

COMMITTEE/ CELL/ UNIT: PSYCHOTHERAPY UNIT

ACADEMIC SESSION: 2023-2024

ACTIVITIES COMPLETED: WORKSHOP ON MOVEMENT MEDITATION,  
MOTIVATIONAL TALK ON EMOTIONAL RESILIENCE

SL. NO.	EVENT NAME/ DESCRIPTION	DATE	FOR STUDENTS/ FOR STUDENTS & FACULTY/ FOR FACULTY/ FOR NON-TEACHING STAFF/ FOR ALL MEMBERS OF STAFF
1.	Workshop on Movement Meditation	6 <sup>th</sup> March, 2024	For faculty members
2.	Motivational Talk on Emotional Resilience	11 <sup>th</sup> May, 2024	For students & faculty

COMMENTS (IF ANY):

SIGNATURE/S OF CONVENER/S:

