



SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

Name of the Faculty: Behavioural Sciences

Name of the Event/ Programme: “Mental Health & Stress Management”

Type of Event: Workshop

Date: 23rd January 2019

Time: 11 AM – 1 PM

Venue: A- Block, Room no. 105 (First Floor)

Organizers: Faculty of Behavioural Sciences

Objective: Discussions about research and academic collaboration

About the Speaker/Guest: Prof. Dr. Milada Krejci, Ph.D.

Audience: Faculty Members and Students of Behavioural Sciences

Brief Report:

It appears to us that there's nothing one can do about one's stress level. But you have a lot more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management.

Prof Dr. Milada Krejci, Vice Rector for Science & Research, Head Department of Wellness, College of Physical Education and Sport PALESTRA, Prague, Czech Republic is currently visiting India. Faculty of Behavioural Sciences has an active MOU with her institute; hence she is also visiting Faculty of Behavioural from 22nd to 27th January 2019. In addition to discussions about research and academic collaboration, she will be delivering series of Expert Lectures in the area of HEALTH AND WELLNESS. First lecture on “Mental Health and Stress Management” was delivered on 23rd January 2019 at 11:00 am to 1:00 pm and the second lecture was the next day on “Life in balance: bio- psycho-social changes in elderly “







Scenes of the workshop on
mental health and stress
management

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: *Lecture : Mental Health & Stress Management*

SESSION-2018-19

Attendance Sheet (Date: 23/1/2019)

S	Registration Number	Name	Course	Year	Signature
	181902001	KOMAL PAHUJA	Bachelor of Science (Clinical Psychology)	I	<i>Komal</i>
	181902002	TOSHIKA	Bachelor of Science (Clinical Psychology)	I	<i>Toshika</i>
	181902003	MEGHNA A	Bachelor of Science (Clinical Psychology)	I	<i>Megna</i>
	181902006	HIMANI CHAUHAN	Bachelor of Science (Clinical Psychology)	I	<i>Himani</i>
	181902007	MEGHA YADAV	Bachelor of Science (Clinical Psychology)	I	<i>Sakshi</i>
	181902010	SAKSHI MALIK	Bachelor of Science (Clinical Psychology)	I	<i>Sakshi</i>
	181902011	KM. PRINCESS RAWAT	Bachelor of Science (Clinical Psychology)	I	<i>Princess</i>
	181902012	KANIKA SHARMA	Bachelor of Science (Clinical Psychology)	I	<i>Kanika</i>
	181902014	KRTIKA CHAUHAN	Bachelor of Science (Clinical Psychology)	I	<i>Kritika</i>
	181902015	SHUBHAM PRASAD	Bachelor of Science (Clinical Psychology)	I	<i>Shubham</i>
	181902016	ANUBHAV CHAUHAN	Bachelor of Science (Clinical Psychology)	I	<i>Anubhav</i>
	181902017	KIRTI RATHEE	Bachelor of Science (Clinical Psychology)	I	<i>Kirti</i>
	181902018	SONAL	Bachelor of Science (Clinical Psychology)	I	<i>Sonal</i>
	181902020	ISHIKA AGGARWAL	Bachelor of Science (Clinical Psychology)	I	<i>Ishika</i>
	181902022	KIRTI	Bachelor of Science (Clinical Psychology)	I	<i>Kirti</i>
	181902023	ROHINI SHARMA	Bachelor of Science (Clinical Psychology)	I	<i>Rohini</i>
	181902024	MUSKAN SEJWAL	Bachelor of Science (Clinical Psychology)	I	<i>Muskan</i>
	181902025	MANSI GUPTA	Bachelor of Science (Clinical Psychology)	I	<i>Mansi</i>
	181902026	GRACE JOHNS	Bachelor of Science (Clinical Psychology)	I	<i>Grace</i>
	181902027	SIMRAN KUMARI	Bachelor of Science (Clinical Psychology)	I	<i>Simran</i>
	181902028	KIRTI	Bachelor of Science (Clinical Psychology)	I	<i>Kirti</i>
	181902029	JASMINE	Bachelor of Science (Clinical Psychology)	I	<i>Jasmine</i>
	181902030	ANCHAL TYAGI	Bachelor of Science (Clinical Psychology)	I	<i>Anchal</i>
	181902031	PINKY REHMAN	Bachelor of Science (Clinical Psychology)	I	<i>Pinky Rehman</i>

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

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: Mental Health and Stress Management

SESSION-2018-19

Attendance Sheet (Date: 23/1/19)

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

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: *Mental Health and Stress Management*

SESSION-2018-19

Attendance Sheet (Date: *23/1/19*)

S	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	<i>Sumi</i>
	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	<i>Anantika</i>
	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</i>
	171909015	VAIBHAV SAXENA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Vaibhav</i>

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: *Mental Health and Stress Management*

SESSION-2018-19

Attendance Sheet (Date: *23/1/19*)

S	Registration Number	Name	Course	Year	Signature
	171906001	DIVIKA RAJ	Master of Philosophy (Clinical Psychology)	II	<i>Divika</i>
	171906002	PRERNA HASHA	Master of Philosophy (Clinical Psychology)	II	<i>Perna</i>
	171906003	VANDANA KAUSHIK	Master of Philosophy (Clinical Psychology)	II	<i>Vandana</i>
	171906004	KHUSHBOO TOMAR	Master of Philosophy (Clinical Psychology)	II	<i>Khushboo</i>
	171906005	MAHIMA TRIVEDI	Master of Philosophy (Clinical Psychology)	II	<i>Mahima</i>
	171906006	SHADMA JAHAN	Master of Philosophy (Clinical Psychology)	II	<i>Shadma</i>

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: *Mental Health and Stress Management*

SESSION-2018-19

Attendance Sheet (Date: *23/1/19*)

Registration Number	Name	Course	Year	Signature
171902002	KAJAL SHARMA	Bachelor of Science (Clinical Psychology)	II	<i>Kajal Sharma</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>Ektta</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	<i>Saloni</i>
171902019	RICHA DHINGRA	Bachelor of Science (Clinical Psychology)	II	<i>Richa</i>
171902020	VISHAKHA	Bachelor of Science (Clinical Psychology)	II	<i>Vishaka</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	

171902030	TANIYA	Bachelor of Science (Clinical Psychology)	II	Taniya
171902031	TODARISUKKORDOR WAHL	Bachelor of Science (Clinical Psychology)	II	Lol
171902032	ANJALI SEHRAWAT	Bachelor of Science (Clinical Psychology)	II	Anju
171902033	KHAMKORDOR HUJON	Bachelor of Science (Clinical Psychology)	II	Khamkordor
171902034	SARTHAK	Bachelor of Science (Clinical Psychology)	II	Sarthak
171902035	KALPANA SHARMA	Bachelor of Science (Clinical Psychology)	II	Kalpana
171910002	DIVYANSHU ARORA	Bachelor of Arts (Hons.) (Psychology)	II	Divyanshu
171910004	ADITI KAUSHIK	Bachelor of Arts (Hons.) (Psychology)	II	Aditi
171910006	NIKHIL SHARMA	Bachelor of Arts (Hons.) (Psychology)	II	Nikhil
171910007	ANSHUL CHHILLAR	Bachelor of Arts (Hons.) (Psychology)	II	Anshul

FACULTY OF BEHAVIOURAL SCIENCES

Name of the event: *Mental Health and Stress Management*

SESSION-2018-19

Attendance Sheet (Date: *23/1/19*)

Registration Number	Name	Course	Year	Signature
161902002	SANJANA GARG	Bachelor of Science (Clinical Psychology)	III	<i>Sanjana</i>
161902003	DHEERAJ GHUGHYAL	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>Emmanuel</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 SYIEMLIEH	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>

Aastha