



*Swami Swatantranand Memorial College, Dinanagar*

*A Multi Faculty, Post Graduate Co-Educational Institution*

*(Accredited with 'A' Grade by NAAC /Affiliated to Guru Nanak Dev University, Amritsar)*

# *Report On*

*National Webinar on 'Cognitive  
Behavioral Therapy'  
(Research Methodology)  
On 28th December 2021*

*Organized by:*

*Department of Psychology*

**2021-22**

**Website:** [www.ssmddinanagar.org](http://www.ssmddinanagar.org)

**Email:** [ssmdnn@yahoo.com](mailto:ssmdnn@yahoo.com)

# **National Webinar on “Cognitive Behavioral Therapy”**

## **(Research Methodology)**

**Registration Link:** <https://forms.gle/UU9TC5BN96EgP8zu7>

<https://us02web.zoom.us/j/87695394198?pwd=bk5lVzVOclJoY0cvN1VmTyt3eDE0dz09>

**Meeting ID: 876 9539 4198**

**YouTube Live:** <https://youtu.be/69NxGQi5xgM>

### **Objective:-**

- To teach people to understand their own thoughts and emotions, through the art of Therapy.

### **Resource Person:**

- **Dr. Shambhavi Samir Alve** (Psychotherapist practicing Co-founder of Empty Mindscape LLP, Mumbai, Vice President of Women's Indian Chamber of Commerce & Industry's (WICCI), National Mental Health Council)

A Workshop on the topic “**Cognitive Behavioral Therapy**” was organized by the Department of Psychology. Dr. Shambhavi Samir Alve was the resource person. It was held **on 28<sup>th</sup> December 2021 at 2:30pm at Zoom Platform**. CBT ultimately aims to teach patients to be their own therapist, by helping them to understand their current ways of thinking and behaving and by equipping them with the tools to change their maladaptive cognitive and behavioral patterns. The aim of the workshop was to promote of self-awareness and emotional intelligence by teaching participants to “read” their emotions and distinguish healthy from unhealthy feelings and also to develop self-control by teaching specific techniques to identify and challenge distorted thinking.

The workshop started with welcome note by Asst. Prof. Riya Thakur. She outlined the objectives of the webinar. Apart from a good number of students, the programme was attended by faculty/research scholars/experts from different universities and colleges of India.

The program formally began with the welcome address delivered by worthy college Principal Dr.R.K. Tuli. Resource Person Dr. Shambhavi Samir Alve started the session by explaining about the CBT. She explained that it is important to learn how thoughts, feelings, and situations can contribute to maladaptive behaviors. The process can be difficult, especially for people who struggle with introspection, but it can ultimately lead to self-discovery and insights that are an essential part of the treatment process.

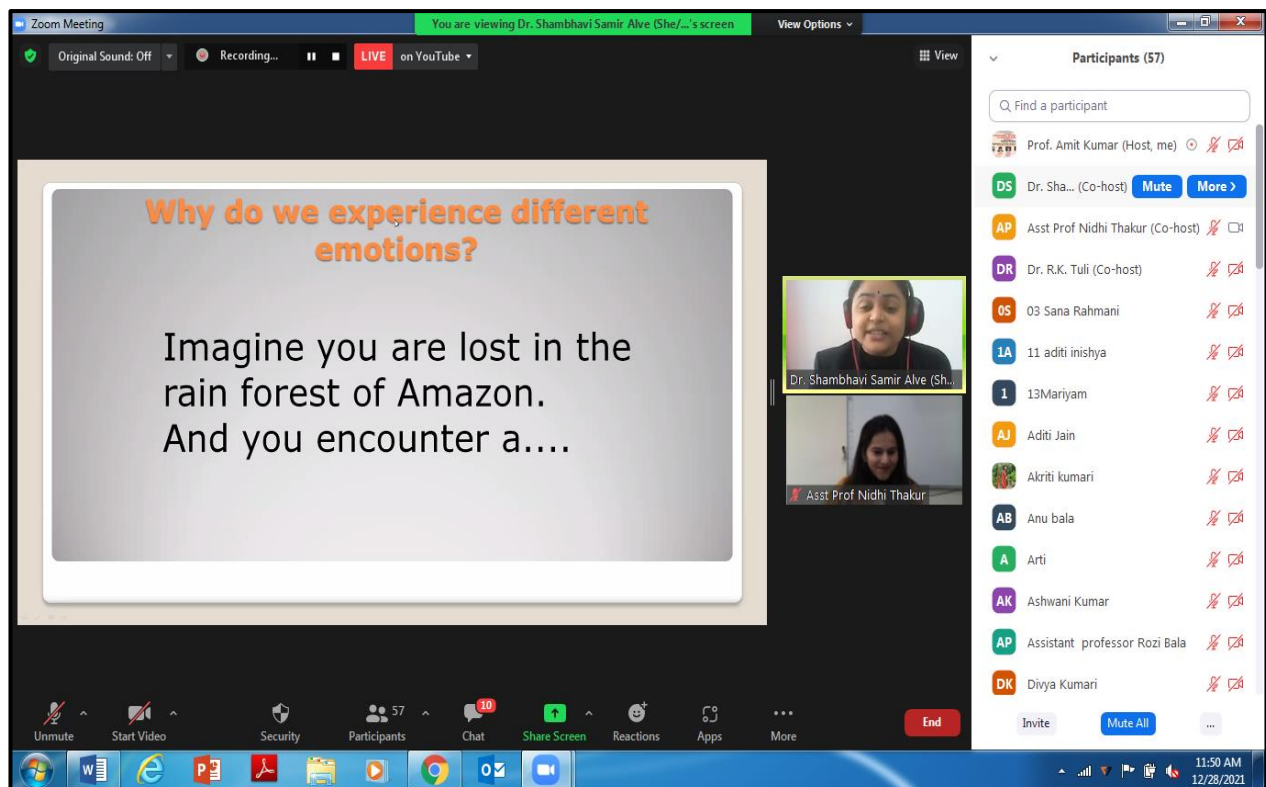
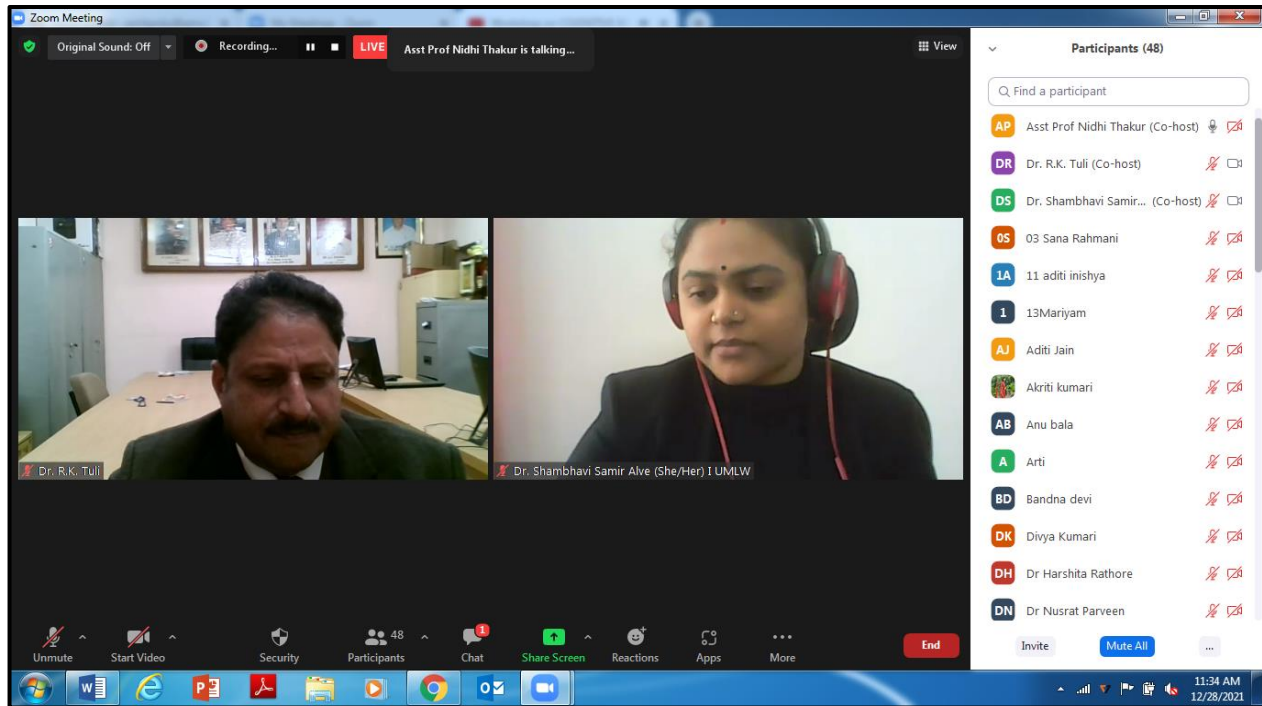
Goal setting can be an important step in recovery from mental illness and helping you to make changes to improve your health and life. During CBT, a therapist can help with goal-setting skills by teaching you how to identify your goal, distinguish between short- and long-term goals, set SMART (specific, measurable, attainable, relevant, time-based) goals, and focus on the process as much as the end outcome. Learning problem solving skills can help you to identify and solve problems that arise from life stressors, both big and small, and reduce the negative impact of psychological and physical illness. Problem solving in CBT often involves five steps: Identifying a problem, Generating a list of possible solutions, Evaluating the strengths and weaknesses of each possible solution, choosing a solution to implement and implementing the solution.

Later she asked the participants to write the few things which would put them in stress and which was the greatest blessing received by you and at last revealed that we have more blessings and also made to feel everyone how much blessed they are compared to many others. Also she gave few ideas about few relaxation techniques such as Meditation, Breathing exercise, Walking, Eye relaxation, Music, Exercise and Yoga and Journaling. She ended the session with psychometric test on Social Inhibition and Negative affirmation in which participants answered the test and analyzed their result.

Finally, she ended the session with a final quote saying: ***“To live in the moment and give your full attention to what is in front of us and the rest of our life will take care of itself.”***

<b>You Tube link</b>
<a href="https://www.youtube.com/watch?v=nsS6MAx_CAM">https://www.youtube.com/watch?v=nsS6MAx_CAM</a>

## Highlights of the Event






Zoom Meeting

Original Sound: Off Recording... LIVE on YouTube


# What really changed?



Thoughts  
"I am alone"

"I don't have the resources to fight"

"How will I fight?"



Participants (58)

Find a participant

- Prof. Amit Kumar (Host, me)
- DS Dr. Shambhavi S... (Co-host)
- AP Asst Prof Nidhi Thakur (Co-host)
- DR Dr. R.K. Tuli (Co-host)
- OS 03 Sana Rahmani

Invite Mute All

Chat

Prabhjeet kaur to Everyone

PK 0

Khushi Slaria to Everyone

KS no

Who can see your messages? Recording On


To: Everyone

Type message here...

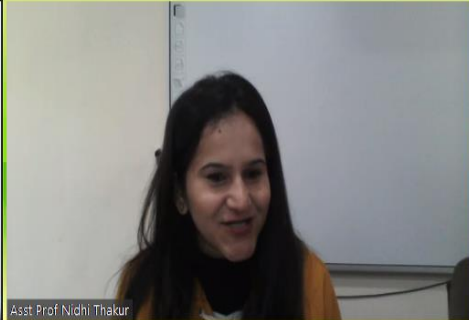
11:57 AM 12/28/2021

Zoom Meeting

Original Sound: Off Recording... LIVE on YouTube



Dr. Shambhavi Samir Alve (She/Her) I UMLW



Asst. Prof Nidhi Thakur

Participants (53)

Find a participant

- Prof. Amit Kumar (Host, me)
- AP Asst Prof Nidhi Thakur (Co-host)
- DR Dr. R.K. Tuli (Co-host)
- DS Dr. Shambhavi Samir... (Co-host)
- OS 03 Sana Rahmani

Invite Mute All

Chat

Divya Kumari to Everyone

DK tujhse hi zindagi hai - fallacy to change

RAJNEESH to Everyone

R. great lecture mam

Who can see your messages? Recording On

www.youtube.com • 34m

The allpunjabnews

Rajinder Kumar Pappu Jantipuria claims to be a candidate from Batala constituency

12:47 PM 12/28/2021

## Attendance of the Webinar

*Attendee of one day national online workshop on Cognitive Behavioural Therapy*

Timestamp	E-Mail Id	Name with prefix(Mr./Ms. Designation	Institution Name	Address	Whats App No.
24/12/2021 13:18:55	kajaldevi.eco29712@gmail	Ms. Kajal Devi	Assistant Professor	Swami Swatantranand M Pathankot	9878923974
24/12/2021 13:31:02	radhekrishan187@gmail	Ms. Priya	Assistant Professor	SSM College	9115139289
24/12/2021 13:33:02	Neelamsharma1681@gmail	Ms	Assistant Professor	Ssm college	7888970399
25/12/2021 14:40:17	Mehrashallu067@gmail	Shallu kumari	Student	Ssm college dinanagar	7719417097
25/12/2021 14:44:05	Mahi valjot@g. Mail. Coi Mrs		Assistant Professor	New taragarh (Begowal)	9779355179
25/12/2021 14:44:56	BKAUR10792@GMAIL	C Balwinder kaur	Professor	A. B Clg pathankot	8872794759
25/12/2021 15:12:40	taniyatak2001@gmail	c Taniya	Student	SSM COLLEGE DINANA	7837167133
25/12/2021 15:31:13	nehac7656@gmail	com Miss. Neha Chaudhary	Student	Vpo bhola, Distt. Gsp	7626929723
25/12/2021 15:34:17	dmusratparveen918@gmail	Dr Nusrat Parveen	Assistant Professor	Swami Swatantranand m Prem naGar,gurdaspur	9469113161
25/12/2021 15:37:04	Raguniku0306@gmail	cc Mrs. Ragini	Student	Govt college for women, GCW Nawakadal Srinagar	9814356760
25/12/2021 15:41:07	aaritiha9229@gmail	cc Mrs. Aarti	Assistant Professor	Ssm college	9780856416
25/12/2021 15:45:12	indoriaanika@gmail	com Anika Indoria	Assistant Professor	Swami Swatantranand M Gurdaspur	9780914930
25/12/2021 15:48:46	Nishu212653@gmail	cor Ms Nishu	Student	SSM COLLEGE DINANA Sangalpur road, Gurdas	8699087260
25/12/2021 15:49:33	gascramesh@gmail	com M R RAMESH	Assistant Professor	Ssm Dinanagar	9962213058
25/12/2021 15:49:54	harshita7007@gmail	com Dr hardhita rathore	Professor	Dhariwal	7568817777
25/12/2021 15:52:47	Koshikakaur64@gmail	cc Ms. Koshika	Clerk	Indira Gandhi Centre for No.13,5th street, DAE to	8054339921
25/12/2021 15:55:39	kataldanish442@gmail	cc Mr. Danish katal	Student	Govt college sanganer ja Sanga setu sanganer jait	7527888495
25/12/2021 15:57:00	supriyakirpal9@gmail	cc Ms. Supriya	Assistant Professor	Swami Swatantranand M Dinanagar	7837997824
25/12/2021 15:58:23	prabhjeet.k95@gmail	cor Ms.prabhjeet kaur	Student	SSM college Dinanagar 179, Anandpur chowk ne	7527920892
25/12/2021 15:58:58	Angelmasih20@gmail	cc Priya saini	Student	Swami swatantranand m Village.Mirpur chhota jail	7837550185
25/12/2021 16:21:18	Ts0616268@gmail	com Tania	Student	Guru nanak dev universit Vill jakria p/o bhatiya dist	7710310889
25/12/2021 16:25:35	Komalpreet8556@gmail	Miss komalpreet kaur	Assistant Professor	S S M College	8288899341
25/12/2021 16:33:50	ashwanikumar16899@gmail	cc Mr. Ashwani kumar	Student	Ssm clg	9780561529
25/12/2021 16:36:13	ashwanikumar16899@gmail	cc Mr. Ashwani kumar	Student	Ssm college dinanagar	9780561529
25/12/2021 16:36:28	prachi.mahajan04@gmail	Ms.prachi	Assistant Professor	S. S. M college	9780561529
25/12/2021 16:37:29	ritikamangotra9646@gmail	Miss ritika	Student	Sidha gali purana bazaar	9878388853
25/12/2021 16:44:20	Kashyap.sucheta1071@gmail	Ms. Sucheta Mehra	Assistant Professor	SSM college Dinanagar	9878388853
25/12/2021 16:53:32	mehakkumari5022@gmail	cc Ms.mahek	Professor	Dinanagar	7814992243
25/12/2021 17:23:27	sonamdn@gmail	com Mrs. Sonam Gupta	Assistant Professor	Swami swatantranand m Tilak gali Diannagar, disti	9592121165
				Swami Swatantranand M Pathankot	9888340825
				Ssm college	9780527457
				Pathankot	
				Shanti Devi Arya Mahila C/o Gupta Brothers Conc	
				Kattunkal Shijin Villa	
				Perissery (p.o)	
25/12/2021 17:27:44	shanujoy111@gmail	com Ms. Shanu Joy	Student	College of Engineering C Chengannur	9544836124



Timestamp	E-Mail Id	Name with prefix(Mr./Ms. Designation	Institution Name	Address	Whats App No.
25/12/2021 17:55:28	vanshika8173@gmail.com	Mrs Bandna devi Assistant Professor	Ssm college Dinanagar	VPO Saidipur .Teh.Dist. f	9814008173
25/12/2021 17:58:14	jagotrapreeti5@gmail.com	Preeti bala Student	Sam college dinanagar	Vill. - gopliya, p/o - jangal	8146115871
25/12/2021 18:21:44	anuthapaa2001@gmail.c	Anu bala Student	S.S.M college dinanagar	Vill-Jagatpur, Dist/Teh-Pe	7710560890
25/12/2021 18:25:19	mkkatha123@gmail.com	Ms.Monika Student	Swami Swatantranand M	VPO GHAROTA	9465980807
25/12/2021 18:31:23	anjalyhans786@gmail.cc	Ms. Anjali Hans Student	Sam college dinanagar	Vill-jandi,p/o-chaunta, dis	9517705658
25/12/2021 19:04:33	atiequlrehman489@gma	Dr. Atieq UI Rehman Assistant Professor	KC GDC Poonch	Government Degree Coll	7889504980
25/12/2021 19:53:18	rachnasharma40118@gr	Ms rachna Student	Ssm clg	Umarpur khurb p/o dorai	8837776424
25/12/2021 19:57:45	Sainishalsslni@gmail.c	Nishal saini Assistant Professor	Psychology	Makhanpur punjab	8264659422
25/12/2021 19:59:06	nomitsharma0@gmail.co	Mr.nomit sharma Student	Ssm clg	Gurdaspur	8284079797
25/12/2021 20:02:35	kunalsharma9478@gmai	Kunal Sharma Student	SSM Clg	Ranger pindi,post office t	9041649346
25/12/2021 20:05:51	khoslaankush51@gmail.	Ankush khoshla Student	Ssm clg dinanagar	Nagal kotli gurdaspur	7837523668
25/12/2021 20:24:43	toshaargill@gmail.com	Toshaar Student	S S M college Dinanagar	Paniar	9877093209
25/12/2021 20:47:39	arsh89682@gmail.com	Mr. Arsh Kumar Student	Swami Swatantranand M	Vill Majithi, dist Gurdaspt	8968255674
25/12/2021 20:53:10	anujbhanupratap@gmail	Mr. Bhanu partap singh Student	S S M college	Nomala	8195857194
25/12/2021 21:30:21	Sushmita 211@gmail.cc	Ms sushmita kumari Student	Sushmita kumari	Vill jandi	7087952652
25/12/2021 22:12:24	abhishekangurana09@g	Abhishek Student	S. S. M. College dinanag	Dhangu, pathankot, punj;	9988235658
25/12/2021 22:19:58	vbpaghal@gmail.com	Dr.vishnu Baburao Pagh Assistant Professor	Arts, Commerce & Scien	Dist-jalna	9423247139
25/12/2021 23:26:41	adorableashu1990@gme	Ms Aarzoo Thakur Student	Indian Heritage School	Near Sri Sai boys hostel	7696449424
26/12/2021 00:10:51	mourmeha@gmail.com	Miss Meha Student	Ssm colege dinanager	Vill. Sammuchak , district	6280976660
26/12/2021 08:00:50	Tanu60724@gmail.com	Miss tania katoch Assistant Professor	Ssm college dinanagar	V.p.o parmanand	7973897991
26/12/2021 08:01:51	Tanu60724@gmail.com	Miss tania katoch Assistant Professor	Ssm college dinanagar	V.p.o parmanand	7973897991
26/12/2021 08:25:30	upmasaini1992@gmail.c	Ms. Assistant Professor	Swami Swatantranand M	Gurdaspur	8557985641
26/12/2021 08:54:51	ANJUREHAN27@GMAIL	Mrs.Anju Bala Assistant Professor	Swami swatantranand M	Kothey bhem sain Dinan	8837764478
26/12/2021 09:37:58	aditinishya@gmail.com	Ms. Aditi Inishya Student	Patna women's college	Shivpuri Pokhariya begu	9471870585
26/12/2021 09:48:54	prernasneh8@gmail.com	Ms Prerna_Sneh Student	Patna Women's College	Hulash , Vihar Chedi Sm	7858825213
26/12/2021 10:39:54	www.divyayest@gmail.c	Ms. Student	Patna Women's College	Bujurg Digha, Kurji, Patn	7543957312
26/12/2021 10:47:53	bakshiwai.123@gmail.co	Mrs. Kanwalpreet kaur Assistant Professor	Ssm college dinanagar	573/13 behrampur road c	7508495548
26/12/2021 10:52:45	rahmanisana786@gmail.	Sana Rahmani Student	Patna women college	Boring road (patna)	8092096107
26/12/2021 10:57:02	shreya20022000@gmail.	Ms. Shreya Sinha Student	Patna women's college	Vivekananda Marg boring	7481971373
26/12/2021 11:25:48	tmishra2496@gmail.com	Ms. Tripti Mishra Student	Patna women's college	Patna	9472060264
26/12/2021 11:34:57	ssabrol98@gmail.com	Ms Shikha Abrol Assistant Professor	Swami Swatantranand M	Dinanagar Punjab	7888534490

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26/12/2021 18:14:43	aartikashyap2297@gmai	Ms.arti Student	S.s.m college dinanagar	Dinanagar	9915526355
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26/12/2021 18:21:36	manishaarya2501@gmai	Miss manisha Student	S.s.m college	Bogowal taragarh	8968341824
26/12/2021 19:19:44	Musu421467313	Muskan Student	Ssm college Dinanagar	Dinanagar	7009920864
26/12/2021 20:04:37	harisharam25@gmail.co	Ms.B.HARISHA Student	SASTRA UNIVERSITY	Thirumalaisamudram,tha	6381984426
26/12/2021 20:50:21	priyanka.6213.arora@gn	Ms. Priyanka Assistant Professor	SNRL Jairam Girls Colle	Snrl Jairam Girls College	8059329022
26/12/2021 21:27:24	NavjyotiPrasher@gmail.c	Ms Navjyoti Prasher Assistant Professor	SNRL Jairam girls colleg	Pehowa distt:kurukshetr	9996166343
26/12/2021 21:28:51	0217priyakhatri@gmail.c	Ms.Shivanshi Khatri Student	Patna Women's College	Vishal kunj apartment Ra	6299822399
26/12/2021 21:30:54	sandeep2hbk@gmail.cor	Ms. Rajneesh Assistant Professor	SNRL jairam girls college	#1303/12, Gali no. 1a, St	9507792192
26/12/2021 21:45:50	eshasing201198@gmail.	Ms. Gitika Singh Student	Patna Women's College	Patna	6202385872
26/12/2021 21:59:30	akritisingh975@gmail.co	Ms. Student	Patna women's college	Shivajee path,yarpur rajp	9162384172
26/12/2021 22:08:07	mariyamariyam96@gmai	Ms.MARIYA MARIYAM Student	PATNA WOMEN'S COLL	Haroon Nagar Sec-2	8102330036
26/12/2021 22:27:29	aditijain231998@gmail.c	Ms. Aditi Jain Student	Patna Women's College	Boring road patna	9027568312
26/12/2021 23:04:27	vpcivil2018@gmail.com	Vikas Prabhakar Assistant Professor	Gautam Buddha Univers	Greater Noida	9352171110
27/12/2021 07:46:08	dminrwan@gmail.com	Dr. Narendra Nirwan Assistant Professor	Government Girls Colleg	Ajmer Rajasthan	7597209375
27/12/2021 07:47:28	drgayatrinirwan@gmail.c	Dr. Gayatri Assistant Professor	SPC Government Colleg	Ajmer	6280287269
27/12/2021 10:48:32	Kp472128@gmail.com	Komalpreetpreet kaur Student	SSM COLLEGE DINANA	Gurdaspur	7508126092
27/12/2021 11:56:26	sk0442445@gmail.com	Ms. Sheetal Kumari Student	SSM college dinanagar	Jaswal lahri Pathankot	6280287269
27/12/2021 12:45:51	Kp472128@gmail.com	Komalpreet kaur Student	SSM COLLEGE DINANA	Gurdaspur	8865746464
27/12/2021 14:53:16	praveen.kumar8696@gn	Praveen Kumar Professor	Sn	Kochi	6239900787
28/12/2021 10:41:12	Malpotrajyoti045@gmail.	Kamana devi Student	Ssm clg dinanagar	Dinanagar	9876452897
28/12/2021 12:43:06	manpreetwahla123@gm	Ms.Manpreet kaur Assistant Professor	S.S.M college Dinanagar	Village Dakhla Gurdaspu	7347241528
29/12/2021 09:29:20	rohitaloona55@gmail.co	Mr.Rohit aloona Student	Ssm college dinanagar	Dinanagar	7985487073
29/12/2021 18:59:40	lataumapate@gmail.com	Uma Lata Patel Assistant Professor	Citizen Girls College Balr	Hinauta Mahori Karachhi	9689657817
30/12/2021 18:30:35	nidhiamitmedhekar@gm	Prof. Assistant Professor	IMR	Sahkar Nagar Pune	9689657817
05/01/2022 20:20:23	nidhiamitmedhekar@gm	Prof.Nidhi Medhekar Assistant Professor	IMR,Pune	Pune	9689657817

## एस.एस.एम. कॉलेज में मनोविज्ञान विभाग ने कार्यशाला करवाई

दीनानगर, 11 जनवरी (राजीव, राजकुमार): एस.एस.एम. कॉलेज दीनानगर में प्रिंसीपल डॉक्टर आर.के. तुली की अध्यक्षता में मनोविज्ञान विभाग द्वारा संज्ञानात्मक व्यवहारपरक चिकित्सा विषय पर एक दिवसीय कार्यशाला का आयोजन किया गया। जिसमें रिसोर्सपर्सन के रूप में डा. शम्भावी समीर अलेख मनोचिकित्सक गोवाहाटी उपाध्यक्ष नैशनल मेंटल हेल्थ कौंसिल उपस्थित हुए। सर्वप्रथम प्रिंसीपल ने मुख्य वक्ता का स्वागत किया। मुख्य वक्ता ने संज्ञानात्मक व्यवहारपरक चिकित्सा पर प्रकाश डालते हुए कहा कि मनोचिकित्सा की यह पद्धति है, जो मनोरोगी के सोचने तथा उनके व्यवहार पर ध्यान केंद्रित करती है, जिसमें व्यक्ति के सोचने के तरीके या आचरण को बदलने पर बल



### वैबिनार के दौरान उपस्थिति।

दिया जाता है। यह पद्धति चिंता, अवसाद, पैनिक एगो फोबिया, सोशल फोबिया, मनोदशा विकार में सहायक होती है अंत में प्रोफेसर रिया ने मुख्य वक्ता का महत्वपूर्ण जानकारी प्रदान करने के लिए धन्यवाद किया। इस कार्यशाला में डा. हरिंदर कौर, प्रोफेसर विशाल महाजन, डॉक्टर सनी, प्रो. अनिल कुमार, प्रो. रमणीक तुली, प्रोफेसर शिंदर कौर आदि उपस्थित थे।



  
Principal  
SWAMI SWATANTRAM MEMORIAL COLLEGE  
Dinanagar (Gurdaspur)