



HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A' GRADE

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"Educating hearts and minds"

REPORT ON EXHIBITION BY DEPARTMENT OF PSYCHOLOGY HOLY CROSS COLLEGE ON THE OCCASSION OF WORLD MENTAL HEALTH DAY.

Date: 10-10-2023

Venue: Main Hall, Department of Psychology

Introduction

The Department of Psychology, in collaboration with Department of social work and The Centre for Counselling Holy Cross College organized an enlightening exhibition on 10TH OF October 2023. The event aimed to showcase the diverse fields of psychology, raise awareness about mental health, and highlight the innovative research and projects undertaken by students and faculty members.

Objectives

- To educate visitors about various branches of psychology.
- To promote mental health awareness and well-being.
- To display student research projects and creative works.
- To facilitate interactive sessions and workshops on psychological topics.

Event Highlights

Inaugural Ceremony:

The exhibition was inaugurated by Dr. Priyajyoti Chakma, Psychiatrist and Organizing Secretary Indian Psychiatric Society ,TSB who emphasized the

importance of mental health awareness and the role of psychology in everyday life and also on the evolving landscape of psychological sciences.

Exhibition Stalls:

- 1) **Development of Psychology:** Stall dedicated to various advancements in the psychological sciences. It showcased the development and commencement of psychology as an individual discipline to its present day position.
- 2) **School of thoughts:** It showcased the various school of thoughts such as Structuralism, Functionalism, Behaviourism, Psychoanalysis, Gestalt, Humanistic, Positive psychology.
- 3) **Mental Health Awareness:** This stall focused on common mental health issues, stress management techniques, and the importance of seeking professional help. Importance of counselling psychology was explained.
- 4) **Posters exhibition stall :** Handmade Posters on Mental health awareness prepared by students of Department Psychology and BSW were also exhibited .

Interactive Demonstrations:

Psychological Assessments: Demonstrations on various psychological tests and assessments, including personality tests, intelligence tests, and coping skills inventories.

Feedback and Interaction:

Visitors, including students, faculty, and guests, were encouraged to provide feedback on the exhibition. Interactive boards and feedback sheets were placed around the venue to gather insights and suggestions.

Conclusion

The exhibition was a resounding success, drawing a large number of visitors and fostering a deeper understanding of psychology and mental health. The event not only showcased the academic and research achievements of both the Department of Psychology but also reinforced the importance of mental well-being in the community. The collaborative efforts of both the departments and the Centre for Counselling were instrumental in making the exhibition an impactful and memorable experience for all attendees.



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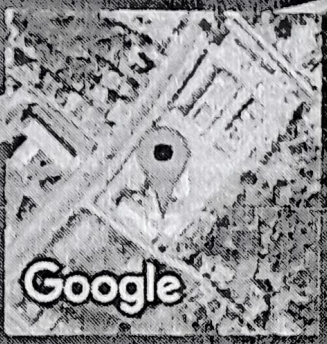
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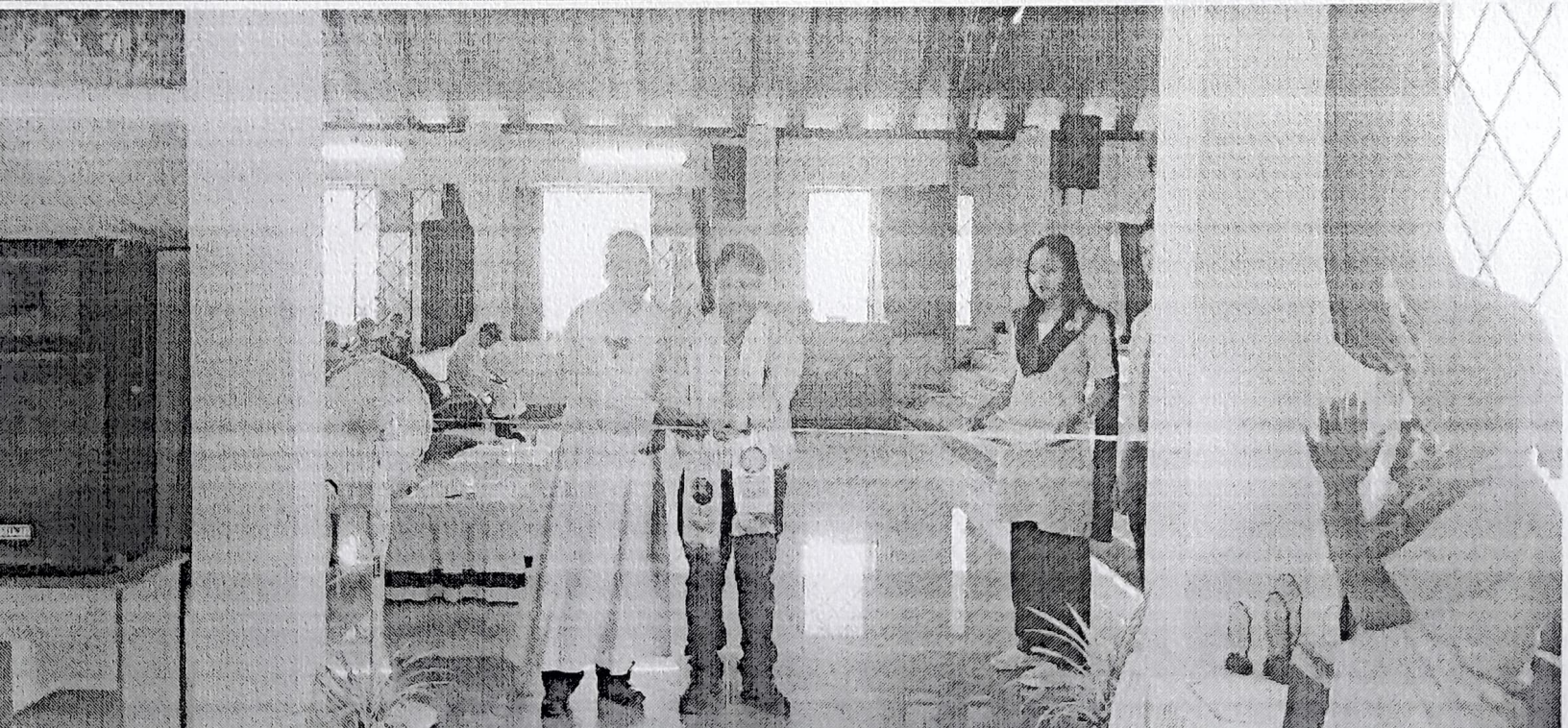
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