

The De-Stress Corner

Installed by

DEPARTMENT OF PSYCHOLOGY

In Book Fair

Guru Nanak College, Dhanbad organized A Book Fair on the 20th and 21st of August 2022 at SGS Auditorium at Bhuda Campus, Guru Nanak College, Dhanbad. The students of the Department of Psychology participated to install a De-Stress Corner in the Book Fair. Students make some posters to aware of the benefits of book reading, students made some fun activities through their creativity to de-stress. The De-Stress Corner was there on both days of the Book Fair 20th and 21st of August 2022. On the De-stress corner, people colored pictures, stick emojis according to their current mood, and write notes or quotations on sticky notes, they expressed their gratitude to someone and many more activities were there. In other words, there were fun and the Corner was the center of attention at the Book Fair and loved by the people who visited the Book Fair. The Corner was a unique idea made by the students of the department of Psychology with the help of Prof. Anuradha Kumari, Prof. Pratima Kumari, Prof. Kiran Kumari Singh, and other teaching and non-teaching staff of the college.

