

### Chief Patron

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### About Venue:

#### SVP College Bhabua, Kaimur Bihar

SVP College is situated near Kaimur hills enriched with diverse flora and fauna, rivers, waterfalls and Kaimur wild life sanctuary (largest sanctuary of the state occupied by 1342km<sup>2</sup>). The college is located in the centre of Bhabua Town on 15 acres of land, a herbal garden, a state of art library, and well-equipped social science facilities, canteen, laboratories, playground, hostels, and a language and computer lab. Sardar Vallabhbhai Patel College was established in 1957 and converted into a constituent unit of Bihar University in 1976. Earlier it was under Magadh University, Gaya which came under Veer Kunwar Singh University Ara in 1992. It has UGC 12(B) 2(f) status and NAAC B grade accreditation. Presently it is running 15 postgraduate and undergraduate courses of Arts, social science and Science. It is also running BCA, Biotech and Nalanda Open University Study Centre.

### About IACP:

Indian Association of Clinical Psychologists, since its formation (19 April, 1968) has been actively pursuing its main aim of promoting the concept of mental health, its importance and creating awareness about the need for mental health among the general population. IACP aim to promote the teaching, research and practices of clinical psychology.

### About Workshop

Positive psychology focuses on a healthy person's physical, mental, and emotional wellbeing in order to control their negative thoughts and elevate them to greater life goals. Similar to how those who are physically ill need medical assistance, those who are mentally ill need the help of a psychiatrist or counselor. In this way, healthy people who find themselves occasionally stuck in a negative thought pattern after experiencing an unpleasant unfortunate circumstance or who struggle to deal with stress can also benefit from this life skills workshop. This workshop will assist participants find solutions to their current difficulties or establish and accomplish new objectives or higher life goals. Any activity or psychological technique used in this workshop has already undergone pre-proofing. There are certain ways that have previously produced thorough outcomes. This workshop makes use of efficient, standardized psychological techniques that will prove to be very helpful in learning how to handle challenges in daily life.



Organised by



Department of Psychology

&

Research and Development Cell

S.V.P. College, Bhabhua

(Kaimur)

A Constituent Unit of

Veer Kunwar Singh University,

Ara (Bihar)

Sponsored by



Indian Association of

Clinical Psychologists

Chairman

Dr S.P. Sharma,

Principal, SVP College,

Bhabua

President

Dr. Seema Singh

SVP College, Bhabhua

Vice President

Dr. Neyaz Ahmad Siddiquee

SVP College, Bhabhua

Organising Secretary

Dr. Akhilendra Nath Tiwary

(SVP College, Bhabua)

Dr. Ajeet Kumar Rai

(SVP College, Bhabua)

Dr. Sonal

(SVP College, Bhabua)

Dr. Anand Prakash

(SVP College, Bhabua)

Treasurer

Dr. Sumit Kumar Rai

(SVP College, Bhabua)

Feel happy: "I am a master of my thoughts"

5 days Life skills Development  
National Workshop

(14<sup>th</sup> to 18<sup>th</sup> November, 2022)



Convener

Dr. Annapurna Gupta

Assistant Professor (Psychology)

S. V. P. College, Bhabhua

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### The sub-themes:-

1. Power of Mindfulness, Positive Emotions, Engagement, Relationships, Meaningfulness, Accomplishment and Well-being
2. Power of Gratitude and Forgiveness
3. Happiness and Self Reflection
4. Neuro Linguistic Programming NLP (negative thought transformation in positive through Emotion Manifestation Therapeutic kit)
5. Best version of self.

### Advisory Committee

CCDC, All Principals, Deans, HOD (Psychology) and Directors, VKSU, Ara  
Dr. Sangita Sinha (Head, University Department of Psychology, VKSU, Ara)  
Dr. Lal Babu Singh (VKSU, Ara)  
Dr. Manju Singh (VKSU, Ara)  
Dr. Pratibha Singh (VKSU, Ara)  
Dr. Priyanka Pathak (VKSU, Ara)  
Dr. Ajay Kumar (J.J. College, Ara)  
Dr. Latika Varma (M.M. Mahila College, Ara)  
Dr. Vijay Shree (M.M. Mahila College, Ara)  
Dr. Yashwant Kumar (M.V. College, Buxar)  
Dr. Sujit Kumar Yadav (M.V. College, Buxar)  
Dr. Yogeshi Rajpoot (M.V. College, Buxar)  
Dr. Ramendra Kumar Singh (D. K. College, Dumraon)  
Dr. Kumar Patel (Maharaja College, Ara)  
Dr. Prem Sankar Sinha (G.B. College, Ramgarh)  
Dr. Deepak Kumar Rai (Shree Shankar College, Sasaram)  
Dr. Deepak Srivastav (Shree Sankar College, Sasaram)  
Dr. Shashi Bhushan Ray (S.B. College, Ara)

### Mentors

Prof. K.B. Sinha (President VAKUTA & FUTAB)  
Prof. Diwakar Pandey (President, VAKUSTA, Ara)

### Organizing team

Dr. Seema Patel, (SVP College, Bhabua)  
Dr. Mahesh Prasad, (SVP College, Bhabua)  
Prof. Brij Raj Prasad Gupta (SVP College Bhabua)  
Dr. Rabindra Sahu (SVP College Bhabua)  
Dr. Syed Ashad Karim (SVP College, Bhabua)  
Prof. Keshwar Prasad Bharti (SVP College, Bhabua)  
Dr. Raj Kumar Gupta (SVP College, Bhabua)  
Dr. Gopnath Singh (SVP College, Bhabua)  
Prof. Jagjit Singh (SVP College, Bhabua)  
Prof. Maya Sinha (SVP College, Bhabua)  
Dr. Jitendra Kumar (SVP College, Bhabua)  
Mr. Ashutosh Kumar (BCA) (SVP College, Bhabua)  
Mr. Sonal Patel (BCA) (SVP College, Bhabua)  
Dr. Mukesh Kumar (SVP College Bhabua)  
Dr. Ravinish Kumar (SVP College, Bhabua)  
Dr. Dhananjay Prasad Rai (SVP College, Bhabua)  
Mr. Raj Aman (Research Scholar, Psychology, VKSU, Ara)  
Shree Vinod Vardhan (SVP College, Bhabua)  
Shree Awadhesh Kumar (SVP College, Bhabua)  
Shree Satyendra Kumar (SVP College, Bhabua)  
Shree Sujit Kumar Singh (SVP College, Bhabua)  
Shree Pradeep Kumar (SVP College, Bhabua)  
Shree Jai Prakash Singh (SVP College, Bhabua)

**Registration Date: From 14 October, 2022 to 05 November, 2022**

### Invited Speaker

#### Chief guest

**Dr. Tej Bahadur Singh** (M.Phil, Ph.D) Former Professor and Head, Department of Clinical Psychology IHBAS, Former Dean Academics, Central University of South Bihar, India

- **Dr. Ajay Tiwari** (Psychiatrist, Nai Subah)
- **Mr. Mohit Kumar** (Clinical Psychologist, AIIMS Bhopal)
- **Mrs. Jyotsna Singh**, Clinical Psychologist, HOD (Rehabilitation Psychology) PGDRC Course
- **Mrs. Deepti Mishra** (LPC Psychologist From US)
- **Mr. Ajit Mishra** (NLP Master Practitioner, Psychological Counsellor, Life Coach & Hypnotherapist)
- **Dr. Divyadeep Kaur** (Ho, oponopono Specialist, Psychologist)
- **Dr. Raja Upadhyay** (CIP) Ranchi, Senior Psychiatric Social Worker, Psychiatry Unit, Sadar Hospital (Bhabua) Kaimur

**Registration Fees: Rs 1500/- for Faculty, 1200/- for Research Scholars and Rs 500/- for Students**

#### Two Step Registration Process:

**1st:** Pay Registration fees and take screenshot of payment.

**To the A/C No. 1533104000225212, IFSC Code: IBKL0001533 Acc. Holder Name: Principal Sardar Ballabh Bhai Patel College, Bhabua**

### Workshop Activities:-

#### Daily Neurobics Practice

#### Therapy For Positive mental Health :

1. Feel Like a Grounded Tree.
2. Ho, oponopono for Gratitude and Forgiveness .
3. Neuro Linguistic Programming.

#### Emotion Manifestation Therapeutic Kit (10 Stress reliever Craft Activities)

- Activity 1– Time Machine (Transport of Positive Memories Through Imagination)  
Activity 2- PERMA Wheel.  
Activity 3- Gratitude Depository Bank.  
Activity 4- Self Reflection Through Mirror Neuron Image.  
Activity 5- Catch- Snatch Thought Management Technique.  
Activity 6- Relationship Bonding.  
Activity 7- Crush of Letter.  
Activity 8- NLP Code Training and Locking Exercise.  
Activity 9- Mirror of Best Version of Self.  
Activity 10- Training for Mindfulness.



**2nd** Fill the below given link and upload the screenshot.

Registration link :  
[https://docs.google.com/forms/d/e/1FAIpQLScXZsWJqDGNF\\_6wSCbCM4lEzYXyJZd\\_duSKTDB9bgDzboeWXA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScXZsWJqDGNF_6wSCbCM4lEzYXyJZd_duSKTDB9bgDzboeWXA/viewform?usp=sf_link)

**Note: Make your own arrangements for accommodation and food to participate in the workshop.**