

P.G. DEPARTMENT OF PSYCHOLOGY

EDUCATIONAL VISIT TO "PRAYAS"

17.08.2022

ATTENDANCE CHART

S.NO	NAME	CLASS	ROLL NO.
1	Rimpy mehra	M.A sem 3	223381
2	Rajwant kaur	M.A sem 1	223351
3	Sakshi guleria	M.A sem 1	223353
4	Aarushi mahajan	M.A sem 1	223356
5	Mansi	M.A sem 1	223358
6	Shivangi Sharma	M.A sem 1	223361
7	Jasleen kaur	M.A sem 1	223362
8	Jagatpreet kaur	M.A sem 1	223363
9	Divjot kaur	B.A sem 5	222681
10	Riya	B.A sem 5	222668
11	Anmol	B.A sem 5	222612
12	Tahira tavsam	B.A sem 5	222626
13	Isha	B.A sem 5	222614
14	Nandini katoch	B.A sem 5	222678
15	Mehak	B.A sem 5	222613
16	Tisha arora	B.A sem 3	222464
17	Akansha thakur	B.A sem 3	222461
18	Nandini kaur	B.A sem 3	222460
19	Ritika	B.A sem 3	222435
20	Kriti Sharma	B.A sem 3	222470
21	Simrandeep kaur	B.A sem 3	222463
22	Smriti bhardwaj	B.A sem 3	222468
23	Anushka sharma	B.A sem 1	222202
24	Srishti	B.A sem 1	222221
25	Revati Sharma	B.A sem 1	222252
26	Reet	B.A sem 1	222261
27	Harneet kaur	B.A sem 1	222276
28	Navpreet kaur	B.A sem 3	222450
29	Khushi Sharma	B.A sem 3	222406

P.G. Department of Psychology

Press Report

Educational Talk on the topic Digital Relationships

Resource Person Dr. Deepali Gul

Associate Professor, Psychiatry Department

Punjab Institute of Medical Sciences, Jalandhar

Date: 17th August 2022

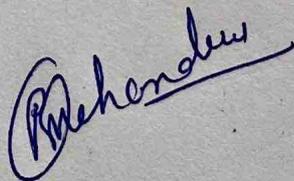
P.G. Department of Psychology , Kanya Maha Vidyalaya , The Heritage and Autonomous Institution, had organized one day educational visit to Punjab Institute of Medical Sciences, Jalandhar on 17th August 2022. During the visit, the students visited the Psychiatric Department and interacted with Dr. Deepali Gul, Associate Professor, Psychiatry Department. Dr. Deepali Gul, the eminent resource person conducted a talk for students on the topic " DIGITAL RELATIONSHIPS".

Dr. Gul discussed about the different facets of Digital Relationships. She elaborated on the pros and cons of Digital Relationships wherein she explained because of the thrill factor associated with online surfing, people get into the traps of Cyber Crime. However, she further added that digitalization has also proven to be a boon for the present generation. Now distances do not matter and events are organized at much cheaper cost as logistics arrangement is not a hassle.

She emphasized that with all these advantages comes a lot of responsibility. One needs to be alert and wise in choosing the people they interact with, share their secrets and information with. She discussed about the precautions people should take when they engage with someone online.

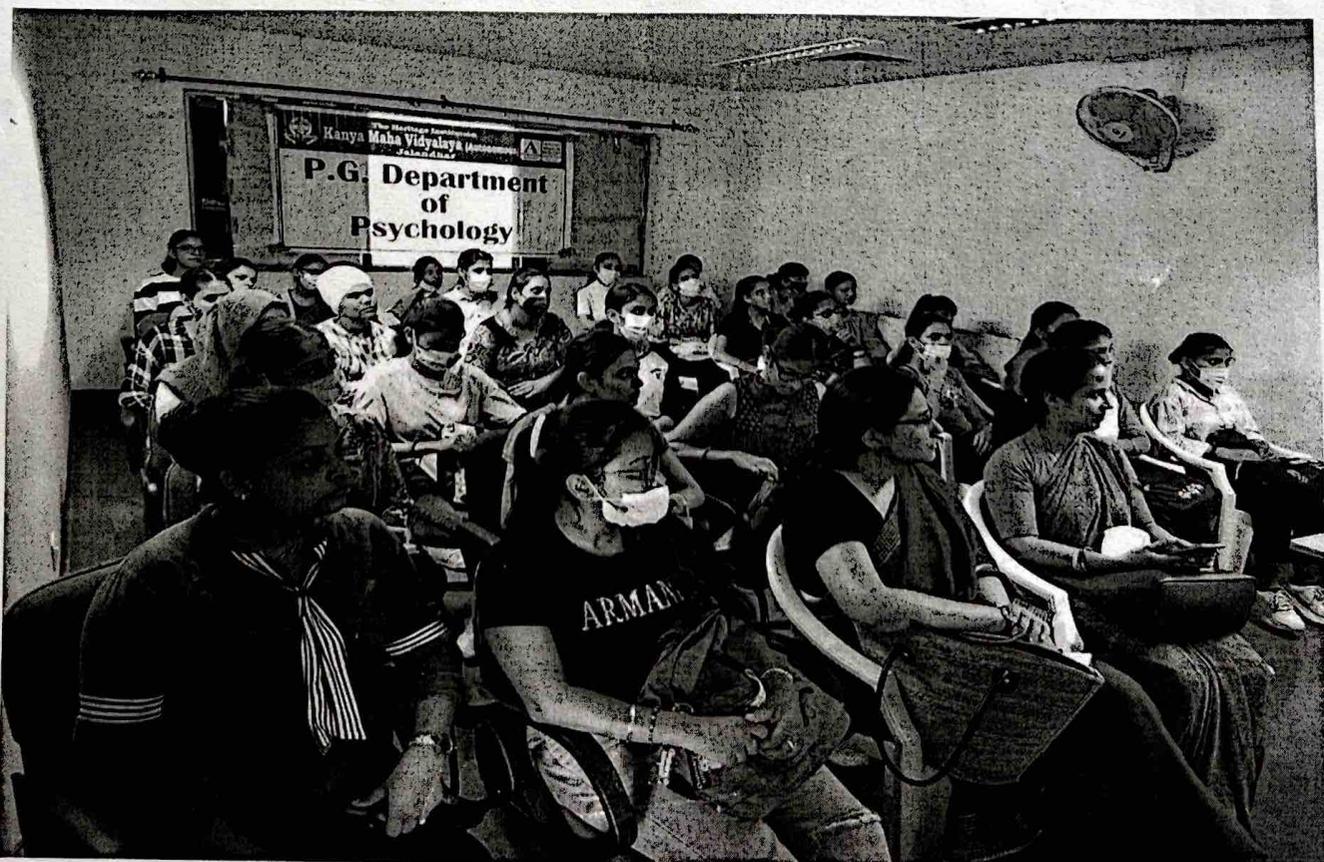
She also shared with students the characteristics of youth who form close online relationships. High levels of conflict in family and low levels of communication with parents can be the reasons for youth involved in online relationships. She further elaborated that sometimes spending too much time on social media can lead to social isolation which is well known risk factor for many mental health problems like Depression, Anxiety Disorders, Dementia, Suicide and Substance Abuse.

Dr. Gul shared some interesting facts from all around the globe, In Japan almost half a million people live as HIKKOMORI, the ones who don't leave their homes, 19-20% i.e. 48 million of all Twitter accounts are fake, recently Facebook deleted around 1.6 billion fake accounts, 1 in 10 Instagram accounts are fake. The entire session was extremely thought provoking. In the end, students put forward their queries with keen interest as the topic was much relevant for the students.

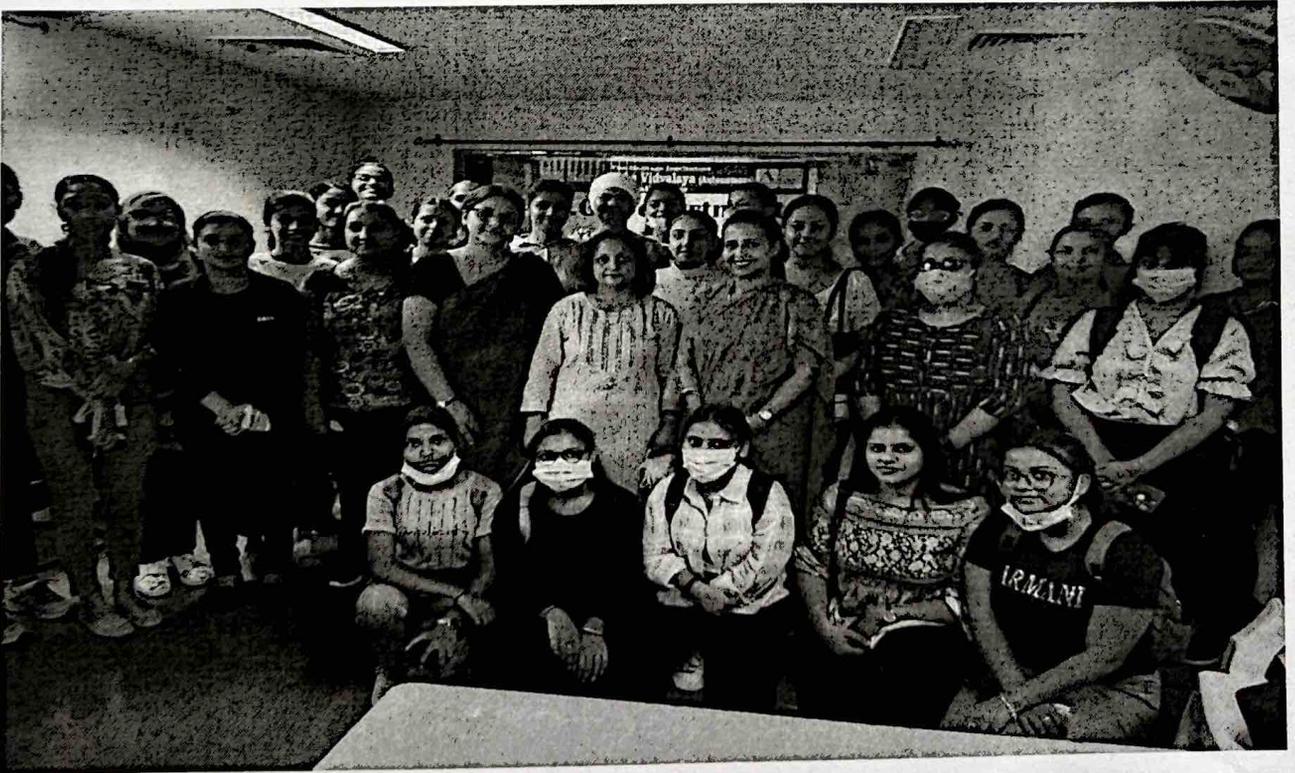
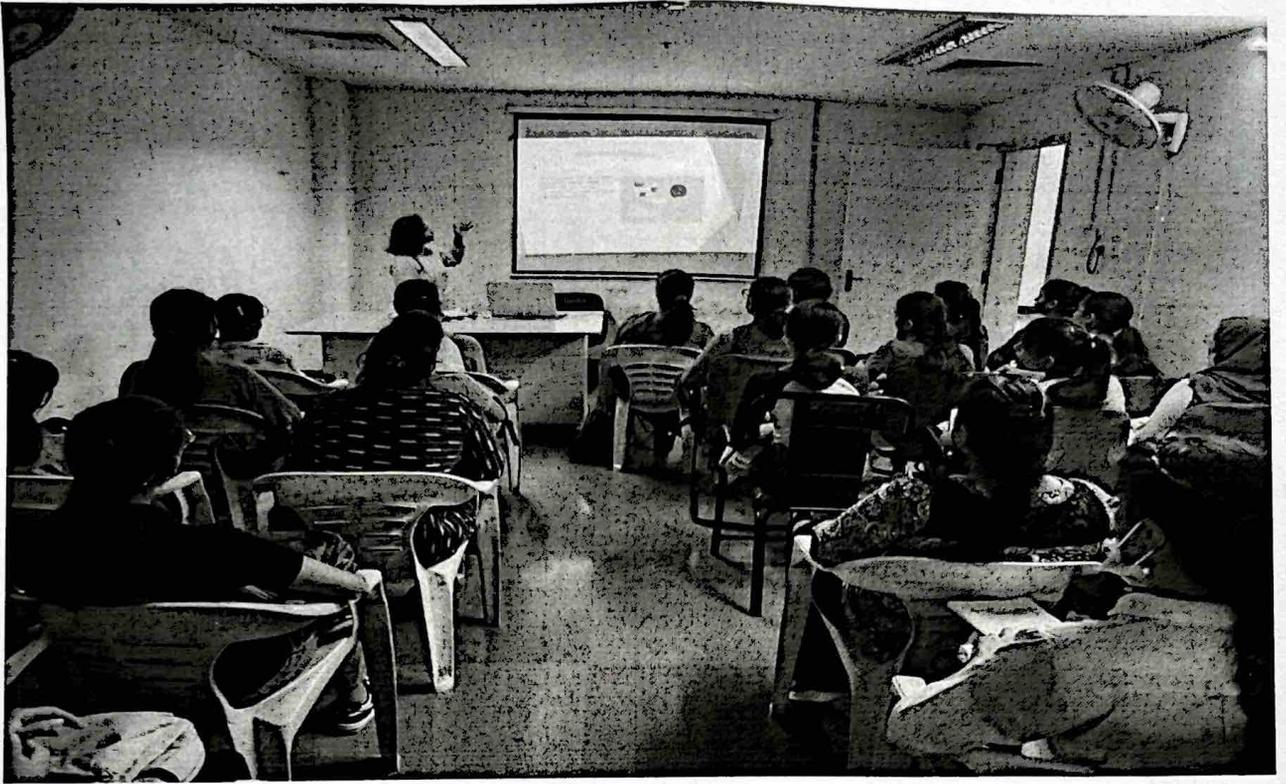


EDUCATIONAL VISIT TO PUNJAB INSTITUTE OF MEDICAL SCIENCES (PIMS),
JALANDHAR

(17TH AUGUST, 2022)



Rachanika



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