COURAGE TO KNOW

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

P G Department of Psychology
(Session: 2024-25)

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Activity 1: Orientation and Interaction with BA I Students

An Orientation Program for BA I Psychology Students was organized on 29th July 2024 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. **150** students participated in this activity.

Orientation session and Interaction with BA I students

Activity 2: DIPR-DRDO Internship

In continuation of the Psychology Department's efforts to offer hands-on learning experiences, three postgraduate psychology students- Hardika Narang, Yashasvi and Shruti Singh were selected to undertake a two-month summer internship at the Defence Institute of Psychological Research (DIPR), under the Defence Research and Development Organisation (DRDO), Delhi. The main objective of this internship was to expose students to applied psychological research in military and defense settings. Secondly, to gain insights into psychometric test development, personnel selection, and psychological well-being. The internship also helped students understand the functioning of the ministry and get their hands on the recent military developments.

During the internship, students were engaged in the following activities:

● Assisting in ongoing research projects related to selection and training of defense personnel.

● Exposure to test construction and validation processes for cognitive, aptitude, and personality assessments.

● Conducting research at their own level under the supervision of DIPR scientists

● Observation and analysis of field-based psychological evaluation methods used in SSBs (Services Selection Boards).

● Interaction with senior psychologists and defense scientists, which helped bridge academic knowledge with real-world applications through seminars, workshops and lectures.

All in all the internship at DIPR proved to be a highly enriching experience for the students. We thank the DIPR authorities for their support and look forward to future collaborations.

Activity 3: Teachers' Day Celebration

Students of Psychology Department celebrated Teachers' Day on 4th 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

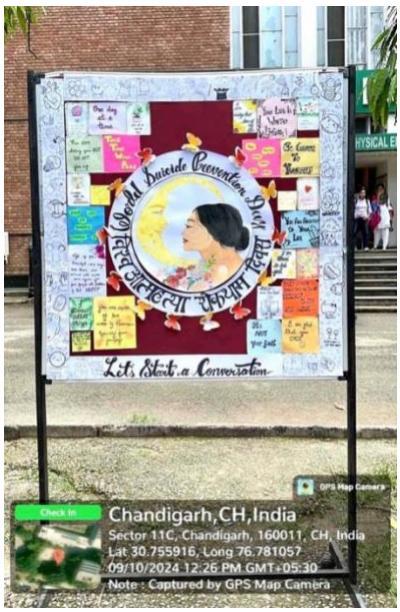
Activity 4: Orientation MA I

An Orientation Program for M.A. Psychology First Semester students was organized by the Department of Psychology at Post Graduate Government College for Girls, Sector-11, Chandigarh. The session aimed to familiarize students with the curriculum, departmental facilities, and academic expectations. Faculty members welcomed the newcomers and briefed them on course structure, research opportunities, and co-curricular activities. The Head of the Department Dr. Neelam Rathee encouraged students to actively participate in departmental events and maintain academic excellence. The session concluded with an interactive Q&A, fostering a sense of belonging and motivation among the students. The orientation marked a promising start to their academic journey.

MA 1 Orientation program

Activity 5: Suicide Prevention Day

On 10th September 2024, SAARTHI, the Counseling Cell of PGGCG 11, commemorated World Suicide Prevention Day at the Nescafe Area with the theme "Changing the Narrative on Suicide," focusing on "starting the conversation." The event saw a footfall of 500-600 students and featured activities designed to foster dialogue and support for mental health. A key highlight was the "Your Best View" mirror, which encouraged participants to reflect on their positive attributes, promoting self-worth and combating negative thoughts. The "Drop Your Baggage" corner allowed attendees to anonymously share their struggles and receive encouraging notes, reducing stigma and offering comfort. A counseling enrollment booth provided access to support; ensuring attendees could connect with mental health resources. Faculty members addressed the need for empathy, timely intervention, and professional guidance.

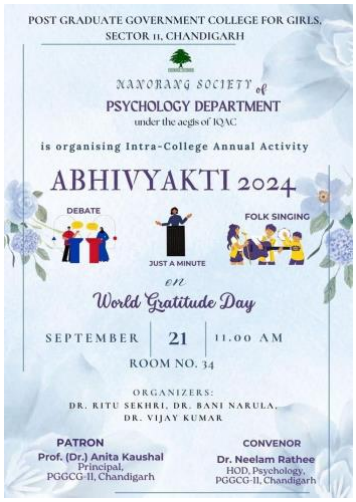


Suicide Prevention Day Campaign

Activity 6: *Abhivyakti*

On September 21, 2024, the Manorang Society of the Psychology Department at PGGCG-11, organized its annual intra-college event, ABHIVYAKTI 2024. The event served as a vibrant platform for psychology students to showcase their skills through a series of thoughtfully curated competitions, namely Debate, Just a Minute (JAM), and Folk Singing.

The event was graced by the esteemed presence of Prof. (Dr.) Anita Kaushal, whose unwavering guidance and support were instrumental in the success of ABHIVYAKTI 2024. Ma'am presented the winners with gifts and also took the opportunity to recognize and honor the meritorious students from both undergraduate and postgraduate psychology programs, celebrating their academic accomplishments. 200 students attended the event.



Intra College Event: *Abhivyakti* 2024

Activity 7: World Gratitude Day

The Department of Psychology at Post Graduate Government College for Girls, Sector-11, Chandigarh, celebrated World Gratitude Day on September 21, 2024 with great enthusiasm. The event aimed to highlight the importance of gratitude in enhancing mental well-being and fostering positive relationships. Students presented speeches, poems, and posters expressing thankfulness towards family, teachers, and community helpers. Principal Prof. (Dr.) Anita Kaushal graced emphasized the transformative power of gratitude in everyday life. She encouraged students to adopt an attitude of appreciation and mindfulness. The celebration created a warm, reflective atmosphere, reminding everyone of the value of expressing gratitude in personal and social life. 400 students took part in this activity.

World Gratitude Day

Activity 8: World Mental Health Day

The VADA Club of PGGCG-11, Chandigarh, under the aegis of IQAC, organized a Health Camp on October 10, 2024, to mark World Mental Health Day. The event commenced featured Mr. Dikshant Sharma as the resource person, who conducted an awareness session and capacity-building program on "Substance Abuse Prevention." The session highlighted the causes, consequences, and preventive strategies related to substance abuse. Students actively participated, emphasizing the importance of a supportive environment and informed choices to combat substance abuse. The event successfully raised awareness about substance abuse and its prevention, fostering mental health resilience and drawing positive feedback from students, faculty, and staff. 100 students attended the event.

World Mental Health Day

Activity 9: Flash Mob and Awareness Drive

No. of Participants- 60

Department of Social Welfare, Chandigarh Administration, took a significant step towards promoting a “Beggar-Free Chandigarh” by organizing awareness events to highlight the adverse impact of giving alms to beggars and purchasing goods from them. As part of this initiative, students of Manorang Society of PGGCG 11, Chandigarh, performed a flash mob at Sector 17 Plaza on 5th November 2024. The event aimed to educate the public on discouraging alms-giving and supporting sustainable measures for rehabilitation.

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MY CITY – AMAR UJALA

थिरके विद्यार्थी, शहर को भिखारी मुक्त बनाने का आह्वान

सेक्टर-17 स्थित प्लाजा में फ्लैश मॉब का आयोजन, सलाहकार की पत्नी ने की कार्यक्रम की सराहना

Activity 10: PGI Internships

From the beginning of the session in July 2024 till March 31st, postgraduate students of the Psychology Department at Post Graduate Government College for Girls, Sector-11, Chandigarh, were sent for internship to the Department of Psychiatry, PGIMER, Chandigarh. This hands-on training provided valuable exposure to clinical settings, enhancing their understanding of various psychological disorders, diagnostic procedures, and therapeutic techniques. Under the supervision of experienced professionals, students observed patient interactions, participated in case discussions, and learned practical applications of psychological theories. The internship proved to be a significant learning experience, strengthening their clinical skills and preparing them for future professional roles in mental health.

PGIMER: Internships

Activity 11: ZEITGEIST 2025

The MANORANG Society of the Psychology Department of PGGCG 11, organized its annual Inter College Psychology Fest on 28th March, 2025. The function was inaugurated by the worthy Chief Guest Mrs. Anuradha Chagti an alumna of PGGCG-11, Chandigarh and Joint Secretary in the Ministry of Women and Child Development & our esteemed Principal Prof.(Dr.) Anita Kaushal by lighting the lamp. A total of 10 colleges including Panjab University and AAmity University participated in the event, Zeitgeist, 2025. 200 students accompanied by their respective faculty competed for Debate, Quiz, Poster Making, Face Painting, Snapshot, Folk Dance, 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 was extra special as we marked the 10th glorious year of Zeitgeist. The overall trophy was bagged by PGGC-11 & PGGCG-11, Chandigarh.

पीजीजीसीजी-11 में ज़ीटगेस्ट 2025: लचीलेपन का उत्सव

रमेश गोयत

चंडीगढ़। पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स (पीजीजीसीजी-11), चंडीगढ़ के मनोविज्ञान विभाग ने जीटगेस्ट 2025 का भव्य आयोजन किया। यह एक इंटर-कॉलेज साइकोलॉजी फेस्ट था, जिसका मुख्य विषय लचीलापन रहा।

इस भव्य आयोजन में मनोविज्ञान मीम, समूह नृत्य, करिश्माई व्यक्तित्व प्रतियोगिता, वाद-विवाद, स्नैपशॉट, वाद्य वलब जैम, क्विज़, शोध पत्र प्रस्तुति और साइकोड्रामा जैसी कई रोमांचक गतिविधियाँ शामिल थीं। इस अवसर पर समाज कल्याण और बाल विकास विभाग की सचिव, आदरणीय श्रीमती अनुराधा चागती मुख्य अतिथि के रूप में उपस्थित रहीं। गौरतलब है कि श्रीमती पीजीजीसीजी-11 की पूर्व छात्रा भी रह चुकी हैं। उन्होंने अपने विशाल अनुभव के आधार पर महिला सशक्तिकरण और बाल विकास के माध्यम पर प्रकाश डाला और चुनौतियों से उबरने में लचीलापन की भूमिका को रेखांकित किया।

प्रतिभागियों और विजेताओं का सम्मान : कार्यक्रम की अध्यक्षता पीजीजीसीजी-11 की प्रिंसिपल, प्रोफेसर डॉ. अनीता कौशल ने की। उन्होंने अकादमिक समृद्धता में लचीलापन और नवाचार को बढ़ावा देने की प्रतिबद्धता दोहराई। चंडीगढ़ के 10 प्रमुख कॉलेजों, जिनमें पंजाब विश्वविद्यालय, एमिटी विश्वविद्यालय और पितकारा विश्वविद्यालय शामिल हैं, ने इस फेस्ट में भाग लिया। इस वर्ष जीटगेस्ट का 10वाँ गौरवशाली संस्करण मनाया गया, जिसने युवाओं को अत्यंतनात्मक सोच, नवाचार और मनोविज्ञान के क्षेत्र में आगे बढ़ने के लिए प्रेरित किया। कार्यक्रम के समापन पर विजेताओं को पुरस्कार वितरित किए गए। इस वर्ष की ओवरऑल चैंपियन ट्रॉफी पीजीजीसीजी-11 ने अपने नाम की। जीटगेस्ट 2025 ने एक बार फिर लचीलेपन और मानसिक सशक्तिकरण के माध्यम को सफलतापूर्वक उजागर किया, जिससे प्रतिभागियों पर इसका स्थायी प्रभाव पड़ा।

ट्राई सिटी

आज समाज 03

"जीटगेस्ट 2025: पीजीजीसीजी-11 में लचीलापन का उत्सव"

आज समाज नेटवर्क

Zeitgeist, 2025

Activity 12: Expert Talk in Clinical Psychology

On 4th April, 2025 an expert talk on *"Emerging Therapies in Clinical Psychology"* was delivered by Dr. Krishan K Sony, Additional Professor, Dept. Of Psychiatry for UG and PG students of Psychology. The session provided valuable insights into modern therapeutic approaches such as Cognitive Behavioral Therapy (CBT), Mindfulness-Based Therapies, EMDR, and Acceptance and Commitment Therapy (ACT). Dr. Sony highlighted the importance of evidence-based practices and the evolving role of technology in therapy. Students actively participated and gained a deeper understanding of current trends and innovations in clinical psychology. The talk proved to be highly enriching and informative for aspiring mental health professionals. 100 students attended the talk.

An Expert Talk on Emerging Therapies in Clinical Psychology

Resouce Person:

Dr. Krishan K Sony
Additional Professor,
Dept. of Psychiatry,
PGIMER, Chandigarh,