



INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
REGIONAL CENTRE JAMMU  
FORMAT FOR PRACTICAL COUNSELLING SCHEDULE  
ADMISSION SESSION: JANUARY, 2026

LSC CODE: 12105-P  
LSC NAME: Department of Psychology

LSC CONTACT NUMBER:  
LSC E-MAIL: ignou12105@gmail.com

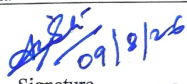
YEAR: 2026  
PROGRAMME: MAPC 2<sup>nd</sup> year

No. IGNOU/26/MAPC/ 178  
Dated:- 09/08/26

| S.No | DATE       | DAY      | TIME    |        | COURSE CODE | MODE OF COUNSELLING ONLINE/OFFLINE | NAME OF ACADEMIC COUNSELLOR | VENUE/BATCH                                                            | Group                 |
|------|------------|----------|---------|--------|-------------|------------------------------------|-----------------------------|------------------------------------------------------------------------|-----------------------|
|      |            |          | FROM    | TO     |             |                                    |                             |                                                                        |                       |
| 1    | 22-08-2026 | Saturday | 10.00AM | 1.00PM | MPCE014     | OFFLINE                            | Dr. Dharvinder Singh        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 2    | 23-08-2026 | Sunday   | 10.00AM | 1.00PM | MPCE014     | OFFLINE                            | Dr. Dharvinder Singh        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 3    | 29-08-2026 | Saturday | 10.00AM | 1.00PM | MPCE014     | OFFLINE                            | Dr. Dharvinder Singh        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 4    | 30-08-2026 | Sunday   | 10.00AM | 1.00PM | MPCE014     | OFFLINE                            | Dr. Dharvinder Singh        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 5    | 05-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE014     | OFFLINE                            | Dr. Dharvinder Singh        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 6    | 06-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE014     | OFFLINE                            | Dr. Dharvinder Singh        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 7    | 22-08-2026 | Saturday | 10.00AM | 1.00PM | MPCE034     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 8    | 23-08-2026 | Sunday   | 10.00AM | 1.00PM | MPCE034     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 9    | 29-08-2026 | Saturday | 10.00AM | 1.00PM | MPCE034     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 10   | 30-08-2026 | Sunday   | 10.00AM | 1.00PM | MPCE034     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 11   | 05-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE034     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 12   | 06-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE034     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 13   | 12-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE024     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 14   | 13-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE024     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 15   | 19-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE024     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 16   | 20-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE024     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 17   | 26-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE024     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |
| 18   | 27-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE024     | OFFLINE                            | Dr. Sarita Sood             | P.G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 1 <sup>st</sup> |

Dr. Sarita Sood  
09/08/26  
IGNOU PSC 12105-P  
P.G. Deptt. of Psychology

|    |            |          |         |        |         |         |                  |                                                                         |                       |
|----|------------|----------|---------|--------|---------|---------|------------------|-------------------------------------------------------------------------|-----------------------|
| 19 | 12-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE024 | OFFLINE | Dr. Mridula Bali | P. G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 2 <sup>nd</sup> |
| 20 | 13-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE024 | OFFLINE | Dr. Mridula Bali | P. G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 2 <sup>nd</sup> |
| 21 | 19-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE024 | OFFLINE | Dr. Mridula Bali | P. G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 2 <sup>nd</sup> |
| 22 | 20-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE024 | OFFLINE | Dr. Mridula Bali | P. G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 2 <sup>nd</sup> |
| 23 | 26-09-2026 | Saturday | 10.00AM | 1.00PM | MPCE024 | OFFLINE | Dr. Mridula Bali | P. G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 2 <sup>nd</sup> |
| 24 | 27-09-2026 | Sunday   | 10.00AM | 1.00PM | MPCE024 | OFFLINE | Dr. Mridula Bali | P. G. Department of Psychology, University of Jammu/ January 2026 Batch | Group 2 <sup>nd</sup> |

  
 Signature Dr. Sarita Sood  
 Stamp Programme i/c  
 (Coordinator/PIC) 12105-P  
 P.G. Deptt. of Psychology



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REGIONALCENTREJAMMU  
FORMAT FOR THEORY COUNSELLING SCHEDULE  
ADMISSION SESSION: JANUARY, 2026

LSCCODE:12105-P  
LSCNAME:Department of  
Psychology

LSCC ONTACT NUMBER:  
LSCE-MAIL:ignou12105@gmail.com

YEAR:2026  
PROGRAMME:MAPC2<sup>nd</sup>year

No.IGNOU/26/MAPC/177  
Dated:- 09/08/26

| S.No | DATE       | DAY      | TIME   |        | COURS<br>E CODE | MODEOF<br>COUNSELLIN<br>GONLINE/OFF<br>LINE | NAME OF ACADEMIC<br>COUNSELLOR | VENUE/BATCH                                                            |
|------|------------|----------|--------|--------|-----------------|---------------------------------------------|--------------------------------|------------------------------------------------------------------------|
|      |            |          | FROM   | TO     |                 |                                             |                                |                                                                        |
| 1    | 22-08-2026 | Saturday | 1.30PM | 4.00PM | MPCE012         | OFFLINE                                     | Dr. Dharvinder Singh           | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 2    | 23-08-2026 | Sunday   | 1.30PM | 4.00PM | MPCE012         | OFFLINE                                     | Dr. Dharvinder Singh           | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 3    | 29-08-2026 | Saturday | 1.30PM | 4.00PM | MPCE012         | OFFLINE                                     | Dr. Dharvinder Singh           | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 4    | 22-08-2026 | Saturday | 1.30PM | 4.00PM | MPCE023         | OFFLINE                                     | Dr. Mridula Bali               | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 5    | 23-08-2026 | Sunday   | 1.30PM | 4.00PM | MPCE023         | OFFLINE                                     | Dr. Mridula Bali               | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 6    | 29-08-2026 | Saturday | 1.30PM | 4.00PM | MPCE023         | OFFLINE                                     | Dr. Mridula Bali               | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 7    | 22-08-2026 | Saturday | 1.30PM | 4.00PM | MPCE031         | OFFLINE                                     | Dr. Sarita Sood                | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 8    | 23-08-2026 | Sunday   | 1.30PM | 4.00PM | MPCE031         | OFFLINE                                     | Dr. Sarita Sood                | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 9    | 29-08-2026 | Saturday | 1.30PM | 4.00PM | MPCE031         | OFFLINE                                     | Dr. Sarita Sood                | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 10   | 30-08-26   | Sunday   | 1.30PM | 4.00PM | MPCE011         | OFFLINE                                     | Ms. Nidhi Vij                  | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 11   | 05-09-26   | Saturday | 1.30PM | 4.00PM | MPCE011         | OFFLINE                                     | Ms. Nidhi Vij                  | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 12   | 06-09-26   | Sunday   | 1.30PM | 4.00PM | MPCE011         | OFFLINE                                     | Ms. Nidhi Vij                  | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 13   | 30-08-26   | Sunday   | 1.30PM | 4.00PM | MPCE021         | OFFLINE                                     | Dr. Dharvinder Singh           | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |

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09/08/26  
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|    |            |          |         |         |         |         |                      |                                                                        |
|----|------------|----------|---------|---------|---------|---------|----------------------|------------------------------------------------------------------------|
| 14 | 05-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE021 | OFFLINE | Dr. Dharvinder Singh | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 15 | 06-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE021 | OFFLINE | Dr. Dharvinder Singh | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 16 | 30-08-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE033 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 17 | 05-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE033 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 18 | 06-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE033 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 19 | 12-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE013 | OFFLINE | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 20 | 13-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE013 | OFFLINE | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 21 | 19-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE013 | OFFLINE | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 22 | 12-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE022 | OFFLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 23 | 13-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE022 | OFFLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 24 | 19-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE022 | OFFLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 25 | 12-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE032 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 26 | 13-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE032 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 27 | 19-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE032 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 28 | 20-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE046 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 29 | 26-09-26   | Saturday | 1.30PM  | 4.00PM  | MPCE046 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 30 | 27-09-26   | Sunday   | 1.30PM  | 4.00PM  | MPCE046 | OFFLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 31 | 03-10-2026 | Saturday | 10.00AM | 12.30PM | MPCE012 | ONLINE  | Dr. Dharvinder Singh | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 32 | 04-10-2026 | Sunday   | 10.00AM | 12.30PM | MPCE012 | ONLINE  | Dr. Dharvinder Singh | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 33 | 03-10-2026 | Saturday | 12.30PM | 3.00PM  | MPCE023 | ONLINE  | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 34 | 04-10-2026 | Sunday   | 12.30PM | 3.00PM  | MPCE023 | ONLINE  | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |

Dr. Sarita Sood  
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|----|------------|----------|---------|---------|---------|--------|----------------------|------------------------------------------------------------------------|
| 35 | 03-10-2026 | Saturday | 3.00PM  | 5.30PM  | MPCE031 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 36 | 04-10-2026 | Sunday   | 3.00PM  | 5.30PM  | MPCE031 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 37 | 10-10-2026 | Saturday | 10.00AM | 12.30PM | MPCE011 | ONLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 38 | 11-10-2026 | Sunday   | 10.00AM | 12.30PM | MPCE011 | ONLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 39 | 10-10-2026 | Saturday | 12.30PM | 3.00PM  | MPCE021 | ONLINE | Dr. Dharvinder Singh | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 40 | 11-10-2026 | Sunday   | 12.30PM | 3.00PM  | MPCE021 | ONLINE | Dr. Dharvinder Singh | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 41 | 10-10-2026 | Saturday | 3.00PM  | 5.30PM  | MPCE033 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 42 | 11-10-2026 | Sunday   | 3.00PM  | 5.30PM  | MPCE033 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 43 | 17-10-2026 | Saturday | 10.00AM | 12.30PM | MPCE013 | ONLINE | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 44 | 18-10-2026 | Sunday   | 10.00AM | 12.30PM | MPCE013 | ONLINE | Dr. Mridula Bali     | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 45 | 17-10-2026 | Saturday | 12.30PM | 3.00PM  | MPCE022 | ONLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 46 | 18-10-2026 | Sunday   | 12.30PM | 3.00PM  | MPCE022 | ONLINE | Ms. Nidhi Vij        | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 47 | 17-10-2026 | Saturday | 3.00PM  | 5.30PM  | MPCE032 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 48 | 18-10-2026 | Sunday   | 3.00PM  | 5.30PM  | MPCE032 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 49 | 24-10-2026 | Saturday | 10.00AM | 12.30PM | MPCE046 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |
| 50 | 25-10-2026 | Sunday   | 10.00AM | 12.30PM | MPCE046 | ONLINE | Dr. Sarita Sood      | P.G. Department of Psychology, University of Jammu/ January 2026 Batch |

Signature  
Stamp Dr. Sarita Sood  
(Coordinator/PIC) e i/c  
IGNOU PSC 12105-P  
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