

# About Manaswini

On July 6, 2023, the students of the Department of Psychology at Vasant Kanya Mahavidyalaya found a club named Manaswini. Derived from Sanskrit, "Manaswini" translates to "One with a peaceful mind."

## OUR MISSION

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.

## OUR VISION


The club envisions fostering a well-informed, compassionate, and connected community by promoting the understanding of psychology, supporting academic and professional growth, encouraging open dialogue, raising mental health awareness, and engaging in meaningful outreach to apply psychological principles for social good.

## Let's Stay Connected

On Instagram



@manaswini\_psychclub

  
Department of  
Psychology  
Vasant Kanya  
Mahavidyalaya, Varanasi



## Manaswini Club



Presents

# सानिध्य

## Chapter II

*Theme: The Psychology of  
"What If" -  
The Dilemmas and Decisions*



Date:

21<sup>st</sup>  
March



Time:

1:00 PM



Venue:

Google Meet

([meet.google.com/  
uzb-siy-r-pmd](https://meet.google.com/uzb-siy-r-pmd))

## Mentor



Prof. Rachna Srivastava  
*Principal,*  
Vasant Kanya  
Mahavidyalaya

## Patron



Smt. Uma Bhattacharya  
*Manager,*  
Vasant Kanya  
Mahavidyalaya

## Chief guests

*Dr. Kusum Mishra  
(Former Principal, VKM)*

*Dr. Sudha Srivastava  
(Former Head,*

*Department of Psychology)*

*Dr. Madhuri Agrawal  
(Former Head,*

*Department of Psychology)*

## Guest Speaker

*Dr. Sweta Pathak*

*(Assistant Professor,*

*Department of Psychology,  
TNB College, Tilkamanjhi*

*Bhagalpur University (TMBU),  
Bhagalpur, Bihar)*

# Let's Reconnect, Reflect & Relive

## What It's About



### 1 PRESENTATION "WHERE IT ALL BEGAN"

A look into the story of **Manaswini** and the **Department of Psychology** – the vision, the milestones, and the community that continues to grow together.



MANASWINI

### 2 VOICES OF OUR ALUMNI



A glimpse into the paths our alumni have taken after leaving classrooms – their experiences, growth, and stories beyond campus life.

#### Our Speaker's :

**Ms. Poorna Majumdar**  
(Student Counsellor at Sunbeam,  
Private Practitioner)

**Ms. Shivalika Sinha**  
(Counsellor in government Hospital)

**Ms. Kshama Rai**  
(Counsellor, BHU)

**Ms. Vaishnavi**  
(Counsellor, Government of Punjab)

**Ms. Radhika Dahiya**  
(Associate consultant, Human Dynamic  
Group)

**Ms. Isha Tiwari**  
(Research Scholar, Oncology, BHU)

### 3 SHORT MOVIE

A reflective opening that captures memories, journeys, and the spirit of the theme

