

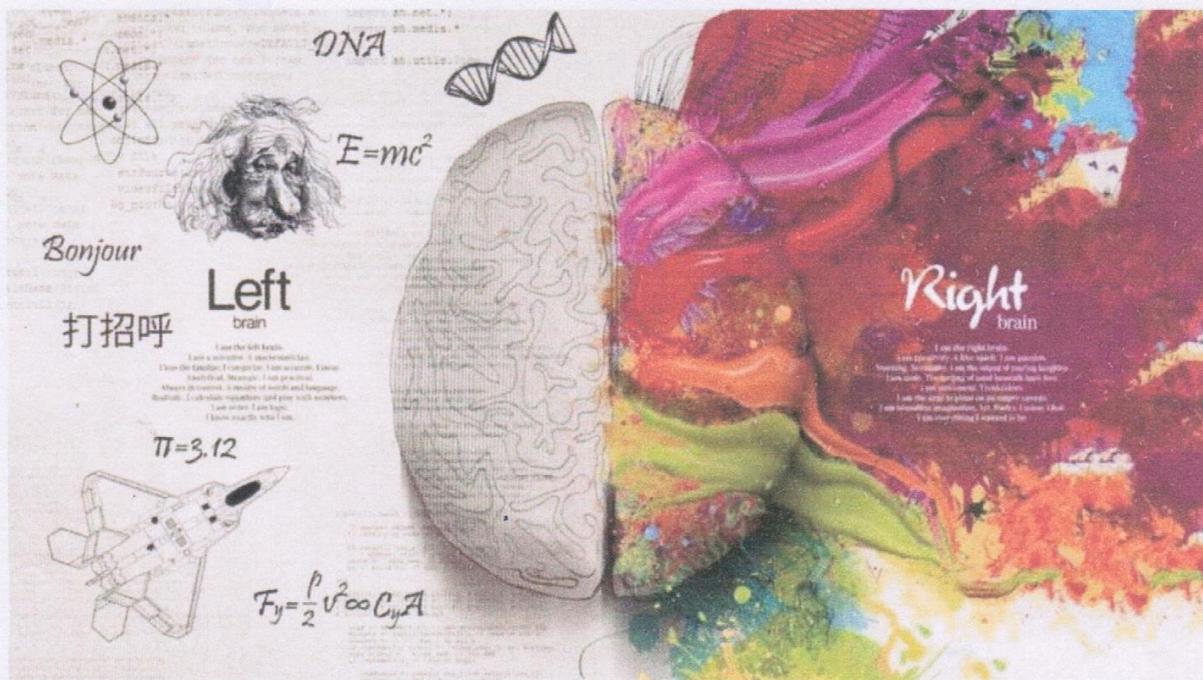
GURU NANAK KHALSA COLLEGE FOR WOMEN, GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

PSYCHOLOGY CLUB

Mindscapes

(ODD SEMESTER)

SESSION 2025-26



Maneeta

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.

TEACHING FACULTY

S.No.	Name of the Faculty Member	Educational Qualification
1.	Ms. Harnoor Bajwa	MA (Clinical Psychology)

STUDENT STRENGTH

S.No.	Name of the Course	Student Strength
1.	B.A. First Year	50
2.	B.A. Second Year	36
3.	B.A. Third Year	39

“BREAKING STIGMA, BUILDING SUPPORT”

STUDENT PLEDGE FOR MENTAL HEALTH WITH COPE

The Department of Psychology at Guru Nanak Khalsa College for Women, Gujarkhan Campus takes a meaningful pledge for mental health awareness and support in collaboration with COPE, an Aditya Birla student-led mental health organization. This pledge reflects the college's strong commitment to fostering emotional well-being, creating a compassionate environment, and encouraging open conversations surrounding mental health among students and faculty. By joining hands with COPE, Guru Nanak Khalsa College for Women reaffirms its solidarity with mental health causes and strengthens its dedication to providing better understanding, support systems, and awareness for challenges related to mental well-being.



We pledge

to care for our minds and the minds around us. Today, we choose kindness and honesty in nurturing our mental well-being. We promise to listen to ourselves, rest when tired, and speak up when we need help. We will support others with patience and understanding, without judgment. We will do our part to make conversations about mental health open and respectful – because every mind matters.

What's your
#PledgeForMentalHealth?

24x7 Free Mental Health Helpline
1800 120 820 050
Privacy Policy and Terms and conditions apply. Visit mpoweronlabet.co.in.

ACTIVITIES

Livestream of Launch of the National Task Force for Mental Health (8th August)

The Department of Psychology at Guru Nanak Khalsa College for Women, Gujarkhan Campus attended the livestream of the official launch of the National Task Force for Mental Health on August 8, 2025. This significant national initiative aims to enhance awareness, accessibility, and action in the field of mental health across the country. The platform will host online surveys for students, parents, faculty, and mental health professionals, as part of a multi-pronged effort to understand and tackle the crisis.

Ms. Harnoor Bajwa (Dept. of Psychology) expressed the department's commitment to mental health advocacy in education, aligning with national efforts to support emotional and psychological well-being at the grassroots level. On the occasion, Principal Dr. Maneeta Kahlon emphasized the growing need to prioritize mental well-being and commended the government's efforts to address it. She highlighted the importance of creating effective mental health resources for the public and fostering open dialogue around depression, suicide and other mental health issues.





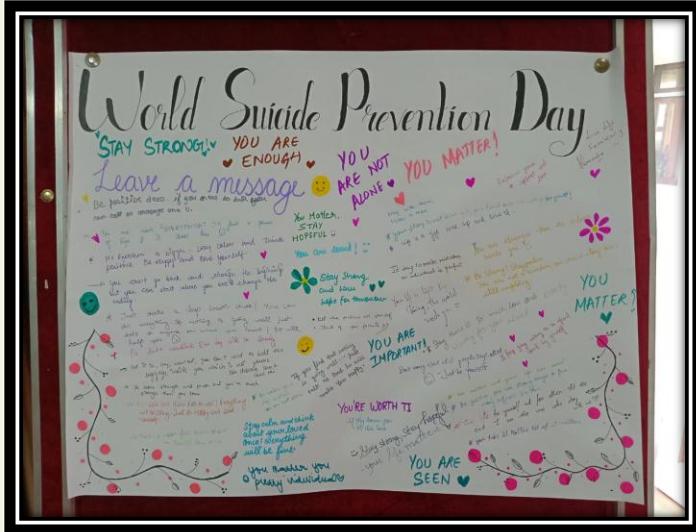
Observation of World Suicide Prevention Week (11th SEPTEMBER)

The initiative was led by the Department of Psychology, which organized activities aimed at shedding light on the critical issue of suicide and mental health. As part of the awareness campaign, Ms. Harnoor Bajwa (Psychology Deptt.) educated students on the prevalence, causes, and warning signs of suicide, as well as measures that can be taken in educational and government institutions for the prevention of suicide. A message board was also set up, where students left

positive, uplifting messages for one another, fostering a sense of community, support, and understanding.

Principal Dr. Maneeta Kahlon addressed the students and spoke about the growing concern of suicide, particularly among youth in India and other South Asian countries where the youth feel helpless to the hands of societal shame and guilt. She emphasized the need to break the stigma surrounding mental health, urging students to adopt a more open, respectful attitude towards others and promote a culture of tolerance.





World Mental Health Day (10th OCTOBER)

Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana, marked World Mental Health Day with an impactful event organized by the Department of Psychology, aimed at promoting mental health awareness and fostering a culture of emotional well-being on campus.

The event opened with a powerful play by the students, focusing on mental health challenges faced by women in rural areas. The play shed light on issues such as social stigma, lack of access to mental health care, and the emotional burden borne by rural women, often in silence. Following the play, a student-led panel discussion explored strategies to enhance mental health support within the college campus. Students discussed the importance of peer support groups, easy access to counseling services, mental health awareness drives, and creating a non-judgmental environment for students to speak up about their struggles.

Ms. Harnoor Bajwa, Assistant Professor (Department of Psychology), delivered a talk on the hidden signs of deteriorating mental well-being. She emphasized how mental health issues often go unnoticed due to subtle symptoms, particularly in academic settings. Principal Dr. Maneeta Kahlon addressed the gathering with an inspiring message. She commended the Department of Psychology and the students for their thoughtful initiative and urged everyone to build a supportive community among peers.





Movie Screening of “Inside Out 2” and Wellness Booth in collaboration with COPE (16th OCTOBER)

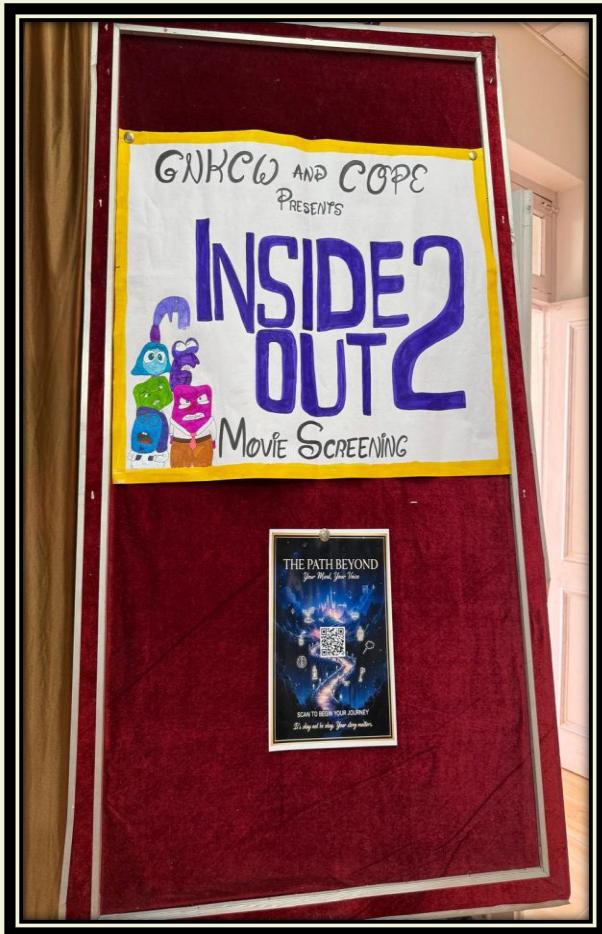
The Department of Psychology organized a movie screening of ‘Inside Out 2’ and a Wellness Booth on October 16, 2025, in collaboration with COPE, an Aditya Birla student-led organisation, with the primary aim of spreading awareness about mental health and promoting emotional well-being among students

The screening of 'Inside Out 2' was undertaken, with an attendance of 75+ students, for the purpose of disseminating the message that all emotions hold intrinsic value and contribute significantly to the formation of one's personality and overall mental health. The film underscores the importance of accepting and managing a range of emotions, recognising that emotional complexity is central to human growth, empathy, and resilience.

A Wellness Booth was also set up at the event, offering students a variety of fun, reflective, and interactive activities designed to enhance self-awareness and mindfulness. The booth featured sessions on Mandala Art, Needs and Goals Chart, and Cognitive Distortions, along with several creative games inspired by the film's themes. These activities provided students with a safe and supportive space to explore their emotions and mental health in an enjoyable yet insightful manner.

After the movie screening, Ms. Harnoor Bajwa (Department of Psychology) initiated a discussion with the students, encouraging them to share their reflections on the film and emphasizing the importance of acknowledging and validating each emotion as an integral part of the human experience. Principal Dr. Maneeta Kahlon addressed the gathering underlined that emotional expression should never be seen as a sign of weakness but as a sign of self-awareness and strength.







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 1:40 pm – 2:20 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

classmate

Date _____
Page _____

FREE

PSYCHOLOGY
OPD

Odd Semester
(July-Dec) 2024

classmate

Date _____

Page _____

Session conducted by - Kusha Mehta.

SR. NO. Date Class. Roll No. Name of the Student

1 31-07-24 BA-II 23-225 MehaKpreet

2 8-08-24 BA-II 22-297 Preashjir

3 23-08-24 BA-III 22-140 Puwi^o

4 27-08-24 BA-II 23-307 Pawan^o

5 11-09-24 BA-II 23-109 Guleen

6 19-09-24 BA-I 24-384 Dipita

7 7-10-24 BA-III 22-154 Tapneet

8 8-10-24 BA-III 22-192 Kanan

9 18-10-24 BA-I 24-296 Anusheel

10 23-10-24 BA-I 24-998 Sonam

11 25-10-24 BA-III 22-140 Puwi^o

12 28-10-24 BA-II 23-307 Pawan^o