

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



**COURAGE TO KNOW**

**Department of Psychology: Manorang Society  
(Session: 2021-22)**

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## **Azadi Ka Amrit Mahotsav- Expert Talk by Capt Dr. Sunaina Singh**

On **14<sup>th</sup> August 2021** to commemorate Azadi Ka Amrit Mahotsav, a special lecture on the topic “Building Strength and Resilience: Women in Indian Armed Forces’ by Capt. Dr. Sunaina Singh, Ex- Army Officer, Ex Delhi University Professor, Motivational speaker and Life Coach was organized. Capt. Dr. Sunaina Singh shared case studies and real-life examples with students regarding how to dealwith our strengths and weakness, strategies to clear defence services examinations etc. She elucidated to be non-judgmental, being emotionally strong, not to over think and exaggerate Mind can be built up by strategy and behavior can bereflected to bounce back was a unique mental being told by Dr. Sunaina.60 participants attended the talk.



### **Building Strength and Resilience: Women in Indian Armed Forces by Capt. Dr. Sunaina Singh**

## **Expert Talk on Assessment and Diagnosis of Abnormality**

Expert Talk on Assessment and Diagnosis of Abnormality was held on **9<sup>th</sup> September, 2021** and the resource person was Dr. Krishan Soni, Asst. Prof., Dept. of Psychiatry, PGIMER, Chandigarh. He also focussed on different forms of depression, dysthymic disorder or dysthymia, bipolar disorder, psychotherapy and classification of mental disorders. 70 participants attended the talk.



**Expert Talk on Assessment and Diagnosis of Abnormality by Dr. Krishan Soni**

## Life Above Zero – Well-being is a Mindset

An online webinar was organized to mark the World Suicide Prevention Day on the topic “Life Above Zero – Well-being is a Mindset” on **10<sup>th</sup> September, 2021** and the resource person was a Positive Psychology Practitioner and a renowned Life Skill Trainer, Dr. Shilpa Suri. She enlightened on the theme “Creating Hope through Action”. The Broken World can be fixed by practicing the PERMA Model of Positive psychology as it’s a simple, easy and an experienced way to know and understand the real meaning of Life, Happiness and Self-discovery. 100 participants attended the webinar.



**An online webinar on Life Above Zero – Well-being is a Mindset by Life Skill Trainer Dr. Shilpa Suri**

## **Contribution of Military Psychology & Career opportunities in Military**

The department of Psychology in association with Defence Institute of Psychological Research, DRDO, Ministry of Defence, Government of India organized an online expert talk on the topic Contribution of Military Psychology to the Armed Forces and Society & Career opportunity for the students in the field of Military by Dr. Gurpreet Kaur, Scientists 'F', DIPR, DRDO on **20<sup>th</sup> September, 2021**. 150 Students gained a lot from this expert lecture. This special talk was also a part of “Azadi ka Amrit Mahotsav” activities.



**An expert talk on Military Psychology & Career opportunities by Dr. Gurpreet Kaur  
Scientists 'F' DIPR, DRDO**



## **Manorang Annual Activity - Abhivyakti**

The Manorang Society organized its annual event Abhivyakti on **9<sup>th</sup> October 2021** in which 300 students of Department of Psychology participated in various events like “Poster Making”, “Charismatic Personality”, “Folk song Competition” and “Debate” etc. Undergraduate and post graduate students of Psychology department actively participated in this event. The event was a huge success and prizes were given to the winners in respective competitions.



**Abhivyakti- Annual Event of the department of Psychology**

## **Psychological Testing: WISC &WAIS**

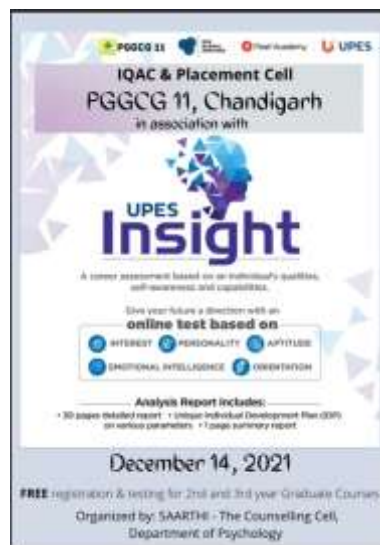
On **6<sup>th</sup> December, 2021** an Expert Talk on Psychological Testing: WISC &WAIS was organized by Dr. Lalit Kumar Singh, Asst. Prof, Dept. of Psychiatry (PGIMER, Chd).Dr. Lalit Kumar has specialization in Clinical Psychology, Psychotherapy & Counselling, Clinical Neuropsychology, Psychiatry and Mental Health. The expertise of the resource personnel helped the students understand the relevance and application of WISC/WAIS as they are a crucial part of diagnostics. 40 participants attended the talk.



**Expert Talk on Psychological Testing: WISC &WAIS was organized by Dr. Lalit Kumar Singh**

## Career Assessment Test

"Insight" Career Assessment Test - UPES Dehradun & Pearl Academy conducted an online test on 305 students from all streams of PGGCG-11, Chandigarh for their Career Assessment based on their capabilities like Personality, Emotional Intelligence etc. on **14<sup>th</sup> December 2021**. The students after taken all the online tests also got their analysis done and obtained a detailed summary report for the same as well. They could have an access to the 31 pages report in their Dashboard.



**An online Career Assessment Test by UPES Dehradun & Pearl Academy**



## **Panel Discussion on International Women's Day**

**8<sup>th</sup> March 2022** being International Women's Day was celebrated where Alumna of Psychology department were felicitated. Panel discussion on "Incredible Influence of Young Women in Psychology" was held where young Psychology Professionals interacted with 120 students and discussed on various career options. Ms. Tanima, a career counselor, Dr. Kimmi Vaneet Kaur, PCS, Ms. Kavan, clinical psychologist and Ms. Bhanu Priya, a mental health social worker were the panelists. Then, role model for many of us, our dynamic Principal ma'am Prof. Dr. Anita Kaushal, was the chief guest on the occasion and encouraged us all with her enlightening speech.



**Panel discussion on Incredible Influence of Young Women in Psychology by Alumna of Psychology Department**

## **SPSS Workshop**

A one-day workshop was held on **25<sup>th</sup> March, 2022** using IBM SPSS' for the postgraduate students. Dr Amit Lal, Assistant Professor, National Institute of Technology, Jalandhar, Punjab was the Resource Person. The workshop was attended by 70 students and faculty members from the Department of Psychology. It emphasized the standard error of measurement, their advantages and limitations followed by how to code and enter data in SPSS through practical experience.



**SPSS Workshop by Dr Amit Lal**

## **Zeitgeist - Inter College Psychology Fest**

Zeitgeist- annual psychology event was organized by the Department of Psychology on 27<sup>th</sup> March 2022. The chief guest- Principal of PGGCG-11, Prof. Dr. Anita Kaushal along with other present dignitaries lit the lamp and declared the event open. The event was carried forward by Ms GK Dhir and the crowd was left inspired after her words of wisdom. The event incorporated charismatic personality, face painting, photography, poster making, debate, and psychodrama as different competitions. 350 Participants from the different colleges of the tri-city participated in competed for various events. Celebrating the 75<sup>th</sup> years of Independence of India a quiz was organized for students of various colleges with a special emphasis on “Azadi ka Amrit Mahotsav”. Paper Presentation was held with the theme “Positive Psychology special emphasis on Atma Nirbhar Bharat”.



**Zeitgeist 2022**