

# **Report of Psychology Department**

Psychology is the scientific study of human behavior. It helps in improving the decision-making process, mental health and increases positivity & management of anxiety and stress. A person can apply psychology in everyday life for betterment of business, education, ergonomics etc. It can help people have a more successful career, better relationships, more self-confidence and overall better communication.

Psychology Department of G.P.G.C.W. Rohtak was established in 1967. Pass-course and honors course at undergraduate level are offered in the subject of Psychology. Beside teaching facilities, we focus on solving problems of individuals through counseling time to time. We also organize extension lectures and workshops for the benefit of faculty and students.

Faculty



**Dr. Lokesh Balhara**  
**Head and Associate Professor**  
**Teaching Experience – 25 years**  
**M.A (Gold Medalist), M.Phil and**  
**Ph.D**



**Dr. Neelam Raipuria Mangla**  
**M.A, M.Phil (Gold Medalist),**  
**JRF, Ph.D, M.ED Edu.**  
**Associate Professor Teaching**  
**Experience – 20 years**  
**NET, Diploma in guidance**  
**and Counselling**



**Mr. Arjun Sharma (on**  
**six months deputation)**  
**Assistant Professor**  
**Teaching Experience – 1 year**  
**M.A, JRF and Pursuing Ph.D**



**Mr. Vinod (on six**  
**months deputation)**  
**Assistant Professor**  
**Teaching Experience – 1**  
**year M.A, JRF and**  
**Pursuing Ph.D**



**Mrs. Kavita Devi**  
**Extension Lecturer**  
**Teaching Experience – 9 years**  
**M.A and Net**



**Dr. Ankita**  
**Extension Lecturer**  
**Teaching Experience – 6 years**  
**M.A, M.phil and Ph.D**

Two Lab Attendants

Facilities:

- Three class rooms including one smart class room
- Practical lab with separate for counselling room
- One computer system.
- More than 70 tests and 15 apparatuses

# Activity Report of Psychology Department

2016-2017

Activity	Date	Description
Interclass Poster Competition	15/09/16	<ol style="list-style-type: none"> <li>1. Crime against Women</li> <li>2. Psychology in day to day life</li> </ol>
On the spot Interclass declamation	19/09/16	<ol style="list-style-type: none"> <li>1. Crime against Women</li> <li>2. Aggression in Youth</li> <li>3. Deterioration of values</li> <li>4. Implication of Psychology</li> </ol>
Interclass Science Exhibition	15/11/16	<ol style="list-style-type: none"> <li>1. Health and Lifestyle</li> <li>2. Stress: Thread and Thrill</li> <li>3. Stress: Unmasking the Hidden killer</li> <li>4. Social Issues</li> </ol>
Inter District Science Exhibition G.V.M Girls College, Sonapat	13/02/17	Won 2 <sup>nd</sup> Prize (Sonia and Priyanka)
On the Spot Poster Making	06/03/17	<ol style="list-style-type: none"> <li>1. Crime against Women</li> <li>2. Psychology in day to day life</li> </ol>
Inter College Poster Making S.J.K Kalanaur	09/03/17	Won 2 <sup>nd</sup> Prize (Sonia)

2017-2018

Activity	Date	Description
Extension Lecture cum Workshop	10/10/17	Lecture By Ms. Malika Sharma – Advance Mental Health Practitioner N.H.S Berkshire, IAPT Services, U.K
Science Exhibition	03/11/17	<ol style="list-style-type: none"> <li>1. Health and Lifestyle</li> <li>2. Stress: Thread and Thrill</li> <li>3. Stress: Unmasking the Hidden killer</li> <li>4. Social Issues</li> </ol>
District Level Science Exhibition at Vaish College, Rohtak	29/01/18	Psychology of Social Issues

2018-2019

Activity	Date	Description
Departmental Science Exhibition	01/02/19	<ol style="list-style-type: none"> <li>1. Health and Lifestyle</li> <li>2. Stress: Thread and Thrill</li> <li>3. Stress: Unmasking the Hidden killer</li> <li>4. Social Issues</li> </ol>
Inter District Science Exhibition T.D.L G.C.W Murthal	12/02/19	Superstitions (Social Issues)
Extension Lecture	21/02/19	Lecture By Dr. Sonia Malik, Head, Department of Psychology, M.D.U
Slogan Writing and Poster Making Competition	21/02/19	<ol style="list-style-type: none"> <li>1. Implication of Psychology</li> <li>2. Women Empowerment</li> </ol>

2019-2020

<b>Activity</b>	<b>Date</b>	<b>Description</b>
Teej Celebration	03/08/19	Mehndi and Dance Competition
Interclass Poster Making	09/09/19	Stop Negative Self talk
Participation in MDU Poster Making Competition	10/09/19	Won 1 <sup>st</sup> Prize by Ishita Shetty
Inter Class Science Exhibition	11/11/19	<ol style="list-style-type: none"><li>1. Health and Lifestyle</li><li>2. Stress: Threat and Thrill</li><li>3. Stress: Unmasking the Hidden killer</li><li>4. Social Issues</li></ol>
Inter District Science Exhibition G.C Maham	18/01/20	Stress: Threat and Thrill
Inter-college Poster making competition, in Bhiwani	20/02/20	Won 1 <sup>st</sup> Prize by Deepti

2020-21

<b>Activity</b>	<b>Date</b>	<b>Description</b>
Inter class Science Exhibition	21/01/2021	Impact on Mental Health due to Covid 19 Pandemic
Online Lecture	02/06/2021	By Dr. Neelam Mangla on "Coping With Anxiety"
Online Poster Making and Slogan Writing Competition	05/07/2021	Promote Mental Health During Pandemic