

## SWAYAMPRAKASHA LIVE SCHEDULE

**Timing of the session: 2:40 P.M. to 3:40 P.M.**

Date	Day	Course Code	Block	Unit	Name of Academic Counsellor	Topic
01-01-2024	Monday	BPCG-175	1	1	Dr. Aasimeh Rehman	Psychology and Mind-Body Relationship
03-01-2024	Wednesday	BPCG-175	1	2	Dr. Aasimeh Rehman	Psychology and Mind-Body Relationship, Self and Identity Development
04-01-2024	Thursday	BPCG-175	1	3	Dr. Aasimeh Rehman	Components of Self
08-01-2024	Monday	BPCG-175	1	3	Dr. Aasimeh Rehman	Components of self [Part-II]
10-01-2024	Wednesday	BPCG-175	2	4	Dr. Aasimeh Rehman	Attitude, Personality and Thinking
11-01-2024	Thursday	BPCG-175	2	5	Dr. Aasimeh Rehman	Emotions and Motivation
15-01-2024	Monday	BPCG-175	2&3	6&7	Dr. Aasimeh Rehman	Problem Solving, Decision Making and Creativity, Self and Maladjustment
17-01-2024	Wednesday	BPCG-175	4&5	9,10, 11,12, 13, 14	Dr. Aasimeh Rehman	Correlates of Mental Health and Well-being- I & II, Self in a Changing World Positive Growth in Childhood Positive Youth Development Successful Ageing
18-01-2024	Thursday	BEGC-134	4	3&4	Dr. Showkat Hussain Dar	Things Fall Apart: Detailed Analysis, Specific Features of Things Fall Apart
24-01-2024	Monday	BPCG-172	1	1&2	Dr. Aasimeh Rehman	Youth: concept and identity, Developmental aspects of youth
25-01-2024	Wednesday	BPGG-172	2	3	Dr. Aasimeh Rehman	Social and Psychological Perspectives on Identity
29-01-2024	Thursday	BPCG-172	2	4&5	Dr. Aasimeh Rehman	Education, Career and Peer Group, Youth Culture: Influence of Media and Globalization
31-01-2024	Monday	BPCG-172	3	6	Dr. Aasimeh Rehman	Youth Culture: Influence of Media and Globalization, Gender, Youth Identity and Sexuality

**Channel No = 13**

**BPCG-175:** Psychology for Living

**BEGC-134:** Reading the Novel

**BPCG-172:** Youth, Gender and Identity