

INTERNATIONAL SELF-CARE DAY

Organized by

DEPARTMENT OF PSYCHOLOGY

International Self Care Day (ISD) was observed by the Department of Psychology on 21st July 2022. It has been observed on the 24th of July. It provides a focus and an opportunity to raise a profile of healthy lifestyle self-care programs around the world. It was developed by International Self Care Foundation to promote self-care as a vital foundation of health.

The event started with an introduction to the topic by Prof. Anuradha Kumari, Head Department of Psychology. A welcome speech was given by Dr. Sanjay Prasad, Principal, Guru Nanak College, Dhanbad.

In the program, there were three groups of students – Freudian Group, Behavioral Group, and Cognitive Group. Firstly Cognitive Group talked about self-care, the significance of self-care, and goals of self-care and also gave tips and activities of self-care. Freudian Group presented their creative posters and explained different dimensions of self-care such as physical health, mental health, emotional health, social and spiritual health, and also talked about activities of self-care. The Behavioural Group presented an act with a dance to increase awareness among other students. To be aware, of the importance of self-care, a video on self-care interventions for health by WHO was shown.

From Cognitive Group Ashutosh Roy, Mahira Umar, Rashi Ritolia, Saba Perween, and Kumar Sundram have participated. From Freudian Group Babli Kumari, Saba Perween, Rashi Ritolia, Roba Firdous, Riya Kumari, Chandni Kumari, Apsara Perween, and Sana Perween have participated. From Behavioural Group Aditi Kumari, Reshma Kumari, Mahira Umar, Rashi Ritolia and Akash Tiwari have participated. Other students of the department have also actively engaged.

The session was compered by Prof. Anuradha Kumari and a vote of thanks was proposed by Prof. In Charge Bhuda Campus Prof. Amarjit Singh.

The program was attended by a large no of students and faculty members of the College. Those who attended the program include Principal Dr. Sanjay Prasad, Prof. In Charge Bhuda Campus Prof. Amarjit Singh, Prof. Dipak Kumar, Dr. Mina Malkhandi, Prof. Sanjay Kumar Sinha, Dr. Nita Ojha, Dr. Varsha Singh, Prof. Daljit Singh, Prof. Chiranjit Adhikari, Prof. Sonu Prasad Yadav, Prof. Snehal Goswami, Prof. Nitu Kumari, Prof. Kiran Kumari Singh, Prof. Pratima Kumari.

