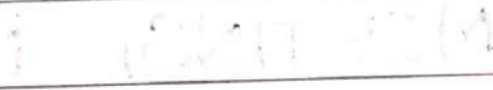


As per instructions of IQAC,
Counseling club is formed in the
Dept. of Psychology on 07. Feb. 2024.


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 Sanskriti Dama
Convenor
Counseling club

First Meeting of Counseling Club - 12.02.2024

Counseling Club is made with a vision to cultivate & nurturing & Supportive Psychological environment for College students.

The Counseling club will be tasked with organising a range of activities, discussions aimed at enhancing the well being & personal growth of students.

Following are the members of Counseling Club -

- 1.) Girisish Kishnani
- 2.) Shikhar Maywadi
- 3.) Vinayak Khab
- 4.) Abhishek Dhokig
- 5.) Rahul Raikwar
- 6.) Dr. Shalin

Shalin

Shikhar

Vinayak

Abhishek

Rahul

12.2.24

Sanskriti Damade

Convener

Counseling Club/Cell

Shalin

HOD, Psychology

Shalin

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22.4.24

The meeting of Counseling Club was organized on 22.4.24. Various issues were discussed regarding organisation of activities related to our subject. A activity for world healing day is planned on 01. May. 2024. in which we will have a activity of healing circle where Guided meditation will take place as a part of healing.

Attended by

1. Ganish D. Vishnani
Ganish

2. Shikhar Maywal
Shikhar

3. Vinayak KHATI
Vinayak

4. Abhishek Dhokiyee
Abhishek

5. Rahul Raikwar
Rahul

[Signature]
22.4.24
Head, Counseling Club

[Signature]
HOD, Psychology

Date: 07.05.2024.

Notice: Guided Meditation Activity

Department of Psychology & Counseling club is going to conduct an activity of Guided Meditation. This Activity is designed to promote mental well being & relaxation, where you can learn the theoretical aspect & Practical way of experiencing Guided meditation.


Date: 09.05.2024

Time: 12:30pm

Location: Psychology Department.

All students of the department should compulsorily attend this activity at 12:30pm in Dept. of Psychology.


SANSKRITI DAMAD
CONVEYOR


DR. SHAHIN GHANI
HOD, Psychology


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Report: Guided Meditation Activity by

Department of Psychology & counseling club.

Date: 09.05.2024

Venue: Psychology Department, Govt. Hamidia Arts & Commerce College, Bhopal

Participants: 23 students (U.G., P.G., Regular & Private students)

Objective:

The objective of the Guided meditation session was to introduce students to practice & learn mindfulness & meditation as a tool of stress management and emotional regulation.

Activities held on Guided meditation practice are:

- 1.) Introduction & Benefits of meditation: The session began with an introduction, its history & benefits for mental well-being.
- 2.) Guided meditation practice: students were guided by our M.A 4th sem student Shikhar Maywadi. He guided through a series of meditation exercises focusing on breath awareness, body scan & visualization techniques.
- 3.) Reflection & Discussion: After the meditation session, students were encouraged to share their experiences & insights. Many expressed feeling a relaxation & reduced stress.


Feedback from participants was positive, with many expressing interest in incorporating meditation into their daily routine.


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Outcome:

- 1) Learned Meditation: Students acquired knowledge about various meditation techniques.
- 2) Practiced meditation by applying the techniques learned to experience a state of relaxation & inner calm.
- 3) Learned Benefits of meditation.
- 4) Gained interest in meditation.

These outcomes indicate the positive impact of guided meditation on the mental well-being & personal development of the participants.


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GUIDED MEDITATION ACTIVITY BY

Department of Psychology & Counseling club

Date: 09.05.2024

Attendance:

| S.No. | NAME | CLASS | SIGN |
|-------|-----------------------------------------|------------------------|------|
| 01 | SHIKHAR MAYWAD | MA. PSY. 4th sem. | |
| 02 | DEVENDRA SINGH | MA. PSY. 4th Sem | |
| 03 | Alok kushwaha | MA PSY. 4th Sem | |
| 04 | Tarun Sharma | Ba 2nd year | |
| 05 | Hemendra Maokam | B.A. 2nd year | |
| 06 | Shwami Panthi | B.A II year | |
| 7. | Rahul Raikwar | MA (Psy) 2nd sem | |
| 8. | Sudheer Singh | MA (Psy) 2nd Sem | |
| 9. | Pratibha Rawat | MA (Psy) 4th Sem | |
| 10. | Shamsha Khon | MA (Psy) 4th sem | |
| 11 | Shubhanki kushwaha | BA III (Psy) | |
| 12. | Abhay Vishwakarma | BA III | |
| 13. | Kushagra Gaur | BA III year | |
| 14 | Peepes Chauhan | B.A III year | |
| 15) | Dinesh Vishwakarma | BA III year | |
| 16) | Abhishek Dhokiya | BA I Year | |
| 17) | Sanjeev Tiwari | BA I year | |
| (18) | Sourabh Dahiya | BA I year | |
| (19) | Nikhil Lodhi | BA I year | |
| (20) | Ayush Verma | BA I st year | |
| (21) | Kuldeep kushwaha | MA PSY 4th sem | |
| (22) | Mrs. Shweta Choubey | M.A. IV Sem. | |
| (23) | Hari Narayan Dwivedi HOD, Psychology | M.A. IV Sem Psychology | |

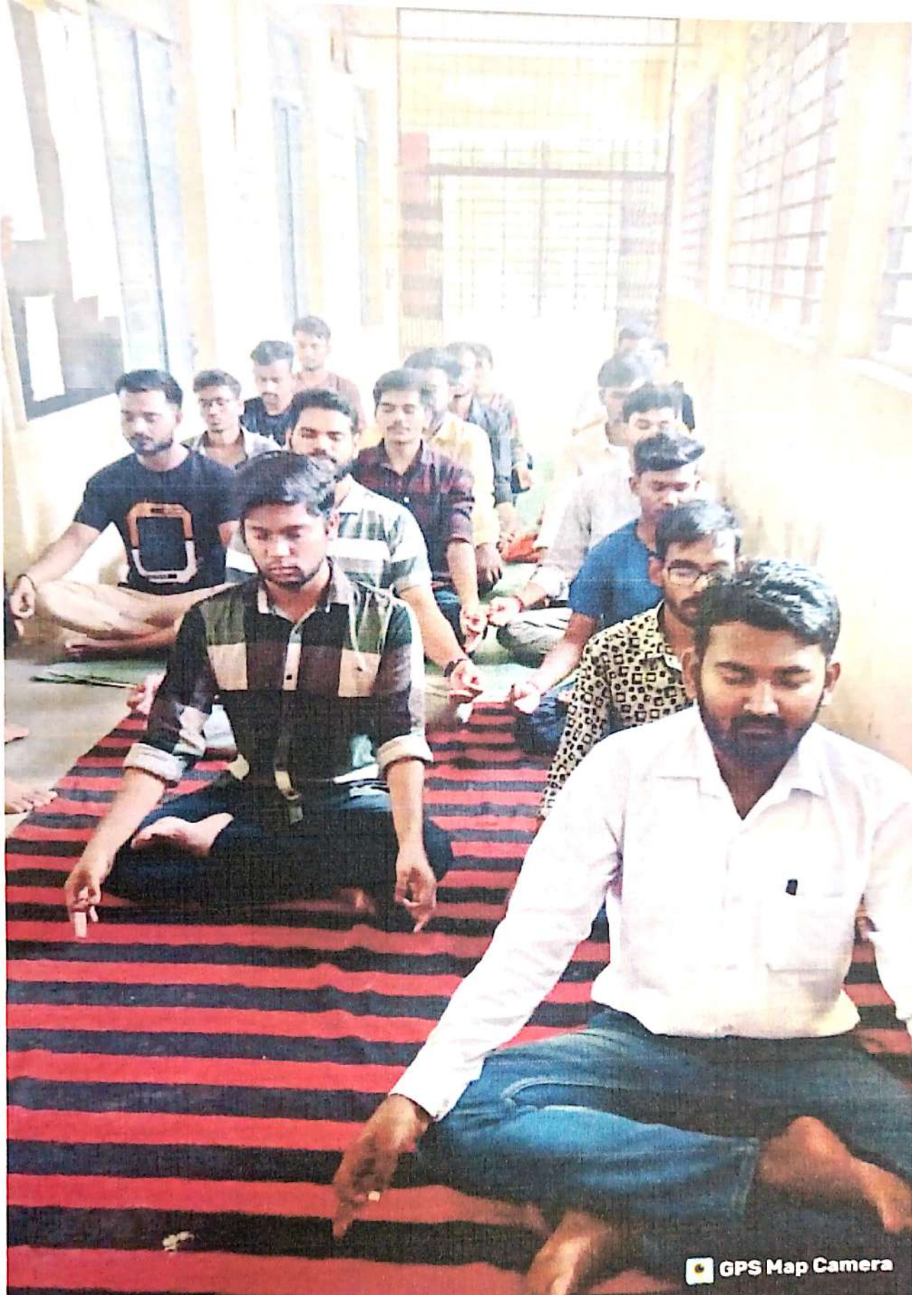


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DEPARTMENT OF PSYCHOLOGY AT A GLANCE

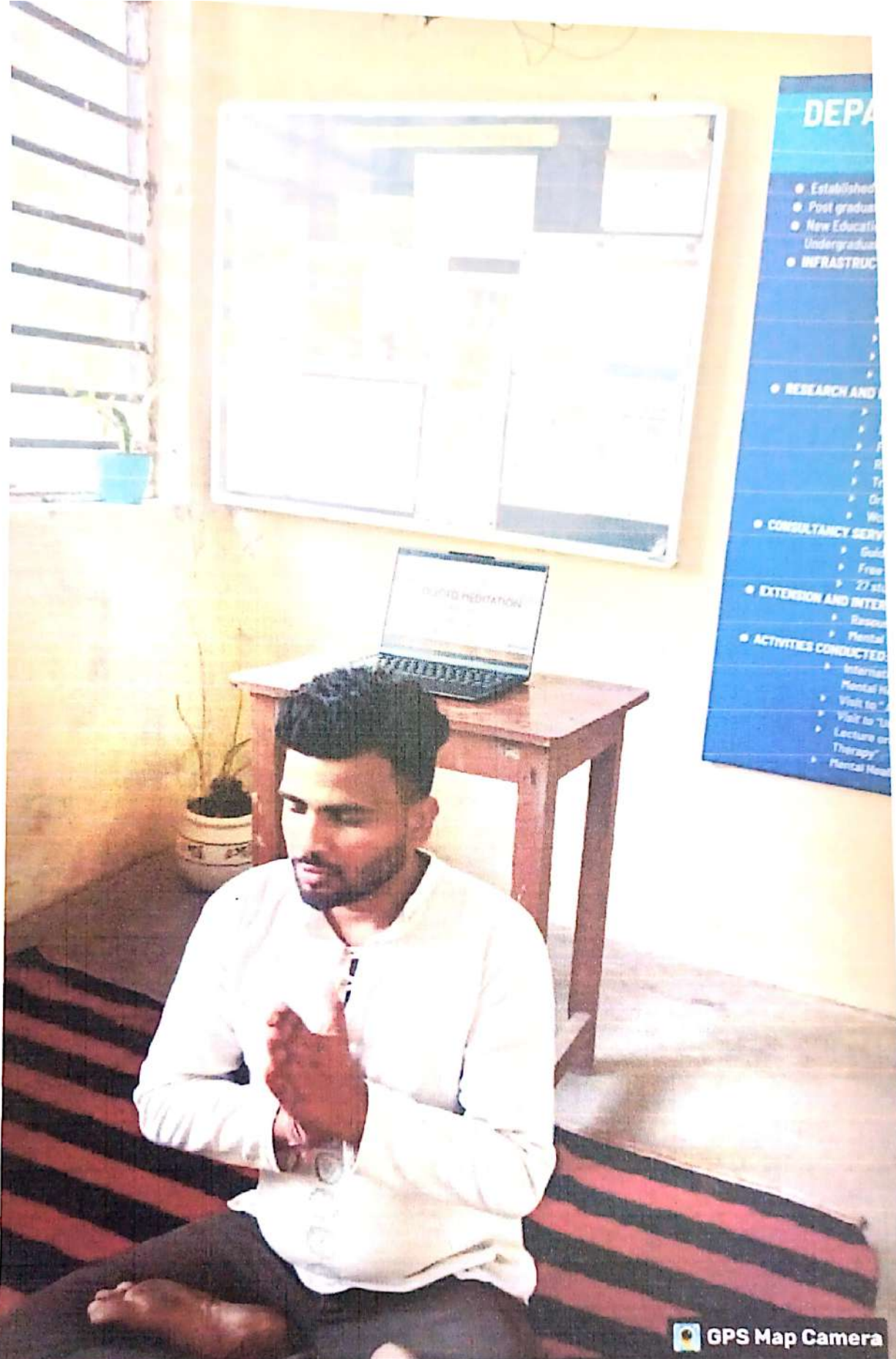
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Feedback for Guided Meditation Activity:

- ① Sucheer Singh MA IInd Sem (Psy) Singh
 Good Experience & Relax few
 Second mind.
- ② Rahul Raikwar MA IInd sem (Psy) Very Good Experience
 I got relief from my Headache problem
- ③ Yashwant Verma MA IVth Sem (Psy) Very insightful, &
 and amazing session, learned
 New informations
- ④ Hemendra Madkam B.A 2nd year Very good.
- ⑤ Abhay Vishwakarma BA. 3rd Amazing guided session.
- ⑥ Deendra Singh MA 4th Sem Thought Provoking Singh
- ⑦ Aksh Kushwaha MA 4th Sem - very relaxing & peaceful
 meditation practice Abh
- ⑧ Shubhank Kushwaha BA 3rd year It was quite relaxing on the
 moment
- ⑩ Keshava Gaur BA 3rd year gave me a new perspective
 towards thought process Abh
- ⑪ Sanjeev Tiwari B.A Ist year. 3rd of Activity of Meditation
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 session व लक्षण व लक्षण व
Sanjeev
- ⑫ Nikhil Lodhi BA Ist year. This is my first activity.
 It is very useful for us.
 It helps in increasing my
 concentration.

Abhishek Chouhan B.A III

ostensibly, It was quite mindfull, I felt very light while doing meditation, controlling thought is time taking process but if you have to see impacts of meditation, you'll observe that you can watch your thought objectively

Abhishek Dhokiyā B.A I year
I feel very peace mind, and observed Relaxes

Sourabh Dahiya BA I year

Very good activity in meditation to
Body Relax

Ayush Verma BA Ist year

Meditation is a key of success. In this era the people who does meditation he is so positive and dangerous.


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