

A guest lecture was conducted by Dr. Nalini Malhotra on 9 march, 2020 at Bhai Gurdas conference hall in Khalsa college Patiala. The topic entitled "Positive Psychology Application: Health Living" focuses on behavioural life of an individual and deal with problems regarding physical, emotional and mental health. she added viewpoint on daily life hazzels and symptoms of stress. The speaker insight the listeners about the various psychological therapies so that students can benefit from them if needed. In the seminar hall nearly 50 students from psychology department were participated. At the end of the lecture a vote of thanks was given by Vice Principal Dr Tarlochan singh Mahajan.

