



Session-2023-2024

INTERDEPARTMENTAL ACTIVITY

Objective:

The purpose of the activity was to give the students a hands-on experience on how to deal with and tackle feelings of stress and anxiety using relaxation and coping strategies.

Description:

An interdepartmental activity was conducted by the Department of Psychology and the Department of Commerce on September 13, 2023. The event was carried out by students of Psychology Honors, final year for the students of B.Com and BBA. Ms. Anushka Dhalt opened the session by giving a brief description and demonstration on 'starfish breathing technique'. After this activity, Ms. Raima Singh gave a wonderful demonstration of 'breath focus relaxation technique'. Further, Ms. Praneeta Kamal gave a brief introduction of Edmund Jacobson's progressive 'muscle relaxation technique', followed by a detailed session of the same that helped the students experience full body relaxation. Lastly, a fun guided imagery session on 'letting go' was carried out by Ms. Sneha Dagar. The students finally enjoyed a 'Zumba' session conducted by Ms. Tanisha Thakur.

Outcome:

Students gained a better understanding of stress and anxiety, including their triggers and symptoms. The activity enabled them to explore and develop personalized coping strategies, such as time management, positive self-talk, and engaging in hobbies. This customization ensures that students have effective methods tailored to their individual needs.



Jacobson's Progressive Muscle Relaxation Technique Breath Focus Relaxation Technique



AWARNESSTALK ON PSYCHOLOGICAL DISORDERS

Objective:

The aim of the activity was to spread awareness on various psychological disorders among the students from classes 9th to 12th.

Description:

An extension activity on psychological disorders was conducted on October 6, 2023 at Government Senior Secondary School, Shimla. An awareness talk was conducted by the final year psychology honors students, Shubhangi Chopra, Yashasvi Sharma, AshiGaba and SnehaDagar, on topics such as bullying, exam anxiety, depression and drug and substance abuse. A few relaxation techniques were also taught by Cherie Sharma. Vishwavandita Chandel a videographer from the psychology department accompanied the students, to cover the event.

The motive of the awareness talk was to make the students understand various signs and symptoms of different disorders and to empower them, to deal with psychological disorders effectively. A question-answer round was also conducted at the end in which students were awarded with candies for every correct response.

Outcome:

Students gained a comprehensive understanding of various psychological disorders, including their symptoms, causes, and impact. This increased knowledge helps in recognizing mental health issues within themselves and others.



Talk on Bullying, Exam Anxiety, Drug and Substance Abuse



“EXPRESSION OF EMOTIONS” SURVEY:

Objective:

To examine the different types of emotions experienced by the college students and teachers and to spread awareness about the importance of understanding one's own emotions.

Description:

On the occasion of World Mental Health Day, the Department of Psychology, organized a survey on October 6, 2023. The students and teachers of college were the subjects for this study. Six basic emotions given by Psychologist, Paul Ekman, i.e. fear, anger, happiness, sadness, disgust, and surprise, were used as the base for the survey. Six empty boxes were prepared and labeled as per the above given emotions and all the students were asked to pick up a blank slip of paper and place it in the box labeled with the current emotion felt by them. After analyzing the results of the survey it was concluded that the most common emotion among the population was happiness, while surprise was the least expressed emotion. Thus, it was found that the majority of the college has a stable emotional expression. The results of the survey were also presented to the entire college, during the Mental Health Day celebrations on October 10, 2023. Through this survey, the Psychology Department spread awareness about the importance of understanding one's own as well as others present emotions and how they are related to an individual's mental health.

Outcome:

Participants gained a deeper understanding of the range of emotions they experience, including joy, anger, sadness, fear, and surprise. This increased awareness helps individuals recognize and name their emotions accurately.



Students and Teachers Participating in the Survey



WORLD MENTAL HEALTH DAY CELEBRATION

Objective:

The objective was to celebrate World Mental Health Day and to spread awareness on the theme, 'Mental Health as a Universal Human Right.'

Description:

The Department of psychology celebrated 'World Mental Health Day' on October 10, 2023. The theme of the year was 'Mental Health as a Universal Human Right'. The entire event was a fruitful result of the consistent efforts put in by the students of the department in planning and executing various segments of the event.

- The event began with a short welcome, highlighting the taboos regarding mental health issues.
- Thereafter, the students saw a play about a girl named 'stuti' to emphasize how our parents, family, and friends may fail to understand our mental state.
- A power point presentation was presented to the students, showcasing the gender gap in mental health issues as well as services.
- A mime act was presented, that used dance and acting as a medium of putting forth the pain and immense struggle faced during mental disorders.
- The students watched a documentary film about interviews of various psychologists and psychiatrists across Shimla. This spread awareness about mental health issues and sensitized the audience about misconceptions of mental health disorders.

Outcome:

Participants gained a deeper understanding of mental health issues and the concept of mental health as a universal human right. This increased knowledge helps in recognizing the importance of mental health for everyone, regardless of the individual's background or circumstances.



Skit on Anxiety Disorder



Play on Depression



Mime on Mental Disorders

Dance Drama on Mental Disorders



PowerPoint Presentation Showcasing the Gender Gap in Mental Health Issues



SESSION ON THE IMPORTANCE OF GUIDANCE AND COUNSELLING IN STUDENT'S LIFE

Objective:

The objective of this session was to explain how guidance and counseling can be important and helpful in a student's life.

Description:

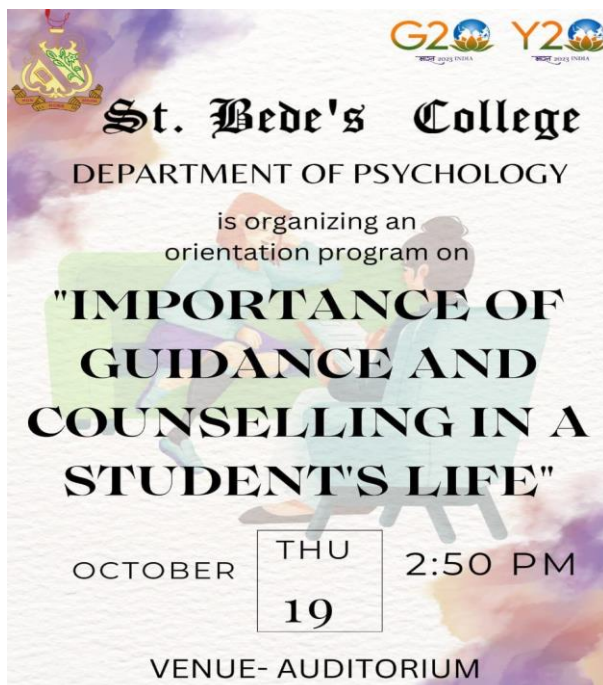
The Department of Psychology organized a brief session on October 19, 2023 with the counselor of the institution, Dr. Taruna Kaushal.

The event began with a short welcome and introduction of the counselor followed by a short-guided imagery session where the students were taught how positive visualization and proper technique of breathing and focus can help us in calming down our anxious selves. Thereafter, a short and precise power point presentation was played. The presentation clearly explained how counseling can help individuals in improving their relationship with themselves and with those around them, which will further help them in becoming a better human being.

Lastly, Dr. Taruna Kaushal informed the students about her availability in the campus and advised students to come to her if they are facing any problem in personal or professional domain. The talk ended with extending a heartfelt gratitude to her for the informative session.

Outcome:

Participants gained a clear understanding of how counseling can help with various personal, academic, and career-related issues. This includes managing stress, dealing with personal problems, improving study habits, and making informed career choices.



Brochure

PowerPoint Presentation by the Counsellor