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**MADHYA PRADESH**

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**MONTHLY ACTIVITY REPORT ( AIBAS)**

Month : February

Amity University Madhya Pradesh Gwalior

**Academic Activities:- Amity Institute of Behavioural and Allied Sciences.**

**MEDIA REPORT**

**“Guest Lecture: Mental Health and Technology”**

**Date:** 27<sup>th</sup> February 2025

**Time:** 03.00 PM to 05.00 PM

**Objectives:**

1. To understand the interplay between mental health and technology.
2. To explore the benefits and risks associated with digital mental health interventions.
3. To discuss the role of AI, social media, and teletherapy in mental healthcare.
4. To encourage students to adopt a balanced approach toward technology use.

**Outcome of the activity:**

1. Participants gained a deeper understanding of how technology affects mental health, both positively and negatively.
2. Students learned about digital detox techniques, responsible technology use, and emerging trends in mental healthcare.
3. The session inspired students to explore AI-driven mental health interventions and other technological solutions in psychological practice.
4. Faculty members and students recognized the importance of integrating technology-based mental health strategies into academic and professional settings.

**Mode:** Offline

**Venue:** Amity University Madhya Pradesh

**Number of participants:** Around 50 participants including students of AIBAS, non-teaching staff and faculties.

**Resource Personage:** Dr. Sanjay Lahariya, MD Psychiatry

**Summary of the session:**



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The Amity Institute of Behavioural and Allied Sciences, Amity University Madhya Pradesh organized a guest lecture on *Mental Health and Technology* on 27<sup>th</sup> Feb 2025, delivered by Dr. Sanjay Lahariya, a renowned expert in mental health and public health policy.

Dr. Lahariya discussed the impact of technology on mental health, highlighting both its benefits and challenges. Key topics included teletherapy, AI-driven mental health interventions, social media's psychological effects, and digital detox strategies. He emphasized the importance of balancing technology use to maintain psychological well-being.

The session was highly interactive, with an engaging Q&A segment where students and faculty raised questions about ethical concerns in digital mental health, data privacy in online therapy, and responsible technology usage.

**GLIMPSES OF THE GUEST LECTURE: MENTAL HEALTH AND TECHNOLOGY**



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*Guest Lecture*

# MENTAL HEALTH AND TECHNOLOGY

**Organised By:**

Amity Institute of Behavioral and Allied Sciences  
Amity University Madhya Pradesh



**Date**

Feb 27th 2025

**Time**

3PM - 5PM

**Venue**

Seminar Hall,  
Block - C



**Dr. Sanjay Lahariya**

Psychiatrist

Director - GMA Gwalior



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### **Student Activities:**

#### **(e) Student Club Activities: -**

### **Event Report:**

## **ACHINTYA - The Mind Matrix**

### **Event Name: The Tower of Hanoi**

**Date: 19/02/2025**

The Tower of Hanoi event was organized under the ACHINTYA: The Mind Matrix initiative, focusing on the renowned algorithmic puzzle devised by French mathematician Edouard Lucas in 1883. This mathematical challenge involves transferring a stack of discs of varying sizes from one peg (Source A) to another (Destination C) using an auxiliary peg (B), while adhering to specific rules.

#### **Event Details**

The event took place at the **Foyer Block-C**, with sessions conducted in the **Psychology Lab** and **Room No: 303, Block-C**. Participants competed individually, aiming to complete the puzzle in the shortest possible time.

#### **Event Rules**

- The competition was open to all participants.
- Participation was on an individual basis.
- The following gameplay rules were enforced:
  - Only one disc could be moved at a time.
  - A disc could only be moved if it was the uppermost disc on a peg.
  - A larger disc could never be placed on a smaller disc.
- Each round was time-bound.
- Participants were shortlisted based on the minimum time taken to solve the puzzle.
- In case of any discrepancies, the decision of the judges was final and binding.
- Any act of indiscipline led to immediate disqualification.
- The rules and gameplay steps were communicated before the event.

#### **Registration**

A registration fee of **Rs. 100/-** was charged per participant.

**Total No. Participation: 75 Students.**



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## **Coordinators**

### **Faculty Coordinators:**

- **Dr. Deepak Kumar**
- **Dr. Jangjeet Chahal**

### **Student Coordinators:**

- **Ms. Prachi Gurjar**
- **Ms. Pratha Sharma**
- **Ms. Sunita Mehta**
- **Mr. Nikhil Sharma**

## **Winners**

- **First Prize:** Nar Singh, ASET, AUMP.
- **Second Prize:** Angel Rajput, ASET, AUMP.
- **Third Prize:** Mayuri, AIBAS, AUMP

The Tower of Hanoi event was a great success, providing participants with an engaging and intellectually stimulating challenge. The competition highlighted problem-solving skills, logical reasoning, and algorithmic thinking. The enthusiastic participation and well-organized execution contributed to the event's overall impact and success under the ACHINTYA: The Mind Matrix initiative.



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Please find the Images of Event:

**AMICHROMA**  
AMITY YOUTH FEST 2025

Are you ready to test your problem-solving skills and strategic thinking? Join us for the Tower of Hanoi event, where logic meets fun!

### ARE YOU SMARTER THAN A CHIMPANZEE?

# TOWER OF HANOI

Let's come to AIBAS, Show your Creativity and spread the Happiness

**FEBRUARY 19, 2025**  
10:00 AM ONWARDS

**Door Open:**  
10 AM, C BLOCK FOYER

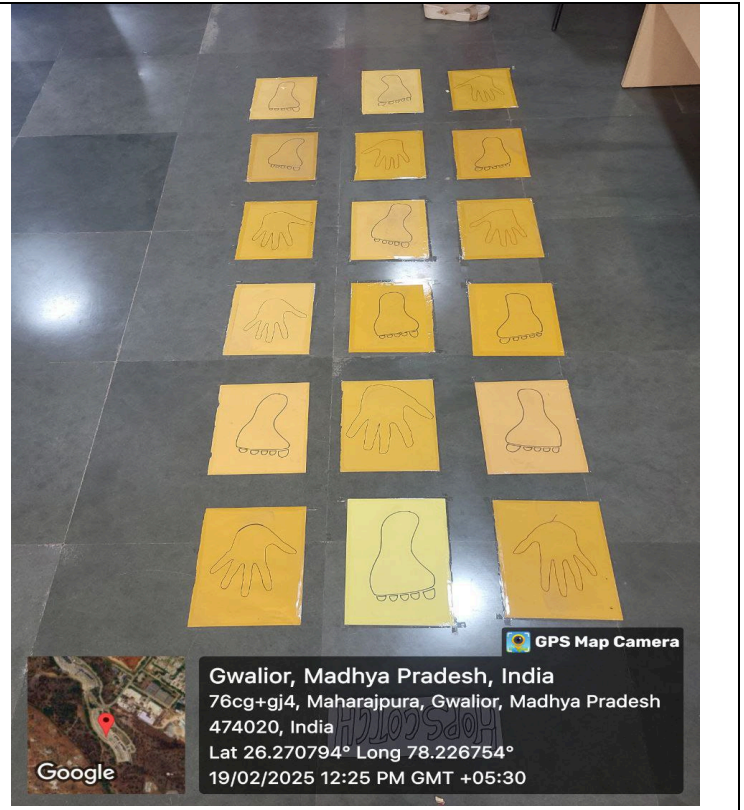
TEST YOUR SKILLS HERE

WIN EXCITING PRIZE

100 RS PER PERSON  
REGISTRATION FEE

JOIN US: AIBAS  
ROOM NO.-302, "C" BLOCK

Faculty Coordinator: Dr. Deepak Kumar, Mob. No.- 9695168659  
Students Coordinators: Ms. Prachi Gurjar, Mob. No.- 8224840153  
Dr. Jangjeet Chahal, Mob. No.- 7206394752  
Ms. Sunita Mehta, Mob. No.- 6395802742





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GPS Map Camera

Gwalior, Madhya Pradesh, India  
76cg+gj4, Maharajpura, Gwalior, Madhya Pradesh  
474020, India  
Lat 26.270842° Long 78.226703°  
19/02/2025 12:30 PM GMT +05:30

Google



GPS Map Camera

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474020, India  
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19/02/2025 12:26 PM GMT +05:30

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GPS Map Camera

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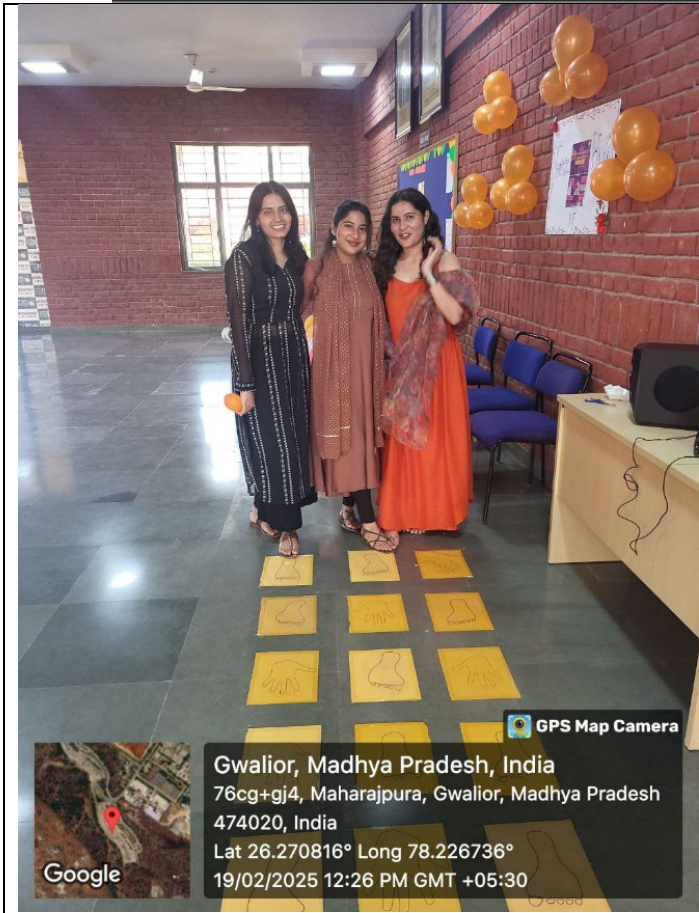
Google



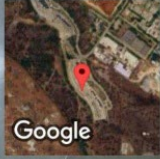
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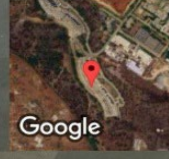
GPS Map Camera



Gwalior, Madhya Pradesh, India  
76cg+gj4, Maharajpura, Gwalior, Madhya Pradesh  
474020, India  
Lat 26.270816° Long 78.226736°  
19/02/2025 12:26 PM GMT +05:30



GPS Map Camera



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474020, India  
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19/02/2025 12:30 PM GMT +05:30



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## **Industrial Visits**

**Name of the Event: Educational Tour to Himachal Pradesh**

**Type of event:** Industrial /Educational Tour

**Date:** 7<sup>th</sup> - 13<sup>th</sup> February 2025

**Organizers:** Amity Institute of Behavioral and Allied Sciences (AIBAS)

**Faculty Coordinators:** Dr. Shubhangi Gupta and Dr. Rituraj

**No. of Students:** 43

**Report:** The educational tour to Himachal Pradesh, organized from 7<sup>th</sup> to 13<sup>th</sup> February 2025, provided Psychology students with a unique opportunity of their psychological development by providing opportunities for experiential learning, fostering social interaction, building empathy, enhancing critical thinking skills, boosting confidence, and exposing them to new perspectives and environments, all of which contribute to a well-rounded understanding of the world around them and personal growth.

The following places covered during this tour:

**1. Jyotisar, Kurukshetra:** Jyotisar, revered as the birthplace of the Bhagavad Gita, holds profound philosophical, psychological, and ethical significance. The site, where Lord Krishna is believed to have imparted the sacred discourse to Arjuna, provided students with an immersive experience in exploring timeless teachings that resonate with contemporary psychological principles.

Students engaged in discussions on ethical dilemmas, moral decision-making, and mental resilience as illustrated in the Gita. They examined how Arjuna's internal conflict and Krishna's guidance reflect cognitive-behavioral principles, emphasizing self-awareness, mindfulness, and emotional regulation. The dialogues also explored



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existential psychology, particularly the Gita's perspectives on duty (dharma), free will, and the search for meaning—core themes that parallel modern theories of human motivation and personal growth. By drawing connections between ancient philosophical insights and contemporary psychological frameworks, students gained a deeper appreciation for the integration of spirituality, ethics, and mental well-being in personal and professional life.

**2. Dharohar Museum, Kurukshetra University:** The Dharohar Museum at Kurukshetra University serves as a living archive of Haryana's rich cultural and historical legacy. The visit provided students with a unique opportunity to explore how cultural heritage, traditions, and social identity shape human behavior and psychological development.

Through an array of artifacts, folk art, traditional attire, and historical narratives, students analyzed the role of indigenous practices in shaping collective consciousness and individual identity. Discussions centered around the impact of social structures, belief systems, and environmental influences on personality formation, reinforcing key concepts in cross-cultural psychology.

Dr. Updesh Kumar, Scientist 'G' (Retd.), Headed, Mental Health Division, Follow-Up Division and Technical Coordination Division, DIPR, DRDO highlighted the significance of cultural preservation in fostering a sense of belonging, resilience, and intergenerational learning. By witnessing the interplay between cultural history and psychological development, students gained a broader perspective on the ways in which societal norms, traditions, and heritage influence cognitive processes, behavioral patterns, and emotional well-being. The experience underscored the importance of understanding cultural diversity in psychological practice, equipping students with valuable insights for research and application in multicultural settings.

**3. Indian Institute of Advanced Study, Shimla:** The Indian Institute of Advanced Study (IIAS) in Shimla, originally the historic Viceregal Lodge, stands as a prestigious center dedicated to advanced research in the fields of social sciences and humanities. Renowned for fostering intellectual discourse and scholarly inquiry, the institute provides a stimulating environment for researchers and academicians from diverse disciplines.



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During their visit, students were introduced to the rich academic legacy of the institution and explored its significant contributions to interdisciplinary research. They gained valuable insights into various research methodologies that bridge multiple disciplines, enhancing their understanding of how knowledge evolves over time. The discussions and interactions emphasized the importance of a holistic approach to academic inquiry, where historical, philosophical, and sociological perspectives intersect to shape contemporary thought.

A key takeaway from the visit was the integration of psychology with other disciplines such as history, philosophy, and sociology. Students were encouraged to reflect on how psychological theories and principles can be applied to historical narratives, ethical dilemmas, and societal structures. The experience broadened their intellectual horizons, allowing them to see the interconnectedness of human behavior, cultural evolution, and social dynamics.

Additionally, the visit provided an opportunity for students to engage with researchers and scholars, gaining exposure to critical thinking, analytical frameworks, and the ongoing debates shaping the fields of humanities and social sciences. By immersing themselves in this academic setting, students developed a deeper appreciation for the role of interdisciplinary research in advancing knowledge and addressing complex societal issues.

#### 4. Gulaba Point, Manali:

Nestled amidst the breathtaking landscapes of Manali, Gulaba Point served as an ideal setting to explore the profound connection between nature and mental well-being. The tranquil environment, surrounded by snow-capped mountains and lush greenery, provided a perfect backdrop for discussions on the therapeutic benefits of nature. Students delved into the principles of eco-psychology, examining how natural surroundings contribute to stress reduction, emotional regulation, and overall psychological health.



Through reflective exercises and group discussions, they analyzed the impact of high-altitude environments on cognitive functions, mood regulation, and mental clarity. The serene atmosphere allowed them to experience firsthand the calming effects of nature, reinforcing concepts related to mindfulness, nature therapy, and outdoor-based psychological interventions. The visit emphasized the growing importance of integrating nature into mental health practices, highlighting its potential to alleviate anxiety, depression, and urban stress.

### **River Rafting Experience:**

Participating in the thrilling adventure of river rafting provided students with a unique opportunity to explore psychological concepts in action. The experience underscored the interplay between risk-taking behavior, fear management, and decision-making under pressure. As they navigated through turbulent rapids, students gained insights into the psychological mechanisms that drive human performance, including the influence of adrenaline on focus, reaction time, and resilience.

The activity also served as a practical demonstration of sports psychology principles, particularly in the areas of teamwork, communication, and trust-building. Working together to steer the raft successfully fostered a sense of collective coordination and leadership, illustrating the importance of group dynamics in high-stress environments. Moreover, the experience highlighted resilience-building strategies, showing how individuals can adapt, manage fear, and remain composed in challenging situations.

By linking adventure sports to mental strength and endurance, the river rafting session reinforced key psychological theories related to motivation, perseverance, and coping strategies, making it a valuable experiential learning opportunity for the students.

**6. Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh:** At the Post Graduate Institute of Medical Education and Research (PGIMER) in Chandigarh, Dr. Akhilesh Sharma, Professor, and Dr. Satvinder Singh Saini, Clinical Psychologist from the Department of Psychiatry, provided valuable insights into the practical dimensions of clinical psychology and mental health research. They discussed



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various career pathways available after graduation, highlighting opportunities in both clinical practice and academic research.

During the session, students had the opportunity to engage with experienced professionals in psychiatry and psychology, deepening their understanding of therapeutic techniques, psychological assessments, and real-world case studies. The discussions emphasized the critical role of mental health care within medical environments and the growing need for skilled professionals in the field.

Furthermore, the visit served as a bridge between theoretical learning and practical application, allowing students to witness first-hand the intricacies of psychological evaluation, treatment planning, and interdisciplinary collaboration in a clinical setting. This experience not only broadened their perspective on mental health but also provided them with a clearer vision for their future careers in psychology and psychiatry.

### 7. Tibetan Monastery, Manali

The Tibetan Monastery visit introduced students to Buddhist psychology, mindfulness practices, and the role of meditation in mental health. The study of monastic life and its impact on emotional regulation and cognitive processes offered valuable insights into positive psychology.

So it can be concluded that this educational tour to Himachal Pradesh was a highly enriching experience that allowed psychology students to explore diverse psychological concepts in real-world settings. From philosophical discourse at Jyotisar and Buddha monastery to clinical exposure at PGIMER, students developed a broader perspective on human behaviour, cognition, and emotional well-being. The tour not only strengthened their academic foundation but also provided opportunities for experiential learning, fostering a deeper appreciation for the field of psychology.

### **Objectives achieved and outcomes:**



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The educational tour to Himachal Pradesh (7th - 13th February 2025) for Psychology students at Amity Institute of Behavioral and Allied Sciences (AIBAS) successfully met several key objectives and yielded valuable outcomes:

### **Objectives achieved:**

- 1 Students engaged in hands-on learning experiences that complemented their academic curriculum.
- 2 They explored psychological principles in real-world settings, such as cognitive-behavioral insights at Jyotisar and mindfulness practices at the Tibetan Monastery.
- 3 The visit to the Indian Institute of Advanced Study (IIAS) in Shimla emphasized the intersection of psychology with history, philosophy, and sociology.
- 4 The Dharohar Museum provided insights into how cultural heritage and social identity influence human behavior.
- 5 The visit to PGIMER Chandigarh allowed students to engage with professionals and understand clinical psychology applications.
- 6 Visits to Gulaba Point and river rafting in Kullu demonstrated the impact of nature and adventure on mental well-being.
- 7 Adventure activities like river rafting helped develop teamwork, resilience, and stress management skills.

### **Outcomes:**

- 1 Discussions at Jyotisar on ethical dilemmas and decision-making improved students' analytical abilities.
- 2 Engaging with diverse communities, professionals, and scholars fostered social and emotional intelligence.
- 3 Interaction with experts at PGIMER provided guidance on future career opportunities in psychology and mental health.
- 4 Visits to historical and spiritual sites deepened their understanding of cross-cultural psychology.



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- 5 The tour reinforced academic knowledge through real-life applications in varied environments.

**Some glimpses:**



**Jyotisar temple visit of AIBAS students**



**AIBAS students with Dr. Updesh Kumar, Scientist 'G' (Retd.), in Darohar Museum**





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**Visit of AIBAS students to Indian Institute of Advanced Study, Shimla**



**Visit to Gulaba Snow point**



**River rafting in Kullu**



**AIBAS students with Dr. Akhilesh Sharma and Dr. Satvinder Singh Saini in PGIMER Chandigarh**



Chandigarh, Chandigarh, India  
gate no 1, PGI Rd, opposite of night food street, Sector  
12, Chandigarh, 160012, India  
Lat 30.7625301 / Long 76.7737298  
Wednesday 12 February 2025 14:08:24



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**Tibetan Monastery visit for mindfulness training**



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**Alumni Related Activities:**

**Media Report: Vilakshan Pratibha Sansmaran Samaroh 2025 – A Momentous Alumni Meet of AIBAS at the Amity University Madhya Pradesh.**

*Date: February 15, 2025*

*Venue: AIBAS, AUMP (Block -C Psychology Lab)*

*Event: Alumni meet -Vilakshan Pratibha Sansmaran Samaroh 2025'*

*Department: AIBAS, AUMP.*

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The much-anticipated **Vilakshan Pratibha Sansmaran Samaroh 2025**, the Alumni Meet for the Graduands of the Psychology Department, was held at the prestigious Amity University AIBAS on February 15, 2025, marking a memorable reunion and celebration of excellence. The occasion was graced by the **Vice Chancellor, Pro-Chancellor**, and a distinguished gathering of alumni, and faculty members.

**The Objectives of this meet:**

**1. Strengthen Alumni-Student Connections:**

- Create opportunities for current students to interact with alumni, fostering mentorship, networking, and career guidance.

**2. Celebrate Achievements:**

- Acknowledge the accomplishments of alumni in various fields, whether professionally, socially, or academically, to inspire current students.

**3. Reinforce University Community:**

- Promote a sense of pride and belonging to the university, encouraging alumni to stay connected and engaged with their alma mater.

**4. Foster Support for Future Initiatives:**

- Encourage alumni to support the university's future initiatives, whether through donations, collaborations, or offering advice on improving academic programs and extracurricular activities.

**5. Gather Alumni Feedback:**



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- Collect valuable insights from alumni regarding the university's curriculum, campus life, and overall student experience to help guide future improvements.

The event commenced with an elegant opening ceremony where the **Vice Chancellor Sir**, in his inspiring address, highlighted the university's long-standing tradition of academic excellence, research, and nurturing students to excel in various fields. He emphasized how the department of Psychology has consistently produced top-tier professionals, many of whom have made significant contributions in the field of mental health, education, corporate settings, and beyond.

The **Pro-Chancellor Sir**, who also graced the event, shared a heartfelt message with the alumni, applauding their continued achievements and progress in their respective careers. He further commended the department for its contribution to society through the holistic development of students, preparing them to face complex real-world challenges with empathy and expertise. further followed by address by **Director sir**, filled with lots of blessings and best wishes for their upcoming future.

A notable part of the event was the **Alumni Address**, where several esteemed alumni shared their journeys, recounting the invaluable lessons and experiences gained during their time at the university. Their words resonated with the young graduands, encouraging them to carry forward the legacy of the department and the university with pride and passion. In the same series in absence of some alumni their parents participated and also shared their valuable thoughts with all of us.

The highlight of the evening was the **Acknowledgement Ceremony**, recognizing the contributions and achievements in diverse fields. Token of acknowledgement a MEMENTO with a sweet in form of chocolates were presented by **Director Sir** to all the alumni present at this auspicious moment. The celebratory mood was amplified with congratulatory messages from current students, who expressed their admiration for the paths the alumni have taken.

The session helped bridge the gap between the past and the future, fostering a sense of community and mutual support.

Throughout the evening, the department's faculty members, both senior and junior, took part in discussions, sharing their experiences with the alumni and reinforcing the importance of nurturing future generations of psychological professionals. The students also expressed their gratitude, acknowledging how the university's education has shaped them into competent and empathetic individuals ready to tackle challenges in the professional world.



The event moved ahead by collecting some beautiful memories by clicking a photograph through a decorated board – MANODARPAN’ specially prepared for alumni and lastly, this event concluded through a warm **social gathering** where alumni, faculty, and students exchanged stories, discussed recent developments in the field of psychology, and celebrated the strong bond that exists between the university and its alumni network. Laughter and camaraderie filled the air as everyone reminisced about their days on campus, reinforcing the deep connection that transcends time.

The **Vilakshan Pratibha Sansmaran Samaroh 2025** was an unforgettable evening, filled with nostalgia, inspiration, and pride. As the evening came to a close, the event underscored the strong legacy of the **Amity Institute of Behavioural and Allied Sciences**, Amity University Madhya Pradesh, and the shared vision of alumni and faculty to continue fostering excellence in the field of psychology.

### **The Outcomes of this Event:**

#### **1. Enhanced Alumni Engagement:**

- Stronger involvement of alumni in university activities, including mentoring programs, guest lectures, and fundraising efforts.

#### **2. Successful Networking:**

- New connections and collaborations formed between alumni and students, leading to internship offers, job opportunities, or business ventures.

#### **3. Knowledge Transfer:**

- Students gain valuable insights from alumni’s real-world experiences, helping them make informed career decisions and improve their skill sets.

#### **4. Strengthened University Reputation:**

- The event reinforces the reputation of the university as a community-focused institution that values its alumni and their contributions.

#### **5. Expanded Professional Opportunities:**

- Alumni may offer job opportunities, internships, and career advice, benefiting students as they begin their professional journeys.
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This prestigious event has not only strengthened the bond between the university and its alumni but has also opened doors to future collaboration and growth for the next generation of psychology professionals.



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Images of the event:



Address by Pro Chancellor sir & Vice Chancellor Sir



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Presenting Memento to a Graduand by Director Sir



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Presenting Memento to a Graduand's Parents by Director Sir



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Discussion between Dignitaries and Alumni



Group photograph with dignitaries, Alumni and AIBAS faculties



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MANODARPAN' – A click point for Alumni

**MONTHLY REPORT – ACTIVITIES & EVENTS**  
**(October 2024)**

**Amity University Madhya Pradesh**

**ACADEMIC ACTIVITIES**

**Amity Institute of Behavioural and Allied Sciences (AIBAS)**

1. **Event.** This event was celebrated on the occasion of World Mental Health Day (10 October 2024), organized by AIBAS.

**Speaker/Guest.** AIBAS STUDENTS.

**Attendance Student/Faculty.** 180 Students and 20 Faculty Members attended World Mental Health Day

**Outcome/Objective** World Mental Health Day leads to several important outcomes, both immediate and long-term. These include:

1. **Increased Awareness:** The day raises global awareness of mental health issues, educating individuals and communities about the importance of mental well-being and the impact of mental illness.
2. **Reduced Stigma:** By encouraging open discussions, the event helps break the stigma surrounding mental health, allowing more people to seek help without fear of judgment.
3. **Policy Advocacy:** The day serves as a platform for advocating policy changes and increased investment in mental health care services, pushing governments and institutions to prioritize mental health support and accessibility.
4. **Strengthened Support Networks:** It fosters a sense of community, creating support networks where people feel comfortable discussing their mental health and seeking assistance.
5. **Focus on Equity:** The day emphasizes the need for equitable access to mental health services, particularly for marginalized and underserved populations, reinforcing mental health as a universal human right.
6. **Empowerment of Individuals:** Individuals are empowered to take action, whether by seeking help for themselves or supporting others in their mental health journey, promoting overall well-being in society.

This event was celebrated on the occasion of World Mental Health Day (10 October 2024), organized by AIBAS. Theme was “**Priorities Mental Health Advocacy against Social Stigma (THINK NARRATE AND ENACT.)**” It aims to reduce stigma and foster open conversations about mental well-being through many Skits, Short Play, Parody and Drama. Overall 14 team participated in event. The objective of World Mental Health Day 2024 is to raise awareness about mental health, promote it as a universal human right, and encourage global efforts to ensure equitable access to mental health care. It also aims to reduce stigma and foster open conversations about mental well-being through many Skits, short Play, Parody and Drama

## Some Glimpse of the Event



## Some Glimps of Prize Distribution





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AMITY UNIVERSITY MADHAYA PRADESH



# World Mental Health Day 2024

**Competition**  
Entries for  
Skits  
Short Plays  
Mime  
Parody  
Drama  
Are  
Invited



Prizes will be  
given to the  
best three  
entries.

**Choose to Excel...**

**Priorities Mental Health:  
Advocacy against Social Stigma  
{THINK, NARRATE & ENACT}**

VENUE- SEMINAR HALL BLOCK- C 10th October From 10:15 AM onwards  
ENTRY FEE- Rs. 100 /Team

**FACULTY COORDINATORS**

Dr. Deepika Kushwaha M-8558890446  
Mr. Ashok Kumar Patel M-8010754646

**STUDENT COORDINATORS**

Ms. Apurva Upadhyay M-9315888101  
Ms. Tasneem Shah M-001262425  
Ms. Naisha Singh M-7828414605  
Mr. Prabal Pandey M-9399729351



## **MONTHLY ACTIVITY REPORT**

Month : November      Amity University GWALIOR

### **Student Activities :**

#### **Report on World Diabetes Day Event – Folktales @Psychoteria**

**Date:** 14th November 2024

**Time:** 1:30 PM – 5:00 PM

**Venue:** C block (Seminar Hall)

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### **Introduction**

The World Diabetes Day event held on 14th November 2024 was a resounding success, bringing together students and faculty members for an afternoon of learning, creativity, and celebration. The event, which began at 1:30 PM, was designed to raise awareness about diabetes, promote healthy lifestyles, and foster community engagement through cultural and creative programs.

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### **Program Overview**

- 1. Welcome and Opening Ceremony (1:30 PM)** The event commenced with a warm welcome speech by the host, who addressed both students and faculty members in attendance. The welcome speech set the tone for the day, emphasizing the importance of World Diabetes Day in raising awareness about the global health issue.
- 2. Cultural Presentation – A Global Welcome (1:45 PM)** Following the welcome speech, students and faculty members took part in a unique cultural presentation. Each participant showcased their creativity by wearing dresses from different cultures and languages. They greeted the audience with a “Namaste” or equivalent greetings in various languages, spreading a message of unity in diversity. This cultural exchange highlighted the global impact of diabetes, as the disease affects people from all corners of the world.
- 3. Speech by Director (1:55 PM)** The Director of the institution, Dr Novrattan Sharma, delivered a poignant 10-minute speech about the significance of World Diabetes Day. The Director highlighted key facts about diabetes, its prevention, and the importance of lifestyle changes to reduce the risk of the disease. The speech encouraged everyone to become advocates for healthier living and informed choices.

4. **Interactive Programs (2:15 PM - 4:30 PM)** The afternoon was filled with engaging activities that kept the participants actively involved:
    - **Open Mic Session:** Students showcased their talents by singing, performing skits, and sharing personal experiences related to health and wellness.
    - **Dancing:** A dance performance, which was a fusion of traditional and modern styles, brought energy to the event and encouraged movement and fitness.
    - **Charades and Antakshari:** These games were not only fun but also helped participants bond and collaborate while raising awareness about healthy living in a light-hearted manner.
  5. **Award Ceremony (5:00 PM)** The event concluded with an award ceremony. Winners of various activities, such as singing, dancing, and games, were recognized and celebrated. The awards were also presented to students who demonstrated creativity and resourcefulness by making items out of waste materials. This “Best Out of Waste” initiative highlighted the importance of sustainability and environmental consciousness, encouraging students to think creatively while also considering the impact of their actions on the environment.
- 

## Event Outcome

The World Diabetes Day event held on 14th November 2024 was an excellent platform for spreading awareness about diabetes while fostering community spirit. The diverse programs, from cultural presentations to interactive activities, effectively engaged both students and faculty members. The event was not only informative but also promoted health, creativity, and environmental consciousness.

The key outcomes of the event included:

1. **Increased Awareness:** The speech by the Director and interactive activities helped attendees better understand diabetes, its global impact, and ways to prevent and manage the disease.
2. **Cultural and Creative Engagement:** The cultural showcase and talent-based activities allowed students to express their creativity and build stronger connections with one another.
3. **Environmental Consciousness:** The "Best Out of Waste" initiative was an effective way to highlight the importance of sustainable living and upcycling in an engaging manner.
4. **Recognition and Encouragement:** The award ceremony was a significant part of the event, motivating students to continue participating in such initiatives and reinforcing the importance of health, creativity, and sustainability.

In conclusion, the event successfully met its objective of raising awareness about diabetes while promoting health, creativity, and environmental responsibility. It

encouraged everyone to adopt healthier lifestyles and inspired a sense of unity among the participants.

The event was a memorable occasion, and it is hoped that future events will continue to build on this success.



**Some glimpses of the event**







**Community engagement etc.**

**Community Engagement/ Extension activities**

**“Visit To the NIDAAN NASHA Mukti Punarvas Kendra Rehabilitation Centre”**

**Date:** 21 November 2024

**Time:** 10.00 AM to 2:00 PM

**Objectives:**

- To Gain insights into the methodologies, therapies, and practices used in rehabilitation centers for various conditions such as addiction, physical disabilities, and mental health issues.
- Observe how theoretical concepts learned in academic settings are applied in real-world rehabilitation scenarios.
- Develop effective communication and interpersonal skills through interaction with clients and professionals at the center.
- Cultivate empathy and sensitivity toward individuals undergoing rehabilitation and their unique challenges.
- Explore potential career paths in rehabilitation services, counselling, and related fields
- Study specific cases to analyse the progression of recovery and factors influencing the effectiveness of treatment.
- Learn techniques for recording observations, documenting findings, and preparing professional reports.

**Outcome of the activity:**

- Participants gained a deeper understanding of rehabilitation techniques, treatment plans, and their application in real-life settings.
- Hands-on practice sessions equipped participants with practical skills to apply in real-life scenarios.
- It enhanced their ability to interact with clients and professionals in a clinical setting.
- The Participants learned case history taking in specific substance related areas, maintaining records, writing case summaries, and preparing reports based on their observations.

- This visit may inspire new ideas for research projects or further studies in rehabilitation practices for the students.

**Mode:** Offline

**Venue:** NIDAAN NASHA MUKTI PUNARVAS KENDRA Rehabilitation Centre, Anand Nagar, Gwalior, Madhya Pradesh, 474002

**Number of participants:** A total of 38 students of Amity University, Gwalior, participated in the program, representing a diverse range of advanced academic courses, including the Post Graduate Diploma in Rehabilitation Psychology (RCI), Professional Diploma in Clinical Psychology (RCI), Post Graduate Diploma in Guidance and Counselling, and the Master's in Psychology (Final Year). The group was accompanied by two esteemed faculty members: Ms. Rituparna Das, an RCI-registered Clinical Psychologist, Assistant

Professor, AIBAS, AUMP and Mr. Atul Kumar, also an RCI-registered Clinical Psychologist and an Assistant Professor, AIBAS, AUMP.

**Coordinator of the Community Engagement Programme-** Ms. Rituparna Das, Clinical Psychologist (RCI), Assistant Professor of Amity University, AIBAS, Gwalior, M.P.

The community visit to a rehabilitation centre was successfully conducted on **21st November 2024**. The program was meticulously organized under the guidance of the **Head Of The Institution Dr. Novrattan Sharma** by the Coordinator **Ms. Rituparna Das** (Assistant Professor, AIBAS), with the help of **Mr. Atul Kumar** (Assistant Professor, AIBAS, AUMP) facilitating the arrangements by coordinating and communicating with the rehabilitation centre to ensure a smooth experience for the participants.

Students were informed well in advance about the date and time of the visit. A preparatory session was conducted to provide them with essential guidelines, including how to interact with substance abuse patients, maintain decorum, and adhere to the centre's rules and regulations.

On the day of the visit, students assembled promptly at **10:00 AM** in the university foyer. The transportation was arranged via the university bus, ensuring the group reached the centre on time. The visiting group comprised **38 students** from different professional courses. They were accompanied by faculty members **Ms. Rituparna Das** and **Mr. Atul Kumar**, both **RCI-registered Clinical Psychologists**, and Assistant Professor of AMITY, AIBAS, who guided and supervised the students throughout the program.

Upon arrival, the students were warmly welcomed by the rehabilitation center's staff, who provided an overview of the organization's structure and functioning. The students

were then divided into small groups of 2-3 individuals and assigned to interact directly with clients. Each group conducted detailed case history interviews, gaining hands-on experience in understanding client backgrounds and challenges.

Following the individual interactions, **Mr. Atul Kumar** facilitated a group session for the clients of substance abuse. This session provided psychoeducation to the clients, encouraged open dialogue, allowing clients to express their problems and needs in a supportive setting. The students observed this group therapy session, which served as a valuable learning opportunity for their future professional roles.

Simultaneously, faculty members engaged with the centre's management to gather insights into the clients' daily routines, the frequency of medical checkups, and the availability of counselling sessions. This interaction provided a comprehensive understanding of the operational aspects of rehabilitation care.

The visit concluded at **2:00 PM**, and the group returned to the university by **2:30 PM**. A follow-up session was held from **3:00 PM to 5:00 PM** in the classroom, where students shared their experiences, clarified doubts, and reflected on their learnings. **Dr. Novrattan Sharma**, the Head of Institution, joined this session, providing valuable insights and enhancing the students' understanding of the rehabilitation process.

The visit was a highly enriching experience, offering students a practical understanding of rehabilitation practices and preparing them for professional challenges in the field.

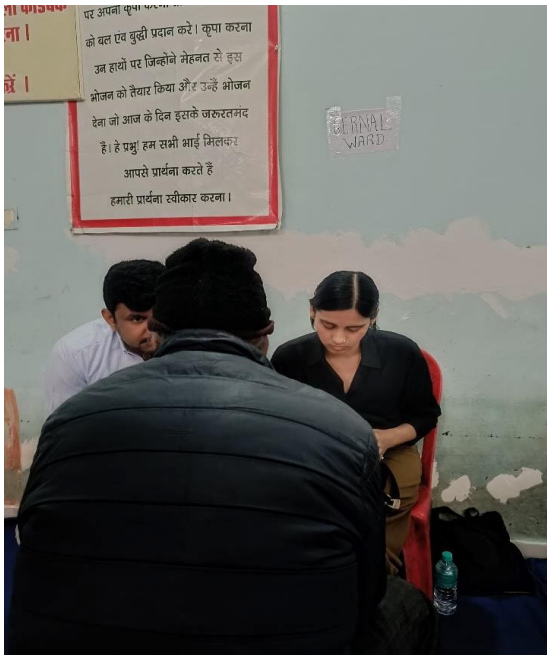
## **Conclusion**

The community visit to the rehabilitation centre was a valuable experiential learning opportunity for the students, providing them with practical insights into rehabilitation practices and client management. Through direct interaction with clients, observation of group sessions, and engagement with the centre's staff, the students gained a deeper understanding of substance abuse treatment and counselling. The program successfully bridged theoretical knowledge with real-world application, fostering empathy, professional skills, and a sense of social responsibility. The guidance and insights from faculty members and the Head of Institution further enriched the learning experience, making the visit a significant step in the students' academic and professional growth.

## **Feedback:**

The workshop concluded with the collection of participant feedback. The responses were overwhelmingly positive, with participants appreciating the blend of theoretical knowledge and practical training. They appreciated the well-organized structure of the program, which provided them with firsthand exposure to rehabilitation practices and client interactions. Observing group session and conducting case history interviews offered practical insights that bridged the gap between classroom learning and real-world application. Overall, the students found the program enlightening, motivating, and instrumental in shaping their understanding of the field.

## GLIMPSES OF Visit to the NIDAAN NASHA MUKTI PUNARVAS KENDRA Rehabilitation Centre



**Case History and Client Interviews Conducted by Students**



**Case History and Client Interviews Conducted by Students**



**A group session and psychoeducation session were conducted**



**Group Photo of students with Faculty**



ARMY INSTITUTE OF BEHAVIOURAL & ALLIED SCIENCES  
Biofeedback  
Relaxation Therapy  
Behavior Therapy  
Mindfulness



GPS Map Camera



Gwalior, Madhya Pradesh, India



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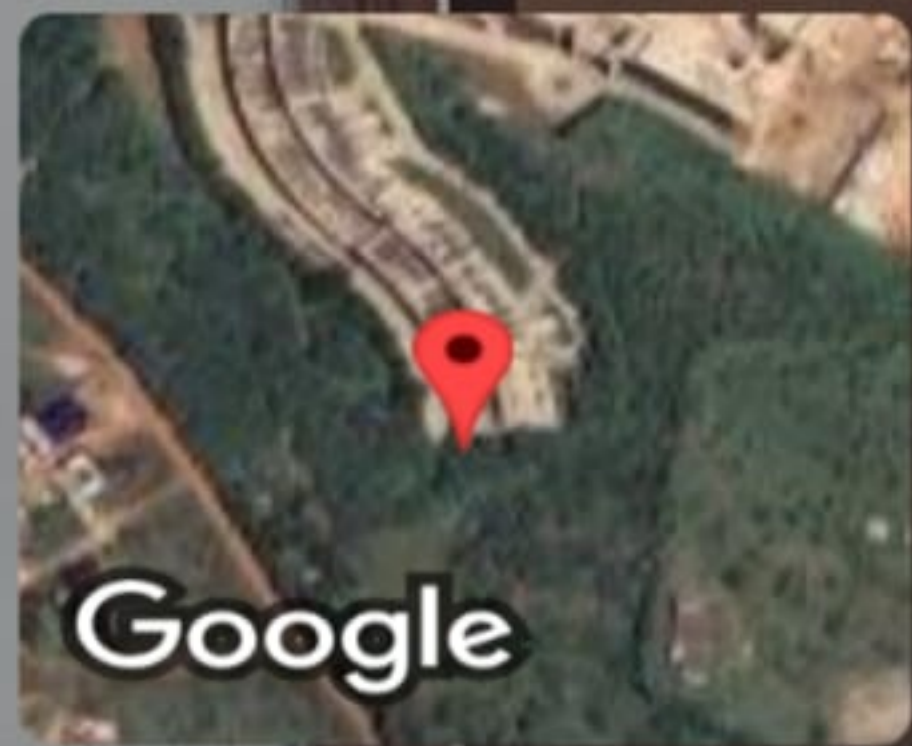


INSTITUTE OF BEHAVIOURAL  
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**Biofeedback**  
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**Mindfulness**



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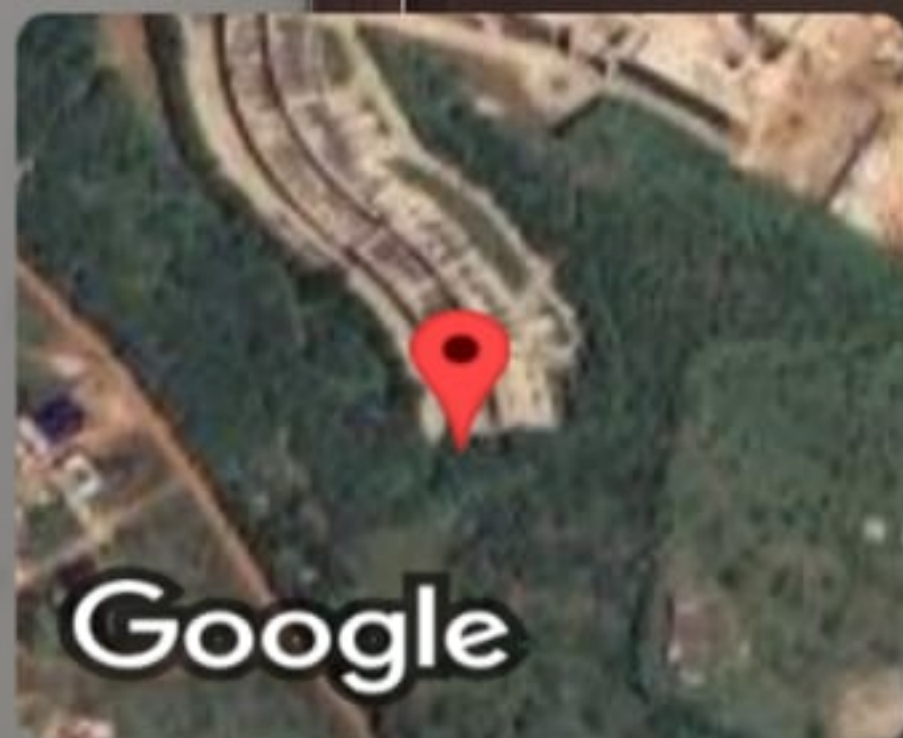
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**Biofeedback  
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M.Phil. (CP) 1<sup>st</sup> Year

315 B



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 **Centre For Life Skills**  
 &  
**Personality Development**

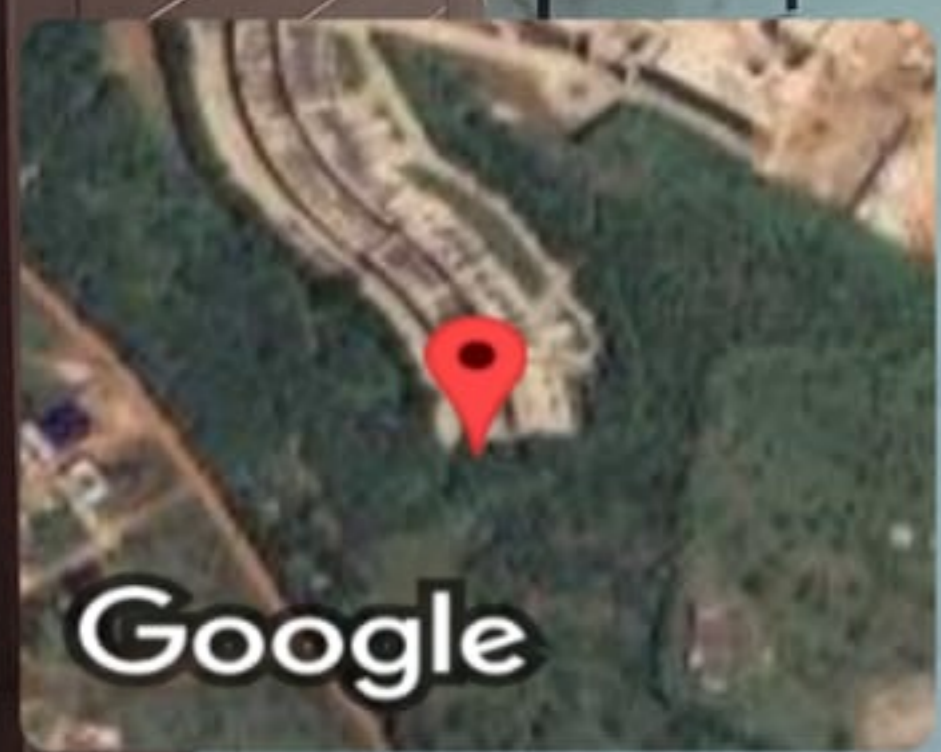



Amity Institute of Behavioural  
 And Allied Sciences (AIBAS)

Amity University Madhya Pradesh



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M.Phil. (CP) 1<sup>st</sup> Year

315 B

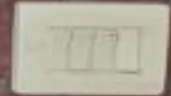



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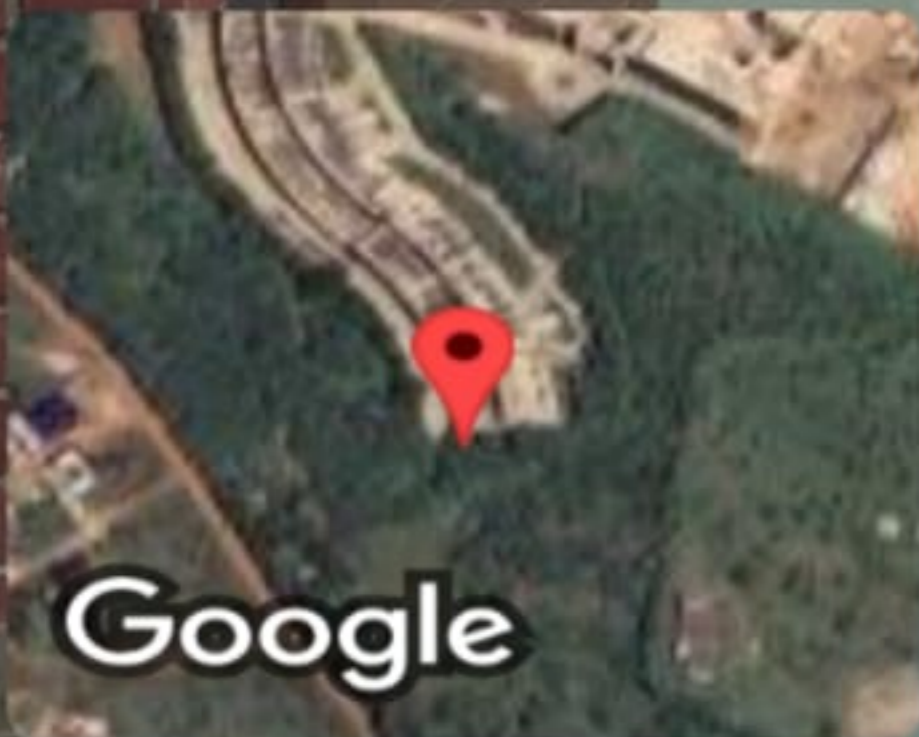
 Centre For Life Skills  
&  
Personality Development 


Amity Institute of Behavioural  
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Amity University Madhya Pradesh



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## **Event Report: Online Discourse on Life Skills Development**

**Title:** *Re-Skill & Up-Skill the Life Skills*

**Organized by:** Centre for Life Skills & Personality Development

**Institution:** Amity Institute of Behavioral and Allied Sciences, Amity University, Madhya Pradesh

**Date & Time:** 17th April 2025 | 11:00 AM – 1:00 PM

**Venue:** Seminar Hall, Block-C (Online Discourse)

**Speaker:** Dr. Alka Seth, C.R.S. University, Jind

**Faculty Coordinators:** Dr. Sandhya Garg & Dr. Devanshi Khemaria

**Student Coordinator:** Jasmeet Kaur & Prachi Pallavi Biswal

### **Objective of the Event:**

The online discourse aimed to enhance awareness and understanding of the 10 core life skills as identified by the World Health Organization (WHO). The session was intended to re-skill and up-skill students, equipping them with essential tools to handle everyday challenges and promote holistic development.

### **Core Topics Covered:**

The event focused on the 10 Core Life Skills categorized under three key domains:

- **Thinking Skills:**
  - Decision Making
  - Critical Thinking
  - Creative Thinking
  - Problem Solving
- **Social Skills:**
  - Effective Communication
  - Interpersonal Relationships
  - Empathy
- **Emotional Skills:**
  - Self-awareness

- Coping with Stress
- Coping with Emotions

### **Highlights:**

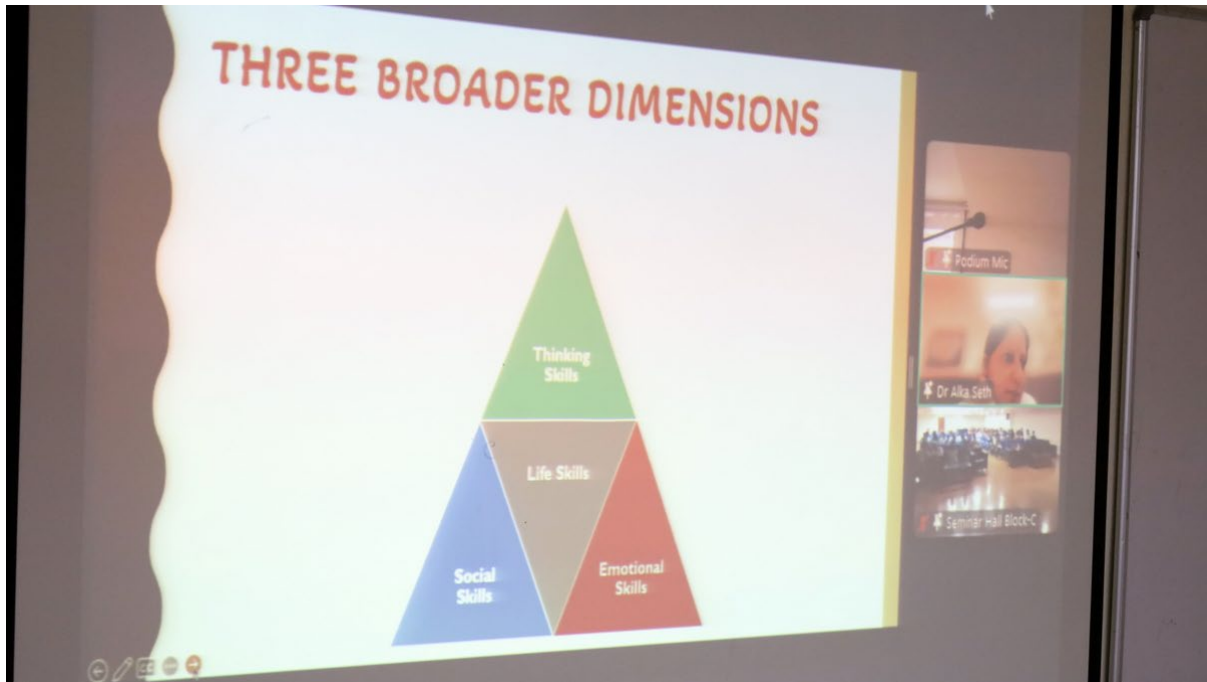
- Dr. Alka Seth delivered an insightful session highlighting the importance of integrating life skills into personal and academic lives.
- The event was aligned with Sustainable Development Goals (SDGs) such as Good Health & Well-being (Goal 3) and Quality Education (Goal 4).
- The session encouraged active engagement and reflection among participants on how life skills play a critical role in personal and professional growth.

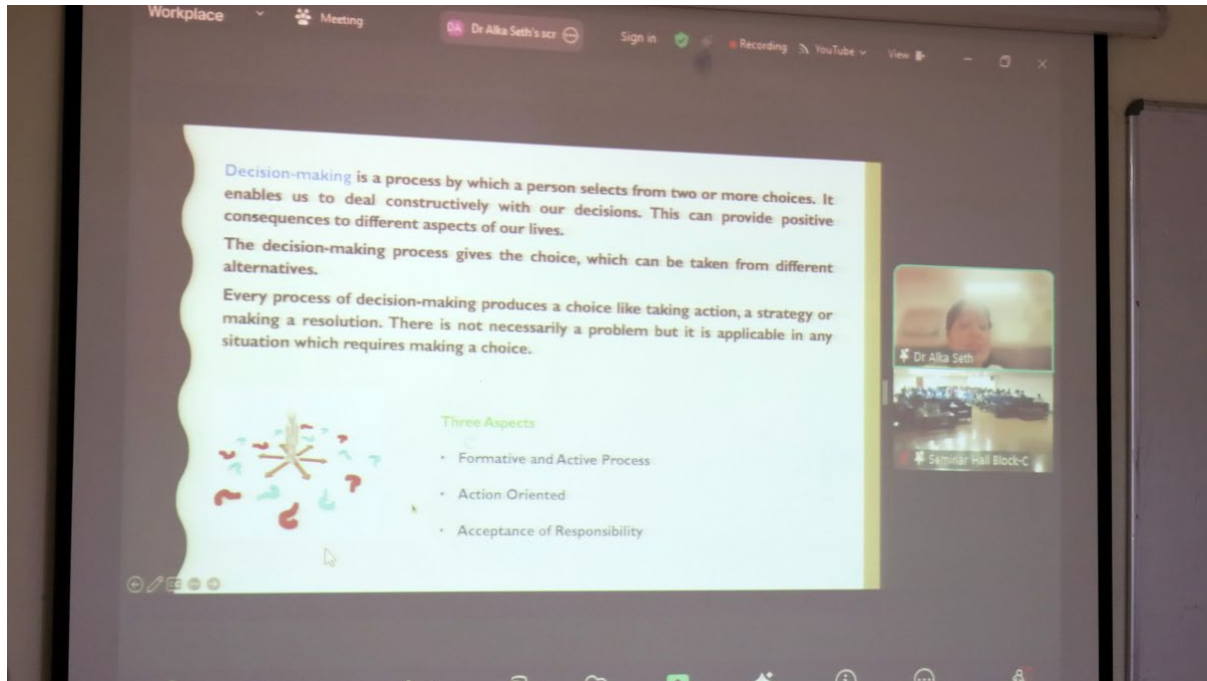
### **Conclusion:**

The online discourse was a valuable initiative by Amity University's Centre for Life Skills & Personality Development. It provided students with a practical framework to foster resilience, emotional intelligence, and interpersonal effectiveness. The session received positive feedback from participants and was deemed highly relevant in the current educational landscape.

HERE ARE SOME GLIMPSES OF THE EVENT

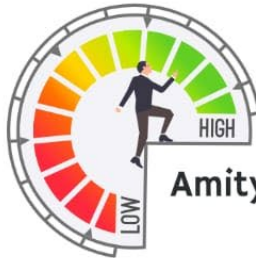








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## Centre for Life Skills & Personality Development

Amity Institute of Behavioral and Allied Sciences  
Amity University, Madhya Pradesh

**RE-SKILL & UP-SKILL THE  
LIFE SKILLS**



**'ONLINE DISCOURSE'**

**Dr. Alka Seth, C.R.S. University, Jind.**

**DATE: 17/04/2025 "11AM-1PM"**

**SEMINAR HALL, BLOCK-C**



*Thinking skills*

*Social skills*

*Emotional skills*

**FACULTY COORDINATOR:**

**Dr. Sandhya Garg & Dr. Devanshi Khemaria**  
(9907308298) (7974784037)

**STUDENT COORDINATOR:**

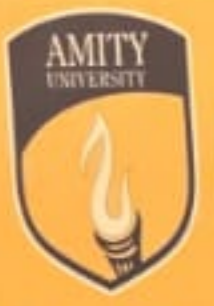
**Jasmeet Kaur**



**AMITY UNIVERSITY**

MADHYA PRADESH

*Established vide Government of Madhya Pradesh Act No. 27 of 2010*



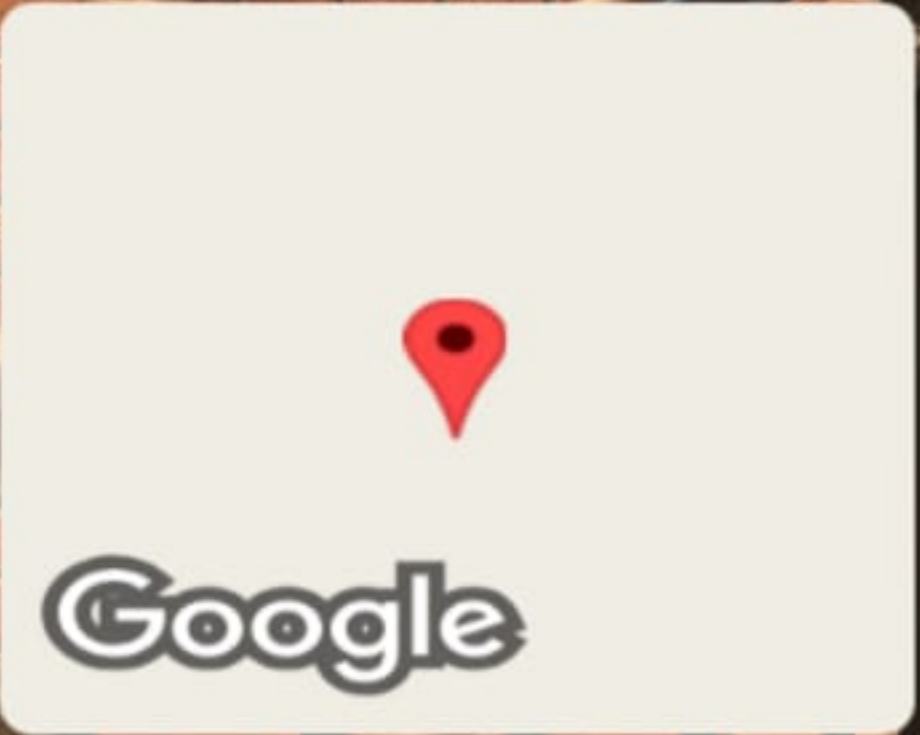
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& ALLIED SCIENCES

Positive Mental Health & Psychological First Aid Centre

309



GPS Map Camera



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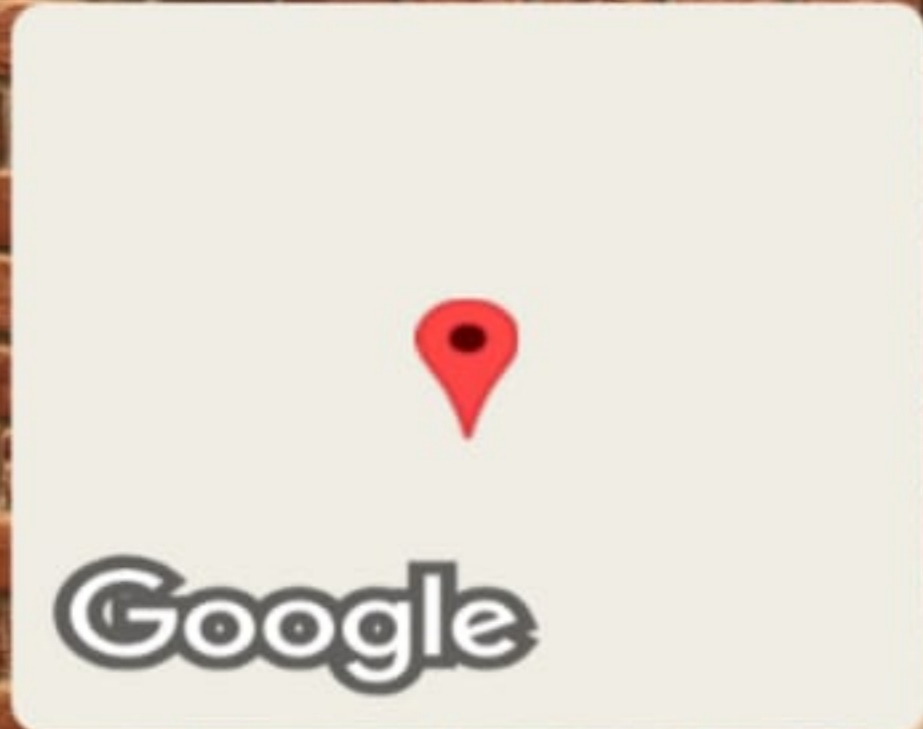
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Positive Mental Health & Psychological First Aid Centre

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**MONTHLY ACTIVITY REPORT****Month : September 2024****Academic Activities: Amity Institute of Behavioural and Allied Sciences (AIBAS)**

<b><u>Amity Institute of Behavioural and Allied Sciences (AIBAS)</u></b>					
<b>Sr, No.</b>	<b>Event Name</b>	<b>Event Type</b>	<b>Date &amp; Duration</b>	<b>Resource Person Name</b>	<b>No. of Attendees</b>
2.	<b>"Suicide Prevention Workshop: Creating Hope Through Action"</b>	<b>Workshop</b>	10.09.24 (Timing: 10.00 AM to 2.00 PM)	Ms. Prasuna Shanmukha Priya Lanka, Dr. Sundeep Katevarapu & Ms. Nupur Agarwal	150
3.	<b>"Anveshan Entrepreneurship in Psychology Issues and Challenges"</b>	<b>OPEN HOUSE SESSION</b>	10.09.24 (Timing:3:00PM TO 5.00 PM)	Ms. Prasuna Shanmukha Priya Lanka, Dr. Sundeep Katevarapu & Ms. Nupur Agarwal	50
4.	<b>Comprehensive Workshop on Diagnosing, Assessing &amp; Addressing Specific Learning Disabilities (CRE Programme)</b>	<b>3 Days Workshop</b>	23.09.2024,24.09.2024,25.09.2024. (timing: 10:00 am to 5:00 pm)	Ms. Rashmi Pandey, Dr. Dherandra Kumar, Ms. Purnima Chauhan, Dr. Rajendra Kumar Sharma Mrs. Jyotsna Singh, Ms. Rituparna Das, Mr. Ashok Kumar Patel,	125

## EVENT REPORT

## EVENT REPORT

### **“Suicide Prevention Workshop: Creating Hope Through Action”**

**Date:** 10<sup>th</sup> September 2024

**Time:** 10.00 AM to 2.00 PM

**Objectives:**

1. To educate participants about the prevalence, warning signs, and risk factors of suicide.
2. To increase awareness of the mental health challenges that can lead to suicidal thoughts or behaviors.
3. To foster an understanding of the connection between mental health and suicide, and how addressing mental health issues can prevent suicidal behavior.
4. To break down the stigma surrounding mental health and suicide by encouraging open dialogue and providing accurate information.

**Outcome of the activity:**

1. Increased Awareness and Understanding
2. Enhanced Intervention Skills

**Mode:** Offline

**Venue:** Amity University Madhya Pradesh

**Number of participants:** Around 150 participants including university students, non-teaching staff and faculties.

**Resource Personage:** Ms. Prasuna Shanmukha Priya Lanka, Dr. Sundeep Katevarapu & Ms. Nupur Agarwal

**Summary of the session:**

The Suicide Prevention Workshop began with participants gathering to raise awareness and learn effective strategies to prevent suicide in their communities. The workshop opened with a prologue emphasizing the importance of mental health awareness and early intervention, supported by a presentation of suicide statistics that highlighted the urgency for timely action. A formal welcome set a collaborative tone for the day, stressing the significance of the workshop's goals and the role each participant would play in making a difference.

Mental health and suicide prevention experts were then introduced, setting the stage for an insightful and impactful session. The first segment focused on educating participants about the risk factors and warning signs of suicide, such as mental health struggles, social isolation, and life stressors, while emphasizing the importance of open communication and active listening

in identifying these signs. Following a short break, the workshop resumed with a focus on practical intervention skills, including how to approach individuals at risk, initiate difficult conversations, and guide them toward appropriate support services. Crisis intervention resources such as helplines and counseling services were introduced, and participants were encouraged to become mental health advocates in their respective circles. A significant portion of the session focused on reducing stigma around mental health and promoting empathy and understanding.

In the interactive Question & Answer segment, participants had the opportunity to engage with the experts, ask questions, and deepen their understanding of suicide prevention. The workshop concluded with an expression of gratitude to all involved, fostering a safe and supportive environment for addressing suicide prevention. Participants left empowered to take proactive action, promoting mental well-being, spreading awareness, and building supportive community networks aimed at preventing suicide.

## GLIMPSES OF SUICIDE PREVENTION WORKSHOP: CREATING HOPE THROUGH ACTION

Amity Institute of Behavioural and Allied Sciences (AIBAS),  
Amity University Madhya Pradesh Gwalior

# Suicide Prevention Workshop

• Creating Hope through Action •

**Ms. Prasuna Shanmukha Priya Lanka**  
CEO & Director  
We Avec U Group of Companies

**Dr. Sundeep Katevarapu**  
Founder & CMD  
We Avec U Group of Companies

Certificates for all Participants | Time 10:15 AM-1:10 PM | Date September 10, 2024

 Amity Institute of Behavioural and Allied Sciences (AIBAS),  
Amity University Madhya Pradesh Gwalior



**“Suicide Prevention Workshop: Creating Hope Through Action”**



**“Suicide Prevention Workshop: Creating Hope Through Action”**

## EVENT REPORT

### “Anveshan Entrepreneurship in Psychology Issues and Challenges”

**OPEN HOUSE SESSION: An interaction between experts and students of professional programs.**

**Date:** 10<sup>th</sup> September 2024

**Time:** 3.00 PM to 5.00 PM

**Objectives:**

1. To spread awareness about diverse job opportunities within the field of Psychology.
2. To impart practical knowledge and insights into entrepreneurship, startups, and business ventures centred around Psychology.

**Outcome of the activity:** The session aimed to empower psychology students with valuable information regarding entrepreneurship, startups, and innovative business ideas within the realm of Psychology.

**Mode:** Offline

**Venue:** 309 Block C, AIBAS, Amity University Madhya Pradesh, Gwalior Campus

**Number of participants:** Approximately 50 participants including university students, non-teaching staff and faculties.

**Resource Personage:** Dr. Sandeep and Team We Avec u

**Co-ordination:** Dr. Ritu Raj and AIBAS Faculty members

**Summary of the session:** The "Anveshan: Entrepreneurship in Psychology" open house session was a successful event that provided participants with a comprehensive overview of the entrepreneurial landscape within the field of Psychology. The session began with a warm welcome from the organizing committee, followed by an introductory address by the resource persons.

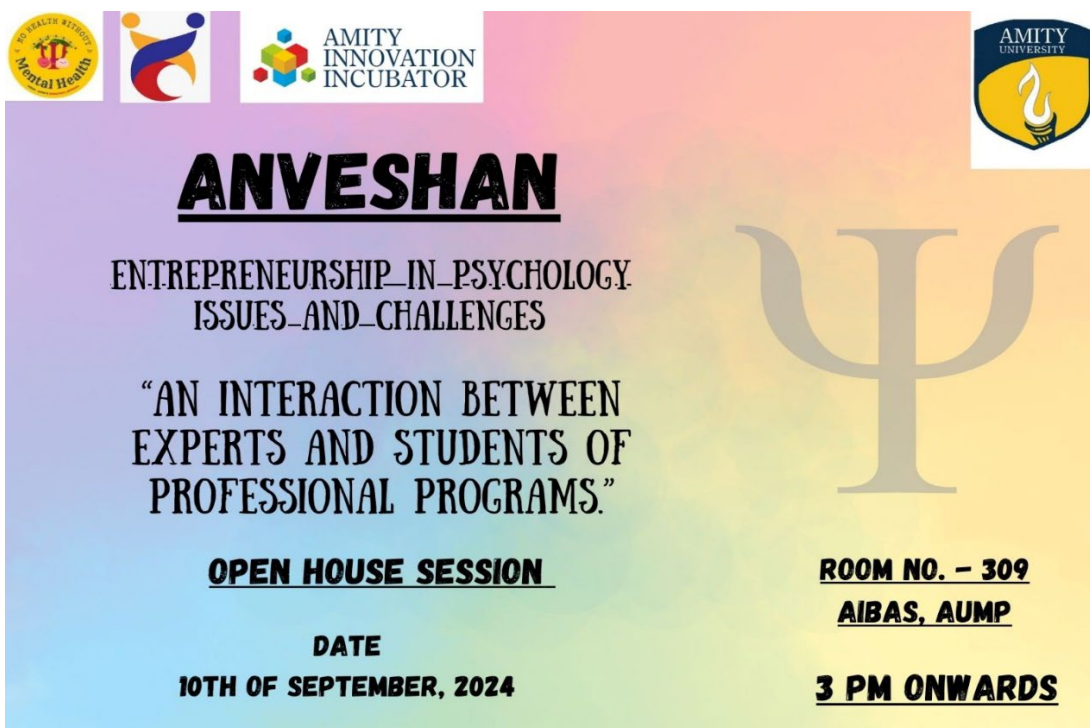
The resource person commenced by elucidating the various job prospects available to psychology graduates beyond traditional clinical and counseling roles. They emphasized the burgeoning opportunities in fields such as industrial-organizational psychology, educational psychology, sports psychology, and market research. Furthermore, the speaker delved into the realm of entrepreneurship, offering valuable insights into the process of conceptualizing, launching, and scaling a startup. They underscored the significance of identifying a niche market, developing a robust business plan, and securing adequate funding.




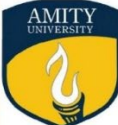
The session also featured interactive discussions where participants had the opportunity to engage with the resource person and pose their queries. The resource person patiently addressed each question, providing tailored guidance and mentorship. The open-house format fostered a conducive environment for networking and knowledge exchange among attendees.

Overall, the "Anveshan: Entrepreneurship in Psychology" open house session proved to be an enriching experience for all participants. It not only broadened their understanding of the diverse career paths within Psychology but also equipped them with the essential knowledge and skills to embark on entrepreneurial ventures. The session served as a catalyst for innovation and creativity, inspiring students to explore unconventional avenues and contribute to the growth of the field.

### Key Takeaways:

- **Diverse Career Paths:** The session highlighted the various job opportunities available within the field of Psychology, beyond traditional clinical and counseling roles.
- **Entrepreneurial Mindset:** Participants gained valuable insights into developing an entrepreneurial mindset and identifying business opportunities within the Psychology domain.
- **Startup Exploration:** The session delved into the process of conceptualizing, launching, and managing startups in the field of Psychology.
- **Business Idea Generation:** Attendees were encouraged to brainstorm and generate innovative business ideas that leverage their psychological knowledge and skills.



# **ANVESHAN**

ENTREPRENEURSHIP IN PSYCHOLOGY  
ISSUES AND CHALLENGES

“AN INTERACTION BETWEEN  
EXPERTS AND STUDENTS OF  
PROFESSIONAL PROGRAMS.”

**OPEN HOUSE SESSION**

**DATE**  
**10TH OF SEPTEMBER, 2024**

**ROOM NO. – 309**  
**AIBAS, AUMP**

**3 PM ONWARDS**





### EVENT REPORT

## **“Comprehensive Workshop on Diagnosing, Assessing, and Addressing Specific Learning Disabilities”**

**Date:** 23-25 September 2024

**Time:** 10.00 AM to 4.00 PM

### **Objectives:**

- To provide participants with a deep understanding of specific learning disabilities, including their types, symptoms, and impact on academic performance.
- To train participants in early identification, screening, and comprehensive assessment using standardized tools like the NIMHANS Battery and WISC-IV India.
- To introduce intervention strategies and accommodations in academic settings for students with SLDs.
- To discuss the legal framework, educational policies, and rights of students with learning disabilities.

### **Outcome of the activity:**

- Participants gained a thorough understanding of diagnosing and assessing SLDs using standardized tools.
- Hands-on practice sessions equipped participants with practical skills to apply in real-life scenarios.
- The workshop highlighted the importance of early identification, screening, and effective intervention for children with SLDs.
- Collaboration with parents and families, along with legal considerations, was emphasized to ensure holistic care for students with learning disabilities.

**Mode:** Offline

**Venue:** Seminar Hall, Block C, Amity University Madhya Pradesh, Gwalior

**Number of participants:** Around 120 participants including external participants, university students, non-teaching staff and faculties.

### **Resource Personage:**

1. **Dr. Dherandra Kumar** – Clinical Psychologist, Director, LRS World College, Moradabad
2. **Ms. Rashmi Pandey** – Assistant Professor, Clinical Psychology, Amity University, Noida
3. **Dr. Atul Aggarwal** – HOD, Dept. of Psychiatry, G.R. Medical College, Gwalior
4. **Dr. Rajendra Kumar Sharma** – Clinical Psychologist, Professor, HOD, AIBAS, AUMP

5. **Mr. Jyotsna Singh** - Clinical Psychologist, Assistant Professor AIBAS, AUMP
6. **Mr Atul Kumar** – Clinical Psychologist, Assistant Professor AIBAS, AUMP
7. **Ms. Purnima Chauhan** - Clinical Psychologist, Assistant Professor AIBAS, AUMP
8. Ms. Rituparna Das - Clinical Psychologist, Assistant Professor AIBAS, AUMP
9. **Mr. Ashok Kumar Patel** - Clinical Psychologist, Assistant Professor AIBAS, AUMP

### **Summary of the session:**

The **Comprehensive Workshop on Diagnosing, Assessing, and Addressing Specific Learning Disabilities (SLDs)** was organized by AIBAS, AUMP, from 23rd to 25th September 2024. The 3-day CRE workshop aimed to provide educators, psychology students, and professionals with the skills and knowledge necessary for identifying, diagnosing, and supporting students with specific learning disabilities. This event featured a range of sessions led by distinguished speakers who shared insights and practical techniques.

### **Day 1: 23rd September 2024**

#### **Inaugural Session (9:00 am – 10:25 am):**

The event commenced with an inaugural session, which included a formal welcome to all participants and resource persons. After the opening remarks and introduction, the workshop proceeded with a tea break from 10:30 am to 10:40 am.

#### **Session 1: Introduction to SLD (10:40 am – 11:40 am)**

**Resource Person:** Ms. Rashmi Pandey

Ms. Rashmi Pandey provided an overview of Specific Learning Disabilities (SLDs), including definitions, prevalence statistics, and the common types and characteristics of SLDs. The session also highlighted the impact of SLDs on academic performance and daily living.

#### **Session 2: Early Identification & Screening (11:40 am – 12:40 pm)**

**Resource Person:** Ms. Rashmi Pandey

This session focused on recognizing early signs of SLDs in preschool, elementary, and middle school students. Ms. Pandey discussed the vital role teachers and parents play in early detection, supported by case studies and examples of early indicators.

#### **Lunch Break (12:40 pm – 1:40 pm)**

#### **Session 3: Assessment Tools for SLD – NIMHANS Battery (Part 1) (1:40 pm – 2:40 pm)**

**Resource Person:** Ms. Rashmi Pandey

Participants were introduced to the NIMHANS Battery, a comprehensive tool used for assessing SLDs. The session included an explanation of the tool's components and the step-by-step process for its administration.

#### **Session 4: Assessment Tools for SLD – NIMHANS Battery (Part 2) (2:40 pm – 3:40 pm)**

**Resource Person:** Ms. Rashmi Pandey

Ms. Pandey continued with the NIMHANS Battery assessment, offering further clarification on the tool's interpretation and use in diagnosing SLDs.

#### **Session 5: Case Studies and Reporting (3:40 pm – 4:40 pm)**

**Resource Person:** Ms. Rashmi Pandey

The final session of the day involved working through case studies and exploring how to report findings from SLD assessments. This practical session helped participants solidify their understanding of the assessment process.

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## **Day 2: 24th September 2024**

### **Session 1: Cognitive Assessments Based on WISC-IV India (10:00 am – 11:00 am)**

**Resource Person:** Dr. Dherandra Kumar

Dr. Dherandra Kumar introduced participants to the WISC-IV India, a cognitive assessment tool used to evaluate intellectual ability. He explained the significance of the test and its application in diagnosing learning disabilities.

### **Tea Break (11:00 am – 11:30 am)**

### **Session 2: WISC-IV India Administration (11:30 am – 12:30 pm)**

**Resource Person:** Dr. Dherandra Kumar

This session covered the detailed administration process for the WISC-IV India, providing participants with practical knowledge on how to conduct the assessment.

### **Session 3: WISC-IV India Administration Continued (12:30 pm – 1:30 pm)**

**Resource Person:** Dr. Dherandra Kumar

The session continued the administration process, focusing on specific aspects of the test.

### **Lunch Break (1:30 pm – 2:00 pm)**

### **Session 4: WISC-IV India Interpretation (2:00 pm – 3:00 pm)**

**Resource Person:** Dr. Dherandra Kumar

Dr. Kumar explained how to interpret the results of the WISC-IV India and draw meaningful conclusions about a student's cognitive profile.

### **Session 5: WISC-IV India Interpretation Continued (3:00 pm – 4:00 pm)**

**Resource Person:** Dr. Dherandra Kumar

Participants received additional insights into interpreting test results and linking the findings to educational achievement.

### **Session 6: WISC-IV India Report Writing (4:00 pm – 5:00 pm)**

**Resource Person:** Dr. Dherandra Kumar

The final session of the day focused on writing comprehensive reports based on WISC-IV India assessments, emphasizing the connection between cognitive profiles and academic performance.

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## **Day 3: 25th September 2024**

### **Session 1: Role of Professionals in Interventions (10:00 am – 11:00 am)**

**Resource Person:** Ms. Purnima Chauhan

Ms. Chauhan discussed the critical role of professionals in creating and implementing interventions for students with SLDs. She stressed the importance of a collaborative, multidisciplinary approach in supporting students.

### **Tea Break (11:00 am – 11:30 am)**

### **Session 2: Classroom Accommodations and Modifications (11:30 am – 12:30 pm)**

**Resource Person:** Dr. Rajendra Kumar Sharma

This session provided practical strategies for accommodating and modifying classroom instruction to meet the needs of students with SLDs. Topics included differentiated instruction techniques and adapting the curriculum to meet individual student needs.

### **Session 3: Collaboration with Parents and Families (12:30 pm – 1:30 pm)**

**Resource Person:** Dr. Rajendra Kumar Sharma

Dr. Sharma highlighted the importance of involving parents and families in supporting students with SLDs. The session covered effective communication strategies, the IEP process, and resources available for families.

### **Lunch Break (1:30 pm – 2:00 pm)**

### **Session 4: Professional Development for Educators (2:00 pm – 3:00 pm)**

**Resource Person:** Mr. Jyotsna Singh

This session focused on the importance of ongoing professional development for educators, including workshops, training programs, and building collaborative teams to enhance student support.

### **Session 5: Transition Planning for Students with SLDs (3:00 pm – 4:00 pm)**

**Resource Person:** Ms. Rituparna Das

Ms. Das discussed the importance of preparing students with SLDs for postsecondary education, vocational training, and independent living. The session included strategies for developing life skills and promoting student independence.

### **Session 6: Legal Framework and Educational Policies (4:00 pm – 5:00 pm)**

**Resource Person:** Mr. Ashok Kumar Patel

The final session of the workshop addressed the legal rights and policies related to students with learning disabilities. Mr. Patel provided an overview of concessions, rights, and CBSE guidelines that ensure equitable support for students with SLDs.

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### **Conclusion:**

The **Comprehensive Workshop on Diagnosing, Assessing, and Addressing Specific Learning Disabilities** provided valuable insights into the identification, assessment, and intervention strategies for students with SLDs. Through a combination of theoretical discussions, practical sessions, and case studies, participants gained a thorough understanding of how to effectively support students with learning disabilities. The workshop was well-received, and participant feedback reflected a high level of satisfaction with the knowledge and skills gained throughout the three days.

### *Feedback:*

The workshop concluded with the collection of participant feedback. The responses were overwhelmingly positive, with participants appreciating the blend of theoretical knowledge and practical training. Many highlighted the hands-on experience with assessment tools as the most valuable aspect of the workshop. There was a strong request for more such workshops in the future to continue enhancing their professional skills in the area of learning disabilities.

**GLIMPSES OF SUICIDE PREVENTION WORKSHOP: CREATING HOPE THROUGH ACTION**

**Day 1 – 23-09-2024**



Inauguration Session: Lt Gen. V.K. Shram Pro-Chancellor, Prof. (Dr.) NovRattan Sharma, Ms. Rashmi Pandey, Dr. Atul Aggarwal, Dr. Rajendra Kumar Sharma

## एमिटी में सतत पुनर्वास शिक्षा पर कार्यशाला का आयोजन

नवभारत न्यूज

ग्वालियर 24 सितम्बर. एमिटी यूनिवर्सिटी के एमिटी इंस्टीट्यूट ऑफ बिहेवियरल साइंसेज विभाग द्वारा तीन दिवसीय भारतीय पुनर्वास परिषद द्वारा अनुमोदित सतत पुनर्वास शिक्षा पर कार्यशाला का शुभारंभ किया गया। इस कार्यशाला का मुख्य विषय विशिष्ट अधिगम अक्षमताओं का निदान, मूल्यांकन और समाधान है। उद्घाटन समारोह में एमिटी यूनिवर्सिटी मध्यप्रदेश के मानवीय प्रो-चान्सेलर लेफ्टिनेंट जनरल वीके शर्मा, एचोएसएम, ने मुख्य अतिथि के रूप में शिरकाय की और अपने उद्बोधन में कार्यक्रम की महत्ता पर प्रकाश डाला। उन्होंने बताया कि इस प्रकार की



कार्यशालाएं न केवल शिक्षण और अनुसंधान में मदद करती हैं, बल्कि समाज में लर्निंग डिफिसिटी से ग्रसित छात्रों के निदान व हस्तक्षेप तथा स्वास्थ्य के स्तर को सुधारने में भी सहायक सिद्ध होती हैं। कार्यशाला के विशिष्ट अतिथि

(डॉ.) अतुल अग्रवाल, चिकित्सा मनोविज्ञान, जीआर मेडिकल कॉलेज ग्वालियर और रिसोर्स पर्यन प्रो- रश्मि पांडे, चिकित्सा मनोविज्ञान एमिटी यूनिवर्सिटी गोरख ने विशेष रूप से विशिष्ट अधिगम अक्षमताओं के निदान,

मूल्यांकन और समाधान के लिए विभिन्न तकनीकों और तरीकों पर विस्तार से जानकारी साझा की। इस मौके पर निदेशक डॉक्टर नवरत्न शर्मा ने अपने संबोधन में कार्यशाला के पहले दिन विभिन्न सत्रों में प्रतिभागियों को इस क्षेत्र की नवीनतम चुनौतियों और समाधान के बारे में विस्तार से बताया। कार्यशाला में प्रोफेसर (डॉ.) राजेंद्र कुमार शर्मा, विभागाध्यक्ष, मनोविज्ञान चिकित्सा एमिटी यूनिवर्सिटी ग्वालियर ने भी संबोधित किया। कार्यशाला का समन्वय अतुल कुमार वर्मा और संचालन पूर्णिमा चौहान ने किया। इस अवसर पर डॉ संघ्या गर्ग सहित फैकल्टी मेंबर्स और बड़ी संख्या में प्रतिभागी उपस्थित रहे।

Ms. Rashmi Pandey, Clinical Psychologist



**Dr Dherendra Kumar (Day 2 – 24-09-2024)**



**Ms. Jyotsna Singh, Clinical Psychologist Day 3- 25-09-2024**



Ms. Jyotsna Singh, Mr. Atul Verma, Ms. Purnima Chauhan



Group Photo





# AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act. No. 27 of 2010

## CENTRE FOR LIFE SKILLS & PERSONALITY DEVELOPMENT

### Composition of the Centre:

Dr. Sandhya Garg – Convener  
Dr. Devanshi Khemaria – Co-Ordinator

### Aim/Objective:

The major objective of the centre is to scale and upskill the core competencies of the freshers by assessing the ten life skills with the help of well-established psychometric tools.

### Methodology:

These ten life skills are divided in following three major categories:

1. Thinking Skills: Self Awareness, Creative Thinking, Critical Thinking, Decision Making, Problem Solving.
2. Social Skills: Empathy, Effective Communication, Interpersonal Relationship.
3. Emotional Skills: Coping with Emotions, Coping with Stress

Psychological tests and tools will be used to check the extent of skills then gaps will be studied and psycho education with assertive training modules.

I have discussed the matter with DSW/ASCENT/ASL and observed that there is no conflict of interest and no overlapping in the training contents being imparted. They simply focus on soft skills and equip the trainees for placement interview with a focus on language.

Submitted for consideration and approval of the proposed centre for life Skills and Personality Development under AIBAS, Block C, Room No. 315 (A).

Dr. NovRattan Sharma  
Director, AIBAS  
AUMP

Hon'ble Pro-Chancellor

Approved  
27/5/24

Please add this in Orientation Program itself.

Regishtar

27/5/24



**Subject-Mental Health Services at AIBAS, Amity University Madhya Pradesh Gwalior**

Amity Institute of Behavioral and Allied Sciences (AIBAS) is sincerely committed to support the mental health and well-being of all students and staff across the university. As a fully equipped department, we have established a **'Positive Mental Health & Psychological First Aid Centre'** that offers a comprehensive range of professional services, ensuring timely psychological interventions and mental health support.

**Our Services Include:**

1. **Centre for life skills & Personality Development**-Mapping & enhancement of skills and personality development is done by the trained professional Faculty Members.
2. **Educative Therapeutic Interventions**-Offering individualized therapy and counseling sessions aimed at addressing emotional, behavioral, and cognitive challenges faced by individuals.
3. **Diagnostic Services**-Professional assessments and standardized diagnostic tools are used to evaluate mental health conditions, providing clarity on issues like anxiety, depression, stress, and more.
4. **First Line Referral System**- For complex cases that require advanced medical intervention, AIBAS maintains a strong referral system in partnership with -GR Medical College, where individuals can receive specialized care of psychiatry for severe psychological concerns.

**Accessibility and Reach** – The students and AUMP Employees can directly contact-Prof. (Dr.) Rajendra Kumar Sharma, Head of Clinical Psychology, at Block 'C' (Room No-409) for further details, consultation, guidance, and referral services.

**Contact Information:**

**Prof. (Dr.) Rajendra Kumar Sharma**

**Head of Clinical Psychology, AIBAS**

**Phone: +91 9981469739**

**E-mail-rksharma1@gwa.amity.edu**

With a team of highly qualified professionals and robust resources, AIBAS continues to play a pivotal role in enhancing the mental health. We invite students, faculty, and staff in need to take advantage of these services for their holistic well-being. The information and correspondence between the affected student(s)/employee(s) and the clinical psychologist will be kept confidential.

**Prof. (Dr.) Nov Rattan Sharma** 10.10.2023

Director, AIBAS  
Amity University, Madhya Pradesh