



CHHATRAPATI SHAHUJI MAHARAJ UNIVERSITY PRESS RELEASE

Date: 26-11-2021

Place: Department of Social Sciences, CSJMU

The Department of Social Science, CSJMU organized a two-day workshop on “Cognitive Behavior Therapy” (CBT). The workshop was presided over by the Vice Chancellor of the University, Prof. Vinay Kumar Pathak.

Dr. Sandeep Singh, Director, School of Humanities, Social Work and Arts, while explaining the purpose of the workshop, said that when stress turns into pressure, then a person passes through these three stages – Loneliness, Helpless and Worthless. Due to which a person gets physical and mental harm and sometimes thoughts like suicide also start taking birth in the mind. Through this workshop, we will make students aware about Cognitive Behavior Therapy, how through this therapy you can give a positive direction to your thinking. In this two-day workshop, training of this therapy will also be given to the students, so that they can take this therapy to other departments and degree colleges.

Department of Psychology's Assistant Prof. Dr. Priyanka Shukla, while making the students aware of “Cognitive Behavior Therapy” (CBT), told that this therapy is a type of psycho-therapeutic treatment that will help people, in which they can control their behavior and feelings. Recognize destructive and disturbing thoughts that have a negative impact, change them, and keep yourself positive. Through this therapy, you will be able to help the people around you as well as yourself.

Students of Psychology, Sociology, Counseling and Guidance, and MSW and Rural Development registered their presence in large numbers in this workshop.

At the Inauguration of the this workshop Avneesh Vishwakarma, Anita Awasthi, Dr. Ajay Pratap Singh, Dr. SP Verma and other were also present.