



PSYCHOLOGY RESOURCE CENTRE & VALUE EDUCATION CENTRE

DEPARTMENT OF PSYCHOLOGY

DAULAT RAM COLLEGE

ORGANISES

CAPACITY BUILDING PROGRAM

ON

**"VALUES FOR ENHANCING HAPPINESS
AND PRODUCTIVITY"**

PARTICIPANTS: NON TEACHING STAFF*
DURATION: 6 -20 MARCH 2023
TIME: 10 A.M. -5:00 P.M.

Prof. Meetu Khosla
Convenor
Psy Resource Centre

Prof. Sarita Nanda
Vice Principal

Prof. Savita Roy
Principal

***For Registrations Contact:**
Mr. Permanand, Psychology Lab
#9868119402

****CERTIFICATES SHALL BE GIVEN ON COMPLETION OF PROGRAM**

**Psychology Resource Centre
Value Engagement centre
Daulat Ram College**

**Is organising a
Capacity building program II
On**

“Values for enhancing Happiness and Productivity”

6th March-20th March 2023

**Prof Meetu Khosla
Convener**

S.NO	Date	Day	Time	Resource Person	Topic
1	06-03-23	Monday	10:00-12:00	Inaugural Session Prof.Dr.Meetu Khosla	Values promoting happiness
2	06-03-23	Monday	03:00-05:00	Prof.Dr.Meetu Khosla	Regulating Negative Emotions at work
3	07-03-23	Tuesday	10:00-12:00	Prof.Dr.Meetu Khosla	Relaxation and meditation exercises
4	07-03-23	Tuesday	03:00-05:00	Dr.Rakhi Singh	Managing Stress at work
5	10-03-23	Friday	10:00-12:00	Dr Kshitija Wason	Building resilience at work
6	10-03-23	Friday	03:00-05:00	Lt.Dr Suparna Jain Thakur	Effective communication to increase productivity
7	11-03-23	Saturday	10:00-12:00	Dr.Pooja V Anand	Making work more meaningful
8	11-03-23	Saturday	03:00-05:00	Mr Abhinav Singh	Techniques to manage time
9	20-03-23	Monday	02:30pm	Valedictory Function	Certificate distribution