## **GURU NANAK COLLEGE, DHANBAD**

## **DEPARTMENT OF PSYCHOLOGY**

## Academic Plan –July 2024- December 2024

MONTH	ACADEMIC PLAN
July	Impact of healthy habits on mental health
August	GURU NANAK DEV Lecture Series
September	Suicide Prevention
October	Understanding Psychological Testing and uses
November	IMPORTANCE OF MINFULNESS MEDITATION
December	Stress Management Strategies