



PSYNAPSE 2019 28TH SEPTEMBER, 2019

Misunderstanding and stigma surrounding mental health are widespread, which makes it difficult for people suffering from mental health issues to seek professional help.

To create awareness, on September 28th, 2019, The Department of Psychology hosted a one-day Psychology Fest named “**PSYNAPSE-2019**”, which focused on bridging the gap between society and mental health. The fest saw the footfall of approximately 1600 visitors.

We were honoured by the presence of the following dignitaries:

Dr.Sudipta Roy	–	Chief guest.
Mrs.Aruna Thakkar	–	Guest of honour
Mr.Haresh Mehta	–	Honorary secretary of VanitaVishram.
Dr.Khushman Dholawala	–	In/charge principal
Dr.Smita Bhatt	–	Vice-principal
Dr. Imran Surti	–	Academic coordinator
Mr Aditya Farsole	–	Departmental Coordinator

The event began with the lighting of the lamp followed by a puppet show which highlighted the importance of mental health. This was organized by the help centre at Vanita Vishram. The dignitaries were called upon the stage and students welcomed them by presenting blossoming bouquets, followed by the welcome address by I/C principal Dr. Khushman Dholawala, later all the other dignitaries shared meaningful words of inspiration with the students. The chief guest of the event, Dr Sudipta Roy spoke about various aspects of psychology, and its importance in today’s world. Following this, the fest was declared open.

To attract the public and to serve as a first look, the entrance of Psynapse 2019 was displayed with posters of famous psychology based movies and their popular dialogues were quoted. The event consisted of 12 booths that imparted knowledge in a fun and lively manner. There were games like Twister, Star Wars, and Optical Illusion which shed light on psychological concepts. The concept of human blog was also introduced where the speakers were assigned to create awareness about different aspects of life. The visitors especially liked this concept as they

acquired in depth knowledge. One of the psychological games called Tower of Hanoi focused on problem-solving and decision-making abilities, while Careers in Psychology provided the necessary information and discussed the various scopes in the field of psychology. Additionally, booths such as Miller's magic shared some information about short term memory and Wheel of emotion was a creative initiative to make people differentiate, label and understand their emotions better. And while Facts and myths booth cleared some of the common misconceptions that people have in regards to psychology, Theatre of Experiments presented various psychological experiments in an impressive and creative manner. One of the popular booths of the fest was Magic Shop which handed out little purple hearts to every attendee as a token of appreciation and unity in fighting against the stigma regarding mental health. There was an also option of psychometric testing where intelligence and personality were assessed. Photo booth "PSYSNAP" was created so that attendees can take back a happy memory home.

As the event was to be of a big scale, different school and colleges all around the city were invited to be part of it and enjoy the essence of psychology. There were nearly 10 schools and colleges who visited and participated in this fest. Feedback of all those who came to the fest was taken. The teamwork and cooperation of the students was excellent, A total of 103 active participants were pushing towards a single goal to make Psynapse –2019 success.

Adding up to the hype, the event was also covered by India news and had various articles written about it. Psynapse –2019 was a perfect mix of knowledge and fun, widely spreading its message of bridging the gap of mental health and society, helping people accept it a little more beating the stigma. The fest was met with an overwhelming response by the attendees, as they said to have thoroughly enjoyed their time and went home knowing a bit more about mental health.



