

Why Be Part of Thrive Club?

PARTICIPATE IN CREATIVE EVENTS



FUN GAMES AND QUIZZES

GROUP DISCUSSIONS ON INTERESTING TOPICS



COLLABORATE WITH PEERS AND PROFESSIONALS



BOOST YOUR ACADEMIC AND PERSONAL GROWTH



BE PART OF A VIBRANT, SUPPORTIVE COMMUNITY

**READY TO THRIVE?
SCAN HERE**



CONTACT US



The Psychology Department - UGCR 9



thethrivetribecarmelcollege@gmail.com



**CARMEL COLLEGE OF ARTS,
SCIENCE AND COMMERCE
FOR WOMEN**

The Department of Psychology

**THE THRIVE TRIBE
CLUB**



**A SPACE TO GROW, HEAL,
AND THRIVE—TOGETHER**

THE THRIVE TRIBE- PSYCHOLOGY DEPARTMENT CLUB

MOTTO

Building a tribe of thriving minds and compassionate hearts.

VISION

To build a nurturing and empowering student community that promotes flourishing, resilience, and well-being, grounded in the principles of positive psychology. The Thrive Tribe envisions a space where psychology students grow together—academically, emotionally, and socially—while cultivating meaning, purpose, and inner strength.

AIM

The Thrive Tribe aims to create a dynamic platform for psychology students to:

- Encourage self-awareness, emotional well-being, and personal growth through strengths-based approaches.
- Foster peer connection and collective learning by building a supportive and inclusive environment through elements such as gratitude, optimism, purpose, flow, and mindfulness.
- Contribute meaningfully to the college and wider community through awareness campaigns, outreach programs, and mental health initiatives.



SYMBOLISM OF THE THRIVE TRIBE LOGO



TREE CANOPY (LEAVES)

Represents growth, flourishing, and self actualization while supporting holistic emotional, intellectual, and social development.



RUBIN'S VASE TRUNK

Symbolizes how perception shapes experience, emphasizing self awareness, reframing challenges, and appreciating diverse perspectives.



ROOTS

Represents grounding, identity, and inner strength, highlighting resilience built through connection and shared support.



GRADIENT BACKGROUND

Reflects balance, calm, hope, and renewal, reinforcing a commitment to mental well being and growth.

OUR ACTIVITIES AND INITIATIVES

1 Through the Lens of Happiness – Photography Competition

An online photography contest encouraging students to express happiness and promote positive mental well-being.



2 Daan Utsav – Spreading Smiles through Giving

A student-led initiative supporting underprivileged communities and fostering empathy and social responsibility.



3 Myths and Facts about Mental Health

An online awareness initiative aimed at dispelling misconceptions and promoting accurate understanding of mental health.

4 Short Film Screening and Talk on “Choosing Happiness”

A mental health awareness program featuring the short film The Last Piece and an expert talk on happiness and emotional well-being.

