



Session- 2022-2023

SLOGAN WRITING COMPETITION

On September 30, 2022, the department organized a slogan writing competition with the theme of "Make Mental Health and Well-being for all a Global Priority." The event aimed to increase students' awareness of mental health issues and the urgency of prioritizing it globally.

Following were the winners of the event:

1st Position: Shubhangi Chopra

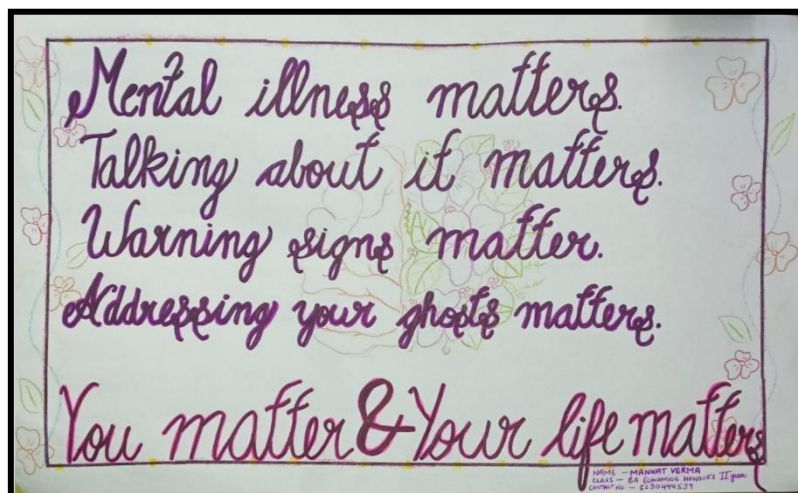
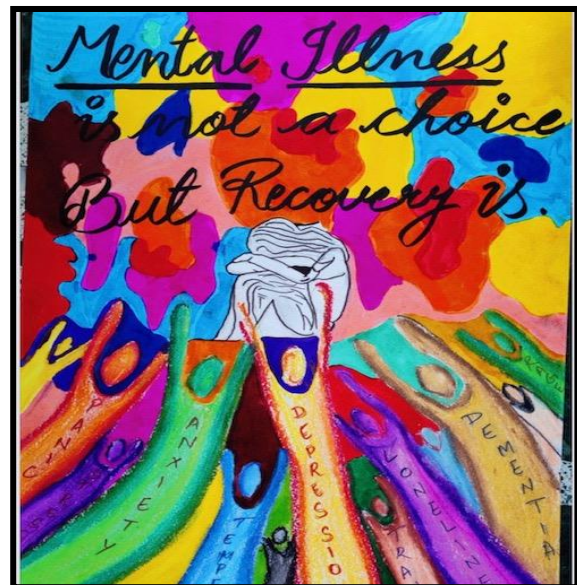
B.A. II Year (Psychology Honours)

2nd Position: Takshika Thakran

B.A. II Year (Psychology Honours)

3rd Position: Mannat Verma

B.A. II Year (Economics Honours)





POSTER MAKING COMEPETITION

On October 8, 2022, a poster making competition was held on the topic of "Make Mental Health and Well-being for all a Global Priority." The competition required the participants to create posters using chart papers, and the submission deadline was September 30th.

The winners of the competition were:

1st Position: Riya Negi

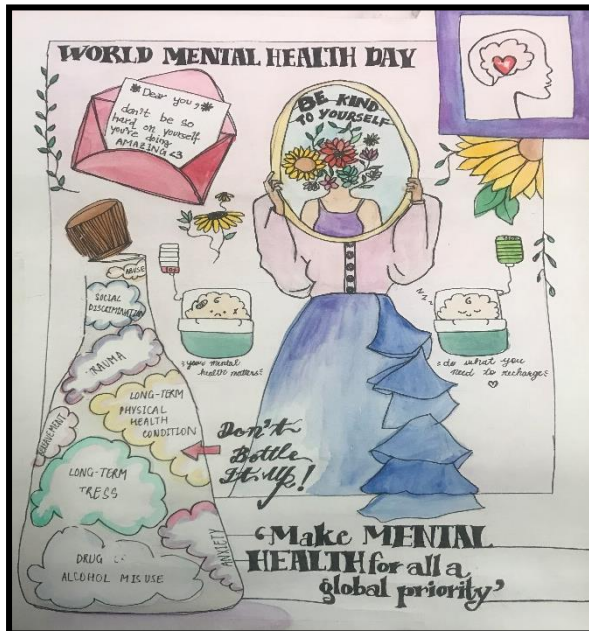
B.A. III (Psychology Honours)

2nd Position: Ananya Ranta

B.A. II (Psychology Honours)

3rd Position: Divya Uniyal

B.A. I (Economics Honours)





WORLD MENTAL HEALTH DAY CELEBRATION

World Mental Health Day was celebrated in the Auditorium on October 10, 2022.

The event included several activities conducted by the students of the department.

- i) **Opening Prayer Dance:** An opening prayer dance was organized to seek blessings for mental health and well-being of all.
- ii) **A Skit:** A skit was presented to create awareness about the effects of family conflicts on the mental health of children.
- iii) **A Quiz:** A quiz competition was organized to test students' knowledge about various mental disorders and their symptoms.
- iv) **A Dance Drama:** A dance drama was performed to illustrate dissociative identity disorder and its symptoms.
- v) **A motivational group song:** Mental Health Awareness medley was presented by the college choir to motivate students to make mental health a priority.
- vi) **Exhibition:** An exhibition on psychological testing was organised in the auditorium in which students and teachers of different disciplines participated to know their intelligence and personality, check attention span, hand eye coordination etc.





CAMPUS INTERNSHIP DRIVE

On December 5, 2022, an Orientation cum Campus Internship Drive was held at the St. Bede's College Auditorium, Shimla, in collaboration with the Psychology Department. The event was conducted by Mr. Satinder Sehrawat, the founder of 'Mindful Souls'. During the event, Mr. Sehrawat informed the students about the paid internship program offered by his organization, which would provide them with a platform to make a difference in the lives of the needy. Furthermore, personal interviews were conducted by Mr. Sehrawat to select the students for the program.

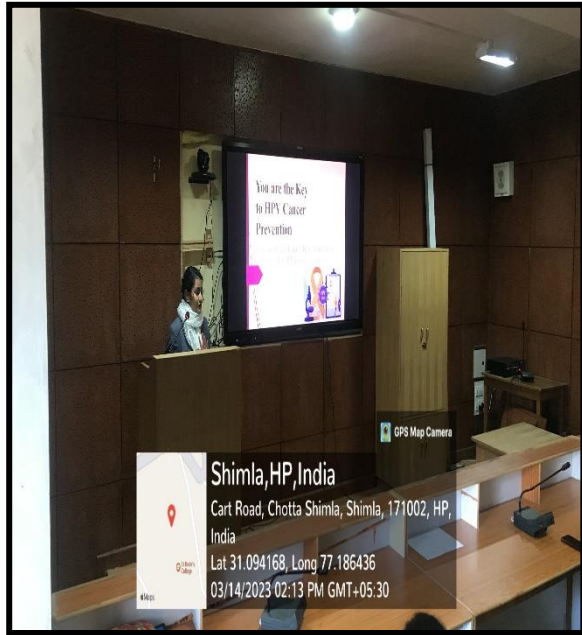
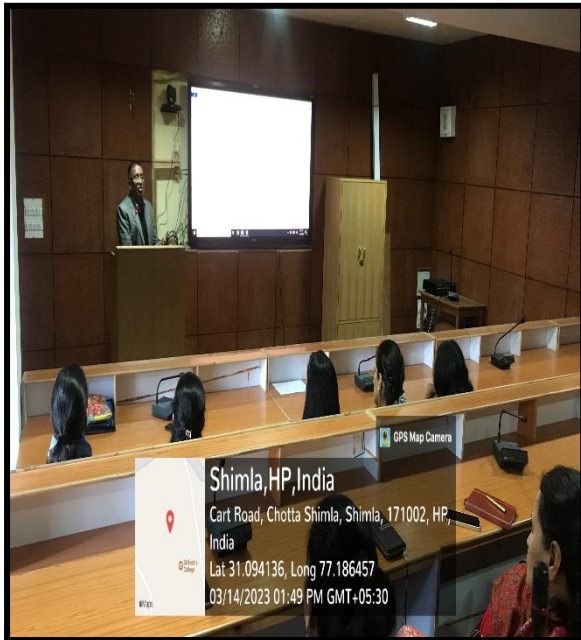


AWARENESS TALK ON CERVICAL CANCER

On 14th March 2023, an awareness talk on cervical cancer was organised by the Department of Psychology, St. Bede's College, in collaboration with the Department of Psychology, H.P. University, Summerhill. Dr. (Prof.) S.N. Ghosh was the guest speaker for the occasion, who interacted with a group of teachers of the college and informed them about the transmission of Human Papiloma Virus (HPV) and the cause of Cervical Cancer.



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INTERNSHIPS

The faculty motivated the students to utilize the vacations by enrolling themselves in various internship programs to get hands on experience on various skills related to the discipline of psychology. Students from all the three years enrolled and completed various internship programs during vacations.

