

## **SVATA: A PSYCHOLOGY BASED SKILL DEVELOPMENT PROGRAM**

The undergraduate department of psychology, MNWC, and Prafulta Psychological Services offers Svata: a psychology based skill development program It has the following objectives:

1. To teach the techniques of emotional regulation thereby enabling students to step out as rational, balanced and emotionally capable individuals who can survive future challenges be it at the workplace, at home or in further studies.
2. To create mental health ambassadors who will reach out and help the community to identify and direct those afflicted with various mental health concerns.
3. To provide the necessary cognitive refinement enabling application of the concepts learned in the classroom to daily life leading to a healthier society.

This is a 30 hour program and will enrich the students personal and professional lives making them empowered and stable citizens of the world.



**DEPT. OF PSYCHOLOGY  
MANIBEN NANAVATI WOMEN'S COLLEGE  
&  
PRAFULTA PSYCHOLOGICAL SERVICES**

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