**PRESIDENCY COLLEGE**

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

NIRF Ranked College

**CENTRE FOR MEDIA STUDIES**

**Psychology Day -2017**

**METANOIA 2018**

**Date : 27th Sep 2018**

**Venue: Seminar Hall**

**Topic: Transactional Analysis Workshop**

The Centre for Media Studies of Presidency College hosted their annual psychology day event **'Metanoia'** with an objective to change people's perspective on life and create awareness about Psychology.

The event which was started as a one day celebration in 2018 expanded to a 2-day event with lot of new activities and enthusiastic participation.

This time around the department made a promotional video about people's perspective on psychology and went out their way to make them aware of the actual meaning and goals of Psychology. They also put up a wish tree which in no time grabbed attention of the students from all departments of the college. Another method adopted by the students to promote the event was a street play about identity crisis.

Psychology day was inaugurated by (the director and board member's names) followed by a poem on mental health. **Mrs. Kavita Rai Sinha** the Psychology Professor launched the much awaited Psychology club '**Psychonaut**'. Soon after a workshop on **Transactional Analysis (TA)** was conducted by **Mrs. P K Saru**.

Transactional analysis is a psychoanalytic theory and method of therapy wherein social transactions are analyzed to determine the ego state of the person as a basis for understanding behaviour.

The second day began in the afternoon with the flash song amidst the various informative and fun-filled Psychology based stalls. These included activities like hand coordination, memory games, personality inventories, learning styles and many more fun experiments that attracted and catered to the students of all the departments of Presidency College.

Psychology day couldn’t have been a huge success without the commendable effort of the students and teachers from the psychology department.

