



Soft Skills

**GOSWAMI GANESH DUTTA
SANATAN DHARMA COLLEGE
SECTOR 32 C, CHANDIGARH**

**Dr. Ajay Sharma
Principal**



Goswami Ganesh Dutta Sanatan Dharma College, Sector 32 C, Chandigarh

5.1.3 Capacity building and skills enhancement initiatives taken by the institution:

1. Soft Skills

Life Skill Testing Program

Date - 25 September 2021

Resource Person - Dr. Tarundeep, head department of Psychology, GGDSD College, Chandigarh

Psychology Club 'AESTHESIA' organized a Life Skill Testing Program on 25th of September, 2021 to assess the EQ and IQ of students and the traits responsible for their personality development. **Dr. Tarundeep**, head department of Psychology engaged the students in a training session involving EQ and IQ.





TEDx Talks 2021 – Learning lessons from successful persons

Date - 18 September 2021

Resource Persons - Neeta Lulla, Fashion Stylist; Kareema Barry, Instagram influencer; Pranjal Kamra, Finance expert; Sunil Lamba, Admiral; Yugm band

Seventh edition of TEDx Talks was organized in the online mode due to ongoing pandemic. The theme for this year's edition was '**Contemplate Your Querencia**'. Querencia refers to a specific part of the bullring from where the bull draws its strength and feels the strongest. The talks contemplated upon discovering one's querencia. The event witnessed nine eminent speakers ranging from different walks of life- Fashion Stylist **Neeta Lulla**, Instagram influencer **Kareema Barry**, Finance expert **Pranjal Kamra**, Admiral **Sunil Lanba** and many others. The event was marked with a refreshing and soothing band performance by **Yugm band** that acted like an icing on the cake. Over 150 attendees from across the length and breadth of India were present virtually to attend the same. The attendee kits were delivered to all the attendees at their doorstep after proper sanitization. The event marked another successful edition specially in the times of the pandemic.



TEDxGGDSDCollege
x = independently organized TED event



Aptitude testing session

Date – 25 August, 2021

Resource Persons - Dr. Tarundeep, head department of Psychology, GGDSD College, Chandigarh

Academically how a child is performing is not a true indicator of his performance. We perform in an occupation as per our level of aptitudes. To have true knowledge of one's aptitude; the only way is, scientific assessment of it. Knowledge of one's true abilities is very important to ensure that what we are planning career wise for our future is suitable or not. Understanding this need the department of Psychology of GGDSD College, Sector 32, Chandigarh organized a free Counseling session for the students of Class XII on 25th August 2021. These students were psychologically tested on areas like aptitude, interest, IQ and personality and given tips to boost their confidence.



Lecture on Enhancing your life through Spirituality and Mindfulness

Date - 24 July 2021

Resource Persons - Ms. Ritu Singal and Mr. Ankur Malhotra

“Enhancing your life through Spirituality and Mindfulness”, an online lecture was organized by the Psychology Department on 24th July, 2021. It was graced by two renowned speakers **Ms. Ritu Singal** and **Mr. Ankur Malhotra**. Ms Ritu Singal enlightened us on how our Karmas play an important role and it’s not only the actions but also the thoughts of the individual that plays an important role in shaping Karmas. She emphasized that spirituality is to be reflected in actions, mere words are not enough. She stressed on the point that spirituality doesn’t insist on being right but believes in creating value. Mr. Ankur Malhotra focused on how Mindfulness and Meditation helps us in alleviating ourselves from negative



thoughts and shifting our focus towards the positive ones. The program was concluded with question answer round.

GOSWAMI GANESH DUTTA SANATAN DHARMA COLLEGE CHANDIGARH

Dept. Of Psychology

Presents

Enhancing your life through Spirituality
and Mindfulness !



Ritu Singal

Life coach



Ankur Malhotra

Founder-director
TRINITI

Saturday 24th July 2021
11am to 12 noon

Dr. Tarundeep kaur
(Convener)

Dr. Ajay sharma
(Principal)

Building Resilience : A Virtue in Covid times

Date - 22 May 2021

Resource Persons – Dr. Shilpa Suri, co-founder of S.N.M. IAS Academy Psychology practitioner and Life Skill Trainer

Webinar on “Building Resilience-A virtue in COVID times” was held on 22 May by the Department of Psychology. The key speaker was **Dr. Shilpa Suri**, co-founder of S.N.M. IAS Academy, a positive psychology practitioner, career consultant and life skills trainer. It was an initiative to build resilience among college students in this pandemic situation so that they can learn how to adapt well during adversity, trauma or tragedy.



THE PSYCHOLOGY CLUB- **AESTHESIA**
OF GOSWAMI GANESH DUTTA SANATAN
DHARMA COLLEGE, CHANDIGARH
invites you to join in the webinar on
BUILDING
RESILIENCE
A Virtue In Covid Times



Dr Shilpa Suri
PhD in Therapeutic Psychology

- Positive Psychology Practitioner
- Career Consultant
- Life Skill Trainer
- Expert in Relational Intelligence



Link to join:
<https://ggdsdcs.webex.com/j.php?MTID=m53616bb8a144918c23409166b1862c34>

ON 22ND MAY, 2021
SATURDAY

Dr Tarundeep kaur
Convener

Dr Balraj Thapar
Principal

Soft Skills Training & Personality Development Course

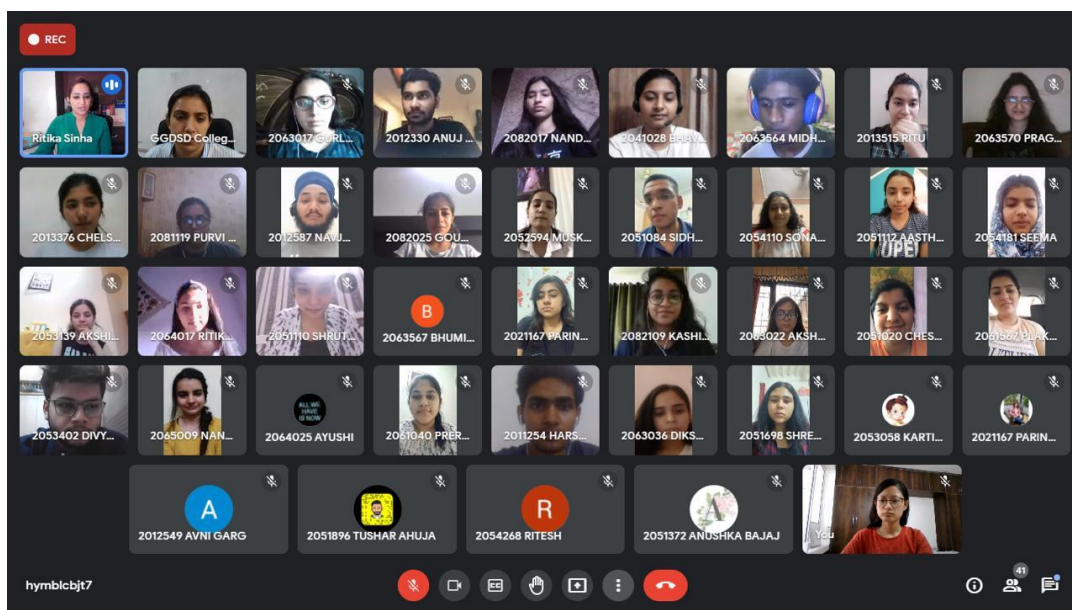
Date - 17 May to 8 June 2021

Resource Persons – Dr. Nidhi Chadha, Assistant Professor, GGDSD College; Dr. Ritika Sinha, Assistant Professor, GGDSD College; Prof. Deepti Gupta, Department of English and Cultural Studies, Panjab University, Chandigarh; Dr. Bani Narula, Assistant Professor, PGCG, Sector 11, Chandigarh

The College organized a 30 hour Certificate Course on “Soft Skills Training and Personality Development” with an aim to augment the communication skills and character traits of the students, to help them adjust and adapt well in a corporate environment. The motive of this



learning oriented hands-on-course was to help students to enhance their ability to communicate effectively and confidently in academic and vocational settings. The participants were imparted knowledge to develop language competence and an inherent penchant for speaking impressively as well as writing clearly and unambiguously. The Course focussed on learning techniques to augment essential personality traits like Self-Esteem, Empathy, Confidence, Gratitude and Forgiveness for facilitating workplace communication. The Course had two Guest lectures; one conducted by **Prof. Deepti Gupta**, Department of English and Cultural Studies, Panjab University, Chandigarh and **Dr. Bani Narula**, Assistant Professor, PGGCG, Sector 11, Chandigarh.



Resilience Programme conducted in collaboration with SpARC

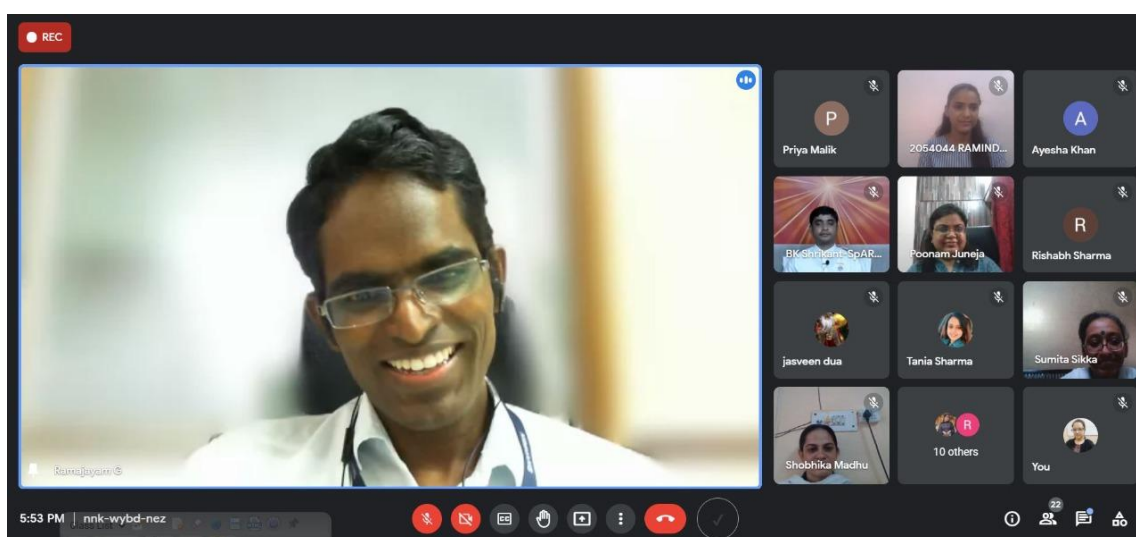
Date - 26 April – 14 June, 2021

Resource Persons - BK Srikant, National Coordinator and Office In-Charge SpARC, Mt. Abu; Dr. Ramajayam G., Neuroscientist at National Institute of Mental Health and Neuroscience, Bengaluru

Trends Moda Club of the College organized 8 weeks 'Resilience Programme' in collaboration with a Spiritual Application Research Centre (SpARC) of Rajyoga Education and Research Foundation (RERF), Mt. Abu. The main objective of the programme was to help the participants cope with personal and academic stress during this pandemic. The



programme began on 26th April, 2021. Three sessions were held every week for faculty and students of the institution free of cost. The programme was developed to enhance the capability of the students and faculty members as a period of isolation has brought uncertainty and anxiety. The programme dealt with various aspects of personal improvement such as realising one's full potential, better insight of oneself, management of stress, etc. Different topics are discussed with participants such as understanding consciousness, what are we conscious of and how to concentrate on consciousness, breakdown and breakthrough, the power of a child, nurturing the child within and much more. It educates participants to foster soul consciousness and the spirit of universal brotherhood. It also helped the participants to achieve higher levels of academic confidence and concentration. Resource persons of the programme were **BK Srikant**, National Coordinator and Office In-Charge SpARC, Mt. Abu, **Dr. Ramajayam G.**, Neuroscientist at National Institute of Mental Health and Neuroscience, Bengaluru. Around 60 participants attended the sessions.



Session on How to manage Emotions during Pandemic

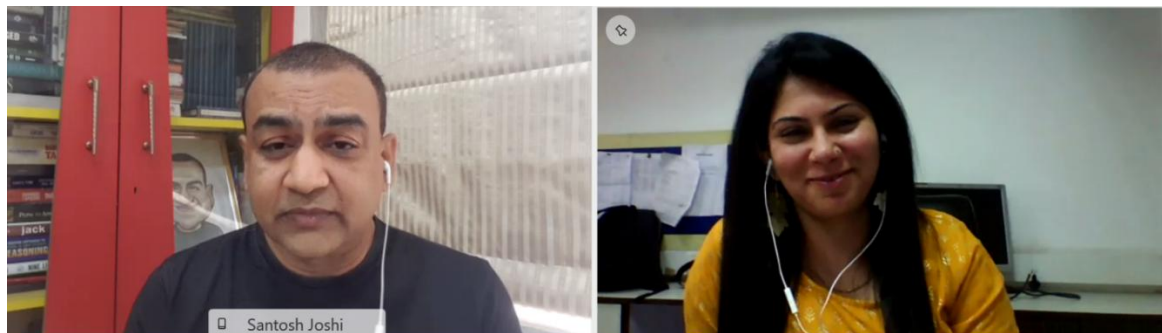
Date - 23 April 2021

Resource Person - Mr. Santosh Joshi, Life Transformation coach and founder of Sky healing based in Mumbai

A mentoring session on 'How to manage emotions during Pandemic' was organized for the students through online platform to boost up mental health and well being of students and the staff. The session was delivered by **Mr. Santosh Joshi**, a new-age Mentor and Life Transformation coach and founder of Sky healing based in Mumbai. As a member Board of studies for Emotional intelligence, he mentored the students through various real time examples and narrations. He shared various tips to overcome anxiety and fear in the current situation. The motivational talk centered around life transformation, breathing exercises,



meditation, immunity boosting and other necessary stress busting activities. The trend analysis of the second Covid wave has seen youth being more vulnerable. Resilience and practicing calmness can help pass out the crucial period. Answering to the multiple queries of the students, Santosh Joshi advised the students to refrain from un-necessary panic and bogus messages circulating on social media that aggravate the situation. Affirmations, believing in self and gratitude are reflective of a strong personality and generate positivity.



Online Workshop on Emotional Freedom Technique

Date - 31 March 2021

Resource Persons - Navneet Grewal, Internationally Certified EFT Practitioner and Breakthrough Coach in Canada

Aesthesia Club (Department of Psychology) organized an Online Workshop on “Emotional Freedom Technique” on 31 March to educate students of seven steps involved in Emotional Freedom Technique which reduces stress, anxiety, emotional distress, pain, fears and phobias and helps to lead an emotionally strong, happier and fulfilling life. The key speaker of this workshop was **Navneet Grewal**, a renowned Internationally Certified EFT Practitioner and Breakthrough Coach in Canada.



Goswami Ganesh Dutta Sanatan Dharma College
invites you to join this workshop organised by
The Psychology Club - AESTHESIA

EMOTIONAL FREEDOM TECHNIQUE



NAVNEET GREWAL

EFT Practitioner

- Internationally Certified as an EFT Practitioner
- Inner Child Matrix Practitioner
- NLP
- Breakthrough Coach

On
31st March, 2021

Wednesday

At 2pm

**REGISTER
NOW**

Convener

Dr Tarundeep Kaur

Principal

Dr Balraj Thapar



Online Panel Discussion on Ingredients of overall success in Contemporary times in terms of IQ, EQ AND SQ

Date – 20 October 2020

Dr. K.K. Ramachandran, Vice Principal, GRD College, Coimbatore; Mrs. Ritu Singal, recipient of a Women Entrepreneur of the year award 2011; Mr. Vikas Bansal, a productivity coach and corporate trainer

An **Online Panel Discussion** titled “Ingredients of overall success in Contemporary times in terms of IQ, EQ AND SQ” was organised by Aesthesia Club on 20 October, 2020. Panel speakers included **Mr. Vivek Attrey**, is a motivational speaker, **Dr. K.K. Ramachandran**, Vice Principal, GRD College, Coimbatore, **Mrs.Ritu Singal**, recipient of a Women Entrepreneur of the year award 2011and **Mr.Vikas Bansal**, a productivity coach and corporate trainer.



Mr. Vivek Attry
Ex-IAS
Motivational Speaker



Dr. KK Ramachandran
Director, GRD College,
Coimbatore



Mr. Vikas Bansal
NIT/IIM
Productivity Coach,
Speaker and Author



Ms. Ritu Singal
Entrepreneur
Life Coach

Panel Discussion on:
**INGREDIENTS OF
OVERALL SUCCESS IN
CONTEMPORARY TIMES**
IQ, EQ AND SQ

DATE October 20, 2020

TIME 11:00 to 12:30 P.M.

Organised by:

'AESTHESIA' DEPARTMENT OF
PSYCHOLOGY,
GGSD COLLEGE, CHANDIGARH

POWERED BY:



Host:
Mr. Ankur Malhotra
Founder-Director
Trinity



Co-Host:
Ms. Apoorva Singh
Holy Angels

TEDx Talks 2020 – Learning lessons from successful persons

Date - 25 September 2020

Resource Persons - Aman Chotani, travel & lifestyle photographer; Ms. Sujata Sahu, architect/designer and co-founder of H expressions; Abhimanyu Singh, Taher Shabbir, Mahesh Thakur, and Rohit Roy

The Sixth Edition of TEDx 2020 was held on 25 September on the theme “**Constructive Chaos**”. The speakers included travel & lifestyle photographer, **Aman Chotani**, founder and director of 17000 ft Foundation; **Ms. Sujata Sahu**, an experienced architect/designer and co-founder of H expressions; **Abhimanyu Singh**, actors, **Taher Shabbir**, **Mahesh Thakur**, and **Rohit Roy**.



TEDx
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x=independently organized TED event

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College
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Sixth Edition

Ready to serve you with ground breaking ideologies,
we bring to you the igniting-sixth edition
of TEDxGGDSDCollege.

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For queries: "Sourav Khetarpal: 8437353171" "Palac Chawla: 8284956370"

25th
September, 2020

TEDx GGDSDCollege
x=independently organized TED event

CONSTRUCTIVE
CHVOS

3-week online Activity-based Learning Program on Biodiversity & Environment	
Date - 22 May – 15 June, 2020	Resource Persons - Dr. Jasveen Dua, Associate Professor, GGDSD College; Dr. Supriya Vaid Assistant Professor, GGDSD College; Dr. Anuprabha, Assistant Professor, GGDSD College
<p>Giving new dimensions to learning in a scientific, systemic & logical way, Department of Botany, in collaboration with College Environment Society 'HARITIMA' organized a 3-week Activity-based learning program on Biodiversity & Environment to accelerate the holistic development of students during the lockdown period. 150 active participants successfully completed the program in three batches which started on 22nd May, 2020, the</p>	



International day of Biodiversity. During the digital transformational period, it was important for students to prepare & gear up for a Learner-centric pedagogy. Besides, it was important to engage the students in some productive activities for their well-being during the lockdown times. Using digital interface to break the isolation barriers & facilitate an environment of interaction, collaboration & communication to sharpen the skills in learners, the program aimed at integrating domain knowledge with life skills to enhance their critical thinking, problem solving, creativity and innovation, decision taking and participative learning among the learners. Students participated in various tasks and activities, brainstorming sessions, webinars and inter-college competitions, which were a part of the training program.

Department of Botany
Goswami Ganesh Dutta S.D. College
 Sector 32-C, Chandigarh
 A College with Potential for Excellence - UGC, New Delhi
 Accredited 'A+' Grade by NAAC, Bangalore

Biodiversity & Environment
A unique 3 Week
Activity - Based Learning Programme
 (Providing Experiential Learning during Pandemic Period)

Batches Start on 22nd, 25th & 26th May, 2020

The program aims at enhancing the learning skills of students through:

- Active learning
- Critical thinking
- Logical reasoning
- Problem solving
- Participative learning
- Team building
- Effective leadership
- Creativity & Innovation

Contact the organizing secretary for further details at 9915731482

Dr. Jasveen Dua
Organizing Secretary

Dr. Sajeew Soni
Dean, Sciences & I.T.

Dr. Balraj Thapar
Principal

Experiences of 3-week Programme of B.Sc 2nd

THE INNOCENT BUTTERFLIES
 It was a precious experience. We are extremely thankful to our teachers for organizing this learning activity. The tasks we performed were time consuming, as it helped us deal with the lockdown which we may have experienced due to lockdown. On individual level, we are delighted due to the fact that the information we gathered and the skills we learnt, will be there with us for lifetime. It really did boost our confidence in public speaking as well as in person. We were able to identify our hidden talents and make the right use of time. We're looking forward for such fun tasks in the future.

Group name -Gems of sunshine
 This 3 week learning programme taught us a lot about biodiversity and environment especially taught us how to work as a team with less arguments and high degree of understanding these challenges were taken down with flying colours by our team. This programme taught us various lessons of life like coordination which can't be taught in a classroom, mostly sitting on the benches and by just reading the books. This learning programme became memorable for us, we would like to thank our teachers for introducing us this learning programme.

Helpful
 It had helped us to know about ourselves much better than before.

BIO-BUSKETERS
 This was a wonderful way to stay in touch with our teachers & friends. This game on to learn may one & connect things like food art, water to recycling material. It was really interesting.

Group -Buddha's
 Thank you so much teachers for organizing this 3 week programme for the students, as these tasks are very interesting and knowledge getting. This increases the discipline in the students and as well as makes us their responsible person. The main purpose of task was personality development. We all enjoyed these tasks and yes this was a very good method of getting work. Overall these tasks are very good and beneficial for all the students.

Group -SUPER
 On the behalf of all team members we are highly thankful to the whole department and teachers whose made our lockdown very special to organize this type of active learning programme which are very helpful to develop different type of skills like personality development and also make us socially strong through this various types of tasks. Among this also made us aware about our biodiversity how to take environment. Through this tasks we are able to show our hidden skills and talents. Thankyou so much teachers!!

Fun stuff
 It was really fun in doing all the tasks really enjoyed and learned so many things from this programme.

Engageable
 3 week programme was very interesting and engageable and we got to do things like food art which was a new experience for all.

Appreciable
 Appreciating all the tasks were so interesting, that I was very happy doing them.

Session on Personality Development

Date – 25 January 2020

Resource Persons – Ms. Ritu Singal, MD Raglan group and Life Skills Coach

Session on Personality Development was organized by Department of Psychology to enhance the personality traits of students. The coach and mentor Ms. Ritu Singal, MD Raglan was the guest speaker on the occasion.



PERSONALITY DEVELOPMENT

Chandigarh: Delivering a talk on personality development at SD College, guest speaker Ritu Singal, MD Raglan Group and life skills coach, advised the students not to have a materialistic approach but instead be of service to the society and mankind. TNS

Chandigarh Tribune 26.01.2020

Talk on Psychology of Recruiters

Date - 23 January 2020

Resource Person - Mr. Amit Hans, Chief mentor, Educorp Consultancy Services

The Rotaract Club of the college organized a session on the topic 'Recruitment Psychology of the interviewers'. **Mr. Amit Hans**, Chief mentor, Educorp Consultancy Services was the resource person. He apprised the students of the tips and necessary preparations to face an interview. He advised them to not fear an interview and instead face it as a challenge to pass it with flying colours.



TALK ON PSYCHOLOGY

Chandigarh: The Rotaract Club of SD College organised a session on 'Recruitment Psychology of the Interviewers'. Amit Hans, Chief Mentor, Educorp Consultancy Services, was the resource person at the session. Principal BalrajThapar gave a floral welcome and thanked the speaker for gracing the occasion. Hans apprised the students of the recruitment process and urged them to let go all kinds of fears in their mind while sitting for the interview. TNS

Chandigarh Tribune
24.01.2020

स्टूडेंट्स को किया जागरूक



चंडीगढ़ - सेक्टर-32 स्थित एसडी कॉलेज में वीरवार को कॉलेज के रोटारैक्ट क्लब की ओर से आयोजित कार्यक्रम में स्टूडेंट्स को संबोधित करते अमित हंस • लोजक-कॉलेज प्रशासन

Dainik jagran 24.01.2020

साक्षात्कार के समय मनोविज्ञान पर चर्चा



चंडीगढ़। सेक्टर-32 सी स्थित एसडी कॉलेज के रोटारैक्ट क्लब की ओर से बुधवार को साक्षात्कार के समय मनोविज्ञान पर चर्चा का

आयोजन किया गया। इस दौरान मनोविज्ञान के बारे में बताया गया। इस मौके पर स्पीकर अमित हंस ने विद्यार्थियों के सवालों के जवाब दिए। उन्होंने विद्यार्थियों को भर्ती प्रक्रिया के बारे में बताया। कार्यक्रम के दौरान बड़ी संख्या में विद्यार्थियों ने भाग लिया। कॉलेज प्रिंसिपल डॉ. बलराज थापर ने गुलदस्ता भेंट करके स्पीकर का आभार जताया।

Amar Ujala 23.01.2020

Lecture cum workshop on “Gratitude and forgiveness - Pillars of emotional wellbeing”

Date - 9 November 2019

Resource Persons - Ms. Bharti Kapoor, a renowned counsellor and a therapist

Aesthesia club of Psychology department organized a lecture cum workshop on “gratitude and forgiveness- pillars of emotional wellbeing” on 9th November, 2019. The lecture was delivered by **Ms. Bharti Kapoor**, a renowned counsellor and a therapist. She started her lecture by emphasizing not only on learning psychology, but actively implementing it in our



lives. In her lecture, she talked about the importance of inculcating qualities such as gratitude and forgiveness in the students' lives. Talking about forgiveness she referred to it as a process of changing the way we view someone or something that has happened. She also stressed on the Hawaiian technique of Ho'oponopo which helps in inculcating gratitude and practicing forgiveness. The seminar concluded with meditation along with mantra chanting to help the students deal with daily stressors.

**SD COLLEGE
HOLDS SEMINAR
ON PSYCHOLOGY**
CHANDIGARH: The psychology club of SD College, Aesthia, organised a seminar on the topic 'Gratitude and forgiveness- pillars of emotional well being' to inculcate qualities such as gratitude and forgiveness among students. Bharati Kapoor, the speaker, talked about the importance of these qualities in the lives of students. She said forgiveness is a process in which a person changes his/ her perception about a person or a situation in the past and urged students to practice the same. Meanwhile, the college also hosted a poster-making competition on the topic 'Swachh Bharat Swasth Bharat'. The main objective of the competition was to inspire students to live a clean life like Guru Nanak and also to urge them to keep the country clean and healthy. **HTC**

Seminar on gratitude

Chandigarh: A seminar on the topic, 'Gratitude and forgiveness- Pillars of emotional well-being', was organised at GGDSD College. Bharati Kapoor spoke about the importance of inculcating qualities of gratitude and forgiveness in the students. — TNS

Chandigarh Tribune 10.11.2019

H.T. Chandigarh 11.11.2019



Motivational lecture on Stress management

Date - 27 Sept 2019

Resource Person - Dr. Chhaya Prasad, Developmental Pediatrician and Adolescent Counselor

Biovision club, Dept. of Biotechnology organized a motivational talk on Stress management for the students of B.Sc. and M.Sc. Biotechnology. **Dr. Chhaya Prasad**, Developmental Pediatrician and Adolescent Counselor acted as the resource person. Dr. Prasad interacted with the students on different kinds of stresses in today's chaotic life and how they can deal



with them on daily basis by following simple tips. She told the students about the importance of positivity in life and its effect on their overall personality development. Dr. Prasad advised the students to perform yoga and meditation on daily basis and rather than depending upon anti-depressants or related drugs. Students were also encouraged to take up one hobby different from their daily routine to freshen up their mind and improve overall health.



Life Skill Testing Program

**Date - 13 - 20
September 2019**

**Resource Person - Dr. Tarundeep, head Department of
Psychology, GGSDS College, Chandigarh**

A Seven day Life Skill Testing program was organized by Department of Psychology from 13th Sep 2019 – 20th Sep 2019. As many as 320 students participated in this program. Students were tested on variables like self-esteem, personality, well-being and anger. After testing, individual reports were also shared with the students so that they could strengthen their life skills. This activity also helped the students in improving their testing skills, scoring and analysis of results and finally they learned about how to prepare reports. Students



actively participated in the counselling process as well at the end of the testing program. All the students found this activity very interesting as it provided them a practical experience of testing and report writing. **Dr. Tarundeep**, head Department of Psychology was the master trainer of the program.



TEDx Talks 2019 – Learning lessons from successful persons

Date - 17 August 2019

Resource Person - Anjan Mukherjee, Co-founder of Taraltec Solutions; Piyush Goswami, Co-Founder of Rest of My Family; Tithi Tewari, Co-Founder and Managing Director SmartVizX; Ven. Geshe La Dorji Damdul, Director of Tibet House, New Delhi, official translator to His Holiness the Dalai Lama; Rabindra Narayan,



Managing Director and President G Next Media Pvt. Ltd. & PTC Network; Chef Ajay Chopra; Ridhi Dogra, Actor, model; Jubin Nautiyal, singer

The fifth edition of TEDx was an amalgamation of ideas and dynamic personalities and welcomed diverse perspectives that would help foster revolutionary ideas in the community. The theme of the event was 'Approaching Infinity' and it focused on the various different connections that can be achieved if the mind is in the right direction with an unbreakable focus. The speakers came from different backgrounds and different fields of work. This year's speaker were - **Anjan Mukherjee**, Co-founder of Taraltec Solutions; **Piyush Goswami**, Co-Founder of Rest of My Family; **Tithi Tewari**, Co-Founder and Managing Director of SmartVizX; **Ven. Geshe La Dorji Damdul**, Director of Tibet House, New Delhi and official translator to His Holiness the Dalai Lama; **Rabindra Narayan**, Managing Director and President G Next Media Pvt. Ltd. & PTC Network; International Celebrity **Chef Ajay Chopra**, Judge, Masterchef India; **Ridhi Dogra**, Actor, dancer and model; **Jubin Nautiyal**, renowned singer in the Indian music industry.



Lecture on Ethics and Values in an Organization

Date - 28 March 2019

Resource Person - Sh. Krishan Mohan, IAS (Retd), Former Additional Chief Secretary and Financial Commissioner Revenue Government of Haryana

A guest lecture was organized on the topic "Ethics and Values in an Organization" at DDU Kendra. The lecture was delivered by **Sh. Krishan Mohan**, IAS (Retd), Former Additional Chief Secretary and Financial Commissioner Revenue Government of Haryana. The aim of



the lecture was to inculcate a strong sense of self in the students and making them aware about the importance of values and ethics. Lecture was delivered to for B Voc. students which can help them to enhance their employability skills and personality development.



Learning Social Learning therapy at Psychiatric Centre, Jaipur

Date –6 February, 2019

Resource Person - Dr. RK Solanki, SMS Medical College, Jaipur

Students of Psychology department visited Psychiatric Centre to get first-hand experience about mental disorders in the first week of Feb 2019. They were accompanied by Dr. Tarundeep kaur and Dr. Minakshi Rana. Founded in 1952, it is one of the 6 attached hospitals of SMS Medical College, Jaipur. This centre is running various specialty Psychiatric services like De-addiction Psychiatry, Child



Psychiatry, Geriatric Psychiatry, and Rehabilitation Psychiatry. **Dr. RK Solanki** gave detailed information about the hospital and on how the patients are dealt with. Students were allowed to see the patients and were given a detailed information about few patients and the treatment they were given. Students were also taken to the rehabilitation centre for occupational therapy. In this centre patients are given opportunity to work and learn some skills according to their aptitude and therapeutic needs like making paper bags, painting, carpentry, canning etc.



**Personality Development Programme for Science Students held under the aegis of
DST -Chd**

Date - 1 February, 2019

**Resource Person - Dr. Sohan Chandel, a
psychologist and a corporate trainer**

Personality Development Training Programme for science students of the college was organized under the aegis of Department of Science and Technology, Chandigarh



Administration on 1st February, 2019. Around 200 final year science students benefitted from the programme. **Dr. Sohan Chandel**, a psychologist and a corporate trainer gave a very inspirational talk on career goals, resume writing, interview skills and personality development skills. Quoting many examples, he encouraged the students to overcome fear and face challenges of life with a positive attitude, instead of quitting. He gave a few tips on inter-personal skills and an insight into career guidance after graduation. The students enthusiastically interacted with the speaker.



Collage Making Competition on the theme Spirituality and Meditation

Date – 12 November 2018

Resource Persons - Dr. Tarundeep Kaur, Dr. Minakshi Rana, and Dr. Jatinder, GGDSD College, Chandigarh

Department of Psychology hosted a collage/poster making competition for the students of BA with Psychology and the students of ADD-ON guidance and counselling and child psychology on November 12, 2018. About 65 students participated in the competition. The



theme for the competition was Spirituality, meditation, abnormal psychology, schools of psychology, theories of psychology and other related topics from the prescribed syllabus. The students portrayed their artistic skills in a very creative manner. The students were given a chance to express freely and found it to be a great learning experience.



TEDx Talks 2018 – Learning lessons from successful persons

Date – 18 August 2018

Resource Persons - Govind Krsna Das; Mr. Puneet Tandon; Zaheer Adenwala; Japneet Keith; Harry Gimbleton; Mr. Adarsh Natranjan; Tahira Kashyap; Varun Mitra; Saqib Saleem



On August 18 several connoisseurs enlightened the young minds at TEDx on the theme '**Connecting Perspectives**'. The diligent speakers ensured that their ideas and perceptions go well with the audience, thus igniting a fire of revolution within each one present. It was an apt forum which gave room for both ideation and creation at the same time. While **Govind Krsna Das**, the man who is a perfect blend of spirituality and modernisation kept the audience hooked to himself throughout, the subtle yet intriguing thoughts and beliefs of **Mr. Puneet Tandon** tickled the nerves of the audience. **Zaheer Adenwala** was the right man to coax the potential minds to believe in themselves and take the first step towards their dream. With other speakers like **Japneet Keith** and **Harry Gimbleton**, the event took a swift turn towards mild yet positive thoughts while **Mr. Adarsh Natranjan** made the audience dive deep into the nuances of Artificial Intelligence Technology. **Tahira Kashyap**, the woman who just knows how to make a mark for herself wherever she goes was on point with her pragmatic approach towards life and people. Having achieved enough in his budding days itself, **Varun Mitra** struck the right chord by connecting perspectives that were deemed to be far fetched. The most awaited segment of the day was the talk by the Bollywood actor **Saqib Saleem** who ensured that he made his presence at the stage worth it all. His words were enough to make the people believe that your perseverance and hard work will turn the tables in your favour one day.



Handling Exam stress - webcast of PM's address

Date - 16 February 2018

Resource Person– Prime Minister Sh. Narendra Modi



The department of Sociology organized a live webcast of Prime Minister Narendra Modi's nationwide address to students on 'Handling Examination Stress and making Examination Fun' on 16th February, 2018 at College Mini auditorium.



Visit to Mental Health and rehabilitation, Boileuganj, Shimla

Date – 1 to 3 February 2018

Resource Persons - Dr. Tarundeep Kaur, Dr. Minakshi Rana, and Dr. Nidhi Chadda, GGSDS College, Chandigarh

The students of Psychology department visited **Himachal Hospital for Mental Health and rehabilitation, Boileuganj, Shimla**. The purpose of the visit was to sensitize the students of psychology regarding mental retardation, clinical disorders and various psychotherapies involved in the treatment. They got first-hand experience about psychotic disorders. Students were accompanied by three teachers **Dr. Tarundeep Kaur, Dr. Minakshi Rana, and Dr. Nidhi Chadda**. This centre has come as a new home for mental health patients, 17 of whom were destitute. They have been deserted by their family members due to social stigma attached to the disease. This hospital was established in 2004. It is a state level hospital catering to the mental health needs of the people of the state and it functions under mental



health care act 2017. Students were given detailed information on how the patients are dealt with and the treatment they are given by Dr. Ravi Sharma.



Discussion on character building and Personality Development National Youth Day Celebrations

Date – 12 January 2018

Resource Persons – Mrs Meera Sharma; Dr Mahak Sharma, GGDSD College, Chandigarh

To celebrate National Youth Day, Spirit India, a group of College Volunteers working under the aegis of NGO Aavahan and Red Ribbon Club of the college organized an open house discussion on the topic, **“This is how I shall make my India grow”**. All the participants took part in the discussion with great excitement and vigor.

Dr Mahak Sharma motivated the students to respect our nation and become good human beings, always ready to tread an extra mile to help the needy. **Mrs Meera Sharma**, coordinator of the event emphasized those young students, being the building blocks of a nation should have a positive mindset and a selfless attitude to serve the society. It is only



with their commitment and responsible approach, our nation is bound to grow faster than all other peer nations.



Emotional Intelligence: Key to Excellence

Date – 28 October 2017

Resource Person - Prof. (Dr.) Vidhu Mohan

Aesthesia Club of Department of Psychology organized a Special Talk on "Emotional Intelligence: Key to Excellence" by **Prof. (Dr.) Vidhu Mohan** on 28th October, 2017. This talk helped students to become aware about importance of Emotional Intelligence in one's life and understanding the art of social relationships.



Learning to deal with Special children during the Visit to Aastha Therapeutic Intervention Center, Mohali

Date – 15 September 2017

Resource Person - Dr. Minakshi, GGDSD College, Chandigarh

Department of psychology organized an educational visit for students of Psychology to **Aastha Therapeutic Intervention Center**, Mohali on 15th September, 2017. Field experience was aimed to give students a firsthand experience of working with special



children. Students were accompanied by **Dr. Minakshi** and were able to understand the emotional intelligence aspect in them.



TEDx Talks 2017 – Learning lessons from successful persons

Date – 19 August 2017

Resource Persons – Bhawani Srivastava, CEO SalesEdge; Dr Srimathy Kesan, founder, Space Kidz India; Janki Vyas, a happiness coach and healer; Nishit Lal, a certified yoga instructor; Devanshi Mishra, a performer and choreographer; Aditya Dev Sharma, artist; Sumrit Shahi, a



novelist and a screenwriter; Yograj Singh, former cricketer and Punjabi actor; Ravi Dubey, model and actor

The third edition of Tedx GGDSD College brought nine eminent speakers from diverse fields on SD College campus on Saturday the 19th of August 2017. The event is a manifestation of the Ted spirit: "ideas worth sharing". Organized every year, it aims to bring on stage varied ideas from lived experiences and success stories of accomplished individuals. The speakers on the occasion were **Bhawani Srivastava** is the CEO of an award winning sales consulting firm Sales Edge who talked about identifying the right leadership qualities and that a leader is a problem solver. **Dr Srimathy Kesan**, the founder of Space Kidz India, a venture that works towards promoting Art, Culture and Science. **Janki Vyas**, a happiness coach and healer **Nishit Lal**, a certified yoga instructor, outdoor facilitator and a young author of five development books. **Devanshi Mishra**, a performer and choreographer currently working in India spoke about the impact of dance reality shows. **Aditya Dev Sharma**, a self-taught artist, known for individualized and spontaneous imagery, dreams his paintings and then paints them whisked through the different shades of life. **Sumrit Shahi**, a novelist and a screenwriter of six youth-based shows including *Sadda Haq-My Choice*, *Secret Diaries* and *Twist Wala Love* for Channel V explained how sometimes the wrong choices become the right choices in life. **Yograj Singh**, former cricketer and Punjabi actor talked about the parent, teacher and student relationship. **Ravi Dubey**, a well known model and actor highlighted the importance of delusion and thinking high in life.



Learning about Disability & Rehabilitation at Cheshire Homes, Dehradun

Date – 4 to 6 February 2017

Resource Person – Doctor from Department of Psychiatry

Department of Psychology organized a visit for 40 students to Cheshire Homes, Dehradun to sensitize the students of psychology regarding the special needs of such individuals and to have practical understanding of topics such as mental retardation and learning disability. It is a disability and rehabilitation centre



established for the care and upkeep of physically and mentally challenged persons. This centre provides care to men, women and children with multiple disabilities of various age groups such as mentally challenged, cerebral palsy, autism, deaf and dumb children.



Life Skill Testing Program

Date –17 to 23 September
2016

Resource Persons –Faculty of Department of Psychology



A seven-day Life Skill testing Programme was organized by Department of Psychology from 17-23 September, 2016. The Programme was undertaken by Manasuday- the Stress Management Cell of the College. As many as 120 students participated in the programme. They were tested for self esteem, well being, self efficacy, decision making, leadership qualities and personality types. The testing was followed by one to one counselling sessions with the students.



Mind Education Camp in collaboration with IYF

Date – 28 August 2016

Resource Person – IYF (International Youth Fellowship)

IYF, an Organisation with its head quarters at South Korea and SD college Chandigarh conducted one-day camp at GGDSD College, Sector-32, Chandigarh. It's where people from all over the world



came together to give mind lectures. To experience a day full of mind recreations, entertainment and mind provoking thoughts about 98 participants registered.

Organized by

Goswami Ganesh Dutta S. D. COLLEGE

International Youth Fellowship

Music

Mind Lecture

Dance

Mind Recreation Debate

IYF MIND EDUCATION CAMP IN CHANDIGARH

28th August 2016

Time : 09:00AM To 5:00 PM (Fee Rs.200/- only)

Venue : Auditorium, GGDSD College, Sector 32

**Contact : 9646859003(Shubham Jaswal)
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