

HEALTH AND WELLNESS CELL



There is no problem that can't be solved!

The inception of Department of Psychology & Health and Wellness Centre took place in the academic year 2018, having the philosophy of Positive Psychology in its root. The department envisions earning the national and international recognition, particularly in the area of psychology. At its core, the Department carries the mission to promote the virtues of mindfulness, social equanimity and psychological well being among students and the people around through its academic and research ventures and wellness services. The Department strives to be a premiere psychological training centre in the area of Career Counseling.

Nirvana Club: This club is formed by students of Psychology Department for creating awareness about behavioural issues of students with case study method, group discussions, and current news analysis, content analysis of the media and communication error experiments in social settings. Upcoming Events of Nirvana club:

- July 2018: Visit to the special need problem children
- August 2018: Case study
- Gero Psychology : Visit to the old age home
- Communication Error Story Experiment
- Leadership decision Making

Brain Sharpner Club : This Group of activities are initiated with department of Mathematics to inculcate the good playing habit in our students to improve the intelligence, problem solving ability, working memory, algorithm, and love for creative mathematics. Upcoming Events of Brain Sharpener Club:

- Brain Booster Food vs Brain Buster Food
- Brain Exercises- Draw Eight , Find the Differences , Left Hand drawing and Sudoku.
- Finger dexterity Exercises: Rubik Cube and Puzzles
- Algorithm: Tower of Hanoi & Chess