

**Govt. Autonomous Girls P.G. College of Excellence,
Sagar (M.P.)**

Department of Psychology

Internal Quality Assurance Cell (IQAC)

Organizes

Online 30 hrs. Certificate Course

Subject- Counselling for mental health and well-being

Date – 03.02.2021 to 25.02.2021

Time- 1 PM to 3 PM

S.No.	Date	Eminent Speakers	Topic
1	03-02-2021	Dr. B.D. Ahirwar Principal GDC, Sagar Prof. Rekha Baxy HOD, Dept. of Psychology GDC, Sagar	Inauguration
2	04-02-2021	Prof. Rekha Baxy HOD, Dept. of Psychology GDC, Sagar	Introduction to Mental Health, Nature and Characteristics
3	05-02-2021	Dr. Gyanesh Tiwari HOD, Dept. of Psychology University of Sagar	Laws and Principals of Mental Health
4	08-02-2021	Dr. Sanjay Kumar Asst. Professor Dept. of Psychology University of Sagar	Determinants of Mental Health
5	09-02-2021	Dr. Bharti Joshi HOD, Dept. of Life Long Learning DAVV, Indore	Nature, Scopes, Goals and Objectives of Counselling
6	10-02-2021	Dr. Anupam Shukla Professor, Dept. of Psychology IEHE, Bhopal	Personal Qualities of Counsellor and Counselling Process
7	11-02-2021	Dr. Taruna Nath Asst. Professor, Dept. of Psychology GDC, Sagar	Factors affecting in Counselling Process, Non-Verbal Communication in Counselling Interview

8	12-02-2021	Dr. Sharda Vishwakarma Faculty, Dept. of Psychology University of Sagar	Various types of Counselling-I
9	15-02-2021	Dr. S. K. Gupta Professor, Dept. of Psychology GDC, Sagar	Various types of Counselling-II
10	16-02-2021	Dr. Taruna Nath Asst. Professor, Dept. of Psychology GDC, Sagar	Counselling with old age people, drug abuse and HIV/AIDS
11	17-02-2021	Dr. Anjana Nema Professor, Dept. of Home Science GDC, Sagar	Mental Retardation Counselling
12	18-02-2021	Dr. Smita Jain Professor, Dept. of Psychology Govt. Mahakaushal College, Jabalpur	Sports Psychology
13	19-02-2021	Ashweni Suryawanshi Asst. Professor, Dept. of Psychology GDC, Sagar	Mental Health Act in India National Mental Health Program
14	22-02-2021	Ms. Divyani Suryawanshi Yoga Trainer and Speaker	Indian Approach for Counselling: Yoga and Meditation
15	23-02-2021	Dr. Aparna Chachondiya Asst. Professor, Dept. Of Dance GDC, Sagar	Dance and Mental Health
16	24-02-2021	Dr. Hariom Soni Asst. Professor, Dept. Of Music GDC, Sagar	Music for Mental Health and Well-being
17	25-02-2021	Prof. Rekha Baxy HOD, Dept. of Psychology GDC, Sagar Dr. S.K. Gupta Professor, Dept. of Psychology GDC, Sagar	Closing