



N. L. Dalmia®
College of Arts, Commerce & Science
(A School of Excellence of N. L. Dalmia Educational Society)

Affiliated to University of Mumbai | College Code: 1088

Wed 21 Aug 2024

NOTICE

The **NLDC Psychology Club** is hosting a guest lecture titled "**Channelling Your Challenges**" exclusively for Psychology students. This lecture will offer valuable insights from experts on how to navigate life's challenges with resilience and confidence, particularly in the practice of counselling. It aims to equip students with essential skills, enhance their professional development, and introduce them to available resources that will support their journey in the field.

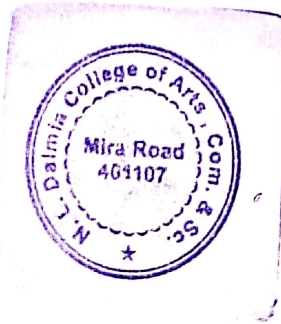
Day & Date : Sat 24 August 2024

Time : 0930 am to 1130 am

Venue : MDP Room (NLDIMSR)

Audience : Psychology Students

Asst Prof Radheyra Surve
Convener



Dr Ganesh Pawar

Principal
21/08/2024

N. L. Dalmia College of Arts, Commerce & Science

Activity Report

Name of Activity: Guest Lecture: CHANNELING YOUR CHALLENGES (GUEST LECTURE)

Conducted by : PsychBusters (Psychology Club)

Date, Time, Venue: Saturday 24 August 2024, 0945 AM onwards, MDP Room

Name(s) of Teacher(s) Incharge:

Asst. Prof Radheya Surve, Asst. Prof Tejaswi Shetkar

No. of Participants: 37

Male: 0

Females: 37

Other: NA

Description of Activity:

On Saturday, 24th August 2024, at 9:45 AM onwards in the MDP Room, PsychBusters hosted an engaging guest lecture featuring Ms. Saloni Nyaynit, an experienced psychologist, who shared invaluable insights on turning obstacles into opportunities. Through real-life examples, she inspired students to reframe challenges, helping them gain a more realistic and empowering perspective on the field of psychology. One of the highlights was a live enactment, where Ms. Nyaynit demonstrated the initial stages of therapy, emphasizing the crucial role of building trust and rapport between therapist and client. The session concluded with an in-depth Q&A, where students' questions were thoughtfully addressed, offering greater clarity on the diverse facets of psychology and counseling.

Names of dignitaries attended activity:

Ms. Saloni Nyaynit

Feedback Analysis:

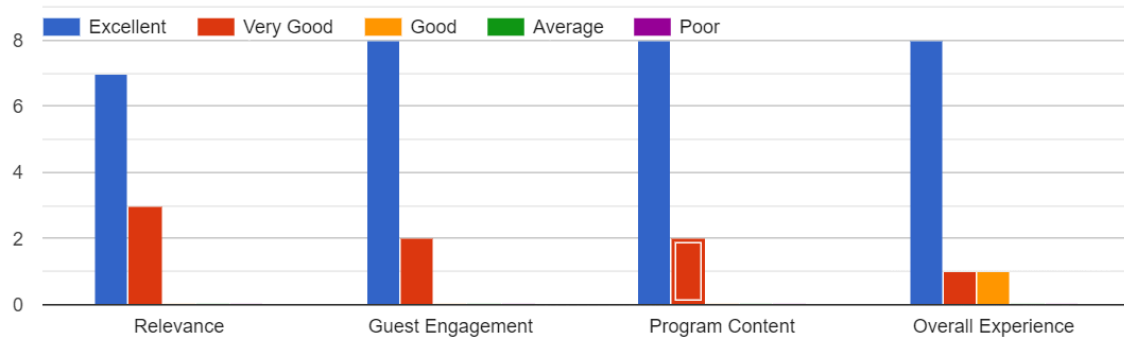
- The guest lecture was extremely well-received, with participants praising the experience, knowledge shared, and duration.
- The speaker's ability to address doubts was exceptional.
- 93.8% of participants would attend more such sessions (overwhelmingly positive)
- 75% would like to know more about Connect o Breather (strong interest)
- 62.5% are interested in a 20-day program (significant interest)

Expenses incurred for the Activity: NIL

Review of activity with Suggestions:

How do you rate session?

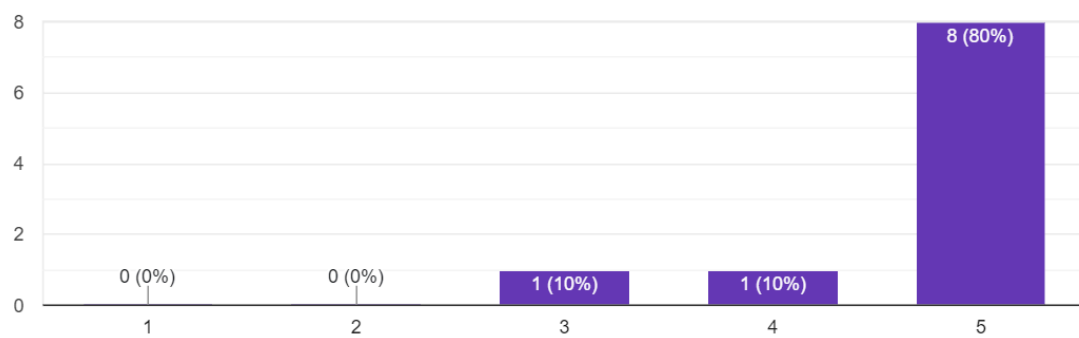
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How would you rate the overall organization of session? *

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10 responses



Signature of In-charge :



Attachment:

