

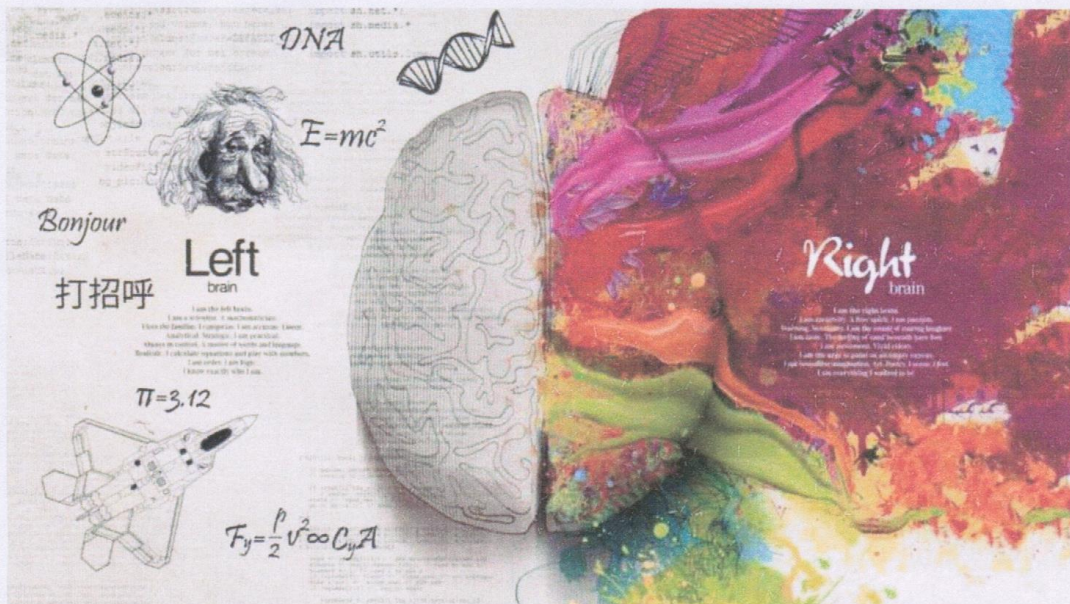
**GURU NANAK KHALSA COLLEGE FOR WOMEN,  
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA**

**PSYCHOLOGY CLUB**

*Mindscales*

**(EVEN SEMESTER)**

**SESSION 2025-26**



**Dr. Maneeta Kahlon**

**Principal**

**Dr. MANEETA KHALON**

Princi

G.N.Kh. College for Wo  
Gujarkhan Campus, Model

**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**

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

## **STUDENT STRENGTH**

<b>S.No.</b>	<b>Name of the Course</b>	<b>Student Strength</b>
1.	B.A. First Year	47
2.	B.A. Second Year	36
3.	B.A. Third Year	38

## *“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.

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What’s your  
**#PledgeForMentalHealth?**

24x7 Free Mental Health Helpline  
1800 120 820 050  
Privacy Policy and Terms and conditions apply. Visit [mpowerforlabet.co.in](http://mpowerforlabet.co.in).

## *Implementation of “UMMEED Guidelines for Suicide Prevention” in Our Institution*

Our institution is committed to promoting student mental health and well-being by implementing the UMMEED guidelines for suicide prevention issued by the National Task Force for Mental Health. We have developed a comprehensive support system that includes access to A trained counselor, regular mental health awareness programs, and confidential mechanisms for students to seek help. Faculty members and administrative staff are trained to identify early signs of emotional distress, academic burnout, or social withdrawal, and to respond with empathy and appropriate guidance. The college fosters an open and inclusive environment that actively works to reduce stigma around mental health through workshops, seminars, and peer-led initiatives.

Additionally, we have established clear protocols for crisis intervention, including immediate counseling support and referrals to professional mental health services when required. Peer mentoring programs encourage a sense of belonging and connectedness within the campus community. The institution also takes steps to reduce academic stress by promoting balanced workloads and providing academic support where needed. Through these sustained efforts, our college strives to create a safe, supportive, and responsive environment that prioritizes the emotional well-being and holistic development of every student.

## *ACTIVITIES*

### Department of Psychology in collaboration with NSS Unit

### Camp – OPD - Psychometric Testing, Assessment and Counselling for Mental Health Concerns

January 15, 2026

The Department of Psychology in collaboration with the NSS Unit at Guru Nanak Khalsa College for Women, Gujarkhan Campus organized a psychometric testing session followed by a psychological OPD for the students on 15 January, 2026 - the fourth day of the NSS camp.

The initiative aimed at promoting mental health awareness and providing early psychological support. Standardized psychometric tools assessing anxiety, depression, personality, self-efficacy, and other factors were administered to help students understand their psychological well-being. The testing and OPD consultations were conducted by Ms. Harnoor Bajwa (Head of Psychology Department), who guided students through the assessment process and provided individual counselling during the OPD.

Principal Dr. Maneeta Kahlon encouraged students to openly acknowledge their emotional concerns and make use of professional support services available within the institution, as the Department of Psychology offers a free daily OPD for all students.



**Seminar on “Nasha Mukht Abhiyan and UMMEED**  
**Guidelines on National Suicide Prevention”**  
**January 17, 2026**

NSS Unit, in collaboration with the Department of Psychology, organized a seminar on “Nasha Mukht Abhiyan and UMMEED Guidelines on National Suicide Prevention” under the initiative “Manodarpan.” The objective of the seminar was to create awareness about substance abuse, promote mental health, and sensitize students towards suicide prevention strategies.

The seminar featured an insightful session by Dr. Tarlochan Singh from Psychowaves Clinic, who addressed the rising issue of substance abuse and its impact on mental health among youth. He explained that addiction often stems from stress, anxiety, and peer pressure, and highlighted its negative effects on emotional well-being and decision-making. Emphasizing mental health awareness,

he discussed early warning signs such as behavioral changes, social withdrawal, and mood swings, and encouraged healthy coping strategies like open communication and mindfulness.

Referring to the UMMEED Guidelines on National Suicide Prevention, he elaborated on the importance of early identification of at-risk individuals, creating a safe and non-judgmental space for expression, and strengthening peer support systems within educational institutions. He also highlighted the role of gatekeepers—teachers, friends, and family—in recognizing warning signs, ensuring responsible media and social communication, and promoting timely referral to professional mental health services. The seminar was attended by Principal Dr. Maneeta Kahlon, Dr. Neetu Prakash (NSS Unit), Nodal Officer Dr. Madhu Dhawan, and Ms. Harnoor Bajwa (Department of Psychology), along with NSS volunteers and students.



## Extension Lecture on Mental Fitness AND Resilience at

GNKCW

**January 19, 2026**

Under the aegis of the Internal Quality Assurance Cell (IQAC), the Department of Psychology, Guru Nanak Khalsa College for Women, Gujarkhan Campus, organized an Extension Lecture on “*Mental Fitness and Resilience*” for students.

The session was conducted by Ms. Ankur, Organisational Psychologist, and Ms. Nandita, Community Psychologist, from MindPlus Clinic. The speakers highlighted the neuroscience of mental health and emphasized the importance of mental fitness. Practical strategies such as mindfulness, emotional regulation, stress management, and adaptive coping were discussed to help students enhance resilience and overall well-being.

The programme was attended by Principal Dr. Maneeta Kahlon, faculty members, Mr. Rajeev Thapar from MindPlus Clinic, and students. Addressing the gathering, Dr. Maneeta Kahlon underscored the importance of mental fitness alongside physical health and encouraged students to apply the insights gained in their daily lives for emotional balance and personal growth.





## Youth Mental Health First Aid Training in collaboration with COPE

January 22, 2026

Under the aegis of the Internal Quality Assurance Cell, the Department of Psychology, in collaboration with COPE, organised three-day Youth Mental Health First Aid (YMHFA) Training for COPE student members at Guru Nanak Khalsa College for Women, Ludhiana. The training aimed to equip students with essential skills to identify early signs of mental health issues and provide appropriate initial support to their peers. The programme was organised by Ms. Harnoor Bajwa, Head, Department of Psychology, and conducted by COPE trainers Ms. Malika Arora and Ms. Manveer Kaur. Principal Dr. Maneeta Kahlon joined the sessions and interacted with the participants.

During the training, students were sensitised to common youth mental health concerns such as depression, anxiety, eating disorders, and substance use disorders. The sessions focused on recognising symptoms, understanding risk factors, and learning practical First Aid action plans, enabling students to offer non-judgmental support and encourage professional help-seeking. Principal Dr. Maneeta Kahlon emphasised the importance of mental health literacy and appreciated the efforts of the Department of Psychology and COPE in fostering a supportive campus environment. The programme concluded with positive student feedback, reflecting GNKCW's commitment to mental health awareness and peer-led support initiatives.



**Movie Screening of Zindaginama special “One By One” for  
Eating Disorders Awareness Month in collaboration with  
COPE**

**February 27, 2026**

Guru Nanak Khalsa College for Women, Gujarkhan Campus, observed Eating Disorders Awareness Month on February 27 through a meaningful awareness activity organised by the Department of Psychology. As part of the initiative, students attended a screening of an episode titled “One by One” from the series Zindaginama.

The episode highlighted the silent struggles individuals face with disordered eating and body image concerns, portraying how societal pressure, comparison, and internalised expectations can gradually affect one’s relationship with food and self-worth. Through its narrative, the film emphasised empathy, open conversations about mental health, and the importance of recognising early warning signs in oneself and others.

Following the screening, Harnoor Bajwa, Head of the Department of Psychology, delivered a psychoeducational presentation on eating disorders. She explained the common types of eating disorders, their signs and symptoms, and ways in which peers and family members can offer support. She also sensitised students to the impact of everyday comments about weight, appearance, and food, highlighting


how seemingly casual remarks can negatively influence someone's body image and emotional well-being.

The activity helped students develop a deeper understanding of eating disorders and reinforced the need for sensitivity, awareness, and peer support in fostering a healthier campus environment.




# 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 – 3:00 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

<p><b>Timings :</b> Mon - Sat : 2:20 pm - 3pm Email address : gnkcwopd100@gmail.com</p>	<p><b>Location :</b> Room No. 402 Psychology Lab Guru Nanak Khalsa College for Women , Gujarkhan Campus Ludhiana</p>
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# PSYCHOLOGY OPD ATTENDEE LOG SHEET

JAN-APRIL 2026

SESSIONS CONDUCTED BY: MS. HARNOOR KAUR BAJWA

<b>SR. NO.</b>	<b>DATE</b>	<b>NAME</b>	<b>ROLL NO.</b>	<b>CLASS</b>
1	17 JAN, 26	PRABHJIT	23-297	BA - III
2	21 JAN, 26	SADHVI	23-220	BA - III
3	23 JAN, 26	TIMDEEP	25-214	BA - I
4	29 JAN, 26	VANSHIKA	24-298	BA - II
5	6 FEB, 26	DALLY	23-166	BA - III
6	10 FEB, 26	SADHVI	23-220	BA - III
7	13 FEB, 26	JAPUJI	25-225	BA - I
8	18 FEB, 26	PRABHJIT	23-297	BA - III
9	25 FEB, 26	PALLAVI	25-184	BA - I
10	2 MARCH, 26	SADHVI	23-220	BA - III
11	9 MARCH, 26	KANAN	24-386	BA - II
12	13 MARCH, 26	JAPUJI	25-225	BA - I
13	18 MARCH, 26	JASNOOR	25-139	BA - III
14	8 APRIL, 26	SADHVI	23-220	BA - III
15	13 APRIL, 26	ISHA	23-212	BA - III
16	21 APRIL 26	SADHVI	23-220	BA - III
17	24 APRIL, 26	TIMDEEP	25-214	BA - I