



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

Workshop on “Enhancing Psychological Skills-SAKSHAM” on 29<sup>th</sup> &  
30<sup>th</sup> April 2022.

Organized by Nightingale association of stress management under the  
Department of Mental Health Nursing, Faculty of Nursing,



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**ORGANIZERS:** Nightingale association of stress management under the Department of Mental Health Nursing, Faculty of Nursing, SGT University has organized workshop on “Enhancing Psychological Skills-SAKSHAM” on 29<sup>th</sup> & 30<sup>th</sup> April 2022.

**OBJECTIVE OF THE PROGRAMME:** The main objective of this workshop on “Enhancing Psychological Skills- SAKSHAM” was conducted with a view to empower the participants with psychological skills that will promote physical and mental health and improve their academic performance.

**AUDIENCE:** 230 Faculty members and M.Sc (N), B.Sc. (N) and Post Basic B.Sc.(N) students.

## **BRIEF REPORT OF THE PROGRAMME- DAY 1**

Nightingale association of stress management under the Department of Mental Health Nursing, SGT University organized two days workshop on “Enhancing Psychological Skills-SAKSHAM” on 29<sup>th</sup> & 30<sup>th</sup> April 2022 under the guidance of Prof. Ms. Raman Deep, HOD Mental Health Nursing at Faculty of Nursing, SGT University. The event was coordinated by Ms. Suman Vashisht, Ms. Ruchika Duggal, and Mr. Abishek Singh, Faculty, Dept. of Mental Health Nursing, SGT University. The event moderation was done by Ms. Nicky Tyagi, Tutor, Faculty of Nursing, SGT University.

In the inauguration programme, lamp lighting was done by the Dignitaries. At the outset, welcome address was given by Ms. Ruchika Duggal, Assistant Professor, Faculty of Nursing, SGT University followed by Key address given by Dr. Sunil K Dular, Dean, Faculty of Nursing, SGT University. Sir had insisted on the importance of developing psychological skills among participants so that they can equip themselves to face challenging situation. Then the Chief Guest address was given by Dr. Vikas Dhawan, Pro-Vice Chancellor (Academics), SGT University, Sir have stressed on the necessity of developing 5C's Such as Communication, Courage, Competency, Consistency and Compassion among students. Introduction of workshop was given by Dr. Joseph Jeganathan, Professor, Faculty of Nursing, SGT University, after which the sessions of Day-1 have started.



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First session was started with discussion over the topic **“Know Yourself-Who Am I?”** The speaker of this session was Prof. Raman Deep, HOD, Dept. of MHN, SGT University; she shared her experiences on knowing ourselves better. Next session was on **“Personality Assessment”** Ms. Poonam Ahlawat, Assistant Professor, Faculty of Nursing, SGT University, discussed about the personality assessment and demonstrated the personality inventories. Next the session was proceeded with **“Countering Academic Stress”** by Dr. Vikas Sharma, HOD, Dept. of Clinical Psychology, SGT University. He interacted with the participants and discuss various tips to counter the effect of academic stress.

And the first session in the afternoon was on **“Equalizing work-life (Work-Life balance)”** Dr. Randhir Singh Yadava, Faculty of Behavioral Sciences, SGT University enlightened the participants with the measures to improve work-life balance. The last session of the first day workshop was on **“Professional Resilience Building”** Mr. Abishek Singh, PG Tutor, Dept. of MHN, Faculty of Nursing, SGT University, shared his expertise in resilience building with the participants.

## DAY-2

The session begins by welcoming the gathering and recapitulation of Day – 1 session. This Session was conducted by Ms. Jyoti, PG Tutor, Department of Mental health Nursing, SGT University.

The First session of Day – 2 was on **“Motivational Interviewing and its applications”**. This session was held in online platform. Dr. Laxmi Nair, Certified Psychiatric Mental Health Nurse Practitioner, USA, dealt with motivational interviewing; she shared her experiences in changing behaviour among patient with substance use disorders and made the session lively by displaying video films on communication and differentiating empathy and sympathy. Ms. Elizabeth Sam, Certified Family Nurse Practitioner demonstrated the motivational interview session through a role play between a Nurse and the patient who is a chronic smoker with health problem. Then Nursing Student, SGT University performed group activity on stages of change, including pre-contemplation, Contemplation, Preparation and Action. .



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The Next session was on “**Articulating thought effectively**” Dr. Sumity Arora, Faculty, PDSON, Deen Dayal, New Delhi, discussed about various strategies to articulate effectively for better communication. The last session of the workshop was on “**Augmenting Assertive Techniques**” Dr. Sumity Arora, Faculty, PDSON, Deen Dayal, New Delhi, enlightened on Aggressive, Passive and Assertive behavior and suggested various tips for become more assertive.

Prof. Raman Deep, HoD, Dept. of Mental Health Nursing, SGT University concluded the session and participants felt that all the session were beneficial to them and assured that they will practice the skills routinely in day today life. The Valedictory session end with Vote of Thanks by Ms. Suman Vashist, Associate Professor, Faculty of Nursing.

A total of 200 participants attended the workshop; all of them have enthusiastically participated in all the sessions.

**Conclusion:** The workshop was intended to empower the participants with certain psychological skills and to make them actively participate in all practical session. All the sessions were well appreciated by faculty and students. It was a great learning experience for everyone present.

Prof. Ramandeep  
Coordinator



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## FACULTY OF NURSING

### THE NIGHTINGALE ASSOCIATION OF STRESS MANAGEMENT

constituted under

The Department of Mental Health Nursing

## ENHANCING PSYCHOLOGICAL SKILLS – SAKSHAM

On 29th & 30th April, 2022

At

4th floor, Hospital Auditorium, SGT University

From 9:30 am onwards

*Come and be benefited with the essence of  
becoming more empowered & skilful psychologically*

"As soon as you trust yourself, you will  
know how to live." -- Johann Wolfgang von Goethe



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## LET'S HAVE A LOOK AT OUR KEY Pillars

### Patron



**Prof. Vikas Dhawan**  
Pro-Vice Chancellor  
(Academics)  
SGT University, Gurugram



**Dr. Reena Nayyar**  
Executive Director, Medical & Health Sciences,  
SGT University, Gurugram

### Organizers



**Dr. Sunil K. Dular**  
Organizing Chairperson  
Dean, Faculty of Nursing,  
SGT University, Gurugram



**Prof. Raman Deep**  
Organizing Co- Chairperson  
HOD Dept. of Mental Health Nursing,  
Faculty of Nursing, SGT University, Gurugram

### Speakers



**Dr. Lakshmi Nair**  
Psychiatric  
Mental Health Nurse Practitioner-Board Certified, MSN,  
Arizona, USA



**Ms. Elizabeth Sunil Sam**  
Certified Family Nurse Practitioner,  
APRN, MSN, Arizona, USA



**Dr. Sumity Arora**  
Faculty PDSON,  
Deendayal Hospital,  
New Delhi



**Dr. Vikas Sharma**  
HOD  
Department of Clinical Psychology,  
SGT University



**Dr. Randhir Singh**  
Assistant Professor  
Faculty of Behavioral Sciences,  
SGT University



**Prof. Raman Deep**  
HOD cum Professor  
Department of Mental Health Nursing,  
Faculty of Nursing, SGT University



**Ms. Poonam Ahlawat**  
Assistant Professor  
Department of Mental Health Nursing,  
Faculty of Nursing, SGT University



**Mr. Abhishek Singh**  
Tutor (PG)  
Department of Mental Health Nursing,  
Faculty of Nursing, SGT University





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## Coordinating Team

(Event Coordinator)



**Ms. Suman Vashist**

Faculty, Department of Mental Health Nursing  
SGT University, Gurugram

(Event Co-coordinator)



**Ms. Ruchika Duggal Chaudhary**

Faculty, Department of Mental Health Nursing  
SGT University, Gurugram



**Dr. Joseph Jeganathan**

Faculty, Department of Mental Health Nursing  
SGT University, Gurugram



**Ms. Jyoti Dahiya**

Faculty, Department of Mental Health Nursing  
SGT University, Gurugram



**Ms. Nicky Tyagi**

Faculty, Department of Mental Health Nursing  
SGT University, Gurugram

**Brochure of the event**





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Nightingale Association of Stress Management  
constituted under  
Department of Mental Health Nursing,  
Faculty of Nursing  
*Is Organizing A Two days*  
Hands on Workshop  
*On*  
**Enhancing Psychological Skills -**  
**SAKSHAM**

---

 On 29<sup>th</sup> and 30<sup>th</sup> April  
Venue: At Hospital Auditorium

Day - 1

Speakers



Dr. Vikas Sharma  
HOD, Dept. of Clinical Psychology  
SGT University



Prof. Raman Deep  
HOD, Dept. of MHN, SGT  
University



Dr. Randhir Singh  
Assistant Professor, Faculty of  
Behavioral Sciences, SGT  
University



Ms. Poonam Ahlawat  
Assistant Professor  
SGT University



Mr. Abhishek Singh  
Tutor (PG), Department of Mental  
Health Nursing, Faculty of  
Nursing, SGT University

**Banner of the Event**



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Inauguration by the chief Guest



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Address by Dr. Vikas Dhawan Pro VC (Academics)







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Address by Dr. Sunil Dular, Dean Faculty of Nursing



Lecture by Prof. Ramandeep , HOD Mental Health Nursing Department



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Session By Ms. Poonam Ahlawat , Assistant Professor, Faculty of Nursing



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Session by the Guest Speaker Dr. Randhir Singh



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Session on Countering Academic Stress





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Engaging participants in Hands on Training



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Hands on Workshop*  
On


Enhancing Psychological Skills -  
**SAKSHAM**

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📅 On 29<sup>th</sup> and 30<sup>st</sup> April  
Venue: At Hospital Auditorium

Day - 2

Speakers



Dr. Laxmi Nair  
Certified Psychiatric  
Mental Health Nurse Practitioner  
MSN, Arizona, USA



Ms. Elizabeth Sam  
Certified Family Nurse Practitioner  
AFNP, MDN, Arizona, USA



Dr. Sumati Arora  
Faculty, PGDPM, Deendayal Hospital,  
New Delhi

**Banner of The Event**



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Session by the Guest Speaker



Welcome of the Guest Speaker.





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## ATTENDANCE SHEET

Event: Workshop on Enhancing Psychological Skills- Saksham

Date: 29<sup>th</sup> -30<sup>th</sup> April 2022

S.No	Name of student	Remark
1.	Chintu	P
2.	laisha Dagar	P
3.	Mohit Vashisht	P
4.	Abhishek	P
5.	Muskan Singhania	P
6.	KARTIK ROHILLA	P
7.	Vaibhav	P
8.	Mukul	P
9.	Arman	P
10.	Sonia	P
11.	Nitika Gulia	P
12.	Priya	P
13.	Muskan	P
14.	Moni Sangwan	P
15.	Abhishek	P
16.	Harsh Yadav	P
17.	Deepika	P
18.	Umesh	P
19.	himanshi	P
20.	Deepanshu Yadav	P
21.	Sapna chaudhary	P
22.	Anshul	P
23.	Neha Nagar	P
24.	Heena Parveen	P
25.	Shivam Chahal	P
26.	Shalini	P
27.	Vishal	P
28.	mohd. Ikhlas	P
29.	Tannu Kharb	P
30.	Ashish Tigga	P
31.	Tamkeen Mian	P
32.	Nitin	P
33.	SANJANA	P
34.	IRFAN MAJEED	P
35.	Sakshi	P
36.	ANKUR YADAV	P
37.	prashant	P

Ramdeep  
30/04/2022



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38.	Anjali Kumari	P
39.	Vipin Sharma	P
40.	sabaya tabassum	P
41.	Anjali Kumari	P
42.	WILAYAT HUSSAIN DAR	P
43.	kawsar majeed	P
44.	sushant kakran	P
45.	Taniya Sherawat	P
46.	Shiwani	P
47.	tanuj dhillon	P
48.	Muskan	P
49.	hitesh jamdagni	P
50.	Jyoti	P
51.	PRIYANKA	P
52.	ADITI	P
53.	Divya	P
54.	aman	P
55.	megha	P
56.	ekta	P
57.	shiwani	P
58.	Preeti Kumari	P
59.	Jyoti	P
60.	chetna	P
61.	Kapil	P
62.	neha shokeen	P
63.	Usha	P
64.	Dipanshu	P
65.	Muskan Yadav	P
66.	kajal dagar	P
67.	ritika kharb	P
68.	Bhumika yadav	P
69.	Himanshu	P
70.	ashish siman ekka	P
71.	Rahul	P
72.	Nikita yadav	P
73.	Tanaya Yadav	P
74.	amit yadav	P
75.	Yamini	P
76.	Varsha	P
77.	vishal	P
78.	NISHA	P
79.	Debashish kumar	P
80.	Dimple	P
81.	Abhishek	P
82.	Komal sachdeva	P

Ranveer  
30/04/2022





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83.	Rohit Yadav	P
84.	Komal Sen	P
85.	twinkle	P
86.	Khushi	P
87.	neha kumari	P
88.	swati kaul	P
89.	NAKUL SINGH	P
90.	KRISHAN Dagar	P
91.	Heena Hassan	P
92.	ARTI YADAV	P
93.	akansha aya	P
94.	Diksha Saini	P
95.	Kipa Damsap	P
96.	Jatin yadav	P
97.	Aanchal Ruhil	P
98.	NGURI ANJALI	P
99.	ANUPMA	P
100.	Prachi Tayagi	P
101.	Chetna	P
102.	Samiksha	P
103.	Chintu	P
104.	laisha Dagar	P
105.	Mohit Vashisht	P
106.	Abhishek	P
107.	Muskan Singhania	P
108.	KARTIK ROHILLA	P
109.	Vaibhav	P
110.	Mukul	P
111.	Arman	P
112.	Sonia	P
113.	Faraz ahmed	P
114.	Km minu chauhan	P
115.	Mansi sharma	P
116.	Harjinder kaur	P
117.	Hemant	P
118.	Himanshu kaushik	P
119.	Upasana chaudhary	P
120.	Bhawna sharma	P
121.	Nikita	P
122.	Shikshit kumar	P
123.	Amit sehwat	P
124.	Ankaj karadodia	P
125.	Vikash kumar	P
126.	Sipora tudu	P
127.	Sheetal	P

Ranveer  
30/04/2022





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128.	Shalinee bharti	P
129.	Neha	P
130.	Bharti	P
131.	Pooja kumari	P
132.	Amit	P
133.	Suraj	P
134.	Milan yadav	P
135.	Shrayansh	P
136.	Ritika sehwat	P
137.	Shiv om	P
138.	Chetna mathpal	P
139.	Deepti	P
140.	Varsha yadav	P
141.	Niranjana shridhar	P
142.	Prince raj	P
143.	Pankaj	P
144.	Vaibhav jangra	P
145.	Akanksha	P
146.	Nancy mathur	P
147.	Simran	P
148.	Soniya	P
149.	Komal	P
150.	Ankita sharma	P
151.	Himanshi	P
152.	Jyoti yadav	P
153.	Nancy	P
154.	Varsha	P
155.	Mohmmad lateef ganai	P
156.	Aasif	P
157.	Navjit kaur pandher	P
158.	Raushan kumar kamat	P
159.	Himani	P
160.	Anjali	P
161.	Suman	P
162.	Anju	P
163.	Manisha	P
164.	Deepak shokeen	P
165.	Aakanksha	P
166.	Aarushi	P
167.	Akshay	P
168.	Anisha	P
169.	Babita	P
170.	Bharat singh	P
171.	Dheeraj	P
172.	Disha	P

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173.	Divya	
174.	Divya	
175.	Dolti	
176.	Ekta	
177.	Ekta	
178.	Gayatri	
179.	Ishu	
180.	Jahnvi	
181.	Jitender	
182.	Kajal	
183.	Kanika	
184.	Komal	
185.	Komal	
186.	Latika	
187.	Lydia biju	
188.	Meeta	
189.	Monika	
190.	Muskan	
191.	Nabam yani	
192.	Nancy	
193.	Nancy	
194.	Neeraj	
195.	Neetu	
196.	Neha	
197.	Nidhi	
198.	Nisha	
199.	Pooja	
200.	Pooja	
201.	Pooja	
202.	Preety	
203.	Purnima	
204.	Ritika	
205.	Riya dahiya	
206.	Riya	
207.	Rohit kumar	
208.	Ruby	
209.	Sachin	
210.	Sakshi	
211.	Sakshi	
212.	Sanju dagar	
213.	Km. Sarita	
214.	Shagun	
215.	Sheetal	
216.	Shefali	
217.	Shilpi	

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30/04/2022



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218.	Shivani	P
219.	Simran	P
220.	Simran	P
221.	Sonali	P
222.	Sonia	P
223.	Suriya	P
224.	Swati kesari	P
225.	Versha	P
226.	Versha	P
227.	Vikas	P
228.	Vineeta	P
229.	Wasim	P
230.	Yogesh kumar	P

Ramdeep  
30/04/2022