

Rajagiri College of Social Sciences (Autonomous)
Kalamassery, Kerala, 683104

Department of Psychology

PRESENTS

PSYESTA

National Fest 2K23

RULE BOOK

24 FEB 2023



Relentlessly towards excellence

PSYESTA 2023

Competition Guidelines for Undergraduate Students

General Guidelines

1. The events of PSYESTA are conducted for the **Undergraduate Psychology Students**.
2. The registration link for participation is <https://forms.gle/5LawhLnSvkavsgWPA>
3. The registration fee for each participant is Rs.100/-. This fee includes lunch.
4. Every contestant, group or individual, should report at the respective venues 15 minutes before the time announced. Failure to report in time will lead to the cancellation of the group's or individual's registration.
5. All the participants must wear ID cards provided by their respective institutions at the time of registration.
6. All the events will be on the Rajagiri College Kalamassery Campus.
7. The guidelines for the various events are given in the pages that follow.
8. The decision of the judges will be final for all the events.
9. It will be the sole responsibility of the candidate to provide the organizers with the correct email id for communication.
10. Kindly follow the instructions given by the coordinators to ensure the smooth conduct of the program. You are requested to seek the advice of official volunteers in case any assistance is required.
11. Any kind of vulgarity/profanity/abuse will be penalized, and the candidate will be immediately disqualified.

Event Guidelines for Undergraduate Students

1) Persona (Personality Revelation)

Admit it, all of us have indulged in the fantasy of showcasing our personality to the world. Our event Persona takes a creative twist on the traditional personality contests, allowing you to showcase your best self through four rounds where you can creatively express yourself, walk on the ramp as your best version and dazzle the judges with your ingenious answers. Let's see who wins the battle of the bests!

Rules for the Event

1. This is an individual event, and a maximum *five participants* per college is permitted.
2. This event will take place in four stages, where stage 1st and 2nd will be elimination rounds while stages 3rd and 4th will be used to select the best 5.

1st stage: The participant will have to introduce themselves in a creative, innovative manner [Time limit – minimum 1.5 minute and maximum 2 minutes]

2nd stage: The participant will be randomly given an object, and asked to describe their personality in terms of the similarity with the chosen object. [Time limit – 2 minutes]

3rd stage: This is an overt personality round, where the participant will present their formal best (modest style), also using accessories that best represent them. [Time – 3 minutes]

4th stage: This is a rapid fire round, where the final participants will have to quickly and creatively answer questions raised by the judges.[Time 5 minutes]

3. The participants will have 15 minutes to prepare for the 3rd and 4th stage, .after the announcement of the elimination rounds results.
4. Negative marking if participants exceed the time limit for the 1st and 2nd stage.
5. The participants are allowed to use background music (no lyrics) for the 3rd stage round and the collection of the music shall be closed 1 hour before the event starts. The participants are requested to bring two CDs/pendrive to avoid technical disturbance.
6. Inappropriate language will not permitted.
7. The decision of the judges will be final and binding.

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

For further information, Contact:

Aaliya Muhammed: 7306284048;

Nidhuna Narayanan: 9656612755

2) *Uno Animo (Theme Dance)*

Uno Animo is a dance competition that calls all those dancers who can't stop themselves from moving their body to random beats for the offline competition. The teams will have to sway the judges' hearts and eyes to bag their win.

Rules for the Event

1. This is a group event, where the group has to have minimum 4 and maximum 7 participants in the group.
2. The theme for the dance should be presented within 5 to 7 minutes.
3. College ID card is mandatory.
4. Spot registration is available for the participants.
5. Green rooms will be provided to the participants for changing and grooming.
6. Exceeding the time limit will lead to disqualification.
7. Creative theme based choreography is required.
8. Dance attire should be modest, with no vulgarity in the choreography.
9. Use of property is allowed.
10. The participants are requested to bring two CDs/pendrive to avoid technical disturbance, out of which, they are also requested to submit one CD/pendrive with the coordinator of the event one hour before the event starts.
11. The decision made by the judges will be final and binding.

*If any other requirements related to stage are required, only prior discussion with the organizers are allowed but not on the day of the event.

Note: If the number of teams registering for the event is less than **seven**, the event will be held but only appreciation prizes will be awarded to the teams.

For further information, Contact:

Shreya Menon: 7025699891

Malavika S Nair: 8848466878

3) *Budding Psychologist (Role Play)*

Ever wondered how it would be if Sherlock and Watson paired up to assess psychological disorders instead of crime solving? Well the pair-event Budding Psychologist presents you this opportunity on a golden platter. Whip out your thinking hats and your best psychologist impersonations with your partner in assessment, 'cause we got you cases to psychoeducate'.

Rules for the Event

1. Student-pairs from different colleges will be the participants.
2. They will be given a short briefing of a patient with mental illness 10 minutes prior to the event.
3. The participants will take one random chit from a group of chits (containing the briefing) and they will be asked to switch-off their phones prior to the same. No reading/reference materials will be permitted further.
4. They will not be allowed to view any other pair's enactment before theirs.
5. They are required to enact a short session including a brief interview and psychoeducation/awareness being rendered to the patient, within a duration of 10 minutes. No intervention is expected during the session.
6. A total of 10 minutes will be given for enactment on stage, where one student in the pair will act as a psychologist and the other as the patient.
7. Judgment criteria includes rapport building, symptoms explanation by the patient, appropriateness of the content and awareness given through the psychoeducation.
8. The decision of the judges is final and binding.

Note: If the number of teams registering for the event is less than **seven**, the event will be held but only appreciation prizes will be awarded to the teams.

For further information, Contact:

Anna Paul: 9562080620

Elisa Maria Michael: 8921932631

4) In-Quiz-itive (Quiz)

Are you that one person in class who gets super excited about quizzes? Then the quiz competition Inquizitive is definitely your cup of tea. With questions based on psychology tests and assessments, this offline event is sure to tickle your mind and increase your heart beat with every buzzer. Let's see whose final buzzer turns out to be the winning shot.

Rules for the Event

1. Each team should consist of two students.
2. A maximum of three teams can register from one college.
3. Substitution of participants is not allowed after registration.
4. The quiz will be conducted in two rounds.

Preliminary Round: A computer-assisted quiz will be conducted at our lab to select 5 teams to the final round.

Final Round: The final round will be conducted in a minimum of four rounds. Based on the scores, the top three winners will be decided by the quiz master.

5. Decisions of the Quiz Master is final and binding.
6. The topic for the quiz will be related to Psychological tests and assessments.

Note: If the number of teams registering for the event is less than **seven**, the event will be held but only appreciation prizes will be awarded to the teams.

For further information,

Contact: Teena Benjamin:

9971990757

Ardra: 6238067435

5) *Questa (Crime Investigation)*

Questa is an investigation event designed to tickle the detective in you. It is an offline game where the registered teams will be provided with a scandalous crime and a bit of evidence. The most Sherlock-like team would bag the prize.

Rules for the Event

1. Any number of teams can participate from a college.
2. A team should comprise a maximum of five members. Teams should register under the name of a team leader with the name of the college using the registration form or at the spot registration counter.
3. There will be two rounds, prelims and mains depending on the number of teams registered for the event.
4. The Criminal Investigation will have 8 levels with one leading to the next.
5. A volunteer will accompany each team to ensure a fair game. Each team must keep the assigned volunteer with them till the end of the game.
6. Team members should stay together at all times, till the game ends.
7. Evidence provided to each team will be different but the final challenge is to find the culprit.
8. The decisions by the judges shall be final.

Note: If the number of teams registering for the event is less than **five**, the event will be held but only appreciation prizes will be awarded to the teams.

For further information, Contact:

Jyothika Suresh: 9746942350

Sreejesh Krishnan: 7356179988

6) Rationalization (Poetry)

Rationalization is a literary event that is set to discover the Robert Frost or Emily Dickinson in you. It is an offline event that requires participants to pen down a beautiful poem on the topic given to them. The participant that follows the rules of poetry meticulously is bound to win.

Rules for the Event

1. Language: English
2. The topic will be given on the spot.
3. Registered participants will be given writing papers at the venue. All participants are to bring their pens without fail.
4. Participants will be allowed only sixty (60) minutes for completion of the task.
5. Upon completion, the poem should be handed over to the invigilators. The creations received after the time-limit will be disqualified.
6. The judgment shall be based on diction, imagery, rhythm, style of presentation, figures of speech & conformity to the theme.
7. This event will be conducted only for the under graduate psychology students.
8. Venues will be allotted at the registration counter.

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

For Further Information, Contact:

Mazina Thameem: 9895439085

Ann Mariya Boby: 9567197040

7) Impromptu (Extempore Speech)

Impromptu, as the name suggests is an impromptu event where you'll be given a topic just minutes before it starts and you'll have to sweep the judges off their feet with your orator, presentation and language skills.

Rules for the Event

1. Each participant shall be given 3 minutes to speak on a topic.
2. There will be a separate preparation time of 3 minutes.
3. Once the participation is done, the participants have to stay in the same venue till the event gets over.
4. Marks will be deducted if the speaker exceeds the time limit. There will be an indication bell at 2 minutes.
5. Language used shall be strictly English.
6. Participants are not allowed to use any electronic gadgets for preparation.
7. The participant should adhere to the given topic.
8. The judging criteria includes content delivery, pronunciation, relevance to theme, stage presence and clarity.
9. The decisions of the judges shall be final and binding.

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

For Further Information, Contact:

Athena Mariam Mammen: 7012631249

Jyothir Jose: 9895600470

8) Perception (Photography):

Perception is an event where young talented photographers are invited to show us their skills through their lens. Photographers will be given a topic and the one that depicts the topic accurately through their photograph will emerge victorious.

Rules for the Event

1. Participants should bring their own camera; both Digital and Mobile Cameras are allowed.
2. The theme for the photographic story will be given at the time of the event.
3. After the event start is announced, the participants are free to start taking the clicks, but staying within the campus.
4. About 3 to 6 photos must be submitted by the participants to convey a story based on the theme announced.
5. The photographs should be submitted within the prescribed time.
6. Basic editing including color enhancement, using filters and cropping is permitted, but advanced editing such as adding/ removing of elements, etc is prohibited.
7. After submission, participants will have to present their story and explain it within 2 minutes to the judges.
8. A panel of expert photographers will be the judges and will evaluate the photos based on the theme, oral presentation, and other photography criterion.
9. Offensive, obscene, indecent, inappropriate photos will not be permitted.

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

For Further Information, Contact:

Rosiline Joseph: 6238407835

Athira Lathish Nair: 9895637887

Organizing Committee

Dr. Binoy Joseph (Principal)
Fr.Dr. Varghese K Varghese (Dean,Psychology)
Dr. Jessy Fenn
Dr. Palayoor Benyne Jos
Dr. Lijo K Joy (Faculty Co-ordinator)
Dr. Amal Tom Jose (Faculty Co-ordinator)
Dr. Jovita Sherin George
Ms. Meghna Girish
Mr. Christo Sunil (Student Co-ordinator)
Ms. Nandana Jayakumar (Student Co-ordinator)
Mr. Goodwin Solly
Ms.Abhirami S Nair
Mr. Alan B Lal
Ms.Alina Mariya
Ms. Richa Sunil
Ms. Varsha Vinayan T
Ms. Shreya Jortin
Ms. Jeslyn Punnoose
Mr. Martin Thomas George
Ms. Chelsy Ann Nicky

For further details contact

Dr. Amal Tom Jose (Faculty co-ordinator): 9747496519

Dr. Lijo K Joy (Faculty co-ordinator): 9539508315

Mr. Christo Sunil (Student co-ordinator): 8590430732

Ms. Nandana Jayakumar (Student co-ordinator): 6235222564

DEPARTMENT OF PSYCHOLOGY
RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)
Kalamassery, Kochi, Kerala, 683104