

# MANASWINI: The Psychology Club

On July 6, 2023, the students of the Department of Psychology at Vasant Kanya Mahavidyalaya founded a club named Manaswini. Derived from Sanskrit, "Manaswini" translates to "One with a peaceful mind." The club's mission is to raise awareness about mental health issues and provide strategies for managing them, all while promoting a peaceful state of mind.

# OBJECTIVES

- **Promote Understanding of Psychology:** Increase awareness and understanding of psychological concepts, theories, and practices among members and the broader community.
- **Encourage Academic and Professional Growth:** Provide opportunities for members to learn about career paths in psychology, engage with research, and develop skills relevant to the field.
- **Foster a Supportive Community:** Create a space where members can discuss psychological topics, share experiences, and support each other's academic and professional goals.
- **Facilitate Networking:** Connect members with professionals in the field, including faculty, researchers, and practitioners, through guest lectures, workshops, and networking events.
- **Promote Mental Health Awareness:** Raise awareness about mental health issues, reduce stigma, and provide resources and support for mental well-being.
- **Organize Events:** Host workshops, seminars, and discussions on various psychological topics to enrich members' understanding and stimulate intellectual curiosity.
- **Engage in Community Service:** Participate in or organize outreach programs and volunteer activities that apply psychological principles to benefit the local community like schools, orphanages, old age homes, hospitals etc.

# TEAM MANASWINI

Manaswini is linked with the sheer force of the students led by our inspiring faculty members and guided by our team leads.

✓President- Ms. Dishari Biswas

✓Vice President- Ms. Roshni Sengupta

✓Treasurer- Ms. Ashmita Pandey



# Activities in Session 2023-24

## Activity 1 (06/07/2023) Establishment

The inaugural session of Manaswini was led by the Principal, Teachers, President and Vice President and founding members of the club. The day was marked as the date of establishment of the club. During the session, members were introduced individually and the club's goals and future plans were shared.



## Activity 2 (19/07/2023) Re-lived childhood

During this session, members actively participated, cultivating a warm and inviting atmosphere. They discussed the profound impact that childhood experiences have on our present and future, reflecting on cherished memories such as cartoons and bike rides, while also addressing the lasting effects of childhood traumas. The discussion fostered a sense of family within Manaswini, emphasizing acceptance, forgiveness, and self-love as essential components of healing from the past. Through shared laughter and tears, we strengthened our bond as a supportive community.



## Activity 3 (22/07/2023) Art Therapy Experience

The session evolved into a dynamic art therapy experience where members expressed their childhood memories through painting. As members painted, their emotions poured onto the canvases, resulting in unique artworks that vividly represented their individual pasts. This collective experience fostered a deeper connection among members, with photographs capturing the warmth and affection for our shared history.





## Activity 4 (28/07/2023) Positive emotions

The session centered on positive emotions and their impact on life. Participants created an emotion wheel, exploring the intricate layers of emotions and learning to break down larger issues into manageable components for effective problem-solving. The discussion highlighted the intrinsic nature of many negative emotions, focusing on addressing underlying insecurities and fears. Through games and activities, the session emphasized the collective influence of emotion and the importance of separating emotions from thoughts in shaping our life experiences.



## Activity 5 (10/10/2023) World mental health day celebration and launch of e-magazine

Club Manaswini celebrated World Mental Health Day with an enriching event, in the presence of our esteemed principal, Professor Rachna Srivastava. The occasion was not only an insightful exploration of mental health but also a milestone as we officially launched our e-magazine, 'Manaswini'. We were honored to host two distinguished guest speakers, Dr. Shanta Chatterjee, Associate Professor, Vasant Kanya Mahavidyalaya, shedding light on the indigenous perspective on mental health, and Dr. Sanjay Kumar, Associate professor, University of Allahabad, who elaborated on mental health as a universal human right.





## **Activity 6 (13/10/2023) Mental Health Camp (for non-teaching staff)**

A proactive Mental Health Camp was organized where the club members conducted tests on stress, happiness, and work-family conflict for the non-teaching staff. This initiative aimed to assess and address the mental well-being of our valued staff members. The dedicated students prepared a comprehensive report based on the conducted tests, providing valuable insights and recommendations for the participants to enhance their overall mental health. This collaborative effort exemplified our commitment to fostering a supportive and mindful community within the college



## Activity 7 (15/10/2023) Body Image

The session delved into the crucial topic of body image, embracing new members with dynamic enthusiasm. Discussions on eating disorders, hygiene, sexual objectification and consent created a comfortable space for sharing personal experiences, culminating in increased acceptance and awareness. The session also explored media-driven beauty standards, laying the foundation for addressing mental stress in subsequent discussions.



## Activity 8 (04/11/2023) Alumni meet

Sanidhya Manaswini was obliged to have joined hands with the Department of Psychology, Vasant Kanya Mahavidyalaya in organizing the Psychology Alumni meet. It was an overwhelming experience to meet and hear from the esteemed alumni's of the department who are doing excellent in their respective fields



## **Activity 9 (08/11/2023) Panel discussion on- Conformity, Compliance, and Obedience on selfimage**

The session deliberated on the profound impact of conformity, compliance, and obedience on selfimage. The panel discussion, led by the Founder, Vice President, and Social Media Head, explored how societal pressures influence individual perceptions. Members engaged in a thoughtful dialogue, dissecting the dynamics that shape self-image in the face of societal expectations, fostering a deeper understanding of the complexities surrounding conformity





## Activity 10 (03/12/2023 and 05/12/2023) World Disability Day- Collaboration with Deva International Society for Child Care

The activity demonstrated inclusivity and support, where the club members not only assisted in the execution of the event at the centre but also actively participated alongside the kids in various activities, including poem recitation, music, and dance. This partnership showcased the spirit of unity, fostering an environment where diverse talents and abilities are celebrated and embraced.





## Activity 11 (18/03/2024 and 19/03/2024) Awareness Program on Holistic Being In collaboration with the department of psychology, Manaswini organised the 'Awareness Series on Holistic Being'

On the first day, Dr. Divya Singh discussed the impact of social media addiction on children, adolescents, and adults, followed by Dr. Sarita Mishra's session on the awareness and prevention of PCOS and PCOD. The second day featured Dr. Neeraj Khanna addressing the concerns of diabetes in Generation Z, and Dr. Parimal Das presenting on the genetic background of mental disorders and their challenges. The program emphasized the integration of physical, mental, and emotional health, with active participation from both students and faculty, providing valuable understanding of holistic well-being.

