



## **Specific facilities provided for women in terms of** **Counselling**



# Awareness Sessions on Psychological Health and Well-being

## REPORT

Sr. No.	Program Name	Section	Date	Time	Venue	No. of Students
1.	B.Tech. 1 <sup>st</sup> Year	O,B,C,T	19.10.2021	11 am – 12 Noon	AB-VII 418	160
				02 pm – 03 pm		
				03 pm – 04 pm		
				05 pm – 06 pm		
2.	B.Tech. 1 <sup>st</sup> Year	N,L,G,J,F	20.10.2021	10 am – 11am	AB-VII 418	200
				11 am – 12 Noon		
				02 pm – 03 pm		
				03 pm – 04 pm		
3.	B.Tech. 1 <sup>st</sup> Year	Q,D,A,H	21.10.2021	05 pm – 06 pm	AB-VII 418	160
				11 am – 12 Noon		
				02 pm – 03 pm		
				03 pm – 04 pm		
4.	B.Tech. 1 <sup>st</sup> Year	K,M,V,W	22.10.2021	04 pm – 05 pm	AB-VII 418	160
				05 pm – 06 pm		
				10 am – 11 am		
				03 pm – 04 pm		
5.	B.Tech. 1 <sup>st</sup> Year	R,E,U	27.10.2021	12 Noon – 01 pm	AB-VII 418	120
				02 pm – 03 pm		
				04 pm – 05 pm		
6.	B.Ed.	All 1 <sup>st</sup> Year	05.10.2021	11 am – 12:30 pm	AB-IX -----	40
7.	B.Sc.(Ag.)	All 1 <sup>st</sup> Year	25.10.2021	11 am – 12 Noon	AB-VI 402	65
8.	B.Sc.(Ag.)	All 1 <sup>st</sup> Year	17.11.2021	10 am – 11:30 am	AB-VI 402	65
9.	BBA/ BA(H)	All 1 <sup>st</sup> Year	22.11.2021	12 Noon – 01 pm	AB-VI Conference Hall	180
10.	BBA	All 1 <sup>st</sup> Year	23.11.2021	12 Noon – 01 pm	AB-VI Conference Hall	180
11.	BA Economics or B.Com. (H)	All 1 <sup>st</sup> Year	02.12.2021	11 am – 12 Noon	AB-VI Conference Hall	180
12.	BBA(H)/ BBA(FB)/ B.Com. (CIMA)	All 3 <sup>rd</sup> Semester	03.12.2021	11 am – 12 Noon	AB-X Conference Hall	180
13.	BCA 1 <sup>st</sup> Year	A,B	22.12.2021	11 am – 12 Noon	AB-X Conference Hall	120
14.	BCA 1 <sup>st</sup> Year	C,D	22.12.2021	12 Noon – 01 pm	AB-X Conference Hall	120

The objective of organizing all such sessions is to spread awareness on Psychological Health and Well-being amongst the students. All the newly joined first year students at GLA University were the target audience. All students were informed about various issues related to Psychological Health and Well-being. Sessions on Motivation, Emotional intelligence and Stress management were provided by Dr. Himalaya Tiwari & Dr. Pragati Chaturvedi under the mentorship of Pro-Vice-Chancellor (Prof.) Dr Anup Kumar Gupta.



## Few Glimpses of the Sessions

