

# Report on Departmental Workshop

By

Department of Psychology in collaboration with Dept. of Commerce

**Name of the Event – Departmental Workshop**

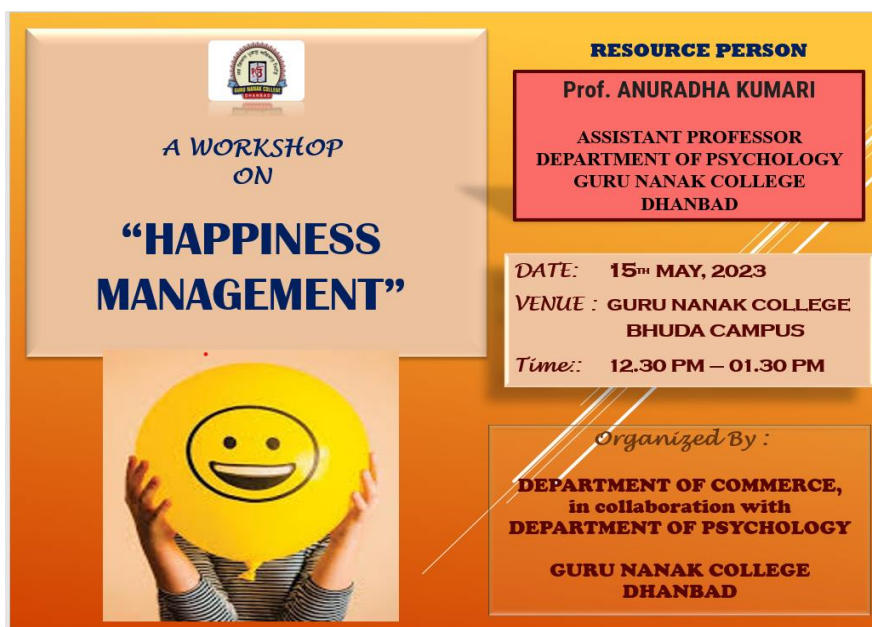
**Topic - “Happiness Management”**

**Date – 15<sup>th</sup> May 2023 (Monday)**

**Timing - 12.30 pm to 01.30 pm**

**Venue – Rusa Seminar Hall, Bhuda Campus, Guru Nanak College, Dhanbad**

The Department of Psychology in collaboration with the Department of Commerce organised a Workshop on “HAPPINESS MANAGEMENT” on 15<sup>th</sup> May 2023 for the students of B.com semester II (session 2022-26) and B.com semester IV (session 2021-24) at Bhuda Campus, Guru Nanak College, Dhanbad. More than 90 students participated in this event. The session was compered by Prof. Chiranjeet Adhikari.



The Resource Person of this workshop was Prof. Anuradha Kumari, Assistant Professor, Head of the Department of Psychology, Guru Nanak College, Dhanbad.

The program started by welcoming the principal of the college, Dr. Sanjay Prasad and Prof. in-charge of Bhuda Campus, Prof. Amarjit Singh. The principal proffered his welcome address and appreciated for coming up with the idea of conducting the event with interdepartmental collaboration. Prof. Amarjit Singh also acknowledged the effort and participation of the departments for conducting such a

relevant workshop in the Mental Health Awareness Month. The topic was introduced to the students along with the introduction of the key speaker of the workshop Prof. Anuradha Kumari.

The Resource person explained the purpose of this workshop and how important it is to develop awareness regarding mental health by focusing on the most basic element which is the management of happiness among the students. She gave interesting insights regarding the various means of happiness and emphasized on the relevance of this workshop in these stressful times of competition and uncertainty. She also conducted activity-based interactive sessions in between to make the students aware of finding the true meaning of happiness and imbibing positive vibes. The speaker delivered her content relating to the topic through ICT tools.

The Vote of thanks was proffered by the Head of the Department of Commerce Prof. (Dr) Gopal Kumar Shandilya.

Prof. Santosh Kumar, Prof. Sanjay Kumar Sinha, Prof. Daljeet Singh, Prof. Piyush Agarwal, Prof. Snehal Goswami, Prof. Sonu Prasad Yadav (HOD, Hindi) and Ms Kiran Singh actively participated in the successful execution of the event.

**Glimpses of the event:**



**Powerpoint presentation by Prof. Anuradha Kumari**



Participation of students and faculty members

Media Coverage:



Hindustan – 16-05-2023