




Name of Activity	Psychology club
Date of Conduction	15-12-2022
Organized By	Department of Psychology
Student Participated	25


Brief Report

The Psychology Club, established under the Department of Psychology at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, is a platform for students, faculty, staff and citizens to explore various psychological roots to remain happy in life. Its objectives are to promote mental health awareness, provide learning opportunities, encourage community engagement, and support personal development. The club organizes weekly meetings where members discuss recent developments in psychology, share research findings, and engage in practical exercises to enhance their understanding of psychological principles. The club also conducts guest lectures and seminars on various psychological topics, offering club members and participants a chance to interact with experts and gain insights into contemporary psychological practices and research. The club conducts outreach programs in schools, colleges, and community centers to educate the public about mental health issues and provide resources for support. These programs aim to break the stigma associated with mental health and encourage people to seek help when needed. The club offers peer counselling services to any individual who approaches, providing a safe space for individuals to discuss their issues and receive guidance and support from trained peers.





DEPARTMENT OF PSYCHOLOGY
Dr. Babasaheb Ambedkar
Marathwada University, Aurangabad



PSYCHOLOGY CLUB

Towards Happiness

VENUE : Psychology Department TIME : 4.00 pm.

Glimpses of Psychology club.

Members of the club are actively involved in research projects that focus on various aspects of psychology, including behavioral studies, cognitive development, and mental health. On December 15, 2022, the Psychology Club held an open session, inviting students and residents of Aurangabad to participate. The event featured a range of activities aimed at promoting mental health awareness and education. The objectives of the open session were to raise awareness, engage the community, showcase club activities, and encourage





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new memberships. The event began with an inauguration ceremony, where Dr. Aparna Ashta putre Head of the Department of Psychology, delivered a keynote address emphasizing the importance of mental health and the role of psychology in everyday life. An interactive workshop on stress management was conducted, focusing on practical techniques for managing stress and enhancing well-being. A tea break provided an opportunity for participants to interact informally and discuss their experiences and insights. A panel discussion on mental health awareness addressed common mental health challenges and effective strategies for coping, including anxiety, depression, and the importance of seeking help. The event had several outcomes and impacts. Increased awareness was raised, enhanced community engagement was fostered, positive feedback was received, club membership growth was increased, and expanded outreach was planned. The open session was a significant step in promoting mental health awareness and community engagement in Aurangabad, reinforcing the university's dedication to serving the broader community.




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.