

**GURU NANAK KHALSA COLLEGE
FOR WOMEN
GUJARKHAN CAMPUS
MODEL TOWN , LUDHIANA**

**REPORT OF DEPARTMENT OF PSYCHOLOGY
SESSION 2022 - 23**



Rashi Garg

Ms. Rashi Garg
Assistant Professor
(Department of Psychology)

Maneeta

Dr. Maneeta Kahlon
Principal

About the Department

The department of Psychology offers psychology as an elective subject in B.A. The department also runs a counseling cell to address mental health issues of students. The psychology club 'Mind Tree' organizes various activities from time to time help the students gain knowledge around applied psychology.

Teaching Faculty

S.No.	Name of the Faculty Member	Educational Qualification
1.	Ms. Rashi Garg	MA (Psychology)

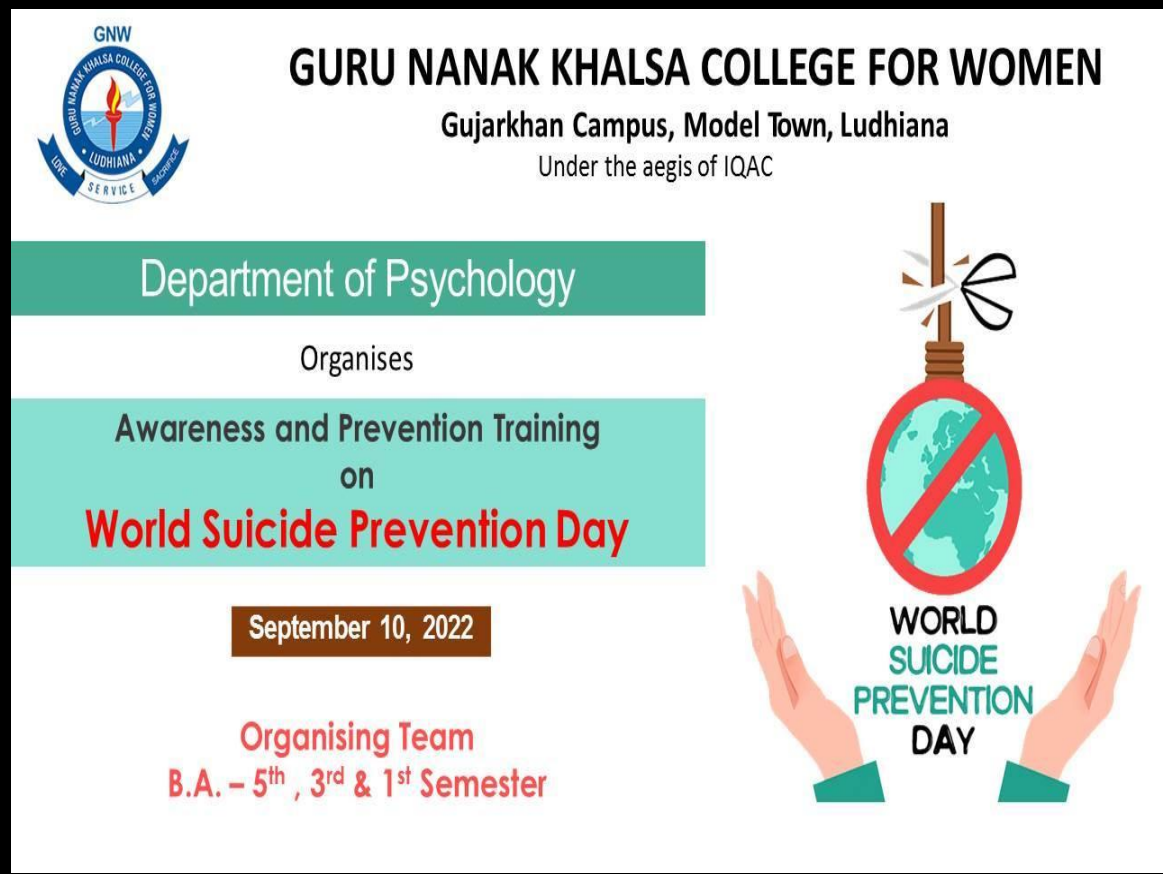
Student Strength

S.No.	Name of the Course	Student Strength
1.	B.A. First Year	32
2.	B.A. Second Year	17
3.	B.A. Third Year	35

Activities (September 2022- February 2023)

World Suicide Prevention Day

An Awareness and Prevention training program was organized in the college on the occasion of World Suicide Prevention Day on September 10, 2022 .The focus was on WHO's theme for this year ‘Creating Hope through Action,’ suggesting that our actions no matter big or small can help ignite hope for those grappling with suicidal tendencies.



The poster features the college logo on the top left, which includes the motto 'WISDOM KNOWLEDGE SERVICE' and 'LUDHIANA'. The main text is centered and includes the college name, campus location, and accreditation. A green banner highlights the 'Department of Psychology', which is organizing the event. The event title is in a light blue banner, and the date is in a brown box. The organizing team is listed at the bottom. On the right, there is a graphic of a bomb with a globe as the body, a lit fuse, and a pair of scissors cutting the fuse, held by two hands. The text 'WORLD SUICIDE PREVENTION DAY' is written below the hands.

GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA

GURU NANAK KHALSA COLLEGE FOR WOMEN
Gujarkhan Campus, Model Town, Ludhiana
Under the aegis of IQAC

Department of Psychology

Organises

**Awareness and Prevention Training
on
World Suicide Prevention Day**

September 10, 2022

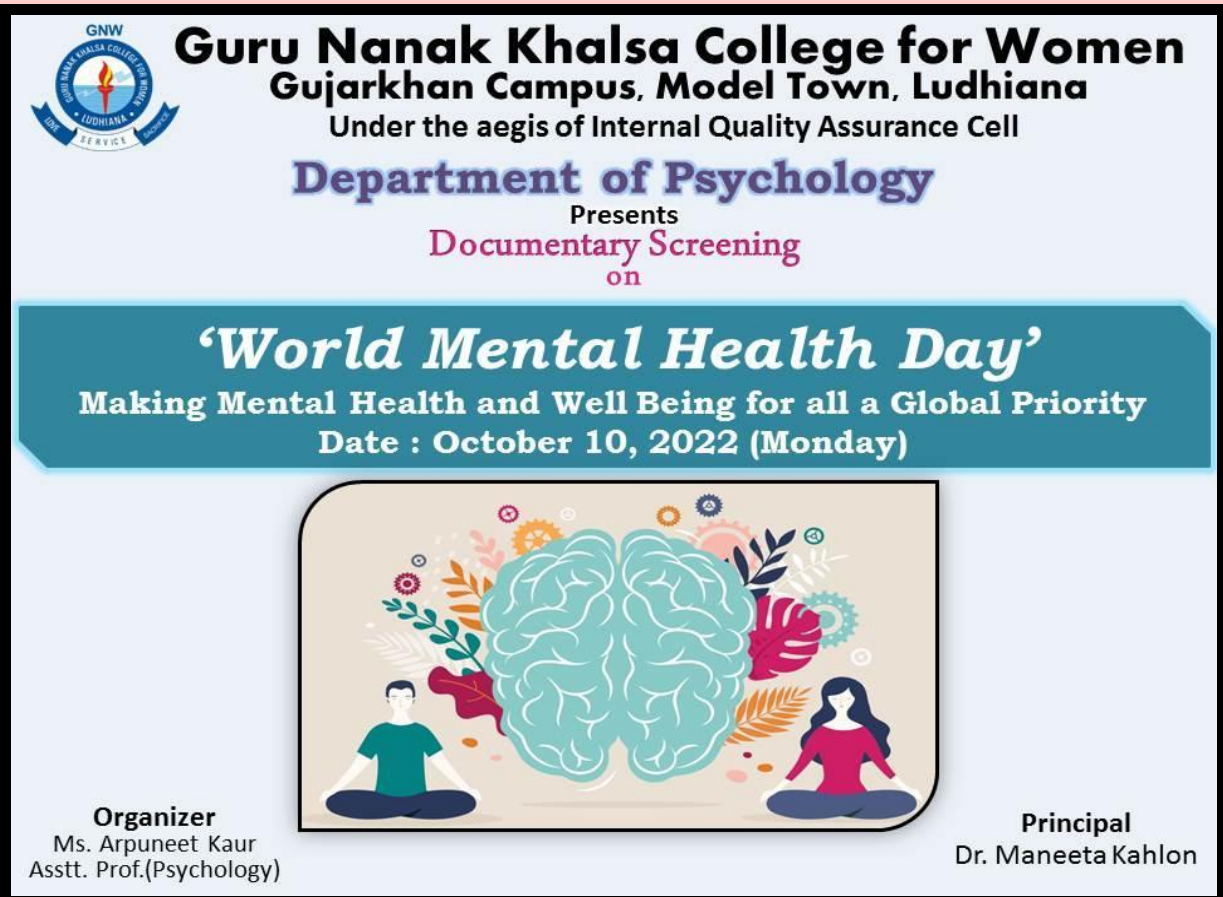
**Organising Team
B.A. – 5th, 3rd & 1st Semester**

**WORLD
SUICIDE
PREVENTION
DAY**



World Mental Health Day

Keeping in mind the theme of this year “Making Mental Health and Wellness a Global Priority”, a documentary was screened for the students of Psychology on the occasion of World Mental Health Day on 10th Oct , 2023 . The film sensitized the students about a host of mental illnesses. It was followed by a group discussion about symptoms and various ways of overcoming mental disorders.




GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA
SERVICE

Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana
Under the aegis of Internal Quality Assurance Cell

Department of Psychology
Presents
Documentary Screening
on

‘World Mental Health Day’
Making Mental Health and Well Being for all a Global Priority
Date : October 10, 2022 (Monday)



Organizer
Ms. Arpuneet Kaur
Asstt. Prof.(Psychology)

Principal
Dr. Maneeta Kahlon



PRESS COVERAGE



Documentary on mental health

Under the aegis of the internal quality assurance cell, the department of psychology of Guru Nanak Khalsa college for Women celebrated World Mental Health Day. Keeping in mind the theme of this year 'Making Mental Health and Wellness a Global Priority', a documentary was screened for the students of the department. The film sensitised the students about a host of mental illnesses. It was followed by a group discussion about symptoms and various ways of overcoming mental disorders. Principal Dr Maneeta Kahlon laid

emphasis on maintaining a positive outlook and seeking help whenever necessary.

Activities (March 2023- June 2023)

SLEEPING AWARENESS WEEK (CAMPAIGN)

The Psychology Club 'MindTree' organized a 'Sleep Awareness Campaign' to serve as a call to action for the public to recognize their sleep as a crucial part of health and well-being on 13th March, 2023. The activities sensitized the students through Sleeping Tools to promote good sleeping. It was followed by Counseling and Therapies about recognizing the symptoms of insomnia and various ways of overcoming stress for a good and healthy sleep and Principal Mam laid emphasis on maintaining a positive outlook and seeking help whenever necessary.

THE PSYCHOLOGY CLUB MIND TREE OF GNKCW ORGANISES
SLEEP AWARENESS CAMPAIGN

"Having peace, happiness and healthiness is my definition of beauty. And you can't have any of that without sleep." – Beyonce

MAIN HIGHLIGHT OF CAMPAIGN

- Learn ways to cope up with insomnia
- Selfie Therapy
- Bowl of positive and negative thoughts
- Beautiful Tools Sleep Trackers Bookmarks Key Rings
- Workshop on Sleep Awareness

EVENT
March 13: Activities for Sleep Awareness Campaign in Common Hall 9:30am onwards

What Is Sleep Awareness Week?

National Sleep Awareness Week is an annual event and an initiative created by the National Sleep Foundation to recognize sleep as a crucial part of health and well-being. Each year, National Sleep Foundation (NSF) independently produces Sleep Awareness Week as the premier awareness and education campaign for sleep health.

Sleep Awareness Week begins on March 12 at the start of Daylight Saving Time when most of the public faces the disruption of the clock change and loses an hour of sleep. National Sleep Foundation has announced Sleep Awareness Week® 2023 will take place from March 12-18, celebrating the 25th Anniversary of its annual campaign.

The Psychology Club 'Mind Tree' of GNKCW has taken an initiative to promote Sleep Awareness Campaign on 13th March 2023 to promote healthy sleep habits to help students and teachers improve their mental and physical health. Sleep Awareness Week is a time of year when everyone is reminded about the importance of our sleep and how it affects the way we feel and perform each day.

CAUSES OF INSOMNIA OR LACK OF SLEEP

- Stress
- Travel or work schedule
- Poor sleep habits
- Eating too much late in the evening
- Mental health disorders
- Medications
- Medical conditions
- Sleep-related disorders
- Caffeine, nicotine and alcohol

ATTEND THIS FREE SLEEP AWARENESS CAMPAIGN TO DEAL WITH INSOMNIA AND ENJOY THE HEALTHY LIFESTYLE

MARCH 13, 2023
MONDAY
COMMON HALL
9:30AM ONWARDS







PRESS COVERAGE

Sleep awareness campaign held at Guru Nanak Khalsa

LUDHIANA : Under the aegis of the internal quality assurance cell, Guru Nanak Khalsa College for Women

Psychology Club 'Mind Tree' organised a sleep awareness campaign on Monday. This campaign was organised to mark Sleep Awareness Week promoted by National Sleep Foundation. On the occasion, several activities

were organised to sensitise students about the importance of good sleep. It was followed by counselling and therapy sessions to educate students about the signs of insomnia and how to overcome it. The

college principal Maneeta Kahlon emphasised the importance of having a good sleep and seeking help whenever necessary.

बच्चों को अच्छी नींद के फायदे बताए



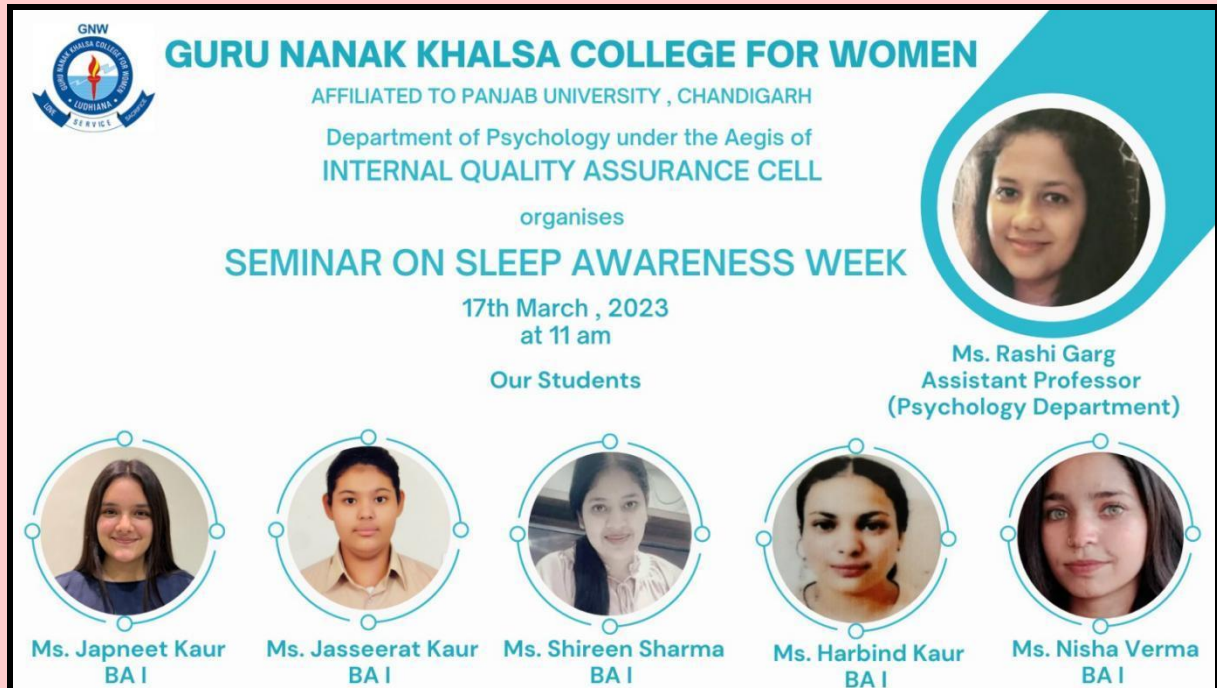
लुधियाना| गुरु नानक खालसा कॉलेज फॉर वुमन के साइकोलॉजी क्लब 'माइंड ट्री' द्वारा नींद जागरूकता अभियान का आयोजन किया। नेशनल स्लीप फाउंडेशन द्वारा प्रचारित स्लीप अवेयरनेस वीक के संदर्भ में आयोजित की गई है। अच्छी नींद के महत्व के बारे में छात्रों को जागरूक करने के लिए कई गतिविधियां कराईं। इसके बाद एक परामर्श और चिकित्सा सत्र आयोजित किया गया। जिसमें अनिद्रा के लक्षणों की पहचान की गई और इसे दूर करने के विभिन्न तरीकों पर चर्चा की गई।

SLEEPING AWARENESS WEEK (SEMINAR)

The Department of Psychology of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organised a seminar to celebrate Sleep Awareness Week on 17th March 2023.

Ms. Rashi Garg , Head department of Psychology makes students aware of National Sleep Foundation (NSF) and their motive of celebrating Sleep Awareness Week from 12 March - 18 March every year . Our Students of BA I (Ms. Japneet Kaur , Ms. Jasseerat Kaur , Ms. Shireen Sharma , Ms. Harbind Kaur and Ms. Nisha Verma) educate the audience regarding the Power and the importance of Good Sleep . They also highlighted the etiology and symptoms of Sleep Deprivation and Sleep Paralysis. It was followed by tips and strategies to ensure a healthy sleep.

Dr. Maneeta Kahlon , Principal, highlighted that the importance of celebrating this week is to make teachers and students aware of the benefits of good sleep so that they are not stressed or depressed due to fluctuating sleeping patterns . She also stressed upon the side effects of the wrong diet plan followed for weight loss upon the quality of sleep . She proposed that one should follow certain ways to detoxify the negative thoughts from inside for a happy and peaceful sleep and also encouraged the audience with the real life examples.



GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
AFFILIATED TO PANJAB UNIVERSITY , CHANDIGARH
Department of Psychology under the Aegis of
INTERNAL QUALITY ASSURANCE CELL
organises
SEMINAR ON SLEEP AWARENESS WEEK
17th March , 2023
at 11 am
Our Students

Ms. Rashi Garg
Assistant Professor
(Psychology Department)

Ms. Japneet Kaur
BA I

Ms. Jasseerat Kaur
BA I

Ms. Shireen Sharma
BA I

Ms. Harbind Kaur
BA I

Ms. Nisha Verma
BA I





PRESS COVERAGE

कॉलेज में स्लीप अवेयरनेस वीक के तहत सेमिनार करवाया



भास्कर न्यूज़ | लुधियाना

आंतरिक गुणवत्ता आरवासन सेल के तत्वावधान में गुरु नानक खालसा कॉलेज फॉर वुमन मॉडल टाउन के मनोविज्ञान विभाग ने स्लीप अवेयरनेस वीक मनाने के लिए सेमिनार का आयोजन किया। मनोविज्ञान विभाग की प्रमुख राशि गॉ ने छात्रों को नेशनल स्लीप फाउंडेशन (एनएसएफ) और हर साल 12 मार्च से 18 मार्च तक स्लीप अवेयरनेस वीक मनाने के उनके मकसद से अवगत कराया। जपनीत कौर, जसरीत कौर, शिरीन शर्मा, हरबिंद कौर और निशा वर्मा के छात्रों ने दर्शकों को अच्छी नींद

की शक्ति और महत्व के बारे में शिक्षित किया। उन्होंने स्लीप डेप्रिवेशन और स्लीप पैरालिसिस के कारण और लक्षणों पर भी प्रकाश डाला। इसके बाद स्वस्थ नींद सुनिश्चित करने के लिए कई तरह के तरीके बताए। प्रिंसिपल डॉ. मनीता काहल्लों ने कहा कि इस सप्ताह को मनाने का महत्व शिक्षकों और छात्रों को अच्छी नींद के लाभों से अवगत कराना है। ताकि, नींद के पैटर्न में उतार-चढ़ाव के कारण वे तनावग्रस्त या उदास न हों। उन्होंने नींद की गुणवत्ता पर वजन घटाने के लिए गलत आहार योजना के दुष्प्रभावों पर भी जोर दिया।

गुरु नानक खालसा कालस लड़कियों विधे नौद जागरूकता 'ते करवाएया सैमीनार

लुधियाना, 18 मार्च (पुनीज बाबा) - गुरु नानक खालसा कालस लड़कियों मॉडल टाउन लुधियाना के इंटरनल क्वालिटी असेरेंस सेल की अगुवाई में हठ म नौ वि गिग आ न विभाग वलौ नौद जागरूकता हठडा मनाउटे लही ईक सै मी न ा र करवाएया गिआ। मधी मनेविगिआन विभाग रासी गरग नौ विदिआरधीओ नु नैसनल सलौप ड ा उ ' ड ' स न (ओ न.ओ.स.ओ.ड.) अते हर साल नौद जागरूकता हठडा मनाउटे दे उनुं दे मनोरथ घारे जाटू करवाएया।

गुरु नानक खालसा कालस लड़कियों विधे नौद जागरूकता 'ते करवाएया सैमीनार देरान दिधाधी दे रते माहिर ते हेर।

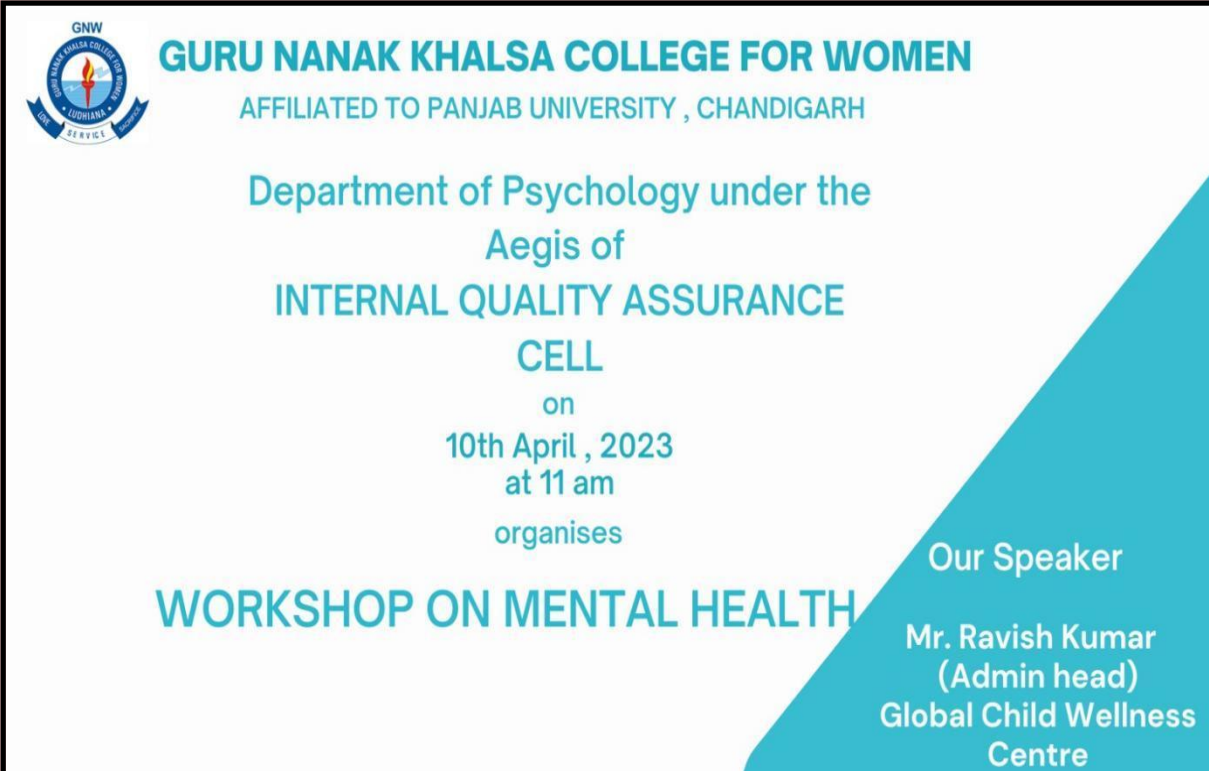
धी.ऐ.1 दे उर सैट दे पेटरन विच उतरा-चडुआ कारन डटाअ जा निरास नौ हठ। उनुं नौ पुसडाव दिता कि ईक धुसगल अते सौड नौद लही अंदर नकारात्मक विचारां नु दूर केरन लही कृषु तगीकियां दी पालटा बरली चारीवी हे अते असल जीवन दीआ उिदाचरटां नाल चरसकां नु बी उिजागर कीटा। प्रिंसिपल ड. मनीता



WORKSHOP ON MENTAL HEALTH

The Department of Psychology has organized a Workshop on Mental Health on 10th April, 2023 .Mr. Ravish Kumar, Admin Head of Global Child Wellness Centre. Speaker of the Day makes everyone aware of Mental Health through an interactive session. 88 Students have participated along with teachers.

Dr. Maneeta Kahlon, Respected Principal Madam, laid emphasis on maintaining a positive outlook and seeking help whenever necessary.



The poster features the college logo on the top left, which includes the text 'GNW', 'GURU NANAK KHALSA COLLEGE FOR WOMEN', 'LODHIANA', and 'SERVICE'. The main text is centered and reads: 'GURU NANAK KHALSA COLLEGE FOR WOMEN', 'AFFILIATED TO PANJAB UNIVERSITY, CHANDIGARH', 'Department of Psychology under the Aegis of INTERNAL QUALITY ASSURANCE CELL', 'on 10th April, 2023 at 11 am organises', and 'WORKSHOP ON MENTAL HEALTH'. On the right side, a teal triangle contains the text: 'Our Speaker Mr. Ravish Kumar (Admin head) Global Child Wellness Centre'.

GURU NANAK KHALSA COLLEGE FOR WOMEN
AFFILIATED TO PANJAB UNIVERSITY, CHANDIGARH

Department of Psychology under the
Aegis of
**INTERNAL QUALITY ASSURANCE
CELL**
on
10th April, 2023
at 11 am
organises

WORKSHOP ON MENTAL HEALTH

Our Speaker
Mr. Ravish Kumar
(Admin head)
Global Child Wellness
Centre



PRESS COVERAGE

स्वास्थ्य को लेकर किया जागरूक

लुधियाना | गुरुनानक खालसा कॉलेज फॉर वुमन गुजरखान कैंपस के मनोविज्ञान विभाग ने आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में मानसिक स्वास्थ्य पर कार्यशाला का आयोजन किया गया। ग्लोबल चाइल्ड वेलनेस सेंटर के एडमिनिस्ट्रेशन हेड रवीश कुमार मुख्य प्रवक्ता रहे। उन्होंने मानसिक स्वास्थ्य और इससे जुड़े मुद्दों के बारे में सभी को जागरूक किया। राशि के मार्गदर्शन में इस सत्र का आयोजन किया गया। प्रिंसिपल डॉ. मनीता काहल्लों ने जीवन के प्रति सकारात्मक दृष्टिकोण बनाए रखने पर जोर दिया और जब भी आवश्यक हो हमें मदद लेनी चाहिए।



FREE PSYCHOLOGY OPD

The Psychology Club 'Mind Tree' of GNKCW provides free Psychology OPD which provides support and a nurturing space to students to share their mental challenges and to learn about healthy ways to cope with a difficult situation. It helps in finding a solution to a variety of problems. Students are ensured of confidentiality at any cost. Time allotted for the same is 2:20 pm - 3 pm. Various Students and teachers get the solutions of their problems through Free Psychology OPD.

The Psychology Club 'Mind Tree' of GNKCW Organises



FREE PSYCHOLOGY OPD

WHAT IS BOTHERING YOU ?



Anxiety
Family Problem
Depression
Lack of Energy
Low self esteem
Homesickness
Loneliness
Relationship difficulties
Hopelessness
and others.

We provide support and a nurturing space to students to share their mental challenges and to learn about healthy ways to cope with a difficult situation.

Feel comfortable to work with us and find a solution to a variety of problems.

Confidentiality will be ensured at all Cost

Timings :

Mon - Sat : 2:20 pm - 3pm

Email address :

gnkcwopd100@gmail.com

Location :

Room No. 402 Psychology Lab
Guru Nanak Khalsa College for
Women , Gujarkhan Campus
Ludhiana