

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Department of Psychology: Manorang Society
(Session: 2018-19)

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Mehar

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Principal
Post. Graduate Govt. College for Girls
Sector 11, Chandigarh

Orientation Programme

An Orientation Programme was held for BA I and MA. students on **4th August, 2018**. The new students were welcomed by Mrs. Simrat Rana, Head of the department. The faculty members and the laboratory staff were introduced. 150 students were apprised of the various academic and extra-curricular activities and competitions that are regularly organized by the department.



Principal and Prof. Dr. Vidhu Mohan

Interactive Session

Senior students of the Manorang Society of the department organized an Interactive Session with the new students on **28th August, 2018**. They put forth interesting games, including word association test, for the new students and encouraged them to showcase their talents. Head of the department, addressed the 200 students on this occasion and informed them about the various activities to be carried out in the session.



Interactive Session for the 2018-19 Batch

Annual Activity Forum- Abhivyakti

The Manorang Society organized the Poster Making, Creative Writing, Debate and Folk Songs competition on **19th & 20th September, 2018**. 200 Student of BA I, II and III portrayed varied themes of Perception, Illusions, Mental Health etc. in their posters. Prof Dr. Anita Kaushal, Principal of the college, inaugurated the poster exhibition.



Prof Dr. Anita Kaushal, Principal of the college, inaugurated the poster exhibition and addressing the students

Workshop cum Extension Lecture on ‘Psychoanalysis and Hypnosis’

The Department of Psychology organized a one-day Workshop cum Extension Lecture on ‘Psychoanalysis and Hypnosis’ on **27th September, 2018**. The Faculty of the Department welcomed the esteemed speaker Prof. Umed Singh Head, Department of Psychology, Central University, Haryana. 90 students attended the workshop.



Prof. Dr. Umed Singh, Head, Department of Psychology, Central University, Haryana.

One day capacity building workshop, on “Dynamics of interpersonal behaviour”

Department of Psychology organized a one-day inter college workshop on "Dynamics of Interpersonal Behaviour" under the aegis of RUSA on **27th November, 2018**. The workshop was initiated by keynote speaker Prof. (Dr.) Rajesh Gill. She highlighted that the so-called modernization has made us sophisticated in knowledge and mannerisms but at the same time it has made us insensitive and oblivious of the importance of coexistence. The second session entitled 'Prosocial Behaviour and Altruism' was taken up by Dr. Lata Dhir. She engaged the faculty members and students with a series of experiential activities to identify the determinants of effective interpersonal relationships. 100 participants were attended the workshop. The workshop ended with a rich panel discussion on 'Interpersonal Attraction and Personal Relationships' by eminent panelists, such as, Dr. Simmi Warraich, Dr. Sangeeta Trama, Mrs. Sarita Sangar and Dr. Lata Dhir highlighting the various factors either inhibiting or building harmonious relationships.



Speaker and Panelists at Workshop

Zeitgeist- Inter College Psychology Fest

The Inter College Annual Fest 'ZEITGEIST', of the Manorang Society of Psychology Department was held on **30th March, 2019**. 350 Participants from the different colleges of the tri-city participated in competed for various events like Debate, Poster Making, Face Painting, Snapshot, Quiz, Psychodrama, Charismatic Personality, and Paper Presentation. Students participated with full fervor, and it was a very successful event. Professor Sagar Sharma, eminent psychologist, was the chief guest and key note speaker in Zeitgeist 2019. He enthralled the audience with his interactive talk. It was a full day event with teams from all city colleges participating in all the activities. Quiz and psychodrama were the highlights of afternoon session. The day ended with Principal madam giving away prizes to the winners and a high intensity bhangra dance by the host college.



Zeitgeist- Inter College Psychology Fest

Internship Programme at DRDO

Students of first batch of M.A. Psychology (2018-2021) attended an internship programme of one month at Defence Institute of Psychological Research, Defence Research Development Organization (DRDO), Ministry of Defence, Delhi from **1st to 30th June 2019**. The DIPR organization allowed only 11 students for the Internship programme. Being the first batch of M.A Psychology of PGGCG-11, the students have been provided with such a great exposure. It was a great opportunity for all the students as a milestone for their career development. The internship focused on the research training of the students. Each student had been given a research project of either their own topic of interest or a topic related to the organization's ongoing research. Supervisor's constant advice and guidance proved to be vital for all the research projects. The students were assisted for the equipment and all the necessary books and journals.

"I am very grateful to the director, Dr. R.K. Ramachandran for accepting us at DIPR, and giving us the opportunity to absorb and learn that we can from this internship. I learned more than i ever expected. I now have a very valuable research experience. My Supervisor, Dr. Suresh Kumar wanted me to understand the fundamentals of what we were doing and why it was important. Along with him, all the Scientists, JRF's and staff members were very friendly, welcoming and helpful."

-Sukhpreet Kaur



Students at DIPR, DRDO