhima Goel*

*Abhishek*

*Singh*

*Pranav*  
11/09/23



**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	
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	
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	

*Julia*

*Ridhima Goyal*

*Abhishek*

*Simran*



**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 Singh
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	
20	SIMRAN KAUR	12100039	B.A.LL.B (HONS.)	6	8847433227	

*Indira*

*Richhvi Goel*

*Abhishree*

*Simha*

**Department of Psychology** 20/2/24

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	
7	D.S. Chaunan	12301526	MA Psyc.	2	9999902000	
8	Kritika Khanna	12200419	MA Psyc.	4	7696222132	Kritika
9	Muskan	12200450	MA Psyc.	4	7347321515	
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	
13	Araz Seth	12201336	MA Psyc.	4	7986685173	Araz
14	Tanushi Sharma	12201381	MA Psyc.	4	8492032847	Tanushi

*Indira*

*Richhvi Goel*

*Abhishree*

*Simha*

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

Department of. Math's. 20/2/2024

Registration of Students						
No.	Name of Student	Registration No.	Programme	Semester	Mobile Number	Signatures
1	Gurjita	12200046	MSc 2nd	4	9878345318	Gurjita
2	Preeti	12100671	BSc 3rd	6	7986989220	Preeti
3	Shruti	12100218	BSc 3rd	6	6284160084	Shruti
4	Sirvaanpreet Kaur	12100233	BSc 3rd	6	9501608515	Sirvaanpreet Kaur
5	Lakshmi Singh	12201335	MSc 3rd	4	9464623218	Lakshmi Singh
6	Mamika	12100848	BSc 3rd	6	6237759170	Mamika
7	Sangeet Kumar	12100044	BSc 3rd	6	7340864113	Sangeet Kumar
8	Harmandeep Kaur	12100140	BSc 3rd	6	7657861976	Harmandeep Kaur
9	Atul Dhiman	12200082	BSc 2nd	4	9015040237	Atul Dhiman
10	Anurag Singh	12200693	BSc 2nd	4	6283909496	Anurag Singh
11	Mamika Kaur	12200816	BSc 2nd	4	8022004245	Mamika Kaur
12	Deepika Sharma	12300633	BSc 1st	2	7018273968	Deepika Sharma
13	Sobani Arora	12300688	BSc 1st	2	9855719295	Sobani Arora
14	Sangeet	12300641	BSc 1st	2	7340986586	Sangeet
15	Navjot Suman	12200254	BSc 2nd	4	7986271739	Navjot Suman

*Lulita*

*Rishma Goid*

*Abhinav*

*Sinhu*

*11093*

English

20 | 21 | 024

Indep

Redlime God

Abhishek

Simha

~~12/10/23~~

*Julia*

Ridhima Goel

Abhishek

11092



B.Tech. (CSE)

20 | 2 | 2024

Amaka

11093

Rolling back

@chishree

*[Signature]*

Members of Student Council on Duty + other students on Duty

Rajendra  
Gurukul  
 Kujal.  
 Piyas  
Seema  
Wajah  
Atul  
 Pratham  
 Rishi  
Dhruv  
  
 Harsh  
 Anurag  
 Ishan

Abhishek  
11058

92 me  
11092

Ridhina Goch

Sinhu



**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	Swati
2.	Singrajit Kaur	12200811	BSc (Hons) Biotech.	4th	9915944194	Singrajit
3.	Pratima Thakur	12200689	BSc(Hons) Biotech.	4th	8219065368	Pratima
4.	Abhay	12201274	BSc (Hons) Biotech.	4th	787675438	Abhay
5.	Neha	12200714	BSc (Hons) Biotech.	4th	7876023024	Neha
6.	Riya	12201103	BSc (Hons) Biotech.	4th	901166352	Riya
7.	Nandini	12301142	B-pharmacy	2nd	8146163056	Nandini
8.	Manish	12200914	BSc Biotech	4th	8544787939	Manish
9.	Akshita	12201052	BSc Biotech	4th	8210006696	Akshita
10.	Rahul Kumar	12300864	B. Pharmacy	2nd	8528192672	Rahul
11.	Utkar Singh	12300520	B. Pharmacy	2nd	9878872890	Utkar
12.	Mitali	12100488	BA English	6th	7888555879	Mitali
13.	Purnya	12100008	BA English	6th	9596458195	Purnya
14.	Riddhima	12100472	BA Hons English	6th	9914838850	Riddhima
15.	Sumit Bhatn	12302231	MBA (IT) Year	2nd	7527984454	Sumit Bhatn
16.	Ankita Rani	12301289	MBA (IT) Year	2nd	9041386260	Ankita Rani
17.	Raghav Verma	12301009	B-Pharmacy	2nd	9463347275	Raghav
18.	Rohit Kumar	12300869	B Pharmacy	2nd	8528492672	Rohit
19.	Jaashen Kaur	12301609	MSc Zoology	1st	7807867156	Jaashen
20.	Tanisha	12300917	MSc Zoology	2nd	9041479894	Tanisha
21.	Deeksha Sharma	12301379	MSc Zoology	1st	7876754068	Deeksha
22.	Harti	12300940	MSc Zoology	1st	7428870854	Harti
23.	Akshoo	12300662	MSc Zoology	1st	6230089033	Akshoo
24.	Sonal	12300746	MSc Zoology	1st	7801496118	Sonal
25.	Shagun	12301028	MSc Zoology	1st	9015052545	Shagun
26.	Priyanka Kumar	12300784	MSc Botany	1st	862812865	Priyanka
27.	Chhvi	12300781	MSc Botany	1st	9816686358	Chhvi
28.	Karika	12301168	MSc Botany	1st	7807796562	Karika
29.	Sargam	12300810	MSc Botany	1st	7652888919	Sargam
30.	Seemantika	12300962	MSc Botany	1st	8894046684	Seemantika
31.	Tanya Manes	12101198	B.A(Hons) English	6th	6205599386	Tanya

Ravi  
11093

Abhinav

Riddhima Goyal

Lakshya



**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 Borkan	12301650	D. Pharmacy	2	7814772595	Bansa Borkan
3	Nisha Gupta	12301366	"	2	7814453599	Nisha Gupta
4	Mehak	12100042	BBA	6	9814818675	Mehak
5	Pooja	12101252	B.Sc Botany	6	8054445846	Pooja
6	Harshank	12101388	B.Sc Botany	6	7658063896	Harshank
7	Namruti K.	12100214	B.Sc Botany	6	8699734998	Namruti
8	Megha Ratti	12100648	B.Sc Botany	6	7696163584	Megha
9	Raghav Bhandari	12200663	B. Com. (H)	4th	6284413523	Raghav
10	Mtin	12301464	D-Pharmacy	1st	7696094051	Mtin
11	Simranjyoti	12301382	D-Pharmacy	1st	7522618058	Simran
12	Sabit	12301516	D-Pharmacy	1st	7971600537	Sabit
13	Vikay	12301363	D-Pharmacy	1st	8556903363	Vikay
14	Raghav Verma	12301009	B. Pharmacy	2nd	9463547275	Raghav
15	Mithilesh Kr.	12300851	D-Pharmacy	1st	9102352006	Mithilesh
16	Pranav Datta	12200685	B.Sc Biotechnology	IV	837272469	Pranav
17	Siva Sharma	12201207	B.Sc Biotechnology	IV	7888925399	Siva
18	Shital	12201327	B.Sc Biotechnology	IV	8091004385	Shital
19	Diga	12201224	B.Sc Biotechnology	IV	7814941869	Diga
20	Anish	12301604	D. Pharmacy	1st	8968768776	Anish
21	Munishi	12201085	MSC Zoology	4	8219655552	Munishi
22	Kritika			4	7986057858	Kritika
23	Natasha	12200853		4	9805370897	Natasha
24	Ketan	12201337	MSC Zoology	4	7807844676	Ketan
25	Akanksha	12200213	BSC Zoology	4	779677029	Akanksha
26	Anamandep	12200287		4	9622164018	Anamandep
27	Sampreet	12201226		4	7814364305	Sampreet
28	Manoj	12200834		4	905428702	Manoj
29	Pranshu	12200882		4	8054716269	Pranshu
30	Anshika	1200150		4	8219313013	Anshika
31	Aditi	12201290		4	9888571516	Aditi
32	Aditi Pathin	12200087		4	7018476451	Aditi

*Lulupa*

*Pranshu*  
11/09/23

*Abhishek*

*Richina Gori*

20 | 2 | 2024

Julka      Ray      Abhishek Rollima Goel  
110993



20 | 2 | 2024

*J. L. L.*

Abhishek

11052

Richina Goel

20/2/2024

*[Signature]*

Abhishek

$\frac{1240}{11092}$

Rolling God

### 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**


**Approval for the Activity:**

VC 000

DAVU/2024/PCBME/198  
Dated: 22/4/24.

829

To  
The Registrar  
DAV University  
Jalandhar  
Date : April, 22 2024  
Subject: Approval for Educational Visit.



Respected Sir,

With due respect this to inform you that the Department of Psychology is organizing an educational visit under the MOU between DAV University and Rebirth Hospital and Rehabilitation Center, Opposite Gill Farm Near Sudama Vihar, Mithapur, Jalandhar. The purpose of this visit is to enhance our students' learning experience and provide them with valuable practical insights related to their academic curriculum.

Details of the proposed educational visit are as follows:

Date: April 24, 2024

Destination: Hospital and Rehabilitation Center, Opposite Gill Farm Near Sudama Vihar, Mithapur, Jalandhar.

Number of Students: 13

Accompanying Staff: 2


Timings: 1:30 PM to 4:00 PM

It is also requested to arrange the transportation for the visit. We believe that this educational visit aligns closely with the academic goals of our institution and will provide students with practical exposure to Counseling and one to one interaction with clients. The educational visit have been carefully designed to complement their classroom learning and foster their personal and intellectual growth.


We kindly request your approval for the same and seek your support in facilitating the necessary arrangements. We look forward to your positive response and cooperation in making this educational visit a valuable and enriching experience for our students. The details of the students and accompanying Staff is also enclosed with this letter.


Thanking You.

Sincerely,  
Dr. Pratima Sharma  
Coordinator  
Employee ID: 11092  
Contact Number: 7831015660

  
11092

- Seeking Approval for Transport facility on April 24, 2024 at 1:15 P.M. from Univellity Campus.  
- List of students & faculty accompanying shall be provided by Ms. Ankita Gokhale (Asst. Prof., Dept of Psychology) before leaving.  
Subpo (10150) 829  
22/4/24  
R. M. in  
20/4







**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 24<sup>th</sup> 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	Kritica
2	Muskan	12200450	M.A. Psychology	4th	Muskan
3	Gurleen Kaur	12201268	M.A. Psychology	4th	Gurleen
4	Araz Seth	12201336	M.A. Psychology	4th	Araz
5	Tanushi Sharma	12201381	M.A. Psychology	4th	Tanushi
6	Gunjan Kumari	12300034	M.A. Psychology	2nd	Gunjan Kumari
7	Ishita Sharma	12300036	M.A. Psychology	2nd	Ishita
8	Princee Sharma	12300370	M.A. Psychology	2nd	Princee
9	Neha Thakur	12300799	M.A. Psychology	2nd	Neha
10	Alka Thakur	12301255	M.A. Psychology	2nd	Alka Thakur
11	Pooja Bhattacharya	12301520	M.A. Psychology	2nd	Pooja Bhattacharya

*P. Khatun*  
*11093*  
*24.04.24*

*Chantam*  
*11131*  
*24/4/24*

**Geotagged Pictures of the Activity:**

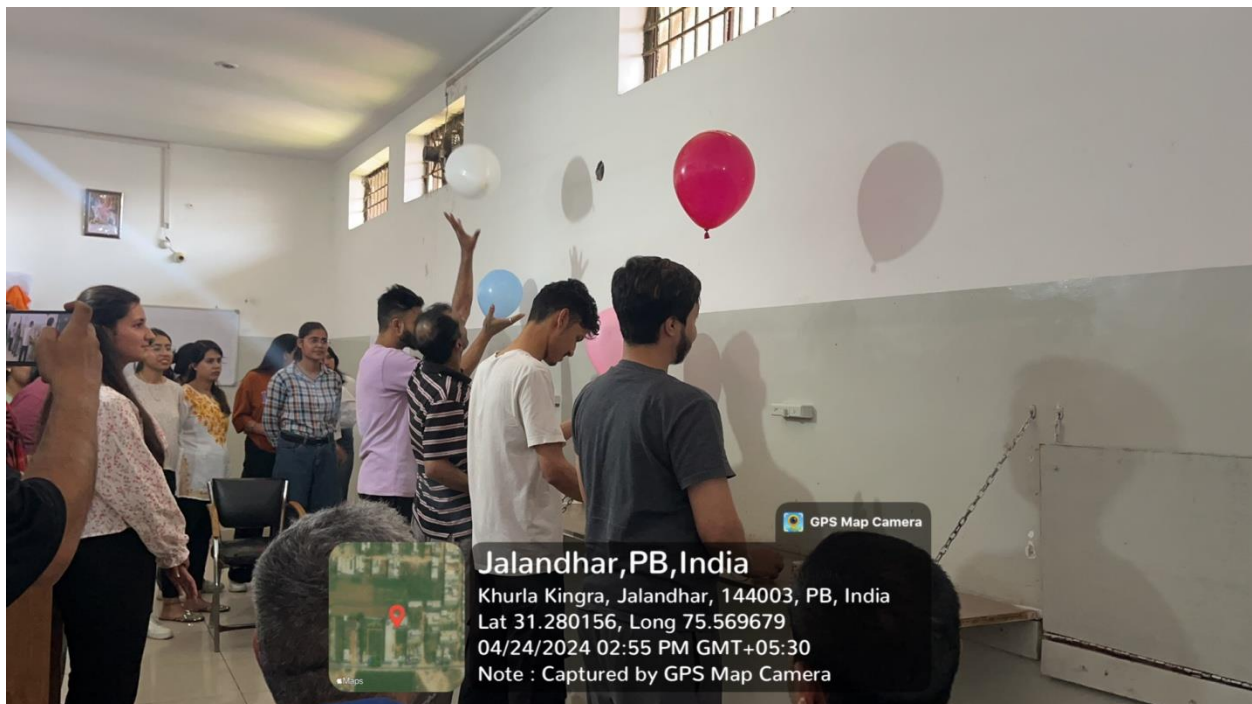


**Group photo of faculty and students of the Department of Psychology, DAV University with Dr. Gurjot Singh (Psychiatrist, Rebirth Rehabilitation Centre and Hospital)**

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



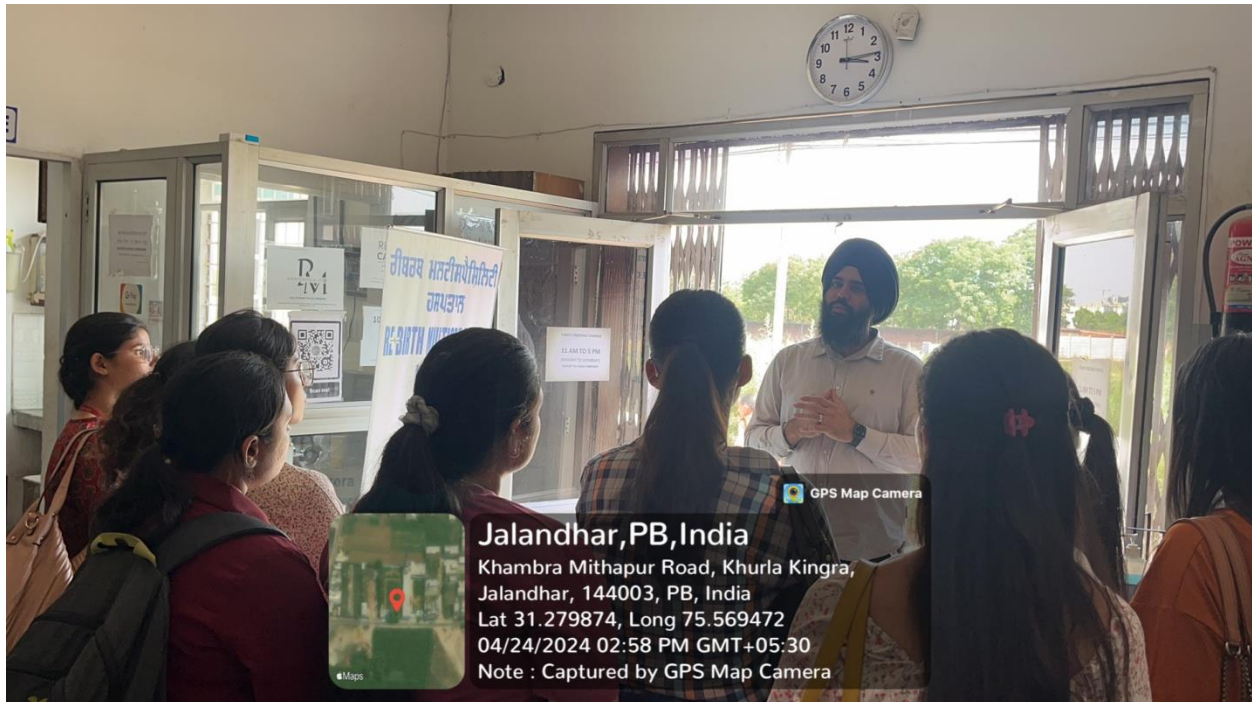
**Faculty and Students of the Department of Psychology, DAV University interacting with the Recovering Addicts in Rebirth Rehabilitation Centre and Hospital**



**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 29<sup>th</sup> 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 <sup>Session</sup> 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

Prateek  
11093  
29.04.24

Prateek  
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.