



SHRI RAMSWAROOP MEMORIAL UNIVERSITY



WELCOMES YOU TO THE

POSITIVE PSYCHOLOGY CLUB

*“The Lightning Bolt Of
Positive Sky”*

ABOUT THE POSITIVE PSYCHOLOGY CLUB

Positive psychology is the study of what makes life worth living . So it is a study of POSITIVE HUMAN EXPERIENCES and more importantly “GOOD LIFE”.

POSITIVE PSYCHOLOGY CLUB ensure complete wellbeing of its members by inculcating values of mindfulness, learner optimism , gratitude and increasing positivity. The club helps the students to deal effectively with academic stress, peer pressure and develop practices to lead a happy and positive life.

POSITIVE

MIND

POSITIVE

THOUGHTS

POSITIVE

LIFE

POSITIVE
PSYCHOLOGY CLUB

“LIGHTNING BOLT OF POSITIVE SKY”

ARE YOU HAVING PROBLEMS WITH
YOUR STUDIES?

ARE YOU UNDERSTANDING CONCEPTS
BUT STILL SCORING LOW?

ARE YOU NOT ABLE TO WRITE
PROPERLY IN EXAMS?

ARE YOU HAVING EXAM FEAR?

ARE YOU MISTAKENLY INVOLVED IN
SOME SUBSTANCE ABUSE?

ARE YOU FACING ANXIETY OR
DEPRESSIVE MOODS?

ARE YOU TIRED OF YOUR STUDIES AND
LOOKING FOR SOME FUN?

ARE YOU FACING INFERIORITY
COMPLEXES OR ARE A VICTIM OF
BULLYING?

ARE YOU NOT FEELING HAPPY THESE
DAYS?

*If yes,
Then come to us...*

*We can help you deal with
all your life problems...*

JOIN

**“ POSITIVE
PSYCHOLOGY CLUB”**

*TO DEVELOP A HEALTHY
AND POSITIVE OUTLOOK*

TOWARDS YOUR LIFE

AIM OF THE POSITIVE PSYCHOLOGY CLUB



The objective of the club is to develop positive attitudes towards our experiences and life events. The club focuses on growing practices that will help students in leading a meaningful life and bringing out the best version of themselves.

ACTIVITIES OF THE CLUB

- ❖ Student Counseling
- ❖ Interactive Workshops
- ❖ Organize Guest Lectures
- ❖ Fun Activities To Promote Mental Health
- ❖ Volunteer/Community Work
- ❖ Relaxation Exercises
- ❖ Stress Buster Projects
- ❖ Activities To Enhance Mindfulness And Wellness



The focus of the club is to understand the psychology of students and make it better. The club organises regular counseling sessions, interactive workshops, interesting activities that will help students to clear the problems that they have in their life and create an optimistic outlook towards it.

SESSION CONDUCTED

Topic of the session : PRACTICAL TECHNIQUES TO OVERCOME STRESS

Resource person : Dr. Sanju Gambhir, MBBS MS,
Sr. Consultant Psychotherapy and Counselling

Date : October 5, 2020

Platform : Google Meet

The positive psychology club conducted its first event on 5th October, 2020. It was an interactive online session by Dr. Sanju Gambhir, MBBS MS on the topic PRACTICAL TECHNIQUES TO OVERCOME STRESS.



POSITIVE PSYCHOLOGY CLUB

SESSION BY:



DR. SANJU GAMBHIR
MBBS,MS
SR. CONSULTANT
PSYCHOTHERAPY AND
COUNSELLING

INTERACTIVE ONLINE SEMINAR

ON THE TOPIC

PRACTICAL TECHNIQUES TO OVERCOME STRESS

Stress is a common life problem these days. To deal effectively with everyday life stress, POSITIVE PSYCHOLOGY CLUB brings you the opportunity to consult with a renowned psychotherapist about the efficacious techniques to overcome everyday stress.

SESSION DETAILS:

MONDAY

OCTOBER 5TH, 2020

5.00 P.M.

For more such workshops, regular counseling sessions and interactive activities, be a part of the positive psychology club

SESSION CONDUCTED

Topic of the session : PSYCHOLOGICAL IMMUNITY SYSTEM

Resource person : Dr. Kumud Srivastava,
Ph.D psychology

Date : October 10, 2020

Platform : Google Meet

The club conducted an interactive online session on the occasion of WORLD MENTAL HEALTH DAY on October 10, 2020 on the topic PSYCHOLOGICAL IMMUNITY SYSTEM by Dr.Kumud Srivastava.



UPCOMING EVENTS

1. Interactive session (13th October,2020)
2. Fun activity to promote mental health and wellness (13th October,2020)
3. Counseling session (31st October,2020)

TEACHER COORDINATOR



Dr. Priyanka Shukla
TEACHER COORDINATOR
Assistant Professor Psychology
Contact Details : 09839229003



Dr. Rashmi Saxena
TEACHER COORDINATOR
Assistant Professor Psychology
Contact Details : 09453947514

STUDENT COORDINATORS



AARUSHI SRIVASTAVA
B.A. Hons. Psychology
II Year

9839558435



SEJAL MANIKTALYA
B.A. Hons. Psychology
II Year

9839362069



VAISHNAVI
B.A. Hons. English
II Year

7007609895

HOW TO JOIN THE POSITIVE PSYCHOLOGY CLUB?

You can be a part of the POSITIVE PSYCHOLOGY CLUB by simply filling the Google form from the link mentioned below:

<https://surveyheart.com/form/5f8030aa85ab6715c16a132d#welcome>

You are just one step away from exploring a brighter, wiser and better version of yourself!

Positivity awaits you. Join the club now!



THANK
YOU!

