

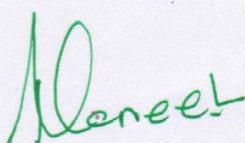
**GURU NANAK KHALSA COLLEGE FOR WOMEN,
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA**

PSYCHOLOGY CLUB

Mindscapes

(EVEN SEMESTER)

SESSION 2024-25



Dr. Maneeta Kahlon
Principal

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



Ms. Harnoor Bajwa
Assistant Professor

(Department of Psychology)

ABOUT THE DEPARTMENT

The department of Psychology focuses on prioritizing mental health and promoting mental wellbeing. The activities conducted help students to understand the importance of mental health and give exposure to the students regarding mental health issues. 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.

VISION

The Department of Psychology postulates to promote an understanding of behavior and the underlying mechanisms, scientifically analyzing psychological paradigms and applying empirical research to solve the complexities of human interactions. We aspire to catalyze students into competent professionals, transforming knowledge into directives for holistic living.

MISSION

The mission of the Department of Psychology is to prepare students for a range of activities including academic, professional and personal experiences. All students majoring in psychology are required to engage in a broad academic program and to demonstrate mastery in areas of psychological knowledge and research methodology.

Student Strength

S.No.	Name of the Course	Student Strength
1.	B.A. First Year	37
2.	B.A. Second Year	40
3.	B.A. Third Year	24

PSYCHOLOGY LAB

At Guru Nanak Khalsa College for Women, students are provided with a research intensive lab, including numerous apparatus for the practicals as part of the curriculum. Students are trained in administering psychological tests to further their practical experience and gain a better understanding of a psychologist's role on a professional level.



ACTIVITIES: JAN-APR 2025

NATIONAL GIRL CHILD DAY – 24 JANUARY 2025

Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed National Girl Child in the college campus today. The students organized a short skit to raise awareness about eliminating the stigma surrounding the girl child. This was followed by an interactive session conducted by Dr. Palak Bhumbla from Fortis Hospital, Mall Road, Ludhiana. During the session, discussions focused on societal stigma and the impact of social addiction on mental health.





PRESS COVERAGE



ਸਮਾਗਮ ਦੇਰਾਨ ਡਾ. ਪਲਕ ਤੁੰਬਲਾ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਪ੍ਰਬੰਧਕ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ 'ਚ ਗਾਸ਼ਟਰੀ ਬਾਲੜੀ ਦਿਵਸ ਮਨਾਇਆ

ਸਟਾਫ ਪੱਤੀਨਿਧਿ, ਪੰਜਾਬੀ ਜਾਗਰਣ • ਲੁਧਿਆਣਾ : ਇੰਟਰਨਲ ਕ੍ਰਾਊਲਿਟੀ ਐਸੋਸੀਏਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੋਣ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਫਿੰਨ ਡਿਲੈਕਟਰੀ ਸੈਲ ਅਤੇ ਮਨੋਵਿਗਿਆਨ ਕਲੱਬ ਨੇ ਅੱਜ ਕਾਲਜ ਟ੍ਰੈਪਸ ਵਿਚ ਨੈਸ਼ਨਲ ਗਰਲ ਚਾਈਡ ਮਨਾਇਆ। ਵਿਦਿਆਰਥਣ ਵਿਚ ਜਾਗਰੂਕਤਾ ਪੈਦ ਕਰਨ ਲਈ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਇੱਕ ਫੌਟੋ ਸਕ੍ਰਿਟ ਦੀ ਪੇਸ਼ਕਰੀ ਕੀਤੀ। ਇਸ ਤੋਂ ਬਾਅਦ ਡੋਟਿਸਟ ਹਸਪਤਾਲ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਤੋਂ ਡਾ. ਪਲਕ ਤੁੰਬਲਾ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਪ੍ਰਬੰਧਕ ਸਿਹਤ 'ਤੇ ਰਿਸ ਦੇ ਪ੍ਰਭਾਵ ਬਾਰੇ ਅਪਣੇ ਇੱਕ ਇੱਤਰਾਵੀਂ ਸੈਸ਼ਨ ਦਾ ਪ੍ਰਬੰਧ ਕੀਤਾ।

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਚ ਰਾਸ਼ਟਰੀ ਬਾਲੜੀ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 25
ਜਨਵਰੀ (ਸ਼ੁਧੀਰ
ਅਗਨੀਹੋਤਰੀ): ਗੁਰੂ
ਨਾਨਕ ਖਾਲਸਾ
ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ,
ਮਾਡਲ ਟਾਊਨ,
ਲੁਧਿਆਣਾ ਦੇ
ਇਟਰਨਲ ਕੁਆਲਿਟੀ
ਐਸੋਰੈਂਸ ਸੈਲ ਦੀ
ਅਗਵਾਈ ਹੇਠ, ਵੂਮੈਨ
ਡਿਵੈਲਪਮੈਂਟ ਸੈਲ
ਅਤੇ ਮਨੋਵਿਗਿਆਨ



ਕਲੱਬ ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਨੈਸ਼ਨਲ ਗਰਲ ਚਾਈਲਡ ਮਨਾਇਆ ਗਿਆ। ਵਿਦਿਆਰਥਣਾਂ ਵਿਚ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਇੱਕ ਛੋਟੀ ਸਕਿੱਟ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਇਸ ਤੋਂ ਬਾਅਦ ਵੇਰਟਿਸ ਹਸਪਤਾਲ, ਮਾਲ ਰੋਡ, ਲੁਧਿਆਣਾ ਤੋਂ ਡਾ. ਪਲਕ ਭੁੰਬਲਾ ਦੁਆਰਾ ਇੱਕ ਇਟਰਐਕਟਿਵ ਸੈਸ਼ਨ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਸੈਸ਼ਨ ਦੌਰਾਨ, ਸਮਾਜਕ ਕਲੱਬ ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ 'ਤੇ ਸਮਾਜਿਕ ਨਸ਼ਾਖੇਰੀ ਦੇ ਪ੍ਰਭਾਵ 'ਤੇ ਚਰਚਾ ਕੀਤੀ ਗਈ। ਵੂਮੈਨ ਡਿਵੈਲਪਮੈਂਟ ਸੈਲ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਸ਼੍ਰੀਮਤੀ ਸੀਮਾ ਦੁਆ ਅਤੇ ਡਾ. ਸਿਖਾ ਬਜਾਅ ਨੇ ਲੜਕੀਆਂ ਦੇ ਸਸਕਤੀਕਰਨ ਬਾਰੇ ਆਪਣੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕੀਤੇ। ਮਨੋਵਿਗਿਆਨ ਕਲੱਬ ਦੀ ਮੁਖੀ ਸ਼੍ਰੀਮਤੀ ਕੁਸ਼ਾ ਮਹਿਰਾ ਨੇ ਲੜਕੀਆਂ ਨੂੰ ਦਰਪੇਸ਼ ਮਾਨਸਿਕ ਸਿਹਤ ਚੁਣੌਤੀਆਂ ਅਤੇ ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੇ ਪ੍ਰਭਾਵ ਬਾਰੇ ਸੰਬੋਧਨ ਕੀਤਾ। ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵੀ ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੀ ਲਤ ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ 'ਤੇ ਇਸ ਦੇ ਪ੍ਰਭਾਵਾਂ ਬਾਰੇ ਆਪਣਾ ਦਿਸ਼ਟੀਕੋਣ ਸਾਂਝਾ ਕੀਤਾ।

MOVIE SCREENING ON ZINDAGINAMA- 18 FEBRUARY 2025

A movie screening of “Zindaginama” was organised on 18th February 2025 for the students at Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana. COPE Community and Psychology Department arranged this movie screening to raise awareness among students about the mental health issues through the use of this compelling anthology series addressing disorders of schizophrenia, gender dysphoria, eating disorders, PTSD, OCD, etc.



COPE MENTAL HEALTH AWARDS - 7 MARCH 2025

Guru Nanak Khalsa College for Women, Model Town, Ludhiana, signed an MoU in 2023 with Aditya Birla Education Trust, a charitable trust registered under Maharashtra Public Trust Act 1950. They took an noble initiative “MPOWER” which aims to alleviate stigma related to mental illness. As a collaborative activity under this MoU, the Psychology Club ‘Mindscapes’ joined the COPE Mental Health Awards Ceremony, a virtual event celebrating the outstanding efforts of colleges in promoting mental health awareness and student well-being. The college and its psychology students were revered with multiple awards, including the Mental Health Leader Award, Outstanding Peer Support Award, Social Media Excellence Award, amongst others.



MENTAL HEALTH LEADER AWARD		
International School of Informatics and Management	Mohd Aamaiz Ali	Student Leader
NMAM Institute of Technology, NITTE	Razeen Shaikh	Student Leader
Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana, Punjab	Aakriti and Japneet	Student Leader and Co-Lead
BVRIT Hyderabad College of Engineering for Women	Keeerthana & Shanmukhi	Student Leader and Co-Lead



OUTSTANDING PEER SUPPORTER

Dolphin (PG) Institute of Biomedical & Natural Sciences

Anjali Joshi

Ayush Bisht

**Guru Nanak Khalsa College for Women,
Gujarkhan Campus, Ludhiana, Punjab**

Jasbeerat Kaur

Tanvi Ksur

SOCIAL MEDIA EXCELLENCE AWARD

**Guru Nanak Khalsa College for Women,
Gujarkhan Campus, Ludhiana, Punjab**

**Dolphin (PG) Institute of
Biomedical & Natural Sciences**

WORLD AUTISM AWARENESS DAY – 4 APRIL 2025

Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed World Autism Awareness Day in the college campus on April 2nd, 2025. The department organized a seminar to raise awareness among students about autism, its symptoms, prevalence, and impact. The presentation focused on how individuals can support kids with autism and create a more inclusive and accessible environment for them. Ms. Harnoor Bajwa shared her insight on the role of peers, adults, teachers, parents and organisations in terms of our responsibilities, and how to respect boundaries. During the session, discussions focused on societal stigma and the impact of it on the adjustment of children with autism.





FREE PSYCHOLOGY OPD

The Psychology Club 'mindscapes' of GNKCW provides free Psychology OPD which fosters space to students and encourages them to share their mental challenges and to engineer a way to cope up with a daily life hustles. These Free OPD sessions creates a safe space for students to share their personal life problems. 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.

FREE PSYCHOLOGY OPD

WHAT IS BOTHERING YOU ?



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

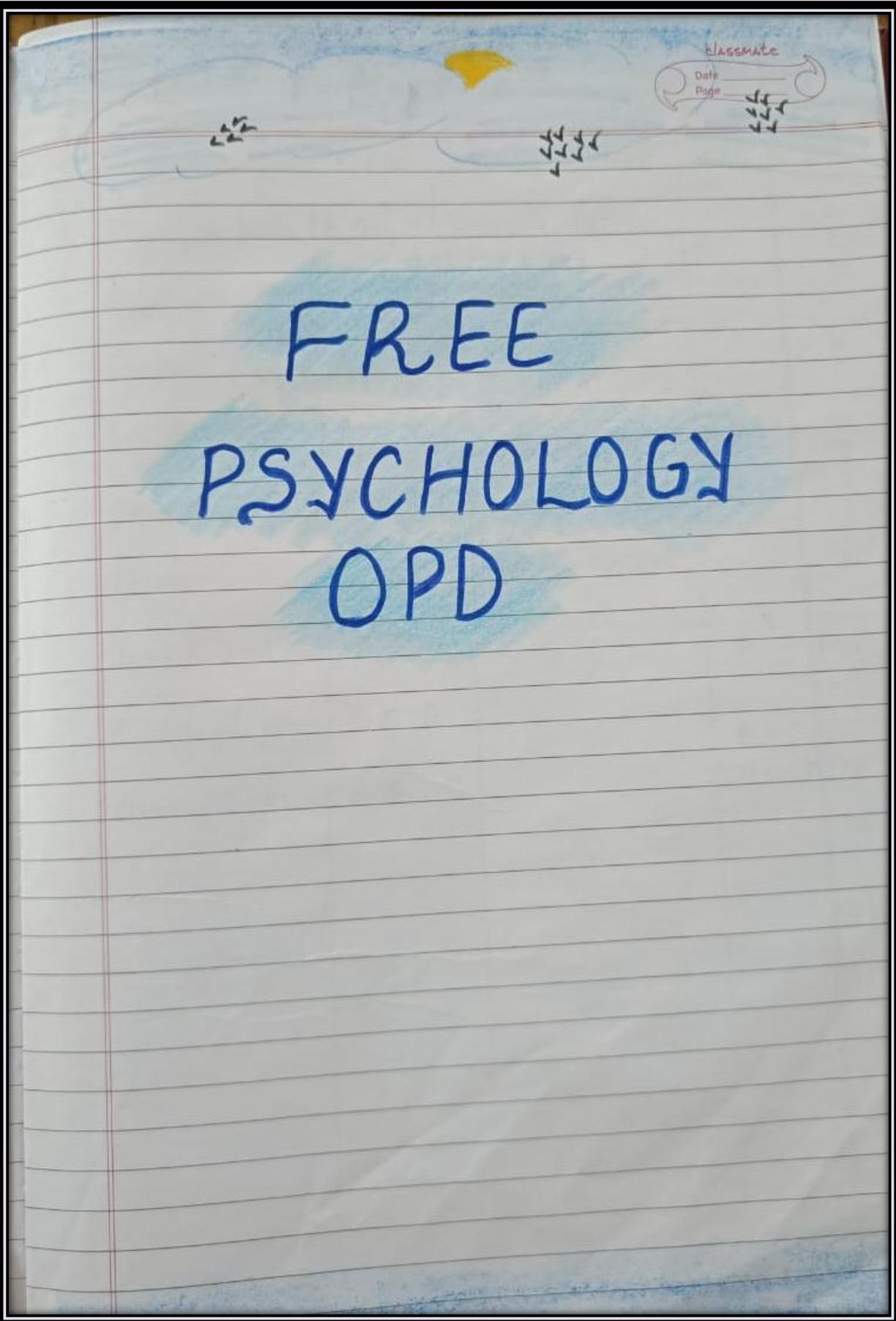
We provide support and a nurturing space to students to share their mental challenges and to learn about healthy ways to cope with a difficult situation.

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



Sr. No.	Name	Date
1	Gurleen	21 - 1 - 2025
2	Purni	28 - 1 - 2025
3	Aakriti	05 - 2 - 2025
4	Gurleen	09 - 2 - 2025
5	Gurleen	27 - 2 - 2025
6	Dally	6 - 3 - 2025
7	Yana	12 - 3 - 2025
8	Gurleen	02 - 4 - 2025
9	Gurleen	08 - 4 - 2025

