

North Bengal gets first Psychology Lab, Wellness Studio



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This report iSiliguri: In a solemn ceremony held at Salesian College Siliguri, North Bengal received its first Psychology Lab, Wellness Studio and Wellness Woods on 10th February 2023.

Located in Taverna Block of Salesian College, Psychology Lab is a facility for research, psychological testing and diagnostics. Wellness studio is a counseling centre opened to both students and anyone who requires wellness therapy.

The Psychology department at Salesian College, started in 2012, is the only College under North Bengal University's 64 affiliate colleges, offering degree courses in Psychology both in the Undergraduate and Graduate level.

"The Psychological Lab and Wellness Studio is significant contribution the college is offering to North Bengal and particularly to Siliguri in mental health sector," says Principal Fr. (Prof.) George Thadathil.

"Wellness Studio and Wellness Woods are facility for counseling and clinical psychology where MA students of Psychology will be able to practice and provide professional services to students on referral," says Dr Prince C.P. one of the initiators of the Lab.

Associate Professor Dr Paramita Datta Rej adds, "through the various tests in the lab we will be able to assess the various mental health issues being faced by children as well as adults."

Giving demo of a standard testing and assessment tool, Dr Paramita explained various ways to diagnose obsessive and compulsive disorders common among students and adults and provide timely assistance."

The Psychology Lab is intended to promote research, analysis and treatment as well as for Psychology students to get familiarised with psychological testing tools to provide effective intervention.

Speaking at the inaugural function, founder of the Psychology department at Salesian College, Fr. (Dr.) James Chacko narrated the history of the department which began to offer BA Honours courses in Psychology in 2012, MA in Psychology in 2018, and Psychology Lab and Wellness Studio facilities to both students as well as general public from 2023.

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