

PG Department of Psychology conducts

Workshop series for the students of NMKRV College for Women, Bangalore

PG Department of Psychology, Jain University, was privileged to be involved in the development of modules and also conducting a series of workshops to train the students of NMKRV College for Women, Bangalore. The training was given to students pursuing their graduation in different streams like B.Com, BA and B.Sc. The expert team from Jain University included all PG faculty, few research scholars and PG students from department of Psychology in the process.

The programme focused on empowering their qualities as young women. It also focused on specific target behaviours such as leadership, analyzing the positive qualities and strength, thereby helping them to understand their potentials and skills.

Training modules included sessions that covered topics on 'Being a woman- The Highs and Lows' and 'Leadership Training'. The overall training programme for different groups which was spread across 54 hours included Presentation, Group Discussions, Videos, Activities, Reflections and Interactive Role Plays.

