

University Grant Commission (UGC)
Human Resource Development Center (HRDC)
Identified as
National Research Center (NRC)
In Psychology by Ministry of Human Resource Development
Course Coordinator – Prof. Promila Singh



Channel QR Code

Sr. No.	Resource Person	Topic	Thumbnail	Link
01.	Prof. Meeta Jha	Childhood Adversities		https://www.youtube.com/watch?v=5sJ3oN1h1zU
02.	Dr. Prakash Narayan Shukla	Autism Spectrum Disorder		https://www.youtube.com/watch?v=BEamzkBJeGQ
03.	Prof. Promila Singh	Bullying and its Consequences		https://www.youtube.com/watch?v=BeivxiJHq7g&pp=0gcJCCcJAYcqIYzv
04.	Prof. Promila Batra	Mindfulness and Meditation		https://www.youtube.com/watch?v=nvkgr3KEPM
05.	Dr. Sanjeev P. Sahni	Negotiating		https://www.youtube.com/watch?v=Gn-SCUCMcPE
06.	Dr. Alka Wadkar	Sexual Harassment		https://www.youtube.com/watch?v=9jrUj2twa4I

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07.	Prof. Promila Batra	LGBTQs		https://www.youtube.com/watch?v=M0xwBwxJB4U
08.	Dr. Arpit Koolwal	Sleep		https://www.youtube.com/watch?v=0uw5E3lL-ao
09.	Prof. Ravi k Gunthey	Decision Making		https://www.youtube.com/watch?v=DvUCuJyhXwQ
10.	Dr. Sanjeev P. Sahni	Leadership		https://www.youtube.com/watch?v=LOUrb86vkBE
11.	Dr. Prabhavati Shukla	Staying Focused (Attention)		https://www.youtube.com/watch?v=kGa64WOAKUA
12.	Dr. Prabhavati Shukla	Information Processing		https://www.youtube.com/watch?v=2dJrflmchcQ
13.	Dr. Prabhavati Shukla	Problem Solving		https://www.youtube.com/watch?v=DNo9kVPfK6E

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14.	Prof. Promila Singh	Behavioral Skill Training		https://www.youtube.com/watch?v=M2i-fiuFfq8&pp=0gcjCccjAYcqIYzv
15.	Prof. Promila Singh	Behaviour Modification		https://www.youtube.com/watch?v=7sONcgALgSU
16.	Prof. Promila Singh	Prompting and Transfer of Stimulus Control		https://www.youtube.com/watch?v=U3L7fymyBmw
17.	Dr. Prakash Narayan Shukla	Depression and Treatment		https://www.youtube.com/watch?v=gQ34-t_pWh4
18.	Dr. Prakash Narayan Shukla	OCD/BDD		https://www.youtube.com/watch?v=AdXneTjKPKU
19.	Dr. Alka Wadkar	Creativity		https://www.youtube.com/watch?v=6Ts0YtjssXw
20.	Dr. Alka Wadkar	Understanding Self and Self Esteem		https://www.youtube.com/watch?v=TFKjIMNZTQ0

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21.	Dr. Prabhavati Shukla	Assertiveness		https://www.youtube.com/watch?v=QIWxYU9Lmc4&pp=0gcJCccJAYcqIYzv
22.	(1) Dr. Harish Agrawal, (2) Dr. Akhilesh Kumar Gupta, (3) Prof. Ravi k Gunthey	Managing After Retirement		https://www.youtube.com/watch?v=P7GtGnKxEHs
23.	Prof. Promila Singh	Cognitive Behaviour Therapy		https://www.youtube.com/watch?v=sVgDEQZC9IE
24.	Dr. R.D. Helode	Variables and Control		https://www.youtube.com/watch?v=N446zJJGBaU
25.	Dr. R.D. Helode	Casual Systems and Design of Proof		https://www.youtube.com/watch?v=hLtMs9pwYvI&pp=0gcJCccJAYcqIYzv
26.	Prof. Promila Singh	Growing Resilient Children		https://www.youtube.com/watch?v=q1XMPvX--OA

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27.	Dr. Sanjeev P. Sahni	Mental Health of Teachers		https://www.youtube.com/watch?v=jYChEZPJpck
28.	Dr. MVR Raju	Counseling Skills		https://www.youtube.com/watch?v=Dd7MYX6BrZQ
29.	Prof. C.D. Agashe	Psychological Skills and Peak Performance in Sports		https://www.youtube.com/watch?v=Rf10eA6-Nil
30.	Prof. C.D. Agashe	Influence of Individual Differences on Sports Performance		https://www.youtube.com/watch?v=qyMXRPWEN7s
31.	Prof. C.D. Agashe	Motivation and Sports Performance		https://www.youtube.com/watch?v=JhzeLglcHU0
32.	Prof. C.D. Agashe	Sports Injury: Psychological Rehabilitation		https://www.youtube.com/watch?v=AmaoCUjuW2g

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33.	Prof. Meeta Jha	Psycho Social		https://www.youtube.com/watch?v=7wDSepK8dDM
34.	Dr. Alka Wadkar	Suicide		https://www.youtube.com/watch?v=6fWY9VbJOX8
35.	Dr. J.C. Ajawani	Obesity		https://www.youtube.com/watch?v=c39E-yZSY_U
36.	Prof. Akbar Husain	Spiritual Psychology		https://www.youtube.com/watch?v=Dejy08V7mLo&pp=0gcJCccJAYcqIYzv
37.	Prof. Promila Singh	Gratitude		https://www.youtube.com/watch?v=qIvh_NA4KTc