



**RCSS**  
RAJAGIRI COLLEGE OF  
SOCIAL SCIENCES  
(AUTONOMOUS)

## **RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)**

Rajagiri P.O - 683104, Kalamassery, Kochi, Kerala

Phone: +0484 – 2911507/1591 or 1594, Fax: +91 484 - 2532862

E-mail: [psyesta@rajagiri.edu](mailto:psyesta@rajagiri.edu)

Website: [www.rajagiri.edu](http://www.rajagiri.edu)

## **PSYESTA 2K22**

### **The rule book for Psychology Undergraduate Students**

#### **RAJAGIRI CENTRE FOR BEHAVIOURAL SCIENCE AND RESEARCH**

Rajagiri Centre for Behavioural Science and Research (RCBSR) was established in September 2016 at Rajagiri College of Social Sciences, Kalamassery, Kerala. This centre provides high quality Undergraduate and Post-graduate education with a curriculum focused on the Science of Brain and Behaviour and its applications.

Along with the entire faculty of Rajagiri Centre for Behavioural Science and Research, we welcome you!

#### **PSYESTA**

PSYESTA is a National fest organized by Rajagiri College of Social Sciences since the inception of the Psychology Department. This fest is for Psychology Undergraduate students across India. The main objective of the fest is to showcase the talent and creativity of UG psychology students, facilitate interaction among them and win cash prizes through their skill display Events of PSYESTA include: Know Your Psychologist, Solo (song), Short Film, Mental Floss (Quiz)

## GENERAL RULES AND REGULATIONS

### IMPORTANT

#### **These competitions are for undergraduate students**

- 👉 The events are conducted in the online mode, so participants are requested to sign in to the given link that will be provided.
- 👉 Only Appreciation prizes will be awarded if the number of individuals registering for the event is less than 3.
- 👉 The decisions of the judges shall be final.

# RULES FOR COMPETITION EVENTS

## 1. Participation

- Participation is exclusively for Undergraduate Psychology students.
- Any number of teams from a college can participate in the events except for Quiz.
- Participation certificates will be issued to all the participants.

## 2. Registration

- Registration is mandatory and is free
- Confirm your participation by sending an email to [psyesta@rajagiri.edu](mailto:psyesta@rajagiri.edu) or visit our website [www.rajagiri.edu](http://www.rajagiri.edu) .
- Last date for Registration: 03 March 2022

## 3. Event Reporting and Participation

- The link to join and participate will be provided on March 4<sup>th</sup> 2022.
- Individuals should login to the link prior to the time given.

## 4. Order of presentation of an event

- Order of presentation will be informed prior to the event

## 5. Judgment

- The decision of the judges will be final and binding.

## 6. Evaluation criterion:

- Events will be evaluated based on the criteria decided.

### PSYESTA-2K22 : EVENTS

PSYESTA-2K22 : EVENTS		
<b>Know Your Psychologist</b>	Presentation	Individual Event
<b>SOLO</b>	Song	Individual Event
<b>Survival</b>	Short Film	Team
<b>Mental Floss</b>	Quiz	Individual Event

## KNOW YOUR PSYCHOLOGIST - Presentation

1. This is an individual event.
2. In this event, the participant is free to choose any psychologists from the listed. The participant should impersonate the psychologist and speak on viewpoints on personality for **a minimum of 2 minutes and maximum of 3 minutes.**
3. The list of Psychologists are given below:

PSYCHOLOGISTS	
Carl Jung	Erik Erikson
Jean Piaget	Albert Bandura
Karen Horney	Gordon Allport
Carl Rogers	Lev Vygotsky
Solomon Asch	B.F Skinner
John B Watson	Stanley Milgram
Alfred Adler	Edward Thorndike

4. Participants have to impersonate the psychologist.
  5. The language of presentation should be in English.
  6. Any dual meaning /obscene content is strictly not allowed. Participants should avoid making fun of any individuals or religion.
  7. Judgement criteria will include content, and presentation.
- Note: If the number of teams registering for the event is less than three, the contest will be held but only appreciation prizes will be awarded to the participants.

## SOLO - Song

1. The theme for this year is SURVIVAL.
2. The total time on stage will be 6 minutes.
3. Original compositions are allowed and may fetch extra points.
4. No song shall contain any offensive, obscene, disrespectful actions or gestures.
5. Songs should be in English or Malayalam. Film songs are not allowed.
6. Maximum 3 participants from one college.

7. Rap portions or refrains are not permissible.
8. Use of karaoke, backing tracks or instruments are not allowed
9. Judging Criteria: Pitch, Rhythm, Voice Modulation, Originality, Overall Impact
10. Decision of the judges will be final and binding.

Note: If the number of participants registering for the event is less than three, the contest will be held but only appreciation prizes will be awarded to the participants.

## **SURVIVAL- Short Film**

1. The theme for this year is SURVIVAL
2. Only Short Films should be submitted' NO DOCUMENTARIES. The entries can be short digital animation films too on the topic.
3. The team members (Director & Actors) should be UG Psychology students from the same institute as the registered candidate.
4. DURATION: The films shall not be more than 3 (Three) minutes (180 seconds), including the beginning and end credits. Films exceeding this time limit are liable to be rejected. The minimum length should be 30 seconds including credits.
5. The short films may be in their original language, but MUST be subtitled in ENGLISH. Films submitted previously to any other festival will not be considered for this contest. If found later, will be disqualified for the contest/prize withheld.
6. FORMAT: The films may be shot in MPEG4 or AVI format. The recommended ratios are: 16:9 / 16:9 Full Height Anamorphic – in DV / HDV.
7. Judging Criteria: Creativity, Relevance, Cinematography, Emotional Impact
8. COPYRIGHT: The Film must not contain any copyrighted work(s) belonging to third parties unless participants have a license to use such works in the Film.

## PSYCHOLOGY QUIZ – Mental Floss

### **General Guidelines**

1. Individual participation
2. Upto three students can register from one college.
3. Substitution of participants is not allowed after registration.
4. Quiz will be conducted online.
5. Areas to be covered are: History of Psychology and Psychology in India, Sensation & Perception, Emotion & Motivation, IQ, Personality Theories, Psychological tests & Experiments, Social Psychology, Child Psychology, Research Methods, and Abnormal Psychology.

### **Preliminary Round**

1. Each candidate will be given a set of multiple choice objective type questions which has to be attempted within a time limit.
2. Based on the score top 5, candidates will be selected to the Final Round.

### **Final Round**

1. There will be four stages in the final round.
2. Decision of the Quiz Master will be final

