

Mehr Chand Mahajan DAV College for Women

Sector – 36 A, Chandigarh (U.T.)

Report of Event held under the Aegis of RUSA

2-day Workshop on ‘Emotional Freedom Technique’

8 March, 2016 and 10 March, 2016: The Postgraduate Department of Psychology organized a 2-day Workshop on ‘**Emotional Freedom Technique.**’ Emotional Freedom Techniques (EFT) conducted by **Dr Vijay Girdhar, HOD Dept of Psychiatry, Govt Multi-speciality Hospital Sec 16 Chandigarh.** This workshop was aimed at training the students of psychology in EFT, who wish to acquire the skills and knowledge of the various alternative psycho therapies before becoming professionals in their respective chosen fields and it was designed in such a manner that enabled the students to learn this technique through practical experience by using “learning by doing” method.

