



Report on Indian Psychology Day Celebration

Organised by: Department of Psychology in collaboration with Counselling Cell

Date: 29.07.2026

Venue: Seminar Room

No. of Students Present: 158

The Department of Psychology in collaboration with Counselling Cell celebrated **Indian Psychology Day** on **29.07.2026** at **11:30 A.M.** in the Seminar Room. The celebration aimed to create awareness about the rich heritage of Indian Psychology and its relevance in promoting mental well-being, holistic development, and self-awareness. The programme highlighted the contribution of Indian philosophical traditions to the understanding of human behaviour, consciousness, and psychological health.

Objectives of the Session

- To introduce students to the concepts and principles of Indian Psychology.
- To highlight the contribution of Indian philosophical traditions to mental health and well-being.
- To promote self-awareness, mindfulness, and holistic development among students.
- To encourage appreciation of indigenous psychological knowledge and its contemporary relevance.

Highlights

- A discussion on the relevance of Indian psychological principles in everyday life and mental well-being.
- A guided meditation and mindfulness session based on Indian traditions.
- An interactive question-and-answer session with students to clarify concepts and encourage participation.

Outcome

The celebration successfully enhanced students' understanding of Indian Psychology and its practical applications in promoting mental health and personal growth. Participants actively engaged in the session. The programme inspired students to explore indigenous psychological concepts and appreciate their relevance in addressing modern-day challenges.

Conclusion

The Indian Psychology Day Celebration was an enriching and meaningful event that emphasized the value of India's psychological heritage in fostering emotional balance, self-awareness, and holistic well-being. The programme encouraged students to integrate the principles of Indian Psychology into their daily lives. The Department of Psychology and Counselling Cell looks forward to organising more such activities to promote awareness and appreciation of indigenous psychological knowledge.







" भारतीय मनोविज्ञान दिवस "

आज दिनांक 29.7.26 को मनोविज्ञान विभाग तथा परामर्शन केन्द्र के संयुक्त तत्वावधान में " भारतीय मनोविज्ञान दिवस " का आयोजन किया जा रहा है। 11:30 a.m से सेमिनार हॉल में। छात्रों के लिए पोस्टर प्रतियोगिता का भी आयोजन किया जा रहा है। इस कार्यक्रम में शामिल हैं -

Reekha Rani
हस्ताक्षर 29-7-26

अध्यक्ष - प्रो. रेखा रानी -

मुख्य अतिथि - प्रो. कीर्ति -

रिसोर्स पर्सन - डॉ. विंदा सिंह -

मनोविज्ञान विभागाध्यक्ष - डॉ. वैली मिन्हा -

परामर्श केन्द्र कोऑर्डिनेटर - डॉ. विभा कृति -

NAAC coordinators - प्रो. अंजलि प्रसाद -

	Name of Faculty	Dept.	Signature
1.	Prof. Anjali Prasad	History	Ar
2.	Dr. Aditya Bhardwaj	Economics	Bhardwaj 29/7/26
3.	Prof. Vinu Singh	H.C.C	V Singh 29.7.26
4.	Dr. Priya Kumari	Dept. of Hindi	Priya 29/7/26
5.	Dr. Lata Kumari	Dept. of Environmental Science	Lata Kumari 29/7/26
6.	Dr. S. Hafiz Hussain	Dept. of Urdu	Hafiz 29/7/26
7.	Dr. Mohan Murari Prasad	Dept. of Commerce	Moh 29/7/26
8.	Siddhy Rani	Lions Club Harmony	Bel 29.7.26
9.	Kala Datta	Lions Club Haraa	KL 29/7/26
10.	Amrita Gupta	Lions Club of Harmony	Am 29/7/26
11.	Dr. Sapna Barua	Pol. Science	Sapna
12.	Dr. Norah. N. Shaw.	English	Norah
13.	Dr. Madhulika Lita.	History	Madhulika
14.	Dr. Shweta Kumari	History	Shweta
15.	Dr. Nisha Kumari	History	N.A
16.	Dr. Madhuri	Hindi	M
17.	Dr. Ashe Inseethi	Harmony	Ashe

Name of students	class / Roll no.	Dept.	Sig.
Shivani Kumari	U.G. Sem V 81491	Psychology	Shivani
Sulekha Kumari	U.G. Sem V 509620	Psychology	Sulekha
Ambar Singh	U.G. Sem V 382	Psychology	Ambar
Khushboo Kumari	P.G. Sem III to mcom.	Psychology	Khushboo
Chanda Kumari	P.G. Sem III Psychology	Psychology	Chanda
Sanjana Kumari	U.G. Sem V	Psychology	Sanjana
Ragani Kumari	U.G. Sem V	Psychology	Ragani
Priyanka Kumari	P.G. Sem III	Psychology	Priyanka
Shruti Kumari	U.G. Sem I	Psychology	Shruti
Muskan Kumari	U.G. Sem I - 292	History	Muskan
Psha Kumari	U.G. Sem I - 02	History	Psha
Priyanka Kumari	U.G. Sem I - 22	History	Priyanka
Tannu Singh	U.G. Sem I - 106	History	Tannu
Akanksha Kumari	U.G. Sem I - 15	History	Akanksha
Nammi Kumari	U.G. Sem I - 76	History	Nammi
Annu Kumari	U.G. Sem - 9	History	Annu
Ayushi Kumari	U.G. Sem - VII (17)	Psy	Ayushi
Arushi Kumari	U.G. Sem - III	Sociology	Arushi
Sangam Kumari	P.G. Sem - III	Pol. Sci.	Sangam
Khushi Kumari	U.G. Sem VII	Pol. Sci.	Khushi
Tannu Kumari	U.G. Sem VII	Pol. Sci.	Tannu
Tanish Kumari	U.G. Sem I	Commerce	Tanish
Sameer Khor.	U.G. Sem I	Art & Design	Sameer
Sneha Kumari	U.G. Sem I	Art & Design	Sneha
Khushi Kumari	U.G. Sem I	Art & Design	Khushi
Vanika Kumari Gupta	U.G. Sem I	Art & Design	Vanika
Mamta Kumari	P.G. Sem III	Psy	Mamta
801 Hansika Singh	U.G. Sem III (501)	Psy	Hansika
447 Vanika Kumari	U.G. Sem III (447)	Psy	Vanika
155 Pragati Kumari	U.G. Sem I (155)	History	Pragati
264 Nandani Kumari	U.G. Sem I (264)	History	Nandani
Ragini Kumari	U.G. Sem I (51)	History	Ragini

Name of students	Class / Roll no.	Dept.	Signature
Rishi Kumari	U.G. Sem I 52	English	Rishi
Salu Kumari	B.A. Sem I 269	Psychology	Salu
Saham	BA Sem I 904	Psychology	Saham
Nisha Kai	P.G. Sem III / 37	Psychology	Nisha
Mohini Kai	" / 20	"	Mohini
Manisha "	" / 22	"	Manisha
Pooja Kaushan	P.G. Sem III / 70	Psychology	Pooja
Nisha Kumari	U.G. Sem I	English	Nisha
Rimmi Kumari	U.G. Sem I	English	Rimmi
Ragani Khatoon	P.G. Sem III 25	Psychology	Ragani
Sanjana Kumari	P.G. Sem III / 68	Psychology	Sanjana
Shreya Kumari	P.G. Sem III / 54	Psychology	Shreya
Kavul Kumari	P.G. Sem III / 75	Psychology	Kavul
Annu Kumari	P.G. Sem III / 31	Psychology	Annu
Pooja Kumari	P.G. Sem III 18	Psychology	Pooja
Jaymala Kumari	P.G. Sem III 13	Psychology	Jaymala
Minakshi Kumari	P.G. Sem III 42	Psychology	Minakshi
Khushi Kumari	P.G. Sem III 03	Botany	Khushi
Bhakti Kumari	P.G. Sem III 36	Psychology	Bhakti
Sikha Kumari	P.G. Sem III 27	Psychology	Sikha
Nandani Kumari	P.G. Sem III (07)	Commerce (M.Com)	Nandani
Ravani Kumari	P.G. Sem III (02)	Psychology	Ravani
Rubali Kumari	U.G. Sem I 13	Psychology	Rubali
Priyanka Kumari	U.G. Sem VII	Psychology	Priyanka
Shruti Kumari	P.G. Sem III (45)	Psychology	Shruti
Priyanka Kumari	P.G. Sem III (03)	Psychology	Priyanka
Pinkie Kumari	P.G. Sem III (41)	Psychology	Pinkie
Arati Kumari	P.G. Sem III (63)	Psychology	Arati
Jale Kumari	P.G. Sem III (32)	Psychology	Jale
Pooja Kumari	P.G. Sem III (16)	Psychology	Pooja
Soni Kumari	P.G. Sem III (76)	Psychology	Soni
Nazim Khan	BA Sem V 442	economics	Nazim
Shubh Laxmi	P.G. Sem III 24	Psychology	Shubh

Name of students	Class/Roll no.	Dept.	Sig.
Riya Kumari	P.G III 81	Psychology	Ryanume
Radha Kumari	P.G III 78	Psychology	Radha
Safona Kumari	U.G VII 2	Psychology	Safona
Ansari Kumari	P.G III 43	Psychology	Ansari
Shalu Kumari	P.G III 71	Psychology	Shalu
Muskan Kumari	P.G III 180	Psychology	Muskan
Sana Fatma	UG I 143	Psychology	Sana
Reshma Kumari	U.G VIII 24	Psy	Reshma
Nidhi Kumari	U.G V 672	(MTC) By Nidhi Kumari	Nidhi
Preha Kumari	U.G V 119	(MTC) By Preha Kumari	Preha
Reshmi Prasad	U.G VII 11	(MTC) By Reshmi	Reshmi
Maryam Zakari	U.G " 14	Psycho (Major)	Maryam
Rajni Raina	U.G / 34 (21)	Psychology (M)	Rajni
Hemamshi Kumari	U.G / 17	Psy (MTC) Hemamshi Kumari	Hemamshi
Rajal Kumari	UG / 76	Psy (MTC) Rajal Kumari	Rajal
Annu Kumari	UG / 112	Psy (MTC) Annu Kumari	Annu
Shruti Kumari	UG III 184	Psy (MTC) Shruti Kumari	Shruti
Ekta Singh	UG 3rd / 258	Psy (MTC) Ekta Singh	Ekta
Nupur Singh	UG 3rd / 30	Psy (MTC) Nupur Singh	Nupur
Tanya K.	U.G 3rd / 41	Psy (MTC) Tanya K.	Tanya
Rani Kumari Singh	UG 3rd / 528	Psy (MTC) Rani Kumari Singh	Rani
Abhilasha Kumari	P.G 3rd / 9	Psychology	Abhilasha
Zoha Feroz	P.G 3rd / 60	Psy	Zoha
AHAM FATIMA	P.G 3rd / 05	Psy	AHAM
Rajal Kumari	U.G / 60 (22)	Psy	Rajal
Siddhi Basu	U.G Sem V (23)	Psychology	Siddhi
Manshi Kumari	U.G Sem V (25)	Psychology	Manshi
Akanksha Kumari	U.G Sem VII (22)	Psychology	Akanksha
Ravanni Kumari	U.G Sem VII (23)	Psychology	Ravanni
Prisha Kumari	U.G Sem VII (23)	Psychology	Prisha
Yadvi Kumari	U.G Sem VII (23)	Psychology	Yadvi

Name of students	Class/Roll no.	Dept.	Signature
Sweeta Kumari	P.G Sem IV 77	Psychology	Sweeta
VIJAYI KUMARI	P.G III 15	11	Vijayi
Anju Kumari	P.G Sem III 53	11	Anju
Manisha Kumari	P.G " 21	11	Manisha
Sweeta Kumari	P.G Sem III 67	12	Sweeta
Suman Kumari	P.G Sem III 01	11	Suman
Savika Kumari	U.G Sem - III 295	11	Savika
Swati Raj	U.G Sem V 232	Political Sci	Swati Raj
Rita Kumari	U.G Sem V 118	Political Sci	Rita
Rubani Sehgal	U.G Sem V 348	Psy	Rubani
Sarav Kumar	U.G Sem V 348	Psy	Sarav
Asma Rizwan	U.G Sem V	Psy	Asma
Ayesha Rizwan	U.G Sem V	Psy	Ayesha
Vinuta Kumari	M.com sem III	1661 no. 02	Vinuta
Varesha K.	M.A Sem III	Roll no-08	Varesha
Pushpa K.	U.G Sem VII 13	Psy	Pushpa
Aditi	U.G Sem VII 30	Psy	Aditi
Mayuri Kumari	U.G Sem V 792	Psy	Mayuri
Tanya Kumari	U.G Sem V 829	Psy	Tanya
Nandini Kumari	U.G Sem III 809	Psy	Nandini
Prachi Kumari	U.G Sem III 159	Psy	Prachi
Sakshi Kumari	U.G Sem VII 117	Hid.	Sakshi
Shruti Mehda	U.G Sem V 293	Psy	Shruti
Priya Kumari	P.A sem V 87	Psy	Priya
Mantasha Naaz	B.A Sem V 1634	Psy	Mantasha
Prachi Sharma	B.A Sem V (MTC) 129	Psy	Prachi