



## **Department of Psychology and Behavioural Sciences**

### **Mano Darpan: Behavioural Counselling and Wellness Centre**

- Individual counselling for emotional and academic concerns
- Stress and behaviour-management support
- Career and academic guidance
- Crisis intervention services
- Workshops on mental health and life skills
- Community outreach programmes

### **Biofeedback Laboratory**

- HRV Biofeedback
- EMG Biofeedback
- GSR Biofeedback
- Stress profiling and relaxation training
- Guided breathing and physiological monitoring

### **Psychology Laboratory**

- Standardized Psychometric assessments (IQ, personality, aptitude, emotional scales)
- Experimental tools: memory, attention, reaction-time apparatus SS

Dr. Shiv Kumar

### **Department of Psychology and Behavioural Sciences**

Shri Vishwakarma Skill University,

Transit Office, Plot No. 147, Sector-44, Kanahi, Gurugram, Haryana 122003

0124-2746800, 9992738284, 8800892357