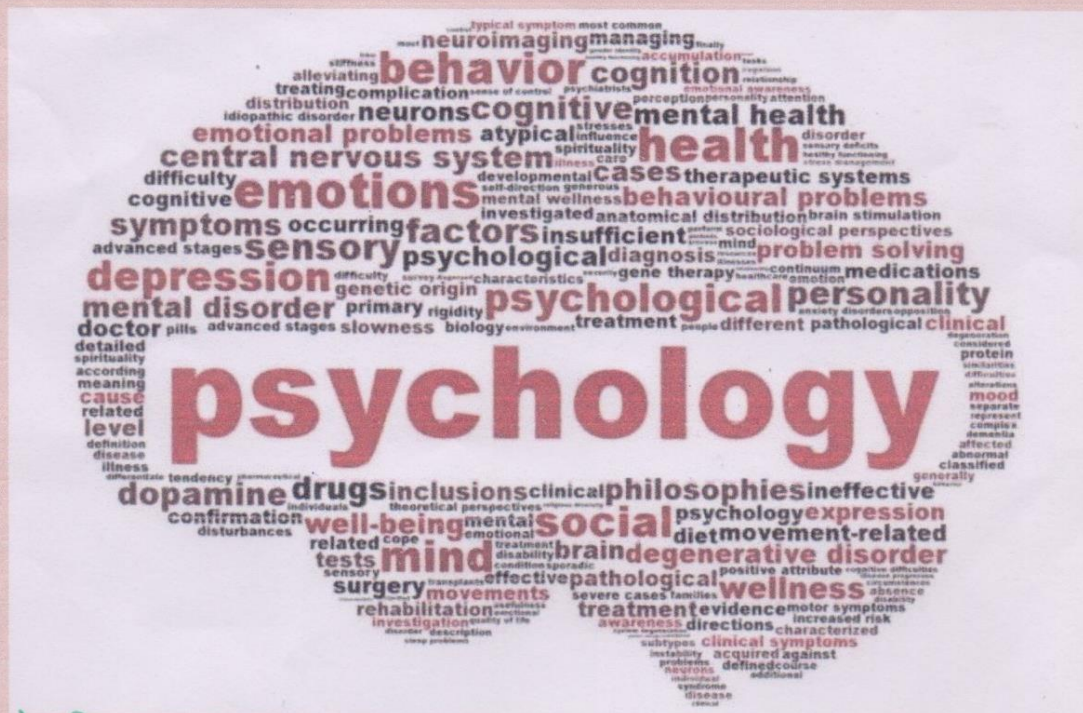


GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

DEPARTMENT OF PSYCHOLOGY

SESSION 2023-2024



Dr. MANEETA KHLON
Principal
G.N.Kh. College for Women
Gujarkhan Campus, Model Town,
Ludhiana

Dr. Maneeta Kahlon
Principal

Ms. Kusha Mehra
Assistant Professor
(Department of Psychology)

About the department

The Department of Psychology offers psychology as an elective subject in B.A. The department also runs a counselling cell to address mental health issues of students. The psychology club 'mindscapes' 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. Kusha Mehra	MA (Psychology)

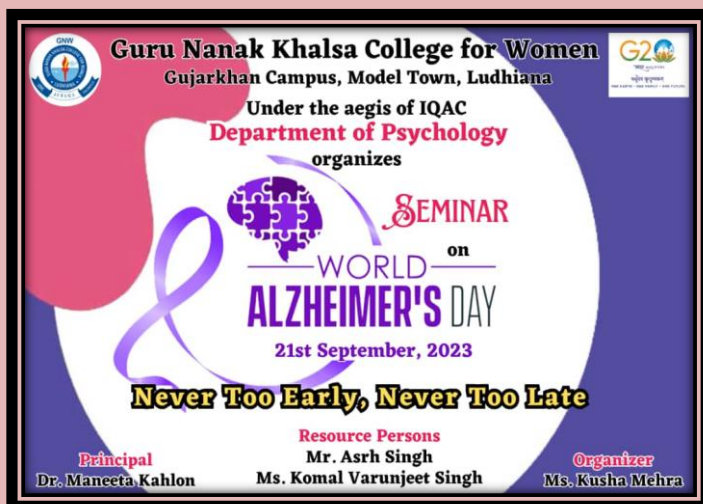
Student Strength

S.No.	Name of the Course	Student Strength
1.	B.A. First Year	49
2.	B.A. Second Year	26
3.	B.A. Third Year	15

Activities of September 2023 – November 2023

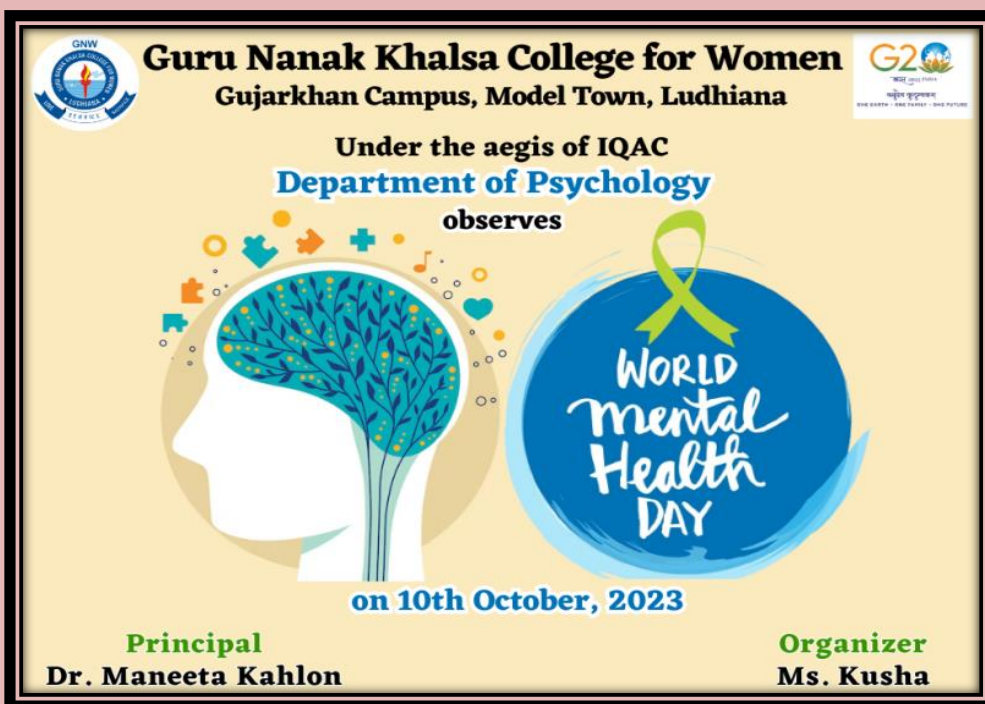
World Alzheimer's Day- 21st September 2023

The department of psychology organised a seminar on World's Alzheimer's Day on 21st September, 2023. This session was conducted by Alumna of the College. The students of the psychology department were sensitized about the Alzheimer's disease with stress bursting activities, presentation and skit on Alzheimer's disease.



World Mental Health Day- 17th October

The department of Psychology observed World Mental Health Day on October 17, 2023. World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The students prepared a short skit on mental disorders, Anxiety and Eating disorders.



PRESS COVERAGE

GNKWCW में विश्व मानसिक स्वास्थ्य मनाया गया



लुधियाना/यूटर्न/16 अक्टूबर। आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में, गुरु नानक खालसा कॉलेज फॉर वूमन, मॉडल टाउन, लुधियाना के मनोविज्ञान विभाग ने आज कॉलेज परिसर में विश्व मानसिक स्वास्थ्य दिवस मनाया। यह वैश्विक मानसिक स्वास्थ्य शिक्षा, जागरूकता और सामाजिक कलंक के खिलाफ वकालत के लिए हर साल 10 अक्टूबर को मनाया जाने वाला एक अंतरराष्ट्रीय दिवस है। इस अवसर पर छात्रों ने चिंता और खान-पान संबंधी विकारों जैसे मानसिक विकारों पर एक लघु

नाटिका तैयार की। मनोविज्ञान विभाग की प्रमुख सुश्री कुशा ने मानसिक स्वास्थ्य और मन और शरीर के संबंध के महत्व पर प्रकाश डाला। इस गतिविधि का समग्र उद्देश्य मानसिक स्वास्थ्य के मुद्दों के बारे में जागरूकता बढ़ाना और मानसिक स्वास्थ्य के समर्थन में प्रयास जुटाना था। कॉलेज की प्रिंसिपल डॉ. मनीता काहलों ने इस बात पर जोर दिया कि हमें अपने मानसिक स्वास्थ्य को प्राथमिकता देनी चाहिए और पीड़ा के बारे में मुखर होना चाहिए ताकि आवश्यक और समय पर कार्रवाई की जा सके।

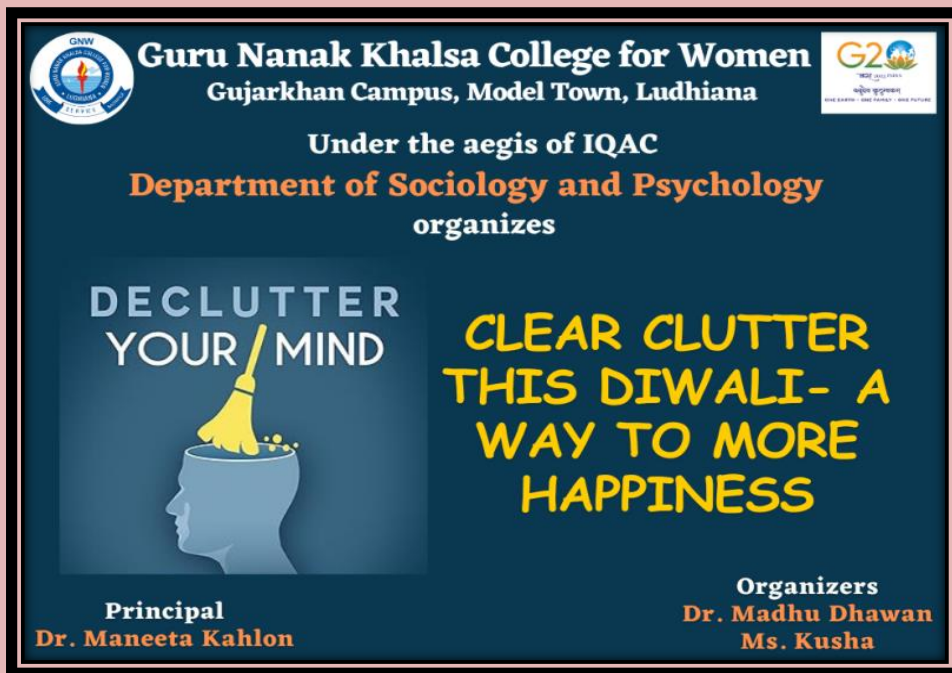
जीएनकेसीडब्ल्यू में मानसिक विकार बताए

आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कॉलेज फॉर वूमन मॉडल टाउन के मनोविज्ञान विभाग ने कॉलेज परिसर में विश्व मानसिक स्वास्थ्य दिवस मनाया गया। इस दौरान छात्रों ने मानसिक विकारों पर एक लघु नाटिका भी तैयार की। गतिविधि का समग्र उद्देश्य मानसिक स्वास्थ्य के मुद्दों के बारे में जागरूकता बढ़ाना और मानसिक स्वास्थ्य के समर्थन में प्रयास जुटाना था • सौ. कॉलेज



Decluttering Your Mind- This Diwali

A seminar was conducted by the department of psychology and the department on sociology on November 10, 2023. The department of psychology emphasized on clearing your clutter this Diwali. A power-point presentation was given on the ways to declutter your mind and understanding the importance of setting priorities, letting go of the grudges and negative thoughts for peace of mind. Discussed the need of good breathing exercises to unwind your mind.



Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC
Department of Sociology and Psychology
organizes

DECLUTTER YOUR MIND

CLEAR CLUTTER THIS DIWALI- A WAY TO MORE HAPPINESS

Principal
Dr. Maneeta Kahlon

Organizers
Dr. Madhu Dhawan
Ms. Kusha





Ludhiana, Punjab, India

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141002, India

Lat 30.886722°

Long 75.84345°

10/11/23 11:23 AM GMT +05:30

Google



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

FREE
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OPD

