

TC-IRC SERIES – “MANOSAMPADA”
Discipline of Psychology
SOSS, IGNOU

Manosampada is a series on mental health, started by the Discipline of Psychology, School of Social Sciences, IGNOU from April 2025, with an objective of creating mental health awareness and mental health promotion.

TC SESSIONS (GYANDARSHAN) - 1st Monday of every month

IRC SESSIONS (GYANVANI) – every month as per the slots given to SOSS

Sl no	Date	Expert	Topic	You Tube Links
1	7.4.2025	Prof Swati Patra and Prof Suhas Shetgovekar	Mental Health Matters	https://www.youtube.com/live/zRQa7XcoBeg?si=2UO2rTVopDcjeSJA
2	5.5.2025	Prof Swati Patra and Dr Monika Misra	Stress: Management and Prevention	https://www.youtube.com/live/LEzJkYkE1Ac?si=dxPtbwhJKaxm-LFV
3	16.6.2025	Dr Monika Misra and Dr Neha Benada	Social Media and Mental Health	https://www.youtube.com/live/OIETa8PRHM8?feature=shared
4	7.7.2025	Prof Swati Patra and Prof Suhas Shetgovekar	Focusing on our thoughts for positive mental health	https://www.youtube.com/live/w6-3FhryXuQ?si=uTx_24x1FEydISgo
5	4.8.2025	Prof Suhas Shetgovekar and Dr Ritu Sharma	Work-Life Balance	https://www.youtube.com/watch?v=ZxQu-g3Ht-g
6	1.9.2025	Prof Suhas Shetgovekar and Dr Smita Gupta	Effective communication skills	https://www.youtube.com/watch?v=6Ww88XPAYWo
7	6.10.2025	Prof Swati Patra and Dr Monika Misra	Mindfulness for mental health and well-being	https://www.youtube.com/live/sCO_WCo-5fl
8	3.11.2025	Prof Ritu Sharma and Dr Ashwini Kumar	Self-Awareness for Mental Health and Well-Being	https://www.youtube.com/live/qlRtffstZ4?si=IWU-ViunhV42IfEN
9	1.12.2025	Dr Monika Misra and Dr Neha Benada	Coping with Examination Stress and Anxiety	https://www.youtube.com/live/pPvNV8i1kZU?si=nNRgpgqyGH_B6ZAZ
10	5.1.2026	Prof Swati Patra and Dr Monika Misra	Emotional Intelligence	https://www.youtube.com/live/lruN0LDLc8M?si=eKyb3f-AOx0RRPsb

11	2.2.2026	Prof Suhas Shetgovekar and Dr Monika Misra	Parenting and Mental Health	https://www.youtube.com/live/3BVTbchAM0E?si=rIEWfVep0aQX2x6p
12	2.3.2026	Prof Suhas Shetgovekar and Prof Swati Patra	Workplace Mental Health and Well-being	https://www.youtube.com/live/bKIwaBarn0Q?si=qAEt0dk3IpUxKcCw
13	20.3.2026	Prof Swati Patra and Prof Pulkit Khanna	Special Episode of Manosampada on UN International Day of Happiness - “Happier Communities and Collective Well-being”	https://www.youtube.com/live/NIRUIrV2gnY?si=d4WyTwq9nZSXdL5O
14	20.4.2026	Prof Swati Patra and Dr Ashwini Kumar	Happiness and Mental Health	https://www.youtube.com/live/NKTceND19Io?si=EgefrYshun6MRR3y