

DEPARTMENT OF PSYCHOLOGY, MSCW

PSYFEST '25- A TWO-DAY CARNIVAL OF AWARENESS AND WELL-BEING

The Department of Psychology, in collaboration with the Anti-Ragging Committee, Arogyam, and Viksit Bharat Secretariat, organized *“PsyFest '25 – A Two-Day Carnival of Awareness and Well-Being”* on 6th and 7th October 2025.

Day 1: Activities for the Soul

The first day centered on emotional healing and self-expression through fun, reflective, and mindful activities that helped participants reconnect with themselves.

Wellness Check-In: Conducted by the 3rd and 4th-year psychology students, this PGI Well-Being Scale was assessed in the common room which helped participants reflect on their emotional health, explore themselves and gain personal insights. The initiative encouraged self-exploration and received positive feedback from students.

Gratitude Play: This interactive stall had two activities — bubble-blowing to release emotions and a “pass the ball” game where participants shared things they were grateful for or childhood memories. It encouraged emotional expression and reconnecting with one’s inner child.

Inner Canvas: Participants engaged in mandala art and doodling to express emotions creatively. This activity promoted relaxation, mindfulness, and self-reflection through colors and patterns.

PB&J Stall: This stall included three creative activities — expressing emotions using colored sketch pens, writing negative feelings on “cathartic stars,” and spinning a wheel of emotions to discuss feelings. Each task aimed to help participants identify, express, and release their emotions in a fun way.

Mindfulness Made Fun: Through a dice game, participants landed on mindfulness-related prompts and discussed their thoughts. Volunteers then guided them through simple relaxation techniques to handle everyday stress effectively.

Mental Health Fact Check: Students participated in a quick quiz about mental health myths and facts. The activity promoted awareness by clarifying misconceptions and spreading accurate psychological knowledge.

Photobooth: A lively photo booth was set up where students could capture cheerful moments. Participants were also given toffees, ribbons, and positive affirmation chits to uplift their spirits and appreciate their involvement.

The first day received an overwhelming response with **700+ registrations** across the college. Participants expressed that the event helped them reconnect with their emotions, feel lighter, and experience joy — a day where they could truly play, reflect, and just be themselves.





Day 2: Session on “Promoting Mental Health and Well-Being” By Dr. Rohit Garg

Day 2 of PsyFest '25 was marked by an enlightening awareness session on mental health and well-being conducted by Dr. Rohit Garg, a well-known psychiatrist. The session began with encouraging remarks from our Principal ma'am, Prof. Harpreet Kaur, who emphasized the growing importance of mental health and informed students about the counseling support available in the college. Dr. Garg delivered an engaging and insightful session covering a

wide range of topics such as anxiety, depression, ADHD, OCD, eating disorders, screen time, and AI dependence. He explained these complex issues in a simple and relatable manner, helping students gain a deeper understanding of mental health challenges in today's world. The session was highly appreciated for its clarity, relevance, and lasting impact on all participants.

The second day saw over **500+ registrations** and featured engaging topics that encouraged mental health awareness and overall well-being.

PsyFest '25 was a great success, with over **1,200 participants** across two days. The event encouraged students to take care of their mental health, express themselves freely, and learn about the importance of well-being in a positive environment.

