

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH**



COURAGE TO KNOW

**Department of Psychology: Manorang Society
(Session: 2020-21)**

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Man

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

Farewell ceremony of First batch of MA Psychology

Farewell ceremony “Last Hurray” was organized on **8th July, 2020** on Google Meet for 40 outgoing students of Masters in Psychology. As it was the first batch of masters of psychology department, students deserved to have a good closure. However, it was a unique one as it was arranged online. It was a virtual get-together kind of celebration for final year students stepping out in their journey of innovative ventures. The programme was very interactive. The programme started with the casual interaction between teachers and students after which former head of department, Dr. Renu Somal welcomed and appreciated the batch.

On concluding the programme, Dr. Neelam Rathee, Head of Department, extended her blessings and best wishes to all the outgoing students on behalf of the entire department.



Bidding Farewell

Expert talk by Dr. Krishan Soni

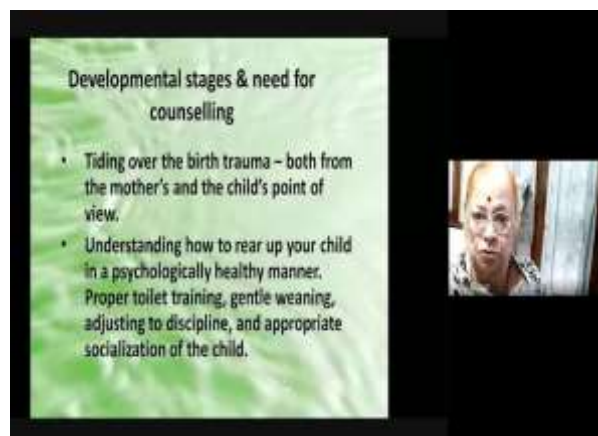
An Expert Talk was organized on **28th August, 2020** by Dr. Vijay Kumar on the topic “Perspectives of Abnormal Behaviour” by Dr. Krishan Soni, Asst. Prof., Dept. of Psychiatry, PGIMER, Chandigarh. The Talk was based on historical, interpersonal, social and psychoanalytic perspectives of abnormality. Etiology, diagnostic criteria, symptoms and DSM-5 were discussed. Case studies were also shared of patients (Confidentiality maintained) seeking treatment at PGI, Chandigarh with 80 students.



Online Talk by Dr. Krishan Soni

Two-day expert talk by Prof. Dr. Vidhu Mohan

Dr. Bani Narula organized an expert talk on **7th & 9th September, 2020** by Prof. Dr. Vidhu Mohan who is a certified trained counsellor and former professor and head at the Department of Psychology, Panjab University, Chandigarh. In the first session, Dr. Vidhu Mohan spoke on skills necessary to become an effective counselor and also shared about her own experiences of dealing with a client as a counselor. On the second day, Dr. Mohan apprised the students with an application aspect i.e. implying counselling to different aspects of life- both at home and workplace. She concluded the talk with her valuable suggestions on ‘Intervention strategies’ to overcome daily hassles and stress. 90 students of Masters’ and B.A third-year participated in this talk.



Expert Talk by Prof. Vidhu Mohan

Interactive session for fresher Batch of 2020-21 students

The first-ever virtual interaction session for the new batch of 2020-2021 was held on **17th October, 2020** which was attended by freshers and the council members of the Manorang society. This helped to break the ice between the seniors and the juniors as every council member was able to interact with juniors and vice versa. The whole purpose of this virtual interactive session was to get to know each other and make the new batch feel welcomed in this new environment. 140 Students from all classes prepared different performances, from reciting a poem to singing to dancing, so as to express themselves. Some humorous and some deep meaningful poems were recited along with a melodious solo performance and an energetic bhangra performance by our volunteers, specially organized for our new batch of the Psychology Department



Interactive Session

Two-day lecture by Ms. Harshvardhan Kaur Chahal

Dr. Bani Narula organized a two-day lecture on **6th & 7th November, 2020** the topic ‘Macro & Micro skills’ by Harshvardhan Kaur Chahal, Counselling Psychologist as well as an alumnus of our college. On the first day Harshvardhan Chahal narrated in detail the macro skills and competencies to deal with issues and crisis in one’s life. She facilitated the talk using role play and psychodrama technique (assigning different roles and giving hypothetical situation to students). The next day, Ms. Chahal focused on the micro skills to enhance empathy, genuineness, trust, unconditional positive regard and rapport. The talk was beneficial for 70 graduate students who developed an inclination towards this vast field of counselling and initiated their understanding for the basic concepts involved in becoming an effective counsellor.



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Topic : MACRO AND MICRO SKILLS OF COUNSELLING

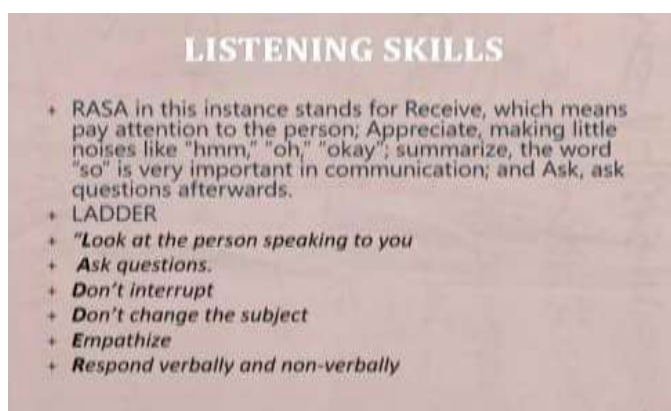
Date: 6th and 7th November 2020
Time: 11 am - 12 pm

Google meet link:
<https://meet.google.com/lookup-hd5voenn17>

Under the Able Guidance of:
Prof. (Dr) Anita Kaushal Principal
Dr. Neelam Rathee Head, Psychology Department
PGGCG-II, Chandigarh

Organised by :
Dr Bani Narula Assistant Professor,
Department of Psychology,
PGGCG-II, Chandigarh

Expert Talk:
Harshvardhan Kaur
Chahal
Counselling
Psychologist



LISTENING SKILLS

- + RASA in this instance stands for Receive, which means pay attention to the person; Appreciate, making little noises like "hmm," "oh," "okay"; summarize, the word "so" is very important in communication; and Ask, ask questions afterwards.
- + LADDER
- + *"Look at the person speaking to you"*
- + *Ask questions.*
- + *Don't interrupt*
- + *Don't change the subject*
- + *Empathize*
- + *Respond verbally and non-verbally*

Counselling Workshop by Ms. Harshvardan

Orientation Programme for batch of MA I Psychology

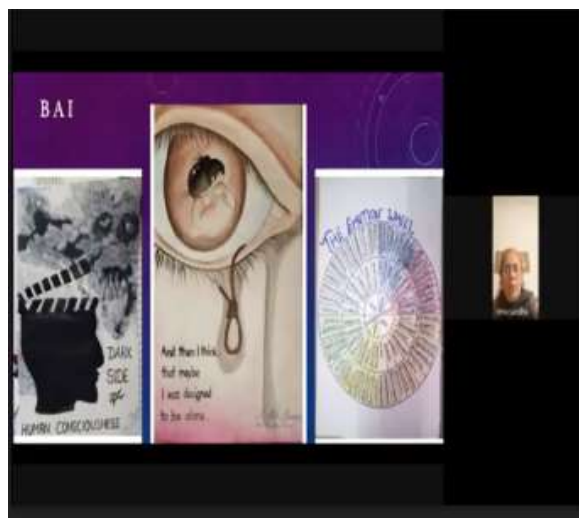
The students of MA II, organised the orientation programme on **3rd December, 2020** for the incoming batch of MA I. The orientation presentation was presented and the 70 students were briefed about their curriculum, events organised by the Manorang society and extracurricular activities that are held by the college. There was a formal introduction session which allowed the students to talk about themselves and their interest areas. The programme was concluded by a question and answer session which clarified many doubts.



Orientation for MA

Annual Activity Forum - 'Abhivyakti'

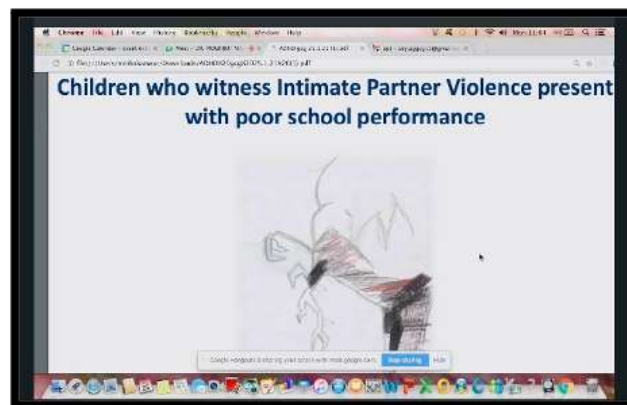
The Manorang Society Annual activity Forum name 'Abhivyakti' was organized on **17th December, 2020**. The term Abhivyakti means "To express" i.e. Expression of emotions and feelings which is the true essence of psychology. The Abhivyakti incorporated the following events: The Aspiring Influencers, Creative writing competition, Caption writing, Videography, Poster Making and folk song competition through an online platform for 120 undergraduate and postgraduate students. Faculty of PGGCG-11 were the Judges for the above listed events.



Annual Activity – Abhivyakti (Poster Competition)

Online Expert talk by Prof. Dr. Prabhjot Malhi

An expert talk was organized on **25th January, 2021** by Dr. Mitika Kanwar on “Understanding the nature, diagnosis and treatment of ADHD” by Dr. Prabhjot Malhi, Dept. of Pediatrics, PGIMER, Sector 12, Chandigarh. Attention Deficit Hyper Activity Disorder is neuro developmental disorder which is incorporated in Child Psychopathology syllabi (Post-graduate). Ma'am explained in detail the prevalence, diagnostic symptoms and types of ADHD. She claimed that “Poor school performance is a hallmark of ADHD”. Prof. Malhi shared experiential case studies (keeping intact children's confidentiality). Drawings, colours and crayons are the simple most and easiest way to diagnose and reach at the cause of disorder. 40 students attended this talk.



Slide presentation by Prof. Dr. Prabhjot Malhi

One day workshop on SPSS

The department of Psychology, organized a one-day Interactive Session on “Introduction to SPSS” held on **31st January, 2021** by Prof. Dr. Suresh Kumar Sharma, Dept. of Statistics, Panjab University, Chandigarh. Statistical Package for Social Sciences (SPSS) is a software used for data analysis and is incorporated in Psychology Postgraduate syllabi (Practicum, MA-Semester III). Prof. Sharma took two sessions, in the first session he briefed on basic concepts of Statistics like Mean, Median, Mode, Standard deviation, types of Scales and Variables with examples and detailed illustration. 40 students attended the workshop.



SPSS Workshop by Prof Suresh Sharma

Series of Expert Talks

‘Series of Expert Talks’ was organized by Dr. Ritu Sekhri on the virtual platform for the faculty and the students of Psychology on **8th to 10th February, 2021** the speaker Dr. Bal Nagarao Rakshase (Chairperson of Centre for Health Policy, Planning and Management, School of Health System studies in Tata Institute of Social Sciences, Mumbai delivered his talk on Social Determinants of Health. The speaker reported that this is the area in which we should be deeply interested because Social determinants have a major impact on health outcomes—especially for the most vulnerable populations. 70 participants attended the talk.



Expert Talk on Social Dimensions of Health

Online competition to celebrate women's achievement on International Women's Day

Dr. Neelam Rathee & Dr. Bani Narula from the department of Psychology, Post Graduate Government College for Girls, Sector- 11, Chandigarh organised an Online competition to celebrate women's achievement on account of International Women's Day on **6th March, 2021** at 11:00 a.m. The theme for Women's Day was, "Choose to Challenge". The theme "Choose to Challenge" reflects that a challenged world is an alert world and from challenge means change. So, let's all choose to challenge. 50 participants attended the event online. We received 36 entries for the event, out of which 03 best power point presentation were present on virtual platform (Google meet).



Women's Day Celebration

Online Expert talk by Prof. Dr. Prabhjot Malhi

An expert talk by Dr. Prabhjot Malhi (Professor and Pediatrician at PGIMER, CHD) was organized by the Department of Psychology on **19th April, 2021** on the topic 'Diagnosis of Autism' for Child Psychopathology students as well as M.A 1st year students. The session was divided into three sections:

- What is Autism Spectrum Disorder?
- Diagnosis of young and old children as per the DSM- V criteria for Autism
- Screening Tools, Neurodiversity and take-home messages for all. The talk was attended by 40 students.



Speaker – Dr. Prabhjot Malhi