



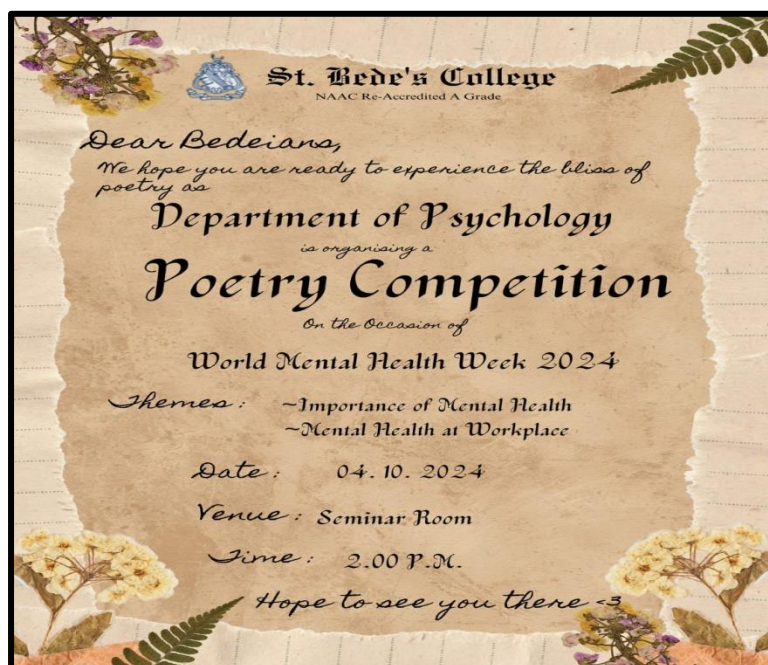
Session 2024-2025

POETRY COMPETITION

Objective: To inspire individuals to explore and share their experiences with mental health through poetry, promoting awareness, empathy, and interaction during 'Mental Health Week'.

Description: On October 4, 2024, St. Bede's College's Psychology Department organized a poetry competition as part of its celebrations for 'Mental Health Week'. The event aimed to raise awareness about mental health through creative expression, with seven participants showcasing their creativity through poetry. The students presented heartfelt and thought-provoking works, focusing on themes such as mental well-being, emotional resilience, and the challenges of mental health.

Outcome: After evaluating the performances, **Mitali Kaistha, B.A.- II (English Honours)** was awarded first place for her powerful and expressive poem, while **Durgesh, BCA-I** and **Vagisha B.A.I (Psychology Honours)** secured the second position. The event successfully highlighted the importance of mental health awareness and the role of art in promoting understanding and empathy toward mental well-being.



Brochure



*Department of Psychology
St. Bede's College, Shimla*



Voices of Resilience: Department of Psychology Celebrates Mental Health Week through the Power of Poetry



INTER-COLLEGE QUIZ COMPETITION REPORT

Objective: To enhance knowledge, promote critical thinking, and foster collaboration on mental health issues among students from different colleges while providing an engaging and fun learning experience.


Description: The Department of Psychology at St. Bede's College, Shimla organised an 'Inter-college Quiz Competition' on October 7, 2024 to celebrate 'World Mental Health Week'. Several colleges were invited for participation. The participants who arrived for the quiz were from University Institute of Legal Studies (UILS), Shimla, Rajkiya Kanya Madavidyalaya (RKMV), Shimla, Government Degree College, Sanjauli and St. Bede's College, Shimla.

The quiz was divided into three rounds. The first round was 'Psyche Showdown', where participants were asked a total of 20 questions each, with a time limit of 1 minute. The Second round was 'Who Am I?' which was a picture-based round. A total of 12 questions were asked from each team, with short descriptions shown along with the images. The third round was The 'Rapid Fire', in which each team was given a time limit of 4 minutes to answer as many questions as possible, each being a 10-marks question.

Outcome: The first position of this Inter-College Quiz Competition was bagged by **Tanya Verma and Sakshi Sharma** of RKMV College, Shimla and there was a tie for the second position between **Akriti** and **Amil Sharma** of Government Degree College, Sanjauli and **Aishna Mittal** and **Anushka Kainthala** of St. Bede's College, Shimla. This quiz was organised to spread awareness among colleges and universities regarding mental health, its importance and affects. Various aspects of mental health were highlighted through the questions and the students were enlightened about multiple topics of psychology throughout the quiz.



Department of Psychology
St. Bede's College, Shimla

 **St. Bede's College**
NAAC Re-Accredited A Grade

*Knowledge is a treasure which has no value unless put into practise,
To test this knowledge,*

DEPARTMENT OF PSYCHOLOGY
is organising an
**INTER-COLLEGE QUIZ
COMPETITION**

On the occasion of
World Mental Health Week 2024

Time~ 10.30 A.M.
Date~ 07. 10. 2024
Venue~ Auditorium

Brochure



Department of Psychology
St. Bede's College, Shimla



Celebrating World Mental Health Week with an Engaging Inter-College Quiz Competition, Where Knowledge Meets Awareness

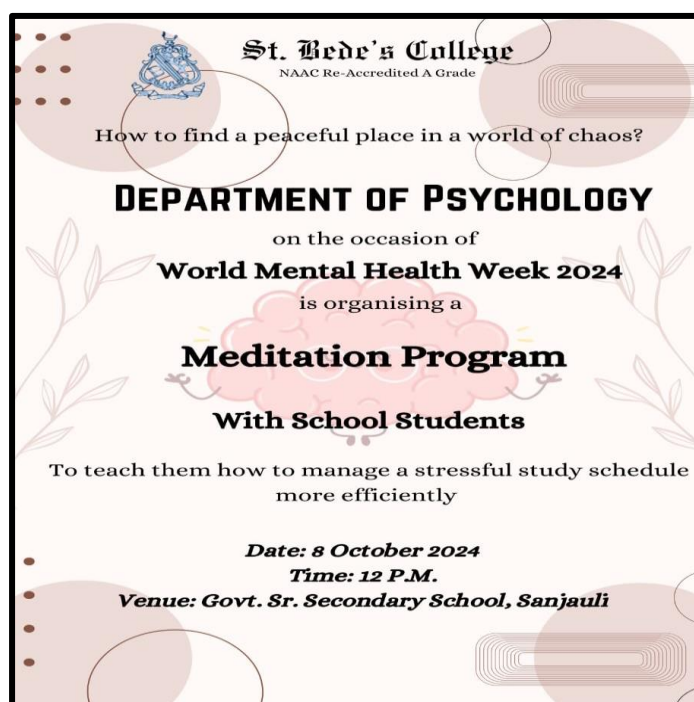


SPECIAL SESSION ON MEDITATION WITH SCHOOL STUDENTS

Objective: The objective of this program was to educate students about mindfulness meditation to manage study related stress.

Description: The Department of Psychology, St. Bede's College, Shimla, organized a special session on October 8, 2024, in celebration of "World Mental Health Week", aimed at educating students about mindfulness meditation and its benefits. Four B.A. Psychology Honours students—**Aishna Mittal, Himanshi Prashar, Jahnvi Wali, and Kashish Shakhya**—along with Ms. Pratiksha Tomar, Assistant Professor in the Psychology Department, facilitated this session at GSSS, Sanjauli. The target audience for this workshop was 9th and 10th grade students. The session began with simple games and exercises to allow the students to engage in physical activity before moving on to meditation techniques. The games included Dance Freeze, Simon Says, and Jumping Jacks. Following these activities, the students were introduced to basic meditation techniques that they could practice independently and regularly. These techniques included breathing exercises such as **Anulom Vilom** and **Kapal Bhati**. The school students were highly engaged throughout the session and actively interacted with the facilitators. They provided positive feedback on the mindfulness meditation techniques and reported feeling the benefits of these practices. Overall, the program received encouraging responses from the students.

Outcome: The session successfully increased students' awareness of mindfulness meditation and provided them with practical techniques for managing stress. Feedback indicated that the students found the activities engaging and expressed a desire to incorporate these practices into their daily routines.



Brochure



Department of Psychology
St. Bede's College, Shimla



Empowering Young Minds through Mindfulness: A Celebration of Mental Health at GSSS, Sanjauli

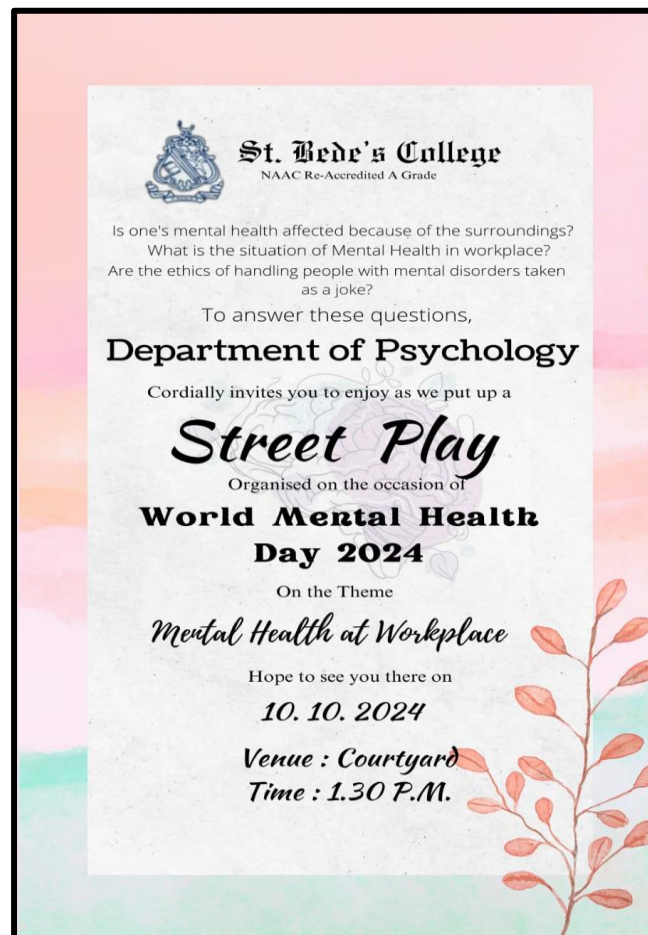


STREET PLAY

Objective: To raise awareness about the importance of mental health in different workplaces through an engaging street play.

Description: The Department of Psychology of St. Bede's College, Shimla, organised a Street Play on October 10th, 2024 to celebrate the World Mental Health Day. The theme of this play was to educate the audience about the importance of mental health in all the different kinds of work places. A group of 14 students, comprising of students from all the three years took part in this play enthusiastically. The play was performed by the performers in the courtyard of the college. The play emphasized the importance of mental health in the work places, which comprised of not just offices, but also hospitals, schools, universities, clinics, banks, etc. The audience was totally engrossed in the play till the end and it received a positive response from the viewers.

Outcome: The play successfully captured the audience's attention and received positive feedback, demonstrating the effectiveness of creative expression in promoting mental health awareness and encouraging dialogue about its significance in all work settings.



Brochure



Department of Psychology
St. Bede's College, Shimla



Department of Psychology Celebrates World Mental Health Day with a Captivating Street Play



SEMINAR ON MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY

Objective: To explore and discuss the role of psychological techniques and mind mastery in achieving personal and professional growth.

Description: On December 9, 2024, the Department of Psychology at St. Bede's College, Shimla, hosted a one-day seminar titled "Mind Mastery: Achieving Excellence and Personal Growth through Psychology." The event featured resource persons including Prof. N.K. Goyal, Chairman Emeritus of TEMA; Ms. Anjali Verma, Director of CSAI; Ms. Seema Goel, Advisor to CSAI; and Mr. Navdesh, CEO of CSAI & CMAI. The seminar explored techniques for mastering the mind to foster personal and professional growth, with Prof. Goyal sharing insights on managing mental health issues like depression. Ms. Goel discussed the negative applications of mind mastery, highlighting how cybercriminals manipulate emotions in cybercrimes.

Outcome: Participants gained a deeper understanding of how psychological factors influence personal development and how mastering the mind can lead to improved mental health and resilience. Attendees received valuable insights into managing mental health challenges, particularly depression, and learned how to apply psychological techniques to enhance personal and professional growth. Overall, the seminar empowered individuals to adopt healthier mental practices, understand psychological perspectives, and use mind mastery techniques for positive personal growth and contribution to society.

<p>Date: December 09, 2024 Timings : 10.30 A.M. to 12.30 P.M. Venue: Auditorium</p> <p>Target Audience: College & School Students</p> <p>Registration link: https://forms.gle/SuXWfhtQ8toTWYcN98</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div> St. Bede's College <small>NAAC Re-Accredited A Grade</small> </div> <div> <small>CMAI Association of India Communication Multimedia And Information</small> </div> <div> <small>TEMA</small> </div> <div> </div> </div> <h2 style="margin: 10px 0;">DEPARTMENT OF PSYCHOLOGY</h2> <p style="margin: 5px 0;">Under the Aegis of IQAC is organizing a seminar on</p> <h1 style="margin: 0;">MIND MASTERY:</h1> <h2 style="margin: 0;">ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</h2> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;"> <p>Prof. N.K. Goyal <small>Chairman Emeritus, TEMA, President CMAI/CSAI</small></p> </div> <div style="text-align: center;"> <p>Ms. Anjali Verma <small>Director, Cyber Security Association of India</small></p> </div> </div> <div style="text-align: right; margin-top: 20px;"> <p>Resource Persons</p> <p>Patron: Prof. Sr. Molly Abraham</p> <p>Convener: Mr. Mohit Kumar</p> <p>Co-Conveners: Ms. Jagriti & Ms. Pratiksha Tomar</p> </div>
---	--



Department of Psychology
St. Bede's College, Shimla





Department of Psychology
St. Bede's College, Shimla



Celebrating one-day Seminar on 'Mind Mastery: Achieving Excellence and Personal Growth through Psychology,' Featuring Expert Insights on Mental Health, Personal Development, and the Impact of Psychological Techniques in Cyber Security