



Session- 2023-2024

INTERDEPARTMENTAL ACTIVITY

An interdepartmental activity was conducted by the Department of Psychology and the Department of Commerce of St. Bede's College on September 13, 2023. The purpose of the activity was to give the students a hands-on experience on how they can deal with and tackle feelings of stress and anxiety using relaxation and coping strategies. The event was carried out by students of Psychology Honors 3rd year for the students of Bcom and BBA. Ms. Anushka Dhalta opened the session and gave a brief description and demonstration of Starfish Breathing Technique. After this activity, Ms. Raima Singh gave a wonderful demonstration of breath focus relaxation technique. Further, Ms. Praneeta Kamal gave a brief introduction of Edmund Jacobson's Progressive Muscle Relaxation Technique followed by a detailed 15 min session of the same that helped the students experience full body relaxation. Lastly, a fun guided imagery session on 'letting go' was carried out by Ms. Sneha Dagar, followed by a zumba session conducted by Ms. Tanisha Thakur.





AWARNESS TALK ON PSYCHOLOGICAL DISORDERS

An extension activity on psychological disorders was conducted on October 6, 2023 at Government Senior Secondary School, Shimla. The aim of the activity was to spread awareness on various psychological disorders among the students from classes 9th to 12th.

The awareness talk was conducted on topics such as bullying, exam anxiety, drug and substance abuse, depression by IIIrd year psychology honors students-Shubhangi Chopra, Yashasvi Sharma, Ashi Gaba and Sneha Dagar espectively. A few relaxation techniques were also taught by Cherie Sharma. The students were also accompanied by a videographer from the psychology department itself- Vishwavandita Chandel.

The motive of the awareness talk was to make the students understand various signs, symptoms of different disorders and to empower them deal with psychological disorders effectively. A question-answer round was also conducted in the end in which students were awarded with candies for every correct responses.





WORLD MENTAL HEALTH DAY CELEBRATION

The Department of psychology of St Bede's college celebrated “**World Mental Health Day**” on October 10, 2023. The theme of world Mental Health Day this year was 'Mental Health As A Universal Human Right'. The entire event was a fruitful result of the consistent efforts put in by the students of the department in planning and executing various segments of the event.

- The event began with a short welcome highlighting the taboos regarding mental health issues.
- Thereafter, a play about a girl named 'stuti' was showed to emphasize how our parents, family, friends and media, directly or indirectly, may fail to understand our mental state.
- A power point presentation showcasing the gender gap in mental health issues as well as services was also showcased.
- Afterwards, a mime act was presented, that used dance and acting as a medium of putting forth the pain and immense struggle faced during mental disorders.
- Lastly, a documentary was shown about the interviews of various psychologists and psychiatrists across Shimla to spread awareness about mental health issues and sensitize the audience about misconceptions of mental health disorders.





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IMPORTANCE OF GUIDANCE AND COUNSELLING IN STUDENT'S LIFE

The Department of Psychology of St. Bede's College organised a brief talk session on 19 October 19, 2023 with the counsellor of the institution, Dr. Taruna Kaushal. The objective of this session was to explain how guidance and counselling can be important and helpful in a student's life.

The event began with a short welcome and introduction of the counsellor followed by a short-guided imagery session where girls were taught how breath focus and positive visualization can help us in calming down our anxious fragments of self. Thereafter, a short and precise power point presentation was played. The presentation clearly explained how counselling can help individual's in improving their relationship with themselves and with those around them which will further help them in becoming a fully functioning human being.

Lastly, Dr Taruna Kaushal informed the students about her availability in the campus (Tuesdays and Thursdays from 1:15 - 3:15) and advised students to come to her if they are facing any problem in personal or professional domain. The talk ended with extending a heartfelt gratitude to her for her much-needed session.

St. Bede's College
DEPARTMENT OF PSYCHOLOGY
is organizing an
orientation program on
**"IMPORTANCE OF
GUIDANCE AND
COUNSELLING IN A
STUDENT'S LIFE"**
OCTOBER **THU** 2:50 PM
19
VENUE- AUDITORIUM

