

Skit on Mental Health Benefits of Book Reading

Organized by

DEPARTMENT OF PSYCHOLOGY

In Book Fair

A Book Fair was organized by Guru Nanak College, Dhanbad on 20th and 21st August 2022 at SGS Auditorium at Bhuda Campus, Guru Nanak College, Dhanbad. The students of the Department of Psychology participated by playing a skit for this event on the topic ‘Mental Health benefits of Book Reading’. The skit was mentored by Prof. Anuradha Kumari with the assistance of Prof. Pratima Kumari and Prof. Kiran Kumari Singh. The skit was played on the first day of Book Fair i.e. 20th August 2022. The purpose of the skit is to focus on the importance of book reading from a psychological perspective. Book reading strengthens brain, becoming mentally flexible, makes it more empathetic, helps to keep a sound body and mind, alleviates stress and depression symptoms, helps to prevent degenerative diseases, helps to live a longer and healthier life, helps in neuroplasticity, helps in better sleep and higher self-esteem and many more benefits are there of book reading. Students focused on these benefits and motivate the audience to keep reading books and make themselves happy and mentally healthy. There were five students in the skit –

1. Aditi Gupta
2. Kumar Sundaram
3. Ashutosh Roy
4. RashiRitolia
5. Mahira Umar

