



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। छात्राओं के लिए पोस्टर प्रतियोगिता का भी आयोजन किया जा रहा है। इस कार्यक्रम में शामिल हैं -

Pooja 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 Kumari 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 Hussain 29/7/26
7.	Dr. Mohan Murari Prasad	Dept. of Commerce	Mohan Prasad 29/7/26
8.	Gayatri Rani	Leans Club Harmony	Gayatri Rani 29.7.26
9.	Kuldeep Kumar	Lions Club Haras	Kuldeep Kumar 29/7/26
10.	Amrita Gupta	Lions Club of Harmony	Amrita Gupta 29/7/26
11.	Dr. Sapna Barua	Pol. Science	Sapna Barua
12.	Dr. Norah. N. Shaw.	English	Norah Shaw
13.	Dr. Madhulika Lita.	History	Madhulika Lita
14.	Dr. Shweta Kumari	History	Shweta Kumari
15.	Dr. Nisha Kumari	History	Nisha Kumari
16.	Dr. Madhu	Hindi	Madhu
17.	Dr. Ashu Gupta	Harmony	Ashu Gupta

Name of students	class / Roll no.	Dept.	Sig.
Shivani Kumari	U.G. Sem V 814/91	Psychology	Shivani
Sulekha Kumari	U.G. Sem V 509/20	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 Khori	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
Minalshi Kumari	P.G. Sem III 42	Psychology	Minalshi
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
Kadha Kumari	P.G III 78	Psychology	Kadha
Safona Kumari	U.G VII 2	Psychology	Safona
Anshu Kumari	P.G III 43	Psychology	Anshu
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
Anisha Kumari	U.G V 119	(MTC) By Anisha Kumari	Anisha
Reshmi Prasad	U.G VII 11	(MTC) By Reshmi	Reshmi
Mariyam Zakari	U.G " 14	Psycho (Major)	Mariyam
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 858	Psy (MTC) Ekta Singh	Ekta
Nupur Singh	UG-3rd 30	Psy (MTC) Nupur Singh	Nupur
Tanya K.	UG-3rd 91	Psy (MTC) Tanya K.	Tanya
Rani Kumari Singh	UG-3rd 578	Psy (MTC) Rani Kumari Singh	Rani
Abhilasha Kumari	P.G 3rd 19	Psychology	Abhilasha
Zoha Firoz	P.G 3rd 60	Psy - Political Sci	Zoha
AHAM FATIMA	P.G 3rd 105	Psy - Political Sci	AHAM
Rajal Kumari	U.G / 60 (22)	Psy - Political Sci	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 III 77	Psychology	Sweeta
UAYTRI KUMARI	P.G III 15	Psychology	Uaytri
Anju Kumari	P.G Sem III 53	Psychology	Anju
Manisha Kumari	P.G II 21	Psychology	Manisha
Sweet Kumari	P.G Sem III 67	Psychology	Sweet
Sunny Kumari	P.G Sem III 21	Psychology	Sunny
Savika Kumari	U.G Sem - III 395	Psychology	Savika
Swati Raj	U.G Sem V 232	Political Sci	Swati
Rita Kumari	U.G Sem V 118	Political Sci	Rita
Guhani Sehgal	U.G Sem V 348	Psy	Guhani
Sonam Kumari	U.G Sem V 348	Psy	Sonam
Asma Rizwan	U.G Sem V	Psy	Asma
Ayesha Rizwan	U.G Sem V	Psy	Ayesha
Vinita Kumari	M.Com Sem III	Roll no-02	Vinita
Vashta Kri	M.A Sem III	Roll no-03	Vashta
Pushpa Kri	U.G Sem VII 19	Psy	Pushpa
Aditi	U.G Sem VII 30	Psy	Aditi
Mayuri Kumari	U.G Sem VII 792	Psy	Mayuri
Tanya Kumari	U.G Sem VII 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	Psy	Sakshi
Sneha Mehda	U.G Sem V 293	Psy	Sneha
Priya Kumari	B.A Sem V 187	Psy	Priya
Montasha Nazki	B.A Sem V 1634	Psy	Montasha
Prachi Sharma	B.A Sem V (MTC) 129	Psy	Prachi

श्री अरविंद महिला कॉलेज



गुरु पूर्णिमा के अवसर पर श्री अरविंद महिला कॉलेज के मनोविज्ञान विभाग एवं परामर्श केंद्र के संयुक्त तत्वावधान में भारतीय मनोविज्ञान दिवस मनाया गया। कार्यक्रम की अध्यक्षता प्राचार्या प्रो. रेखा रानी ने की। उन्होंने कहा कि भारतीय मनोविज्ञान वर्तमान समय में मानसिक स्वास्थ्य, व्यक्तित्व विकास और सकारात्मक जीवन-दृष्टि के लिए अत्यंत प्रासंगिक है।

अरविंद महिला में भारतीय मनोविज्ञान दिवस पर कार्यक्रम

पटना | पटना के अरविंद महिला कॉलेज में मनोविज्ञान विभाग और परामर्श केंद्र के संयुक्त तत्वावधान में गुरु पूर्णिमा के अवसर पर भारतीय मनोविज्ञान दिवस आयोजित किया गया। शुरुआत दीप प्रज्वलन और गुरु वंदना से हुई। कॉलेज की प्राचार्य रेखा रानी ने अध्यक्षीय संबोधन में कहा कि भारतीय मनोविज्ञान आज के समय में मानसिक स्वास्थ्य और व्यक्तित्व विकास के लिए अत्यंत प्रासंगिक है। विभागाध्यक्ष वेली सिन्हा ने स्वागत भाषण में दिवस की महत्ता पर प्रकाश डाला। मुख्य अतिथि कीर्ति, नोडल ऑफिसर, परामर्श केंद्र, पीपीयू ने सकारात्मक सोच और मानसिक संतुलन को जीवन की आवश्यकता बताया।