



Rajagiri College of Social Sciences,
(Autonomous), Kalamassery

Department of Psychology
presents



Psyesta 2026

National Level Psychology Fest

February 11 2026

OFFICIAL RULEBOOK

ABOUT RAJAGIRI

Rajagiri College of Social Sciences (Autonomous), together with its sister educational concerns, owes its existence to the CMI (Carmelites of Mary Immaculate) fathers, the first ever indigenous religious congregation for men in the Syrian Catholic tradition of Christianity in India. The spirit behind Rajagiri College can be caught in the catchphrase "Rajagiri, Relentlessly Towards Excellence" and it is enshrined in the vision of the College.

ABOUT THE DEPARTMENT

The Department of Psychology was established in 2016 and has three sections: Academic programs: Bsc Psychology (Hons) , MSc Psychology (Clinical) and Msc Counseling Psychology, Consultancy Services are also provided by the faculty who are trained in different areas of advanced psychology. The research wing of the department is conducting programmes and doing advanced research in various areas of behaviour.

GENERAL GUIDELINES

- The events of PSYESTA 2026 are conducted only for Undergraduate Psychology Students.
- The registration fee for each participant is ₹300, and the spot registration fee is ₹350. The fee includes lunch.
- Every contestant, group or individual, should report at the respective venue 15 minutes in before the time announced. Failure to report in time will lead to the cancellation of the group's or individual's registration.
- All the participants must carry ID cards or equivalent proofs provided by their respective institutions at the time of registration.
- All the events will be on the Rajagiri College of Social Sciences Kalamassery Campus.
- The guidelines for the various events are given in the pages that follow.
- The decision of the judges will be final for all the events.
- It will be the sole responsibility of the candidate to provide the organizers with the correct contact information for communication.
- 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.
- Any kind of vulgarity/profanity/abuse will be penalized, and the candidate will be immediately disqualified.

List of Events

- Persona (Personality Revelation)- ₹ 5,000
- Questa (Criminal Investigation)- ₹7,000
- Invenio (Quiz)- ₹7,000
- Impulsia (Mind & Body Challenge)- ₹5,000
- Percepta (Photography)- ₹5,000
- In Circulo (Overthinking Olympics)- ₹6,000
- Eunoia (Poetry Writing)- ₹5,000
- Vivere (Spot Dance)- ₹5,000

PERSONA

Personality Revelation

Persona is a unique and dynamic personality contest that challenges participants to reveal their individuality, creativity, and charisma through four engaging rounds. This competition goes beyond traditional personality contests, offering participants an opportunity to express themselves, entertain audiences, and impress judges with their ingenuity and stage presence.

Guidelines

- This is an individual event open exclusively to undergraduate Psychology students.
- Each college may register a maximum of five participants.
- The College ID card is mandatory for participants.
- Participants may use Malayalam or English language.
- The competition consists of four rounds.
- If the total number of participants exceeds ten, an elimination may be conducted after round two.
- Background music is allowed only in Round One. Audio files for the same must be submitted at least one hour before the event to avoid technical delays.
- Inappropriate language, gestures or conduct may lead to disqualification.
- Participants will be evaluated based on spontaneity, charisma & stage presence, articulation & clarity, adaptability and confidence.
- The decision of the judges will be final.

PERSONA

Personality Revelation

Round 1- Introduction

- Participants will introduce themselves while dressed in their best attire, and may use props or accessories that best represent their personality.
- Participants are allowed to incorporate any form of artistic expression (dance, singing, mime, spoken poetry etc.) into their introduction.
- Personal background music is permitted for this round.
- Time limit: 1 minute 30 seconds

Round 2 - Mystery Round

- The details of this round will be revealed on the spot.
- Participants must be prepared to adapt and showcase their creativity and quick thinking.

Round 3 - Improv

- Participants will be given a scenario-based task on the spot.
- Each participant must enact their response to the given scenario spontaneously.
- The performance should demonstrate creativity, engagement and improvisation skills.
- Time limit: 3 minutes

Round 4 - Rapid Fire

- Participants will face a quick response round, where judges will ask a series of challenging and thought-provoking questions.
- The responses will be assessed based on wit, clarity and confidence.
- Time limit: 5 minutes
- For further information, kindly contact

| Faculty Coordinator | Student Coordinator |
|---------------------|---------------------|
| Dr. Anita Rajah | Serah Rachel |
| 9745285180 | 7558852146 |

IN CIRCULO

Overthinking Olympics

Overthinking Olympics is a creative and engaging group event that celebrates the art of overanalysis. Participants are challenged to dissect simple texts and scenarios far beyond their surface meaning, turning everyday content into a whirlwind of thoughts, assumptions, interpretations, and what-ifs. This event tests participants' analytical depth, spontaneity, coordination, and expressive skills while offering a fun, relatable platform to showcase the chaos of an overthinking mind.

Guidelines

- This is a group event with 2 to 3 participants per team.
- The event is open to undergraduate students.
- Each college may register a maximum of five teams.
- A valid College ID card is mandatory for all participants.
- Participants may use English or Malayalam.
- The competition consists of two rounds.
- If the total number of teams exceeds the permissible limit, an elimination may be conducted after Round One.
- Any form of inappropriate language, gestures, or conduct may lead to disqualification.
- Participants will be evaluated based on creativity, depth of analysis, clarity of expression, team coordination, spontaneity, and adaptability.
- The decision of the judges will be final and binding.

IN CIRCULO

Overthinking Olympics

Round 1 – Text Analysis

- Teams will be provided with a short text/passage on the spot.
- Participants must overanalyze the given text, interpreting meanings, assumptions, emotions, hidden messages, and exaggerated implications.
- The focus is on depth of thought, flow of ideas, and creative interpretation, rather than correctness.
- All team members must actively participate in the analysis.
- Time Limit: 60 seconds

Round 2 – Scenario Spiral (Final Round)

- Shortlisted teams will be given a scenario or situation designed to trigger overthinking.
- Teams must present their collective thought process, including doubts, contradictions, internal debates, and possible outcomes.
- This round emphasizes team coordination, expressive delivery, originality, and engagement.
- Judges may ask a brief follow-up question to intensify the overthinking process.
- Time Limit: 120 seconds

Judging Criteria

Participants will be assessed on:

- Creativity and originality
- Depth and realism of overthinking
- Logical (or intentionally illogical) flow
- Clarity and articulation
- Team coordination and stage presence

| Faculty Coordinator | Student Coordinator |
|---------------------|---------------------|
| Ms. Selva Priya K | Alaniya Mariya |
| 9488910342 | 8590420676 |

QUESTA

Criminal Investigation

Get ready for an immersive experience that tests your investigative skills! In Questa, teams will dive into a world of mystery and suspense, solving clues and piecing together the truth. It's a challenge that will push your wits to the limit and keep you on your toes all the way to the end.

Guidelines

- This event is exclusively for Undergraduate Psychology students. Any number of teams can participate from a college.
- A team may contain either 4 or 5 members only. Registration fee will be on per head basis.
- There will be a preliminary round based on quiz/ mystery tasks, and only the selected teams will proceed to the main event.
- The Criminal Investigation consists of different clues or evidence hidden around campus, with the aim being to find them, and then solve the case using the clues.
- The teams will be accompanied by volunteers to ensure a fair game.
- Teams must stay together until the game ends.
- Further rules will be detailed by the coordinators at the venue and must be strictly followed.
- The decisions made by the coordinators overseeing the event will be final.
- For further information, kindly contact:

| Faculty Coordinator | Student Coordinator |
|---------------------|---------------------|
| Dr. Amal Tom Jose | Rose Francia |
| 9747496519 | 6238202585 |

INVENIO

Quiz

Invenio is where knowledge meets instinct, and only the sharpest minds will prevail. This Psychology quiz will test your memory and quick thinking across a range of topics. Stay sharp, trust your instincts, and get ready to prove your mastery!

Preliminary Round: General Psychology

Final Round: Social Psychology

Guidelines

- This event is exclusively for undergraduate Psychology students. Each team shall consist of two members.
- A maximum of three teams will be allowed from the same college.
- Substitution of participants after registration is disallowed.
- The College ID card is mandatory for each participant.
- There will be a preliminary round based on multiple choice questions. This may lead to elimination, and the remaining teams move to the final stage.
- The final stage will consist of four rounds, with the fourth round including the final three teams who will compete for the winning positions.
- Questions at this stage may include audio-visual and other types of questions.
- The decisions of the Quiz Master will be final and binding.
- For further information, kindly contact

| Faculty Coordinator | Student Coordinator |
|-----------------------|---------------------|
| Dr. Kusum Mary George | Pooja Rajesh |
| 9964419286 | 6235185035 |

EUNOIA

Poetry Writing

Eunoia is a literary poetry writing event designed to discover the poet within you. This offline event challenges participants to compose an original poem on a given theme, testing their creativity, command over language, and poetic technique. Participants who skillfully blend emotion, imagery, and structure will stand out in this celebration of words.

Guidelines

- This event is conducted exclusively for undergraduate Psychology students.
- Each college may register a maximum of five participants.
- A valid College ID card is mandatory for participation.
- The poem should be written in English.
- Participants must report to the venue at least 15 minutes prior to the event.
- All writing materials will be provided. Participants are not permitted to use any additional materials.
- Use of electronic items like phones, smart watches etc. are strictly prohibited.
- The poem must be completed within the given time limit of one hour. Entries submitted after the time limit will be disqualified.
- No external references, electronic devices, or pre-written content are allowed.
- Plagiarism, inappropriate content, or malpractice of any kind will lead to disqualification.
- The topic/theme will be given on the spot.
- Upon completion, the poem must be handed over to the invigilators.
- The decision of the judges will be final and binding.
- Note: If number of participants is less than 5, the event will be held but only appreciation prizes will be awarded.

Judging Criteria

- Diction and language
- Imagery and creativity
- Rhythm and poetic structure
- Figures of speech
- Adherence to the theme

| Faculty Coordinator | Student Coordinator |
|-------------------------|---------------------|
| Dr. Palayoor Benyne Jos | Amikha M |
| 8590593218 | 8289867697 |

PERCEPTA

Photography Competition

Percepta invites you to capture the world through a unique lens, blending passion and perspective to tell compelling visual stories. Showcase your ability to capture emotion in a way that leaves a lasting impact.

Guidelines

- Any number of students can register from the same college. Only psychology students may register.
- Participants may submit up to three images maximum. The submission link will be provided.
- This is an individual event.
- The photos must be the original work of the participant.
- Editing actions allowed include only basic editing such as color enhancement and cropping. All other actions including the use of AI are prohibited and will be deemed as advanced editing. Failure to comply will result in disqualification.
- Images are to be submitted in JPEG format only.
- A panel of professional photographers will evaluate the photos.
- Judgement will be based on adherence to the theme, authenticity, composition, creativity, originality and emotional impact.
- Offensive, obscene, indecent and inappropriate photos will not be permitted.
- Submissions must not infringe upon any third-party rights, including intellectual property, privacy, publicity, or proprietary rights.
- Participants should use their own smartphones or cameras and laptops for the event purpose. The organizers shall not be responsible for providing any requirements.
- Late submissions will not be accepted.
- The decisions made by the judges will be final.
- The best photos will be posted on the official social media handle.
- For further information, kindly contact:

| Faculty Coordinator | Student Coordinator |
|-----------------------|---------------------|
| Ms. Alisha Sara Shibu | Gayathri A |
| 9400923609 | 8590790643 |

IMPULSIA

Mind & Body Challenge

Get ready for the ultimate test of mind and body! This exciting obstacle course combines thrilling physical tasks with brain-teasing puzzles to push your limits. Speed, strength, strategy, and smarts – all will be put to the test as you race against time to complete each challenge!

Guidelines

- This is an individual event for undergraduate Psychology students.
- Registration will be on per head basis.
- The College ID card is mandatory for each participant.
- Spot registration will be made available for participants.
- This event will consist of both cognitive and physical tasks designed in the manner of a fun obstacle course.
- The participant's performance will be evaluated based on the time taken to complete each task. A minimum time limit will also be set, and any participant exceeding this limit will be disqualified.
- Whoever has the fastest overall completion time, revealed only at the end of the day, will be declared the winner.
- Volunteers will be stationed to evaluate the completion of each task, and their decisions will be final.
- For any other requirements or requests, only prior discussion with organizers up to the day before the event are encouraged.
- For further information, please contact:

| Faculty Coordinator | Student Coordinator |
|---------------------|---------------------|
| Ms. Muskan Sarda | Jessica Mathew |
| 9895759677 | 7907218126 |

VIVERE

Spot Dance

Vivere is a spot dance competition that challenges participants to adapt instantly to music played on the spot. With no prior preparation, dancers must rely on rhythm, creativity, and stage presence to deliver a spontaneous and engaging performance.

Guidelines

- This is an individual spot dance event open to undergraduate students.
- Each college may register a maximum of five participants.
- A valid College ID card is mandatory for participation.
- Spot registration will be available for this event.
- Music will be played on the spot and will be selected by the organizers.
- The dance style is open, provided it is appropriate for a formal stage performance.
- The time limit for each performance will be 1 minute to 1 minute 30 seconds.
- Dance attire should be modest, and participants are requested to avoid any vulgarity in movements.
- Usage of props is not permitted.
- Any form of inappropriate language, gestures, or conduct will result in disqualification.
- Participants must report to the venue at least 15 minutes prior to the event.
- The decision of the judges will be final and binding.

Judging Criteria

Participants will be evaluated based on:

- Rhythm and musicality
- Creativity and spontaneity
- Expression and confidence
- Energy and stage presence
- Overall performance impact

| Faculty Coordinator | Student Coordinator |
|---------------------|---------------------|
| Dr. Devi NP | Niranjana S |
| 9847891458 | 9526874000 |

OVERALL TROPHY

- There will be an objective scoring pattern to decide the Overall and Runner-up winners of the day.
- Trophies will be awarded to the winning colleges.
- Colleges who register students for a maximum number of different events will earn bonus points!
- The decision of the main coordinators will be final.

