

Welcome to the Department of Psychology

Government College Sanjauli, Shimla

उद्धरेदात्मनात्मानं नात्मानमवसादयेत्।

आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः॥

—भगवद्गीता, अध्याय ६, श्लोक ५

"Let a man lift himself by his own self; let him not degrade himself.

For the self alone is the friend of the self, and the self alone is the enemy of the self."

— Bhagavad Gītā, Chapter 6, Verse 5

"*Know thyself*" — the ancient Greek maxim echoes across millennia, yet its deepest roots may well lie closer to home. Long before modern psychology gave us its theories and scales, Indian thinkers were mapping the terrain of the human mind through the philosophies of *Chittashuddhi*, *Antahkarana*, and the Bhagavad Gita's profound inquiry into thought, action, and selfhood. Here at Government College Sanjauli, perched among the timeless Himalayas, we honor that legacy while walking boldly into the science of tomorrow.

The Department of Psychology is more than a place of learning — it is a sanctuary for curiosity, a laboratory of self-awareness, and a bridge between ancient wisdom and modern science. We believe that understanding the mind is not only an academic pursuit but a deeply human one.

Where Science Meets the Soul

Modern psychology gives us the tools — empirical research, behavioral science, clinical frameworks, and neuropsychology. Indian psychology gives us the depth — concepts like *Chitta* (consciousness), *Karma* (intentional action), *Ahimsa* (compassionate living), and *Swasthya* (holistic well-being) that resonate in ways no textbook alone can capture. Together, they offer a uniquely whole vision of what it means to be human.

The Positive Psychology Promise

We are guided by the belief that psychology is not merely the study of what goes wrong — it is, more powerfully, the science of what goes *right*. Inspired by the Positive Psychology movement, we ask: What makes life worth living? What builds resilience, ignites strengths, and fosters flourishing? From Martin Seligman's PERMA model to the Indian ideal of *Ananda* (bliss), our classrooms explore the full spectrum of human potential.

You Are the Subject and the Scientist

Every student who walks through our doors carries within them a universe waiting to be explored. We don't just teach psychology — we *practice* it. Through research, reflection, peer learning, and community engagement, students develop not only academic expertise but also emotional intelligence, inner clarity, and the skills to help others thrive.

Shimla's mountains have always been a place where people come to find perspective. Let this department be your own Himalayan ascent — challenging, breathtaking, and ultimately transforming.

Think Deeply. Live Fully. Flourish Boldly.