

### 2.3.1 Student Centric Learning

#### Panel discussion on Benefits of Therapy

Psymentia, the Department of Psychology, conducted an informative and engaging panel discussion on the agenda "Benefits of Therapy". The prestigious guest speakers from the field of psychology were Dr. Rahul Saini, a renowned psychiatrist and PG Resident doctor at Safdarjung Hospital, Ms. Aishwarya Raj, RCI certified clinical psychologist practicing in Delhi NCR, and Dr. Harpreet Bhatia, an associate professor at Keshav Mahavidyalaya, University of Delhi.

The three speakers shared valuable insights into the concept of burnout, how to avoid it, and how to effectively deal with academic stress. They had also discussed therapy and the use of positive coping mechanisms to deal with daily life stresses. Ms. Radhika Sharma moderated the session. Students were also asked to pitch their questions to the panel from time to time, and the session was very interactive and engaging.



#### Industrial visit to Sun Pharmaceutical Industries Ltd.

The Department of Instrumentation, organized an industrial visit to “Sun Pharmaceutical Industries Ltd.”, Gurugram for the students of B.Sc (Hons.) Instrumentation .The purpose of this

visit was to provide students with practical insights into the industrial application of their academic knowledge and to foster a student-centric learning experience. The visit commenced with a warm welcome by the Sun Pharma team, followed by an introductory session. During this session, students were briefed about the history, mission, and key operations of Sun Pharma. Students were given a guided tour of the manufacturing plant, where they had the opportunity to witness the various stages of pharmaceutical production. The students had the opportunity to engage in a Q&A session with industry experts. This interactive session allowed students to gain a deeper understanding of the challenges and innovations in the field of instrumentation within the pharmaceutical sector.

