



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**










Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology

Objective: To explore and discuss the role of psychological techniques and mind mastery in achieving personal and professional growth.

Description: On December 9, 2024, the Department of Psychology at St. Bede's College, Shimla, hosted a one-day seminar titled "Mind Mastery: Achieving Excellence and Personal Growth through Psychology." The event featured resource persons including Prof. N.K. Goyal, Chairman Emeritus of TEMA; Ms. Anjali Verma, Director of CSAI; Ms. Seema Goel, Advisor to CSAI; and Mr. Navdesh, CEO of CSAI & CMAI. The seminar explored techniques for mastering the mind to foster personal and professional growth, with Prof. Goyal sharing insights on managing mental health issues like depression. Ms. Goel discussed the negative applications of mind mastery, highlighting how cybercriminals manipulate emotions in cybercrimes.

Outcome: Participants gained a deeper understanding of how psychological factors influence personal development and how mastering the mind can lead to improved mental health and resilience. Attendees received valuable insights into managing mental health challenges, particularly depression, and learned how to apply psychological techniques to enhance personal and professional growth. Overall, the seminar empowered individuals to adopt healthier mental practices, understand psychological perspectives, and use mind mastery techniques for positive personal growth and contribution to society.

<p>Date: December 09, 2024 Timings : 10.30 A.M. to 12.30 P.M. Venue: Auditorium</p> <p>Target Audience: College & School Students</p> <p>Registration link: https://forms.gle/8u33J8u794u1333206</p>	<p> St. Bede's College NAAC Re-Accredited A Grade</p> <p>  </p> <p>DEPARTMENT OF PSYCHOLOGY Under the Aegis of IQAC is organizing a seminar on</p> <p>MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</p> <p></p> <p>Resource Persons</p> <p>Patron: Prof. Sr. Molly Abraham</p> <p> Prof. N.K. Goyal Chairman Emeritus, TEMA, President CMAI/CSM</p> <p> Ms. Anjali Verma Director, Cyber Security Association of India</p> <p>Convener: Mr. Mohit Kumar</p> <p>Co-Conveners: Ms. Jagriti & Ms. Pratiksha Tomar</p>

Brochure



***Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology
(December 9, 2024)***



*Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology
(December 9, 2024)*



Department of Psychology
St. Bede's College, Shimla

ATTENDANCE SHEET OF PARTICIPANTS (2024-25)

Name of the activity: Seminar on "Mind Mastery: Achieving Excellence and Personal Growth Through Psychology"

Date: 09/12/2024

Organizing Unit: Department Of Psychology

No of students participated:

Sr. No	Name of the student	Signature
1.	Sakshi Negi	
2.	Bhuvika Verma	
3.	Kaisha Sharma	
4.	Smriti Gupta	
5.	Tahani Wali	
6.	Mehak Sharma	
7.	Mannat Kapoor	
8.	Medhavi Nautiyal	
9.	Nikhita Raj Chauhan	
10.	Shruti Thakur	
11.	Priyanka Sharma	

11/12/24

09/12/24

Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

ATTENDANCE SHEET OF PSYCHOLOGY STUDENTS (2024-25)

Name of the activity: Seminar on "Mind Mastery: Achieving Excellence and Personal Growth Through Psychology"

Date: 09/12/2024

Organizing Unit: Department Of Psychology

No of students attended:

Sr. No	Name of the student	Signature
1.	Sahiba Dhiman	
2.	Garagi Verma	
3.	Suhani Negi	
4.	Eirikka Koundal	
5.	Aanya Mimhas	
6.	Anuva Chandra	
7.	Ridhisha Chaudhary	
8.	Bhumika Verma	
9.	Venus Chauhan	
10.	Diyancor Aulakh	
11.	Smridhi Gupta	
12.	Saisha Khanna	
13.	Aishna Mittal	
14.	Vrinda Sharma	
15.	Sanya Jhingta	
16.	Bharti Sharma	
17.	Jahnavi Wali	
18.	Mehak Sharma	

1/ Page

10/12/20
09/12/24
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

19.	Kashish Shakya	<i>Pakya</i>
20.	Ridhima Chauhan	<i>Ridhima</i>
21.	Muskan Chauhan	<i>Muskan</i>
22.	Shayonika	<i>Shayonika</i>
23.	Sonal Patta	<i>Sonal</i>
24.	Disha Sharma	<i>Disha</i>
25.	Anayata Chauhan	<i>Anayata</i>
26.	Yuvika Verma	<i>Yuvika</i>
27.	Deeksha Jaryal	<i>Deeksha</i>
28.	Ishita Sharma	<i>Ishita</i>
29.	Aarvi Hastu	<i>Aarvi</i>
30.	Arshdeep Kaur	<i>Arshdeep</i>
31.	Komal	<i>Komal</i>
32.	Aastha Sahwani	<i>Aastha</i>
33.	Luvina Dogra	<i>Luvina</i>
34.	Aarti	<i>Aarti</i>
35.	Mitali Kaistha	<i>Mitali</i>
36.	Ganima Shandil	<i>Ganima</i>
37.	Sakshi Rana	<i>Sakshi</i>
38.	Akshara Chauhan	<i>Akshara</i>
39.	Nupur Thakur	<i>Nupur</i>
40.	Chyriel Thomas	<i>Chyriel</i>
41.	Viveka Kookna	<i>Viveka</i>

Chyriel



Department of Psychology
St. Bede's College, Shimla

40.	Ayushi Mehta	Ayushi
42.	Prabisha Soni	Prabisha
43.	Tiba	Tiba
45.	Shruti Sharma	Shruti
46.	Neha Maraina	Neha
47.	Prerna Chandel	Prerna
48.	Snaha Verma	Snaha
49.	Samridhi Sharma	Samridhi
50.	Gharima Sharma	Gharima
51.	Mauli Garg	Mauli
52.	Aditi Sharma	Aditi
53.	Payal Mehta	Payal
54.	Shreya Sharma	Shreya
55.	Aditi	Aditi
56.	Chahat Kalra	Chahat
57.	Akriti Thakur	Akriti
58.	Mannat Thakur	Mannat
59.	Anushka Chauhan	Anushka
60.	Mehvish Sahuja	Mehvish
61.	Samreen Kaur	Samreen
62.	Arambhika	Arambhika
63.	Kritika Shandil	Kritika
64.	Kashish Gurawaliya	Kashish

8/10/20

Principal

rochlyn
29/10/20
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

65	Samruddhi R. Rana	<i>Rana</i>
66	Srijal Sharma	<i>Sharma</i>
67	Ashma Mehta	<i>Mehta</i>
68	Smarshi Ramlalk	<i>Ramlalk</i>
69	Shriya Thakur	<i>Thakur</i>
70	Devangi Sharma	<i>Sharma</i>
71	AKanksha Rana	<i>Rana</i>
72	Urmali Shree	<i>Shree</i>
73	Tarvi Chauhan	<i>Chauhan</i>
74	Pranjal	<i>Pranjal</i>
75	Pehal	<i>Pehal</i>
76	Aranya Sisodia	<i>Sisodia</i>
77	Vrity Sharma	<i>Sharma</i>
78	Harmanpreet Kaur	<i>Kaur</i>
79	Sanskriti Virla	<i>Virla</i>
80	Muskan Negi	<i>Negi</i>
81	Yachna	<i>Yachna</i>
82	Alisha Rampa	<i>Rampa</i>
83	Mannat Thakur	<i>Thakur</i>
84	Parvi Bhardwai	<i>Bhardwai</i>
85	Shweta	<i>Shweta</i>
86	Yashika Naret	<i>Naret</i>
87	Shikhi Sharma	<i>Sharma</i>

21/11/2020

Gul

Mallyra
29/12/20
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

88.	Divyanshi Gautam	Sharma
89.	Pratishtha Sharma	Intuitions
90.	Priyanshi Sharma	Sharma.
91.	Pranchal Sharma	Pranchal
92.	Samira Sharma	Sharma
93.	Awesome Sharma	Sharma
94.	Rashi Thakur	Thakur
95.	Apekha Dhandu	Apekha
96.	Muskan Verma Kapoor	Muskan
97.	Kritika Chandel	Kritika
98.	Mahima Khanna	Mahima
99.	Kudika Mehta	Kudika
100.	Shikha Chaudhary	Shikha
101.	Shivanshi Kumar	Shivanshi
102.	Pragya Kaur	Pragya
103.	Mansi Prashar	Mansi
104.	Priyanshi Kaur	Priyanshi
105.	Kunika Khanna	Kunika
106.	Kritika Khanna	Kritika
107.	Vanshika Dogra	Vanshika
108.	Shivanshi Khanna	Shivanshi
109.	Niharika Khanna	Niharika
110.	Vanshika Kalia	Vanshika

51 Page

(M)

Principal
29/12/24
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

111	Mahima Kaur Bhandari	Nothing
112	Narinder Tamir Mukherjee	Nothing
113	Riya Sharma	Riya Sh
114	Kokona K. Das	Kokona
115	Shivam	Shivam
116	Nurja Upadhyaya	Nurja
117	Gunvillan Monga	Gunvillan
118	Kizzel Rana	Kizzel
119	Shruti Bhandari	Shruti
120	Archita Garg	Archita
121	Swathi Singh	Swathi
122	Ridhima Bhandari	Ridhima
123	Disha Bhatnagar	Disha
124	Harish Sharma	Harish
125	Shruti Thakur	Shruti
126	Arushi	Arushi
127	Pooja	Pooja
128	Khushi Prasad	Khushi
129	Yukti Khambhadi	Yukti
130	Vidhi Luthra	Vidhi
131	Anshdeep Kaur	Anshdeep
132	Sania chandhary	Sania
133	Kulvish Sharma	Kulvish

6 PAGE

Amrit

29/12/24
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

134	Ashleen Paul	<u>Guaid</u>
135	Jahnavi Jain	<u>Jahnavi Jain</u>
136	Achint Mann	<u>Achint Mann</u>
137	Kritika Sharma	<u>Kritika Sharma</u>
138	Dargesh	<u>Dargesh</u>
139	Sahij Karyal	<u>Sahij</u>
140	Ashien Simal	<u>Out</u>
141	Shagun Sharma	<u>Shagun</u>
142	Vidya Mary George	<u>Vidya</u>
143	Nanya Mita	<u>Nanya</u>
144	Anushka	<u>Anushka</u>
145	Srishti	<u>Srishti</u>
146	Arushi	<u>Arushi</u>
147	Ishika Verma	<u>Ishika</u>
148	Aditi Singh	<u>Aditi</u>
149	Gorima Shikawat	<u>Gorima</u>
150	Nimrat Kaur	<u>Nimrat</u>
151	Mehak Sharma	<u>Mehak</u>
152	DEVYANSHU CHADHAN	<u>Devanshu</u>
153	Tarika Pal	<u>Tarika</u>
154	Sejal Tanale	<u>Sejal</u>
155	Palak Thakur	<u>Palak</u>
156	Himanshi Prashar	<u>Himanshi</u>

Page

Crif

100/100
29/12/24
Principal
St. Bede's College
Shimla

Attendance Sheet

