

PSYGALA 2023 REPORT

SRIJAN

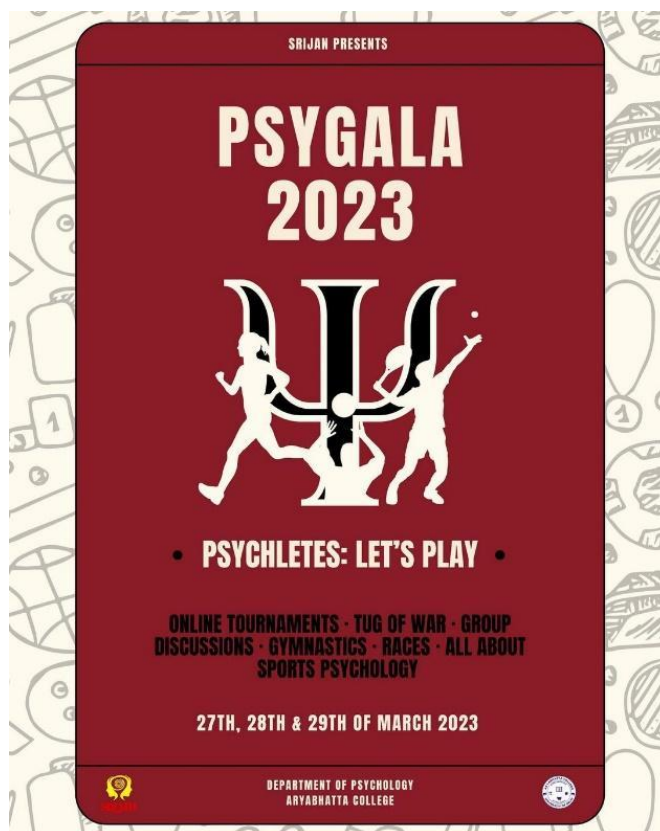
THE DEPARTMENT OF PSYCHOLOGY

ARYABHATTA COLLEGE

UNIVERSITY OF DELHI



PROMOTIONAL DAY, 27th March 2023



The kick-off event began with a dynamic dance flash mob in the lawn, to gather the attention of public and set the tone for the entire festival. Several students of Psychology Department captivated the audience with their bright and energetic performances. The lively and upbeat music filled the entire campus, energizing the attendees and infusing them with a sense of excitement and enjoyment. A large crowd of approximately 200 people gathered at the lawn area and enthusiastically applauded, cheered, and shouted in appreciation of the performances. As the event drew to a close, a final song was played, inviting everyone to dance along. This marked the start of Psychology Department's annual fest, **PSYGALA'23 – "Psychletes- Let's Play"**. Overall, the PSYGALA kick-off event was an excellent success, displaying the tremendous talent, energy, and enthusiasm of the Psychology Department's students. **A large crowd of more than 100 students gathered during the flashmob.**



TUG OF WAR – Promotional day, 27th March 2023



A **Tug of War** was organized by Srijan, in the lawn area to limelight the theme of the annual event - sports psychology! The event started with great enthusiasm and a huge crowd gathered around the site. The center of attraction of the event was the competition between our teachers from various departments. **Dr. Ankit Prakash** was leading one group of teachers and the leader of the other group was **Dr. Halley Thokchom**. Dr. Halley's team pulled the rope over the centerline, and the referee declared the victors! After teachers, students of all years participated in the events too. Among students in the first, second, and third years; the first year won twice and lost once. And among the second and third years, there was a tie. The tug-of-war-competition brought all teachers and students together and reminded us of the importance of healthy competition, strength, endurance, and teamwork. **Approximately 70 students and 15 faculty members, from different departments, participated in the game of tug of war.**





ARM WRESTLING AND OPEN MIC, 27th March 2023



The Srijan, The Department of Psychology, Aryabhata College, University of Delhi organized an Arm wrestling and Open Mic event as a part of their annual fest, **PSYGALA (2023)**. The event began around 2 PM. The event featured students from other colleges as well. The event was a competitive affair. **Dr. Halley** introduced some unique challenges which were limelights of the event. The open mic session began with entertaining performances from a diverse roster which included indie-pop singers, freestyle rappers, poets and comedians. The event concluded with a special performance by our professor, **Dr. Ankit Prakash**. Overall, the event successfully conveyed the message it aimed to convey, which was that while it is important to maintain your physical and mental prowess, it is equally vital to engage in recreational activities. **An audience of over 50 students was gathered during the open mic and arm wrestling event.**

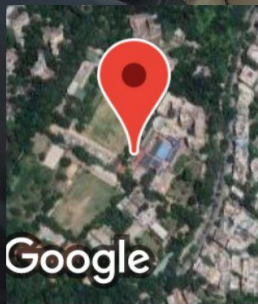


INAUGURATION, 28th March 2023

The inauguration of **PSYGALA'23**, held in the conference room, began with the President of Srijan opening the ceremony with a brief comment on the significance of sports psychologists in supporting athletes through tough times. Following this, the college principal **Professor Manoj Sinha** spoke about the importance of mental and physical fitness, citing an incident that helped him realize his impatience during the Covid-19 pandemic. Professor Sinha emphasized the challenges and pressures that come with higher positions and responsibilities and highlighted the need for sports psychologists to assist athletes in managing such challenges. He also spoke about the importance of mental fitness in decision-making and referred to Lord Krishna's teachings in the Gita. His speech provided valuable knowledge about decision-making, mental and physical fitness, and the need for individuals to be mentally and physically robust for the nation to become strong. Dr. Sinha's speech focused on the importance of physical fitness. He also stated that a nation's strength depends on its individuals' mental and physical robustness and concluded by wishing the event's participants good luck. **Dr. RK Dwivedi**, in his Vote of Thanks, quoted Vivekananda's famous saying, "Those who cannot keep their back straight can never have positive thoughts." Dr. Dwivedi expressed his gratitude to all who attended the inauguration speech and acknowledged their valuable presence. Overall, the speeches highlighted the critical role of sports psychologists in athletes' lives and the inseparable relationship between mental strength and physical fitness. **The inauguration ceremony witnessed a footfall of about 60 students and the faculty members of the department of psychology.**



GPS Map Camera



New Delhi, Delhi, India

H5H6+8G2, Benito Juarez Marg, South Campus, South Moti

Bagh, New Delhi, Delhi 110021, India

Lat 28.578319°

Long 77.161067°

28/03/23 09:58 AM GMT +05:30

CHILDHOOD GAMES, 28th March 2023



The Childhood Games were organised in the lawn area to remind everyone the importance of outdoor games through nostalgia. The event was filled with a great deal of excitement as a large number of participants enthusiastically played a variety of games. The games began with the sack race, where many students participated, with Bhanu, Yashna, Chanchal, and Mayank emerging as the victors. The sack race was followed by the lemon spoon race, in which not only the students but also the council and professors participated. The winners of the game were Ashish, Gautam, Shivani, and Rashi. **Dr. Halley Thokchom** stood out, winning both races back to back. The final game was stapu. Vidushi and Shalini won the game, making it to level five. Special mention to Kalyani, the cutest kid who managed to defeat all the students to win the game. The childhood games ended with participants' faces beaming with smiles, taking them on a long nostalgic trip down memory lane.

A crowd of over 80 students and 6 faculty members were present during the event.



INDOOR GAMES, 28th March 2023



An Intra-college indoor games competition was organized in the sports room of the college. Many students from the college participated enthusiastically. The games included were chess, carrom, and table tennis. In context to the theme of the event Sports and Psychology, indoor games showcased several cognitive benefits including critical thinking and planning, memory enhancement, stress reduction, and improvement in social skills and creativity. The matches took place simultaneously. The chess table saw intense competition and the participants showed extraordinary skills in outwitting their opponents. The carrom corner saw a series of thrilling matches played by students as well as professors. Fast-paced Table tennis matches were also a part of the roster. The indoor games competition successfully served its purpose of promoting sports and psychology and the participants enjoyed it thoroughly as well. **During indoor games four faculty members and over 50 students shared the enthusiasm throughout the event.**



WORKSHOP- “SPORTS FOR ALL” BY DR. ANUJ KUMAR, 29th March 2023



In an insightful workshop session “Sports for all” by **Dr. Anuj Kumar**, the Director of Physical Education, delineated the effects of sports training on our body and mind, emphasizing that incorporating psychological facets in training and exercising is a crucial component in obtaining success. Through the examples of great sportspeople, such as the likes of Usain Bolt, the greatest sprinter of all time, and Arunima Sinha, the world's first female amputee to scale Mount Everest, among others, he creatively blended the concepts of motivation, commitment, goal setting, concentration, attention control strategies, and the development of self-confidence, self-esteem, and competence in sports along with the intensive physical training of the body. His amusing stories and inspirational personal achievements provided us with new insights into ways of applying psychology to the field of sports. Through audience engagement, in activities such as assessing the reaction time of the members, he coalesced psychological knowledge with the bodily processes directed by various systems to highlight that sports are a collaboration of both and not just the understanding of the latter. **The workshop was attended by almost 30 students and 8 faculty members.**



TREASURE HUNT, 29th March 2023



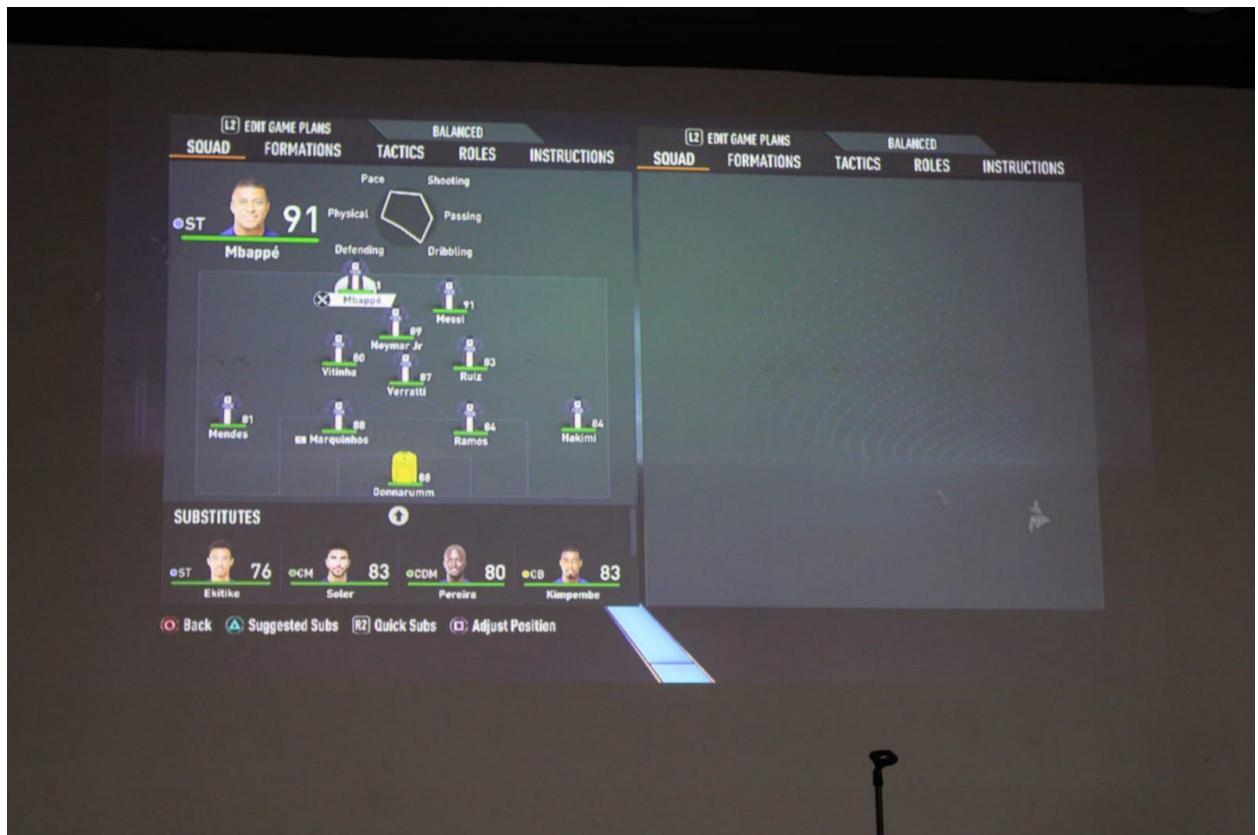
A Treasure hunt was organized as a part of Psygala'23 to demonstrate the crucial role of both physical and mental strength to overcome challenges. The event comprised of a challenging set of riddles which gave clues leading to various locations around the college and hidden items. The event officially commenced at 12:40 pm. Team A, consisting of players Aashita and Aishwarya, emerged victorious, successfully finding three hidden elements and won a cash prize of ₹500/-. The participants expressed that the hunt was thrilling, adventurous, and challenging, requiring both physical and mental dexterity. Overall, the treasure hunt showcased the importance of teamwork, strategic thinking, and physical fitness in achieving success. **About 50 students participated in the treasure hunt.**



E-SPORTS, 29th March 2023



The eSports event commenced in the student activity room of the college with a high level of enthusiasm, and the participants were visibly excited, cheering for their respective players. A PS5 console, compatible devices, and a suitable screen were arranged. To keep the players energized and engaged, energy drinks provided by the sponsors of the event were distributed. Overall, it was observed that the participants displayed exceptional leadership skills, motivation, and concentration levels throughout the event. The PS5 game provided them with a platform to showcase their gaming skills while simultaneously enhancing their cognitive and physical abilities. By participating in this event, the players developed their hand-eye coordination, quick reflexes, and strategic thinking skills. The agenda of this event was to provide an opportunity for the students to engage in a fun and meaningful activity that also helped them improve their cognitive and physical abilities, which deemed successful. **The eSports event had a footfall of over 40 students who showcased their talent.**



CLOSING CEREMONY, 29th March 2023



The end of **PSYGALA'23** arrived and the President of Srijan, took to the stage and addressed the audience, reflecting on the three days of the event filled with fun, knowledge, and hard work. The Ceremony witnessed splendid dance and singing performances. **Dr. R.K. Dwivedi** was invited to the stage to deliver a few words and present certificates to the diligent members of the council. All the heads and their teams were presented with certificates as a token of appreciation for their outstanding contributions towards the success of the fest. The ceremony ended on a high note, celebrating the Psychology Department's successful annual fest with great happiness and contentment. **There were over 50 students and 8 faculty members at the closing ceremony of PSYGALA 2023.**

