



Report on Awareness Session on Obsessive-Compulsive Disorder (OCD)

Date of Event: 17th Oct 2025

Venue: Psychology Lab, Sri Arvind Mahila College

Organised by: Department of Psychology

No. of Students: 22

An awareness session on **Obsessive-Compulsive Disorder (OCD)** was organized by the **Department of Psychology** on **17th October 2025 at 11:00 a.m.** in the college Psychology Lab. The session aimed to educate students about the nature, symptoms, causes, and treatment of OCD, as well as to promote empathy and understanding toward individuals suffering from the disorder.

Objectives

1. To create awareness about Obsessive-Compulsive Disorder, its symptoms, and its impact on an individual's daily life.
2. To dispel myths and misconceptions associated with OCD and promote accurate understanding of the condition.
3. To encourage early identification, professional help-seeking, and emotional support for individuals with OCD.

Event Highlight

Educational Presentation:

A comprehensive presentation was given on the characteristics of OCD, focusing on common obsessions (unwanted thoughts, fears) and compulsions (repetitive behaviors or rituals). The presentation also covered biological, psychological, and environmental factors contributing to the disorder.

Interactive Session:

Students actively engaged in an interactive discussion, where they shared their

thoughts and asked questions regarding OCD. Real-life case examples were discussed to help participants relate theory to practical understanding.

Awareness Building:

The session emphasized that OCD is a treatable mental health condition and not merely a habit or personality trait. Students were informed about therapy options such as **Cognitive Behavioral Therapy (CBT)** and the importance of social support. Techniques for stress management and coping strategies were also discussed.

Conclusion

The awareness session on **Obsessive-Compulsive Disorder** proved to be an informative and impactful initiative by the Department of Psychology. It helped students develop a deeper understanding of OCD, recognize its symptoms, and acknowledge the importance of early intervention and empathy. The session successfully promoted mental health awareness, encouraged open dialogue, and strengthened a supportive environment within the college community.



Department of Psychology
SRI ARVIND MAHILA COLLEGE

KAZIPUR, PATNA - 800004

(Constituent unit of Patilputra University, Patna)

Ref.

Date 15.10.25

सूचना

INTERACTIVE SESSION ON "OCD"
"Obsessive Compulsive Disorder"

मनोविज्ञान विभाग के सभी छात्राओं को सूचित किया जाता है कि Obsessive Compulsive Disorder पर एक इंटरैक्टिव सेशन का आयोजन किया जा रहा है। इस व्याख्यान का उद्देश्य छात्राओं को गंभीर मानसिक विकार OCD के बारे में जानकारी देना है तथा OCD से संबंधित मिथियों और वास्तविकताओं पर चर्चा करना है।

तिथि: 17.10.2025

समय: 11.A.M

स्थान: मनोविज्ञान प्रयोगशाला

अधिक जानकारी के लिए विभाग से संपर्क करें।

W. Sinha
(हस्ताक्षर) 15/10/25

विभागाध्यक्ष

मनोविज्ञान विभाग

"Obsessive Compulsive Disorder Awareness Day" (OCD)

आज दिनांक 17.10.2025 को मनोविज्ञान विभाग द्वारा "OCD" पर एक Interactive session का आयोजन मनोविज्ञान विभाग के Lab में किया गया जो सुबह 11 बजे से प्रारंभ हुआ। इस सत्र की शुरुआत डॉ. विमा कृति द्वारा की गई। सत्र के आगे बढ़ते हुए Miss Shrutti ने अपने Power Point Presentation के द्वारा OCD के आसामों पर प्रकाश डाला।

ने अपने व्याख्यान में भी OCD से संबंधित कई पहेलियों पर PPT के माध्यम से अपनी प्रस्तुति दी। छात्राओं ने इस Interactive session में OCD के अपने समझ को साझा किया और उत्साह से भाग लिया।

for Shrutti Kumari
विभागाध्यक्ष

शिक्को का हस्ताक्षर

रजनी कुमारी सिन्हा
Shrutti Rani

छात्राओं का हस्ताक्षर :

नाम	कक्षा / रोल नंबर	हस्ताक्षर
1. SIKHA KUMARI	Pg Sem-I 27	Sikha Kumari
2. JAYTRI KUMARI	11 15	Jaytri Kumari
3. PRIYA KUMARI	Pg sem-I 18	Priya
4. MINAKSHI KUMARI	Pg sem-I 42	Minakshi Kumari
5. Swathy Kumari	P.G. Sem (1) 67	Swathy Kumari
6. Karal Kumari	P.G. Sem (1) 75	Karal Kumari
7. Annu Kumari	P.G. Sem (1) 31	Annu Kumari
8. Khushboo Kumari	P.G. Sem (1) 14	Khushboo Kumari
9. Sumy Kumari	M.A Sem I 21	Sumy Kumari
10. Anjali Kumari	M.A Sem I 48	Anjali Kumari
11. Jyoti Kumari	M.A Sem I 33	Jyoti Kumari
12. Chanda Kumari	P.G Sem-I 34	Chanda Kumari







17/10/2025 11:38

Arvind Mahila College, J577+23C,
4, Kazipur Gali, Naya Tola,
Bhikhana Pahari, Patna, Bihar 8...

Lat : 25.612414 Long : 85.163669

☼
30°C
haze



17/10/2025 11:49

Arvind Mahila College, J577+23C,
4, Kazipur Gali, Naya Tola,
Bhikhana Pahari, Patna, Bihar 8...

Lat : 25.612434 Long : 85.163686

☼
31°C
haze