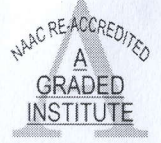




Institute for Excellence in Higher Education, Bhopal

CPE Status Conferred by UGC



Office – Kaliasot Dam, Kolar Road, Bhopal-462016 Tele: (0755) 2492433, 2492460

E-mail: iehebhopal@mp.gov.in Website: www.iehe.ac.in

Report on

One – Week Positive Psychology Workshop

One week workshop on Positive Psychology: Core Concepts and its Application were held from 7th January to 12th January, 2019 at Seminar hall 2. The objective of this workshop was to promote physical and mental wellbeing of senior professors and enable students to achieve the same. The workshop was organized by Department of Psychology and Vocational cell. It was delivered by Somya Singh, consultant positive psychologist, Counseling for wellbeing, Bhopal. This workshop was held under the Leadership of Dr. Meera Pingle, Director, IEHE. The topics that were covered in one week are: Mindfulness, Growth mindset, Emotional Intelligence, Social Intelligence, Spiritual intelligence, And Human Strengths and Virtues. It included both theory and activities on positive psychology like Mindful eating, Mindful drawing; Pessimism to optimism; Expression of emotions; Situational response; Meditation: Third eye meditation, Chakra meditation, guided meditation; know your strengths and virtues. The workshop was attended by faculties with high enthusiasm and vigor. The conveners for this workshop were Dr. Anupam Shukla and Dr. Manisha Sharma. The Organizing Committee comprised of three members i.e. Dr. Reshma Qureshi, Ms. Sanskriti Damade, and Mr. Atharva Shukla. The workshop was attended by 65 senior faculties of IEHE.

Somya Singh
14/12/19
Director

DIRECTOR,
INSTITUTE FOR EXCELLENCE
IN HIGHER EDUCATION
BHOPAL-462016

IT cell
To upload
on website

Dr. Anupam Shukla
14/12/19
Dr. (Mrs) Anupam Shukla
Professor (Psychology)

Dr. (Smt) ANUPAM SHUKLA
Head (Psychology)
Institute for Excellence
Higher Education, Bhopal