

Psychology Resource Centre
Psychology Department
2022-2023
Prof. Meetu Khosla
Convener

The psychology resource centre organised various activities and events throughout the year as follows:

The Mental Health Centre, of the Psychology Resource Centre, in collaboration with Department of Psychology, Daulat Ram College, University of Delhi, under IQAC, observed **Mental Health Month** celebrations on **28th October 2022**, with a goal to raise awareness about mental health issues. Under the celebrations, the students of the college, led by the Psychology department, came together to unify their voices and break the stigma surrounding mental health. Three major events were organised under these celebrations.

(I) Panel Discussion on Mental Health and Behavioural Addiction

To kick off the day, a Panel Discussion was held on the topic 'Mental Health and Behavioural Addiction' in the Conference Hall of the college. On the panel were **Prof. (Dr.) S.P.K. Jena**, **Dr. Gauri Shankar Kaloiya**, and **Dr. Vanit Nalwa**, with an enthusiastic audience in attendance, and the Mental Health Centre's Convener, Prof. Rajni Sahni, serving as the session's moderator. The Principal of the college, Prof. Savita Roy, also graced the occasion with her presence. Post the felicitation of the guests, the discussion began with Prof. (Dr.) S.P.K. Jena enlightening the attendees about addiction, its various forms, causes and its long-term ramifications on self and social relationships. Dr. Gauri Shankar Kaloiya distinguished between habit and illness, and stressed on the need to remain vigilant and watchful of one's behaviour, and remain motivated. Dr. Vanit Nalwa shared her personal anecdotes and experiences with the attendees and emphasised on the need for individuals to remain aware and true to themselves, and search for their purpose in life. The session drew to a close with a Q&A session, as the audience posed thought-provoking questions which our panellists answered in great detail.

(II) Mental Health Walk

Post the Panel Discussion, a Mental Health Walk was organised in the college premises where several students came together, aided with posters and placards. They participated in a silent walk throughout the campus, covering significant spots in college and doing their part in bringing attention to the need to pay more heed to mental health. Despite it being a silent walk, the students were able to deliver their message of bringing about mental health awareness loud and clear to the passers by.

(III) Workshops on Dance, Music and Reiki

Following the walk, three parallel Workshops related to mental health were organised in the department. The first was a workshop on **Dance** by **Ms. Tripura Kashyap**, a movement therapist and Dance Educator who is considered a pioneer of Movement Therapy in India. She taught the students how to induce relaxation and express emotions that one may not be able to express verbally through body movements.

The second workshop was by **Ms. Deepti Bansal**, an acclaimed musician and esteemed faculty member of the Department of Music, Daulat Ram College, which was centred around **Music**. Through a series of engaging activities, she taught the attendees about the power of music and how it can aid one in improving their mental health.

The third workshop was by **Dr. Avaninder Kaur**, who is a Reiki Grand Master, Trainer and Alternate Therapist, on **Reiki**. The session focused on teaching students basic reiki techniques to familiarise them to this lesser known practice and promote healing.

The Centre for Well-being and Flourishing under IQAC, Daulat Ram College organized the event called '**Positive Conversations 3.0: Igniting the H.E.R.O within**' on 29th September,. The aim of the event, **Positive Conversations: 3.0: Igniting the H.E.R.O within**, is to invite our college students and colleges collaborating with our college under Vidya Vidya scheme to narrate their stories of hope, efficacy, resilience and optimism (the full form of H.E.R.O.) to inspire other students. The following students were speakers at our event: Nidhi Malik, BSc Hons Physics II year, DRC (Hope); Deepshikha Deb, BA Hons Sanskrit III year, DRC (Self-efficacy); Anubha Bajaj, BA Hons Psychology III year, DRC (Resilience); Yashika Yadav, BA Programme II year, DRC (Optimism) and Ishika Gehlot, BSc III year, Rajkiya Kanya Mahavidyalaya, Jodhpur (Optimism). Even though the life stories were categorized according to the most significant strength depicted in them, each life story involved many more character strengths. Each student shared their life story in terms of the numerous challenges they have faced and how due to their positive attitude, determination as well as support from others they have bounced back from adversity.

The Value Engagement centre's IInd Capacity Building Program focus on "Values for enhancing Happiness and Productivity" under the convenership of Prof Meetu Khosla for 25 non-teaching staff members in March 2023 for a week. The main themes for the program are Values promoting happiness, regulating negative emotions at work, relaxation and meditation exercises, creative coping, managing stress at work, effective communication to increase productivity, building resilience at work, techniques to manage time, and making work more meaningful. The aim is to enhance capacity for efficient performance, work productivity and dealing with negative emotions and becoming happy.

Value Engagement Centre & Mental Health Centre organized the A(Awareness) D(De-stigmatization) and S(Seeking-help) III program for promoting ,enhancing and maintaining health under the convenership of Prof Meetu Khosla was held on 7,8,and 9 February 2023 by the psychology department .More than 150 students from various departments of the college participated in the program. This program is in coordination with the Value Engagement Centre and the mental health centre and focuses on the following themes:1.Awareness of Mental Health issues (Promoting a

Change in Minds about mental illness)2.De-Stigmatization(changing perspectives towards mental illness and enhancing acceptance) and 3. Seeking Help(resources for seeking healthcare, efforts for maintaining mental health)





