



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Name of the Event

**Cognitive Behaviour Therapy
for OCD**



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Faculty of Behavioural Sciences

Expert Lecture

On

Cognitive Behaviour Therapy for OCD

27 April 2022, 10 AM -12 PM, Room No 308, E Block

E Brochure-



SGT UNIVERSITY

DEPARTMENT OF CLINICAL PSYCHOLOGY
FACULTY OF BEHAVIOURAL SCIENCES

*Is organising
An Expert lecture on*

**Cognitive Behaviour Therapy
for OCD**

 **27th April, 2022** |  **10:00 AM
to
12:00 PM**

Venue: Room No. 308, 3rd Floor, Block - E
SGT University, Gurugram

Expert



Dr. Ajay Sharma
*Associate Professor
Department of Clinical Psychology
NIMHANS (Bengaluru)*



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Brief Profile of Speaker: Dr Ajay Kumar is an Associate Professor of Clinical Psychology at the National Institute of Mental Health and NeuroScience (NIMHANS), Bengaluru, India. He has completed his M.Phil and PhD in Clinical Psychology from NIMHANS in 2009 & 2012 respectively. His areas of specialization include Cognitive Behaviour therapy, third generation behavior therapies, mindfulness and Obsessive compulsive disorder. He is engaged with various research programmes and published extensively in reputed research journals.

Organizers:

Dr Vikas Sharma

Report of the Webinar/ Event / FDP Program:

Introduction

A very informative and useful seminar on CBT for OCD was conducted by Dr. Ajay Kumar, Associate Professor at NIMHANS, Bengaluru on 27th April, 2022.

a) **Objective of the webinar/ Event / FDP:**

1. Understanding the recent advances in the management of OCD
2. Understanding the cognitive behavioural case formulation for OCD
3. Application of Cognitive behavior therapy in the management of OC

b) **Brief content of lecture-**

The seminar began with overview of Obsessive Compulsive Disorder, associated faulty appraisals & beliefs and theories behind emergence of symptoms. The two main approaches for psychological management of Obsessive Compulsive Disorder i.e. Exposure and Response Prevention and Cognitive Restructuring were discussed at length. Dr. Ajay explained the process of conducting Exposure and Response Prevention (ERP) session and very concisely covered the treatment components, psycho-education regarding OCD, hierarchy making and strategies to optimize outcomes.

c) **Screenshots of Webinar/ Picture of Event: Good quality picture with legends is mandatory**



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List of participants

FACULTY OF BEHAVIOURAL SCIENCES					
Name of the event: <i>Making Cognitive Behavioural Therapy for O.C.D.</i>					
SESSION-2021-22					
Attendance Sheet (Date: 27.04.2022)					
S.No	Registration Number	Name	Course	Year	Signature
1	191902002	BHOOMIKA BHATT	Bachelor of Science (Clinical Psychology)	III	
2	191902003	VARSHA	Bachelor of Science (Clinical Psychology)	III	
3	191902004	TINA	Bachelor of Science (Clinical Psychology)	III	
4	191902005	PRERNA RAGHAV	Bachelor of Science (Clinical Psychology)	III	
5	191902006	PRATIBHA RAGHAV	Bachelor of Science (Clinical Psychology)	III	
6	191902007	NIKITA VATSA	Bachelor of Science (Clinical Psychology)	III	
7	191902008	PRIYA	Bachelor of Science (Clinical Psychology)	III	
8	191902009	SABA KHAN	Bachelor of Science (Clinical Psychology)	III	
9	191902010	KRISHAN KANT	Bachelor of Science (Clinical Psychology)	III	
10	191902011	JANICE LAL	Bachelor of Science (Clinical Psychology)	III	
11	191902012	ISHIKA MALIK	Bachelor of Science (Clinical Psychology)	III	<i>Ishika</i>
12	191902014	KABEER BATRA	Bachelor of Science (Clinical Psychology)	III	
13	191902015	BHAVYA BAJAJ	Bachelor of Science (Clinical Psychology)	III	
14	191902016	AYUSHI SINGH	Bachelor of Science (Clinical Psychology)	III	
15	191902017	NANDINI AGRAWAL	Bachelor of Science (Clinical Psychology)	III	
16	191902019	ARVIND KUMAR	Bachelor of Science (Clinical Psychology)	III	
17	191902020	POOJA KUMARI	Bachelor of Science (Clinical Psychology)	III	
18	191902021	IPSHITA JAIN	Bachelor of Science (Clinical Psychology)	III	
19	191902022	ANNIE SAKHUJA	Bachelor of Science (Clinical Psychology)	III	
20	191902024	SOURI JANA	Bachelor of Science (Clinical Psychology)	III	
21	191902025	SANYA KAPUR	Bachelor of Science (Clinical Psychology)	III	
22	191902026	ANTIM KHATRI	Bachelor of Science (Clinical Psychology)	III	<i>Sanya</i>
23	191902027	GRACY BHATEJA	Bachelor of Science (Clinical Psychology)	III	
24	191902028	SRISHTI NEGI	Bachelor of Science (Clinical Psychology)	III	
25	191902029	SHWETA	Bachelor of Science (Clinical Psychology)	III	<i>Shweta</i>
26	191902030	JINISHA AGGARWAL	Bachelor of Science (Clinical Psychology)	III	
27	191902031	KAJAL KUMARI	Bachelor of Science (Clinical Psychology)	III	<i>Jinisha</i>
28	191902032	KHUSHI SHARMA	Bachelor of Science (Clinical Psychology)	III	
29	191902033	AYAN KUMAR MANDAL	Bachelor of Science (Clinical Psychology)	III	<i>Kushi</i>



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30	191902034	JATIN DAHIYA	Bachelor of Science (Clinical Psychology)	III	
31	191902036	HIMANSHU	Bachelor of Science (Clinical Psychology)	III	
32	191902038	LIPIKA KATARIA	Bachelor of Science (Clinical Psychology)	III	
33	191902039	PADAM DESHWAL	Bachelor of Science (Clinical Psychology)	III	
34	191902040	PRIYANSHU DAGAR	Bachelor of Science (Clinical Psychology)	III	
35	191902041	JIYA BHATOA	Bachelor of Science (Clinical Psychology)	III	
36	191902042	SHRISTI MISHRA	Bachelor of Science (Clinical Psychology)	III	
37	191902043	SIYA CHAUDHARY	Bachelor of Science (Clinical Psychology)	III	
38	191902045	TANU PRIYA SHARMA	Bachelor of Science (Clinical Psychology)	III	
39	191910001	YASHASWINI SINGH	Bachelor of Arts (Hons.) (Psychology)	III	
40	191910002	TANU	Bachelor of Arts (Hons.) (Psychology)	III	Y. Singh
41	191910003	SAKSHI GARG	Bachelor of Arts (Hons.) (Psychology)	III	Tanush
42	191910004	MAHIMA GLADWIN	Bachelor of Arts (Hons.) (Psychology)	III	
43	191910005	AYUSH PAWAR	Bachelor of Arts (Hons.) (Psychology)	III	Melvin
44	191910006	KUNWARPAL SINGH	Bachelor of Arts (Hons.) (Psychology)	III	
45	191910007	KUMARI MANSHI	Bachelor of Arts (Hons.) (Psychology)	III	
46	191910009	SHIVANI TOKAS	Bachelor of Arts (Hons.) (Psychology)	III	Manushi
47	191910010	SIMRAN DALAL	Bachelor of Arts (Hons.) (Psychology)	III	
48	191910011	EKTA DALAL	Bachelor of Arts (Hons.) (Psychology)	III	Simran Dalal
49	191910012	DIMPLE SHOKEEN	Bachelor of Arts (Hons.) (Psychology)	III	Ekta Dalal
50	191910013	DINIKA PHURAILATPAM	Bachelor of Arts (Hons.) (Psychology)	III	Dinika



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FACULTY OF BEHAVIOURAL SCIENCES					
Name of the event:		Cognitive Behavioural therapy for OCD			
		SESSION-2021-22			
		Attendance Sheet (Date: 27.04.2022)			
S.No	Registration Number	Name	Course	Year	Signature
1	211909001	SOMYA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	
2	211909002	RIYA BANSAL	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Riya
3	211909003	SAKSHI MALIK	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Sakshi
4	211909004	AARUSHI VASHIST	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Aarushi
5	211909005	SONAL	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Sonal
6	211909006	SANIDHA SINGH	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Sanidha
7	211909007	KARAN ROY	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Karan
8	211909008	SONALI AANAND	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Sonali
9	211909009	CHHAVI SHARMA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Chhavi
10	211909010	SODADASI MERLIN ELIZABETH SAMUEL	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Meslin
11	211909011	HASRAT KAUR SRAN	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Hasrat
12	211909012	NEHA RANA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Neha
13	211909013	DIKSHA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Diksha
14	211909014	KRTIKA CHAUHAN	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Krtika
15	211909015	HARSH YADAV	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Harsh
16	211909016	ENKA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Enka
17	211909017	MEGHA YADAV	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Megha
18	211909018	SHWETA YADAV	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Shweta
19	211909019	LAKSHYA BAMRARA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Lakshya
20	211909020	NIKITA TANWAR	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Nikita
21	211909021	SANJANA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Sanjana
22	211909022	RAYMON	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Raymon
23	211909023	GRACE JOHNS	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Grace
24	211909024	PRIYA SHARMA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Priya
25	211909025	SURABHI NAIR	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Surabhi
26	211909027	HIMANSHI SHARMA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Himanshi
27	211909028	AKASH POTTER	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Akash
28	211909029	DEEPAK SHOKEEN	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Deepak
29	211909030	ASTHA BHARDWAJ	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Astha
30	211909033	JANVI LAKRA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Janvi
31	211909034	SHUBHAM PRASAD	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Shubham
32	211909035	KANIKA SHARMA	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Kanika
33	211909038	RITU	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Ritu
34	211909039	SHREYA KAPHLE	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Shreya
35	211909040	MEGHA RAWAL	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Megha
36	211909041	RUPALI	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Rupali
37	211909042	MANSI KAUSHIK	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Mansi
38	211909043	DRISHTI JINDAL	Master of Science (Psychology) (Clinical/Counseling Forensic)	1	Drishti



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Attendance Sheet (Date: 27.04.2022)					
S.No	Registration Number	Name	Course	Year	Signature
51	201909001	RUCHI VEER	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Ruchi Veer</i>
52	201909002	PUSHPANDER SINGH	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Pushpander Singh</i>
53	201909003	VIDHI KHANNA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Video</i>
54	201909004	AARTI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Aarti</i>
55	201909006	ANSHU SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Anshu Sharma</i> A
56	201909007	JASMEET KAUR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Jasmeet Kaur</i>
57	201909009	FURQANA RAMZAN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	
58	201909010	MANU THAKUR	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	
59	201909012	SALONI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Saloni</i>
60	201909013	SONAL KUMARI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Sonal Kumari</i>
61	201909014	BAZILA BILAL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Bazila</i>
62	201909015	NUPUR BAKSHI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Nupur Bakshi</i> A
63	201909016	KAJAL SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Kajal Sharma</i>
64	201909017	MANASVI CHOUDHARY	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Manasvi</i>
65	201909018	JANVI SHARMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	
66	201909019	LAVANYA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Lavanya</i>
67	201909020	MAHESH DAYAL	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Mahesh Dayal</i>
68	201909021	PRACHI DHANWARIA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Prachi</i>
69	201909022	NISHU VERMA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Nishu</i>
70	201909023	RICHA DHINGRA	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Richa Dhillon</i>
71	201909024	SHWETA VATS	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Shweta Vats</i>
72	201909025	SUPRIYA KUMARI	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Supriya</i>
73	201909026	MONU	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Monu</i>
74	201909027	AKANSHA JAIN	Master of Science (Psychology) (Clinical/Counseling/Forensic)	II	<i>Akansha</i>



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Name of the event: <i>Cognitive Behavioural Therapy for OCD</i>					
SESSION-2021-22					
Attendance Sheet (Date: 27.04.2022)					
75	Registration Number	Name	Course	Year	Signature
76	201908001	AARUSHI SHARMA	Master of Philosophy (Clinical Psychology)	II	<i>Aarushi</i>
77	201908002	FALAK	Master of Philosophy (Clinical Psychology)	II	<i>Falak</i>
78	201908004	NIHARIKA GARGYA	Master of Philosophy (Clinical Psychology)	II	
79	201908005	NISHTHA	Master of Philosophy (Clinical Psychology)	II	<i>Nishtha</i>
80	201908007	TANVI ARNEJA	Master of Philosophy (Clinical Psychology)	II	
81	201908009	SAKSHI MEHTA	Master of Philosophy (Clinical Psychology)	II	
82	201908010	SANJINA BOSE	Master of Philosophy (Clinical Psychology)	II	<i>Sanjina</i>
83	201908011	TAGE MUNYA	Master of Philosophy (Clinical Psychology)	II	<i>Munya</i>
84	201908012	SHIVANGI AGRAWAL	Master of Philosophy (Clinical Psychology)	II	<i>Shivangi</i>
85	201908013	ANMOL DHIMAN	Master of Philosophy (Clinical Psychology)	II	
FACULTY OF BEHAVIOURAL SCIENCES					
Name of the event: <i>Cog Behavioural therapy for OCD</i>					
SESSION-2021-22					
Attendance Sheet (Date: 27.04.2022)					
86	Registration Number	Name	Course	Year	Signature
87	211908001	ADITI SHARMA	Master of Philosophy (Clinical Psychology)	I	
88	211908002	MEGHNA GUPTA	Master of Philosophy (Clinical Psychology)	I	
89	211908003	ANKITA SHARMA	Master of Philosophy (Clinical Psychology)	I	
90	211908004	ARUSHI KUMARI	Master of Philosophy (Clinical Psychology)	I	
91	211908005	YASHASVI SINGLA	Master of Philosophy (Clinical Psychology)	I	
92	211908006	TAMANNA SINGH	Master of Philosophy (Clinical Psychology)	I	
93	211908007	DEEPANSHI KACHARIA	Master of Philosophy (Clinical Psychology)	I	<i>Deepanshi</i>
94	211908008	KRITIKA AHUJA	Master of Philosophy (Clinical Psychology)	I	<i>Kritika</i>
95	211908009	VAISHALI ARORA	Master of Philosophy (Clinical Psychology)	I	<i>Vaishali</i>
96	211908010	MUSKAAN MAKKAR	Master of Philosophy (Clinical Psychology)	I	



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Name of the event: *Cognitive Behavioural Therapy for A.D.*

SESSION-2021-22

Attendance Sheet (Date: 27.04.2022)

FACULTY OF BEHAVIOURAL SCIENCES

	Registration Number	Name	Course	Year	Signature
97	211917001	SWATI KHARB	Professional Diploma in Clinical Psychology	1	
98	211917002	AMITA CHAUDHARY	Professional Diploma in Clinical Psychology	1	<i>Amita</i>
99	211917003	RAHUL SHARMA	Professional Diploma in Clinical Psychology	1	
100	211917004	ANSHIKA MENDIRATTA	Professional Diploma in Clinical Psychology	1	<i>Anshika</i>
101	211917005	ANJALI MENON	Professional Diploma in Clinical Psychology	1	
102	211917006	DIKSHA BANSAL	Professional Diploma in Clinical Psychology	1	<i>Diksha</i>
103	211917007	RIMJHIM KOHLI	Professional Diploma in Clinical Psychology	1	
104	211917008	KRIPA KHANNA	Professional Diploma in Clinical Psychology	1	<i>Kripa Khanna</i>
105	211917009	PANKAJ	Professional Diploma in Clinical Psychology	1	<i>Pankaj</i>
106	211917010	AMARJYOT SINGH	Professional Diploma in Clinical Psychology	1	
107	211917011	RAGA SURENDRA GUPTA	Professional Diploma in Clinical Psychology	1	<i>Raga Surendra Gupta</i>
108	211917012	KUSHAGRA BHALLA	Professional Diploma in Clinical Psychology	1	
109	211917013	SIMRAN LUTHRA	Professional Diploma in Clinical Psychology	1	<i>Simran</i>
110	211917014	ROSHNI SEWANI	Professional Diploma in Clinical Psychology	1	
111	211917015	SUMIT KUMAR	Professional Diploma in Clinical Psychology	1	<i>Sumit</i>
112	211917016	GEETANJALI ARORA	Professional Diploma in Clinical Psychology	1	<i>Geetanjali</i>

Bhama