

# **THE PSY-SPIRITUAL DEBATE**

*Defend your view points for/against the topic “spirituality is an important way to attain mental health and well being”*

**Hosted by Psy-Spiritual club, Amity Institute of Psychology and Allied Sciences (AIPS)**

**Conducted for:** UG and PG students (No differences in judging entries)

## **Requirements and process**

A team of two participants will apply. One of them would talk for the topic and the other would talk against the topic. Each participant will then have 5 minutes to put their views on the topic in English. There are no other requirements, other than educational qualification and language of discussion. No foul language will be allowed.

## **Involvement of technology (Only if conducted online)**

If conducted online, the participant will be required to have a desktop with properly functioning camera and microphone and a properly functioning network for the time of the event. The interface used for the online modality would be MS Teams.

## **Inclusion of material**

The participant will not be allowed to read or refer to any material while presenting their speech or defending their side.

## **The entries will be judged along the following criteria**

- Clarity and flow of speech
- Appropriate language
- Expressions and Presentation of their views and ideas.

## **Take-away from the event**

The primary take-away from this event would be to critically analyze spirituality as a means of betterment of mental health. With this knowledge, they will be able to enhance their mental health and embark on a spiritual journey themselves!

**Prizes for the winners**

Attractive prizes for meritorious teams

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**Schedule of meeting/s with the participants**

25th March 2022 at 12 pm - 2 pm

**Faculty coordinators**

Dr. Rita Kumar

Dr. Anu Teotia

**Student coordinators**

Ashwanthicka M M (President, Psy-Spiritual club)

Dhruvika Sharma (Vice President, Psy-Spiritual club)

**Expected Sponsor:** Rohan sir

**Judges** (Not decided yet)