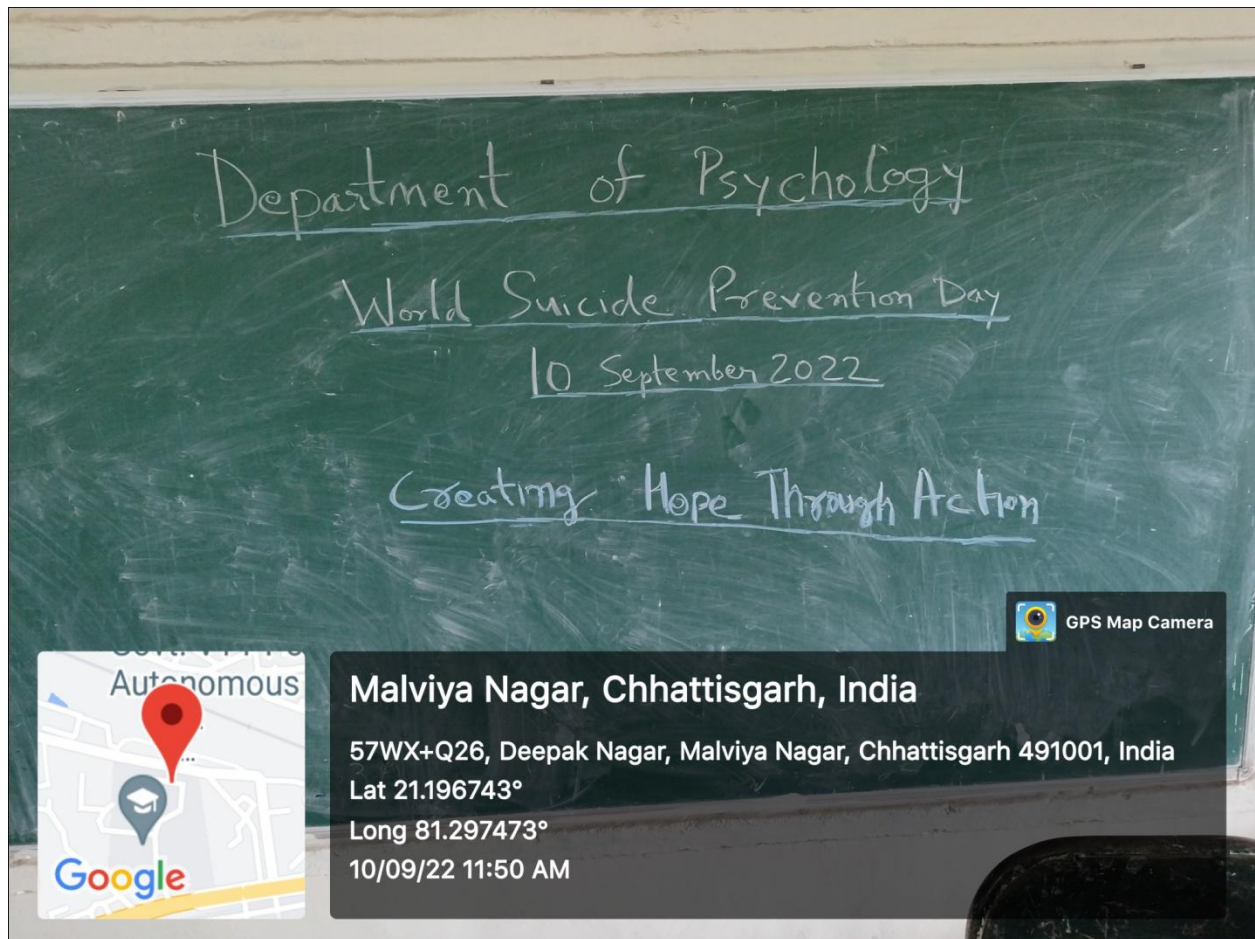


## DEPARTMENT OF PSYCHOLOGY

World Suicide Prevention Day

Date: 10 September 2022

Department of psychology organized World Suicide Prevention Day on 10 September 2022. This awareness program exists as a platform to raise awareness of suicide and to promote preventative measures with the aim to creating hope through action.





HOD

PRINCIPAL

## DEPARTMENT OF PSYCHOLOGY

### Memory of Sigismund Freud

23 September 2022

Sigismund Freud (6 May 1856 – 23 September 1939) was an Austrian neurologist and the founder of psychoanalysis. Department of psychology memorized Freud contribution in psychology on occasion of his death anniversary.

DEPARTMENT OF PSYCHOLOGY

Death Anniversary  
23.09.2022

Mind

Conscious Unconscious Subconscious

EGO  
SUPER Ego  
ID

Mali  
Nigeria

Google

GPS Map Camera

**Malviya Nagar, Chhattisgarh, India**  
57WX+Q26, Deepak Nagar, Malviya Nagar, Chhattisgarh 491001, India  
Lat 21.196767°  
Long 81.297443°  
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HOD

PRINCIPAL

## **Workshop on Mental health**

**10 October 2022**

**Objective:** Creating Awareness on Mental Health

**A Workshop on Mental Health was organized by the Deptt. of Psychology on dated 10 October 2022 on the occasion of world mental health day .**

**Dr. Shama Hamdani, Clinical Psychologist, Durg was the Key Speaker in this workshop. Principal Dr. R.N. Singh gave welcome speech and highlighted the importance of topic. Dr. Hamdani focused on mental health and its related problems.**

**In this occasion Dr. Niru Agrawal Professor, zoology Dr. S.D. Deshmukh, HOD, Geology and Dr. Suchitra Sharma Professor of Sociology were present. The event was conducted by the HOD Dr. Rachita Shrivastava. The vote of thanks was given by Dr. Pratibha Sharma, Asst. Prof. Psychology. In this program 127 students were participated.**

**OUTCOMES: After the work shop students got deeply knowledge of Mental Health.**





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**57WX+H4C, Deepak Na**

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**Long 81.297904°**

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GPS Map Camera



**Malviya Nagar, Chhattisgarh, India**

57WX+H4C, Deepak Nagar, Malviya Nagar, Chhattisgarh 491001, India

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Long 81.297891°

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# Department of Psychology

GOVT. VYT.PG AUTONOMOUS COLLEGE, DURG  
CHHATISGARH

## Extension Activities

### Mental Health Awareness and Testing Camp

Date: 29 October 2022

#### Report

Mental health awareness and testing camp was organized in Mahmra village by the Department of Psychology with the help of NSS. In the program, mental health information was provided to the villagers. With the help of Panch and Sarpach, a mental health kit was provided in panchayat and anganwadi center. Along with this, mental health test was also done. About 50 villagers were benefited in this camp.



# Extension Activities

## Nutrition - Dietary Awareness

Date: 29 October 2022

### Reports

An awareness program was organized at the Anganwadi center of Mahmra village under Nutrition Month by the Department of Psychology with the help of NSS. Information was given to the workers on the importance of nutrition and balanced diet. Anganwadi workers actively participated and got benefited. Meanwhile, mid-day meal was also observed by the students and professors.



**Mahmara, Chhattisgarh, India**

56GX+J8F, Mahmara, Chhattisgarh 491001,

India

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Long 81.248551°

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GPS Map Camera





Beyond the campus environmental  
Promotional activities  
Tree Plantation

Date: 29 October 2022

Reports

On 29 October 2022, in collaboration with NSS, the Department of Psychology organized a Tree plantation program in village Mahmra.

In this program Trees were planted by Panch, Sarpanch and people of the gram Mahmara and professors and students of psychology and NSS. On this Occasion, everyone a call was given for a clean village with greenery.







Workshop  
On  
**Meditation and Stress Management**  
21 to 23 February 2023

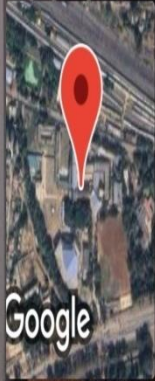
Objective: To manage stress with meditation.

A three day workshop was organized by department of psychology on Meditation and Stress Management on dated 21 to 23 February 2023. Dr. S.D. Deshmukh, HOD, Geology and Trainer Mindfulness was the resource person of this workshop. Dr. S.D. Deshmukh practically explained all steps of mediation for stress management.

UG and PG Students were actively participated in workshop. Professors of the college were also participated.

**Outcomes:**

All participants have got practical steps of meditation for overcome stress.



Malviya Nagar, Chhattisgarh, India  
57WW+GVH, Deepak Nagar, Malviya Nagar,  
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Long 81.296852°  
22/02/23 10:51 AM GMT +05:30



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57WW+GVH, Deepak Nagar, Malviya Nagar,  
Chhattisgarh 491001, India  
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Long 81.296874°  
23/02/23 10:41 AM GMT +05:30

