

PSYCHOLOGY 2024-25

S.No.	Name of the event
1	Farewell : Sayonara
2	Freshers Orientation : Batch of 2028
3	Teachers Day Celebration
4	Trezire
5	Diwali Mela (Participation)
6	MIRAI: The annual alumni meet

Psymenia, The Department of Psychology of Shaheed Rajguru College of Applied Sciences for Women (SRCASW), welcomed the academic session 2024-25 with sheer enthusiasm and spirit. A series of engaging events and vibrant festivities marked yet another academic year, successful.

FAREWELL - SAYONARA SOIREE



The year commenced with a heartfelt farewell for the Class of 2024 on **April 29th, 2024** in SR2, titled 'Sayonara Soiree'. The event was a bittersweet tapestry of joy and nostalgia, wherein, the faculty and students participated and captured the essence of sweet goodbyes. The afternoon featured stunning dance and singing performances that highlighted diverse talents within the department. The farewell concluded with a heartfelt speech by the President of Psymenia, reflecting on the shared achievements and memories of the Class of 2024.

No. of participants: 70

FRESHERS ORIENTATION: BATCH OF 2028



Freshers' orientation for Batch 2028: Psymenia - the Department of Psychology, organized the departmental orientation on the **29 August, 2024** for the batch of 2024-28. The faculty of the Department of Psychology 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 Psymenia then introduced their departmental council. The event was informative, interactive and engaging.

No. of participants: 27

TEACHERS' DAY



The Teachers' Day celebration on **September 5th, 2024** was a close-knit and wholesome event. Students from the department assembled in LT-23, drew adorable doodles on the board and decorated the classroom. Then, the teachers were presented with pastel crochet bouquets as a token of gratitude for their unwavering guidance and support. This was followed by a cake cutting ceremony to celebrate the bond that students share with the faculty. The event concluded with a funny yet heartfelt speech by the President of the department. The memorable occasion brought the entire department together in a joyous symphony.

No. of participants: 60

TREZIRE - THE ANNUAL DEPARTMENTAL FEST



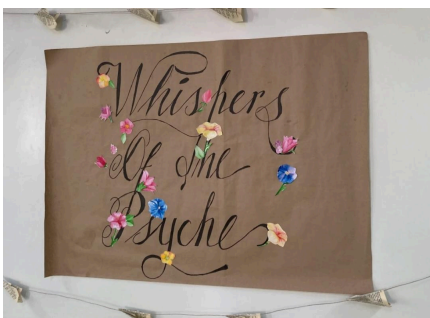
Trezire, the foremost event organized by Psymenia, took place on **October 23rd, 2024**, consisting of enthralling competitions and compelling activities that were a reflection of creative enthusiasm and the enduring legacy of the Department of Psychology. Such essence was captured by the theme ‘Serotonin Stories: The Art of Feeling’, which delved into the stories of passersby and participants through catchy reinforcement of a true cathartic serotonin booster, like a vibe curation or mood tracker. This was showcased through engaging activities, namely Mythbusters, The Vibe Station, and Mood Markers, complemented by a Mood-board Making Competition called ‘The Emotion Canvas’, and a Slam Poetry Competition named ‘Whispers of the Psyche’. A thought-provoking seminar named ‘Befriending Anger: Preventing the Weaponization of Anger as Violence’ by Dr. Itisha Nagar was also conducted to add to the depth and reflection of the events under Trezire ‘24.

COMPETITIONS

I. The Emotion Canvas - Emotion Canvas was conducted as an online mood board making competition which required one to unleash their creative skills with the help of images, colors, and textures to capture the essence of emotions and bring it to life in the real world. Feelings of anxiety, tranquility, joy, boredom; the vast spectrum of emotions were welcomed to be artistically expressed. The winners of the competition were Yanu Munde (Ist place), and Sahiba Naseem (IInd place).

No. of participants: 13 (online mode)

II. Whispers of the Psyche -



A Slam Poetry Competition titled ‘Whispers of the Psyche’, capturing the cathartic nature of the true expression of psyche through literature, was conducted, where words became the

canvas for the mind and the soul alike. This celebrated the voices that explore the depth of emotions, the brilliant minds with surreal meter on words to express art, and the witty speakers that held their ground in discussions, making it an event nothing less than a celebration of the beautifully tangled human psyche. The winners of the competition were Poorti Maheshwari (Ist place), Khushi Kain (IInd place), and Diksha Sharma (IIIrd place).

No. of attendees: 40

No. of participants: 9 (offline mode)

ACTIVITIES

1. **Mythbusters** - The ‘Mythbusters’ activity created a fantastic space for exploration, based on the premise of challenging common beliefs and debunking popular myths related to Psychology. It was a chance for everyone to dig into various myths and fascinating facts about the human mind, whether they were widely known or more obscure. Participants learned a lot and had fun separating truth from fiction!

2. **The Vibe Station** - A fun and lighthearted activity ‘The Vibe Station - Groove To Your Own Tunes’ was organised to craft the perfect playlist that matches the participant’s mood.



Certain interesting prompts were provided to choose from and along with the freedom to add and customize one’s own favourite playlist based on their personal genre and music preference.

3. **Mood Markers** - Another activity titled ‘Mood Markers - Thumb Printing Emotions’ was also organised in order to express a labyrinth of emotions through the lens of art . Portrayal of a multitude of emotions was done by thumbprinting the respective moods into a shared canvas to bring out yet another colorful, fun and interactive way of providing a space for every emotion in every student possible.

SEMINAR - An insightful seminar on ‘Befriending Anger: Preventing the Weaponization of Anger as Violence’ by Dr. Itisha Nagar was conducted under Trezure ‘24. It offered a profound exploration of the complexities surrounding anger and its potential consequences. Dr. Nagar's engaging presentation delved into the origins of anger, emphasizing its role as a natural emotion that, when left unchecked, can lead to destructive behavior.



Through thought-provoking discussions and interactive activities, participants were encouraged to understand their anger, embrace it, and transform it into a constructive force for personal growth and social change. The seminar not only highlighted the importance of emotional intelligence in managing anger but also provided practical strategies for fostering healthy communication, conflict resolution, and empathy. Attendees left with a deeper awareness of how to befriend their anger rather than allow it to manifest as violence, making the seminar a significant step towards promoting mental well-being and harmonious relationships

No. of participants: 70

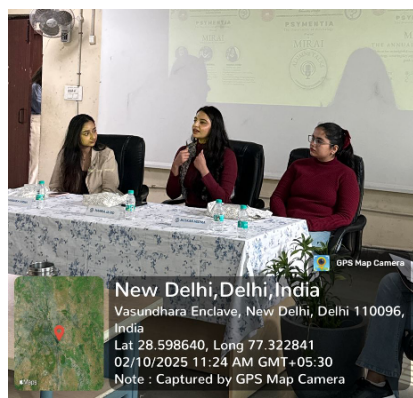
DIWALI MELA



Psymentia participated and really shined at the Diwali Mela, securing second place! This amazing event was organised by the college authorities on **October 25th, 2024** and it celebrated India's rich culture and tradition with delicious food and captivating performances. The team completely enthralled everyone with their unique reenactment of the classic Indian film, 'Sholay'. This performance wasn't just about the students' extraordinary creativity; it truly showed off their collaborative spirit. Every team member played a crucial role, from brilliant acting to crafting costumes and organizing the entire show. Through their shared effort, the students clearly demonstrated their passion for both the arts and representing the department.

No. of participants: 15

ALUMNI MEET - MIRAI



The year concluded with 'MIRAI '25', a successful Alumni Meet hosted on **February 10th, 2025** that brought together past and present members of the Psychology Department. Psymenia was honoured to host Ms. Tanishka Verma, Ms. Muskan Mishra, and Ms. Namra Javed as chief guests. The event's success was a collaborative effort, thanks to the invaluable contributions of faculty members and students. With the enthusiastic participation of 120 students of the department, 'MIRAI '25' served as a vital link between generations. It offered a unique platform for current students to connect with their seniors who are now professionals in the field of Psychology, gaining valuable advice and diverse perspectives.



The engaging question-and-answer session further enriched the event, fostering mentorship and guiding the next generation of psychologists.

No. of participants : 120

The academic year 2024-25 was a remarkable journey for Psymenia, filled with learning, creativity, and meaningful connections. From engaging competitions and insightful seminars to lively activities and an inspiring alumni meet, the department thrived in fostering intellectual and personal growth. The dedication of faculty, students, and guest speakers contributed immensely to making these events a success. As we move forward, Psymenia remains committed to nurturing curiosity, encouraging dialogue, and creating a vibrant academic community for its students.

