



**UGC - HUMAN RESOURCE DEVELOPMENT CENTRE  
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR**



*Organized*

**ONLINE REFRESHER COURSE IN PSYCHOLOGY**

**JULY – 25 TO AUGUST – 10, 2022**

**REPORT**

<b>Theme of Course/Program:</b>	Online Refresher Course in Psychology
<b>Name of Course Coordinator:</b>	Prof. Priyamvada Shrivastava, Professor, S.o.S. in Psychology, Pt. Ravishankar Shukla University, Raipur
<b>Name of Contact person from HRDC:</b>	Dr. Brijendra Pandey Assistant Professor Human Resource Development Centre Pt. Ravishankar Shukla University, Raipur
<b>Date of Course/Program:</b>	25.07.2022 to 10.08.2022
<b>Number of Participants:</b>	42
<b>State wise number of participants:</b>	State(05)- Chhattisgarh-11, Maharashtra-01, Gujarat-03, Bihar-10, Madhya Pradesh-01, West Bengal-02, Punjab-01, U.P.-06, Tripura-01, Nagaland-01, Karnataka-04, Uttarakhand-01
<b>Gender wise number of participants:</b>	Male – 12, Female – 30
<b>Number of Resource Persons</b>	29
<b>Name and Signature of Course Coordinator</b>	
<b>Online Platform</b>	
<b>Google Meet</b>	Meet.google.com/dgr-nvax-mvv

## Organizing Team



**Prof. K. L. Verma**  
Vice Chancellor Pt. RSU, Raipur  
(C.G.)



**Prof. Shailendra Saraf**  
Director  
HRDC, Pt. RSU, Raipur (C.G.)



**Prof. Priyamvada Shrivastava**  
S.o.S. in Psychology,  
Pt. RSU, Raipur (C.G.)



**Dr. Brijendra Pandey**  
Assistant Professor HRDC, Pt. RSU,  
Raipur, (C.G.)

## **Refresher Course in Psychology**

**(25.07.2022 - 10.08.2022)**

### **Detail of date wise organized program**

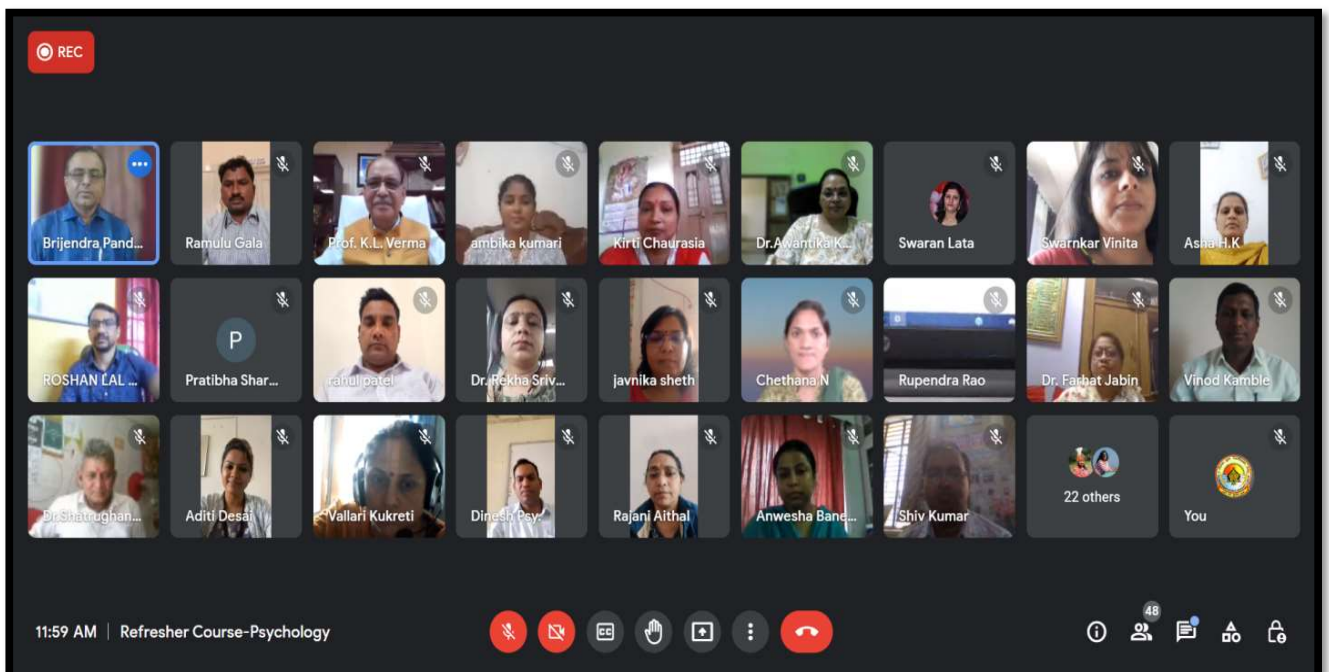
Refresher course in psychology was scheduled from 25th July to 10th August 2022 on Online mode. The theme of the refresher course was Positive Psychology. There is paradigm shift in psychology from problems emphasis to Wellbeing & Happiness. It was thought proper to acquaint faculty of psychology with the Paradigm shift. In all there were 48 sessions including inaugural and valedictory functions, 6 Sessions were scheduled for micro teaching, project evaluation and seminars, 2 sessions for each respective activity from participants in all 40 lectures were organized on three broad themes of positive psychology they were Understanding positive psychology and positive psychology at Individual and organizational level.

Day 1  
25.07.2022

### **Session I (10.30-12.00) Inaugural Function**

The Programme began with the Inaugural Function at 10.30 a.m. with as Hon'ble **Vice Chancellor Prof. Keshari Lal Verma, Pt. Ravishankar Shukla Unviesity, Raipur, as a Chief Guest. Prof. Shailendra Saraf, Director, HRDC, Pt. Ravishankar Shukla University, Raipur and Corse Coordinator, Prof. Priyamvada Srivastava, HOD, School of Studies in History and Ancient History, and Professor of School of Studies in Psychology, Pt. Ravishankar Shukla University, Raipur.** Dr. Pandey Welcomed the guest and the Participants followed by Introduction of the Participants, **Course Co-Coordinator Dr. Brijendra Pandey, HRDC, Pt. Ravishankar Shukla University, Raipur & Prof. Priyamvada Srivastava** gave detailed information regarding the 12 days online Refresher Course program on Positive Psychology to the participants. Introduction about the Course given by Course Co-Coordinator and address by the Director HRDC, Pt RSU.

Inaugural Address was given by Hon'ble Vice Chancellor who gave brief information about the program while congratulating the participants and how updated the professors must be by using such courses. Finally Vote of Thanks was given by Course Coordinator.



## **Session II (12:15 to 13:45)**



**1. Prof. F.M. Sahoo, Former Prof & Head of the Department of Psychology, Utkal University Professor and Continuing as a visiting Professor at XIMB (Xavier Institute of Management, Bhubaneswar)**

**Topic- “Understanding Positive Psychology”**

He shared his Knowledge about Historical background of Positive Psychology and the contribution to positive Psychology by various psychologists viz. Martin Seligman, Carl Rogers, Viktor Frankl and Deci & Ryan. He talks about PERMA Model and Concept of Flow in terms of concentration, Transformation of time and increasing Flow, Optimism, Resilience, Hope and some supportive concepts like Gratitude, Forgiveness, Spirituality, Savouring & Meditation in their Cultural Context.

## **Session III (14:15 to 15:45)**



**2. Prof. Namita Mohanti, Professor Emeritus Kalingha Institute of Social science (KISSDU), Former Head Psychology Utkal University, Bhubneswar.**

**Topic- “Positive Psychology a New trend”**

In her deliberates topic she explained new trends of Positive Psychology in the terms of human strengths with scientific perspective. She described Seligman’s Experiments of positive psychology. She also discussed about self-efficacy, social support, how to reduce self – helplessness, Prevention over treatment, three pillars of positive psychology viz. 1. positive experiences, 2. positive individual traits & 3. positive institutions, also about Positive subjective states & positive individual traits. She shared thoughts of positive psychology with respect to humanistic approach and the viewpoint of different Psychologists Freud and Maslow as well as Seligman.



## **Session IV (16:00 to 17:30)**



**3. Dr. Sukanya Ray, Tenured Associate Professor in Psychology, Suffolk University, Department of Psychology, Boston, Massachusetts, USA.**

**Topic- “Application of Positive Psychology in Academic Setting”**

She explained the application of positive psychology in academic area with her own research evidence in Indian perspective and western perspective. She discussed current theories/perspectives, Positive psychological research, emphasizing on wellbeing and positive framework in teaching/mentoring perspectives for youth with their traditional and critical mentoring framework models. She discussed that a complementary Approach involving Cultural values, Individual Orientation and Integration, recent initiatives in mentoring. She presented her work related to Experimental Projects in Psychology Courses, Application of Positive Psychology/ Principles in Higher Education impact on students, and the challenging areas in higher education.

Day 2

26.07.2022

## **Session I (10.30-12.00)**



**4. Prof. B. Hasan, Professor SOS in psychology, and head dept. of regional studies Pt. Ravishankar Shukla University, Raipur.**

**Topic- “Humanism and Existentialism”**

He described about Humanism-Existentialism, shift of Pleasure psychology to Purpose psychology, Considering Man as a potential being with purpose and progress & paving way to self-actualization, He insisted that Man possess Positive strength and other positive traits. He said Rogerian concept of Self are basic to explain positive psychology.

## **Session II (12:15 to 13:45)**



**5. Prof. P.C. Mishra, Retired Professor and Head, Department of Psychology University of Lucknow Lucknow-226007(UP)31, Saraswatipuram, Near K T D Academy, Gomtinagar Extension, Lucknow (UP).**

**Topic- “Character, Strength & Virtues”**

He delivered lecture on the concept of their classification classes of virtues, Character Strengths, Character contributing to impart the knowledge of 24 character strengths being grouped under 6 broad categories of virtues. He also discussed about the assessment of character strength by use of VIA inventory Strength.

## **Session III (14:15 to 15:45)**



**6. Prof. F. M. Sahoo, Former Prof & Head of the Department of Psychology, Utkal University Professor and Continuing as a visiting Professor at XIMB (Xavier Institute of Management, Bhubaneswar).**

**Topic- “Neuro Science of Happiness”**

Prof. Sahoo discussed the historical development of neuroscience and the importance of the neural relationship with happiness. According to him there are three ways to study the brain in the context of happiness. **(a) Left and right brain (b) Four lobes (c) Upper and lower brain.** The 3 models of Happiness by Edward Diner states that the happiness can be operationalized by presence of the frequency of mild positive emotions, overall life satisfaction & domain specific happiness. He talked about four brain lobes in which frontal lobe playing important role is also responsible for decision-making and planning. With the help of decision-making, the person becomes emotionally stable. Then he told us about the functioning of the upper and lower brain, including the limbic system. Work by Roger Sperry is named as Split brain research which states the importance of right & left brain, upper & lower brain in feeling happy. Also the neural interconnectivity that predominant emotional expression.

## Session IV (16:00 to 17:30)



7. Prof. Girishwar Mishra, Former VC MGAHV Wardha & Professor of Psychology Delhi University 307 Tower -1, Parshwanath Majestic Floors, Indirapuram Vaibhav Khand Ghaziabad.

**Topic- "Emotional States and Processes"**

He Talked about different factors of emotions, emotional intelligence. He spoke on basic models of Emotions- Basic Emotional Model, Appraisal Model of Emotion. He said Emotions are socially constructed and varies across culture. Emotional regulation can be developed by *Abhyas & Vairagya* that improves Quality of life. **Cognition controls emotions. Barrette in her book "How are emotions made up?" state that our brain appraises the feeling and label it an emotion.** The wholebrain is involved to give one kind of experience. Further Prof. Mishra disclosed about Appraisal Model of Emotion. He explained how appraisal determines our emotions. In this regard, he described Stanley Schachter and Jerome E. Singer's appraisal theory which emphasized physiological arousal. Then Prof. Mishra focused on the importance of the cognitive appraisal theory given by Lazarus. He stressed upon everyone to increase Inner balance by adopting the knowledge given in Gita. Out of which the knowledge of Attachment with Detachment is prominent.

Day 3

27.07.2022

## Session I (10.30-12.00)



8. Dr. Deepti Hooda, Professor of Psychology, M.D. University, Rohtak.

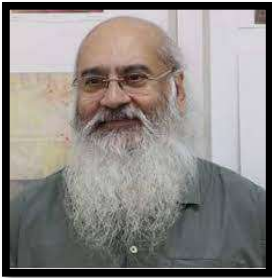
**Topic- "Life Skills and wellbeing"**

She providedusefulinformationregarding meaning ofLife skills,how life skills can be inculcated in early adulthood, Various ways to understand major Life Skills. She Provided insight about decision making and problem solving and how it is useful in dealing with day to day hustle. She illuminated participants with the basics of human life skills she has explained that how these skills are important for every individual. She has explained that few important aspects where individual can use these concepts like personal and professional setting. Dr.



Hooda explained importance of Decision Making and problem solving how a teacher and parents can inculcate these qualities in children. She suggests that these life skills are trainable and one should be trained so that future generation can learn this from their caregivers.

## **Session II (12:15 to 13:45)**



**9. Dr. Shekhar Seshadri, Former Senior Professor and Head, Dept. of Child and Adolescent Psychiatry, Former Dean (Behavioural Sciences Division), Former Director, NIMHANS, Advisor, SAMVAD (under MoWCD, GoI).**

**Topic- "Life Skills- Framework and Approaches"**

He Provided information regarding Four models of life skills and its significance. Also explained targeting life skills and its importance in managing stress. Also Dr. Seshadri explained emerging concepts and its implication in day to day life. Dr. Seshadri in his lecture threw light on major life skills. How it's beneficial in communication, interpersonal relationship, and different life settings. Dr. Seshadri gave Case study to participants on the spot so that they can learn its practical implication. He took the topic of Targeting Life skills and its significance. How individual can use it in condition where they feel stressed.

## **Session III (14:15 to 15:45)**



**10. Prof. P.C. Mishra, Retired Professor and Head, Department of Psychology University of Lucknow Lucknow-226007(UP)31, Saraswatipuram, Near K T D Academy, Gomtinagar Extension, Lucknow.**

**Topic- "Wellbeing in Indian Perspective"**

He spoke about Wellbeing in Indian Perspective with special reference to SrimadBhagavad Gita and Ramcharitmanas. He said Well-being is a sense of health and vitality that arises from our thoughts, emotions, actions, and experiences. He explained **five major types of well-being. They are: Emotional, physical, social, workplace and societal well-being.** Each types were explained in detail by Prof. Mishra.

Professor strongly affirmed that mental stability can be attained through Bhagavadgita. Sir further noted that man is endowed with three powers i.e., power of act, power of know and power to believe. These corresponds to **Karmayoga, Gyanayoga and Bhaktiyoga** respectively. the session by sharing his valuable thought on yoga and happiness. Those who aren't attached to external sense of pleasure realize divine bliss within the self. Being united with god through yoga, they experience unending happiness.

#### **Session IV (16:00 to 17:30) & Session I (10.30-12.00) in Day 4**



**11. Prof. Meeta Jha, Prof. SOS in psychology Pt. Ravishankar Shukla University, Raipur.**

**Topic- "Microteaching"**

All 43 participants presented their respective self-chosen topic in a serial order within two sessions. Five minutes was allotted for each participant. Most of the presenters used power point slides to support their teaching. All the presenters participated in high spirit, focusing the themes related to positive psychology.

Day 4

29.07.2022

#### **Session II (12:15 to 13:45)**



**12. Prof. Manju Agrawal, Professor Psychology Amity university Luckhnow, U.P.**

**Topic- "Language of Happiness"**

She elaborated Mind, its power and its importance. She also discussed the experience of happiness and also shared some researches on happiness. She gave insight on the importance of words and language and self-talk how to deliver and choose words carefully. Provide practice to clear negative energies. She shared her knowledge with us about **MASARU's EXPERIMENT** of Language and Water Experiment. Prof. Agrawal gave a detail information with neurological terms of thoughts which is language of brain and feeling of body. She shared some **MANTRAS** of Language such as Negative vs Positive Self Talk, Language of breath work, Watch your Self-Talk, Language of Appreciation and Thanks, Language of Forgiveness, Language of Acceptance, The Questions you ask, Ho, Oponopono with her executive examples.

### **Session III (14:15 to 15:45)**



**13. Prof. Rakesh Pandey, Prof. Psychology Banaras Hindu University.**

**Topic- “Cross cultural differences in subjective Wellbeing & the Construal Happiness”**

He discussed how cultural factors influence behaviour. He also discussed about the validation of Affect Scale, & its Significance in assessing happiness.

### **Session IV (16:00 to 17:30)**



**14. Prof. Girishwar Mishra, Former VC MGAHV Wardha & Professor of Psychology Delhi University 307 Tower -1, Parshwanath Majestic Floors, Indirapuram Vaibhav Khand Ghaziabad.**

**Topic- “Happiness and Wellbeing”**

He delivered his thoughtful lecture on Happiness and Wellbeing. He mainly discussed about the nature and dimensions of Wellness Indian perspective on Wellness & Nurturance of Wellness.

Day 5

30.07.2022

### **Session I (10.30-12.00)**



**15. Prof. K.N. Tripathi, Retd. Professor, Deptt of Psychology, Barkatullah University, Bhopal, Bhopal.**

**Topic- “Science of Happiness”**

He talked extensively on concepts of Hedonism and Eudiamonism. He threw light on theory of Hedonism. He explained that the term of positive Psychology was originally coined by Maslow in the year 1950. But this term popularized by Martin Seligman in the year 2002. He said that positive Psychology not only explains about individual’s happiness but also believes on happiness of

society. He also beautifully narrated about concept of sense of happiness, sense of satisfaction and concept of selective sub consciousness. He said that apart from Physical Modalities person inner satisfaction plays role in happiness.

## **Session II (12:15 to 13:45)**



**16. Prof. Akbar Hussein, Professor Department of Psychology Aligarh Muslim University, Aligarh (U.P).**

**Topic- "Forgiveness and Gratitude"**

He discussed and Emphasized Spiritual ways of gratitude. He explained **Prophetic ways of gratitude**. Then he explained the definition of gratitude along with benefits of gratitude. He stated that gratitude improves us emotionally, personally and career wise also. He focused on concept of self-forgiveness and importance of self-forgiveness. He explained four **Rs** of forgiveness. They are as follows:

- **Responsibility**
- **Remorse**
- **Restoration**
- **Renewal**

## **Session III (14:15 to 15:45)**



**17. Prof. Promila Batra, Retd Professor of Psychology MDU, Rohtak Presently: Consulting psychologist, Fatehabad Haryana.**

**Topic- "Virtues"**

She discussed useful information about factors of mental health and happiness. Then also provided information about life skills which enable humans how to interact with society. she focused their lecture on the values and character strengths. Also talk about Virtues: wisdom and knowledge topics that deal with strengths which involve acquisition and use of knowledge in it.

## Session IV (16:00 to 17:30)



18. Dr. Deepti Hooda, Professor of Psychology, M.D. University, Rohtak.

### Topic- "Optimism and Hope"

She started her lecture with the life orientation five-point scale test. She explained optimism with two approaches, one is dispositional optimism and another one is an optimistic explanatory style. She gave information about dispositional optimism with personality profiles in it. The second one learned optimism which is explanatory style explained according to professor Martin Seligman (1998). She also next discussed the topic of 'Hope'. In that she said three important aspects of hope: 1. Goal directed thinking. 2. Pathway thinking and 3. Agency thinking. she explained Snyder's hope theory and factors of hope predicts, hope therapy, hope optimism.

Day 6

01.08.2022

## Session I (10.30-12.00) & Session II (12:15 to 13:45)



19. Prof. Promila Batra, Retd Professor of Psychology MDU, Rohtak Presently: Consulting psychologist, Fatehabad Haryana.

### Topic- (1) & (2) "Practicing Virtues; 1<sup>st</sup>& 2<sup>nd</sup> Period"

She insisted on the practice of virtues & their impact on the happiness and wellbeing. She had an interactive session involving participants to practice gratitude and she discussed the module which she had been using during her practice. the module had 4 components, gratitude to Mother Earth gratitude to friend & gratitude to the person whom you don't like.

## Session III (14:15 to 15:45)



20. Prof. Anjali Srivastava, Retd. Professor of Psychology, Awdhesh Pratap Singh University. MIG Manas Nagar Opp. Water Tank, Rewa, Madhya Pradesh.

### Topic- "Positive Psychology and Intervention Strategies"

She started her lecture with quote of Aristotle – "The highest goal of

humanity is the good life or 'human flourishing' (Eudemonia). She throws light on PERMA model which is the five building blocks that enable humans to flourish. She described in detail Relaxation Therapy, Counseling, Exercises and Behavioral Assignments. She explained how to be relax, auto suggestions and deep breathing practice. She taught about various types of counseling techniques. As positive intervention strategies and a various exercise which we used for being happy.

### **Session IV (16:00 to 17:30)**



**21. Dr. Sukanya Ray, Tenured Associate Professor in Psychology, Suffolk University, Department of Psychology, Boston, Massachusetts, USA.**

**Topic- "Positive Organization and Appreciative inquiry"**

She delivered a wonderful and interesting lecture "Positive Organization and Appreciative Inquiry". She beautifully touched every aspects of Positive Organizational Culture. She focused on

- Theories and Models of Positive Psychology and its Relevance to Organizational Climates
- Literature on Positive Psychology Perspectives in Organization
- Positive Framework in Building Inclusive and Positive Healthcare Organizations
- Recent Projects
- Implications

She started to explain positive organizational culture with an interesting term **HERO**. Through this attractive word, she defined the important characteristics of positive organizational culture. Besides this, she threw a detailed light upon many important and significant terms like Leadership Style, Servant Leadership, Emotional Relationship, Application of Positive Relationship, Relational pulse, Level of Prevention etc. in order to describe positive organizational culture.

Day 7

03.08.2022

### **Session I (10.30-12.00)**



**22. Prof. Aradhana Shukla, Former HoD Psychology, SSJ University Almora, Uttarakhand.**

**Topic- "Resilience"**

The lecture focused upon the conceptual clarity of resilience, tracing the lifespan development of resilience and techniques or strategies of



developing resilience. Developing capacity for resilience: Autonomy, get connected, find meaning, laugh, learn from experience, remain hopeful, keep a journal, Accept and anticipate change, Work towards a goal and Maintain perspective. Resilience and mental health: Have insight into mental health and inequalities and also, understand that communities cannot live alone. Resilience and mental health: Have insight into mental health and inequalities and also, understand that communities cannot live alone. Tips to improve resilience: find meaning, get connected, start laughing, learn from experience, remain hopeful and take care of yourself. Five levels resilience:

- ✓ LEVEL 1: Maintaining your emotional stability, health and wellbeing.
- ✓ LEVEL 2: Focus outward: strong sense of self.
- ✓ LEVEL 3: Concentrating on inner world- strong sense of self.
- ✓ LEVEL 4: Well developed resilience skills, covers the characteristics.
- ✓ LEVEL 5: Changing misfortunes into good ones-serendipity.

## **Session II (12:15 to 13:45)**



**23. Prof. Anubhuti Dubey, Head, Department of Psychology Deen Dayal Upadhyaya Gorakhpur University Gorakhpur UP.**

**Topic- “Psychological resources and Strategies to Cope with Stress”**

She focused upon positive psychological capital and its employability as the inner resources to cope with the stressful events. She discussed Five inner resources as positive psychological capital (PSYCAP): OPTIMISM, HOPE, SELF EFFICACY, RESILIENCE AND PERSONAL CONTROL. Psychological resources that can be measured and it's a multifaceted construct. It's about having self-confidence, making positive self-attribution, persevering towards goals, when beset by problems and adversities bouncing back. She Highlighted various coping strategies and types of responses, where, effectively prominent is problem solving strategies or active strategies plans for action are made and work in solving a problem in the situation. Personal variables are important in shaping stress appraisals: goals and beliefs about self and world. Expert discussed the results of her own researches on coping strategies. She shared her research findings related to positive Psychology & Health.

### **Session III (14:15 to 15:45)**



**24. Prof. B. Hasan, Professor SOS in psychology, and head dept. of regional studies Pt. Ravishankar Shukla University, Raipur.**

**Topic- "Seminar"**

19 participants presented their respective self-chosen topic in a serial order. Five minutes was allowed for each participant. Most of the presenters used power point slides to support their teaching. They

Evaluated on the basis of adequacy, quality, creativity and originality of contents, conceptual clarity, relevant illustration and linkage with real life situation. All the presenters participated in high spirit.

### **Session IV (16:00 to 17:30)**



**25. Prof. J.C. Ajwani, Former head dept. of psychology Govt.Arts and Commerce College Raipur C.G.**

**Topic- "Seminar"**

24 participants presented their respective self-chosen topic in a serial order. Five minutes was allowed for each participant. Presenters used

power point slides to deliver their contents. All the presenters participated in high spirit. At the end of the session chairperson and other participant thanked to Prof. J.C. Ajwani for evaluation of Seminar.

Day 8

04.08.2022

### **Session I (10.30-12.00) & Session II (12:15 to 13:45)**



**26. Prof. S. Renuka Devi, Professor department of engineering education NITTTR, Chennai.**

**Topic-**

**(1) "Gen Z Learner Management "** She provided basic information about generation Z. she discussed baby boomer's classification of generation where she emphasized the Z generation, techno loved

generation. She provides useful information regarding the student types, and discusses the various characteristics of Z generation students. According to her there are several factors affecting the Z generation student. She explained both brain functions and their significance

in creativity. She demonstrated brain activation practices (Brain Gym). During discussion she focused on the “Swiss Cheese Method” which is more effective for identifying errors. She explained about the layers of defence, barriers and safeguards. In this context she suggests reading the book “who will cry when you die”.

**(2) “Emotional Intelligence”** In the second session Prof. Renuka explained “Emotional Intelligence”. She started her lecture with good examples of EQ and IQ. She discussed the 5 factors of EQ given by Martin Saligman, founder of positive psychology. She disclosed about different types of emotional management techniques like-Gratitude meditation, Distance healing meditation, Ho'oponopono, with her personal experience. In her effective session Dr. S. Renuka Devi showed many videos about empathy, brain gym and acupressure technique.

### **Session III (14:15 to 15:45)**



**27. Prof. Ravi Gunthe, Prof. in Psychology University Jodhpur Rajasthan.**

**Topic- “Positive Work Culture”**

He emphasized the concept of positive psychology. It was followed by the concept of the great Hindi poet Kabir Das which contain the deep inherent meaning of positive Psychology, that says ‘talk in a way that does not hurt others’. He emphasized the role of family constellation in augmenting positive energy. Same positive energy is useful in work place. He further said that assigning responsibility and decentralization of work make workers confident. In the end of his lecture Prof Gunthe discussed about the style of work. He adjudged the management of Covid-19 as the best example of positive work culture. He also talked about the picture frustration study.

### **Session IV (16:00 to 17:30)**



**28. Prof. A.P. Singh, Ex. Professor Emeritus (UGC) & Head of the Department of Psychology Ex. Dean, Faculty of Social Sciences Department of Psychology Banaras Hindu University Varanasi.**

**Topic- “Positive Psychology and Work life”**

He began this lecture with the note that organization are confronted with multiple challenges brought by continuous change like

globalization, new technologies growing culture difference etc. He further said that positive Psychological constructs at work brought a significant change in the work life of employees. He further said that positive Psychology made a paradigm shift to build of a richer understanding of what makes or happy life inside and outside workplace. He also gave the Indian prospective on positive Psychology. Then he discussed three levels of positive Psychology namely- 1. Valued Subjective Experience (Subjective Level), 2. Positive individual traits (Individual Level) and 3. Civil virtues and the institutions that move individuals towards better citizenship (Social Group Level). This discussion was followed by tracing the challenges to positive organizational Psychology. There are the challenges of motivation, performance organizational resistance, fast and effective local decision making and relationship.

Day 9

05.08.2022

### **Session I (10.30-12.00)**



**29. Prof. A.P. Singh, Ex. Professor Emeritus (UGC) & Head of the Department of Psychology Ex. Dean, Faculty of Social Sciences Department of Psychology Banaras Hindu University Varanasi.**

**Topic- “Building Psychological Capital”**

With positive quotes Prof. Singh then he explained the concept of positive psychology, the meaning and definition of Psychological Capital, about factors that influences, Higher Order constructs of PsyCap (emerging from the field: Hope, Optimism, Self-efficacy, Resiliency, HERO) Inclusion criteria and challengers to building up PsyCap, Antecedents and Consequents of PsyCap, Outcomes and Measures of PsyCap, Techniques, implications and current status of PsyCap. He Described Psychological capital that has developed from the growing body of work within positive psychology – the study of positive emotion, of engagement, of meaning, of positive accomplishment, and of good relationships.

### **Session II (12:15 to 13:45)**



**30. Prof. Promila Singh, Professor of Psychology (Retd.) Pt. Ravishankar Shukla University, Raipur.**

**Topic- “Positive leadership”**

She briefly explained about the paradigm of positive psychology has actually been shaping the scope of organizational knowledge. This

conceptual framework has triggered the development of the various forms of positive leadership (i.e. transformational, servant, spiritual, and authentic leadership). Its objective of study focuses on the conditions and processes that contribute to the optimal performance of individuals, groups and organizations, promoting the positive dimensions of the human being. Also discusses about practicing Positive Leadership is modeling, facilitating, and purposefully influencing positive emotions that encourage team members and employees to excel in their work. She gave an examples of positive leadership style with famous names Viz. Ed Catmull, Barak Obama, Alan Mulally, and Indra Nooyi. She explains 4P's of Positive leadership are psychological safety, purpose, path and progress. She discusses theories of Positive Leadership in Organizations such as Transformational, Responsible, Servant, Spiritual, and Meaningful leadership.

### **Session III (14:15 to 15:45)**



**31. Dr. Priti Singh, Clinical Psychologist, Psychiatry Department, Pt. Jawaharlal Nehru Memorial, Medical College, Raipur.**

**Topic- "Positive Psychology and Creativity"**

She explained the objectives of positive psychology and emergence positive psychology interventions. She elaborated the role of creativity as positive coping mechanism. Some exercises effect creativity. Her emphasis was on overcoming different obstacles on path of being creative such as: try to limit mobile addiction and blaming others. She highlighted the use of fix schedule in life and sharing information.

### **Session IV (16:00 to 17:30)**



**32. Prof. Girishwar Mishra, Former VC MGAHV Wardha & Professor of Psychology Delhi University 307 Tower -1, Parshwanath Majestic Floors, Indirapuram Vaibhav Khand Ghaziabad.**

**Topic- "Positive Psychology as a discipline."**

Prof. Misra elaborated the concept of subjective wellbeing. He gave many contexts of Indian scriptures, like Bhagvat Gita, where wellbeing has been defined. He elaborated the concept of 'detachment'. He showed concern with current practice of positive psychology, the way positive psychology is deviating from its goals and rather becoming 'toxic'. He elaborated the concept of 'Self' as per Indian philosophy answering a question from the participants.

Day 10  
06.08.2022

### **Session I (10.30-12.00)**



**33. Prof. Promila Singh, Professor of Psychology (Retd.) Pt. Ravishankar Shukla University, Raipur.**

**Topic- “Competency Development”**

She described job analysis and needed competencies. She insisted that member of activities needed for work must be identified and search for person possessing the competencies. She also spoke about how competencies guarantee performance efficiency among the staff. She addressed various facets of human resource management which can be integrated to bring streamlining of human resources functioning and ultimately to efficiency gains. She also discussed about the need for training depending on the need, skill gap which the person is not aware and through training how the skill can be built. She also threw light on conscious and unconscious competencies of the person and through competency development training clear understanding of the skills, and enhances the behaviour towards excellency. She focused their lecture on the “competency framework”, components of the competency framework; Core values, Core competencies that are applied for all staff members of the organization, Functional competencies and also about workplace Competency. At the end she explained about Competency Mapping and the steps in competency mapping.

### **Session II (12:15 to 13:45)**



**34. Prof. J. C. Ajwani, Former head dept. of psychology Govt.Arts and Commerce College Raipur C.G.**

**Topic- “Development of Pro-sociality through Emotions”**

He explained the different aspects of helping- non helping behaviour, He further gave instances from mythology and how prosocial behaviour is important. He described the various characteristics of **self-actualization** i.e., problem centring, perception of reality, character structure, accepting self, others and nature, spontaneity, accepting imperfections, achieving autonomy, and balancing interpersonal relationships. Further, Prof. Ajwani explained about **social responsibility and interpersonal relationship skill**. Subsequently, Prof Ajwani discussed about self-



actualization through various examples. He described the various characteristics of self-actualization i.e., problem centring, perception of reality, character structure, accepting self, others and nature, spontaneity, accepting imperfections, achieving autonomy, and balancing interpersonal relationships. Prof Ajwani explained various blocks through animal behaviour examples that limits prosocial behaviour.

### **Session III (14:15 to 15:45)**



**35. Prof. Akbar Hussein, Professor Department of Psychology Aligarh Muslim University, Aligarh (U.P.).**

**Topic- “Domains of Spirituality”**

Provided useful information regarding the Domains of spiritual health include connections to self, others, nature, and the transcendent. Prof. Hussain focused his lecture on adhyatmikta, concerning deep thoughts, feelings or emotions rather than the body or physical things a person whose highest goal is to be loving to oneself and others in this article we have discussed twelve essential qualities of a spiritual person. He described about Nature, Spiritual Health, Spiritual Fitness, Dharma and Ananda. Also describe about spiritual practice or spiritual discipline is the regular or full-time performance of actions and activities undertaken for the purpose of inducing spiritual experiences and cultivating spiritual development.

### **Session IV (16:00 to 17:30)**



**36. Prof. Rita Rani Talukdar, Professor and Head Department of Psychology Gauhati University, Guwahati, Assam.**

**Topic- “Psychological well-being and happiness at work place”**

Prof. Reeta started session with an exercise by participants, that what is happiness in their point of view. every participant interestingly replied, for some happiness is a peace, for some it is a quality time with family, for some it is calm feeling with nature, for some fulfilling of work on the basis of responses concluded that happiness has different meaning for different people. She described about difference between psychological wellbeing and subjective wellbeing. Prof. Reeta gave information about how to be happy, a healthier, happier lifestyle, for successful living, learn to balance your life priorities for focus on what is most important exercise, medication, walking, gratitude, singing, music listening is some happiness boosting activities. She

described pain for happiness in workplace build a delightful place for your team by linking knowledge, ideas, and insight., team's communication.

Day 11

08.08.2022

### **Session I (10.30-12.00)**



**37. Dr. Kalpana Sahoo, Associate Professor Xavier Institute of Management, Bhubaneswar.**

**Topic- "SMART: The way to Handling Crisis"**

The lecture focused upon the conceptual clarity of GOAL setting, importance of goal setting, productivity pyramid and SMART goals.

**Goal Setting:** Counteracts boredom and apathy, creates interest, provides challenges, Provides purpose. Goal-directed action is defined by three attributes, according to Lock & Latham: Self-generation, Value-significance, and Goal-causation. Productivity Pyramid: Everything begins with values, Long term goals are developed from values, Long term goals are attained through series of intermediate goals, Intermediate goals attained through series of goal-oriented daily tasks. **SMART GOAL** meaning: specific, measurable, attainable, realistic, timely. Creating specific goals: A specific goal has a much greater chance of being accomplished than a general goal. Creating measurable goals: Establish concrete criteria for measuring progress toward the attainment of each goal you set. Creating measurable goals: To determine if your goal is measurable, ask questions such as: How much? How many? How will I know Creating attainable goals: When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

### **Session II (12:15 to 13:45)**



**38. Prof. M.P. Sharma, Former Professor & Head, Behavioural Medicine Unit, Former Head, Department of Clinical Psychology, NIMHANS Bengaluru.**

**Topic- "Mindfulness & Wellbeing"**

He focused upon the introduction to **MINDFULNESS** and well-being.

**Meditation:** Meditation is not an effort against the mind. It is way of

understanding the mind. She gives detail information of Mindfulness the meaning, Classification, Components, Effects, Function and mechanism and practices such as formal and informal practices. The mindfulness literature describes numerous meditation exercises designed to develop mindfulness skill. It is suggested that mindfulness should be practiced with an attitude of non-judgmental acceptance, which means that the phenomena that enter the individual's immediate awareness, observed carefully, but are not evaluated as good or bad, true or false, healthy or sick, important or trivial. Mechanisms of Mindfulness: Acceptance, Exposure, Minimization of Experiential Avoidance, Cognitive Change, Relaxation, Self-Management.

### **Session III (14:15 to 15:45)**



**39. Prof. Reeta Venugopal, Prof. SOS in physical education, Director CWS Pt. Ravi Shankar Shukla University, Raipur.**

**Topic- "Project Presentation"**

For Project presentation 24 participants divide in to 6 groups A, B, C, D, E, F were presented their Project presentation in assigned topic on Job Satisfaction, Gender effect on life satisfaction, Level of Depression and Empathetic Modulation, Gender Role on Mental Health of College Students, Impact of EQ and SQ on Psychological wellbeing among Adults, and Level of Happiness among UG/PG and B.Ed. Student. Five minutes was allowed for each participant. Presenters used power point slides to deliver their contents. Project presentation included the presentation of Introduction of the concepts, Review, Method and Results and Discussion on the respective topics taken by participants. After the project presentations Prof. Reeta Venugopal encouraged all the participants by giving necessary suggestions related to the presented research proposals.

### **Session IV (16:00 to 17:30)**



**40. Dr. Priti Singh, Clinical Psychologist, Psychiatry Department, Pt. Jawaharlal Nehru Memorial Medical College, Raipur.**

**Topic- "Project Presentation"**

19 participants categorised in to 5 groups G, H, I, J, K were presented their Project presentation in assigned topic in Effect of Gender in self-esteem, Mental health and psychological well-being among students, Quality of Life and Happiness among Diabetics, Parenting Style on performance and

gratitude of child, Happiness and Quality of life among college students. Five minutes was allotted for each participant. Presenters used power point slides to deliver their contents. In the last of every presentation resource person and participants gave their feedback and healthy discussion to clear their doubts very easily.

Day 12  
10.08.2022

### **Session I (10.30-12.00)**



**41. Dr. Rashmi Singh, Head and Associate Professor, Department of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi UP.**

**Topic- "Mindfulness & Health"**

She threw light upon mind power and performance and explained that intentional thoughts are the foundation of a high performance, she also focused on high spiritual and philosophical question who am I? She said that mindfulness enhances spiritual orientation. She talked about Mindfulness, its features and explained that three key characteristics of Shapiro's model of mindfulness: Intention, Attention and Attitude. She also discussed benefits of mindfulness which increase feelings of connected, antiaging, mind focus, positive mood, brain empowerment and many physical benefits such as boost immune system, increase energy, reduce chronic pain, lower blood pressure, improves lung capacity building, stronger bone etc. She explained six steps of mindfulness: Create your own space, set a timer, find the comfortable position, watch your posture, take deep breath and pay attention your breath. She conducted an activity on mindfulness involving participants.

### **Session II (12:15 to 13:45)**



**42. Prof. Bhaswati Patnaik, Head department of psychology, Utkal university Bhubaneswar.**

**Topic- "Adversity & Growth"**

She started with definition of growth following adversity. She explained that the positive life change that people report in the aftermath of highly stressful life event including diagnosis with terminal illness bereavement etc. Dr. Patnaik described growth related attributes such as appreciation of

life, flourishing, thriving, resilience, flexibility, renewed relationships, new possibilities in life, self-reflection and empathy, self-esteem and compassion etc. She also mentioned early moral compass. She explained that humanistic perspective of growth and said that human being are active growth-oriented organism and the fully functioning person is someone when is accepting of themselves, values all aspect of themselves. Prof. Patnaik threw light upon growth in stress situation.

### **Session III (14:15 to 15:45)**



**43. Dr. Kalpana Sahoo Associate Professor Xavier Institute of Management, Bhubaneswar.**

**Topic- "PERMA: The way to Happiness"**

She described happiness in reference to **PERMA** Model that how can we incorporate Success and Challenge into our life. Talk about the ideas about **SELF ESTEEM**, Meaning of Happiness, the procedure of Flourishing, Following tragedy, betrayal or setback. Exercise **ENTHUSIASM**, thought of **LUCK**, and Practice **SAVORING**. She starts her lecture with historical background of Positive psychology the founder Martin Seligman and his contribution to positive psychology. Then she explains the detail meaning of PERMA: P Stands for Positive Emotions, E stands for Engagement, R stands for Relationships, M stands for Meaning, and A stands for Achievement. In the end she gave a beautiful message to us the awareness of PERMA can help you **increase your well-being by focusing on combinations of *feeling good, living meaningfully, establishing supportive and friendly relationships, accomplishing goals, and being fully engaged with life.*** Lastly an exercise done by Dr. Sahoo to dreading, our mindset becomes more creative, productive and engaged by an act of get ready, get SET, go! which means 3 appreciations explained:

Name 3 things I am **SATISFIED** with

Name 3 things I am **ENTHUSIASTIC** about

Name 3 things I am **THANKFUL** for

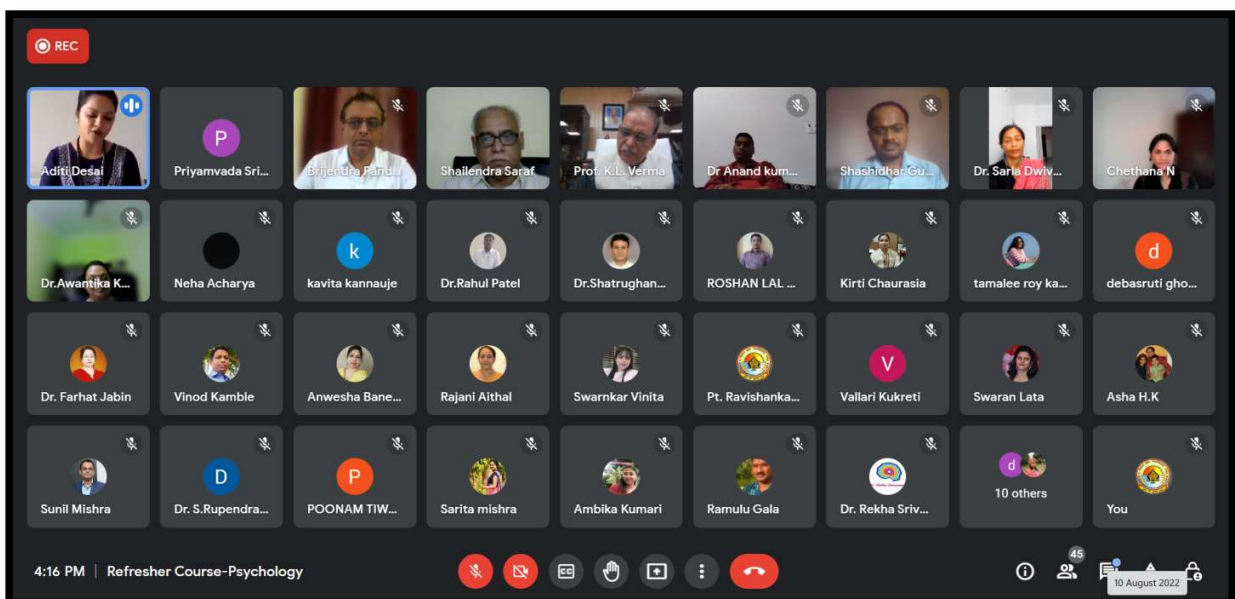
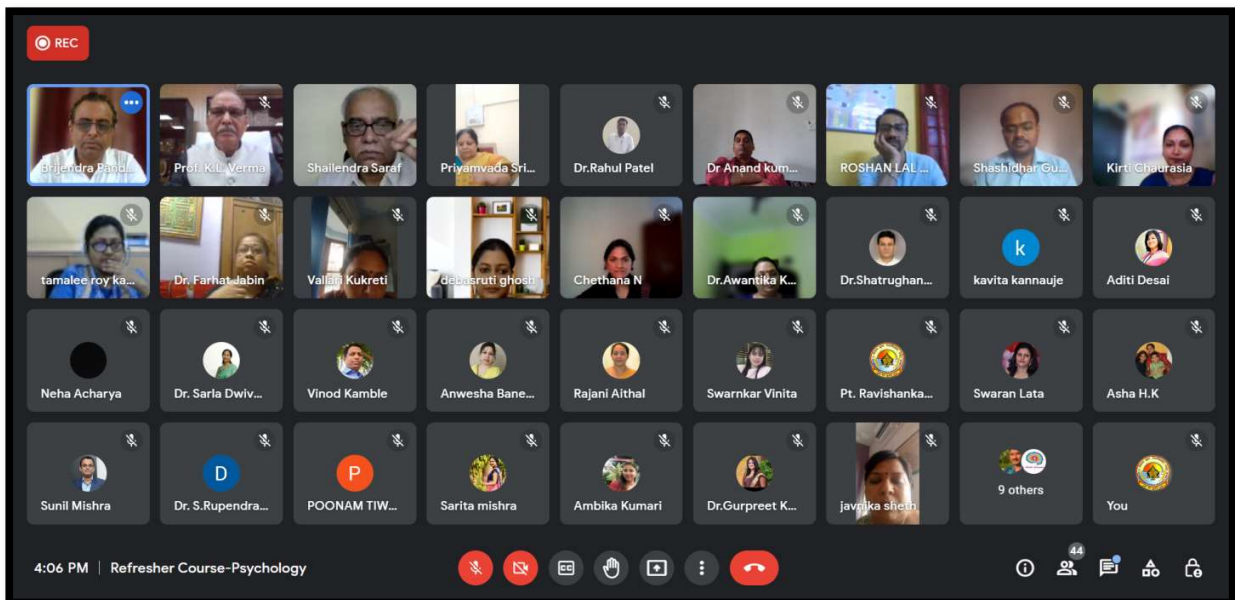
### **Session IV (16:00 to 17:30) Ending Test**

All the 43 participants gave their Ending Test on Positive Psychology related to all lectures studied respectively.



## Valedictory

On the last day of the Online Refresher Course the special guest of the Concluding session **Prof. K.L. Verma, Vice Chancellor, PRSU, Raipur(C.G.). Presided over by Prof. Shailendra Saraf, Director, HRDC, PRSU, Raipur(C.G.) and Prof. Priyamvada Srivastava, Course Coordinator HOD, School of Studies in History and Ancient History, and Professor of School of Studies in Psychology PRSU, Raipur(C.G.). Course Co-Coordinator Dr. Brijendra Pandey, HRDC, PRSU, Raipur(C.G.)** were also present. The Special guest and the Chairman gave their brief speeches and after receiving feedback from the participants they wished them for their bright future. In the end Prof. Priyamvada Shrivastava Course Coordinator gave the vote of thanks.





## Refresher Course – Psychology

(25.07.2022 to 10.08.2022)

### Participants List

**Course Coordinator - Prof. Priyamvada Shrivastava**

### List of Participants

Sr. No.	Name of Participants	Email	Mobile No.	Designation	Subject	College	University	Photo
01.	Dr. Gurpreet Kour Chhabra	<a href="mailto:kourdrgurpreet@gmail.com">kourdrgurpreet@gmail.com</a>	9131757621	Principal	Psychology	Sanskar City College Of Education, Rajnandgaon, (CG)	Hemchand Yadav University, Durg, (CG)	
02.	Dr. Sarla Dwivedi	<a href="mailto:dr.sarladdwivedi@gmail.com">dr.sarladdwivedi@gmail.com</a>	9584017870	Assistant Professor	Psychology	B.C.S. Govt. P.G. College, Dhamtari, (CG)	Pt. Ravishankar Shukla University, Raipur, (CG)	
03.	Mukta Kumari	<a href="mailto:kumari.mukta@gmail.com">kumari.mukta@gmail.com</a>	8228990601	Assistant Professor	Psychology	Dr. SKS Women's College, Motihari, Bihar	BRA Bihar University, Muzaffarpur, Bihar	
04.	Dr. Harjot Kaur	<a href="mailto:harjot1111kaur@gmail.com">harjot1111kaur@gmail.com</a>	9878479267	Assistant Professor	Psychology	Dept. of Psychology	Maharaja Bhupinder Singh Punjab Sports University, Patiala, Punjab	
05.	Dr. Sunil Kumar Mishra	<a href="mailto:sunil.mishra894@gmail.com">sunil.mishra894@gmail.com</a>	9453276915	Assistant Professor	Psychology	B.R.B. College, Samastipur, Bihar	Lalit Narayan Mithila University, Darbhanga, Bihar	
06.	Dr. Neha Acharya	<a href="mailto:getnehabhu@gmail.com">getnehabhu@gmail.com</a>	7985455781	Assistant Professor	Psychology	Gulab Devi Mahila P.G. College, Ballia, (UP)	Jananayak Chandrashekhar University, Ballia, (UP)	
07.	Jayshree Panchangam	<a href="mailto:jayshreepanchangam2205@gmail.com">jayshreepanchangam2205@gmail.com</a>	9575656684	Assistant professor	Psychology	B.C.S. Govt. P.G. College, Dhamtari, (CG)	Pt. Ravishankar Shukla University, Raipur, (CG)	
08.	Tamalee Roy Karmakar	<a href="mailto:tamalee.roykarmakar@gmail.com">tamalee.roykarmakar@gmail.com</a>	9804245756	Assistant professor	Clinical Psychology	Dept. of Psychology	ICFAI, University, Tripura	
09.	Dr. Tarannum Sarwar Dani	<a href="mailto:sarwar.tarannum@gmail.com">sarwar.tarannum@gmail.com</a>	9926161642	Assistant professor	Psychology	Dept. of Psychology	Amity University, Raipur, (CG)	
10.	Dr. Javnika Samit Sheth	<a href="mailto:javnikasheth7799@gmail.com">javnikasheth7799@gmail.com</a>	9898079373	Assistant professor	Psychology	Shah K.S. Arts and V.M. Parekh Commerce, College, Kapadwanj, Dist-Kheda, (Gujarat)	Sardar Patel University, Vallabh Vidyanagar, (Gujarat)	
11.	Vaishali Gautam Hirway	<a href="mailto:Vaishalihirway@gmail.com">Vaishalihirway@gmail.com</a>	9516348389	Assistant Professor	Psychology	Govt. Mahaprabhu Vallabhcharya P.G. College, Mahasamund, (CG)	Pt. Ravishankar Shukla University, Raipur, (CG)	
12.	Dr. Gunjan Mishra	<a href="mailto:gunjanmishra15@gmail.com">gunjanmishra15@gmail.com</a>	09479078683	Associate Professor & Head	Psychology	Dept. of Psychology	Amity University, Raipur, (CG)	
13.	Imlisongla Longkumer	<a href="mailto:imlisongla@gmail.com">imlisongla@gmail.com</a>	9402697023	Assistant Professor	Psychology	Dept. of Psychology	Nagaland University, Lumami, Nagaland	

14.	Dr. Anand Kumar Srivastava	<a href="mailto:dranand.mgkv@gmail.com">dranand.mgkv@gmail.com</a>	9451573419	Assistant Professor	Psychology	Nagrik P.G. College, Janghai, Jaunpur, (UP)	Veer Bahadur Singh Purvanchal University, Jaunpur, (UP)	
15.	Shiv Kumar	<a href="mailto:shivkralld@gmail.com">shivkralld@gmail.com</a>	9415645213	Assistant Professor	Psychology	Govt. Girls P.G. College, Ghazipur, (UP)	Veer Bahadur Singh Purvanchal University, Jaunpur, (UP)	
16.	Anwasha Banerjee	<a href="mailto:eshatoyou@gmail.com">eshatoyou@gmail.com</a>	8777707723	Assistant Professor	Psychology	Fakir Chand College, Diamond Harbour, (WB)	University of Calcutta, Kolkata, (WB)	
17.	Dr. Vinod Dilip Kamble	<a href="mailto:kamble.vinod1@gmail.com">kamble.vinod1@gmail.com</a>	9822917283	Assistant Professor	Psychology	Padmabhushan Vasantraodada Patil Mahavidyalaya, Kavathe-Mahankal, (MH)	Shivaji University, Kolhapur, (MH)	
18.	Dr. Poonam Tiwari	<a href="mailto:poonamtiwari16051975@gmail.com">poonamtiwari16051975@gmail.com</a>	9837242886	Assistant professor	Psychology	R.B.S. College, Agra, (UP)	Dr. Bhim Rao Ambedkar University, Agra, (UP)	
19.	Dr. Shashidhar Gupta	<a href="mailto:28shashidhar.gupta@gmail.com">28shashidhar.gupta@gmail.com</a>	7007340098	Assistant Professor	Psychology	S.N. Sinha College, Jehanabad, Bihar	Magadh University, Bodhgaya, Bihar	
20.	Chethana N	<a href="mailto:chethanabhat85@gmail.com">chethanabhat85@gmail.com</a>	9620951645	Assistant Professor	Psychology	Govt. First Grade College, KR Nagar, Mysore, Karnataka	University of Mysore, Mysore, Karnataka	
21.	Rajani Aithal	<a href="mailto:rajani.aithal@gmail.com">rajani.aithal@gmail.com</a>	9449263743	Assistant Professor	Psychology	Govt. Home Science College, Hassan, Karnataka	University of Mysore, Mysore, Karnataka	
22.	Ramulu	<a href="mailto:ramulu.education@gmail.com">ramulu.education@gmail.com</a>	9901838366	Assistant Professor	Psychology	Govt. First Grade College, Jewargi, Dist-Gulbarga, Karnataka	Gulbarga University, Kalaburagi, Karnataka	
23.	Dr. Farhat Jabin	<a href="mailto:drfarhatjabin@yahoo.com">drfarhatjabin@yahoo.com</a>	9431622862	Assistant Professor	Psychology	Oriental College, Patna, Bihar	Patliputra University, Patna, Bihar	
24.	Ambika Kumari	<a href="mailto:ambikakumari02@gmail.com">ambikakumari02@gmail.com</a>	8750191879	Assistant Professor	Psychology	MJK College, Bettiah, West Champaran, Bihar	BRA Bihar University, Muzaffarpur, Bihar	
25.	Dr. Vinita Swarnkar	<a href="mailto:sdrvinita@gmail.com">sdrvinita@gmail.com</a>	7879993382	Assistant Professor	Psychology	Govt. J.Yoganandam Chhattisgarh College, Raipur, (CG)	Pt. Ravishankar Shukla University, Raipur, (CG)	
26.	Dinesh Kumar Kosaley	<a href="mailto:dineshkosaley@gmail.com">dineshkosaley@gmail.com</a>	7587034601	Assistant Professor	Psychology	Kirodimal Govt. Arts & Science College, Raigarh, (CG)	Shaheed Nand Kumar Patel University, Raigarh, (CG)	
27.	Dr. Vallari Kukreti	<a href="mailto:vallarikukreti@gmail.com">vallarikukreti@gmail.com</a>	08126758999	Assistant Professor	Psychology	S.D.M. Govt. P.G. College, Doiwala, Uttarakhand	Sridev Suman Uttarakhand Vishwavidyalaya, Badshahithaul, Dist-Tehri Garhwal, Uttarakhand	

28.	Dr. Awantika Kaushil	<a href="mailto:awantikaksl@gmail.com">awantikaksl@gmail.com</a>	08770221156	Assistant Professor	Psychology	Govt E.V.P.G. College, Korba, (CG)	Atal Bihari Vajpayee University, Bilaspur, (CG)	
29.	Dr. Sarita Mishra	<a href="mailto:saritapsychology30@gmail.com">saritapsychology30@gmail.com</a>	9506700870	Assistant Professor	Psychology	Jhunjhunwala P.G. College, Ayodhya, (UP)	Dr. R.M.L. Avadh University, Ayodhya, (UP)	
30.	Dr. Aditi Vikas Desai	<a href="mailto:desai.aditi87@gmail.com">desai.aditi87@gmail.com</a>	9726134712	Assistant Professor	Psychology	Govt. Arts College, Gandhinagar, Gujarat	Gujrat University, Ahmedabad, Gujrat	
31.	Dr. Swaran Lata	<a href="mailto:swaran80@gmail.com">swaran80@gmail.com</a>	8765439007	Assistant Professor	Psychology	Dept. of Psychology	Banaras Hindu University, Varanasi, (UP)	
32.	Dr. Roshan Lal Dewangan	<a href="mailto:roshan.dewangan@knu.ac.in">roshan.dewangan@knu.ac.in</a>	9074717688	Assistant Professor	Psychology	Dept. of Psychology	Kazi Nazrul University, Asansol, West Bengal	
33.	Dr. Kirti Chaurasia	<a href="mailto:kchaurasia81@gmail.com">kchaurasia81@gmail.com</a>	722589ro6925	Assistant Professor	Psychology	Millat College, Darbhanga, Bihar	Lalit Narayan Mithila University, Darbhanga, Bihar	
34.	Dr. Vinay Kumar	<a href="mailto:Privankavinay853@gmail.com">Privankavinay853@gmail.com</a>	8539931583	Assistant Professor	Psychology	M.K.S College, Trimuhan, Chandauna, Darbhanga, Bihar	Lalit Narayan Mithila University, Darbhanga, Bihar	
35.	Dr. S Rupendra Rao	<a href="mailto:rupendrrao@gmail.com">rupendrrao@gmail.com</a>	8817956122	Assistant Professor	Psychology	Dept. of Psychology	Pandit Sundarlal Sharma (Open) University, Bilaspur, (CG)	
36.	Dr. Asha H.K.	<a href="mailto:ashasugur@gmail.com">ashasugur@gmail.com</a>	9964535755	Assistant Professor	Psychology	Lal Bahadur Shastri Govt. First Grade College, Bengaluru, Karnataka	Bengaluru North University, Bangalore, Karnataka	
37.	Dr. Satrugshan Pandey	<a href="mailto:shatrughanpandey3602@gmail.com">shatrughanpandey3602@gmail.com</a>	9359237992	Assistant Professor	Psychology	M.S.S.G. College, Areraj, East Champaran, Bihar	BRA Bihar University, Muzaffarpur, Bihar	
38.	Debasruti Ghosh	<a href="mailto:debasruti5@gmail.com">debasruti5@gmail.com</a>	8076287704	Assistant Professor	Psychology	Mahant Darshan Das Mahila College, Muzaffarpur, Bihar	Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar	
39.	Dr. Rekha Srivastava	<a href="mailto:rekhasri.kit@gmail.com">rekhasri.kit@gmail.com</a>	07985834363	Assistant Professor	Psychology	Ram Dayalu Singh College, Muzaffarpur, Bihar	Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar	
40.	Dr. Rahul Patel	<a href="mailto:drrahulp.1@gmail.com">drrahulp.1@gmail.com</a>	9827711696	Assistant Professor	Psychology	Govt. P.G. College, Guna, MP	Jiwaji University, Gwalior, MP	
41.	Kavita Kannauje	<a href="mailto:Kavitakannauje.Aiims@Gmail.Com">Kavitakannauje.Aiims@Gmail.Com</a>	7470309557	Assistant Professor	Psychology	Acharya Panth Shri Grindh Muni Nam Saheb Govt. P.G. College, Kawardha, (CG)	Hemchand Yadav University, Durg, (CG)	
42.	Dr. Pratibha Sharma	<a href="mailto:dr.pratibha.sharma2412@gmail.com">dr.pratibha.sharma2412@gmail.com</a>	9827907774	Asstt. Professor	Psychology	Govt. V.Y.T. P.G. Autonomous College, Durg, (CG)	Hemchand Yadav University, Durg, (CG)	

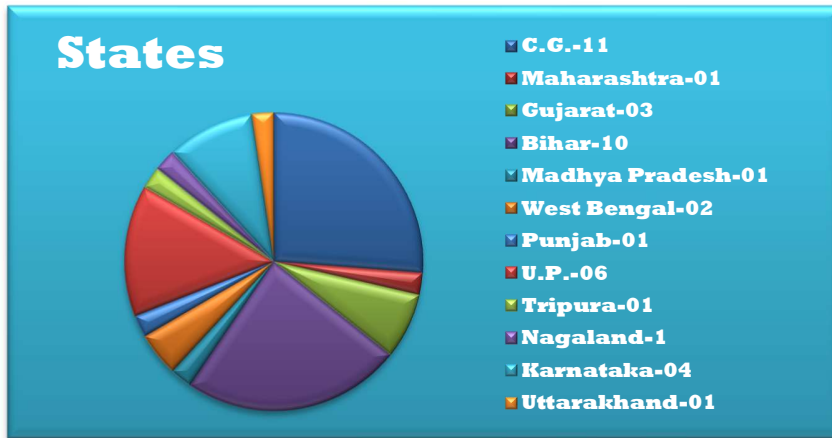
**Refresher Course – Psychology**  
**(25.07.2022 to 10.08.2022)**  
**Participants List**  
**Course Coordinator – Prof. Priyamvada Srivastava**

**Chairperson and Reporter List**

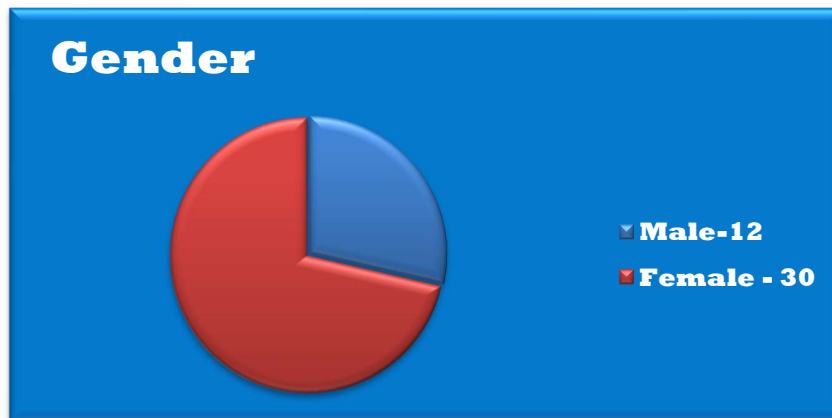
Date	Chairperson	Reporter	Chairperson	Reporter
	<b>1<sup>st</sup> Half</b>		<b>2<sup>nd</sup> Half</b>	
<b>25.07.2022</b>	Dr. Gurpreet Kour Chhabra	Jayshree Panchangam	Dr. Gunjan Mishra	Dr. Poonam Tiwari
<b>26.07.2022</b>	Dr. Sarla Dwivedi	Tamalee Roy Karmakar	Imlisongla Longkumer	Dr. Shashidhar Gupta
<b>27.07.2022</b>	Mukta Kumari	Dr. Tarannum Sarwar Dani	Dr. Anand Kumar Srivastava	Chethana N
<b>29.07.2022</b>	Dr. Harjot Kaur	Dr. Javnika Samit Sheth	Shiv Kumar	Rajani Aithal
<b>30.07.2022</b>	Dr. Sunil Kumar Mishra	Dr. Trupti Ambalal Chandalia	Anwesha Banerjee	Ramulu
<b>01.08.2022</b>	Dr. Neha Acharya	Vaishali Gautam Hirway	Dr. Vinod Dilip Kamble	Dr. Farhat Jabin
<b>03.08.2022</b>	Ambika Kumari	Dr. Vallari Kukreti	Dr. Aditi Vikas Desai	Dr. Kirti Chaurasia
<b>04.08.2022</b>	Dr. Vinita Swarnkar	Dr. Awantika Kaushil	Dr. Swaran Lata	Dr. Vinay Kumar
<b>05.08.2022</b>	Dinesh Kumar Kosaley	Dr. Sarita Mishra	Dr. Roshan Lal Dewangan	Dr. S Rupendra Rao
<b>06.08.2022</b>	Dr. Asha H.K.	Debasruti Ghosh	Dr. Rahul Patel	Vaishali Gautam Hirway
<b>08.08.2022</b>	Dr. Satrugan Pandey	Dr. Rekha Srivastava	Dr. Shashidhar Gupta	Dr. Gunjan Mishra
<b>10.08.2022</b>	Dr. Tarannum Sarwar Dani	Dr. Sarla Dwivedi	Dr. Trupti Ambalal Chandalia	Dr. Neha Acharya



## State Wise Participants



## Gender Wise Participants





## Some Glimpses of the STC - Intellectual Property Right

REC Kirti Ausar is presenting

The screenshot shows a Zoom meeting interface. On the left, a presentation slide titled "MOTHER TERESA" is displayed, featuring her portrait and text about her work. The main video window shows a woman, Sukanya Ray, speaking. To the right, a grid of participants is visible, including ROSHAN LAL DEW..., Priyamvada Srivas..., Dr. Farhat Jabin, Carolyn Fletcher, ambika kumari, gunjan mishra, Dr. Sarla Dwivedi, and 42 others. The bottom status bar indicates the time is 4:15 PM and the meeting is titled "Refresher Course - Psychology".

4:15 PM | Refresher Course - Psychology

REC

This screenshot shows a Zoom meeting with a man, Girishwar Misra, as the primary speaker. A notification at the bottom left states "Asha H.K has left the meeting". The participant grid on the right includes Dr S Rupendra Rao PSSOU, Kirti Chaurasia, debaruti ghosh, Tamalee Roy Karmakar, Imilongla longkumer, Priyamvada Srivastava, and 41 others. The bottom status bar shows the time as 4:17 PM and the meeting title "Refresher Course - Psychology".

4:17 PM | Refresher Course - Psychology

REC Deepthi Hooda is presenting

The screenshot displays a Zoom meeting where a woman, Deepthi Hooda, is presenting. A slide titled "Wellbeing" is shown, containing text about the importance of wellbeing and a quote from a speaker. The participant grid on the right lists Rupendra Rao, tamalee roy karmakar, Dr.Rahul Patel, Rekha Srivastava, Vallari Kukret, and 38 others. The bottom status bar indicates the time is 10:35 AM and the meeting is titled "Refresher Course - Psychology".

10:35 AM | Refresher Course - Psychology

REC

Shekhar Seshadri

11:58 AM | Refresher Course-Psychology

REC

Meeta Jha

3:43 PM | Refresher Course-Psychology

REC

Manju Agrawal, Dr. S Rupendra..., Dr. Sarita Dwiv..., Dr. Rahul Patel, Shashidhar Gu..., Ramulu Gala, Dr. Rekha Sriv..., Kirti Desai, Kirti Chaurasia, Sarita mishra, Priyanka Vinay, Tamalee Roy K..., Chethana N, Vinod Kamble, Dr. Awantika K..., javnika sheth, vaishali Gauta..., Priyamvada Sr..., kavita kannauje, Imli Songla Ion..., dr harjot kaur, Dr. Farhat Jabin, Ashalee K..., Dr. Shatrughan..., Ambika Kumari, 19 others, You

2:12 PM | Refresher Course-Psychology