



## **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

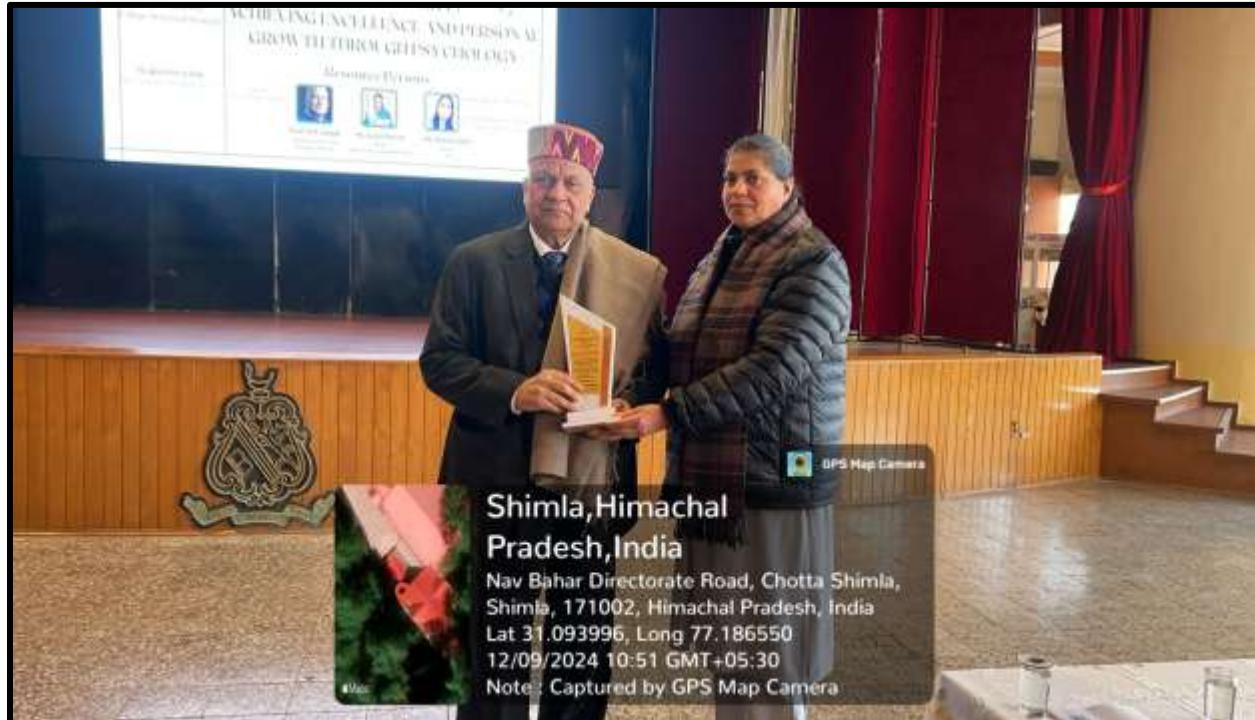
**Objective:** To explore and discuss the role of psychological techniques and mind mastery in achieving personal and professional growth.

**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 &amp; School Students</p> <p>Registration link: <a href="https://forms.gle/SuV9Dh39nTWYzNq8">https://forms.gle/SuV9Dh39nTWYzNq8</a></p>	<p><b>St. Bede's College</b> NAAC Re-Accredited A Grade</p> <p><b>TEMA</b></p> <p><b>DEPARTMENT OF PSYCHOLOGY</b> Under the Aegis of IQAC is organizing a seminar on</p> <p><b>MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</b></p> <p><b>Resource Persons</b></p> <p><b>Patron:</b> Prof. Sr. Molly Abraham</p> <p><b>Prof. N. K. Goyal</b> Chairman Emeritus, TEMA, President CHAI/CSAI</p> <p><b>Ms. Anjali Verma</b> Director, Cyber Security Association of India</p> <p><b>Convener:</b> Mr. Mohit Kumar</p> <p><b>Co-Conveners:</b> Ms. Jagriti &amp; Ms. Pratiksha Tomar</p>
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*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

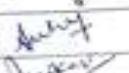
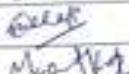
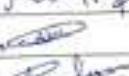
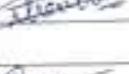
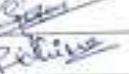
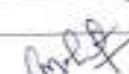
**ATTENDANCE SHEET OF PARTICIPANTS (2024-25)**

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

Through: 18/06/2016  
Date: 09/12/2024

Organizing Unit: Department Of Psychology

#### Number of students participated:

Sr. No	Name of the student	Signature
1.	Shahani Negi	
2.	Pranavika Verma	
3.	Kaisha Tyshanna	
4.	Sneha Gupta	
5.	Tahaniavi Wali	
6.	Mehak Ghosh	
7.	Mannat Kapoor	
8.	Medhavi Nautiyal	
9.	Nikhila Raj Chauhan	
10.	Khatal Thakur	
11.	Richima Bhawota	

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Principal  
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Chennai

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## *Attendance Sheet*



Department of Psychology  
St. Bodo'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.	Giorgi 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.	Smriti Gupta	
12.	Saisha Khanna	
13.	Aishna Mittal	
14.	Vrinda Sharma	
15.	Sanya Jhingta	
16.	Bharti Sharma	
17.	Jahnavi Wali	
18.	Mehak Sharma	

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2024/25  
09/12/24

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Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

19.	Kashish Shakya	<i>✓</i>
20.	Rishhma Chauhan	<i>✓</i>
21.	Muskan Chauhan	<i>✓</i>
22.	Shayonlika	<i>✓</i>
23.	Sonal Pazta	<i>✓</i>
24.	Disha Sharma	<i>✓</i>
25.	Anayata Chauhan	<i>✓</i>
26.	Yuvika Verma	<i>✓</i>
27.	Dreeksha Taryal	<i>✓</i>
28.	Ishita Sharma	<i>✓</i>
29.	Anvi Hastu	<i>✓</i>
30.	Arshdeep Kaur	<i>✓</i>
31.	Komal	<i>✓</i>
32.	Aastha Sathwan	<i>✓</i>
33.	Luvina Dogra	<i>✓</i>
34.	Aarti	<i>✓</i>
35.	Mitali Kalista	<i>✓</i>
36.	Gaurima Shandil	<i>✓</i>
37.	Sakshi Rana	<i>✓</i>
38.	Akshara Chauhan	<i>✓</i>
39.	Nupur Thakur	<i>✓</i>
40.	Chyriel Thomas	<i>✓</i>
41.	Viveka Kookna	<i>✓</i>

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PRINCIPAL  
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Shimla -



Department of Psychology  
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40.	Ayushi Mehta	Ayushi
42.	Deeksha Soni	Deeksha
43.	Teha	Teha
45.	Shruti Sharma	Shruti
46.	Neha Mataina	Neha
47.	Prerna Chandel	Prerna
48.	Smruti Verma	Smruti
49.	Somriti Sharma	Somriti
50.	Gaurima Sharma	Gaurima
51.	Mauli Giarg	Mauli
52.	Aditi Sharma	Aditi
53.	Payal Mehta	Payal
54.	Shreya Sharma	Shreya
55.	Aditi	Aditi
56.	Chahat Kalta	Chahat
57.	Akriti Thakur	Akriti
58.	Mannat Thakur	Mannat
59.	Anushka Chauhan	Anushka
60.	Mehwish Shuhita	Mehwish
61.	Samreen Kaur	Samreen
62.	Arambhika	Arambhika
63.	Kritika Shandil	Kritika
64.	Kashish Gurawaliya	Kashish

31/12/14

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31/12/14  
St. Bede's College  
Skimble

Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

65.	Samruddhi R. Rana	✓
66.	Srijal Sharma	✓
67.	Dishma Mehta	✓
68.	Smarshi Ramlaik	✓
69.	Shriya Thakur	✓
70.	Devangi Sharma	✓
71.	AKanksha Rana	✓
72.	Ummati Shree	✓
73.	Tarvi Chauhan	✓
74.	Pranjal	✓
75.	Pehal	✓
76.	Ananya Sisodia	✓
77.	Vritty Sharma	✓
78.	Harmanpreet Kaur	✓
79.	Sanskriti Virla	✓
80.	Muskan Negi	✓
81.	Yachna	✓
82.	Alisha Ranpa	✓
83.	Monmat Thakur	✓
84.	Parvi Bhardwaj	✓
85.	Shweta	✓
86.	Yashika Noret	✓
87.	Skiskhi Sharma	✓

21/7/24

✓

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09/07/24  
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St. Bede's College  
Shimla

Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

88.	Divyanshi Gauram	<i>Divyanshi</i>
89.	Pratibhika Sharma	<i>Pratibhika</i>
90.	Priyanshi Sharma	<i>Priyanshi</i>
91.	Pranchal Sharma	<i>Pranchal</i>
92.	Samira Sharma	<i>Samira</i>
93.	Awesome Sharma	<i>Awesome</i>
94.	Rashi Thakur	<i>Rashi</i>
95.	Anupita Dhama	<i>Anupita</i>
96.	Mukhan Verma Kapoor	<i>Mukhan</i>
97.	Khushi Chaudhary	<i>Khushi</i>
98.	Mahima Khatri	<i>Mahima</i>
99.	Khudisha Neha	<i>Khudisha</i>
100.	Khushi Chauhan	<i>Khushi</i>
101.	Khushi Kapoor	<i>Khushi</i>
102.	Pranay Kew	<i>Pranay</i>
103.	Manu Prashar	<i>Manu</i>
104.	Rishma Kew	<i>Rishma</i>
105.	Kumidhi Khatri	<i>Kumidhi</i>
106.	Khushi Kaur	<i>Khushi</i>
107.	Vanshika Degra	<i>Vanshika</i>
108.	Khwanishu Khatri	<i>Khwanishu</i>
109.	Niharika Khatri	<i>Niharika</i>
110.	Vanshika Kalsi	<i>Vanshika</i>

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*Mr. S. S. S.*

*Molly*  
09/12/14  
Psychology  
St. Bede's College  
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Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

		Noting
111.	Mahima Ghosh Pandey	
112.	Manisha Jamni Mukhlim	
113.	Riya Kharwa	
114.	Kavita K. Lal	
115.	Shivamshi	
116.	Niraj Upadhyay	
117.	Geetamliha Monga	
118.	Kigglej Raun	
119.	Khushi Bhawaraj	
120.	Archita Garg	
121.	Lavishi Singh	
122.	Rishima Bhawaraj	
123.	Disha Balwinder	
124.	Harish Sharma	
125.	Khatal Thakur	
126.	Shivangi	
127.	Panna	
128.	Bhawna Paswan	
129.	Yukti Khambal	
130.	Vidhi Luthra	
131.	Arvind Kaur	
132.	Sara Chandhary	
133.	Kulwanti Kharwa	

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29/2/14  
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Department of Psychology  
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131	Adheen Paul	<u>Adheen</u>
135	Jahnavi Jain	<u>Jahnavi</u>
136	Achint Mann	<u>Achint</u> <del>Mann</del>
137	Kritika Sharma	<u>Kritika</u>
138	Dwight	<u>Dwight</u>
139	Debjyoti Khatyal	<u>Debjyoti</u>
140	Ashish Srivastava	<u>Ashish</u>
141	Shagun Sharma	<u>Shagun</u>
142	Vimal Mary George	<u>Vimal</u>
143	Ranya Mulla	<u>Ranya</u>
144	Anushka	<u>Anushka</u>
145	Srishti	<u>Srishti</u>
146	Anushri	<u>Anushri</u>
147	Ishika Verma	<u>Ishika</u>
148	Aditi Singh	<u>Aditi</u>
149	Gaurima Shikawat	<u>Gaurima</u>
150	Nimrat Kaur	<u>Nimrat</u>
151	Mehak Sharma	<u>Mehak</u>
152	DEVYANSHU CHADHAN	<u>Devyanshu</u>
153	Tarlia Pal	<u>Tarlia</u>
154	Sejal Panata	<u>Sejal</u>
155	Palak Thakur	<u>Palak</u>
156	Himanshi Prashar	<u>Himanshi</u>

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157.	Nidra Ahuja	<u>Nidra</u> <u>Ahuja</u>
158.	Ananya Sharma	<u>Ananya</u> <u>Sharma</u>
159.	Prapti	<u>Prapti</u>
160.	Varushi	<u>Varushi</u>
161.	Ishita Sharma	<u>Ishita</u>
162.	Rashna Grover	<u>Rashna</u> <u>Grover</u>

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Principal  
St. Bede's College  
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Department of Psychology  
St. Bede's College, Shimla

### ATTENDANCE SHEET (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: -

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St. Bede's College  
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