

DEPARTMENT OF PSYCHOLOGY
PSYCON - STUDENT CLUB ACTIVITIES
2023-24

The PSYCON Club's activities for the year 2023–2024 reflected its commitment to fostering student engagement, leadership, creativity, and emotional well-being. Through diverse events ranging from academic seminars to expressive workshops, the club continued to uphold its mission of promoting psychological awareness, community connection, and holistic growth among students.

Investiture Ceremony and PSYCON Journal Release

The academic year commenced with the **Investiture Ceremony** and the release of the *PSYCON Journal 2022–2023* on **7th July 2023** in the College Auditorium from **11:40 a.m. to 12:40 p.m.** The event celebrated the induction of new student council members, acknowledged the contributions of the outgoing council, and appreciated the efforts of all journal contributors. The ceremony was presided over by the Department of Psychology and attended by all Psychology students and club members.

Annual Ice-Breaker Session – “Let’s Click 3.0”

To welcome the new academic year, the PSYCON Core Committee (2023–2024) organized the annual icebreaker session, **“Let’s Click 3.0,”** on 25th July 2023 in Gerosa Hall, UG Block. The event brought together undergraduate students from all three years of the Psychology program, fostering interaction, bonding, and a spirit of camaraderie among the students.

Suicide Prevention Week – “Create Hope Through Action”

The Department of Psychology inaugurated its annual **Suicide Prevention Week** on **12th September 2023**, with the theme *“Create Hope Through Action.”* The week-long initiative aimed to raise awareness about suicide prevention, dispel stigma, and encourage gratitude and hope through a variety of interactive activities.

The inaugural event, held in the Quadrangle from 10:15 a.m. to 10:30 a.m., was graced by **Dr. Uma Joseph, Principal**, who released the promo for *“Stories of Hope”*—a six-episode collection of real-life narratives—and *“20% Progress”*, a book authored by Psychology students Ms. Vasudha Bharade and Ms. Shalini Kishor.

Throughout the week, students participated in several awareness activities such as the **Ribbon Drive, Gratitude and Joy Wall, Know the Signs Crossword**, and the **Take-the-Load-Off Box**, which encouraged participants to share their reflections anonymously.

Two interactive college-level events were also organized on **13th September 2023**:

- **Express Station**, held from **10:00 a.m. to 11:30 a.m.** on the UG-PG Bridge, was open to students from all streams to express thoughts on emotional well-being.
- **Semicolon Creation**, conducted from **10:30 a.m. to 11:30 a.m.** in **PG 314**, saw the participation of 17 students who expressed their creativity around the theme of hope and resilience.

A seminar titled **“Enhancing Student Well-being: The Vital Role of Educators”** was also conducted on the same day by **Dr. Vidya Sagar**, Clinical Psychologist, from **10:00 a.m. to 11:30 a.m.** in **Capitanio Hall**, with participation from 142 faculty members. The session emphasized empathy as an essential skill for recognizing distress, fostering trust, and promoting a supportive classroom environment.

Dance Movement Therapy Session

Concluding the year's activities, a **Dance Movement Therapy** session was held on **24th November 2023** by **Ms. Lavanya Kaushal** in **PG 314** from **11:30 a.m. to 2:30 p.m.** The session engaged 40 undergraduate and postgraduate Psychology students, providing them with an experiential approach to emotional release, mindfulness, and body awareness through movement.