



Special Guest Lecture



On

GRATITUDE

Practice & Experience

Date : 05.01.2024

Time: 1 to 3 p.m

Organized by Department of Psychology

Under the aegis of IQAC



KOPAL JAIN, Bhopal (M.P.)

- Clinical & Positive Psychologist.
- Counselor & Coordinator in school Education.
- Freelance Trainer.
- Reiki & Pranic Healer.




Patron/ Principal

Dr. SHREEDEVI CHOUBEY



HOD Psychology & IQAC Coordinator

Dr. SARLA DWIVEDI



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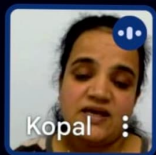
Patron/ Principal
Dr. SHREEDevi CHOUBEY






HOD Psychology & IQAC Coordinator
Dr. SARLA DWIVEDI




Kopal is presenting




Kopal


You




arshi




27 others




Kusum




Megha



Hemwati




Richa




You


Return to top




Manoj




Shalini




vaishali




Dr. Anjana



Suhani




Garima




You


Return to top




prabha




Hemwati




anita




neeta



Mukta




Priyanka




You


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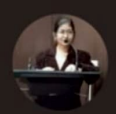
Kopal is presenting




nelson



Kopal



You



Kusum

30 others



CERTIFICATE of Appreciation

This Certificate is presented to

KOPAL JAIN

Clinical & Positive Psychologist
Bhopal (M.P.)

as

Resource Person



For sharing her valuable knowledge of a Resource Person during
Special lecture on “**GRATITUDE**” on 05 January 2024.


DR. SARLA DWIVEDI

HOD, Psychology & IQAC Coordinator
B.C.S. Govt. P.G. College, Dhamtari (C.G.)


DR. SHREDEVI CHOUBEY

Principal
B.C.S. Govt. P.G. College, Dhamtari (C.G.)

SPECIAL LECTURE
ON
GRATITUDE: PRACTICE & EXPERIENCE
PSYCHOLOGY DEPARTMENT
UNDER THE AEGIS OF IQAC
JANUARY 5TH 2024

Under the aegis of IQAC of the college, a special guest lecture was organized by the Department of Psychology on the topic of Gratitude Practice and Experience on January 5th 2024, in which Dr. Kopal Jain (clinical Psychologist & Reiki Healer, Bhopal M.P.) was the resource person. She gave detailed information about gratitude and also presented interesting lessons.

Dr. kopal Jain described that gratitude is the feeling of being thankful for what is good in your life, and it can be expressed in many ways: Gratitude is the feeling of appreciation for what is meaningful or valuable to you. It can be a response to a gift or benefit from someone, or it can be a more general appreciation for experiences like being alive.

Key points of lecture: She explained lots of physical, mental, psychological and social benefits of gratitude such as:

Improved mood: Feeling grateful can boost your mood and make you feel more positive.

Better relationships: Gratitude can help you feel closer to friends and romantic partners.

Better sleep: Grateful people tend to sleep better and feel more refreshed in the morning.

More resilience: Gratitude can help people recover from traumatic events.

More helpful: Grateful people are more likely to be helpful, altruistic, and compassionate.

Dr. koal jain also discussed key words of express gratitude towards others she said that you can express gratitude by saying "thank you," doing kind acts, or writing a letter. You can also express gratitude by being an active listener, noticing the good things in your life, and being thankful for the people and things around you. Say "thank you" for someone's help, kindness, or consideration, compliment, support someone's time.

Key actions of interactive session: Dr. Jain was suggested and conducted some act for practicing gratitude such as-

Hold the door open for someone

Do someone's chores without them knowing

Donate unwanted clothes to charity

Help someone who is lost

Tip your server

Volunteer in your community

Write a letter

Write a letter to express your gratitude for someone's help, generosity, or encouragement

Write a letter to express your appreciation

Many assistant professors and professors of the college were present in this lecture. Many students participated. The outline and organization of the program was done by Dr. Saral Dwivedi and vote of thanks was given by Shree Devendra Kurra (faculty of the Department of Psychology of Bhanu Pratap Dev College, Kanker) In this program, students and other faculty of the Department of Psychology of Bhanu Pratap Dev College, Kanker also participated online.



Dr. Sarla Dwivedi

HOD Psychology

Dr. SARLA DWIVEDI

H.O.D. (Psychology)

B.C.S. Govt. PG. College

DHAMTARI (C.G.)



OFFICE OF THE PRINCIPAL
B.C.S. GOVT.P.G.COLLEGE, DHAMTARI

Website - www.bcspgcdmt.com

E-mail - pgcollege.dhamtari@gmail.com



ONE EARTH - ONE FAMILY - ONE FUTURE

AISHE CODE: C-21763

NAAC GRADE B+

Phone- 07722-238933

Fax - 07722-237933

No./1596/ 2024

Dhamtari Date :- 03/01/2024

To,

KOPAL JAIN

Clinical & Positive Psychologist.

Bhopal (M.P.)

Subject :- Invitation for Special Guest Lecture on GRATITUDE : Practice & Experience.

Respected Sir,

It is an immense pleasure that Department of Psychology, B.C.S. Govt. PG College, Dhamtari (C.G.) is orgnazing Special Guest Lecture on GRATITUDE : Practice & Experience on **05-01-2024 at 01:00 PM** as you are the resource person in this programme.

Will best regards!


(Dr. Sarla Dwivedi)
IQAC Coordinator

B.C.S.Govt.P.G.College, Dhamtari (C.G.)


(Dr.Shreedevi Choubey)
Principal

B.C.S.Govt.P.G.College, Dhamtari (C.G.)