

**A BRIEF REPORT OF THE SEMINARS, WEBINARS, ETC, HELD IN M B GOVERNMENT
POSTGRADUATE COLLEGE, HALDWANI (NAINITAL) (2020-21)**

Summary

Altogether 4 separate webinars, workshops and Faculty development programmes were held. Organised by faculty of two different departments- Psychology and Sociology. These programmes were mostly held in collaboration with other institutes, viz., with Directorate of Higher Education, Government of Uttarakhand, or Uttarakhand Open University, Haldwani; and as in case of the FDP, with H N B Garhwal University, Srinagar (Garhwal). As could be gauged from the table below, these programmes were primarily conducted in the mode of Webinars, since these were conducted during the interval of Covid-19 pandemic, where formal offline mode of seminar was just impossible. The success, and the very idea of conduction of the programmes was that these were primarily focussed for the benefit of the research scholars, as well as to general participants who would get benefitted out of the talks delivered by the experts in the subject of psychology, since a major or significant percentage of populace was definitely affected by the Covid-19 scare, if not directly, but indirectly too, through anxiety, depression, and so forth. Hence, the expertise extended by the Department of Psychology, in association with other experts was just the need of the hour.

Webinar on research methodology, with emphasis on practical hands-on training of the SPSS was another successful programme, which in fact enrolled participants from outside the state; as were the experts, too. The topics deliberated were judiciously selected as per the need of the enrolled research scholars, and efforts were thus made that no two speaker delivers on a same topic. The talks were definitely of benefit to the research scholars, as could be gauged from the analysis of the feedback received from the participants. The total number of registered participants in all these 4 programmes was 602. However, it would be safe to conclude that the effective number was significantly large.

S.No.	Name of the event held	Date	Number of participants
1.	Twos Day National Virtual Conference on "Covid-19 Pandemic: Voice of Youth – An urgent need of psycho-social support	21 st -22 nd June 2020	250
2.	Lecture series: Different areas and scopes of psychology	6 th Sept to 25 October 2020	110
3.	National webinar - Challenges related to mental well-being of Divyangjan in corona period and their therapeutic rehabilitation	23 rd to 24 th January 2021	200
4.	FDP on Ethics, Research methodology and Applied SPSS	27 th January to 2 nd Feb 2021	42
Total number of the participants benefitting			602

Report 1: Two Days National Virtual Conference on "Covid-19 Pandemic: Voice of Youth – An urgent need of psycho-social support, 21st to 22nd June 2020.

The two-day virtual conference was organised by the department of Psychology in collaboration with the Directorate of Higher Education, Government of Uttarakhand. A number of experts were invited to deliver expert talks to the students, and alike on issues related to the psycho-social issues born out of the Covid-29 pandemic. Mention must be made of few relevant talks delivered:

(i) A talk on how to deal with psychological problems by Dr. Vibha Sharma, Associate professor, HIBAS, New Delhi; (ii) New normal in Covid-19 situation by Dr. Rituparna Ghosh, clinical psychologist, Apollo and Fortis Hospital, Mumbai; (iii) Different psychological interventions in substance abuse by Dr. Nikhil K Das, Associate professor, Psychology, J S Hindu College, Amroha; (iv) Online education by Dr. Praveen K. Tiwari, Associate professor, M J P Rohilkhand University, Bareilly; and (v) Covid-19- Causes and precautions by Dr. Ajay Pandey, M D. Paediatricist. Altogether around 250 students and teaching staff participated in the deliberations.





डॉ. धन सिंह बोले छात्रों को मानसिक रूप से मजबूत करें

हल्द्वानी। एमबीपीजी कालेज में उत्तराखंड मुक्त विश्वविद्यालय एवं उच्चशिक्षा निदेशालय के सहयोग से युवाओं के लिए आयोजित वर्चुअल कांफ्रेंस के दूसरे दिन सोमवार को उच्चशिक्षा मंत्री डॉ. धन सिंह रावत ने विद्यार्थियों को इस महामारी के समय में अपने आपको शारीरिक एवं मानसिक रूप से स्वस्थ रहने की सलाह दी। उन्होंने कहा कि छात्रों को मानसिक रूप से मजबूत करना जरूरी है।



डा. रश्मि पंत

एमबीपीजी ने आयोजित की दो दिवसीय वर्चुअल कांफ्रेंस

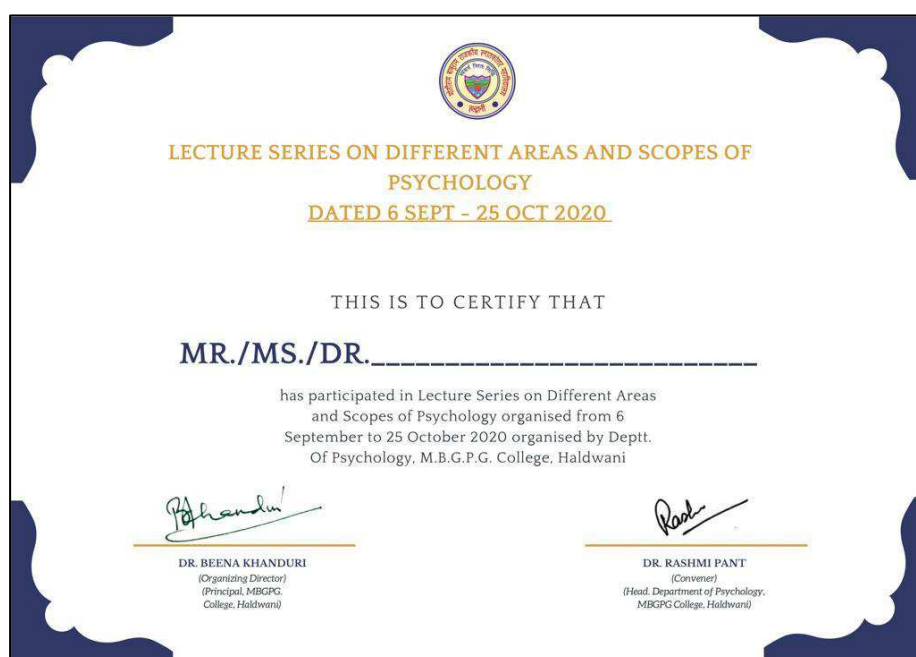
रू हे ल खंड विवि के डॉ. प्रवीन तिवारी ने युवाओं को ई-लर्निंग की चुनौतियां एवं समाधान के बारे में बताया। साथ ही इसका मानसिक एवं शारीरिक समस्याओं के साथ भी पक्ष रखा। जेएस हिन्दू कॉलेज, अमरोहा से डॉ. निखिल दास ने युवाओं को नशे बचने के लिए जागरूक किया। कुमाऊं विवि की प्रोफेसर लता पांडे ने वर्तमान परिस्थितियों में बच्चों, अभिभावकों एवं बुजुर्गों के सामने जो समस्याएं आ रही हैं, उन पर प्रकाश डाला। मनोवैज्ञानिक डॉ. युवराज पंत और रुद्रपुर कालेज के प्राचार्य डॉ. केके पांडे ने भी विचार रखे। कार्यक्रम संयोजक मनोविज्ञान विभागाध्यक्ष डॉ. रश्मि पंत ने कहा कि वर्तमान में हमें युवा वर्ग के मानसिक स्वास्थ्य पर ध्यान देना आवश्यक है, उन्हें भटकने से रोकना है।

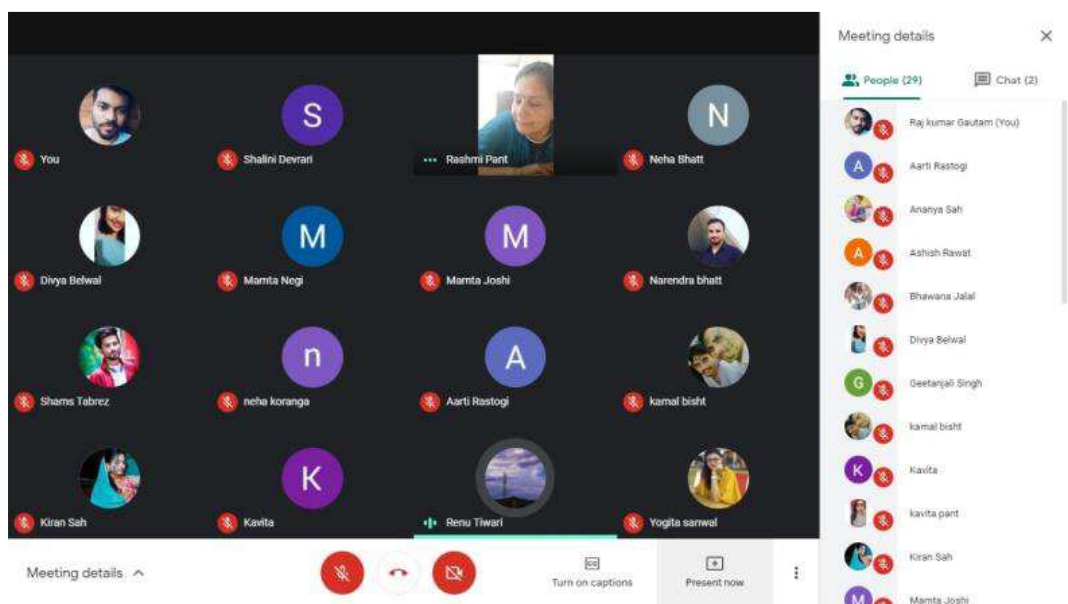
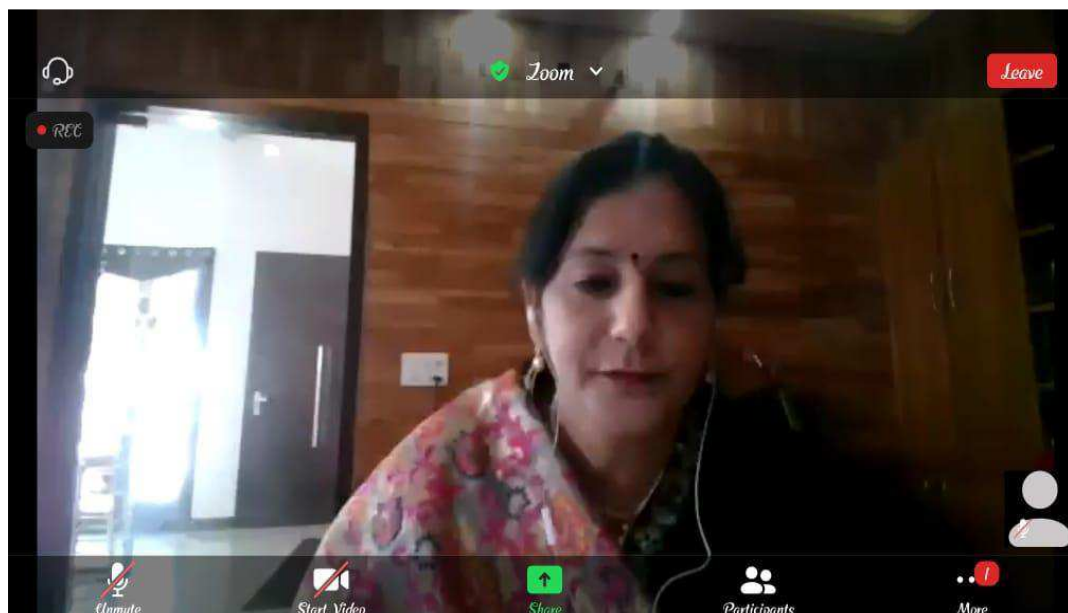
Report 2: Lecture series- Different areas and scopes of psychology, 6th September to 25th October 2020

One of the most innovative steps taken up by the Department of Psychology, in the form of lecture series on broad subject areas related to issues born out of the Covid-19 pandemic, or rather accentuated by it. The talk by experts was held every Sundays, with the most important feature being that the participants had ample time in their hands to actually interact with the lone speaker of the day. The experts invited and the talks delivered could be summarized as below;

S. No.	Resource person	Designation	Topic
1.	Dr. Anubhuti Dubey	Professor, D D U University, Gorakhpur	Suicide and prevention
2.	Dr. Nikhil K Das	Associate Professor, J N Hindu P G Collee, Amroha	Different aspects of psychology
3.	Dr. Anil Kumar Singh	Associate Professor, N R E College, Khurja	Positive psychology
4.	Dr. Vinita Kapoor	Clinical Psychologist, Brijlal Hospital, Haldwani	Dealing with anxiety and stress
5.	Dr. Sunil Chaudhary	Associate Professor, K G K P G College, Moradabad	Counseling skills
6.	Dr. Rajesh Bhatt	Assistant Professor, Doon university, Dehradun	Mental representation and is effects on brain
7.	Dr. Yuvraj Pant	Clinical Psychologist, Dr. Sushil Tiwari Hospital, Haldwani	Emotional intelligence
8.	Ms. Ashmita Joshi	Psychologist, The U I Forum, Mumbai	Why personality matters?

Altogether, 110 participants benefitted out of the proceedings.





Report 3: National webinar - Challenges related to mental well-being of Divyangjan in corona period and their therapeutic rehabilitation, 23rd to 24th January 2021

In the series of webinars conducted by the department of Psychology, over the last several months, this was the first official National Webinar organised by the Department in association with the Uttarakhand Open University, Haldwani. What is more interesting that the department of Psychology and its organising faculty took every precaution that topics delivered are different from the earlier webinars, towards the overall benefit of the participants. This could be gauged from the list of topics delivered by the invited experts, given in the table below, from mental health to self-esteem, from combating stress and depression to different aspects of emotional intelligence, the two-day webinar was a sure success for the participants, who numbered around 200.

S. No.	Resource person	Designation	Topic
1.	Dr. Ruchi Verma	Senior Clinical Psychologist, IHBAS, New Delhi	Mental health of Divyangjan and therapeutic interventions
2.	Dr. Kalpana Lakhera	Assistant Professor, Uttarakhand Open University, Haldwani	Mental health and well being
3.	Dr. Ashutosh Srivastava	Clinical Psychologist, UP	How to fit emotionally
4.	Dr. Mamta Aswal	Assistant Professor, S S J Campus, Kumaun University, Nainital	Self-concept and self esteem
5.	Dr. Saloni Arora	Counsellor, Dehradun	Mental support and role of family intervention and rehabilitation for psychological problems
6.	DR. Nikhil K Das	Associate Professor, J N Hindu P.G College, Amroha	Depression- Causes and management
7.	Dr. Satish Chandra	Associate Professor, Uttarakhand Open University, Haldwani	Different aspects of emotional intelligence
8.	Dr. Seeta	Assistant Professor, Uttarakhand Open University, Haldwani	Stress and its management
9.	Dr. Rajesh Bhatt	Assistant professor, Doon University, Dehradun	Mindfulness techniques



Uttarakhand Open University, Haldwani
And
Rehabilitation Council of India
(A under MoSJE, Govt of India, New Delhi)



**National Webinar on Challenges Related to Mental Well-being of Divyaangjan in Corona Period
and Their Therapeutic rehabilitation**
(Approved for CRE Status by RCI)

Certificate of Participation

This is to certify that Mr./Ms./Dr. Dr. Rashmi pant of M.b.g.p.College,Haldwani has participated as a participants in the two days **National Webinar on "Challenges Related to Mental Well-being of Divyaangjan in Corona Period and Their Therapeutic rehabilitation"** held from 23/01/2021 to 24/01/2021 organized online by Uttarakhand Open University and MBPG College, Haldwani. Approved for CRE status by RCI Vide Letter F.No.7-16 (638)/2020-RCI organized by Uttarakhand Open University, Haldwani.

Siddharth

Dr. Siddharth Kumar Pokhriyal
(Organizing Secretary)

Rashmi

Dr. Rashmi Pant
(Organizing Secretary)

लागा का समस्या का निदान होगा।

युवा आयोग में मनोविज्ञानी को बनाया जाए सदस्य

जासं, हल्द्वानी: उत्तराखंड मुक्त विश्वविद्यालय (यूओयू) और एमबीपीजी कॉलेज की ओर से दो दिवसीय वेबिनार का आयोजन किया गया। इसमें मनोविज्ञानियों ने जहां दिव्यांगों के मानसिक स्वास्थ्य पर मंथन किया, वहीं सरकार को सुझाव भी दिए कि युवा आयोग में मनोविज्ञानी को भी सदस्य बनाया जाए। रविवार को वेबिनार में उच्च शिक्षा उन्नयन समिति के उपाध्यक्ष डा. बीएस बिष्ट ने इस तरह के कार्यक्रमों को दिव्यांगों के मानसिक स्वास्थ्य के लिहाज से महत्वपूर्ण बताया। यूओयू के कुलपति प्रो. ओपीएस नेगी, आयोजक सचिव डा. रश्मि पंत डा. सिद्धार्थ पोखरियाल, डा. हिमांशु दास, प्रो. एसपी शुक्ला ने भी विचार रखे। वरिष्ठ मनोविज्ञानी डा. निखिल दास ने दिव्यांगों के तनाव के कारण और उपचार पर प्रकाश डाला।



दिव्यांगों के लिए रोजगार परक पाठ्यक्रम चलाए जाएं

हल्द्वानी। भारती पुनर्वास परिषद की ओर से उत्तराखंड मुक्त विश्वविद्यालय एवं एमबीपीजी कॉलेज के मनोविज्ञान विभाग के सहयोग से आयोजित वेबिनार में दिव्यांगों के लिए रोजगार परक पाठ्यक्रम चलाए जाने पर जोर दिया। उच्च शिक्षा उन्नयन समिति के उपाध्यक्ष डा. बीएस बिष्ट इसे दिव्यांगों के मानसिक स्वास्थ्य के लिए लाभप्रद बताया। डा. निखिल दास ने डिप्रेशन के कारण और उपचार पर प्रकाश डाला। डा. सतीश चंद्र ने संवेगात्मक बुद्धि के विभिन्न पक्षों पर बात की। डा. सीता, डा. राजेश भट्ट, डा. रश्मि पंत, डा. सिद्धार्थ पोखरियाल, डा. हिमांशु दास, प्रो. एसपी शुक्ला ने भी अपनी बात रखी। कुलपति प्रो. ओपीएस नेगी ने कार्यक्रम की सराहना की। (ब्यूरो)

Report 4: FDP on Ethics, Research methodology and Applied SPSS, 27th January to 2nd February 2021

A week-long Faculty development programme on the topic listed above was organised jointly by M B PG College with Government Degree College, Bhatronjkhana, Almora in collaboration with the Faculty Development Centre, H N B Garhwal University, Srinagar (Garhwal). The primary objectives of the course were to develop a research orientation among the scholars and to acquaint them with fundamentals of research methods. In brief the content matter of the FDP was to introduce the participants, again primarily focussed on introducing them to the basic concepts used research and to scientific social research methods and their approach, which broadly included the deliberation on the following- sampling techniques, scientific analytical tools modeling in social sciences, as also hands on training as relates the most common and now obligatory part of the research software, i.e., SPSS. These apart, one of the sessions was especially focussed on the important, and very often relegated topic in research- the Ethical concerns in research. The experts invited and the topics they deliberated upon could be summarized as below;

Day	Resource person	Designation	Topic
1 st	Dr. Indu Khanduri	Director, Faculty Development Centre, PMMMMNMTT, Government of India	Ethics in research and publication
	Dr. Alpana Srivastava	Ex-Head & Dean, MGKVP, Varanasi, and presently Director, Amity University	Research methodology and SPSS
	Dr. Urvashi Pandey	M B Government PG College, Haldwani (Nainital)	Basics of SPSS
	Dr. Govind Pathak	M B Government PG College, Haldwani (Nainital)	Research methodology-mathematical modeling
2 nd	Dr. Tanimma Dutta	Mittal School of Business	Research methodology- Qualitative and quantitative data analysis technique
	Dr. Tarang Kapoor	University of Delhi	Critical thinking
	Dr. Shailendra Kumar Singh	Directorate of Higher Education, Govt. of Uttarakhand	Descriptive statistics and t-test -application and interpretation
	Dr. Shailendra Kumar Singh	Directorate of Higher Education, Govt. of Uttarakhand	Reliability tests and reports generation
3 rd	Dr. C S Negi	M B Government PG College, Haldwani (Nainital)	Ethics in research
	Dr. Vijay Srivastava	Mittal School of Business	Activity and mind mapping-01
	Dr. Urvashi Pandey	M B Government PG College, Haldwani (Nainital)	Data Entry

4th	Dr. Suyash Barthwal	G K U H	Design thinking
	Dr. Rahul Sharma	Mittal School of Business	Applied SPSS- Conjoint analysis
	Dr. Shailendra Kumar Singh	Directorate of Higher Education, Govt. of Uttarakhand	Reliability analysis
5th	Dr. Manju Nayal	S S J Campus, Almora	Sampling
	Dr. Mandeep Barthwal	Mittal School of Business	Applied SPSS- Multiple regression model
	Dr. Vijay Srivastava	Mittal School of Business	Activity and mind mapping-02
	Dr. Pawan Kumar	Mittal School of Business	Applied SPSS- Discriminative analysis
6 th	Dr. Govind Pathak	M B Government PG College, Haldwani (Nainital)	Qualitative and quantitative data analysis
	Dr. Urvashi Pandey	M B Government PG College, Haldwani (Nainital)	Pilgrims

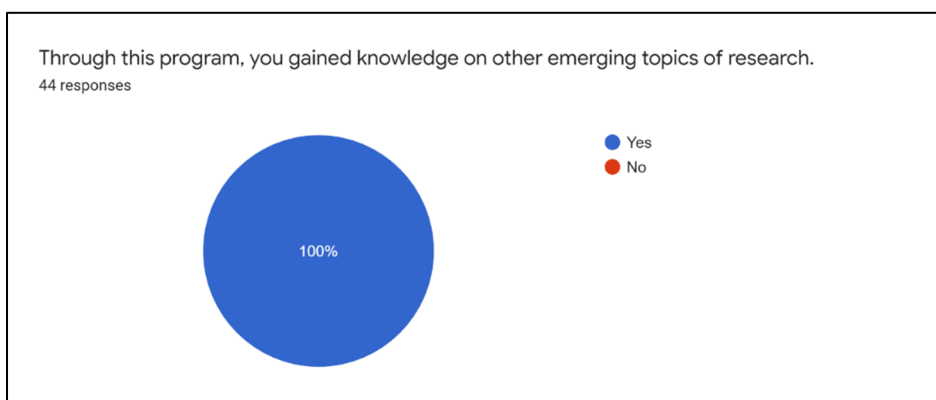
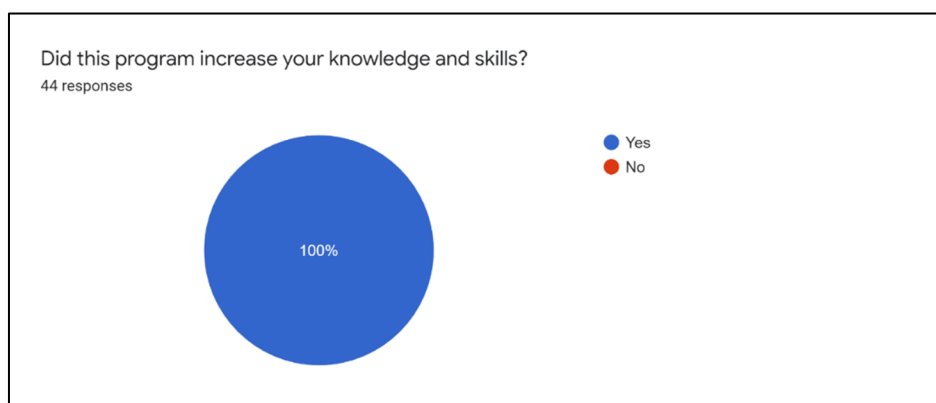
Altogether, 43 participants across the states of Bihar, Uttar Pradesh, Uttarakhand and Delhi participated in the week-long programme.

List of participants

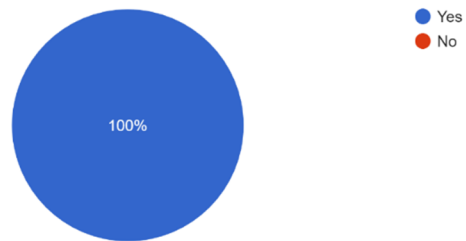
S. No.	Name of the participant	Affiliation
1.	Mr. Chaman Kumar	Govt. Degree College, Tyuni, Dehradun
2.	Dr. Bhanu Prakash Joshi	Uttarakhand Open University, Haldwani
3.	Dr. Deepak Paliwal	Dr. R S Tolia Uttarakhand Academy of Administration, Nainital
4.	Dr. Deepa Singh	M B Government PG College, Haldwani (Nainital)
5.	Dr. Nirmala Joshi	M B Government PG College, Haldwani (Nainital)
6.	Dr. Lotika Amit	M B Government PG College, Haldwani (Nainital)
7.	Dr. Alka Sharma	M B Government PG College, Haldwani (Nainital)
8.	Dr. Shasti Ballabh Misra	M B Government PG College, Haldwani (Nainital)
9.	Dr. Daya Prakash Yadav	H N B Govt. PG College, Khatima
10.	Dr. Asha Harbola	M B Government PG College, Haldwani (Nainital)
11.	Ms. Sudipta	Government PG College, Gopeshwar
12.	Dr. Rashmi Pant	Government Girls PG College of Commerce, Haldwani
13.	Dr. Rakhi Panchola	SDM Govt. PG College, Doiwala, Dehradun
14.	Dr. Rajpal Singh Rawat	SDM Govt. PG College, Doiwala, Dehradun
15.	Dr. Banwari Lal Thapliyal	Government Degree College, Barkot, Uttarkashi
16.	Dr. Sunita Upadhyay	M B Government PG College, Haldwani (Nainital)
17.	Dr. Prakash Chand Bhatt	Government PG College, Dwarahat, Almora
18.	Dr. Sachin Rastogi	M B Government PG College, Haldwani (Nainital)
19.	Dr. Kamla Fuloria	M B Government PG College, Haldwani (Nainital)
20.	Dr. Kuldeep Rastogi	Government Girls PG College of Commerce, Haldwani

21.	Mr. Sanjay Kumar	M B Government PG College, Haldwani (Nainital)
22.	Dr. Ghanshyam Thakur	H N B Garhwal University, Srinagar (Garhwal)
23.	Dr. Meena Tripathi	M B Government PG College, Haldwani (Nainital)
24.	Dr. Gulnaz Fatima	Government Degree College, Thatyur
25.	Dr. Anchala Nautiyal	Government Degree College, Thatyur
26.	Dr. Anusuya Biswas	Noida International University
27.	Ms. Priyanka Yadav	R G PG College, CCS University, Meerut
28.	Dr. Ajit Singh	M M H College, Ghaziabad
29.	Dr. Seema Kumari	Government PG College, Sitarganj
30.	Dr. Sheela Kumar Sharma	Government PG College, Sitarganj
31.	Ms. Namrata Tripathi	Noida International University
32.	Dr. Jayshree Bhandari	M B Government PG College, Haldwani (Nainital)
33.	Ms. Reena	Government Degree College, Satpuli
34.	Dr. Gargi	M M H College, Ghaziabad
35.	Dr. Namita Misra	Government PG College, Ranikhet
36.	Dr. Harish Chandra Joshi	Government Degree College, Kotabag
37.	Dr. Bhuwan Tiwari	M B Government PG College, Haldwani (Nainital)
38.	Dr. Naval Kishore Lohani	M B Government PG College, Haldwani (Nainital)
39.	Dr. Jyoti Tamta	M B Government PG College, Haldwani (Nainital)
40.	Dr. Neeraj Tiwari	M B Government PG College, Haldwani (Nainital)
41.	Dr. Kamla Tiwari	M B Government PG College, Haldwani (Nainital)
42.	Dr. Rekha Mehra	M B Government PG College, Haldwani (Nainital)

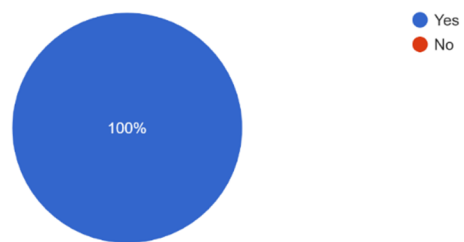
Analysis of the feedback report



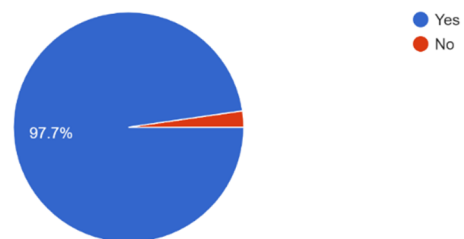
Through this program you have been imparted skilled training by SPSS
44 responses



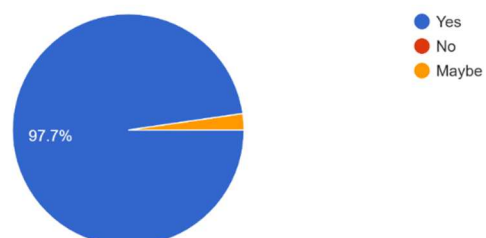
This FDP was Helpful in Increasing Your Research Knowledge
44 responses



Can you now Increasing the Quality of Research by Using SPSS?
44 responses

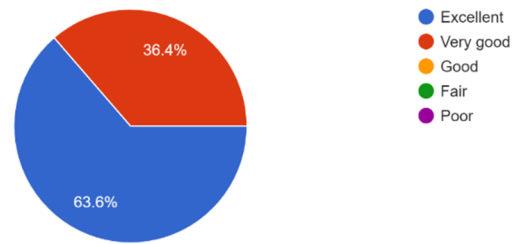


Can you now Increasing the Quality of Research Using Research Methodology?
44 responses



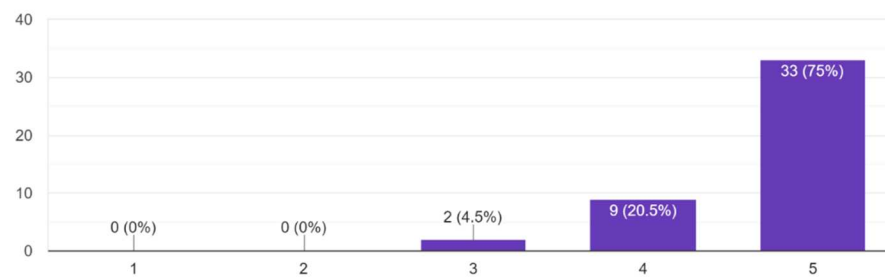
How do you like the Lectures given by All The Resource Persons In The FDP?

44 responses



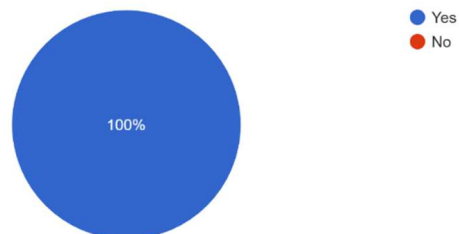
How did You Like the Area of Lectures (Subject Matter/Topics) Delivered During The FDP?

44 responses



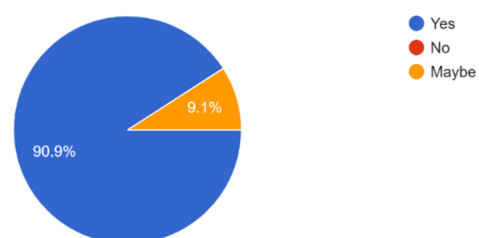
Is this FDP successful?

44 responses



Should we Continue this type of FDP in Future?

44 responses



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Meeting details

People (30)

Chat

Kamla Fuloria 11:02 AM
Good morning to all

9411745207 Dr seema kumari 11:02 AM
Good afternoon to all
My self Dr. Seema kumari
From Govt. P. G. College kotdwara, uttarakhand.
Shyamakumari1631975@gmail.com

admission Bvimmr Delhi 11:02 AM
Good Morning All ,Ritika Aggarwal

Dr.Rashmi Pant 11:03 AM
Good morning everyone

Send a message to everyone

Turn on captions Present now

Meeting details ^

Namita Mishra and 25 more 10:06 AM You

Chandra Negi

Meeting details ^

Turn on captions Present now

Meet - qvk-nhai-hof - Profile 1 - Microsoft Edge
https://meet.google.com/qvk-nhai-hof?authuser=2

Govind Pathak

Meeting details

People (30)

Chat

Dr. S.B Mishra 10:12 AM
good morning to all

Neeraj Tiwari 10:13 AM
Gm to all

Neeraj Tiwari 10:15 AM
Gm sir,

Dr. S.B Mishra 10:17 AM
good morning sir

Kamla Fuloria 10:17 AM
Good morning to all

Send a message to everyone

Turn on captions Present now

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उच्च शिक्षा निदेशक डॉ. कुमकुम ने किया प्रदेश के पहले मेंटल वेलनेस काउंसिलिंग सेल का उद्घाटन

एमबीपीजी में खुला मेंटल वेलनेस सेल



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एमबीपीजी कॉलेज में प्रदेश का पहला मेंटल वेलनेस काउंसिलिंग सेल का शुक्रवार को उच्च शिक्षा निदेशक डॉ. कुमकुम रातेला, एसीएमओ डॉ. रश्मि पंत एवं प्राचार्य डॉ. बीआर पंत ने संयुक्त रूप से उद्घाटन किया। यहां मनोचिकित्सक और क्लिनिकल साइकोलॉजिस्ट महोदयों ने चार दिन बैठेंगे और छात्रों की मानसिक समस्याओं का समाधान करेंगे। कॉलेज प्रशासन काउंसिलिंग कार्यक्रम के लिए वार्षिक कैलेंडर जारी करेगा। साथ ही तंबाकू नियंत्रण एवं मानसिक स्वास्थ्य को लेकर कार्यशाला का आयोजन किया गया।

उच्च शिक्षा निदेशक डॉ. कुमकुम रातेला ने कहा कि युवाओं में मानसिक समस्याएं बढ़ रही हैं। युवा अपने भविष्य को लेकर चिंतित दिखाई देते हैं। उन्होंने कहा कि एमबीपीजी



एमबीपीजी कॉलेज में मेंटल वेलनेस काउंसिलिंग सेल का उद्घाटन करती उच्च शिक्षा निदेशक डॉ. कुमकुम रातेला, एसीएमओ रश्मि पंत, प्राचार्य बीआर पंत।

कॉलेज प्रशासन की यह पहल सराहनीय है और युवा वर्ग को इसका काफी फायदा मिलेगा। एसीएमओ डॉ. रश्मि पंत ने तंबाकू के दुष्प्रभावों के विषय में जानकारी दी। काउंसिलिंग सेल की संयोजक डॉ. रश्मि पंत ने कहा कि यह यूथ फ्रेंडली सेल है। इसमें विद्यार्थियों की मानसिक समस्याओं का समाधान और काउंसिलिंग की व्यवस्था की गई है। कहा कि डब्ल्यूएचओ के मानकों के

अनुसार सेल स्थापित की गई है। यहां आने वाले छात्रों की जानकारी गोपनीय रखी जाएगी। कार्यक्रम के दौरान स्वास्थ्य शिविर भी लगाया गया। इस मौके पर मनोचिकित्सक डॉ. गिरीश पांडे, क्लिनिकल साइकोलॉजिस्ट डॉ. विनीता, डॉ. सीएस जोशी, डॉ. महेश कुमार, डॉ. एसएन सिद्ध, डॉ. अंजू बिष्ट, डॉ. पुष्कर गौड़, डॉ. कविता बिष्ट, डॉ. नीलोपर अख्तर, डॉ. प्रेम प्रकाश आदि मौजूद रहे।

एमबीपीजी के 400 पीजी छात्र छात्रवृत्ति से वंचित

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दिवकत

एमबीपीजी कॉलेज में पीजी के 400 से ज्यादा छात्र इस साल छात्रवृत्ति पाने से वंचित रह गए हैं। पीजी के दाखिले देर शुरू होने की वजह से पात्र छात्रों के आवेदन नहीं हो पाए थे। इसमें राज्य सरकार के अलावा केंद्र की ओर से छात्रवृत्ति पाने वाले विद्यार्थी शामिल हैं। इनके अलावा स्नातक प्रथम वर्ष की सुधार परीक्षा देने वाले भी छात्र शामिल हैं। अब स्कॉलरशिप पोर्टल दोबारा खुलने की संभावना कम है। सरकार एससी, एसटी, ओबीसी के अलावा अल्प संख्यक, राष्ट्रीय छात्रवृत्ति, टॉप क्लास श्रेणी में विद्यार्थियों को छात्रवृत्ति प्रदान करती है।

- एमबी कॉलेज में देरी से शुरू हुए स्नातकोत्तर के दाखिले
- पात्र छात्र नहीं कर पाए छात्रवृत्ति के लिए आवेदन

कोरोना संक्रमण के चलते इस सत्र कॉलेजों में प्रवेश प्रक्रिया देर से शुरू हुई थी। एमबीपीजी कॉलेज से मिली जानकारी के अनुसार 20 जनवरी छात्रवृत्ति के लिए आवेदन की अंतिम तिथि थी। मगर कुमाऊं विवि से पीजी प्रथम सेमेस्टर में पंजीकरण कराने वाले छात्रों की सूची देर से मिली। इस वजह से मेरिट लिस्ट देरी से जारी हुई और प्रवेश प्रक्रिया में विलंब हुआ।

Objectives

The Mental Wellness & Counseling Cell was established in February 2021 in the Department of Psychology. Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. It's a youth-friendly cell where students can share any type of problems they are facing with the counselor as well as the psychiatrist, who would be visiting the Cell on the appointed date. It is well known that a significant number of youths are suffering from anxiety, which as per one study is around 9.4%, similarly depression (4.4%), and other behavioral problems, which again is around 8.9%. Towards amelioration of this growing mental health problem, the proposed mental Health & Counselling Cell will carry out the following-

- Hold talks with the youths to understand and sort out the problem
- Educate them about mental well-being, through making social connections, or relations, so that they may be able to share their problems; lead an active mode of lifestyle, and take up or practice different modes of relaxation techniques.
- Motivate them to raise or remain positive, and encourage them to get relieved of their anxiety or fears, or any other emotional problems through an outlet, which could be friends, relationships, etc.
- Taking recourse to the expertise available in the college, say, Department of Yoga, to undertake Yoga exercises for the benefit of the students suffering from anxiety, and else, through relaxation of mind.

- v. One of the prime goals of the Cell would be to impart a sense of meaning and purposefulness in life, to the students.

Achievements of the Mental Health & Counseling Cell

To date, around 400 students have benefitted from their visit to the Cell. Additionally, the Cell or the facility also holds workshops or awareness talks by inviting experts. The talks related to Mental Health issues. Henceforth, locally available expertise is sought in the form of clinical psychologists, counselors, and psychiatrists, from time to time. Needless to emphasize here, these talks have helped in raising awareness about the mental health-related issues amongst the youth, and have paved the way towards their behavioral, as well as emotional strengthening. The students are also involved in learning the basic techniques, and how to cope with the stressors and depressive symptoms.



Plate- A invited psychiatrist holds a talk with the students



भारतीय संस्कृति को केंद्र में रखकर मनोविज्ञान समझाया

हल्द्वानी, कार्यालय संवाददाता। एमबीपीजी कॉलेज मनोविज्ञान विभाग में मेंटल हेल्थ एंड वेलनेस सेल ने मानसिक स्वास्थ्य एवं जनकल्याण पर कार्यशाला आयोजित की। उद्घाटन मुख्य अतिथि उप निदेशक उच्च शिक्षा डॉ. आरएस भाकुनी, प्राचार्य डॉ. एनएस बनकोटी और मनोचिकित्सक डॉ. रवि भैसोड़ा ने किया।

मुख्य वक्ता डॉ. भैसोड़ा ने भारतीय संस्कृति को केंद्र में रखकर कथाओं द्वारा मनोविज्ञान के बारे में विद्यार्थियों को जानकारी दी। कहा कि मनोचिकित्सक मरीजों का उपचार ऐसे करें कि उन्हें अहसास हो उनके भीतर क्षमता पहले से ही थी। उपनिदेशक उच्च शिक्षा डॉ. आरएस भाकुनी ने मानसिक स्वास्थ्य को लेकर हुए कार्यक्रम की सराहना की। उन्होंने भविष्य में इस तरह के आयोजनों में सभी विद्यार्थियों को शामिल करने पर जोर दिया। विभागाध्यक्ष डॉ. रश्मि पंत ने बताया कि मानसिक स्वास्थ्य एवं

कुलपति स्वर्ण पदक विजेता रक्षिता सम्मानित

एमए मनोविज्ञान की छात्रा रक्षिता जोशी ने कुमाऊं विवि की मुख्य परीक्षा में 83 फीसदी अंक प्राप्त कर टॉप किया है। उनका चयन कुलपति स्वर्ण पदक के लिए हुआ। कार्यशाला में मेधावी छात्रा रक्षिता को सम्मानित किया गया। पीपीटी प्रस्तुतिकरण प्रतियोगिता में स्थान प्राप्त करने वाले विद्यार्थियों को भी पुरस्कार प्रदान किया गया।

जनकल्याण को लेकर व्याख्यान कार्यक्रम चरणबद्ध तरीके से आयोजित होगा। इसे पुलिस विभाग के साथ भी पूरे प्रदेश में आयोजित कराने की योजना है। इस मौके पर डॉ. बीआर पंत, डॉ. रेखा जोशी, डॉ. कमला पंत, डॉ. कमला तिवारी, डॉ. महेश कुमार, डॉ. सीएस नेगी, डॉ. संजय खत्री, डॉ. अमित सचदेवा, डॉ. रेनू जलाल, डॉ. किरण कर्नाटक, डॉ. नवल लोहनी आदि रहे।



एमबीपीजी कॉलेज में सोमवार को मेंटल हेल्थ पर कार्यशाला को संबोधित करते वक्ता।



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Longitude: 79.53031
Accuracy: 1700.0 m
Time: 12-10-2022 11:24

Note: Wellness center, psychology

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