



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



**P G Department of Psychology  
(Session: 2023-24)**

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

An Orientation Program for BA I Psychology Students was organized on 31<sup>st</sup> July 2023 by the faculty of Psychology Department to welcome them and to introduce and make them familiar with the departmental activities. Students were informed about the importance of lectures, attendance, and mid-term exams. They were also made aware with the functioning of department, Psychology practicals and about students' involvement in organization through the Manorang Society. 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. **60** students participated in this activity.



**Orientation session and Interaction with BA I students**

## Activity 2: Teachers' Day Celebration

Students of Psychology Department celebrated Teachers' Day on 5<sup>th</sup> September 2023. It was a heartfelt gratitude from students. Through speeches, performances, gestures of appreciation, it fostered a stronger sense of unity and respect within our academic community.



**Teachers Day Celebrations**

### Activity 3: Debate and JAM Competition

September 8, 2023. In a world where we are judged by our outer appearance rather than our inner beauty, the Psychology department of PGGCG-11 took the initiative and organised the debate and Just-a-minute competition for all the psychology students. More than 100 students attended the event. The topic for the debate was, "*Is Snapchat dysmorphia- A real issue?*" Students from all the classes actively participated in the competition and spoke for both against and for the motion. In the debate competition, the matter prepared by the students on the given topic was very good and vibrant. In the JAM competition, participants faced the challenge of thinking on their feet. Each student had precisely one minute to formulate their thoughts and present their viewpoint on a spontaneously assigned topic. Winners were decided by the distinguished panel of Judges which included Dr. Jaspreet Wasu, Dr. Ambuj Sharma, and Dr. Veenat. The judges were thoroughly impressed by the students' depth of knowledge, articulation, and composure.



**Debate & JAM Competition**

## Activity 4: World Mental Health Day Campaign

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma, which is celebrated on 10th October 2023 every year. The Department of Psychology of PGGCG-11 organised an event on 10th October 2023 to celebrate "World Mental Health Day". A Mental Health camp was organized by Psychology students where various psychological and well-being scales were used on students and accordingly, their raw scores were calculated to check their mental health well-being. The main aim of the entire event was to not only spread positivity but also to gain positivity. Many stalls were set up by the college students such as cupcakes, and tattoo stalls where students took the initiative and purchased cupcakes and got a tattoo signifying mental health. The Principal of the college Prof. Dr Anita Kaushal was the chief guest on this occasion. She visited the stalls and took part in various activities. The main goal of this event was to make each and every one aware that how one must work towards achieving a balance between mental and physical well-being and get the necessary help when either of them falters. 500 students attended/visited this mental health camp.



World Mental Health Day Campaign

### **Activity 5: Educational Trip VSIMH, Amritsar**

On 4th November 2023, students of Psychology Department embarked on an inspiring and exciting educational journey to visit a mental health care facility in Amritsar. The Vidya Sagar Institute of Mental Hospital (VS-IMH) in Amritsar is the only Government Mental Health Institute in the state of Punjab which provides care and support to individuals facing various mental health challenges. This visit aimed to offer students insights into the complexities of mental health, break stigmas, and foster a deeper understanding of the compassionate care provided within such institutions. 55 students from M.A. & B.A. Psychology (Honours) went on this educational trip accompanied by Dr. Vijay Kumar, & Dr. Bani Narula, Assistant Professors, and Mr. Hardeep Singh, Lecture assistant, in the Department of Psychology, PGGCG11.



**Educational Trip to VSIMH, Amritsar**

## **Activity 6: Expert Talk in Clinical Psychology**

An Expert Talk on “Understanding Anxiety Disorders” was organized in the Department of Psychology on 7th November, 2023 in room no 34 at 11:00 am. The talk was given by Dr Manoj Bajaj, Associate Professor, Dept. of Psychiatry, Government Medical College and Hospital, Sector-32, Chandigarh. It was organized with a focus to enhance the knowledge and understanding of the students on anxiety disorders and their treatment. Dr. Manoj stressed the need of collaborative approach where psychologists and patients work together to identify specific concerns and develop concrete skills for coping with anxiety. A total of 60 students from Post Graduate and Graduate classes have attended the lecture and gained information different types of anxiety disorders.



**Expert Talk in Clinical Psychology**

## Activity 7: SCERT Internship 11-25 January 2024

An internship program was organised for 14 students of Add on Course - Advanced Diploma in Guidance and Counselling at The State Council of Educational Research and Training (SCERT), Chandigarh. The internship program spanned two weeks, offering a comprehensive exploration of psychological assessment tools and methodologies. The structure aimed to provide interns with hands-on experience and practical exposure in educational settings. The program commenced with an orientation session, outlining its objectives and expectations. Interns were introduced to key assessments, such as Tamanna, DAT, and HSPQ. Interns actively engaged in administering and scoring various assessments. A special focus was given to interpretation skills, enhancing their ability to derive meaningful insights from assessment results.



**SCERT Internship**



## Activity 8: ZEITGEIST 2024

The *MANORANG* Society of the Psychology Department of PGGCG 11, organized its annual Inter College Psychology Fest on 27<sup>th</sup> February, 2024. The function was inaugurated by the worthy principal of the college Prof.(Dr.) Anita Kaushal by lighting the lamp. Total 9 teams from Chandigarh colleges and Panjab University Psychology Department participated in total 10 events spread out through the day. 200 students accompanied by their respective faculty from these colleges competed for Debate, Quiz, Poster Making, Face Painting, Snapshot, Folk Dance, Poetry, Charismatic Personality, Psychology Meme and Psychodrama events. Nearly 400 students attended the fest. The prize winners were given trophies at the end of the event. This year DAV College Sector-10 won the overall champions trophy of the Zeitgeist. Principal madam applauded the zeal and efforts of the students and congratulated the organizing team for the successful completion of the function.



**ZEITGEIST 2024**