

About the College

Pt. Chiranji Lal Sharma Govt. College, is located at Karnal (Haryana) which is a rapidly growing city centrally located between Delhi and Chandigarh on the AH-1 (NH-44) and is also connected through Delhi-Ambala railway line. It is 123 Kms from Delhi and 130 Kms from Chandigarh. Karnal district is one of the oldest districts of Haryana. The city has gained importance since Mahabharata era. It is believed that it was founded by Raja Karna, the eldest son of Kunti and hence the city is called the city of Daanvir Karna. The college was established in 1976 in the old building at Railway Road Karnal and later shifted to its present site near the crossing of sector 6-7 on AH-1 (NH-44) in 1991. The college has all the three faculties viz. Arts, Commerce and Science besides job-oriented courses like BAMC, BTM, BCA, Bio-Tech, BSc IT (Hons), Master Degree Programmes in Commerce, English, Economics, History, Psychology and Maths and PG Diploma in Guidance, Counselling and Psychotherapy. The institution is well equipped with science labs, computer labs, language labs and smart class rooms. Historically, our college was part of 25 Colleges with Potential for Excellence (2009) list of Department of Higher Education, Haryana, and has been made a Nodal College for District Karnal (2018) and a Modal College (2018) for improving infrastructure etc. Apart from this our college was declared the best college of the state by the Department of Higher Education, Haryana and Kurukshetra University, Kurukshetra in 1997-98 and again in 2003-04.

Chief Patron

Sh. S. Narayanan, IFS
Director General
Higher Education Haryana



Patron

Dr. Rekha Tyagi
Principal



Coordinator

Prof. Jarnail Singh Sehrawat
Department of Geography



Convener

Prof. Rajesh Mehra
Department of Psychology



About the Seminar

Psychological First Aid (PFA) is an evidence-informed approach designed to reduce initial distress and promote adaptive functioning following crisis situations such as disasters, accidents, violence, or sudden emotional trauma. College students often become first responders within their peer groups during emotional or psychological crises. This seminar aims to equip students and educators with essential skills to provide humane, compassionate, and practical psychological support.

Sub-Themes

- Psychological First Aid: Concepts and Applications
- Psychosocial, Spiritual and Cultural Perspectives
- Belief Systems and Mental Well-Being
- Coping Strategies and Stress Management
- Emotional Intelligence, Hope and Optimism
- Personality, Relationships and Mental Health
- Risk Behaviour, Aggression and Health
- Values, Helping Behaviour and Social Support
- Problem-Solving, Decision-Making and Crisis Response
- Sports, Yoga, Lifestyle and Mental Health
- Information Technology and Mental Health
- Psychosocial Rehabilitation and Prevention
- Any other topic related to the theme

Important Date:

Last date for the submission of abstract: January 10, 2026

Last date for the submission of full paper: January 15, 2026

Note: Please submit your abstract on [Google Form](#) and full paper on email seminarpfa2911@gmail.com Original best selected papers will be published in Book with ISBN Number

Bank Details for Payment:

Bank Account Number: 37263484318

IFSC Code: SBIN0009123

Name of the Bank: State Bank of India

Branch Name: Grain Market, Karnal

Registration Fees:

Faculty Members: INR 300/-

Students and Research Scholars: INR100/-

Google Form for Registration:

We request all the participants to pay registration fee online and then fill the following Google registration form link <https://forms.gle/ZxTe7piMYE1fEokb7> or scan QR code.



Multidisciplinary One Day National Seminar on

Psychological First Aid: A Mental Health Support in Emergency

Sponsored by
Department of Higher Education
Haryana

Organized by
Mental Health Cell
Pt. Chiranji Lal Sharma Govt. College, Karnal

25 January, 2026

Organizing Secretary

Dr. Kanwar Bhan
Professor of Geography
Dr. Nidhi Sharma
Associate Professor of Mathematics

Financial Secretary

Mr. Jai Parkash
Associate Professor of Commerce
Dr. Kamal Kumar
Assistant Professor of Tourism Management

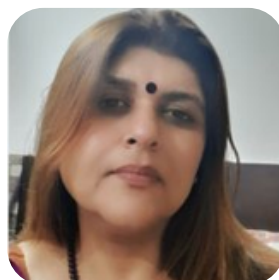
Organizing Committee

Ms. Sneha Yadav
Associate Professor of History
Dr. Sunita Chopra
Associate Professor of Commerce
Dr. Nutan Garg
Professor of English
Sh. Rajpal
Associate Professor of Economics
Dr. Naveen Batra
Professor of Hindi
Dr. Yashpal
Associate Professor of Physical Education
Dr. Rajesh Ranjha
Associate Professor of History
Sh. Ramesh Arora
Associate Professor of Computer Science
Ms. Nitika Arora
Assistant Professor of Computer Science
Mr. Kamal Bajaj
Assistant Professor of Tourism Management
Ms. Anamika Ranga
Assistant Professor of Music
Dr. Vijay Kumar
Assistant Professor of Zoology
Dr. Sombir Singh
Assistant Professor of Botany
Ms. Karamjit
Assistant Professor of Commerce

Resource Persons

Prof. Roshan Lal Dahiya

Department of Psychology,
University of Delhi



Prof. Shalini Singh

Department of Psychology,
Maharishi Dayanand
University, Rohtak

Dr. Saubhagya S Kaushik

Addl. SMO, District
Civil Hospital, Karnal



Prof. Hardeep Lal Joshi

Department of Psychology
Kurukshetra University,
Kurukshetra

Programme Schedule

Time	Activity	Name of Speaker
9:00 am to 10:00 am	Registration and Breakfast at the Venue	
10:00 am to 11:00 am	Inauguration and Keynote Address	Prof. Roshan Lal Dahiya
11:00 am to 11:45 am	Session-I	Prof. Shalini Singh
11:45 am to 12:30 pm	Session-II	Dr. Saubhagya S Kaushik
12:30 pm to 1:15 pm	Session-III	Prof. Hardeep Lal Joshi
1:15 pm to 2:15 pm	Lunch	
2:30 pm to 4:30 pm	Technical Session	
4:30 pm to 5:00 pm	Valedictory Ceremony	

Venue: Seminar Hall (E-20)

Contact Us

Convener: 9466891715

Organizing Secretary: 9416219818, 7015949824