



Name of the Faculty: Behavioural Sciences

Name of the Event/ Programme: “Mindfulness: Third Wave Psychotherapy”

Type of Event: One Day Workshop

Date: 14th February 2019

Time: 10 AM - 4 PM

Venue: A-105, 1st Floor, A Block

Organizers: Department of Clinical Psychology, Faculty of Behavioural Sciences

Objective: High pacing life and modern-day stress has led to increased demand of third wave of psychotherapies in the current population. These therapies focus upon the holistic development of mind and body, rather focusing upon the symptom specific treatment. Mindfulness is the major connecting thread between various forms of third wave therapies. like DBT, ACT, MCT and MBCT etc. Mindfulness being more experiential in nature than theoretical, it was deemed fit that a full day workshop in mindfulness will explore boundaries beyond theoretical knowledge.

The objective of this workshop was to provide students with hands on training in mindfulness and to grow their experiential knowledge in various techniques of mindfulness.

About the Speaker/Guest: **John Victor** is a practicing Clinical Psychologist, Innovator & Entrepreneur in Mental Health Technology, formerly with VIMHANS as Faculty. He has worked with some of the top companies like **MSF, SPARSH, MSD, Sanofi, Pfizer, CANSUPPORT, HCL, PowerGrid, Indian Oil, NHPC, NTPC & SIEMENS**. He developed “Personality Re-Engineering” & “Conscious Unconditional Parenting”. He recently developed First Indian Cloud Based ‘ODCM’ Platform (Online Directory, Client Management & Clinical Practice Platform), first Mental Health Platform recognized by Startup India. This is unique in its nature unlike other platforms as it has been built by a

practicing Clinical Psychologist who understands nuances & challenges of mental health professionals, clients & their families.

Audience: Participants included Faculty and Students from M.Phil. Clinical Psychology (1st Year and 2nd Year) and M.Sc. Clinical Psychology (1st Year and 2nd Year) and B.Sc. (3rd Year) program. Workshop was coordinated by Ms. Shreyasi Vashishtha, Assistant Professor, Faculty of Behavioural Sciences.

Brief Report:

Workshop started with brief introduction and felicitation of the guest by Prof. Waheeda Khan, Dean, Faculty of Behaviour Sciences (FBS). Workshop focused upon the extension of traditional CBT approaches in to the third wave of psychotherapy, which includes mindfulness as a core component. Workshop provided with various exercises and hands on training experience to the students to develop mindfulness as a practice in their daily life.

In the workshop different mindfulness exercises like good and bad memory visualization, mindfulness eating, mindful breathing and body-scan Meditation were practiced. Five factor facet mindfulness questionnaire was also administered on participants, which represented different elements of mindfulness. Scores from the questionnaire demonstrated their current level of mindfulness. Later, different components of mindfulness like attention, choice, open awareness, acceptance and no identification were explained skillfully and practiced during the workshop. Overall workshop enhanced skills for practicing mindfulness. At the end of the workshop question answer session was taken after which certificates were also provided to the students.



The poster is for a workshop at SGT University. It features the university's logo and name at the top, followed by the faculty and department. The title of the workshop is prominently displayed in a dark blue box. Below this, the guest speakers are listed in white boxes. The date and venue are provided at the bottom.

 **SGT UNIVERSITY**
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR

 **QS I-GAUGE**
INDIAN COLLEGE & UNIVERSITY RATING
GOLD

Faculty of Behavioural Sciences
Department of Clinical Psychology
one day workshop

Mindfulness : Third Wave Psychotherapy

By
Guest Speakers

Mr. John Victor
CEO, Mind Solace

Ms. Neha Bhardwaj
Clinical psychologist

14th February 2019

Venue : Room No. 105, First Floor, A-Block

Banner of the Workshop



Prof. Waheeda Khan, Dean, Faculty of Behavioural Sciences felicitating the expert.



Enthusiastic audience of session on
third wave psychotherapies



Certificate for the Workshop



Group Picture of the participants and the expert for the workshop



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FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: Mindfulness: 3rd wave Psychotherapy

SESSION-2018-19

Attendance Sheet (Date: 14/02/19)

S	Registration Number	Name	Course	Year	Signature
	181902001	KOMAL PAHUJA	Bachelor of Science (Clinical Psychology)	I	Komal
	181902002	TOSHIKA	Bachelor of Science (Clinical Psychology)	I	Tosha
	181902003	MEGHNA A	Bachelor of Science (Clinical Psychology)	I	Meghna
	181902006	HIMANI CHAUHAN	Bachelor of Science (Clinical Psychology)	I	Himani
	181902007	MEGHA YADAV	Bachelor of Science (Clinical Psychology)	I	Megha
	181902010	SAKSHI MALIK	Bachelor of Science (Clinical Psychology)	I	Sakshi
	181902011	KM. PRINCESS RAWAT	Bachelor of Science (Clinical Psychology)	I	Princess
	181902012	KANIKA SHARMA	Bachelor of Science (Clinical Psychology)	I	Kanika
	181902014	KRTIKA CHAUHAN	Bachelor of Science (Clinical Psychology)	I	Kartika
	181902015	SHUBHAM PRASAD	Bachelor of Science (Clinical Psychology)	I	Shubham
	181902016	ANUBHAV CHAUHAN	Bachelor of Science (Clinical Psychology)	I	Anubhav
	181902017	KIRTI RATHEE	Bachelor of Science (Clinical Psychology)	I	Kirti
	181902018	SONAL	Bachelor of Science (Clinical Psychology)	I	Sonal
	181902020	ISHIKA AGGARWAL	Bachelor of Science (Clinical Psychology)	I	Ishika
	181902022	KIRTI	Bachelor of Science (Clinical Psychology)	I	Kirti
	181902023	ROHINA SHARMA	Bachelor of Science (Clinical Psychology)	I	Rohina
	181902024	MUSKAN SEJWAL	Bachelor of Science (Clinical Psychology)	I	Muskan
	181902025	MANSI GUPTA	Bachelor of Science (Clinical Psychology)	I	Mansi Gupta
	181902026	GRACE JOHNS	Bachelor of Science (Clinical Psychology)	I	Grace
	181902027	SIMRAN KUMARI	Bachelor of Science (Clinical Psychology)	I	Simran
	181902028	KIRTI	Bachelor of Science (Clinical Psychology)	I	Kirti
	181902029	JASMINE	Bachelor of Science (Clinical Psychology)	I	Jasmine
	181902030	ANCHAL TYAGI	Bachelor of Science (Clinical Psychology)	I	Anchal
	181902031	PINKY REHMAN	Bachelor of Science (Clinical Psychology)	I	Pinky
	181910001	UPASANA DAGAR	Bachelor of Arts (Hons.) (Psychology)	I	Upasana
	181910002	DEEPAK SHOKEEN	Bachelor of Arts (Hons.) (Psychology)	I	Deepak
	181910004	NITIN YADAV	Bachelor of Arts (Hons.) (Psychology)	I	Nitin
	181910005	PRATIGYA SIWATCH	Bachelor of Arts (Hons.) (Psychology)	I	Pratigya

181910006	AASTHA RUDRA	Bachelor of Arts (Hons.) (Psychology)	I	<i>Aastha</i>
181910007	ASTHA BHARDWAJ	Bachelor of Arts (Hons.) (Psychology)	I	<i>Astha Bhardwaj</i>
181910009	MUSKAN SANGWAN	Bachelor of Arts (Hons.) (Psychology)	I	<i>Muskan</i>
181910010	MUSKAN SHARMA	Bachelor of Arts (Hons.) (Psychology)	I	<i>Muskan</i>
181910011	PAYAL	Bachelor of Arts (Hons.) (Psychology)	I	<i>Payal</i>
181910013	SHIRIN VOHRA	Bachelor of Arts (Hons.) (Psychology)	I	<i>Shirin</i>
181910014	JANVI LAKRA	Bachelor of Arts (Hons.) (Psychology)	I	<i>Janvi</i>
181910015	HARLEEN KAUR CHAWLA	Bachelor of Arts (Hons.) (Psychology)	I	<i>Harleen</i>
181906001	AASTHA KAPOOR	Master of Philosophy (Clinical Psychology)	I	<i>Aastha</i>
181906002	NIDHI NAHATA	Master of Philosophy (Clinical Psychology)	I	<i>Nidhi</i>
181906003	RUCHI SHARMA	Master of Philosophy (Clinical Psychology)	I	<i>Ruchi</i>
181906004	RUPAL KAURA	Master of Philosophy (Clinical Psychology)	I	<i>Rupal</i>
181906005	SHIVANI SAHDEV	Master of Philosophy (Clinical Psychology)	I	<i>Shivani</i>
181906006	SADAF RAIS	Master of Philosophy (Clinical Psychology)	I	<i>Sadaf</i>

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: *Mindfulness: 3rd wave Psychotherapy*

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S	Registration Number	Name	Course	Year	Signature
	181909002	SANUJA K M	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Sanuja</i>
	181909003	MEGHA GARG	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Megha</i>
	181909004	RADHA CHATURVEDI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Radha</i>
	181909005	NAMAN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Naman</i>
	181909006	ROUNAK CHATTERJEE	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Rounak</i>
	181909007	MS SONAL GARG	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Sonal</i>
	181909010	SUMIT KUMAR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	I	<i>Sumit</i>

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S. No.	Registration Number	Name	Course	Year	Signature
	171909001	AKANSHA BHADANA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Akansha</i>
	171909002	SIMRAN JAISWAL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Simran</i>
	171909003	SUMREENA RASOOL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Sumreena</i>
	171909004	SUMI JAN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	
	171909005	HEENA YADAV	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Heena</i>
	171909006	KAVITA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Kavita</i>
	171909007	PRIYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Priya</i>
	171909009	ANANTIKA TEHLANI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	
	171909010	ABHIJEET RAWAT	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Abhijeet</i>
	171909011	SHUBHAM SINGHAL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Shubham</i>
	171909012	TAGE MUNYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Tage</i>
	171909013	UMANG	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Umang</i>
	171909014	VISHNU S	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Vishnu S.</i>
	171909015	VAIBHAV SAXENA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	

FACULTY OF BEHAVIOURAL SCIENCES

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SESSION-2018-19

Attendance Sheet (Date: 14/02/19)

S. No.	Registration Number	Name	Course	Year	Signature
	171906001	DEVIKA RAJE	Master of Philosophy (Clinical Psychology)	II	
	171906002	PRERNA HASIJA	Master of Philosophy (Clinical Psychology)	II	<i>Prerna Hasija</i>
	171906003	VANDANA KAUSHIK	Master of Philosophy (Clinical Psychology)	II	<i>Vandana</i>
	171906004	KHUSHBOO TOMAR	Master of Philosophy (Clinical Psychology)	II	
	171906005	MAHIMA TRIVEDI	Master of Philosophy (Clinical Psychology)	II	<i>Mahima</i>
	171906006	SHADMA JAHAN	Master of Philosophy (Clinical Psychology)	II	<i>Shadma Jahan</i>

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S	Registration Number	Name	Course	Year	Signature
	171902002	KAJAL SHARMA	Bachelor of Science (Clinical Psychology)	II	<i>Kajal</i>
	171902004	RAKSHA KOUL	Bachelor of Science (Clinical Psychology)	II	<i>Raksha</i>
	171902005	CHRISTIE SAJU	Bachelor of Science (Clinical Psychology)	II	<i>Christie</i>
	171902006	MINAM TALOH	Bachelor of Science (Clinical Psychology)	II	<i>Minam</i>
	171902007	SUNALI SAINI	Bachelor of Science (Clinical Psychology)	II	<i>Sunali</i>
	171902008	PRIYA	Bachelor of Science (Clinical Psychology)	II	<i>Priya</i>
	171902009	RIYA SETH	Bachelor of Science (Clinical Psychology)	II	<i>Riya</i>
	171902010	ISHA SEHRAWAT	Bachelor of Science (Clinical Psychology)	II	<i>Isha</i>
	171902011	JIGYASA CHAUHAN	Bachelor of Science (Clinical Psychology)	II	<i>Jigyasa</i>
	171902012	EKTA JHA	Bachelor of Science (Clinical Psychology)	II	<i>Eakta</i>
	171902014	SHRISTI VATS	Bachelor of Science (Clinical Psychology)	II	<i>Shristi</i>
	171902015	CHITRA HUDIA	Bachelor of Science (Clinical Psychology)	II	<i>Chitra</i>
	171902016	DEVANSHI	Bachelor of Science (Clinical Psychology)	II	<i>Devanshi</i>
	171902017	AAYUSHI	Bachelor of Science (Clinical Psychology)	II	<i>Aayushi</i>
	171902018	SALONI CHHABRA	Bachelor of Science (Clinical Psychology)	II	-
	171902019	RICHA DHINGRA	Bachelor of Science (Clinical Psychology)	II	<i>Richa</i>
	171902020	VISHAKHA	Bachelor of Science (Clinical Psychology)	II	<i>Vishakha</i>
	171902021	AKANSHA JAIN	Bachelor of Science (Clinical Psychology)	II	<i>Akansha</i>
	171902022	SUPRIYA KUMARI	Bachelor of Science (Clinical Psychology)	II	<i>Supriya</i>
	171902023	ABHINAV MATHUR	Bachelor of Science (Clinical Psychology)	II	<i>Abhinav</i>
	171902024	BAROJ UN NISA	Bachelor of Science (Clinical Psychology)	II	<i>Baroj</i>
	171902025	ONAM HEMI	Bachelor of Science (Clinical Psychology)	II	<i>Onam</i>
	171902027	SHUFIA KHAN	Bachelor of Science (Clinical Psychology)	II	<i>Shufia</i>
	171902029	POOJA GULIA	Bachelor of Science (Clinical Psychology)	II	<i>Pooja</i>
	171902030	TANIYA	Bachelor of Science (Clinical Psychology)	II	<i>Taniya</i>
	171902031	TODARISUKKORDOR WAHL	Bachelor of Science (Clinical Psychology)	II	<i>Todari</i>
	171902032	ANJALI SEHRAWAT	Bachelor of Science (Clinical Psychology)	II	<i>Anjali</i>
	171902033	KHAMKORDOR HUJON	Bachelor of Science (Clinical Psychology)	II	-

171902034	SARTHAK	Bachelor of Science (Clinical Psychology)	II	<i>Sarthak</i>
171902035	KALPANA SHARMA	Bachelor of Science (Clinical Psychology)	II	<i>Kalpna</i>
171910002	DIVYANSHU ARORA	Bachelor of Arts (Hons.) (Psychology)	II	<i>Divyanshu</i>
171910004	ADITI KAUSHIK	Bachelor of Arts (Hons.) (Psychology)	II	<i>Aditi</i>
171910006	NIKHIL SHARMA	Bachelor of Arts (Hons.) (Psychology)	II	<i>Nikhil</i>
171910007	ANSHUL CHHILLAR	Bachelor of Arts (Hons.) (Psychology)	II	<i>Anshul</i>

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S	Registration Number	Name	Course	Year	Signature
	161902002	SANJANA GARG	Bachelor of Science (Clinical Psychology)	III	<i>Sanjana</i>
	161902003	DHEERAJ GHUGHTYAL	Bachelor of Science (Clinical Psychology)	III	<i>Dheeraj</i>
	161902005	KRITI MONGA	Bachelor of Science (Clinical Psychology)	III	<i>Kriti</i>
	161902006	DEVANSHI	Bachelor of Science (Clinical Psychology)	III	<i>Devanshi</i>
	161902007	KANAN SHARMA	Bachelor of Science (Clinical Psychology)	III	<i>Kanan</i>
	161902009	PREETI SHARMA	Bachelor of Science (Clinical Psychology)	III	<i>Preeti</i>
	161902010	PARVNEET Kaur KHURANA	Bachelor of Science (Clinical Psychology)	III	<i>Parvneet</i>
	161902011	LYDIA DONBIAKKIM	Bachelor of Science (Clinical Psychology)	III	<i>Lydia</i>
	161902012	NAMISHA CHUGH	Bachelor of Science (Clinical Psychology)	III	<i>Namisha</i>
	161902013	MEHAK BHATIA	Bachelor of Science (Clinical Psychology)	III	<i>Mehak</i>
	161902014	MANEESH	Bachelor of Science (Clinical Psychology)	III	<i>Maneesh</i>
	161902015	EMANUEL VL AWMPUIA	Bachelor of Science (Clinical Psychology)	III	<i>Emanuel</i>
	161902016	KHUSHBOO WASAN	Bachelor of Science (Clinical Psychology)	III	<i>Khushboo</i>
	161902018	LAKSHITA RAO	Bachelor of Science (Clinical Psychology)	III	<i>Lakshita</i>
	161902021	PULKIT THAKUR	Bachelor of Science (Clinical Psychology)	III	<i>Pulkrit</i>
	161902023	KAVITA SHARMA	Bachelor of Science (Clinical Psychology)	III	<i>Kavita</i>
	161902024	NIKITA YADAV	Bachelor of Science (Clinical Psychology)	III	<i>Nikita</i>
	161902025	TANISHA KAWATRA	Bachelor of Science (Clinical Psychology)	III	<i>Tanisha</i>
	161902026	SIMRAN	Bachelor of Science (Clinical Psychology)	III	<i>Simran</i>
	161902027	SALOMI SAMBA DOLMA	Bachelor of Science (Clinical Psychology)	III	<i>Salomi</i>
	161902028	LAXMI	Bachelor of Science (Clinical Psychology)	III	<i>Laxmi</i>
	161902031	MUSKAN SHARMA	Bachelor of Science (Clinical Psychology)	III	<i>Muskan</i>
	161902032	EKTA KHURANA	Bachelor of Science (Clinical Psychology)	III	<i>Eakta</i>
	161902033	LARIHUN SYIEMUEH	Bachelor of Science (Clinical Psychology)	III	<i>Larihun</i>
	161902034	SHILPA	Bachelor of Science (Clinical Psychology)	III	<i>Shilpa</i>
	161902036	JUHI JANA	Bachelor of Science (Clinical Psychology)	III	<i>Juhi</i>
	161902037	PRACHI KAUSHIK	Bachelor of Science (Clinical Psychology)	III	<i>Prachi</i>
	161902038	SHWETA VATS	Bachelor of Science (Clinical Psychology)	III	<i>Shweta</i>

Shreyasi

