



**AMITY UNIVERSITY**

**MADHYA PRADESH**

(Established by Ritmand Balved Education Foundation)

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## REPORT

### “Know 2 No”

**Date:** 26th April 2024 (Friday)

**Time:** 02:15pm to 05:00pm

**Objective:**

Facilitate a vibrant celebration of Psychology Day, promoting positive interaction and mental well-being among students, staff, and faculty through engaging activities rooted in responsible hedonism, while reducing stigma and raising awareness about psychological principles.

**Need & relevance:** The celebration of Psychology Day, centered around the theme of responsible hedonism and featuring engaging activities for students, staff, and faculty members, yielded several positive outcomes:

- 1. Promotion of Positive Interaction:** The activities, including the banana eating competition, balloon bursting, tam bola, ball toss, and dumb charades, facilitated positive interactions among participants. Laughter, camaraderie, and friendly competition were prevalent throughout the event, fostering a sense of community and belonging.
- 2. Emphasis on Mental Well-being:** By incorporating elements of mindfulness, stress relief, and teamwork, the activities underscored the importance of mental well-being. Participants were encouraged to prioritize self-care and seek support when needed, promoting a culture of psychological resilience and support within the academic community.
- 3. Reduction of Stigma:** Through interactive workshops, informative sessions, and open discussions about mental health issues, the celebration helped reduce the stigma associated with seeking help. Participants were empowered to address their mental health concerns openly and seek assistance from available resources.
- 4. Enhanced Awareness:** The event raised awareness about the significance of psychology in understanding human behavior and promoting mental health. Participants gained insights into various psychological concepts and techniques while engaging in fun and meaningful activities.
- 5. Building Relationships:** The celebration provided opportunities for participants to build new relationships and strengthen existing ones. By fostering teamwork, communication, and mutual understanding, the activities promoted the development of supportive networks within the academic community.

Overall, the outcome of the Psychology Day celebration was overwhelmingly positive, leaving a lasting impact on participants and reinforcing the importance of fostering a culture of well-being, positivity, and mutual support within the field of psychology and beyond.

**Outcome of the activity:** The event focused allowed people to interact to allow celebrate psychology day. It allowed to interact with each other taking a break from their mundane lives and focus on positive interactions.

**Mode:** Offline

**Venue:** Amity University, Madhya Pradesh

**Number of Participants:** 100 participants (faculties, students, and staff) took part in the event apart from volunteers.

### **Summary of the Session:**

Event: Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism

On the 26th of April 2024, the corridors of academia were abuzz with excitement as students, staff, and faculty members alike gathered to celebrate Psychology Day. This annual event, marked by a jubilant spirit and a commitment to mental well-being, served as a testament to the vibrant community within the field of psychology. However, this year's celebration took on a special significance as it highlighted the theme of responsible hedonism—a philosophy that advocates for the pursuit of pleasure and happiness while ensuring the well-being of oneself and others.

The festivities kicked off with an array of engaging activities carefully curated to promote fun, positive interaction, and meaningful connections among participants. Among the highlights were the banana eating competition, balloon bursting, tam bola, ball toss, and dumb charades. These activities, while seemingly lighthearted, carried deeper connotations that resonated with the principles of psychology and the importance of fostering a supportive community.

The banana eating competition, for instance, served as a playful reminder of the need for balance and moderation in life. Participants enthusiastically indulged in the sweet fruit, all the while mindful of the importance of mindful eating—a concept deeply rooted in psychology that encourages individuals to savor each moment and be present in the experience.

Meanwhile, the balloon bursting activity symbolized the release of pent-up stress and tension—a cathartic experience that mirrored the therapeutic techniques often employed in psychology to promote emotional well-being. As balloons burst with laughter and cheers, participants found solace in the simple act of letting go and embracing the joyous moments of life.

Tam bola, a traditional game of chance and skill, brought people together in a spirit of camaraderie and friendly competition. As participants eagerly awaited their turn to unravel the colorful prizes hidden within the intricately woven cloth, bonds were formed, and laughter filled the air—a testament to the power of shared experiences in

fostering connections and strengthening social ties.

The ball toss and dumb charades, on the other hand, encouraged teamwork, communication, and creativity—key components of effective interpersonal relationships and psychological well-being. Whether collaborating to successfully pass the ball or using gestures and expressions to convey a message, participants found themselves immersed in the joy of collective achievement and mutual understanding.

Beyond the laughter and camaraderie, the significance of these activities lay in their ability to promote positive mental health and well-being among students, staff, and faculty members. By engaging in activities that encouraged mindfulness, stress relief, social interaction, and teamwork, participants were reminded of the importance of self-care, community support, and resilience—a message that lies at the heart of psychology.

Moreover, the celebration of Psychology Day served as a platform for raising awareness about mental health issues and reducing the stigma associated with seeking help. Through interactive workshops, informative sessions, and open discussions, participants were encouraged to prioritize their mental well-being and seek support when needed—a crucial step towards creating a more compassionate and inclusive society.

As the day drew to a close, and participants bid farewell to the festivities with smiles on their faces and memories in their hearts, the celebration of Psychology Day left a lasting impression—a reminder that amidst the rigors of academic life, there lies a community bound together by a shared passion for understanding the complexities of the human mind and a commitment to promoting happiness, resilience, and well-being for all.

### Poster of the event





**Director Dr. Novrattan Sharma and Dr. Deepak Kumar awarding Prize to the winner.**



**Director Dr. Novrattan Sharma and Dr. Deepak Kumar awarding Prize to the winner.**  
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**Group Photograph of the event.**