

Inaugural Session

(10:00 am-01:00pm)

- Deep Prajwalan
- Saraswati Vandana
- University Song
- Welcome Song

Lecture

- Dr. Annapurna Gupta (A.P.)
- Dr. S. P. Sharma (Principal)
- Guest Lecture
- Prof. Dr. Tej Bahadur Singh (Chief Guest), Editor and Chairperson IJCP

(01:00pm-02:00pm)

Lunch Break

(02:00pm-02:15pm)

- Dr. Seema Patel Lecture on Happiness

(02:15pm-02:25pm)

- Happiness index

(02:25pm-02:35pm)

- Current State and Desired State Self Awareness test

(02:35pm-02:50pm)

- Time Machine.

(02:50pm-03:00pm)

- Dr. Seema Singh Lecture on PERMA.

(03:00pm-03:20pm)

- PERMA Wheel

(03:20pm-03:50pm)

Hypnotherapy by Mr. Ajit Mishra

(03:50pm-03:55pm)

- Craft Activity -Wallet of Happiness

(03:55pm-04:00pm)

- Craft Activity –Ship of Wish

• Home Work Activity.

- PERMA TEST
- My most Happiest Day

Curriculum

(10:00am-10.15am)

- Neurobics

(10:15am-10.30am)

- Visualize the most Happiest Day

Lecture

(10:30am-11.30am)

- Mr. Mohit Kumar
(Clinical Psychologist, AIIMS Bhopal)

(11:30am-11:45am)

- Dr. Annapurna Gupta Lecture on Positive Psychology

(11:45am-12:00am)

- Dr. Sonal Lecture on Gratitude

(12:00am-12:10pm)

- Gratitude test

(12:10pm-12:30pm)

- Gratitude Activity

(12:30pm-12:45pm)

- Gratitude letter to 3 people

(12:45pm-01:00pm)

- Craft activity ----Butterfly of Gratitude

(01:00pm-02:00pm)

Lunch Break

(02:00pm-02:30pm)

- Therapy: Feel like a grounded tree.

(02:30pm-02:45pm)

- Dr Neyaz Ahmad Siddiquee Lecture on Forgiveness

(02:45pm-03:00pm)

- Giving and Receiving

(03:00pm-03:15pm)

- Self Awareness Test

(03:15pm-03:30pm)

- Craft Activity ---Balloon Burst of Hate

(03:45pm-04:00pm)

- Craft Activity --- Crush of letter

(03:45pm-04:00pm)

- Motivational Quotes competition

Home Work Activity.

- Gratitude Depository Bank, or Gratitude jar

Curriculum

(10:00 am-10:15am)

- **Neurobics**

(10:15am-10:30am)

- **Gratitude Meditation**

Lecture

(10:30am-11:00am)

- **Dr. Akhilendra Nath Tiwary**
Lecture on Environment and Mental Health

(11:00am-12:00pm)

- **Mr. Ajit Mishra (NLP Practitioner or Hypnotherapist)**
Lecture on Neuro Linguistic Programming

(12:00am-12:50pm)

- **NLP Activity by Mr. Ajit Mishra**

(12:50pm-01:00pm)

- **Relationship Bonding Test**

(01:00pm-02:00pm)

Lunch Break

(02:00pm-03:00pm)

- **Ho,Oponopono Therapy by Dr. Divyadeep Kaur (Psychologist)**

(03:00pm-03:15pm)

- **Activity --Half smile full smile : Mirror Neurons**

(03:15pm-03:30pm)

- **Craft Activity - Handkerchief of Hateness**

(03:30pm-04:00pm)

- **Mrs. Deepti Mishra (LPC Psychologist From US)**

Motivational Quotes competition.

Daily Feedback form

Home Work Activity.

- **As a Director write a best movie Script of your Life.**
- **Self Reflection Test**
- **Activity -Negative Vs Positive Thoughts**

Curriculum

(10:00 am- 10:15 am)

- Neurobics

(10:15 am- 10:30am)

- Relaxation

Lecture

(10:30 am- 11:30am)

- Mrs. Jyotsna Singh (Clinical Psychologist)
Lecture on Well-being and quality of life in relation with mental health

(11:30am- 01:00pm)

- Activities by Dr. Ajay Tiwari (Psychiatrist Nai Subah)

(01:00pm-02:00pm)

Lunch Break

(02:00:pm- 03:00pm)

- Neuro linguistic Programming therapeutic changework by Mr. Ajit Mishra

(03:00pm-03:15pm)

- Craft Activities -Worry clouds

(03:15pm-03:30pm)

- Worry Awareness Test

(03:30pm-03:45pm)

- Worry Management Test

(03:45pm-04:00pm)

- Motivational Quotes competition.
- Daily Feedback form

Curriculum

(10:00 am-10:15 am)

- **Neurobics**

(10:15am- 11:00am)

- **Relaxation**

Lecture

(11:00am-11:30pm)

- **Dr. Raja Upadhyaya (Psychiatric, Social worker)**

(11:30am-11:45pm)

- **Self Pride Test**

(11:45am-12:00am)

- **In basket Picnic game**

(12:00am-12:30pm)

- **Craft activities—Mirror of Best Version of Self**

(12:30pm-01:00pm)

- **Craft activities-- Kite of success goals**

(01:00pm-02:00pm)

Lunch Break

- **Feedback form**
- **Valedictory session --- Civil Surgeon Lecture**
- **Prize Distribution and Certificate Distribution**