

## Psychology: 2017-2018

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1. **Talk on 'Enhancing Interpersonal Relationships':** On the occasion of the Inauguration of Psymentia: The Psychology Society a talk was organized on the topic of '**Enhancing Interpersonal Skills**' held on 29 August, 2017. It helped the students to learn the skill of developing strong and healthy relationship with others.

**Name of the Speaker:** Dr. Poonam Phogat

**No. of Participants:** 55



2. **Interactive Session: 'Suicide Prevention Awareness: Take a Minute, save a Life':** On the occasion of National Suicide Prevention Day, the department organized an interactive session for its students on the topic of '**Suicide Prevention Awareness: Take a Minute, save a Life**' held on 14 August, 2017.

**Name of the Speaker:** Sumaitri,NGO

**No. of Participants:** 55



3. **Workshop on Music Therapy: 'Musicology':** To help students understand the alternate therapies prevalent in the field of Psychology, a workshop was organized on the topic of 'Music Therapy: Musicology' for the students to get hands on experience and exposure of Music Therapy. It encouraged students to actively participate to help understand the concept and learn more about themselves. It was held on 26 September, 2017.

**Name of the Speaker:** Dr. Meena Gupta

**No. of Participants:** 55



4. **7 Daylong Workshop and Competitions on 'Mental Health Awareness Week':** A seven daylong event and workshops was organized on the occasion of Mental Health Awareness Week from 11 October to 17 October, 2017. It included various events, competitions, and activities for the students focussed towards increasing the awareness towards Mental Health. It also included a Workshop on one of the alternate therapies on the topic of Art Therapy: "PROMETHEUS".

**Name of the Speaker:** Dr. Meena Gupta

**No. of Participants:** 55



5. **Interactive session on 'Stress Management':** An interactive session was organised with the aim of helping people to understand the importance of stress management and equipping them with necessary information to cope with stress in their day to day lives. The event was held on 11 January, 2018.

**Name of the Speaker:** Ms. Rashi Ahuja

**No. of Participants:** 55

