



Induction Program Schedule [19th – 22nd October, 2021]

Department of Psychology							
Date/DAY	9.30 -10.00 AM		10:10-11.00 AM		11.10-12:00 PM		12:10-1:00 PM
19th October (Tuesday)	Introduction about the department, faculty members and programs. Prof. Geetika Tankha	Break	Session on Generic Electives For Undergraduate students	Break	Goal Setting and Following your Passion- Session 1 Dr. Samridhi Pareek	Break	Goal Setting and Following your Passion- Session-2 Dr. Samridhi Pareek
20th October (Wednesday)	Understanding Emotions Dr. Kirti Shekhawat		Managing Emotions Dr. Kirti Shekhawat		Mindfulness- Session 1 Dr. Gagan Jain		Mindfulness- Session 2 Dr. Gagan Jain
21st October (Thursday)	Self-Awareness and Self-Management- Session 1 Dr. Bhavana Arya		Self-Awareness and Self-Management- Session 1 Dr. Bhavana Arya		Conflict Management- Session-1 Dr. Prashasti Jain		Conflict Management- Session-2 Dr. Prashasti Jain
22nd October (Friday)	Social Intelligence and Social Capital Dr. Meenakshi Joshi		Life- skills for Youth Dr. Charu Dhankar		Life- skills for Youth Dr. Charu Dhankar		Student interaction