



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



**P G Department of Psychology  
MANORANG  
(Session: 2022-23)**

**INDEX:**

<b>Sr. No.</b>	<b>Activity</b>	<b>Date</b>	<b>Page No.</b>
1	Orientation and Interaction with BA I Students	3 <sup>rd</sup> September 2022	1
2	Teachers' Day Celebration	5 <sup>th</sup> September 2022	2
3	World Gratitude Day (Gratitude Wall)	21 <sup>st</sup> September 2022	3
4	Manorang Annual Activity – <i>Abhivyakti</i>	24 <sup>th</sup> September 2022	4
5	Expert Talk on DSM 5	11 <sup>th</sup> November 2022	5
6	Expert Talk on Spirituality in relation to Well-being	2 <sup>nd</sup> February 2023	6
7	Psychology Projects: Working Models Exhibition	14 <sup>th</sup> February 2023	7
8	Zeitgeist – Inter College Psychology Fest	2 <sup>nd</sup> March 2023	8-9
9	Expert Talk on Psychotherapy	24 <sup>th</sup> March 2023	10

## **Activity 1: Orientation and Interaction with BA I Students**

On 3<sup>rd</sup> September 2022, an **Orientation and Interaction Program for BA I Psychology Students** was organized by the faculty and students of Psychology Department to welcome them and to introduce and make them familiar with the departmental activities. Students of senior classes interacted with the new students, organized activities for them and welcomed and made them feel comfortable in this new set up of the college. 160 students participated in this activity.



**Orientation and Interaction Program for BA I**

## Activity 2: Teachers' Day Celebration

Students of Psychology Department celebrated Teachers' Day on 5<sup>th</sup> September 2022. Students wrote quotes and captions for the teachers and made them feel special. This day was planned by the students itself and they organized several activities.



Teacher's Day Celebration

### **Activity 3: World Gratitude Day (Gratitude Wall)**

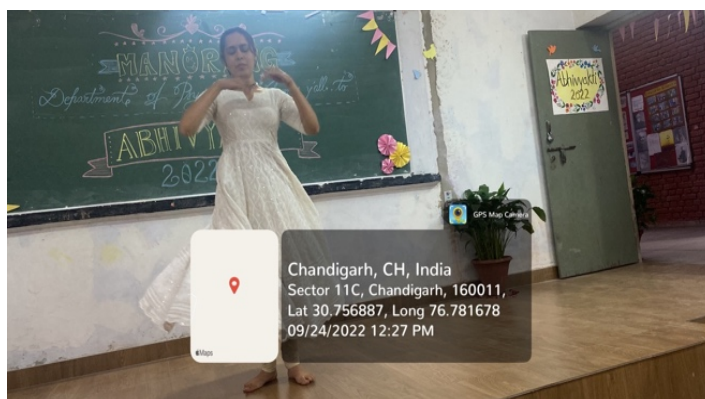
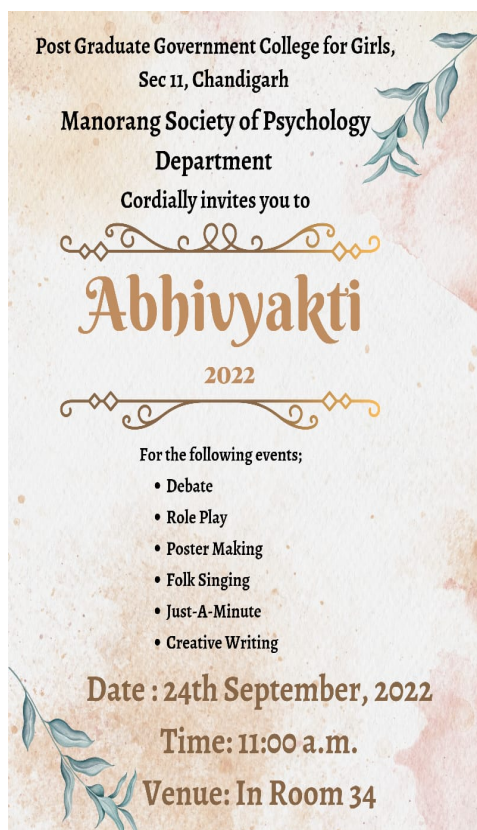
On 21<sup>st</sup> September 2022, World Gratitude Day was celebrated (Gratitude Wall) by *Manorang* society. A bulletin board was placed near Nescafé and all the students were asked to write for what they are grateful for. Students also wrote their thoughts on sticky notes and gave it to others as an impression of thankfulness. Today's generation hardly realise that they receive a great deal more than they give so as to cultivate the habit of being grateful. They realised they should be grateful for life as not everyone has made it this far as there are many beautiful reasons to be happy. Sometimes bad things do happen in their lives but instead of putting a hold on our lives put that directly win the path of best things because not all storms came to destroy your life some come to clean your path. Almost 300 students actively participated in the activity. Enthusiasm was seen around whole college.



**World Gratitude Day Celebration**

## Activity 4: Manorang Annual Activity – *Abhivyakti*

On 24<sup>th</sup> September 2022, the Manorang society of Department of Psychology organized its annual event “*Abhivyakti*” in which students of Department of Psychology participated in various competitions like “Poster Making”, “Debate”, “Folk song Competition” etc. More than 200 students of Psychology department attended this event. The event included activities such as poster making, Folk singing, Just-a- minute and last but not the least creative writing. Students from every class actively participated in each and every activities. Students made posters based on mental health which afterwards were displayed outside the psychology department. The event ended with Folk- singing, each and every student gave such an energetic performance that impressed not only judges but also every student was mesmerised. Many talented students performed in between also with the purpose of keeping the audience entertained throughout the event, which included singing, classical dance, western dance and many more. All over it was a cultural event which was a big success, and ended on a happy note. Lastly prizes were distributed to the winners of the events.



### Activities during *Abhivyakti*

## **Activity 5: Expert Talk on DSM 5**

On 11<sup>th</sup> November 2022, an Expert Talk on “Assessment and Diagnosis of Abnormality (DSM-5)” was organized. The resource person was Dr. Krishan Sony, Associate Professor., Dept. of Psychiatry, PGIMER, Chandigarh. Dr. Sony explained the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision, which was published in 2022. He introduced the new DSM-5-TR diagnosis, and new symptom codes. He also highlighted the differences in DSM 5 and previous editions, and also discussed the definition and classification of mental disorders to improve diagnoses, treatment, and research. More than 100 students attended this very informative lecture.



### **Expert Talk on DSM 5**

#### **Resource Person:**

**Dr. Krishan Sony**

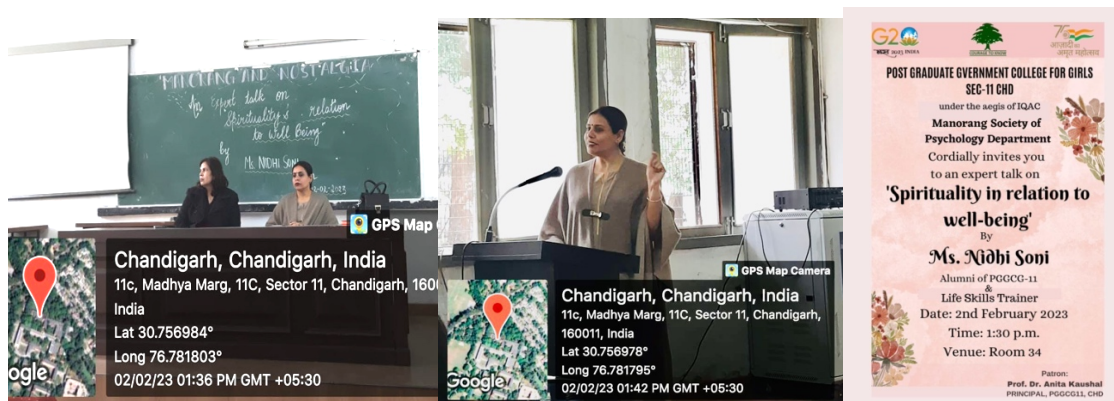
Associate Professor,  
Dept. of Psychiatry,  
PGIMER, Chandigarh.

Email: [kumar.krishan@pgimer.edu.in](mailto:kumar.krishan@pgimer.edu.in)

Ph.: +91 86074 94950

## Activity 6: Expert Talk on Spirituality in relation to Well-being

On 2<sup>nd</sup> February 2023, Expert Talk on “Spirituality in relation to Well-being” by Mrs Nidhi Soni, an alumna of the college and Life Skills Trainer, was organized for Psychology Honours students. 75 students of Psychology Honours attended this talk. Ms. Soni explained how Psychology is so well connected with Spirituality in terms of its concept, meaning and relationship interaction between head and heart. Inculcating it in one’s life is the simplest form that paves the way towards happiness, satisfaction with life and an enhanced sense of well-being. Spirituality also being a topic for Psychology Honours curriculum, it not just enhanced their knowledge but gave them an upper hand from their course point of view as well. She also shared Indigenous theoretical models and its explanations for the same. Lastly, Ms Nidhi Soni concluded the session by making students perform experiential exercises on Spirituality.



### Expert Talk on Spirituality and Well-being

#### Resource Person:

**Mrs. Nidhi Soni**

Director,

SNM IAS Academy,

Chandigarh.

Email: [snmeducation2011@gmail.com](mailto:snmeducation2011@gmail.com)

Ph.: +91 9814570784

## Activity 7: Psychology Projects: Working Models Exhibition

On 14<sup>th</sup> February 2023, Psychology Projects: **Working Models Exhibition** by MA II Psychology students was held in the Psychology Department Lab. Madam Principal Prof Dr Anita Kaushal graced the exhibition and interacted with students as they explained their working models related to different phenomena of psychology. All 31 students of MA Psychology 4<sup>th</sup> Semester made very innovative and quite interesting models under the guidance of Dr. Ritu Sekhri. The models were based on various psychological functions of behaviour and mental disorders. Some of the models were very creative and were presented effectively by students.



**Working Models Exhibition**



## Activity 8: Zeitgeist – Inter College Psychology Fest

On **2<sup>nd</sup> March 2023**, Inter-college Psychology Fest “**ZEITGEIST 23**” was organized which was a huge success. 155 participants from 8 prestigious colleges of the city participated for competition in various categories with full fervour. More than 350 students attended the event. Principal Madam Prof Anita Kaushal inaugurated the event with lighting the lamp. The fest was a huge success and was attended by past and present faculty of the college.

The theme of the Zeitgeist this year was ‘Environmental Psychology’. A total of 12 events were hosted by the college, namely- Face Painting, Poster Making, Photography, Collage Making, Poetry, Psychology Memes, Quiz, Charismatic Personality, Debate, Paper Presentation, Exhibition of working models, and Psycho-drama. Students participated with a great zeal and enthusiasm. The stage was set by the participants of 'Psychodrama'. Each team presented their acts and won the hearts of everyone present in the gathering. The plays were performed with such sincerity that almost every eye shed a tear.

Not to forget, the event was filled with soulful dance and mesmerizing singing performances by the students of PGGCG-11. These filler performances were truly a delight to watch. The crowd cheered for them as they spread their wings of talents.

The overall trophy of ZEITGEIST 2023 was won by Post Graduate Government College, Sector 11, Chandigarh. It was indeed a perfectly organised and managed event, and a huge success. The event then concluded with smiles, wishes and a hope of meeting again next year!



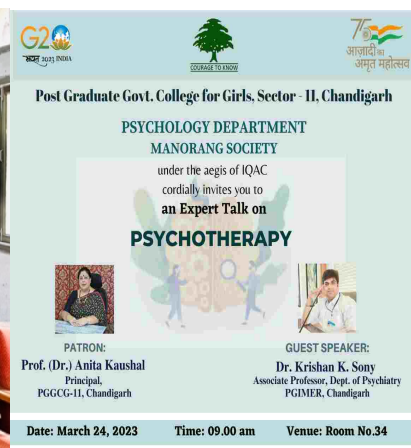


## ZEITGEIST 23

## Activity 9: Expert talk on Psychotherapy

The Psychology Department held an expert talk on 'Psychotherapy' on 24th March 2023. The guest speaker was Dr Krishan K. Soni, Associate Professor in Clinical Psychology, Department of Psychiatry, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh.

Dr Krishan Soni started with explaining the meaning and types of Psychotherapy. He explained behaviour therapy and cognitive-behaviour therapy in detail. The talk was very informative and interactive, as the students of psychology cleared their doubts and raised creative questions related to the topic. The guest speaker answered all the questions and provided the students with extra information. 80 students of Psychology attended and got benefitted by this lecture. The event was concluded with vote of thanks and huge round of applause.



### Expert talk on Psychotherapy

#### Resource Person:

**Dr. Krishan Sony**

Associate Professor,  
Dept. of Psychiatry,  
PGIMER, Chandigarh.

Email: kumar.krishan@pgimer.edu.in

Ph.: +91 86074 94950