

To

The Principal
Kanya Maha Vidyalaya
Jalandhar

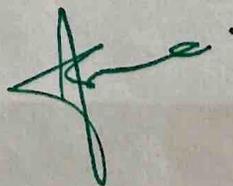
Respected Madam,

This is to bring to your kind notice that P.G. Department of Psychology is going to organize an Extension Lecture on the occasion of "World Mental Health Day" on 14th October, 2022 at 11:00 a.m. The Resource Person for this lecture will be Dr. Tarlochan Singh (Director, Psychowaves, Ludhiana). Kindly allow us to organize the above mentioned event.

Thanking You

Yours Sincerely
Dr. Pratima Sharma

Dated: 11-10-2022



P.G. DEPARTMENT OF PSYCHOLOGY

A LECTURE ON "USING THERAPEUTIC TECHNIQUES IN COUNSELING"

BY DR. TARLOCHAN SINGH

14.10.2022

ATTENDANCE CHART

S NO.	NAME	CLASS	ROLL NO.
1	Arwinder kaur	M.A sem 3	223378
2	Himanshi lahora	M.A sem 3	223377
3	Vaneet kaur	M.A sem 3	223382
4	Dennis singh	M.A sem 3	223379
5	Simran kaur	M.A sem 3	223380
6	Arshdeep	M.A sem 3	223385
7	Rimpy mehra	M.A sem 3	223381
8	Rajwant kaur	M.A sem 1	223351
9	Sakshi guleria	M.A sem 1	223353
10	Aarushi mahajan	M.A sem 1	223356
11	Mansi	M.A sem 1	223358
12	Shivangi Sharma	M.A sem 1	223361
13	Jasleen kaur	M.A sem 1	223362
14	Jagatpreet kaur	M.A sem 1	223363
15	Ishita syal	M.A sem 1	223360
16	Nikharika tandon	B.A sem 5	222646
17	Jaspreet	B.A sem 5	222647
18	Jasmine	B.A sem 5	222679
19	Divjot kaur	B.A sem 5	222681
20	Riya	B.A sem 5	222668
21	Anmol	B.A sem 5	222612
22	Tahira tavsam	B.A sem 5	222626
23	Isha	B.A sem 5	222614
24	Ritika	B.A sem 3	222435
25	Simrandeep kaur	B.A sem 3	222463
26	Smriti bhardwaj	B.A sem 3	222468

“World Mental Health Day”

Date: 14th October, 2022 Session: 2022-23

The Heritage Institution

KANYA MAHA VIDYALAYA (Autonomous)

• College with Potential for Excellence • Star College Status by DBT Govt. of India

Ranked No. 1 College of Punjab & Top National Rankings
(India Today, Outlook Magazine & Times of India Group-2021)

P.G. DEPARTMENT OF PSYCHOLOGY

Celebrates

WORLD MENTAL HEALTH DAY

on

MENTAL HEALTH AWARENESS

Date : 14th October, 2022 | Time : 12:30 PM
Venue : Conference Hall

Extension Lecture by



Dr. Tarlochan Singh
Director, Psychowaves

TITLE: USING THERAPEUTIC TECHNIQUES IN COUNSELING



Counseling Booths
in the College Campus



Contact Us :

Dr. Pratima Sharma : 82890-50235

Dr. Sharanjit Kaur : 90419-67807

Principal

Prof. Dr. Atima Sharma Dwivedi

Atimadevi

Kanya Maha Vidyalaya(Autonomous),Jalandhar

P.G. Department of Psychology

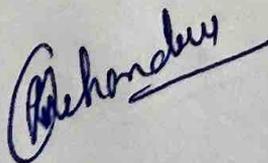
Report on "World Mental Health Day"

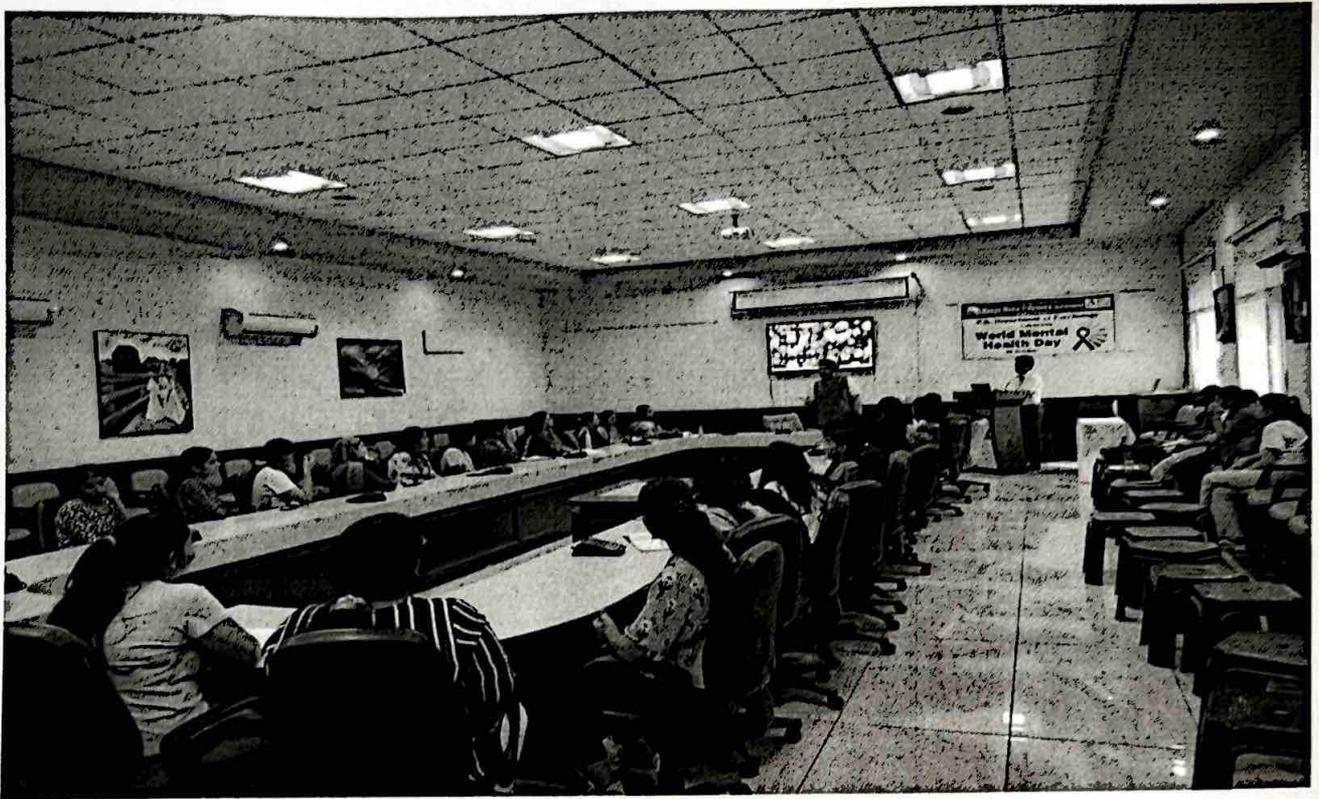
Date: 14th October,2022

Session:2022-23

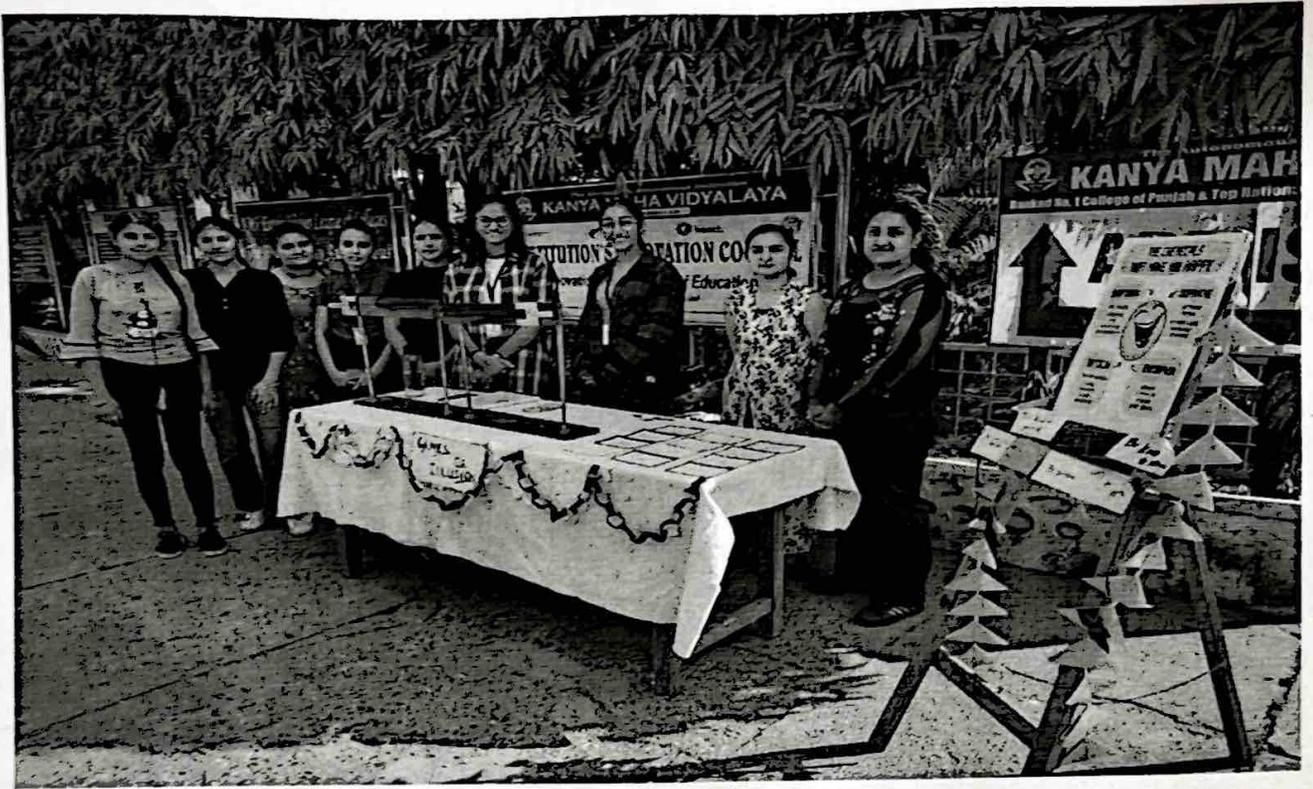
In Kanya Maha Vidyalaya-The Autonomous and Heritage Institution, P.G Department of Psychology celebrated "World Mental Health Day" on 14th October,2022 in the college premises. The day long event kickstarted with the innovative 'Counseling Booths' set up in different areas of the college campus. The UG and PG students of Psychology installed these booths where Psychological Counseling was given to students for the enrichment of their mental health. Along with this, Psychological Testing was also administered and various mind games were organized for the students as well as the faculty members of the college. In continuation of this celebration, an Extension Lecture was also organized on the topic "Using Therapeutic Techniques in Counseling". The Eminent Resource Person Dr. Tarlochan Singh, Founder Director, Psychowaves,Ludhiana graced the occasion and introduced some prominent principles and techniques employed in the field of Counseling. Dr. Singh very clearly explained about the different variations of stress in our lives. He said that not all stress is bad but long term stress is typically harmful which may lead to overthinking and failure in coping with the various problems of life. He also emphasized that one must keep an active focus on problem solving and also practice mindfulness to get rid of unwanted stress. Dr. Tarlochan also gave a thoughtful description on the concepts of 'Suicidal Ideation' where identifying some early symptoms on suicidal thinking such as sleep problems, withdrawal, hopelessness, mood variations etc. could save lives of people dealing with mental health issues.

While having an active discussion with the UG and PG students of Psychology, Dr. Singh through his pertinent talk stressed the need of professional help in mental health problems. He explained that one should be empathetic, and must have active listening skills along with maintaining confidentiality in order to detect the early signs and symptoms in mental health patients. Dr. Tarlochan Singh highlighted the fact that giving Psycho-Education is the main goal of every therapy employed in the field of Psychological Counseling. He also thoroughly described the significant concept of 'Cognitive Distortions' which deeply affect our thoughts, actions and emotions related to various activating events and their consequences. Dr. Singh during his interaction, made aware the students about the irrational beliefs which destroy the productive thinking and induces undue negativity leading to distorted thinking. The lecture was concluded with implementing positive affirmations in place of broken thinking to have a sound mental health. Principal Prof.(Dr.) Atima Sharma Dwivedi applauded the creative efforts of the P.G. Department of Psychology for successfully organizing such an important series of events on the World Mental Health Day. She emphasized that such student centric activities provide a great practical exposure to the students for dealing with the rising cases of mental health issues in society and also helps in spreading awareness across the globe about maintaining good mental health.





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