



University of Patanjali
Faculty of Humanities & Ancient Studies
Department of Psychology

Department Activity Report
Academic Year 2023-2024



Department Activities

Sl.No.	Date	Event	Venue	No of Participants
1	21/09/2023	World Alzheimer Day	Mini Auditorium	150 students
2	21/09/2023	Cleaniness Campaign	From University Campus to Patanjali Research Foundation & vice versa	150 students
3	6/10/2023	World Smile Day	Psychology Laboratory	60 students
4	10/10/2023	World Mental Health Day	Yoga Hall II, Ancient Science Block	200 participants



पत्रांक (Ref.) :

दिनांक (Date) : 18/09/2023

Notice

World Alzheimer Day

All the students of Psychology and faculty members are hereby informed that the department is going to organize a one day seminar on “World Alzheimer’s Day”. A series of lectures by students, research Scholar’s and experts will be delivered. All of you are cordially invited in the program. The presence of psychology students is mandatory.

Chief Guest:

Prof. Rajaram Yadav, Ex Vice Chancellor, Veer Bahadur Singh Purvanchal University, Jaunpur,

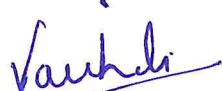
Subject Experts:

Dr Manish Asthana, Assistant Professor, IIT Roorkee

Venue: Mini Auditorium

Date: 21/09/2023

Time: 3.00p.m . to 6.00 p.m


Dr. Vaishali Gaur,
Head, Department of Psychology,
University of Patanjali, Haridwar
HOD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR

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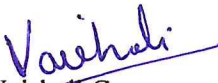


PROGRAM SCHEDULE



Sl.No.	Time	Activities
1	4:00 p.m. to 4:05 p.m.	Tilak, Lamp lighting & Swasti Vachan
2	4:05 p.m. to 4:10 p.m.	Address by Dr. Vaishali Gaur, Head, Dept. of Psychology
3	4:10 p.m. to 4:12 p.m.	First talk: by Shrey (BA Final Year)
4	4:12 p.m. to 4:14 p.m.	Second talk :by Neha Dahiya (MA Psychology First Year)
5	4:14 p.m. to 4:19 p.m.	Third talk :Ph.D Scholar (Pooja)
6	4:20 p.m. to 4:35 p.m.	Field Expert: (Dr. Manish K. Asthan) Department of Humanities & Social Science, IIT Roorkee
7	4:36 p.m. to 4:50 p.m.	Chief Guest: (Prof. Rajaram) Ex Vice Chancellor, Veer Bahadur Singh Purvanchal University, Jaunpur
8	4:50 p.m. to 5:00 p.m.	Vote of thanks by Dr. Abhishek K Bhardwaj, Associate Professor, Dept. of Psychology


World Alzheimer Day was celebrated by the students of psychology on September 21, 2023, in the mini auditorium, administration block. World Alzheimer Day is a global effort to raise awareness and challenge the stigma revolving around Alzheimer disease and other dementias. With this idea in mind, students of psychology conducted this program with full enthusiasm. Knowledgeable speeches were given by the students to develop scientific insights for the audience. Our field expert, Dr. Manish K. Asthana, Assistant Professor, Psychology, from IIT Roorkee, explained every aspect of Alzheimer and dementia as an umbrella term.

The Chief Guest of this program, Prof. Rajaram, Ex Vice Chancellor, Veer Bahadur Singh Purvanchal University, Jaunpur, gave his speech and provided guidance to the students by sharing his personal experiences of life. Students have acquired an ample amount of knowledge from our guests. Finally, a vote of thanks was given by our motivational and spiritual guru, Swami Pramarth Devji.



Dr. Vaishali Gaur,
Head, Department of Psychology,
University of Patanjali, Haridwar

DR. VAISHALI GAUR
HOD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR


UNIVERSITY OF PATANJALI




Department of Psychology





FACULTY OF HUMANITIES & ANCIENT STUDIES

Presents

A Seminar on World Alzheimer's Day - 2023


! Remember Those, Who can't Remember!





**WORLD
ALZHEIMER'S
DAY**


21 SEP



(Organizer)

Dr. Vaishali Gaur


Head, Department of Psychology
University of Patanjali, Bharat



Uttarakhand

Theme :- Never Too Early , Never Too Late

SEP. 21 | 04:00 PM IST



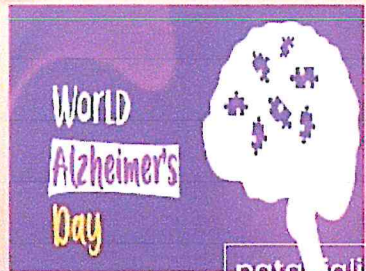
(Co-Organizer)

Dr. Abhishek Bhardwaj


Asst. Prof., Department of Psychology
University of Patanjali, Bharat

Department of Psychology

University of Patanjali, Haridwar



**World
Alzheimer's
Day**




Theme

21st September

Aim

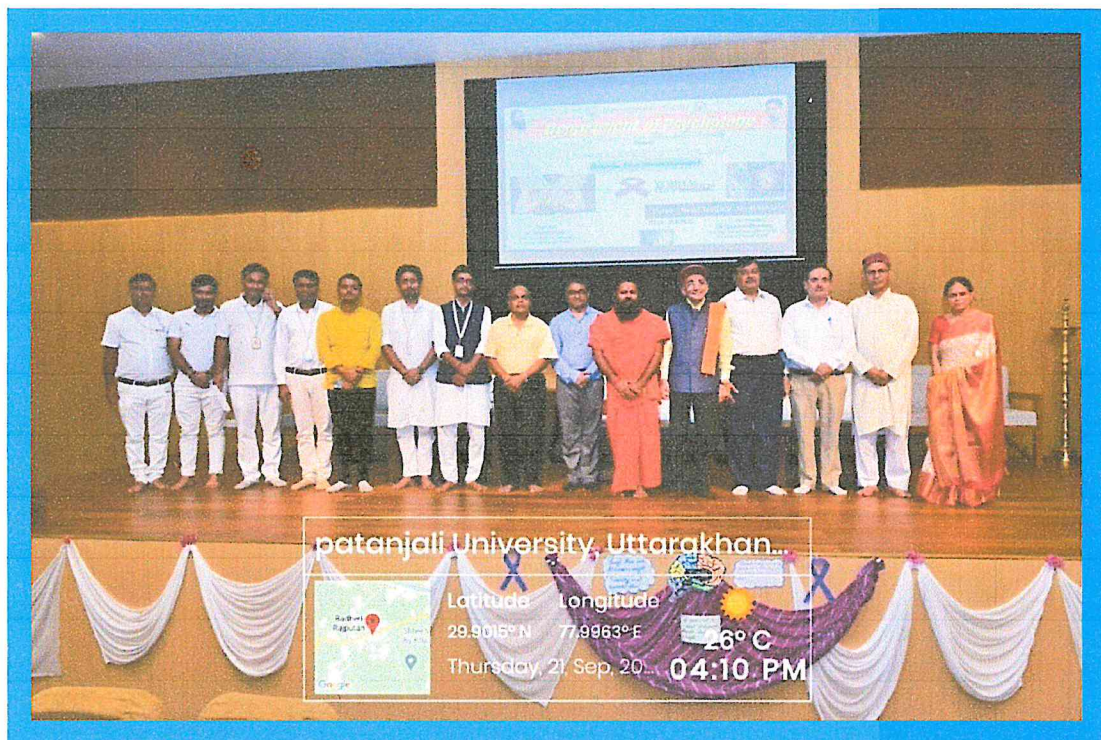
**Never too early
Never too late**



Patanjali University, Uttarakhand

Latitude	Longitude	
28.9015° N	77.9963° E	
Thursday, 21 Sep. 20		28° C 04:10 PM

To create awareness to root
out stigma associated with
Alzheimer's



Group photo of celebrating world Alzheimer Day by our chief guest, field expert and faculty members



Chief Guest, field expert and faculty members on the occasion of world Alzheimer Day



Chief Guest, field expert, faculty members and students of Psychology on the occasion of world Alzheimer Day



पत्रांक (Ref.) :

दिनांक (Date) : 29/09/2023

Notice

Cleanliness Campaign

2 October, 2023

All the students of Psychology are hereby informed that the department is going to run a cleanliness campaign on 1/10/2023. The motto of this campaign is to make India clean and pollution free. Cleanliness activities will be performed by the students and faculty members. Your active participation is mandatory.

Chief Guest: Prof. N.P.Singh, Chairperson, Bhartiya Shikha Parishad UOP

Venue: From University of Patanjali to Patanjali Research Foundation

Time: 900a.m. to 12.00 p.m.

Dr. Vaishali Gaur,
Head, Department of Psychology,
University of Patanjali, Haridwar
HOD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR


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- All Faculty Dean, University of Patanjali, Haridwar
- Dean, Academic & Research /Asst. Dean, Academic & Research, UOP.
- Boy's Hostel Warden/ Girl's Hostel Warden, UOP/Office File

Report on Cleaniness Campaign

October 2, 2023

This year Gandhi Jayanti was celebrated with the theme of "Ek Tareekh, Ek Ghanta, Ek Saath ". As per the guidelines given by our Indian Government, we contributed one hour to make our surroundings neat and clean. The University of Patanjali organized a Clean Campus campaign on 1st October 2023 to educate and to promote civic sense among the student community. Active participation was made by all the students and faculty members to spread awareness about green and clean India. Students were advised not to throw paper plates, water bottles, paper cups, tissues, and many unwanted things on campus Lawns, Library, cafeteria, umbrella canteen, garden, sitting area, corridors, classrooms, pathway and other open areas which are very unhygienic to all of us. They were also informed to make the college campus & class rooms a beautiful place as it makes individuals healthier when the environment around them is healthy.


Dr. Vaishali Gaur,
Head, Department of Psychology,
University of Patanjali, Haridwar

Dr. VAISHALI GAUR
HOD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR



Cleanliness Campaign in Patanjali University



Group Photo of faculty and students of MA Psychology



Cleaning highway in front of Patanjali University



Head of the department of Psychology with Post Graduate students during cleanliness campaign



पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

35

पत्रांक (Ref.) :

दिनांक (Date) : 7/10/2023

Notice

World Mental Health Day

All the students of University of Patanjali, Haridwar are hereby informed that the Department of Psychology is organizing one day “**World Mental Health Exhibition**” on 10th October, 2023 from 2.00 p.m to 5.00 p.m at Yoga Hall 2 (Ancient Studies Building). All faculty members and students are cordially invited in the program. The Presence of psychology students is mandatory in the Program.

Dr. Vaishali Gaur,
Head, Department of Psychology,
University of Patanjali, Haridwar
UNIVERSITY OF PATANJALI, HARIDWAR

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World Mental Health Day

10/10/2023

PROGRAM SCHEDULE

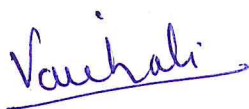
Sl.No.	Time	Activities
1	3:00 p.m. to 3:05 p.m.	Tilak, Lamp lighting & Swasti Vachan
2	3:05 p.m. to 3:10 p.m.	Brief Introduction About Mental Health (By Dhruvji & Kanikaji, Students of BA Final Year)
3	3:10 p.m. to 3:15 p.m.	Address by Dr. Vaishali Gaur Head, Dept. of Psychology
4	3:15 p.m. to 3:22 p.m.	Special Lecture by Chief Guest Honourable Pro Vice Chancellor, UOP
5	3:22 p.m. to 3:45 p.m.	Evaluate of the posters by Judges
6	3:45 p.m. to 3:50 p.m.	Vote of thanks by Dr. Abhishek K Bhardwaj Associate Professor, Dept. of Psychology

Report on World Mental Health Day

October 10, 2023

World Mental Health day was celebrated on 10th October, 2023 by psychology students in Yoga Hall II, Ancient Studies Building. Exhibition of World Mental Health Day was conducted with poster making competition with the intent to make us more aware about mental health, psychological well being and difficulties related to it. The program started with the speech of our Chief Guest Pro Vice Chancellor Dr. Mahavir Agarwal where he shared his thoughts about the increasing number of mental illnesses in our society and how we can change it. He has taught about the intervention of practicing yoga for understanding our potential.

With the continuation of the program posters were being presented by the students in front of our chief guest and judges. Certificates were distributed to the position holders.



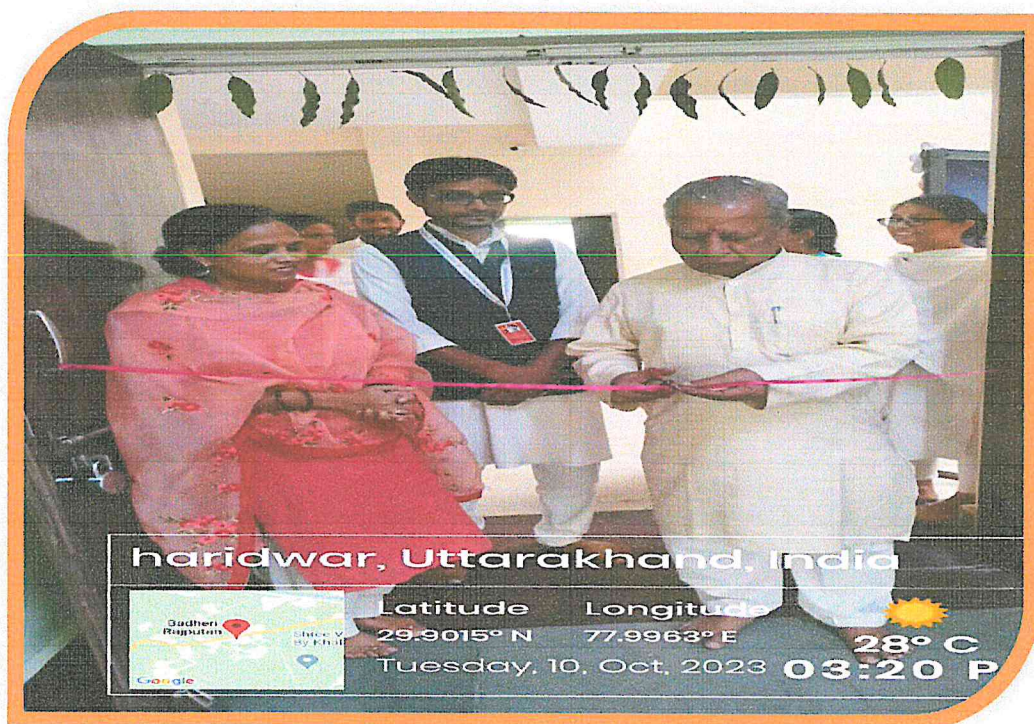
Dr. VAISHALI GAUR
MOD, DEPARTMENT OF PSYCHOLOGY
Head, Department of Psychology, DWAR
University of Patanjali, Haridwar



World Mental Health day in yoga hall, Ancient Science building



Pro Vice Chancellor with Post Graduate students of Psychology



Ribbon cutting ceremony by Pro Vice Chancellor

शिव संकल्प युक्त मन से मानसिक स्वास्थ्य संभव : प्रो महावीर

जागरण संवाददाता, हरिद्वार : पतंजलि विश्वविद्यालय के मनोविज्ञान विभाग की ओर से विश्व मानसिक स्वास्थ्य दिवस पर लोगों में एक-दूसरे के प्रति जागरूकता फैलाने के उद्देश्य से प्रदर्शनी का आयोजन किया गया। इसका विषय 'मानसिक स्वास्थ्य: मानव का सार्वभौमिक अधिकार' रहा।

इसमें स्नातक व स्नातकोत्तर के विद्यार्थियों ने भारतीय और पारंपारिक चिकित्सीय उपायों को ध्यान में रखकर विभिन्न प्रकार के पोस्टर प्रदर्शनी के माध्यम से मानसिक स्वास्थ्य संरक्षण का संदेश दिया।

प्रदर्शनी का आयोजन मनोविज्ञान विभाग की अध्यक्ष डा. वैशाली गौड़ एवं एसोसिएट प्रोफेसर डा. अभिषेक

- पतंजलि विश्वविद्यालय के मनोविज्ञान विभाग की ओर से कार्यक्रम किया गया आयोजित
- प्रदर्शनी का विषय 'मानसिक स्वास्थ्य: मानव का सार्वभौमिक अधिकार' रहा

कुमार भारद्वाज के निर्देशन में हुआ। प्रदर्शनी समारोह के मुख्य अतिथि प्रो. महावीर अग्रवाल ने शारंगिक बल के साथ-साथ मनोबल और आत्मबल संवर्धन का संदेश देते बताया कि हम सबमें असीमित क्षमता है। कहा कि शिव संकल्प युक्त मन से मानसिक स्वास्थ्य संभव है। उन्होंने योगगृह के बताए सूत्र 'विकल्प रहित संकल्प'

एवं 'असंशय-प्रसंग प्रसव' की उत्तरा विविध संदर्भों के साथ की। कार्यक्रम संयोजिका डा. वैशाली गौड़ ने बताया कि पूरा दुनिया में मनोरोगियों को संख्या में लगातार वृद्धि हो रही है, जो चिंता का विषय है। मनोविज्ञान विभाग के एसोसिएट प्रो. डा. भारद्वाज ने मनोरोगों के सामान्य कारणों पर चर्चा करते कहा कि व्यक्तिगत जीवन और कार्यक्षेत्र दोनों में एक प्रकार का सामंजस्य आवश्यक है। डा. नागराज, डा. दीक्षा एवं डा. आरती यादव ने प्रदर्शनी में प्रतिभागियों का परीक्षण किया। इस मौके पर विविध विभागों के प्राध्यापकों, शोधार्थियों और छात्र-छात्राएं उपस्थित रहे।



प्रदर्शनी का अदलोकन करते प्रो. महावीर अग्रवाल • पतंजलि

आयोजन

पतंजलि विवि के मनोविज्ञान विभाग द्वारा विश्व मानसिक स्वास्थ्य दिवस का आयोजन

मनोबल व आत्मबल संवर्धन का संदेश दिया

माई सिटी रिपोर्टर

हरिद्वार। विश्व मानसिक स्वास्थ्य दिवस पर पतंजलि आयुर्वेद विश्वविद्यालय में प्रदर्शनी का आयोजन हुआ। संबोधित करते हुए वैदिक विद्वान प्रो. महावीर अग्रवाल ने शारीरिक बल के साथ-साथ मनोबल व आत्मबल संवर्धन का संदेश दिया। उन्होंने कहा कि हम सब में असीमित क्षमता है, इसे अनवरत योगाभ्यास से जाना जा सकता है। उन्होंने स्वामी रामदेव के बताए सूत्र 'विकल्प रहित संकल्प' एवं 'अखण्ड-प्रचण्ड पुरुषार्थ' की व्याख्या विविध संदर्भों के साथ की।

कार्यक्रम की संयोजिका डॉ. वैशाली गौड़ ने बताया कि पूरी दुनिया में मनोरोगियों की संख्या में लगातार वृद्धि हो रही है जो चिंता का विषय है। मनोविज्ञान विभाग के एसोसिएट प्रो. डॉ. भारद्वाज ने मनोरोगों के सामान्य कारणों पर चर्चा करते हुए कहा कि व्यक्तिगत जीवन एवं कार्यक्षेत्र दोनों में एक



विश्व मानसिक स्वास्थ्य दिवस पर पतंजलि विवि में मौजूद छात्राएं। स्रोत: संस्थान

मनोरोगियों की संख्या में वृद्धि को बताया चिंताजनक

प्रकार का सामंजस्य आवश्यक है। उन्होंने नियमित स्नान पर आत्मनिरीक्षण एवं स्वाभ्यास पर प्रकाश डाला। कार्यक्रम का संचालन बी.ए. तृतीय वर्ष के छात्र ध्रुव एवं कनिका ने किया।

इसमें स्नातक व स्नातकोत्तर के विद्यार्थियों ने भारतीय व पश्चात्य

चिकित्सीय उपायों को ध्यान में रखकर विभिन्न प्रकार के पोस्टर प्रदर्शनी के माध्यम से मानसिक स्वास्थ्य संरक्षण का संदेश दिया।

डॉ. नागराज, डॉ. दीक्षा एवं डॉ. आरती यादव ने इस प्रदर्शनी में प्रतिभागियों का परीक्षण किया। इनमें प्रथम, द्वितीय एवं तृतीय स्थान प्राप्त करने वाले विद्यार्थियों को विशेष पुरस्कार से सम्मानित किया गया।



पत्रांक (Ref.) :

दिनांक (Date) : 3/10/2023

Notice World Smile Day

All the students of University of Patanjali, Haridwar are hereby informed that the Department of Psychology is organizing one day event, “World Smile Day” on 6th October, 2023 from 2.00 p.m to 5.00 p.m at Psychology laboratory (Ancient Studies Building). All faculty members and students are cordially invited in the program. The Presence of psychology students is mandatory in the Program.

Vaishali

Dr. Vaishali Gaur,
Head, Department of Psychology,
University of Patanjali, Haridwar
HOD, DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR

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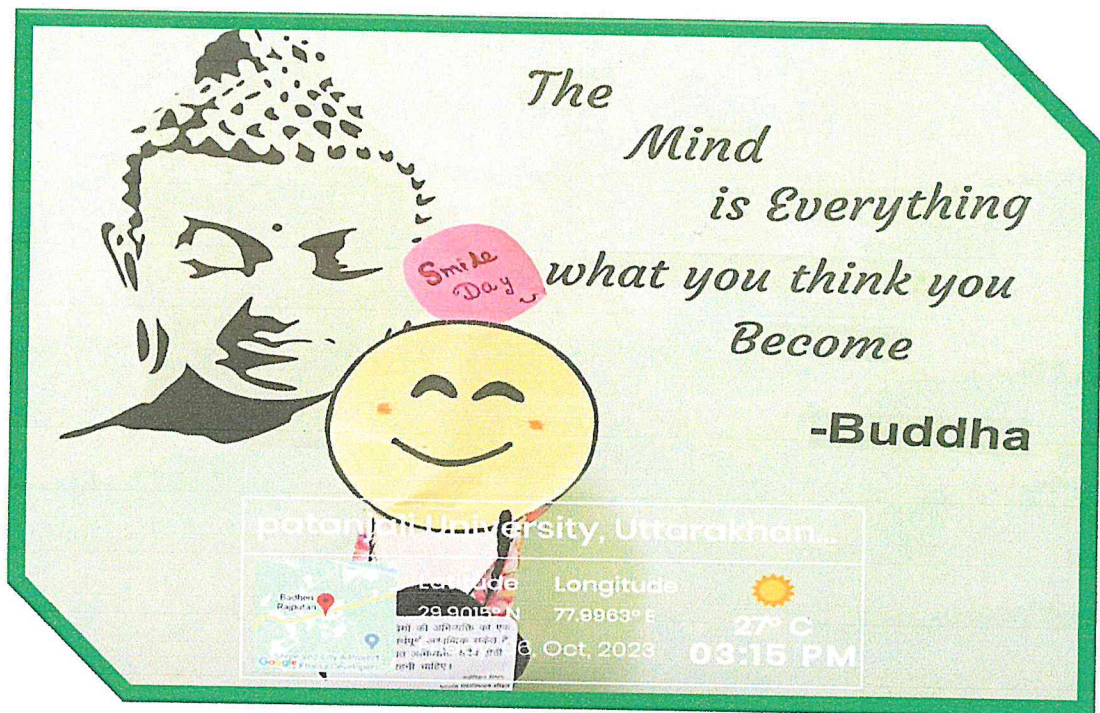
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Report on World Smile Day

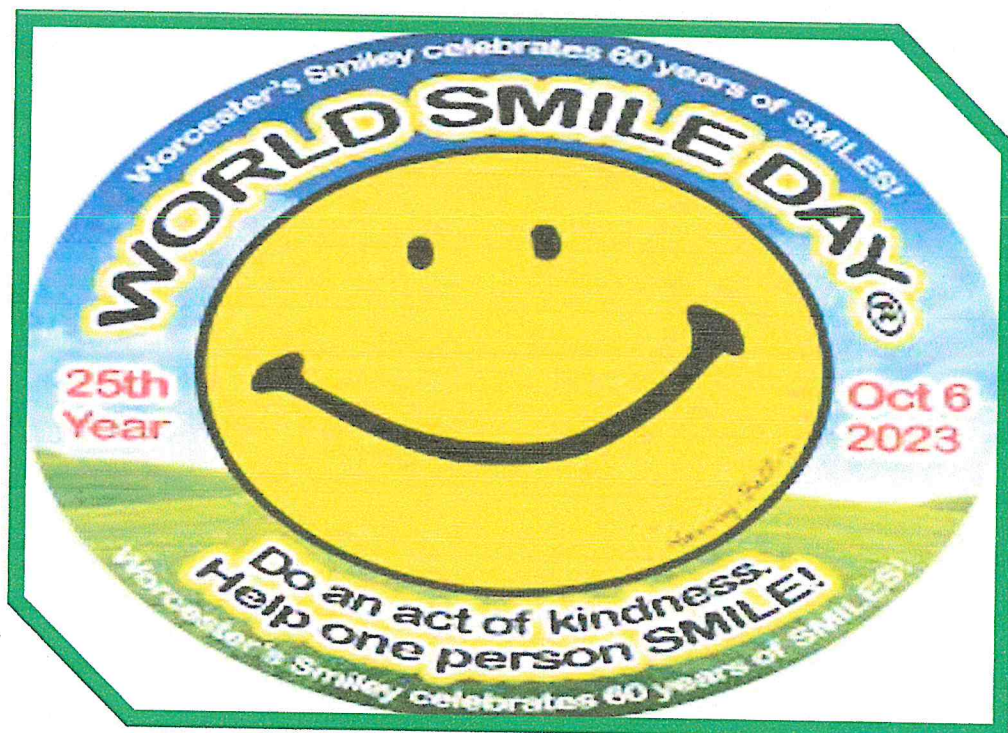
October 6th, 2023

World Smile Day is celebrated on the first Friday in October every year and is a day dedicated to "good cheer and good works", this year it falls on October 6. Smiling is a simple way to create the world a better place to live a harmonious life. Smile is a non verbal and powerful gesture that radiates warmth, happiness and kindness. It is a universal language of positivity and connection, transcending cultural and linguistic boundaries. A genuine smile has the ability to not only lift our own spirits but also brighten the day of those around us, mend relationships, ease tension and bridge gaps between strangers. In accordance with this, self composed slogans were created and presented by the students.

Dr. Vaishali Gaur
Head, Department of Psychology,
University of Patanjali, Haridwar
DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF PATANJALI, HARIDWAR

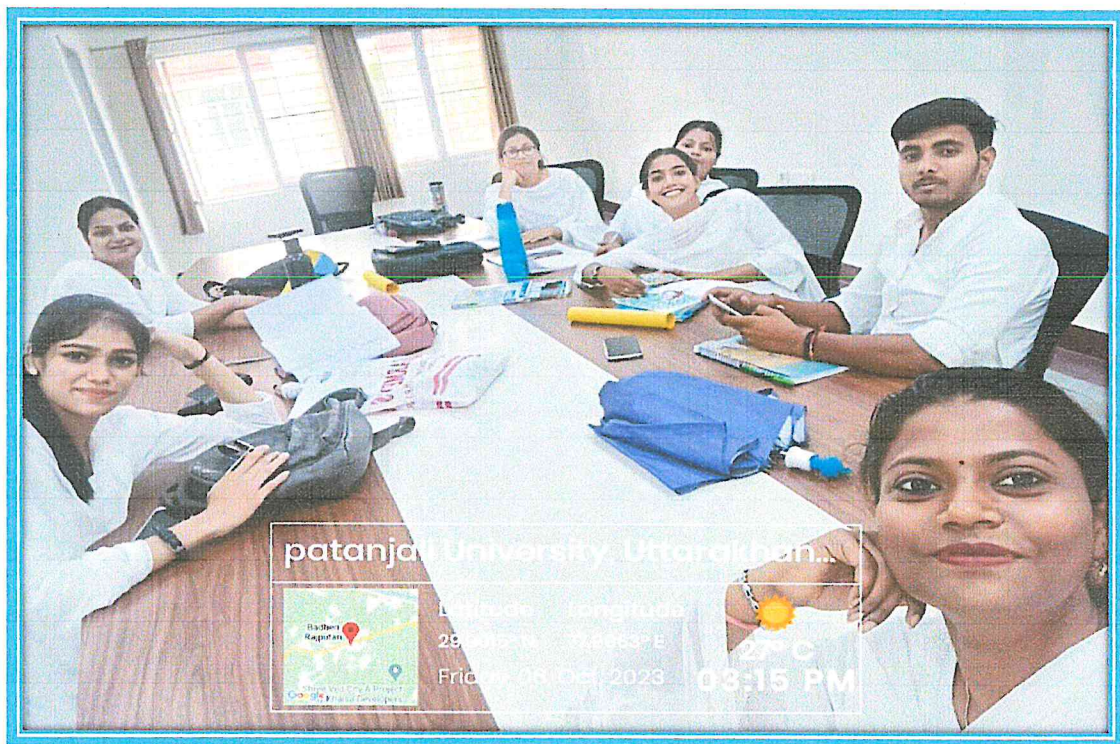


Poster of World Smile Day





Lamp lighting by Pro Vice Chancellor Dr. Mahvir Agrawal



Group photo of Post Graduate students of MA Psychology



हिन्दुस्तान

www.livehindustan.com

देहरादून
शनिवार
7 अक्टूबर 2023

04

पतंजलि में मुस्कुराहट दिवस का आयोजन

हरिद्वार, संवाददाता। पतंजलि विश्वविद्यालय के मानविकी एवं प्राच्य विद्या संकाय के मनोविज्ञान विभाग के द्वारा मुस्कुराहट दिवस का आयोजन किया गया। छात्र-छात्राओं के संवेगात्मक विकास को उन्नत करने के लिए इस कार्यक्रम का आयोजन किया गया। योग एवं मनोविज्ञान (यथार्थ ज्ञान एवं प्रयोग) के माध्यम से एक मनुष्य कुशलता पूर्वक अपने संवेगों की अभिव्यक्ति करने में सक्षम बनता है। पतंजलि विश्वविद्यालय के कुलाधिपति रामदेव महाराज एवं कुलपति आचार्य बालकृष्ण महाराज

- मनोविज्ञान विभाग द्वारा आयोजित हुआ कार्यक्रम
- प्रतिकुलपति ने किया छात्रों को संबोधित

सदैव अपनी मोहक मुस्कान के माध्यम से समस्त पतंजलि परिवार को प्रेरित करके मार्ग से महामानव बनने का संदेश देते हैं। प्रति कुलपति ने सभी छात्र एवं छात्राओं को संबोधित करते हुए कहा की वातावरण अनुकूल हो या प्रतिकूल मनुष्य के मुख पर सदैव मोहक मुस्कुराहट रहनी चाहिए।