

REPORTS OF PSYCON ACTIVITIES

Let's Click: Psycon's First Event for the Year 2022

1. Name of the College: St. Francis College for Women'
Begumpet, Hyderabad – 500 016.
(Autonomous and Affiliated to Osmania University)
2. Organized Department: Psychology
3. Title of the Programme: Let's Click: Psycon's First Event for the Year 2022
4. Date of Programme: 8th July, 2022
5. Details of Resource Person: -
6. Brief Report of the Programme:

On the 8th of July the Psychology Club called Psycon conducted its first event for the year 2022 under the leadership of its newly appointed core committee members.

The event known as "**Let's Click**" was aimed at being an ice breaker session for students from 2nd year and 3rd year Psychology to interact and bond better. We were able to secure a 1 hour time slot (1:20pm- 2:20pm) for the session at the Capitanio Hall (UG block)

Owing to the pandemic and online classes there was very little interaction between psychology students from 2nd and 3rd year. Before full fledged activities for the year commences there was a need to get to know each other better in order to ensure better cooperation, cohesion, communication and most importantly to ensure that we functioned as a team throughout.

With the help of 2nd years, the core committee member decided to conduct an ice breaker session that included many fun and team building activities.

The session started out with an address from our Coordinator and UG Psychology professor Ms Amulya Kocherlakota, expressing her excitement, hopes and aspirations for the club and the feats she wants us to achieve as a team.

This was followed by brief introductions by the core committee members- Vasudha Bharade, Shalini Kishore, Kritika Pawle, Abha Patel, Pareshti Gupta, Hasini, Janavi

Nagla, Mahima Evangeline, Avanthika Apalajam, Shazia Gilani, Pareshti Gupta and Ananditha Mathews (Myself)

The introductions were followed by the much anticipated ice breaker activities. We were joined by most of our psychology faculty for these activities- Dr Nandini Sanyal (Head of Psychology Department), Ms Amulya Kocherlakota (Coordinator Psycon Club), Ms Navya Suma, Ms Arupuda Mary and Mr Apuroop Chakravarthy.

The Number Game

The game involves a large group of people forming a circle and dancing in the circle for as long as the music is played. When the music is stopped, the presenter would announce a random number and people are required to form themselves in groups of the number which was announced. Ones who fail to find a group/form a group are out of the game. Although the game started off with initial competitiveness, we soon found ourselves not caring about “numbers”/”groups” anymore and merrily danced away to the groovy tunes. We were thrilled to be joined by our incredible psychology faculty who didn’t shy away from busting some moves

Two Truths, One Lie

The game is ideal to be played in a large heterogeneous group, which is what we were. The game entails each participant telling the large group 3 statements about themselves, out of these three statements 2 are false and one is true. The other participants must guess which of the two are false and which one is the truth. The objective of the game is to not necessarily get everything right but to learn more about one another.

We wouldn’t have let our professors get away with not participating in this. Who knew they had so many interesting tales to spin?

While we intended to play more games, we were short of time to accommodate each participant equally in a large group game. So, the next best option was to obviously get together to sing and dance.

We danced to our favourite hindi and punjabi tunes. Our very own Ms Salini Govada professor PG Psychology sang a beautiful rendition of Flashlight by the singer Jessie J from the movie Pitch Perfect 2, while the students lit up their flashlights on their phone and waved it around ma'am.

The beautiful afternoon ended with the students karaoking to Blank Space by Taylor Swift.

I think it's safe to say we achieved our objective to bond, get to know and enjoy each other's company but, most importantly, we made memories. There is no doubt that we can function effectively as a team despite our differences and achieve success in all our future endeavours.

7. Relevant pictures:









Ice Breaker for First Years

1. Name of the College: St. Francis College for Women'
Begumpet, Hyderabad – 500 016.
(Autonomous and Affiliated to Osmania University)
2. Organized Department: Psychology
3. Title of the Programme: Ice Breaker for First Years
4. Date of Programme: 29th August, 2022
5. Details of Resource Person: -
6. Brief Report of the Programme:

Psycon held its second ice breaker session with the newly inducted first year psychology students. The objective was to acquaint the students with the workings of the department, the professors, the seniors and their peers in a light hearted environment of fun, dance and music.

Following the success of the first ice breaker session with the second years, The Psychology department and the PSYCON club collectively decided to follow the same format for the event. However, due to the constraint of time we could only stick to one event.

The ice breaker was held after college hours from 2:30 to 4:00 to accommodate all students. The area near the college canteen was an ideal location, it provided the open area for students to move around freely and participate in the activities and socialise.

The first activity was the successfully tried and tested, The Number Game. This involved all students moving around in a circle to a song. Once the song is stopped, the host would announce a random number and students are supposed to immediately form themselves in groups of that number, within 10 seconds. This allows people to form groups with people they don't know in order to stay in the game.

After playing multiple rounds of this game, coupled with uncontrollable laughter, the floor was opened to students to showcase their singing talents through a game called “Song Association”. Students were to guess a song after a random line is quoted from the song. All the students are supposed to sing along to the song. A number of telugu and hindi hits were sung together creating the most wonderful synchronised environment.

The game slowly morphed into a dance off between students. Students broke into hook steps from famous songs, and teachers joined in on the celebration.

The shy first years and the awkward interactions between them and their seniors disappeared in no time. By the end of the session we were just a bunch of students dancing away.

The icebreaker served its purpose as a team building exercise, it enabled bonding and better understanding.

We are confident that this session has helped remove any kind of apprehension between “seniors and juniors” and will help build a wonderful association for the remainder of the college years.

7. Relevant pictures







Self Care Vision Board Competition

1. Name of the College: St. Francis College for Women'
Begumpet, Hyderabad – 500 016.
(Autonomous and Affiliated to Osmania University)
2. Organized Department: Psychology
3. Title of the Programme: Self Care Vision Board Competition
4. Date of Programme: 28th July, 2022
5. Details of Resource Person: -
6. Brief Report of the Programme:

The Psycon Club under the Department of Psychology held a Self Care Vision Board Competition on 27th July, 2022 between 10:30 to 12:30. Self Care Vision boarding is an activity that involves illustrating one's self care rituals for mental, emotional, and physical well being on bases like canvas, charts, boards or paper through drawing, pictures, and writing. A vision board is a collage of images and motivation, as you work towards achieving your dreams. Self-care has

been defined as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."¹ Essentially, the term describes a conscious act a person takes in order to promote their own physical, mental, and emotional health.

The competition was a way to celebrate Self Care Month. And what better way to celebrate self care month than to host a self care vision boarding challenge.

Participants were supposed to create a vision board for their personal self care goals by using pictures and arts and crafts material, drawing and writing.

To make the participation as wide as possible a "door to door marketing technique" was applied with volunteers visiting each besides actively reaching out through social media. Exciting prizes were announced for winners and goodies for participants. Through this event we aimed to reach out to non-psychology students and also make them understand the essence of self care,

The participation was overwhelming, about 25 students applied for the competition. The students would be provided with A3 paper on which they had to make their personal self care vision board.

The capitano hall was booked in advance for the competition and the day of the competition it was decorated with posters and wall decor about self care.

Participants started trickling in at 10:30 and after a introduction about what self care and vision boarding is by our Cultural Head Janavi Nagla, the competition commenced.

The participants were given two hours for the competition. The duration allowed participants not only to visualise their self care vision board but also be able to translate it on paper.

The self care vision board was judged by professionals outside college in order to eliminate any potential bias and make the process of assessment more objective. One of the Judges was Ms Rheona Lewis. Ms Rhiona Lewis has completed her Master's in Counselling Psychology from CHRIST, Bengaluru. Her expertise lies in child and adolescent Psychology. She has experience working in both educational and corporate settings for almost 5 years. She is currently working as a school psychologist in a reputed organisation in the United Arab Emirates.

The participants finished creating their respective vision boards at 12:30 and submitted their entries to be judged. The judging process would be done on aspects such as originality,

relevance to theme and how personal the vision board is to the participants. The judgement and deliberation process needed time and so the participants were asked to assemble in the UG Psychology Lab after an hour at 1:30.

The winners were announced by our Psycon Co-ordinator Ms Amulya Kocherlakota, and the Psychology Department HoD Ms Nandini Sanyal, in the presence of other faculty members. The 3 winners were The top 3 winners were V. Jennifer (BSc. 2A BTZC), Rohana Singh (BA 3 MLS), Zainab (BSc. 2 ANBC). Winners were given gift hampers as prizes which included exciting products like daily journals and planners, sheet masks, essential oils, aromatic candles, tea bags, scrunchies, nail paints and affirmation stickers, self care checklist and bookmarks. Other participants also received goodies like ear studs and hair clutches and the self care checklist which contains various activities for self care. Participants were encouraged to practise the self care checklist activities on the checklist and post a picture of them doing it on instagram and tag the Psycon Club Page- Desypher.

It was amazing to be able to see the participant's incredible works and understand their outlook and their personal interpretation towards self care. The event was a great success with enthusiastic participation from over 25 students. We hope the competition serves its purpose and fosters the daily and simple practices of self care among each one of us.

Here are the testimonials from the participants-

- 1) Thank you so much Psycon for conducting this unique competition. We would be glad if the photos taken during the event can be shared on this group.
Thank you so much:) -Jenifer
- 2) THANKYOU PSYCON. I just loved the competition held today... enjoyed it -Rohanna
- 3) Thankk youu guys  genuinely enjoyed today's event  -Sugandhini

7. Relevant pictures:





Student Induction Programme- PSYCON Stall

1. Name of the College: St. Francis College for Women'
Begumpet, Hyderabad – 500 016.
(Autonomous and Affiliated to Osmania University)
2. Organized Department: Psychology
3. Title of the Programme: Student Induction Programme- PSYCON Stall
4. Date of Programme: 25th August, 2022
5. Details of Resource Person: -
6. Brief Report of the Programme:

On the 25th of August, The Department of Psychology with the help of the Psycon Club held a stall for the occasion of The Student Induction Programme for the newly inducted 1st year students of all streams.

The Psychology stall was placed in front of the capitainio hall where the main event was held, starting from 9am to 4pm. The objective of the stall was to familiarise and acquaint newly inducted students to the Psychology department.

The preparation for the stall started early, the tables were set up, colourful posters detailing different trivia and facts about different aspects of psychology were stuck on the black canvas that would ultimately form the backdrop of the Psychology SIP stall.

The main activities of the stall were Habit Formation Experiment, Myths and Facts of Psychology and Mental Health, and Stroop Effect.

Habit Formation Experiment: involves 2 boards. The subject is provided with a deck of well shuffled deck of cards. The design on the boards involve different patterns of the deck (ace, spade, heart, diamonds). Same patterns are arranged differently on both boards. The subject is supposed to assign the shuffled deck of cards to their corresponding patterns on one board. This would be recorded as Series 1 with 1 trial. The time taken by the participant to arrange the cards would be noted along with any errors made. Subsequently, the cards would be shuffled again and this time the cards had to be arranged on the same board 4 times. This series would have 5 trials in total. 4 trials would be conducted on the first board and the last trial would be done on a board

with patterns arranged differently from the first board, the time taken for all 5 trials would be noted. The participant can observe that the first 4 trials decrease in time taken because the participant is accustomed to placing the cards in the same order. Thus making the activity less thoughtful and more motor. However, when the difference in arrangement is introduced, the time taken starkly increases, thus proving that habits are formed with greater repetition and practice.

The Stroop Effect: uses three elements, names of colours printed in black ink, names of colours printed in different ink than the colour named, and squares of each given colour. The experiment is then conducted in two parts:

In his first experiment, the participants simply read the colour printed in black ink. They are then asked to read the words printed, regardless of the colour they were printed in.

For the second part, participants named the ink colour instead of the word written. For example, “red” might have been printed in green and participants were asked to identify the colour green instead of reading the word “red.” In this segment, participants were also asked to identify the colour of the squares.

Stroop Effect finds that subjects took longer to complete the task of naming the ink colours of words in experiment two than they took to identify the colour of the squares. Subjects also took significantly longer to identify ink colours in experiment two than they had to simply read the printed word in experiment one. He identified this effect as an interference causing a delay in identifying a colour when it is incongruent with the word printed.

Mirror Drawing Experiment: The test is made as an experimental tool to analyse and observe the nature of the learning process and studying the relationship between the visual-spatial and motor learning capabilities. The subject is provided with the apparatus for the experiment, which resembles a small open box, with the lid fixed with a mirror, the box is equipped with a white plate like structure that obstructs the direct view of the object the participant is supposed to trace. This enables the participant to only trace the object by indirectly seeing it in the mirror. This gives an inverse view of the object being drawn, this requires new learning for effective tracing/drawing. The participant is evaluated depending on the speed and accuracy.

Myth and Facts: Involves a bunch of cue cards with a question/ statement about the subject of psychology and mental health, the participants are supposed to read these statements and guess whether the statement is a myth or a fact, the right answer was printed on the other side of the cue card with an explanation provided to help better understanding of the actual facts.

Apart from these interesting experiments, the stall featured beautiful artwork and written work by psychology students from all the years- this included poems, prose, sketches of anime characters and paintings of scenic landscapes.

While the stall didn't retail any items in real time, a number of trendy and quirky badges, bookmarks, and stickers were displayed. The students could choose whichever item they were interested in and place the order with the President of our Club- Ms Vasudha Bharade.

The stall also included a section that encouraged students to write a "kind note to yourself/others". Many students from different courses and different years filled the section up with uplifting, kind, funny and sentimental notes. The Psycon club garnered a number of encouraging and appreciative messages too.

After the students went through the stalls, they were offered a "self care" checklist. The checklist consisted of seven activities, for seven days of the week. Each activity also had a daily tracker, with each day of the week to trace one's progress. The activities were simple like making a hot beverage, walking on the ground barefoot, lighting a scented candle, etc. Students were encouraged to take a picture of themselves practising any activity of their choice and take a picture, post it on their story or post and tag the DEPSYPHER page (the official PSYCON instagram handle) on instagram with the hashtag "self care checklist". This was primarily to promote healthy self care habits among students.

The SIP stall was a grand success, it garnered large crowds ranging from students to professors and non-teaching staff. It was met with overwhelming positive responses. It also provided students to interact with each other and get to know their peers, seniors and professors much better.

This set the tone for a hopefully long and fruitful association between students and various departments.

7. Relevant pictures:











SUICIDE PREVENTION WEEK- 6th - 15th September

1. Name of the College: St. Francis College for Women'
Begumpet, Hyderabad – 500 016.
(Autonomous and Affiliated to Osmania University)
2. Organized Department: Psychology
3. Title of the Programme: SUICIDE PREVENTION WEEK- 6th - 15th September
4. Date of Programme: 6th - 15th September, 2022
5. Details of Resource Person: -
6. Brief Report of the Programme:

The Department of Psychology and the Psycon Club conducted The Suicide Prevention Week on the 2nd week of September. The events of the week were a way to spread awareness about mental health and the message of hope among everyone, especially for those who feel their prospects in life seem bleak.

More than 700 000 people die by suicide every year, which is one person every 40 seconds. Suicide is a global phenomenon and occurs throughout the lifespan. Suicide has been the leading cause of deaths among adolescents and young adults.

The message had to be spread constantly and through various mediums, hence the department conducted various activities to encourage students to participate. The official commencement of the Week started off with releasing the reach out hand out and a special assembly that involved a flash mob dance presentation by the psychology students from all three years. The choreography was done on a series of Uplifting songs with colourful fireworks, balloons, and banners with positive Quotes.

This was followed by a Seminar on "Creating Hope through Action" by Ms Tina Fernandes- Former HoD of Psychology Department and Presently a independent practicing counsellor and consultant psychologist. The talk discussed causes, myths, statistics, signs and support/help for people contemplating suicide.

For Day 2, the event was a poster making competition on the topic Mental Health and hope. The event was a grand success, it was encouraging to see the active participation and the prevailing awareness among students on mental health topics.

The last and perhaps the most important event was "The Walk of Hope". This involved a peaceful March near the residential area close to college. The objective was to spread the message of hope and stand in solidarity with those who are silently fighting battles with mental health. The walk was observed through constant chants of hope and affirmation along with banners that read various slogans for hope.

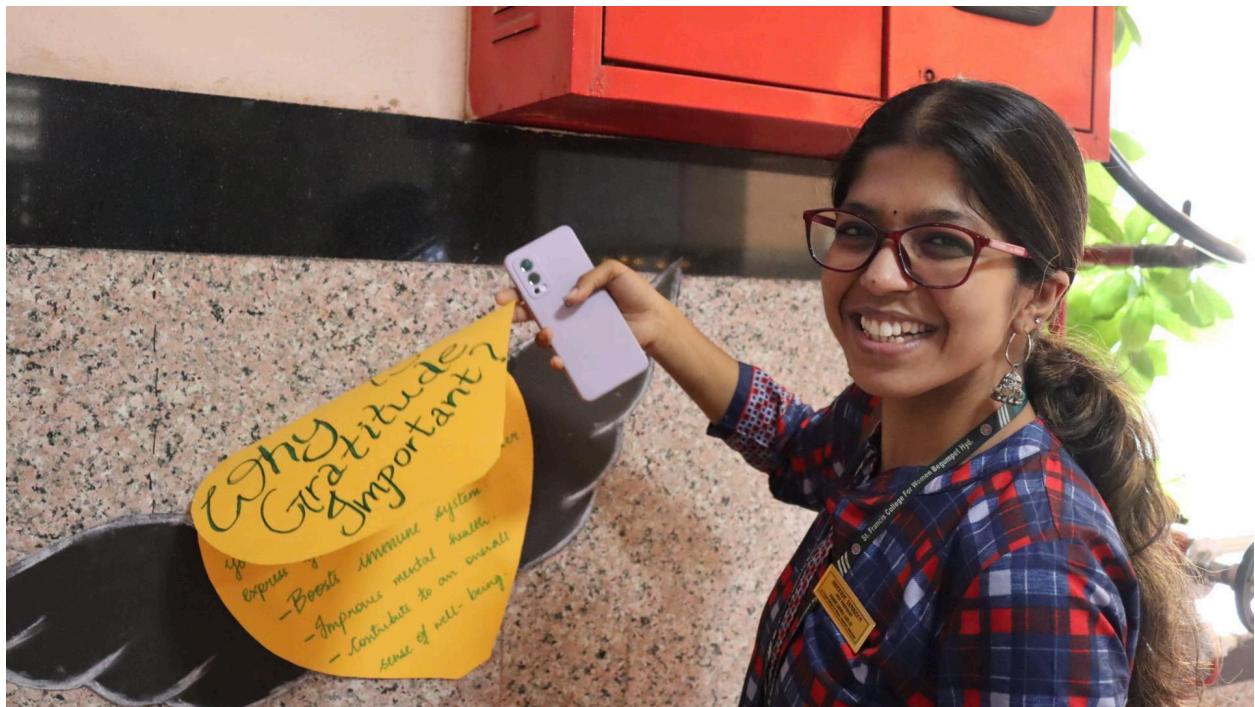
Apart from these events, there were fixtures such as "The Gratitude Wall" and "Express station" that were installed near the Capitanio Hall. "The Gratitude Wall" consisted of a series of colorful "post it" notes fashioned in the form of a heart shape. Students, faculty and non teaching staff were encouraged to write notes of gratitude for the positive elements in their life. "Express Station" was a section that featured art and craft work, poetry and articles by the students of Psychology.

The Suicide Prevention Week was a wonderful and collective effort. The Department conducted an event that will be remembered for a long time. We hope the objective of spreading awareness, and hope has been duly accomplished through this event.

7. Relevant pictures

GRATITUDE WALL





EXPRESS STATION





FLASHMOB





REACHOUT





CREATING HOPE THROUGH ACTIONS





LET THE ART TALK





St. Francis
College for Women
Begumpet, Hyderabad-500016
(Autonomous & Affiliated to Osmania University)

Department of Psychology **50**
Let the Art talk.

Poster Making Competition

Themes:
Suicide Prevention, Hope, Mental Health, Optimism, Gratitude, Breaking stigma

Date: 13th September, 2022
Venue: PG 304
Timings: 12:10 PM - 1:30 PM

Registration Fee -
Rs. 30

Click [HERE](#) for Registration

E-Certificates for
all participants

For Queries, Contact:
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BREAK Stigma

A woman is holding up a hand-drawn poster. The poster features a central figure of a person sitting on a rainbow-colored base. The text 'BREAK Stigma' is written in a stylized font at the top. The poster includes various symbols and text boxes, such as a smiley face, a gear, and a small globe. The background of the poster is white, and it is framed by a black border.

WALK OF HOPE



