



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

One-day Workshop

on

“Sleep Difficulty and its management”



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Name of the Faculty: Dr. Bhanupriya Rathore

Name of the event: Workshop on “Sleep Difficulty and its Management”

The auspices under which it has been organized:

Faculty of Behavioural Sciences

(Department of Clinical Psychology)

Date: 2nd May’ 2023; Time: 10:00 AM-1:00 PM; Venue: Shooting Hall, A Block, SGT University, Gurugram, Haryana



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E Brochure (Approval received from Registrar, SGT University is attached)



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Faculty of Behavioural Sciences

SGT/FBSC/Cli.Psy/2023/183 5

Date: 18-04-2023

To
The Registrar
SGT University,
Gurugram

Subject: Approval for conducting workshop on 2nd May, 2023.

Dear Sir

The Department of Clinical Psychology, Faculty of Behavioural Sciences is planning to organize a workshop on the theme "**Sleep Difficulty and its Management**" on 2nd May 2023 in the Shooting Hall A block, timings 10:00 am -1:00 pm. Dr. Bhanupriya Rathore (Assistant Professor) will be coordinating the event. The aim of the workshop is to address the various sleep concerns of the students (reported by majority of the students in the mentor mentee meetings) and educate them about its effective management which will further help them in staying focussed, improve concentration, hence improving their overall performance. Minimum 10 students from every faculty will be attending the event. Other than students, interested faculty members may also attend the program. The following names are decided for Resource persons:

- Dr. Ejaz (Dean, faculty of Allied Health & Sciences)
- Dr. Vikas Sharma (HOD, Dept of Clinical Psychology, FBS)
- Dr. Drishti (Resident Medical Officer, Faculty of Naturopathy and Yogic Sciences)

The following items will be required for the workshop:

S.N	Items	Quantity	Amount
0			
1	Printed Banner	1	450
2	Digital banner	1	NA
3	Saplins	3	100X3=300
4	Appreciation certificates	3	8X3=24
5	Workshop coordinator certificate	1	8
6	E certificates	200(Approx)	

The workshop will be highly beneficial for all its audience and hence, it is requested to kindly permit for the same.

Thanks and Regards

Request for workshop may be considered for approval

Approved

19/4/23

19/4/23

Rajni

18-04-23
Dean
Dean FBSC
Faculty of Behavioural Sciences
SGT University
Gurugram (Delhi-NCR) Pin: 122505

Registrar

Registrar
SGT University
Budhera, Gurugram



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Brief Profile of Speaker:

1. Prof. (Dr.). Ejaz Hussain joined SGT University as Professor & Dean, faculty of allied health sciences, and dean, faculty of physiotherapy. Prior to this, he was a prof and director at jamia milia islamia, where he established the centre for physiotherapy and rehabilitation sciences and initiated various degree programs and skill development courses. He is credited with producing over 600 trained physiotherapists who are successfully employed both in india and abroad. He was awarded an international post- doctoral fellowship at the UNDP research institute in Nairobi he worked at vallabhchai patel chest institute, delhi university, as a csir pool scientist and research associate, studying cardiovascular, haemodynamic, and stretch reflexes in mammals. He also worked at case western reserve university in the usa, investigating the molecular basis of congenital heart diseases and programmed cell death.

2. Dr. Vikas Sharma, HOD, Dept of clinical psychology, fbs. He is a qualified clinical Psychologist from institute of human behaviour and allied sciences and doctorate from university of delhi he has vast experience in different areas of clinical psychology including training and supervision of clinical psychology trainees. He has published over 50research paper and contributed immensely in international and national conferences. His research interests include behavioural medicine, cognitive behaviour therapy and insomnia. He has membership of prestigious associations which include indian association of clinical psychologists, indian society of sleep research and somatic inkblot society. He is currently general secretary of indian association of clinical psychologists. He has received best research paper award at national annual conference of indian association of clinical psychologists and is editorial consultant of SIS journal of projective psychology and mental health.

3. Dr. Drishti, resident Medical officer, faculty of naturopathy and yogic sciences. She completed her bachelor's of naturopathy and yogic sciences from swasthya kalyan institute of naturopathy and yogic sciences, Jaipur, rajasthan. She has worked in the national institute of naturopathy, ministry of ayush, govt of india. Her research interest took a step ahead by getting selected by central council research for yoga and naturopathy, new delhi as senior research fellow.



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Organizer:

Dr. Bhanupriya Rathore, Assistant Professor, FBSC

Report of the event:

Introduction:

On 2nd May, 2023, the Faculty of Behavioral Sciences organised an in-depth workshop on the theme “Sleep Difficulty and its management” at SGT University led by coordinator Dr. Bhanupriya Rathore.

Objective:

The workshop was orchestrated with the aim to foster a profound knowledge and understanding in students about sleep difficulty and its management.

Brief content of the event-

Dr Bhanupriya Rathore commenced the workshop with the quotation ‘Early to bed, early to rise makes a man healthy, wealthy and wise.’ followed by an opening address delivered by Dr Rajbir Singh, Dean FBSC. He introduced students with the abnormal as well as positive aspects related to sleep. As sleep is the longest behavior in our life, it not only helps to regulate functional regeneration but also aids in cognitive functioning. After the saplings gifting ceremony, the speakers were introduced.

Prof. (Dr) M Ejaz Hussain, the first speaker acquainted students with the Sleep Neuro-Physiology, an interdisciplinary research area. Emphasis on sleep disturbances was made, there are a lot of studies that talk about the impact of blue light from electronic devices that lead to loss of sleep. The biological sleep cycle initiation time is 9 pm and the loss of REM sleep (an epidemic) can destroy the memory consolidation system and lead to many diseases thereafter. Sleep is the best meditation and golden chain that ties health and our bodies together, sleep disturbances can lead to many risk factors and complications. Students are more prone to develop sleep-related problems



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with a reported prevalence of about 27%, which is overwhelmingly alarming. Self-sleep deprivation, daytime sleepiness and irregular sleep schedules are highly prevalent among college students and can have negative impacting effect on academic performances. He explained about Various Sleep Inhibiting Neurotransmitters Dopamine and Norepinephrine, Histamine Orexin, Serotonin, Glutamate, Sleep Promoting Neurotransmitter, Gamma Amino Butyric Acid, Adenosine, Acetylcholine and introduced Several sleep disorder questionnaires that assess quantitative as well as qualitative aspects.

Dr Vikas Sharma, the second speaker acquainted students with Sleep: Public Health Concern & Its Psychological Intervention. He denoted Arjuna as the conqueror of Sleep, followed by emphasizing on the natural aspects. They include heightened threshold to environmental stimuli, progressive and dynamic process Active phenomena rather than a quiet and passive state and variations in physical and psychological processes. Insomnia/Sleep Disturbance was accentuated thereafter and is one of the most common and frequently reported sleep complaints. He deliberated about Insomnia Syndrome which is difficulty in sleep onset (i.e. 30 minutes or more to fall asleep) or maintenance (i.e. 30 minutes or more of nightly awakenings), occurrence of sleep problem for at least three nights per week, presence of significant daytime impairments or marked distress due to sleep disturbance. Relaxation-based interventions were discussed. Sleep may be facilitated by activities that promote mental calm and physical relaxation. The attention-focusing procedures including meditation, imagery training and thought-stopping target mental arousal in the form of worry or intrusive thoughts. Sleep-related lifestyle and behaviors of day-to-day live that influence sleep. Sleep hygiene education targets the health-related practices and factors related to the environment that are related to sleep. The factors such as habits, light, noise, temperature and quality of sleep environment may facilitate or perturb sleep. Sleep hygiene suggestions may consist of avoidance of tea and coffee four to six hours before bedtime, abstinence from alcohol and other psychoactive substances, physical exercising five to six hours before bedtime but not closer than three hours, reducing sound, illumination and extreme temperatures during the sleep period.

Dr Dhristi, the final speaker conclusively enforced students the drill to practice relaxation technique- Yog Nidra. It is said to have numerous benefits, including reducing stress and anxiety, improving sleep quality, and enhancing overall well-being. During Yoga Nidra, we were guided through a series of visualizations, body scans, breathing awareness, intention setting and rotation



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of consciousness to help release tension and promote relaxation. It is a powerful tool for reducing stress and promoting relaxation, and has been found to have numerous benefits for physical and mental health.

In conclusion, the sleep difficulty management workshop is a valuable resource for students who are struggling with sleep difficulty. The workshop provided a comprehensive approach to managing sleep difficulty that includes lifestyle changes, behavioral interventions, and medical treatments. Through the workshop, students learned about the various factors that can contribute to sleep difficulty, such as stress, anxiety, depression, medical conditions, and lifestyle factors. They also learned about the different lifestyle changes that can improve sleep quality, such as maintaining a regular sleep schedule, avoiding caffeine and alcohol, and engaging in regular exercise. The workshop also provided information on behavioral interventions, such as relaxation techniques, cognitive-behavioral therapy, and sleep hygiene education, which can be effective in managing sleep difficulty. Additionally, the workshop provided information on medical treatments, such as prescription medications and over-the-counter sleep aids, which can be helpful in managing sleep difficulty when used under the guidance of a healthcare professional. Overall, the sleep difficulty management workshop provided students with a comprehensive approach to managing sleep difficulty that addresses the underlying causes of the problem.



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Faculty members attending the event



Resource person addressing the students



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Students listening to the Resource Person



Students Interacting with the Resource Person



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Feedback

The students found the workshop very enlightening and beneficial and learned effective strategies for improving their sleep quality and overall well-being. At the same time Students insisted for organizing more of such informational workshops in future.

List of participants:

No. of students who attended the event: 128

Students from different faculties of SGT University as well as teaching and non-teaching staff.

Coordinator:

Dr. Bhanupriya Rathore, Assistant Professor, FBSC



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Attendance List:

FBSP

Faculty of Behavioural Sciences

Workshop on Sleep Difficulty and its Management

ATTENDANCE SHEET

S. No.	Registration No.	Name of Student	Faculty	Course	Semester	Signature
1	221902014	Gurbani	FBHS	BSc Clin Psych	II nd	Gurbani
2	221902032	Jenisha	FBHS	BSc Clin Psy.	II nd	Jenisha
3	221902019	Shruti	FBHS	BSc. Clin. Psy.	II nd	Shruti
4	221902036	Jahnavi	FBHS	BSc. Clin Psy.	II nd	Jahnavi
5	221902011	Grihama	FBHS	BSc. Clin. Psych.	II nd	Grihama
6	221902012	Pragya	FBHS	BSc Clin Psy	II nd	Pragya
7	221902009	Shreya	FBHS	BSc Clin Psy	II nd	Shreya
8	221902003	Aditi	FBHS	BSc Clin Psy	II nd	Aditi
9	221902006	Kinjal	FBHS	BSc Clin Psy	II nd	Kinjal
10	221902046	Sonjana	FBHS	BSc Clin Psy	II nd	Sonjana
11	221902001	Arjan	FBHS	BSc Clin Psy	II nd	Arjan
12	221902015	Mansi	FBHS	BSc. Clin Psy	II nd	Mansi
13	221902038	Jatin	FBHS	BSc. clinical Psy.	II nd	Jatin
14	221902039	Anjali Nehra	FBHS	BSc clinical Psy	II nd	Anjali
15	221902048	Mamta Yadav	FBHS	BSc clinical Psy	II nd	Mamta
16	221902054	Reet Mishra	FBHS	BSc Clinical Psy	IV	Reet
17	221902054	Pallavi	FBHS	BSc Clinical Psy	II	Pallavi
18	221902025	Maharaja Mahesh	FBHS	BSc Clinical Psy	II nd	Maharaja
19	221902025	Tanisha	FBSC	BSc Clinical Psy	II nd	Tanisha
20	221902024	Chhaver	FBHS	BSc. Clinical Psy.	II nd	Chhaver
21	221902004	Gayatri	FBHS	BSc clinical Psy	II nd	Gayatri
22	221902013	Isha	FBHS	BSc. Clinical Psy.	II nd	Isha
23	221902023	Prabhav	FBHS	BSc. Psy	II nd	Prabhav
24	210531005	Prince Gautam	FAHS	BSc Neurophys.	III rd	Prince
25	210531002	Aditi	FAHS	BSc. Neurophys.	IV th	Aditi
26	210531004	Lokesh Kumar	FAHS	BNPT	4 th Sem	Lokesh
27	210531009	Rajendra P. Singh	FAHS	BNPT	4 th Sem	Rajendra
28	221902041	Mamisha Joshi	FBSC	BSc Clinical Psy	2 nd Sem	Mamisha
29	221902034	Aditi Srivastava	FBSC	BSc Clinical Psy	2 nd Sem	Aditi
30	221902018	Srujaksha	FBSC	BSc Clinical Psy	2 nd Sem	Srujaksha
31	200310001	Yogita Verma	BPT	Physiotherapy	3 rd Yr.	Yogita
32	220548004	Muskan	MAC. Neurosc. enc	FAHS	2 nd Sem	Muskan
33	220548005	Shweta	"	"	2 nd Sem	Shweta
34	220548002	Raman	"	"	2 nd Sem	Raman
35	201101030	SOBHAM	BSC. Home Agri	BSc. Agri	6 th Sem	SOBHAM
36	211912008	Paiyanshi	B. Ed (Special)	B. Ed	4 th Sem	Paiyanshi

Bhanupriya



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S. No.	Registration No.	Name of Student	Faculty	Course	Semester	Signature
37	221005013	Suhani Sharma	Best Education	B.Ed. SpEd(II)	2nd	<i>[Signature]</i>
38	21923005	Anuha Dagan	Education	B.Ed TDD	3rd	<i>[Signature]</i>
39	221006009	Anket Ray	Education	B.ed Special(II)	2nd	<i>[Signature]</i>
40	221708004	Ruby Dangi	FOSC	Msc Physics	2nd	<i>[Signature]</i>
41	221708005	Jagriti	FOSC	Msc Physics	2nd	<i>[Signature]</i>
42	221708008	Rhanti	FOSC	"	"	<i>[Signature]</i>
43	221708010	Anjali	FOSC	"	"	<i>[Signature]</i>
44	221708009	Chris	FOSC	"	"	<i>[Signature]</i>
45	221917009	Poochi	PDCP	Beh. Sciences	1st	<i>[Signature]</i>
46	221917007	Mehul	PDCP	"	1st	<i>[Signature]</i>
47	221917006	Sharna	PDCP	"	1st	<i>[Signature]</i>
48	221917008	Amerla	PDCP	"	1st	<i>[Signature]</i>
49	221101062	Yukti	FASC	B.Sc Agri.	2nd	<i>[Signature]</i>
50	221101005	Sidhasuman	FASC	B.Sc Agri.	2nd	<i>[Signature]</i>
51	221101036	Kumud	FASC	B.Sc Agri	2nd	<i>[Signature]</i>
52	220531005	Royal	FAHS	BNPT	2nd	<i>[Signature]</i>
53	220531008	Sakshi	FAHS	BNPT	2nd	<i>[Signature]</i>
54	211918007	Gasima	FOBS	BEd. HI	4th	<i>[Signature]</i>
55	221917002	Rachna	PDCP	PDCP	1st year	<i>[Signature]</i>
56	221917017	Meenakshi	PDCP	PDCP		<i>[Signature]</i>
57	221917015	Rishika	PDCP	PDCP		<i>[Signature]</i>
58	221101035	Gourav	B.Sc. Hon	BSC	2nd sem	<i>[Signature]</i>
59	221910006	Jasmine Kaur	BA Psy.	BA	1st Sem	<i>[Signature]</i>
60	221910004	Shikha Gade	BA Psy.	BA	1st Sem	<i>[Signature]</i>
61	221910018	Sakshi	BA Psy.	BA	1st Sem	<i>[Signature]</i>
62	221910003	Ruchit	BA Psy.	BA	1st Sem	<i>[Signature]</i>
63	221902081	Vandana	B.Sc. Psy. FASC	B.Sc	2nd sem	<i>[Signature]</i>
64	221902065	Vinayak	"	B.Sc	"	<i>[Signature]</i>
65	221900022	Riya Sharma	FASC	BA	"	<i>[Signature]</i>
66	221902071	Deepika Mishra	FASC	BSC	2nd sem	<i>[Signature]</i>
67	212001029	Ashpreet Kaur	FNYS	BNYS	2nd yr	<i>[Signature]</i>
68	221910019	Shilpa	PBSC	Psychology	1st year	<i>[Signature]</i>
69	221902033	Sulaiman Bantulu	PBSC	Psychology	1st Year	<i>[Signature]</i>
70	221902021	Arant Sani	PBSC	Psychology	1st Year	<i>[Signature]</i>
71	221902035	Arav Kumar	PBSC	Psychology	2nd Sem	<i>[Signature]</i>
72	221902002	Shubham Mishra	PBSC	BSC	2nd sem	<i>[Signature]</i>

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S. No.	Registration No.	Name of Student	Faculty	Course	Semester	Signature
73	211918015	Nitin Mathur	B. Ed Spl. Edu H.S	B. Ed Spl. Edu	4 th	Nitin Mathur.
74	211919012	Krutika	Special Education	B. Ed Spl. Edu	4 th	Krutika
75	220548001	Monasi Harish	FAHS	M NNT	2 nd	Monasi
76	220531002	Kirti	FAHS	BNPT	2 nd	Kirti
77	220531004	Chitrapaksh	FAHS	BNPT	2 nd	Chitrapaksh
78	211910005	Khushbu	Behavioral Science	BA Psycholgy	2 nd	Khushbu
79	210531012	Amit	B. Sc Neuro FAHS	BNPT	4 th	Amit
80	210531011	Utaav	FAHS	BNPT	4 th	Utaav
81	210531007	Naomi Gail	FAHS	BNPT	4 th Sem	Naomi
82	200310048	Harish Kumar	FPHY	BPT	6 th Sem	Harish
83	200310056	KUNAL TAWAR	FPHY	BPT	6 th Sem	Kunal
84	200310057	AHANNI SAPRA	FPHY	BPT	6 th Sem	Ahanni
85	200310051	ADARSH MISHRA	FPHY	BPT	6 th Sem	Adarsh
86	2110101008	Neeraj Yadav	F A S C	B.Sc (Hort) Agri	4 th Sem	Neeraj
87	2211010105	Bikesh K.S.	Bsc. Agri	Bsc (Agri)	1 st year	Bikesh
88	2211010108	Suymit Kumar	"	"	1 st year	Suymit
89	22101002	Ritik Yadav	"	"	1 year	Ritik
90	221101013	Aman	Bsc. Agri (FASC)	Bsc (Agri)	1 year	Aman
91	210305057	Sruvudhi Verma	FPHY	BPT	2 nd year	Sruvudhi
92	210305047	VINEET KUMAR	"	"	"	Vineet
93	210305050	Komil Saini	"	"	"	Komil
94	210305046	Riya Rastogi	FPHY	BPT	2 nd year	Riya
95	202001011	Danshi Danyang	FPHY	BNYS	3 rd year	Danshi
96	202001007	Kanika Gupta	"	"	"	Kanika
97	221101053	Srinadh	Bsc Agri	Bsc	2 nd	Srinadh
98	221101044	Archana	Bsc Agri	Bsc	2 nd	Archana
99	221101009	Rohit	B.Sc Agri	BSC	2 nd	Rohit
100	221101004	Manoj	B.Sc Agri	BSC	2 nd	Manoj
101	221101035	Vhadak Singh	B.Sc Agri	BSC	2 nd	Vhadak
102	221101047	Akhishak yadav	BSC Agri	BSC	2 nd	Akhishak
103	221101042	Harsh	Agri	BSC Ag.	2 nd	Harsh
104	221101010	Krisham	Agri	BSC Ag.	2 nd	Krisham
105	221005005	Rafat Yadav	Education	B. Ed Spl. (H)	1 st	Rafat
106	211918003	Ashish Kumar Bahga	Education	B. ed Spl. (H.D)	IV th	Ashish
107	220531007	Sahani shama	FAHS	Neurophysiology	2 nd	Sahani
108	221917019	Dheeraj	PDCP	PDCP		Dheeraj

Kansal

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Faculty of Behavioural Sciences

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ATTENDANCE SHEET

S. No.	Registration No.	Name of Student	Faculty	Course	Semester	Signature
109	272001089	SARNA YADAV	FNYS	BNYS	11 th year	[Signature]
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Workshop on Sleep Difficulty and its Management
ATTENDANCE SHEET

S. No.	Name of Faculty Member	Designation	Faculty	Signature
X 1	Dr. Deekshita	Resident Medical Officer	FAHS	[Signature]
2	Prashant Kataria	SLP Grade-1	FAHS	[Signature]
3	Dr. Shubho Tane	Assist. Prof.	FAHS	[Signature]
4	Aneeha Gupta	Asst. Prof.	FAHS	[Signature]
5	Dr. Vinika	Assistant Prof.	FPHY	[Signature]
X 6	Prof. Dr. Anand Human	Dean, PAHS	FAHS	[Signature]
7	Dr. Visha M. Jha	MOD, DPMS, PAHS	FAHS	Visha
8	Ms. Bhawana	Asst. Prof. FAHS	FAHS	[Signature]
9	M. Poornima Talwar	Asst. Prof. FEDU	FEDU	Talwar
10	Ms. Sandesh	Asst. Prof.	FEDU	[Signature]
11	Mr. Chandan	Asst. Prof.	FEDU	[Signature]
12	Sunny	Tech Support Eng	IT	[Signature]
6108 ✓ 13	Dr. Nandini	Assistant Prof.	FBS	[Signature]
6112 14	Dr. Anika M	Assistant Prof.	FBS	[Signature]
15	Dr. Jagdeep Singh	A.P.	FOSC	[Signature]
6109 16	Dr. Nilesh Kumar	Assistant Prof.	FBS C	[Signature]
6110 ✓ 17	Dr. Anshu Salun	Assistant Prof.	FBS C	[Signature]
18	Dr. Anshu	System Engineer	IT	[Signature]
6111 ✓ 19	Dr. Anura Ansan	Asso. Prof.	FBS C	[Signature]
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