**PRESIDENCY COLLEGE**

Kempapura, Hebbal, Bangalore – 560024  
Reaccredited ‘**A+**’ by NAAC

NIRF Ranked College

**CENTRE FOR MEDIA STUDIES**

**PSYCHOLOGY DAY REPORT**

Date : 22 Sep 2017

Theme : Metanoia – Road to yourself!

Psychology Day – Metanoia was planned with the objective to create awareness about psychology, which is a newly introduced subject at the degree level. The idea was to involve all the Psychology students to dedicate one day to experience the application of psychological concepts. There were a lot activities planned for the entire day. Day before the event, students performed a flash mob which generated a lot of curiosity and publicity for the event and also a teaser was released on the social media.

It was a carefully designed one day event. The day started with all of us assembling in the seminar hall for the inauguration which was presided by Dr Vidya Shetty, Dr Muddu Vinay, Ms Shilpa Kalyan. After welcoming the guests and the gathering, Shivani and Sharath evoked the blessings of the almighty through an invocation song.

Soon after the inaugural, workshop on “Anger Management” and “Body Language” was conducted by Ms Priyanka P and Ms Somya Awasthi, Psychologists from Sports Authority of India. The workshop was also open to students from the other departments and we were happy to receive participation from B.Com, BA and BCA. The workshop gave us hands on experience on anger issues and body language.

At 1 pm, all the students assembled at the quadrangle to witness a “Street Play” organized by the psychology students on stigmas attached to mental illness in our country. The street play was received with a huge applaud and it made an impact on the audience.

At about 2 pm, the students assembled in G1 classroom for an experiment on “Expressing Gratitude”. Students were asked to write a letter to anyone they wanted to thank in life and later were asked to call up that person and read it to them. The purpose was to create a culture of being thankful as research says that being thankful makes you happy. It was a very emotional activity which brought students closer to their loved once and also made them realize the importance of being thankful.

With this we came to an end of an eventful day. Psychology day brought the best in all of us and made us understand the value of team work and team spirit. With the promise to dedicate at least one day every year to psychology, we all ended the day on a very satisfying note.

