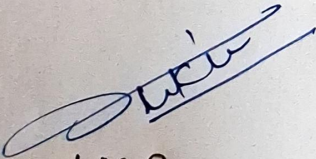


Psychology Dept.

Activity Report (2024-25)

- The department of psychology in collaboration with guidance and counselling cell organised a 6 days workshop for the students on- "Psychology in everyday life and Art of living", in collaboration with Haryana Kala Parishad, Kurukshetra, from 09/08/24 to 16/08/24. A professional Trainer for the workshop was provided by Haryana Kala Parishad, Kurukshetra. In this 6 days workshop students learnt many techniques and strategies to deal with daily hassles and stressors. Total 22 students participated in this workshop. The main objective of the workshop was to enable students to use Psychology in everyday life and to learn how they can make their life more positive and productive with little efforts. In these 6 days students learnt to focus on positive aspects of life, concentration activities, gratitude exercises, imagination techniques and mindfulness.
- On 10th October 2024 world mental health day was celebrated in which doctor Robin Juneja, neuro Psychiatrist from karnal was the special invitee to deliver a lecture on "A talk on mental health"
- On 8th April 2025 a quiz competition was organised in the department of psychology in which 7 teams participated. The participants were psychology students from UG and PG classes.
- On 31st January 2025 the students from psychology department participated in the science exhibition and presented their exhibits.


HOD