

GURU NANAK COLLEGE, DHANBAD

DEPARTMENT OF PSYCHOLOGY

EXECUTION REPORT

MONTH	PROPOSED ACTIVITY	ACTUAL ACTIVITY	EXECUTION REPORT
July	A DISCUSSION ON CONTRIBUTION OF A REKNOWNED PSYCHOLOGIST		INCOMPLETE
AUGUST	WORKSHOP ON TIME MANAGEMENT		INCOMPLETE
SEPTEMBER	UNDERSTNDING PSYCHOLOGICAL TESTING AND THEIR USES	Parent Teachers Meeting	10 th Sep.2024
OCTOBER	INTRODUCTION AND IMPORTANCE OF PSYCHOLOGY	World Mental Health Day	10 th October,2024
NOVEMBER	IMPORTANCE OF MINFULNESS MEDITATION		INCOMPLETE
DECEMBER	A DISCUSSION ON CONTRIBUTION OF A REKNOWNED PSYCHOLOGIST		INCOMPLETE

Parent - Teachers' Meet

By

Department of Psychology

Name of the Event – Parent Teacher's Meet

Date – 10th September 2023 (Monday)

Timing - 12.30 pm to 01.30 pm

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

SEPTEMBER – 10TH SEP. 2024 - A Parents Teachers Meet was organized by the Department of Psychology in the RUSA Seminar Hall of Bhuda campus, Guru Nanak College, Dhanbad on Sunday, 10th September 2023. The PTM was conducted from 12.30pm to 1.30 pm . The Parents were invited to participate in this program along with their ward. More than 25 students and parents participated in this Parent-Teachers' Meet. In this program, the parents were informed about the academic and co-curricular activities executed by the department of Psychology in the last one year by Prof. Anuradha Kumari through PowerPoint presentation and also talked about counseling facilities and the many additional courses running smoothly in the college for the holistic development of the students. All the parents expressed complete satisfaction on the efforts made by the department for the growth of the students. Prof.In-Charge Amarjeet Singh and Prof. Dipak Kumar praised the contribution of the students and the cooperation of the parents. They provided information related to various facilities available in the college premises . The Principal of the college, Dr. Sanjay Prasad while addressing the parents said that the college is highly determined and will continue to provide an inclusive and growth oriented environment for betterment of the students in future as well. Prof. Anuradha Kumari invited advice and suggestions by establishing direct interaction with parents for the growth and development of the college. The vote of thanks was offered by Anuradha Kumari , Head of the Department. Feedback questionnaires were provided to the parents and students and were requested to fill it so that those responses could be analyzed properly and the satisfactory level regarding the performance of the department and the college can be evaluated. This feedback will also be considered in future decisions of the college. The event was organized with the sincere efforts and cooperation of Prof. Amarjeet Singh, In-charge of Bhuda campus, Prof. Dipak Kumar and Prof Kiran Kumari Singh ,Prof. Pratima Kumari of Psychology Department.

Glimpses of the event:



अभिभावकों ने गुरुनानक कॉलेज में दिए सुझाव

धनबाद। गुरुनानक कॉलेज के अंग्रेजी व मनोविज्ञान विभाग ने रविवार को भूदा परिसर में अभिभावक-शिक्षक बैठक का आयोजन किया। इसमें प्राचार्य डा. संजय प्रसाद ने कॉलेज में छात्रों को प्रदान की जाने वाली सुविधाओं की जानकारी दी। अभिभावकों ने अपने विचार साझा किए और प्राचार्य को कुछ सुझाव दिए। विभागाध्यक्ष प्रो. अमरजीत सिंह ने कॉलेज में उपलब्ध पुस्तकालय व अन्य आवश्यक सुविधाओं पर चर्चा की। प्रो. दीपक कुमार ने विभाग की उपलब्धियां बताईं। अंग्रेजी विभाग की डा. वर्षा सिंह व मनोविज्ञान विभाग की विभागाध्यक्ष प्रो. अनुराधा सिंह ने संबोधित किया।



अभिभावक शिक्षक गोष्ठी का आयोजन

धनबाद। गुरुनानक कॉलेज के अंग्रेजी विभाग और मनोविज्ञान विभाग ने भूदा परिसर स्थित रूसा सेमिनार हॉल में अभिभावक-शिक्षक बैठक की गई। अंग्रेजी विभाग की बैठक की शुरुआत डॉ. वर्षा सिंह ने संकाय सदस्यों के परिचय के साथ की। मनोविज्ञान विभाग की बैठक का संचालन विभागाध्यक्ष प्रो. अनुराधा सिंह ने किया। कॉलेज के प्राचार्य डॉ. संजय प्रसाद ने कॉलेज द्वारा छात्रों को प्रदान की जाने वाली सुविधाओं के बारे में बताया।



World Mental Health Day

Celebrated By

Department of Psychology

World Mental Health Day, 10 October 2023

"Our minds, our rights"

Name of the Event – World Mental Health Day

Topic - Mental Health

Theme - "Our minds, our rights"

Date – 10th October 2023 (Tuesday)

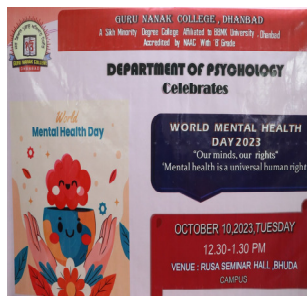
Timing - 12.30 pm to 01.30 pm

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

World Mental Health Day was celebrated by the Department of Psychology at Guru Nanak College, Dhanbad, Rusa Seminar Hall, Bhuda Campus on 10/10/23 (Tuesday). The program was conducted from 12.30 pm to 1.30 pm. The theme of World Mental Health day 2023 was **"Our minds, our rights"**. Dr. Sudhinta Sinha HOD of the University Department of Psychology and

Proctor was invited as a key speaker for the event. Prof. Anuradha Kumari compered the event. The program started by welcoming the principal of the college, Dr. Sanjay Prasad. The principal proffered his welcome address and appreciated for coming up with the idea of conducting the event on mental health. The Principal Dr. Sanjay Prasad while addressing the students talked about the history of World Mental Health Day and emphasized on the importance of mental health. Dr. Sudhinta Sinha talked about the relevance of mental health, facilities of mental health institutions such as CIP, Kanke, RINPAS, Ranchi, NIMHANS, Bangalore etc. and appreciated the initiative of the department of Psychology. Prof. Anuradha Kumari raised awareness among students through PowerPoint Presentation and informed students about the meaning, causes, and solution to improve mental health. Students of the Department of Psychology presented a small presentation to remove stigma and talk about mental health issues. Prof. Amarjeet Singh offered a formal vote of thanks. Prof. In-Charge Bhuda Campus Amarjeet Singh, Prof. Mina Malkhandi, Prof. Dipak Kumar, Prof. Sanjay Sinha, Prof. Sonu Prasad Yadav, Prof. Sadhna Singh, Prof. Piyush Agarwal, Prof. Daljeet Singh, Prof. Abhishek Sinha, Nusrat Perween, Prof. Karuna Singh, Prof. Sarita Kumari, Prof. Simran Chhabra, Narendra Singh and Prof. Kiran Kumari Singh, Prof. Pratima Kumari and Prof. Samiksha Singh actively participated in the successful execution of the event.

Glimpses of the event :



Nukkad Natak on “EQUALITY FOR TRANSGENDERS” Organized by

DEPARTMENT OF PSYCHOLOGY

In Book Fair – 2023

A Book Fair was organized by Guru Nanak College, Dhanbad on 29TH and 30TH September 2023 at SGS Auditorium in Bhuda Campus, Guru Nanak College, Dhanbad. The students of the Department of Psychology participated by playing a Nukkad Natak for this event on the topic ‘EQUALITY FOR TRANSGENDERS’. The skit was mentored by Prof. Anuradha Kumari with the assistance of Prof. Samiksha Singh ,Prof. Pratima Kumari and Prof. Kiran Kumari Singh.

The Nukkad Natak was played on the second day of Book Fair i.e. 29th September 2023 .The purpose of the natak is to focus on the importance of equality for the transgender. Transgender belong from the marginalized community of the society . They face discrimination in every aspect of the life such as education, employment. Maltreatment has been started with them since the childhood. They are humiliated in public places and even rejected by their own family . Students focused on the experiences of transgender to the audience to understand them better and treat them equally .

There were five students in the skit –

1. Rashi Ritolia Sem 5
2. Kalpana Kumari Sem 5
3. Riya Kumari – Sem 5
4. Saba Perween – Sem 5
5. Neha Kumari – Sem 3
6. Sonali Kumari Sem 3
7. Anjali Kumari Sem 3
8. Khushi Kumari – Sem 3
9. Sana Fatemi – Sem 3
10. Khushi Kumari - Sem 1



The Happiness Corner
Installed by
DEPARTMENT OF PSYCHOLOGY
In Book Fair- 2023

Guru Nanak College, Dhanbad organized A Book Fair on the 29th and 30th of September 2023 at SGS Auditorium at Bhuda Campus, Guru Nanak College, Dhanbad. The students of the Department of Psychology participated to install a Happiness Corner in the Book Fair. Students make some posters to aware of the benefits of happiness, students made some fun activities through their creativity to increase happiness. The Happiness Corner was there on both days of the Book Fair 29th and 30th of September 2023. On the Happiness corner, people make words with word puzzle and syllable wheel , choose emojis and make faces , rate on happiness meter and write favourite book name on sticky notes, 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, Prof. Samiksha Singh and other teaching and non-teaching staff of the College.

