

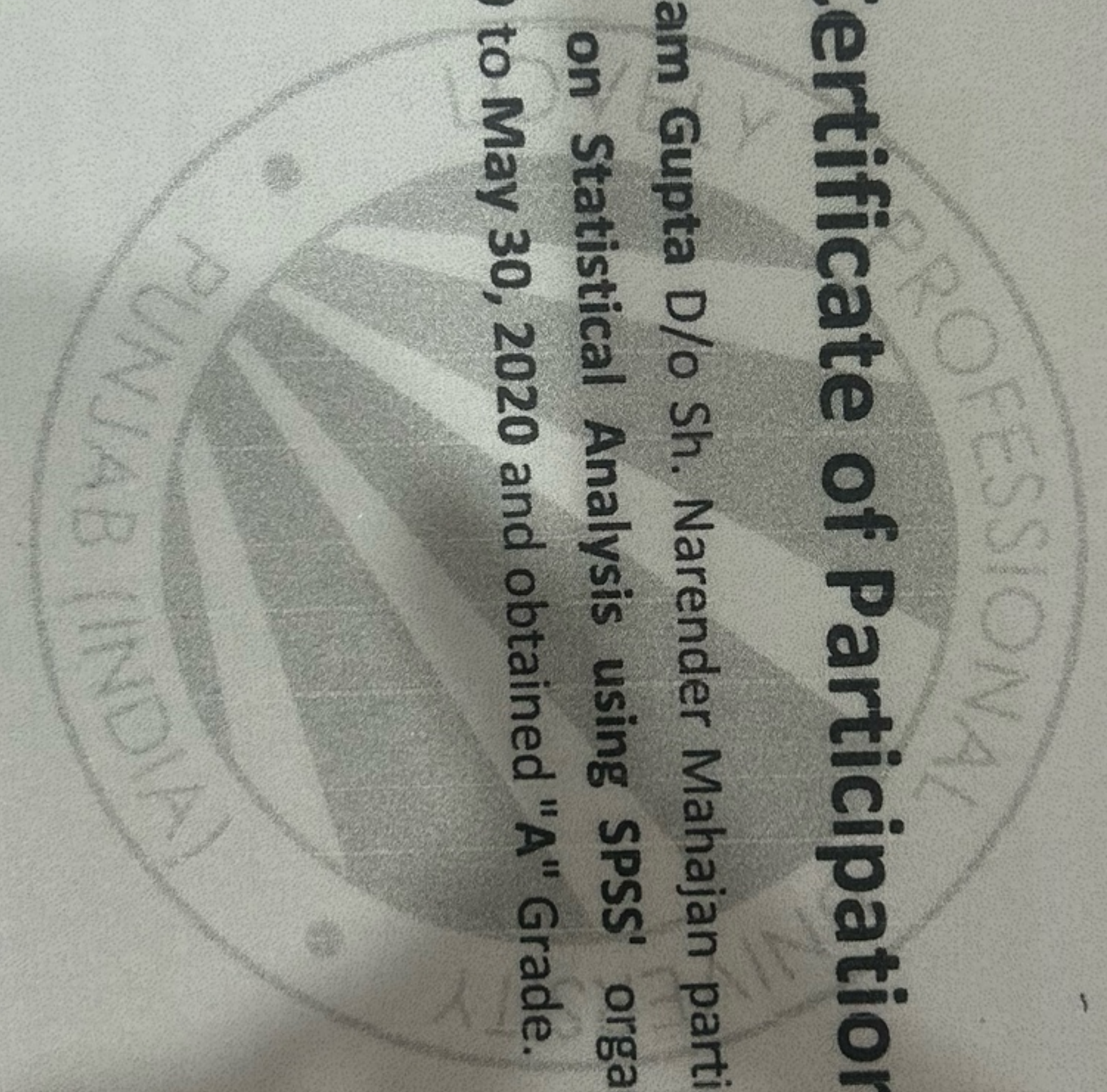
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*Sumanjeet Singh*

Head

Human Resource Development Center





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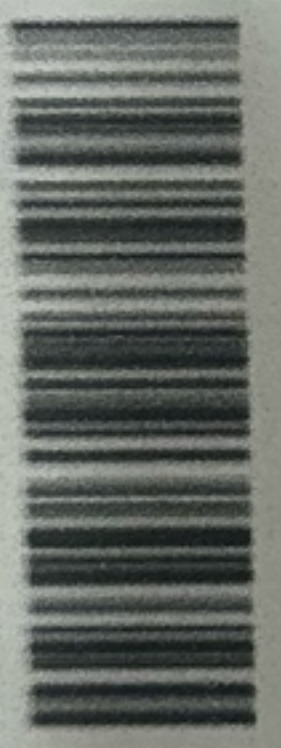
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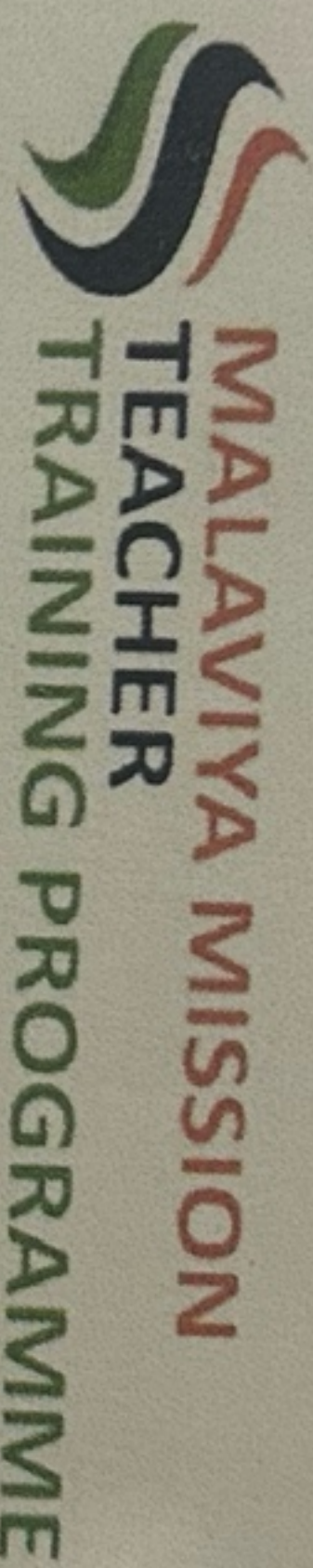
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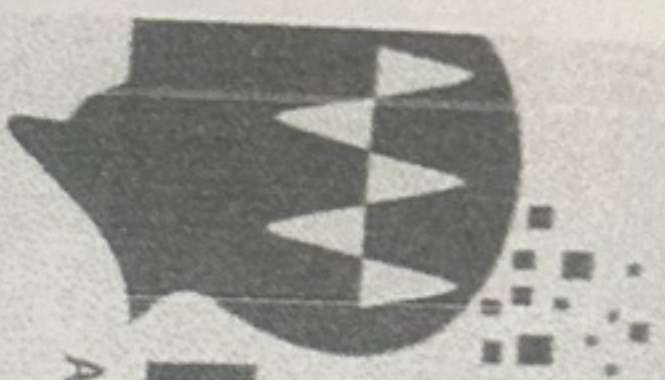
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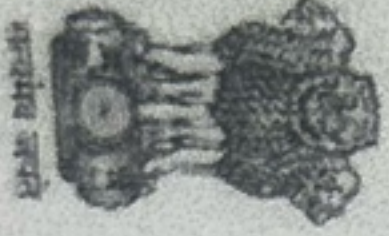
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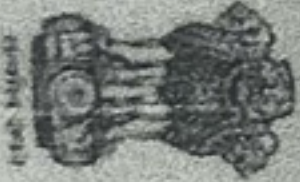
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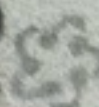


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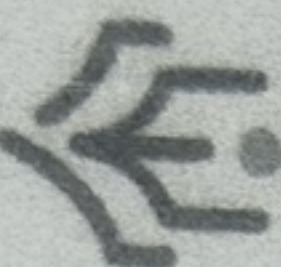
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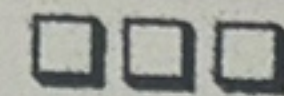


Prakashan- Varanashi 2001.

2) Acharya Priyavat Sharma- Dravyagugavigyan  
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3) Yog ani Yogikchikista- Chaukhambha Prakashan  
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## Mental Health and Personality

Sonam Gupta

Asst.Prof, Dept. of Psychology, SDAM College, Dinanagar,  
Punjab

### Abstract

Over the past two decades the focus of psychology has shifted from studying the negative aspects of human behavior (stress, anxiety, aggression depression, etc.) to the study of positive features of human behavior. The interests of psychologists and health professionals is more towards the positive psychology. Much attention is being given to the effects of positive thinking while studying different aspects of behavior (Snyder & McCullough, 2000). One major area which is studied under positive psychology is mental health. It has become increasingly clear that certain personality traits can make people more prone to developing certain mental health outcomes. Study of these personality traits can play a significant role in helping people achieve and maintain good mental health in today's world.

### Introduction

World Health Organization (WHO) has defined health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 2001). Mental health considers an individual's emotional, psychological, and social well-being. A mentally healthy person is the one who in his state of well-being realizes his own abilities, works productively and is able to cope with life's normal stresses. It affects the way one thinks, feels or acts thus influencing the overall personality of an individual.



## Dr. Bhim Rao Ambedkar: A National Leader and a Visionary

Sonam Gupta

Asst. Prof., Dept. of Psychology,  
SDAM College,  
Dinanagar (Punjab) - 143531

“Unlike a drop of water which loses its identity when it joins ocean, man does not lose his being in the society which he lives. He is born not for the development of the society alone, but the development of his self.”

- Dr. B.R. Ambedkar

Bhim Ramji Ambedkar was born on 14th April, 1891 at Mhow in Central India in an austere and religious Marathi family with a military service background and an unusual respect for education. After doing his schooling from Satara and Bombay he completed his college in Bombay and joined services under the Maharaja of Baroda. Ambedkar was a dedicated student earning doctorates in Economics from both Columbia University and London School of Economics. After his research in his early career he was an economist, professor and a lawyer. Later he entered into politics and got involved in campaigning and negotiations for Indian Independence. His desire was to create a nation free from prejudice so that every citizen could spend his life with honour and dignity. Being a visionary he believed that rather than inculcating the sense of common nationality we must develop it among our society.

Popularly known as Babasaheb, Dr. B. R. Ambedkar was one of the greatest leaders modern India has ever seen. He was one of the illustrious sons of India who struggled throughout his life to restructure the Indian society on the most egalitarian and humanitarian principles. Ambedkar faced a lot of humiliations in school which was because of the fact that he was born in an untouchable family. He started his fight against the caste system and contemplated the idea of reservation for the dalits and other religious outcasts. His mission was not to criticize Hinduism but to uplift the victims of caste structure. He was appointed India's first Law Minister. According to him it would be difficult to get a United India if the differences of religion, gender and class are not put to an end. In his later years, he became a revivalist of Buddhism in India by converting himself to the religion to free himself from the chains of caste system.

His perspective of development of India lay in the equal justice and status given to all the sections of the people in the society. His legal expertise and knowledge of constitutional laws of other countries helped him to frame the Indian Constitution. Known to be the father of Indian constitution he used education as a means to rise above all odds. Education for him was the most important means for changing the prevailing socio-economic situation in India. The abolition of untouchability was a key constitutional provision for securing equality and social justice. He continuously fought for eradication of caste discrimination that divided the Indian society and made it cripple. His idea of an ideal society was one which was based on equality, liberty and fraternity to all sections of society which was possible by enlightening people through education.

A movement against dalits discrimination was launched by Ambedkar by creating public awareness

through his writings in periodicals such as *Mool Naya*, *Equality Janta*, etc. In these Ambedkar tries to show how the gender relations and difference are constructed by Hindu Brahminical order, which conform to a stereotype feminine behaviour, requiring them to be passive and submissive, suiting to the life of domestic and family responsibilities.

He also advocated for equal rights for women and sought to assign property rights to women and confer equality to men and women in all legal matters. In January 1928, a women's association was founded in Bombay with Ambedkar's wife as its president. He inspired women and included different aspects of women's right in the political ideology and constitution of India. In order to strengthen the status of women in society Dr. Ambedkar introduced The Hindu Marriage Act, 1955, The Hindu Succession Act, 1956, the Hindu Minority and Guardianship Act, 1956 and The Adoption and Maintenance Act, 1956. These were incorporated in the Hindu Code Bill.

Ambedkar has also contributed in the modernization of India by building organizations of land labour and industrial workers. He sought rapid industrialization and economic development and exposed the ills of wrong social organizations. He campaigned for the state ownership of key industries and basic industries and laid importance on insurance policies to be monopolized by the state. His belief that a common man could benefit from a state planned economy led to the foundation of Independent Labour Party in 1936. He focussed not only in making India a political democracy but also gave importance to India becoming a social and economic democracy. The Finance Commission of India was set up by the works of Dr. Ambedkar who also helped in framing the guidelines of the Reserve Bank of India Act 1934. He played an important role in the



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AN INTERNATIONAL BILINGUAL PEER REVIEWED REFEREED RESEARCH JOURNAL

## CAREER PREFERENCE : AN IMPORTANT FACTOR IN ACHIEVING POSITIVE MENTAL HEALTH

□ Sonam Gupta\*  
Dr. Zahoor Ahmad\*\*

### ABSTRACT

In the United Nations Conference in 2015, the 2030 agenda for Sustainable Development Goals was laid down. The objectives of these goals were to achieve peace and prosperity for people in present and in future and mainly focus on key areas including improving health, education, reducing inequality and improving economic growth while dealing with environmental and climatic changes. Among the many other goals, mental health was recognized as having priority within the global development agenda. The inclusion of mental health in Sustainable Development Agenda is likely to have a positive impact on communities and countries where millions of people can be helped. A phase in life where an individual has to make a decision about his or her career is the most stressful one. Career choice was among the major factor affecting human existence. Thus, it was the most stressful time in an adolescents' life. The choice of career is greatly influenced by some of the factors like academic performance, choice of parents and guidance given by teachers and friends. Many times people are not sure about their choices and other times people experience career mismatch. Bold steps are required to help individuals understand their preferences and make right career choice, only then good mental health can be achieved and world can be transformed to achieve economic, social and environmental sustainable development.





## Peer Pressure in Comparison to Gender among High School Students of Punjab

Sonam Gupta<sup>1</sup> and Dr. Zahoor Ahmad Lone<sup>2</sup>

<sup>1</sup>Research Scholar, Department of Psychology, Lovely Professional University, Punjab

<sup>2</sup>Assistant Professor, Department of Psychology, Lovely Professional University, Punjab

**Abstract: Objective:** The aim of this comparative study was to examine significance of gender difference in reference to peer pressure among high school students of Punjab. **Methods:** The sample of this study consisted of two hundred students (male = 100 & female = 100). Peer Pressure Scale (PPS), developed by Singh and Saini (2010), with 25 items was used to measure level of peer pressure. **Results:** Data were analysed by using Independent Sample's t-test. The results showed that a significant difference existed in the two means groups of peer pressure i.e., male and female high school students. **Conclusion:** It can be concluded that gender has a significant influence in determining and perceiving peer pressure among high school students.

**Keywords:** Peer Pressure, gender, adolescence and high school students.

### Article History

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Corresponding author: Sonam Gupta

### Statement of the Problem

High school students generally refer to students of grade 9 or 10 till 12. High school students during these stages are vulnerable to develop unhealthy habits which grow into problems in their adult life, since it is a time when they move from dependency on their parents to independence, autonomy and maturity. With the increase in freedom, attitudes and perspectives also change. Mood changes can increase and may affect relationships socially as well as at home. They become ego-centric and self-conscious and may believe that no one understands them. There is a continuous process of self-discovery and adjustment, both physically and socially. Parents are the first teachers and they have a key role in shaping up their character. A balance of education at school and home moulds a student's actual learning. A child's social and emotional growth is greatly affected by the parenting received by him. Parents were found to be the most important people in one's life when it comes to taking opinions as part



## INFLUENCE OF PEER PRESSURE ON ACADEMIC ACHIEVEMENT MOTIVATION OF HIGH SCHOOL STUDENTS

Sonam Gupta Research Scholar; Department of Psychology Lovely Professional University  
Dr Zahoor Ahmad Assistant Professor Department of Psychology Lovely Professional University

### Abstract

When a child enters his high school, his friend begin to play the role of his extended family. The pressure from the peer can have positive as well as negative effect. Peers have a deep impact on one's thinking and decision making ability which can lead to positive effects like behavior modification and socialization process. If this pressure is channelized properly then individual is motivated to work hard and achieve goals. The present study attempts to study the role of peer pressure on academic achievement motivation of high school students. For this purpose the Academic Achievement Motivation Test (1984) by Sharma and Peer Pressure Scale (2010) by Singh and Saini was used. The result of the study show that peer pressure in high school students has an effect on their academic achievement motivation. There is an inverse relationship between the two, more the peer pressure lower is the academic achievement motivation of the students. Also the results indicate that there is no significant difference between the academic achievement motivation on the basis of gender.

Keywords: peer pressure, academic achievement motivation, high school students

### Introduction

The peers or friends play a major role in the process of socialization and behaviour modification of an adolescent. The influence of peers starts to develop from a very early age and the constant interactions between the child and the peer has an impact on their attitude and perceptions, which continues all through childhood and adolescence (Eckerman, 1988). The influence or pressure that generates from the peer group is termed as peer pressure (Bhattacharjee, 2011). When a child enters his high school, his friends begin to play the role of his extended family. The peer pressure has its own pros and cons. It is not just about adolescents encouraging each other to take risks or involve in unhealthy behaviour. It has a deep impact on one's thinking and decision making ability. Peers and friends help individual to explore different avenues which help them understand their feelings and beliefs and have a self-expression (Naz, 2014). For example, peers who are committed to doing well in school or at sport can influence others to be more goal orientated. Similarly, peers who are kind, loyal or supportive influence others to be the same.

Peer pressure can have positive influence when it acts as a good force in the life of teenagers and their friends. Parents need to make a child understand the difference between the right and wrong behaviour as well as strenghten the self-esteem of the child. Children can be encouraged to use positive peer pressure in early years. Studies show that advice from a peer is often more influential to an adolescent than advice from an adult. Areas of the brain associated with reward are more active when they are with peers, giving them a lot of positive feedback when they are being observed or interacting with others. For the same reason, they also learn more quickly in the presence of their peers (Sternberg, 2014). Recent studies have shown that peer pressure which is mostly assumed to have a negative impact might have an upside to it. In certain environments peer pressure can inspire an individual to be a more focused and determined individual. Positive peer pressure can have an impact on individual's confidence and personality. According to research, if properly harnessed, the same pressure can motivate individuals to stay focused and work hard towards achieving their goals. It is also evident by the example of a student who is motivated to get good grades because his friends are getting good grades. Such an action that can be attributed to positive peer pressure. Adopting good habits of your peers can actually bring about a positive change not only in your life but also your way of thinking. Peer pressure can actually leave a positive impact on your life if you carefully pick certain good habits from your peers. Appropriate early intervention has



# SHODHAK

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Dainik Bhesker

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## शांति देवी आर्य महिला कॉलेज में अंडर स्टैंडिंग मेंटल इलनैस विषय पर एक्सटेंशन लेक्चर जीवन में तनाव बढ़ाता है मनोरोग : डॉ. रूपिंदर

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शांति देवी आर्य महिला कॉलेज दीनानगर में मनोविज्ञान विभाग के एनलाइटेन माइंड साइकॉलोजी क्लब ने आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के अंतर्गत अंडर स्टैंडिंग मेंटल इलनैस विषय पर एक्सटेंशन लेक्चर करवाया। प्रिंसिपल रतना शर्मा की अध्यक्षता में आयोजित इस कार्यक्रम में मनोचिकित्सक डॉ. रूपिंदर बब्बर विषय विशेषज्ञ के तौर पर शामिल हुईं। प्रिंसिपल ने कॉलेज की तरफ से उनका पुष्पित अभिनंदन किया। अपने वक्तव्य में डॉ. रूपिंदर बब्बर ने कहा कि दैनिक जीवन का मानसिक तनाव मनोरोगों



शांति देवी आर्य महिला कॉलेज में मुख्यातिथि डॉ. रूपिंदर बब्बर को सम्मानित करते प्रिंसिपल रतना शर्मा और सोनम गुप्ता। -भास्कर

को जन्म देता है। जिसका हमारे शरीर पर नकारात्मक प्रभाव पड़ता है। उन्होंने कहा कि आज की युवा पीढ़ी पूरी तरह मानसिक तनाव की गिरफ्त में है। क्योंकि प्रतिस्पर्धात्मक युग के चलते हम इससे बच नहीं सकते। अपने कार्यों को परिपक्वता और उचित मार्गदर्शन से करना ही इसका

समाधान है। उन्होंने कहा कि प्रत्येक व्यक्ति किसी ने किसी न किसी गुण, योग्यता को सम्मोहित किए हुए है। इसलिए हीन भावना की कोई गुंजाइश नहीं रहनी चाहिए। सोनम गुप्ता ने कार्यक्रम का संचालन करते हुए कहा कि आज विद्यार्थी और युवा वर्ग यदि अपने मन को केंद्रित करेगा तो कभी भी तनावग्रस्त नहीं हो पाएगा। कार्यक्रम का उद्देश्य सभी वर्गों के लोगों को इससे लाभान्वित करना है। कॉलेज की तरफ से मुख्यातिथि को पर्यावरण संरक्षण के संदेश के रूप में गुलदस्ता और स्मृति चिन्ह भेंट कर सम्मानित किया। इस मौके डॉ. प्रभजीत कौर, शैलिका, सोनिक महाजन भी मौजूद थीं।



Dainik Bheskar

Sunday, 5<sup>th</sup> December, 2021

## मनोविज्ञान विषय लक्ष्य प्राप्ति के लिए एक सीढ़ी की तरह काम करता है: डॉ. लोन

### एजुकेशन प्लस

भास्कर न्यूज़ | दीनानगर



शांति देवी आर्य महिला कॉलेज दीनानगर के मनोविज्ञान विभाग की ओर से आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में प्रिंसिपल डॉ. रीना तलवाड़ की अध्यक्षता और विभागाध्यक्ष प्रो. सोनम गुप्ता के दिशानिर्देश में मनोविज्ञान में करियर के अवसर विषय पर वेबिनार करवाया गया। जिसमें लवली प्रोफेशनल यूनिवर्सिटी के डॉ. जहूर अहमद लोन ने विषय विशेषज्ञ के तौर पर शिरकत की। उन्होंने कहा कि आधुनिक प्रतिस्पर्धात्मक युग में अपने लक्ष्य को हासिल करने के टिप्स देते हुए कहा कि मनोविज्ञान जैसा विषय लक्ष्य प्राप्ति के लिए एक सीढ़ी की तरह काम करता

है। प्रिंसिपल डॉ. रीना तलवाड़ ने मनोविज्ञान विषय से तनाव प्रबंधन पर अपने विचार रखे। विभागाध्यक्ष प्रो. सोनम गुप्ता ने विषय विशेषज्ञ डॉ. जहूर अहमद लोन का धन्यवाद करते कहा कि उनके वक्तव्य से दिशाहीन युवा वर्ग को नई दिशा प्रदान करने में सहायक होंगे। आरआर बावा डीएवी कॉलेज बटाला, पंडित मोहन लाल एसडी कॉलेज गुरदासपुर, एलुमनी एसोसिएशन के सदस्यों और मनोविज्ञान विभाग की छात्राओं व स्टाफ ने वेबिनार में शिरकत की। प्रो. दीपक ज्योति, प्रियंका गुप्ता, कीर्ति की टेक्निकल टीम ने वेबिनार संचालन में अपना योगदान दिया।

Dainik Bheskar

Saturday, 14<sup>th</sup> May, 2022

## साइकोलॉजी विषय की सार्थकता पर चर्चा



भास्कर न्यूज़ | दीनानगर

शांति देवी आर्य महिला कॉलेज दीनानगर के मनोवैज्ञानिक विभाग की ओर से प्रिंसिपल डॉ. रीना तलवाड़ की अध्यक्षता में मनोविज्ञान की उभरती प्रवृत्तियों और कार्य क्षेत्र विषय पर वेबिनार का आयोजन किया गया। विभागाध्यक्ष डॉ.

सोनम गुप्ता के संचालन में आयोजित इस कार्यक्रम में लवली प्रोफेशनल यूनिवर्सिटी के असिस्टेंट प्रोफेसर डॉ. संजय घोष और डॉ. जाहूर अहमद ने विशेष तौर पर शिरकत की। प्रिंसिपल डॉ. रीना तलवाड़ ने अपने संबोधन में आज के युग में साइकोलॉजी विषय की सार्थकता की चर्चा की।



Punjab Kesari, 25<sup>th</sup> Feb, 2023

शनिवार SATURDAY 25 फरवरी 2023

## छात्राओं ने किया रैडक्रॉस नशा छुड़ाओ केंद्र का दौरा

गुरदासपुर, 24 फरवरी (हेमंत): रैडक्रॉस नशा छुड़ाओ केंद्र का दौरा शांति देवी आर्य महिला कॉलेज की साइकोलॉजी प्रोफेसर डा. सोनम ने अपने विभाग के बच्चों के साथ किया ताकि बच्चे किताबी ज्ञान के साथ-साथ समाज में नशों के दुष्प्रभावों और नशों से पीड़ित लोगों के लिए हर संभव प्रयास करते हुए सेंटर संबंधी जानकारी प्राप्त कर सकें।

इस अवसर पर 50 विद्यार्थियों ने सेंटर में आकर मरीजों के साथ बातचीत की और उनसे नशों से होने वाली परेशानी, उसके कारण और उपचार संबंधी जानकारी हासिल की। इस अवसर पर उन्होंने सेंटर में चल रहे कार्यों की प्रशंसा की और बच्चों



रैडक्रॉस नशा छुड़ाओ केंद्र का दौरे दौरान छात्राएं।

(हेमंत)

द्वारा नशों के प्रति जागरूकता फैलाने के लिए साथ देने का भी वायदा किया। इस अवसर पर लवली प्रोफेशनल यूनिवर्सिटी की एम.ए. साइकोलॉजी की छात्रा आरुषि महाजन ने भी विद्यार्थियों को संबोधित

किया और नशों के शारीरिक व मानसिक प्रभाव से अवगत करवाया। इस मौके पर लॉयन कमर पाल सिंह, सतरपाल सिंह, बक्शी राज को-ऑर्डिनेटर चाइल्ड लाइन, भरत शर्मा और अनुराधा उपस्थित थीं।