



**O.P. Jindal Global University**  
*A Private University Promoting Public Service*



**JINDAL INSTITUTE OF  
BEHAVIOURAL SCIENCES**

**3-Day Hands-on  
Training Workshop**

# Counselling: Theory, Practice, and Interventions

 **15-17 OCT 2020**  
**(3 Hours/ Day)**

**FREE OF CHARGE**

E-Certificates will be provided to the participants upon completion of all six sessions and feedback form.

## WHO SHOULD ATTEND?

- Previous counselling experience for a minimum of 2 months
- Masters in Psychology/ Counselling/ Clinical Psychology/ Psychiatric Social Work/Applied Psychology
- School Counselors

## For Registration:

<https://docs.google.com/forms/d/e/1FAIpQLSfQKMUMG8LiKDNDPlnyt6NmJblU3Ip8Ghh9tVKTTfZERaRDbA/viewform>

'First Come First Serve Basis'  
Free Registration, Limited Seats Available

15 OCTOBER 2020 | SESSION 1  
**Thursday** | 2:00 P.M. - 3:30 P.M.

## FAMILY SYSTEMS THEORY



**PROF. (DR.) MANJUSHREE PALIT**

Associate Professor &  
Associate Dean, JSPC

Dr. Manjushree Palit is an Associate Professor and Associate Dean at the Jindal School of Psychology and Counselling. She has a PhD in Human Development from Virginia Tech, USA. She is a mental health professional with 15 years of experience in the field of Counselling.

SESSION 2  
4:00 P.M. - 5:30 P.M.

## POSITIVE PSYCHOLOGY INTERVENTIONS



**PROF. (DR.) PULKIT KHANNA**

Associate Professor, JIBS &  
Assistant Director (CLC)

Dr. Pulkit Khanna is an Associate Professor and Assistant Director (Centre for Leadership & Change) at the Jindal Institute of Behavioural Sciences. She completed her PhD in Psychology from IIT-Delhi. Her core interests lie in the areas of Positive Youth Development, particularly Gratitude and Character Strengths.

16 OCTOBER 2020 | SESSION 1  
**Friday** | 2:00 P.M. - 3:30 P.M.

## FAMILY THERAPY



**PROF. (DR.) MANJUSHREE PALIT**

Associate Professor &  
Associate Dean, JSPC

Dr. Manjushree Palit is an Associate Professor and Associate Dean at the Jindal School of Psychology and Counselling. She has a PhD in Human Development from Virginia Tech, USA. She is a mental health professional with 15 years of experience in the field of Counselling.

SESSION 2  
4:00 P.M. - 5:30 P.M.

## SUBJECTIVE WELL-BEING INTERVENTIONS



**PROF. (DR.) TITHI BHATNAGAR**

Associate Professor, JIBS &  
Deputy Director (CLC)

Dr. Tithi Bhatnagar is an Associate Professor and Deputy Director (Centre for Leadership & Change) at the Jindal Institute of Behavioural Sciences. She has a PhD in Subjective Wellbeing from IIT-Bombay. She is a Psychologist by training and Happiness and Wellbeing Researcher and Teacher by profession.

17 OCTOBER 2020 | SESSION 1  
**Saturday** | 9:00 A.M. - 10:30 A.M.  
The speaker is joining from Canada

## RATIONAL EMOTIVE BEHAVIOUR THERAPY



**PROF. (DR.) MOHAMAD HADI  
GHASEMI NEJAD**

Associate Professor, JSPC

Dr. Mohamad Hadi Ghasemi Nejad is an Associate Professor at the Jindal School of Psychology and Counselling. He has a PhD in Educational Psychology from University of Sydney, Australia. He is an Educational/Psychological Researcher as well as an experienced Educator.

SESSION 2  
11:00 A.M. - 12:30 P.M.  
The speaker is joining from Singapore

## CREATING STORIES (INTERVENTIONS)



**MS. NANDINI DAS GHOSHAL**

Founder-Director, Rhizome Learning,  
Singapore

Ms. Nandini Das Ghoshal is Founder-Director at Rhizome Learning, Singapore. She is an Executive Coach and Facilitator. She has spent more than 20 years in the Industry as a Researcher, Learning Professional, Writer and Entrepreneur. She creates bespoke training, content and learning experiences for her Clients.