

## **Academic calendar 2020-2021**

### **Department of psychology**

<b>Month</b>	<b>Activity</b>
<b>September</b>	<b>An interactive online session on mental health during covid-19 by Simranjeet Kaur (Asth. Prof. in Akal Uni., Talwandi Sabo)</b>
<b>October</b>	<b>Online counselling sessions were provided on positive psychology by Asth. Prof. Ramandeep kaur</b>
<b>November</b>	<b>An interactive zoom meeting was conducted on the eve of diwali and Bandi chor divas.</b>
<b>December</b>	<b>Webinar will be conducted on stress management techniques.</b>
<b>January</b>	<b>Poster making competition among students on any topic of psychology</b>
<b>February</b>	<b>Discussion upon various case studies related to psychological disorders.</b>
<b>March</b>	<b>Training sessions in different psychiatry departments.</b>

