



**MANIPAL UNIVERSITY  
JAIPUR**

# NEWSLETTER

## DEPARTMENT OF PSYCHOLOGY

July 2023–March 2024, Vol. 1, Issue 1



Chief Editor  
**Prof. Geetika Tankha**

Associate Editors  
**Dr. Rahul Kumar Singh**  
**Dr. Shraddha Tripathi**

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## MESSAGE FROM HON'BLE PRESIDENT



I am glad that the Departments in the Faculty of Arts, with this inaugural issue, are venturing to bring out a quarterly/biannual Newsletter on a regular basis. Besides showcasing the vital, vibrant, and eventful presence and role of the Faculty of Arts, with its multifarious Departments at MUJ, I believe, the Newsletter would also be the site for students' creative talents and expressions. If a human is defined as one who walks on earth under the sky joyfully and creatively, the contribution of humanities to such an endeavor can never be minimized. MUJ has always recognized and promoted this dimension from its very start, and the phenomenal growth of humanistic studies at the Faculty of Arts with its vibrant faculty and exuberant students stand a glad witness to this.

I congratulate all those who have contributed to the events, activities, and achievements that the Newsletter encapsulates, and I would like to specially appreciate the creative involvement of students in the production of the Newsletter, which I am sure, will have a formative value in their lives.

I offer my greetings to all the members of the Department.

A handwritten signature in black ink, appearing to be 'G K Prabhu'.

Dr. G K Prabhu  
President, Manipal University Jaipur

## MESSAGE FROM HON'BLE PRO PRESIDENT



I am pleased to note that the Faculty of Arts (FoA) is bringing out the Newsletter covering various activities and happenings in the vibrant environment of MUJ.

I am sure the Newsletter would indeed be a repository of memories and achievements, bringing at the same time a great visibility to the various departments in the Faculty of Arts.

My appreciation for all those who have contributed various articles in the Newsletter, especially the exuberant students.

My heartiest congratulations to the editorial team for their efforts in bringing out the Newsletter.

A handwritten signature in black ink, consisting of several fluid, connected strokes.

Cmde (Dr.) Jawahar M Jangir  
Pro President, Manipal University Jaipur



## MESSAGE OF REGISTRAR



It gives me immense pleasure to note that the Faculty of Arts (FoA), Manipal University Jaipur, is launching its quarterly /biannual Newsletter.

On this occasion, I wish to convey my heartiest congratulations to the faculty members, and dedicated students of Faculty of Arts, Manipal University Jaipur, for their collective effort and dedication to the launch of their Newsletter.

I believe this newsletter will play a significant role in showcasing the mission, vision, and achievements of the Faculty of Arts, and will provide the stakeholders all the information to keep them connected to their Faculty.

I extend my best wishes to the entire team. I wish this would be a grand success.  
Best Wishes!

A handwritten signature in black ink, appearing to be 'NB' or similar initials.

Dr. Nitu Bhatnagar  
Registrar, Manipal University Jaipur

## MESSAGE FROM DEAN FACULTY OF ARTS



I am immensely happy to learn that the Department of Psychology, School of Humanities and Social Sciences (SHSS), Faculty of Arts, Manipal University Jaipur, is publishing its first Newsletter. I feel proud that the Faculty of Arts has been successfully disseminating knowledge to prepare young minds to meet the challenges of the 21st century at the national and international levels. Since its inception in 2011, it has always strived to impart quality education and provide the perfect space to students for their holistic development. The dynamics of our programmes and the visionary curriculum have been designed meticulously to get students industry-ready and make them reach the zenith of their careers.

I am sure that this Newsletter will provide ample opportunities for the students of the Department of Psychology to explore and articulate their different aspects of creativity as it encompasses the publication of various events and activities held in the department, achievements of the students, creative writings, photography, poems, etc. Also, it will enhance their knowledge, hone their skills, and nurture their minds for innovation.

I wish the entire team of students and their mentors the best and hope they work harder to transcend their potential through this Newsletter.  
Best wishes!

A handwritten signature in black ink, reading 'K. Audichya'.

**Prof. (Dr.) Komal Audichya**  
Dean Faculty of Law, Manipal University Jaipur

## FROM HOD'S DESK



Dear Readers!

It is a matter of great delight and joy for me to present the first issue of the Department of Psychology newsletter before you. The newsletter will be a bi-annual publication that will be published in January and July of every year. The newsletter intends to give a platform to the students to showcase their creative talents and motivate them to present their success stories.

The newsletter's first issue is an overview of the glimpse of activities and accolades achieved in academics and research by enthusiastic students and faculty members of the Department. Soon, I hope that the newsletter will be a platform for illustrating and showcasing literary creativity.

I want to express my gratitude to our President, Pro- President, Registrar and Dean, FoA for their motivating messages and valuable guidance in bringing out this inaugural issue. I also thank the editorial team, which includes Prof. Geetika Tankha, Dr. Rahul, and Dr. Shraddha, for their efforts to collating the information and designing the newsletter.

With warm regards,

A handwritten signature in black ink, appearing to read 'Vineeth Kumar', written in a cursive style.

Dr. V Vineeth Kumar  
Head, Department of Psychology  
Manipal University Jaipur



**MANIPAL UNIVERSITY  
JAIPUR**

## **DEPARTMENT OF PSYCHOLOGY**

### **VISION**

To establish the Department of Psychology as a globally recognized leader in academic excellence and holistic development.

### **MISSION**

- Maintain high standards for academics and research.
- Foster curiosity, empathy, cultural awareness, and sensitivity in students.
- To create a mentorship model for helping students to become competent professionals with a passion for lifelong learning and good human values.

## Five-Day Faculty Development Program

Department of Psychology, in collaboration with MUJ-TEC & HR and KPsych Services Pvt. Ltd., organized a Five-Day Faculty Development Program from 17th June to 21st June 2023. It focused on empowering teachers to address students' mental health.

The resource persons for the FDP were experts such as Dr. Kavita Bhargava (Hypnotherapist and Psychologist), Prof. (Dr.) Tanjul Saxena (Corporate Trainer and Principal, Mahatma Gandhi College of Hospital Administration), Dr. Nitya Bajoria (Clinical Psychologist and Psychotherapist), Dr. Raghav Shah (De-addiction Psychiatrist), and Ms. Shweta Sharma, a Clinical Psychologist (RCI Regd.). The FDP aimed at broadening the teachers' horizons and giving insight into the effective strategies for creating a supportive classroom environment for students facing academic and personal challenges and difficulties.



## Industry Expert Lecture

The Department of Psychology organized an expert lecture from an industry expert on September 27, 2023. The expert lecture was on the theme- Approaches to Clinical Neuropsychology and catered to the M.Sc. Clinical Psychology students. The resource person was Dr Suresh Gupta, a psychiatrist and senior professor at SMS Medical College, Jaipur. Dr Gupta has more than 30 years of experience in mental health.

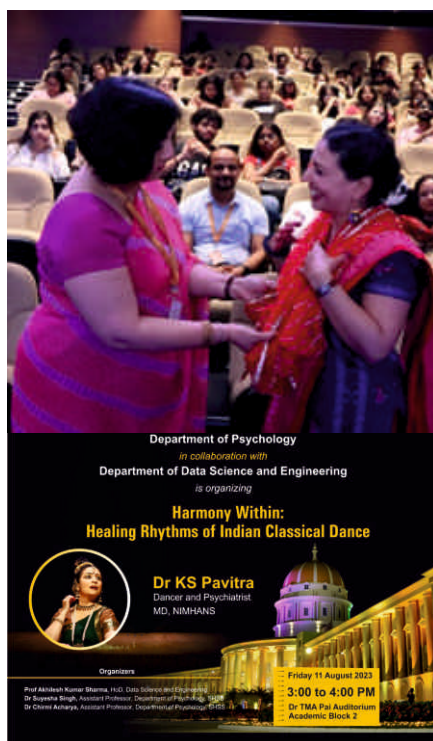




## Harmony within: Healing Rhythms of Indian Classical Dance

An Interactive session on dance therapy was organized by the Department of Psychology in collaboration with the Department of Science and Engineering on August 11, 2023, in Smt. Sharda Pai Auditorium. The resource person was Dr. KS Pavitra, a trained Dancer and Psychiatrist (NIMHANS). She shared her experiences as a dancer and a psychiatrist. She introduced the audience to the nuances of the classical dance form of Bharatnatyam and its therapeutic aspects.

Through her performance, she explained how dance enhances emotional expression and emotional intelligence. The audience greatly benefitted from her graceful and engaging performance.



## Alumni Interaction



An alumina interaction was organized by the Department of Psychology on August 24, 2023, in Smt. Sharda Pai Auditorium. The Alumna, Ms. Shubhi Mathur, shared her insights and experiences as a student of MUJ with the graduating students. She has worked as a school counselor & PGT teacher of Psychology at Army Public School Jaipur. She is presently pursuing higher studies.



## Manan: A Campus Awakening Initiative

The Department organized an event to spread awareness of issues like substance abuse, stress management, and psychotherapy on campus on September 27th, 2023. The event was organized in collaboration with DSW and was entitled “Manan: A Campus Awakening Initiative.” The eminent speakers spoke on the strategies to handle substance abuse and manage stress. There were two short drama performances by the students of the Department to spread awareness about substance abuse and mental health. Dr Raghav Shah (Deaddiction Psychiatrist) discussed with the students the myths, consequences, and treatment of substance abuse. Dr Suresh Gupta (M.D. Psychiatrist) also further created awareness among the students about stress management strategies.

Dr Sadhna Sharma, Founder- of Gyansanjeevni NGO, spoke about her NGO working on deaddiction and appealed to students to volunteer for a noble cause.

Certificates for poster-making and slogan-writing were also distributed. The event also hosted stalls from students of the psychology department on various activities related to stress management techniques, which were highly appreciated by all.



## An Event on Awareness & Prevention

An event focused on Suicide prevention and awareness, “REVIVE,” was held on September 15, 2023, in the Department of Psychology. The main aim of the event was to provide a sanctuary for open dialogue and awareness regarding suicide prevention. The event featured interactive stalls with meaningful messages, such as the “Speak out Reach out” signature campaign and “Affirmations Amigos” for self-love. “Emo Burst” provided a stress-busting activity, while the hand painting symbolized unity against mental health stigma. Tattoo artists, a musical jam, and a photo booth were also organized. Competitions like “Do Alfaaz” and “Hope Strokes” showcased talent on suicide prevention themes. The event drew widespread participation from students and faculty across the university.



**MANIPAL UNIVERSITY JAIPUR** World Suicide Prevention Day **3** GOOD HEALTH AND WELL-BEING

**FACULTY OF ARTS**  
SCHOOL OF HUMANITIES & SOCIAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY  
Presents

**REVIVE**

SEPTEMBER 15TH, 2023 | AB 1 PARALLEL TO PARKING AREA

**DO ALFAAZ – SAY IT IN A SLOGAN**  
SLOGAN MAKING COMPETITION  
TIME: 11:00 AM - 12:00 NOON

**AFFIRMATIONS AMIGOS**  
POSITIVE AFFIRMATIONS ACTIVITY

**HOPE STROKES – CREATING HOPE THROUGH ART**  
POSTER MAKING COMPETITION (DIGITAL & ON-CAMPUS)  
TIME: 12:00 NOON - 2:00 PM

**SPEAK OUT. REACH OUT.**  
A SIGNATURE CAMPAIGN

AND MUCH MORE.....

## Three-Days Workshop on SPSS: A Hands-on Training

The Department of Psychology organized a workshop from 23-25 January 2024 entitled- “SPSS: A Hands-on Training”. It was organized for the postgraduate final-year students of the Department. The workshop aimed to provide experiential knowledge about SPSS (Statistical Package for Social Science) to enhance the participants’ academic and industrial research skills. It is designed to acquaint the researchers with the tools, techniques, and practices of SPSS. By using SPSS, the students can better analyze and present the data.

The workshop started with the welcome session addressed by Dr. Vineeth Kumar, Head of the Department. The convener and resource person of the workshop, Dr. Rajnish Kumar Gupta, introduced the workshop and the course content. At the end of the workshop, the students learned to generate the research findings using SPSS software through experiential learning, including importing and exporting data from MS Excel to SPSS and vice-versa, data file creation and handling in SPSS, calculating descriptive statistics using SPSS, analyzing and interpret result findings using T-test, ANOVA, Correlation, and Regression.

**MANIPAL UNIVERSITY JAIPUR**  
(University ranked National 22<sup>nd</sup> of the NIRF-2022)

**WORKSHOP ON  
“SPSS: A HANDS-ON TRAINING”**  
(23-25 JANUARY 2024)

ORGANISED BY:  
DEPARTMENT OF PSYCHOLOGY, SHSS  
FACULTY OF ARTS


Resource Person & Convener:  
Dr. Rajnish Kumar Gupta,  
Ph.D., Sapienza University of Rome, Italy



## One-Day Guest Lecture on Meditation, Exercise, and Brain Aging: An fMRI Approach

The Department of Psychology organized a guest lecture on 9th February 2024, entitled- “Meditation, Exercise, and Brain Aging: An fMRI Approach”. It was organized for the postgraduate students of the Department. The workshop aimed to enhance the exploration capabilities of students to understand the relationship between meditation, exercise, and brain aging using advanced techniques, i.e., functional magnetic resonance imaging (fMRI).


The workshop started with the welcome of the resource person- Dr. Neeraj Upadhyay, Research Associate at University Hospital Bonn, Germany. The convenor of the guest lecture, Dr. Rajnish Kumar Gupta, introduced the guest lecture and invited the resource person- Dr. Neeraj Upadhyay, to start the session. The lecture aimed to bridge the gap between neuroscience, mindfulness practices, and physical activities. Using cutting-edge techniques, it provided evidence-based insights into how lifestyle factors can influence brain aging and cognitive well-being. At the lecture's conclusion, the convenor, Dr. Rajnish Kumar Gupta, spoke about the importance of meditation and physical activities in our day-to-day life. He then thanked the resource person for his interactive and meaningful session.

**MANIPAL UNIVERSITY  
JAIPUR**  
*(University under Section 2(f) of the UGC Act)*

**A GUEST LECTURE  
ON  
MEDITATION, EXERCISE, AND BRAIN AGING:  
AN FMRI APPROACH**

**(9 FEBRUARY 2024, FRIDAY | TIME: 2 TO 4 PM)**  
**VENUE: ROOM NO 19, AB3 BUILDING**

**ORGANISED BY:  
DEPARTMENT OF PSYCHOLOGY, SHSS  
FACULTY OF ARTS**



**Resource Person**  
**Dr. NEERAJ UPADHYAY,**  
University Hospital Bonn, Germany

**Participants**  
MSc (Clinical Psychology) Students

**Convenor**  
Dr. Rajnish Kumar Gupta,  
Assistant Professor (Senior Scale),  
Department of Psychology





# One-Day Training Workshop On Career Planning Through Mind Mapping

The Department of Psychology organized a workshop on 23rd February 2024, entitled- “One-Day Workshop on Career Planning Through Mind Mapping.” It was organized for undergraduate students in the Department. The workshop aimed to help the students chart their career paths. The resource person- was Prof. Alpina Vaidya, the Head of the Department of Psychology at Symbiosis College of Arts and Commerce, Pune. The workshop aimed to facilitate the student’s understanding of the concept of mind maps and their application to define and plan their career paths. It was an interactive and activity-based workshop in which students made their colorful mind maps on sheets of paper. The students learned the concept of mind mapping and how to use it to identify, visualize, and draw their career paths.



MANIPAL UNIVERSITY  
JAIPUR



## One Day Workshop on Career Planning Through Mind Mapping

Organized by

Department of Psychology, School of Humanities & Social Sciences, Faculty of Arts

Friday, 23<sup>rd</sup> February 2024 | Time: 10.00 AM to 1.00 PM | Venue: AB 3, Room No. 18



Resource Person

**Prof. (Dr.) Alpina Vadiya**

Head, Department of Psychology,  
Symbiosis College of Arts & Commerce, Pune



**Prof (Dr.) Komal Audichya**

Dean, Faculty of Arts

Organizers

**Prof. (Dr.) Geetika Tankha**

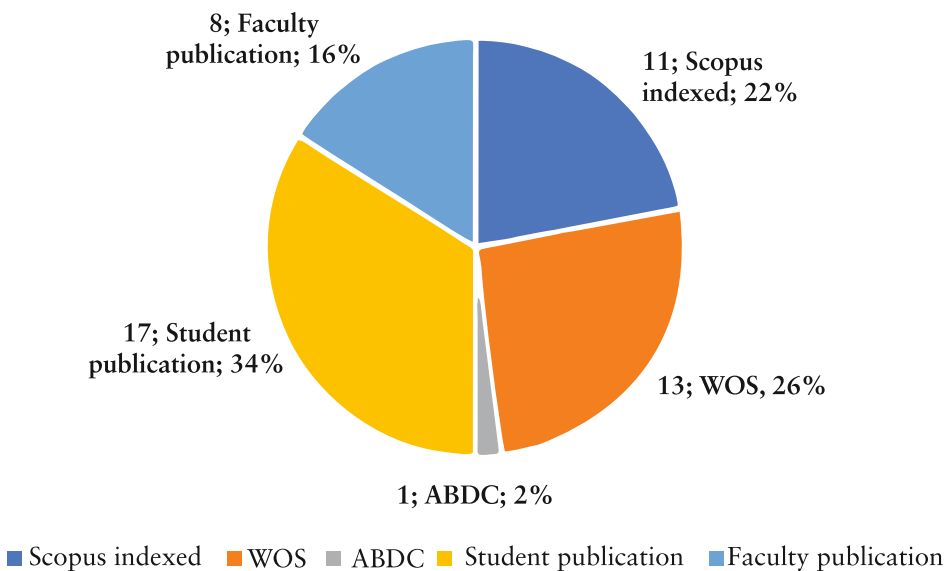
Convener, Dept of Psychology

**Dr. V Vineeth Kumar**

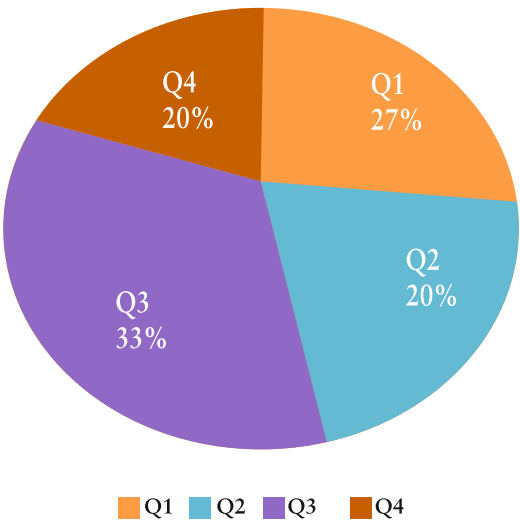
Head, Department of Psychology

# Research in the Department

Research Profile of Department



Publications in Scopus indexed Journals in Quartile 1 to Quartile 4



## Research Publications

- Arora, J., & Kumar, V. V. (2023). Coping as a mediator in the relationship between Trait Emotional Intelligence and adolescent stress. *International Journal of Adolescence and Youth*, 28(1). <https://doi.org/10.1080/02673843.2023.2292070>
- Arya, B., & Kumar, H. (2023). Value behaviour norm theory approach to predict private sphere pro-environmental behaviour among university students. *Environmental and Climate Technologies*, 27(1), 164–176. <https://doi.org/10.2478/rtuct-2023-0013>
- Chaturvedi, S., & Arya, B. (2023). Mediating role of self-esteem and trust in the relationship between childhood trauma and romantic attachment in Indian Adults. *Journal of Research & Health*, 13(5), 313–324. <https://doi.org/10.32598/jrh.13.5.2296.1>
- Dhankar, C., Vashishtha, K., Tripathi, S., Joshi, R., Tyagi, A., Joshi, M., & Shekhawat, K. (2023). A call to action: Addressing the mental health disparities of LGBTQIA+ Indians. *Multidisciplinary Science Journal*, 6(5), 2024069. <https://doi.org/10.31893/multiscience.2024069>
- Jain, G., & Pareek, S. (2023). From conditioning to un-conditioning: A journey toward wellbeing. *Journal of Spirituality in Mental Health*, 1–7. <https://doi.org/10.1080/19349637.2023.2292673>
- Joshi, R., Mathur, P., Gupta, A. K., Singh, S., Paliwal, V., & Nayar, S. (2023). Mathematical modeling of intelligent system for predicting effectiveness of premenstrual syndrome. *Journal of Interdisciplinary Mathematics*, 26(3), 551–562. <https://doi.org/10.47974/jim-1681>
- Kumar, V. V., & Tankha, G. (2023). Association between the big five and trait emotional intelligence among college students. *Psychology Research and Behavior Management*, Vol.16, 915–925. <https://doi.org/10.2147/prbm.s400058>
- Lopes, E., Jain, G., Carlbring, P., & Pareek, S. (2023). Talking mental health: A battle of wits between humans and AI. *Journal of Technology in Behavioral Science*. <https://doi.org/10.1007/s41347-023-00359-6>
- Pareek, S., Jain, G., & Gupta, R. K. (2023). Efficacy of mindfulness meditation as a therapeutic tool in problematic pornography consumption. *Sexual Health & Compulsivity*, 30(4), 365–379. <https://doi.org/10.1080/26929953.2023.2270620>
- Quazi, A. & Tankha, G. (2023). A comparative study of self-concept of healthy, overweight, and obese adolescents. *Journal for ReAttach Therapy and Developmental Diversities*, 6(3s), 436–443. Retrieved from <https://jrtdd.com/index.php/journal/article/view/374>
- Urwyler, P., Gupta, R. K., Falkner, M., Niklaus, J., Muri, R. M., & Nef, T. (2023). Tablet-based puzzle game intervention for cognitive function and well-being in healthy adults: Pilot feasibility randomized controlled trial. *JMIR Aging*, 6. <https://doi.org/10.2196/46177>

### Seed Grant: Project

- Dr. Avanika Sinha (Assistant Professor) has received a research grant of two lacs for a project entitled ‘Impact of Emotional Maturity over the Academic Performance and Achievements of rural-urban backgrounds’



## Students Achievements

### Star Achiever



3RD POSITION IN  
(10m Air Rifle Women's Team Event)  
South West Zone Inter University Shooting Championship 2023-24

5TH POSITION  
(10m Air Rifle Women's Team Event)  
All India Inter University Shooting Championship 2023-24  
Qualified and participated in Khelo India University Shooting  
Championship 2023-24

### UGC-NET/JRF/ GATE Qualified



Aastha Wadhwa  
UGC-NET JRF / GATE



Namita Gopinath  
UGC-NET



Snigdha Roy  
UGC-NET/JRF



Muskan Singh  
GATE



Shruti Jain  
UGC-NET/GATE



Nisha Kanwar  
UGC-NET



Vidushi Kasniya  
3rd Position in inter-university karate  
competition Association of Indian Universities

## Students Placement

**Asmi Tak**  
Student Counsellor,  
Meridean Overseas Education Consultants Pvt. Ltd.

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**Anannya Chandra**  
Student Counsellor,  
Lotus valley international school

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**Muskan Singh**  
Student Counsellor,  
ALLEN Career Institute Pvt. Ltd.,

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**Nehal Mitesh Shah**  
Student Counsellor,  
Neuro Revolution International

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**Anviksha Bisen**  
Counsellor,  
Public Health Audiovisual Documenter, NY, United States

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**Anjali Chandra**  
School Psychological Counsellor,  
Hyderabad, Toro Health Pvt. Ltd.

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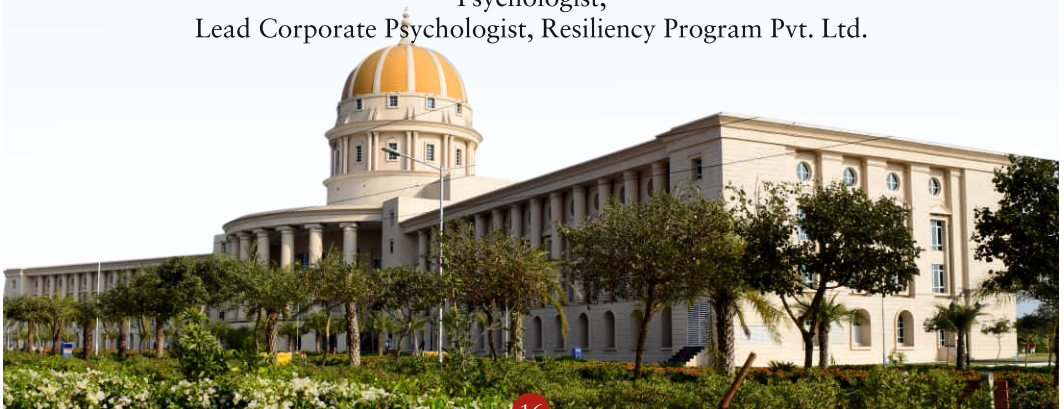
**Sakshi Sapra**  
Student Counsellor,  
Brightland Girls Sr. Sec. School, Vaishali Nagar, Jaipur

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**Janvhi Lamba**  
Psychologist,  
Jagruti Rehabilitation Center, Mumbai

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**Navmi Arora**  
Psychologist,  
Lead Corporate Psychologist, Resiliency Program Pvt. Ltd.



## *Embracing Growth: Navigating Mental Health on the University Journey*

Even today, there is a lot of stigma and disgrace attached to mental health issues. People are quite reluctant to talk about the problems that they are facing as it is believed to invite ignominy and ridicule. It can be particularly stressful for those who are at the cusp of adulthood- the young adults who are actively trying to explore themselves, and their identities and navigate through life. An important developmental milestone here is going to college. As we journey through the halls of academia, we often find ourselves facing not only academic challenges but also personal ones. Mental health is a crucial aspect of our well-being, and for many, the university can be a transformative period in understanding and managing it. My pursuit of a bachelor's degree in psychology has been profoundly intertwined with self-exploration, improvement, and destigmatization of mental health. It has certainly played a crucial role in my life, deepening my knowledge of Psychology, enabling me to develop skills such as empathy, increasing my self-awareness, improving my mental health, and providing me with a direction in life. The professors here create a climate of trust, and acceptance and encourage students to develop new insights. Moreover, being part of a supportive academic community provided a sense of belonging and understanding. Engaging in discussions with professors and peers about mental health normalized the conversation surrounding it, reducing stigma and encouraging help-seeking behaviour. This environment fostered a culture of empathy and support, where students felt comfortable sharing their experiences and seeking assistance when needed. One of the most transformative aspects of my university experience was the opportunity for self-reflection and personal growth. Through courses like abnormal psychology, positive psychology, and counselling techniques, I gained insight into my own thought patterns, behaviours, and emotional responses. This self-awareness empowered me to challenge negative thought patterns, develop healthier coping mechanisms, and cultivate a more positive outlook on life. As I reflect on my journey here, I am grateful for the transformative impact it has had on my personal growth and expanding of my horizons and view towards life. In the academic journey of three years at Manipal university Jaipur I have gained valuable insights, and life skills like resilience that have empowered me to overcome obstacles and thrive in both my academic and personal life. I'll always have gratitude for the time I spent here, for the bonds that I built, and for everything that I learned.

I can sum it up in words of Naomi Osaka “It's O.K. to not be O.K., and it's O.K. to talk about it.”

**Ms. Pranali Gupta**  
BA (Hons) Psychology VI Sem  
Department of Psychology  
Faculty of Arts



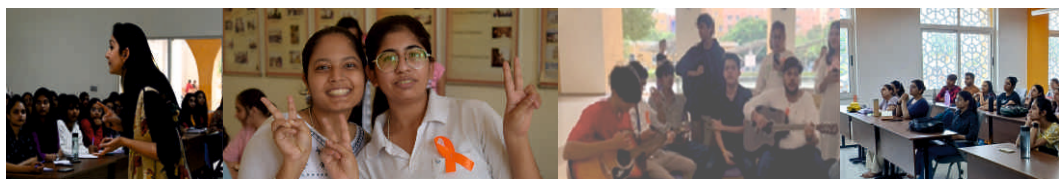


## *The Unease of Monotony*

*At times, monotony haunts my grey thoughts;  
Leaving lines blurred, and feelings lost.  
Each task, that puts itself on repeat, I begged  
for solace, but couldn't seek.  
It became difficult to put my thoughts across as  
words Loneliness, sadness and desperation  
made up thirds  
of my mind that never knew peace,  
despair, desolation await at the edge, aching for  
release. Those horrors are my only source of  
comfort,  
I had fallen to deep ... deep into discomfort.  
My guardian angel's cries rang hollow,  
for strength it wailed; it's light, darkness may  
soon swallow.  
Now I see it, as clear as the day, Oh! How  
unease becomes me, I daresay!*

Khushi Panwar  
Registration No.: 211007014  
BSc (Hons.) Psychology VI





## Department Gallery





Dehmi Kalan, Jaipur-Ajmer Expressway  
Jaipur, Rajasthan - 303007

 [jaipur.manipal.edu](http://jaipur.manipal.edu)