

## PSYCHOLOGY 2023-24

<u>S. No</u>	<u>Name of the event</u>	<u>Pg. No</u>
1.	Farewell'23	
2.	Orientation-2023	
3.	Teacher's Day	
4.	World Mental Health Day	
5.	Eudaimonia	
6.	Trezire	

- 1) **Farewell for Batch 23** - On April 25th, 2023, 'Summer O'23', a farewell for the batch of 2023 was hosted in Seminar Room 2. The celebration included a lineup of spectacular dance and singing performances by talented juniors of the departmental, dedicated to their graduating seniors. The class of 2023 also received small tokens of appreciation in the form of precious gifts as a symbol of the gratitude and respect that the juniors displayed throughout the event. The departmental council arranged refreshments for everyone. The event concluded with a heartfelt speech by the President of Psymenia.

**Number of participants: 117**



- 2) **Freshers' orientation for Batch 2027:** Psymentia - the Department of Psychology, organized the departmental orientation on the 16th of August, 2023 in Psychology Lab 1 for the batch of 2023-27. The faculty of the Department of Psychology - Dr. Komal Chandiramani, Ms. Pallavi Preeti, Ms. Radhika Sharma along with the Teacher in Charge (TIC) - Dr. Daya Bharadwaj gave a brief introduction about the department, its aim and vision and apprised the students about the departmental code of conduct. The student council of Psymentia then introduced their departmental council. The event was informative, interactive and engaging.

**Number of Participants : 46**



- 3) **Teacher's Day Celebration :** A series of events were organized for the teachers of the Department of Psychology - Psymentia, on September 11, 2023. Students from all batches of the department prepared various performances which included: bollywood medleys, dance performances and singing performances. Students surprised Ms. Pallavi with a handmade card for her birthday making the day extra special, followed by a cake-cutting ceremony and a homemade cake by a third-year student. The departmental council provided gifts and refreshments.

**Number of Participants: 133**



- 4) **World Mental Health Day** : On the 10th of October 2023, Psymentia marked the observance of World Mental Health Day by fostering a positive atmosphere within the premises of the college. The occasion was characterized by a sense of joy and gratitude. The department created a board with two divisions: Self Love Club and Blessing Portal. Students wrote about themselves and gratefulness on the board, while offering hugs and high fives to spread smiles across campus. The board was placed in the Foyer Area of the college for students to participate in.



- 5) **Eudaimonia**: On 18th October 2023, Psymentia and Ehsaas collaborated with YMH and Amaha to organize a comprehensive session addressing common mental health issues in seminar room, ground floor. Mayank Rajput, a senior consultant clinicalThe event proved to be enlightening for the entire audience. Utkarsha Jagga, founder and counseling psychologist at YMH, discussed the dual nature of a rights-based approach: ensuring

quality mental health care services and fostering an enabling environment to reduce stigma, discrimination, violence, and inequity. Mayank Rajput, a senior consultant clinical psychologist at Amaha, shared insights on effective academic stress management. Ehsaas organized an activity to eradicate myths about mental health, and Psymenia hosted a "Maquetting Hearts" activity, where participants expressed themselves through drawings or doodles. The event was informative and engaging for everyone.



6) **Trezire**: On 8th November 2023, Psymenia: The Department of Psychology organised its infamous departmental fest- Trezire. It featured a seminar, various activities, and competitions. The department also set up 2 stalls on the day. Ms. Pooja Tomar gave a seminar on forensic psychology in the seminar room, second floor, and shared her experiences in Tihar Jail, and the judicial aspect. Teachers felicitated her with artisan-made gifts from Enactus and SRCASW. Psychemon- the Trivia Competition, a memory-based game based on anime series Death Note and The Attack on Titans. The Persona Verse competition encouraged individual and team participation in painting their inner personalities, while the Taped Tale competition involved re-enacting scenes from Karthik or Bhool Bhulaiya.

The activities were a huge success as well! Psymenia organised 4 activities for the day: Espresso (the catharsis activity), Cache of Rhymes(memory based activity), Just Dance Central, and Gen Z argots(activity based on fluid intelligence). Not just this, the department had also invited stalls for the students. Two stalls were set up by the department: The White Hart Pizza and Come Shot Coffee.

**Number of participants in the seminar: 87**

