

**XII Online Short-term Course (FDP) on Happy U in 2021 Wellness and
Wisdom in Post Pandemic World**

Jointly Organized

By

Grand Academic Portal

In Association with

Department of Psychology, Gujarat University, Ahmedabad

Gokul Global University, Gujarat

Lakulish Yoga University, Gujarat

Nalanda Nritya Kala Mahavidyala, Mumbai

B.M. Institute of Mental Health, Ahmedabad

Samarpan Arts and Commerce College, Gandhinagar

Schedule

1st January 2021 to 15th January 2021

1st January 2021

	Welcome of Participants Inaugural Function
5.00 to 6.00 PM	Dr Sai Madhvi D
6.00 to 7.00 PM	Professor, RYMEC, Ballari, Karnataka Topic: Road to Destiny

2nd January 2021

	Dr Jacksan Fernandes Director, jacksanfernandes.com Topic: Navigating Happiness Amidst COVID-19
6.00 to 7.00 PM	Prof Shivani Ahluwalia University of Mumbai
7.00 to 8.00 PM	Turning Mood OFF to mood ON – A Cognitive Motivation Session on Mood Management

3rd January 2021

6.00 to 7.00 PM

Dr Madhu Singh

Director, B.M Institute of Mental Health, Ahmedabad, Gujarat

Topic: Cultivating Happiness and wellbeing

7.00 to 8.00 PM

Dr Sangeeta Jauhari

IQAC Coordinator, Rabindranath Tagore University, Bhopal, Madhya Pradesh

Topic: Living by Giving

4th January 2021

6.00 to 7.00 PM

Dr Priyanka Kacker

Assistant Professor, National Forensic Sciences University, Gandhinagar

Topic: Self-hypnosis for self-reformation

7.00 to 8.00 PM

Dr Kamayani Mathur

Professor & Head, Department of Psychology

Director, School of Psychology, Philosophy and Education, Gujarat University, Ahmedabad

Topic: Role of Resilience and Mindfulness in Positive Thinking

5th January 2021

6.00 to 7.00 PM

Dr.Vijayakumar PS

Associate Professor, Lkulish Yoga University, Gujarat

Topic: Yoga for enhanced quality of life

7.00 to 8.00 PM

Dr Jasmine Gujarathi

Professor, G. J. Patel Institute of Ayurvedic Studies & Research, CVM University, Vidyanagar, Anand, Gujarat

Topic: Wellness in 2021

6th January 2021

6.00 to 7.00 PM

Shri Tapan Majmudar

President, Shree Shakti Vaidic foundation

Topic: Wellness Mantra through Astro Ayur Yoga

7.00 to 8.00 PM

Ms Sharmila Sagara

**Associate Professor, Anant National University,
Ahmedabad**

Topic: Pause - An integral ingredient of our WellBeing

7th January 2021

6.00 to 7.00 PM

Dr Preeti Oza,

**Associate Professor, St Andrews College, University of
Mumbai & CEO GAP**

Topic: Aesthetics and Happiness

7.00 to 8.00 PM

Ms Ashmi Sheth

Mandala therapy International Instructor

Topic: Mandalas for Self-Expression and Healing

8th January 2021

6.00 to 7.00 PM

Dr Pushpa VK

**Assistant Professor, Department of English, Ahvaz
Branch, Islamic Azad University, Ahvaz, IRAN.**

**Topic: Bridging the Gaps and Connecting the Dots. 10
Steps for a Better You.**

7.00 to 8.00 PM

Dr Urmi Satyan

**Assistant Professor, Pandit Deendayal Petroleum
University, Gandhinagar**

Topic: Wellness and Mental Health

9th January 2021

6.00 to 7.00 PM	Dr Rajesh Sagara Professor & Freelance Artist Topic: Inner and Outer Recesses of an artist: A Personal Episodee
7.00 to 8.00 PM	Dr Lila Simon Associate Professor, The Bhopal School of Social Sciences, Bhopal, Madhya Pradesh Topic: Stress Management

10th January 2021

6.00 to 7.00 PM	Dr Chetali Samant Professor, Indian Institute of Ayurvedic Medicine and Research, Bengaluru Topic: Health Planning an Essential Life Skill
7.00 to 8.00 PM	Mrs. Cedila Pereira e Gomes Assistant Professor, M.E.S College of Arts and Commerce, Zuarinagar-Goa Topic: Workplace Wellbeing

11th January 2021

6.00 to 8.00 PM	Dr Ritesh A. Gujarathi Associate Professor, G. J. Patel Institute of Ayurvedic Studies & Research, CVM University, Vidyanagar, Anand, Gujarat Topic: Journey to Self-Discovery through Ayurveda
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12th January 2021

6.00 to 7.00 PM	Ms Smita Raje Deshpande Founder, Art Lane-kalagoshthi, Pune Topic: Working with 50+ women using 12th Enso Circles
7.00 to 8.00 PM	Dr Gurudutta P Japee Chairman GAP- HoD, Department of Advanced Business Studies, Gujarat University Topic: Life Coaching Skills

13^h January 2021

6.00 to 7.00 PM	Ms Rajika Kacheria Cosmetologist, Gujarat Topic: Wellness with Youth
7.00 to 8.00 PM	Prof (Dr) Sheilana Devi Ramdoo Lecturer, Mahatma Gandhi Institute from Republic of Mauritius, Mauritius Topic: Addressing Holistic Wellness in the Post- Covid 19 World Through the Holistic Effects of Arts/Performing Arts in Education □

15th January 2021

6.00 to 7.00 PM	Ni Made Putri Ariyanti, M. Psi., Psikolog Clinical Psychology Topic: The role of mindfulness to enhance wellness through emotion regulation during pandemic
7.00 to 8.00 PM	Valedictory Function

Please Note

- ❖ For any query participants are requested to mail it to gapfdp@gmail.com
- ❖ Participants will get all study materials on WhatsApp group
- ❖ Only Registered participants will get copy of E-Certificate
- ❖ Online Sessions are subject to change which will be announced before 2 days of FDP
- ❖ Participants will be awarded by E Certificate after submission feedback, Assignment and video.