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## PSYESTA 2K19 – 6th December

##  The rule book for Undergraduate Psychology Students

# RAJAGIRI CENTRE FOR BEHAVIOURAL SCIENCE AND RESEARCH

Rajagiri Centre for Behavioural Science and Research (RCBSR) was established in 2016 at Rajagiri College of Social Sciences, Kalamassery. This centre provides high quality undergraduate and post graduate education with a curriculum focused on the science of Brain and Behaviour and its application. This program has three distinct sections: Academic programs, Consultancy Services and a Research department.

# PSYESTA

PSYESTA is a national fest and exhibition organized by Department of Psychology (RCBSR) Rajagiri College of Social Sciences. The fest is for both Higher Secondary school students and Psychology under Graduate students conducted separately. The participants get the unique opportunity to foster their sports man spirit and showcase their skills and win cash prizes.

The main objective is to showcase the talents and creativity of school and college students and facilitate interaction among them. There will be a **psychology exhibition** open to all students which require registration. Events of PSYESTA for undergraduate students include **Treasure Hunt, Psychology Quiz, Mime, Doodling, Music Band, Short Story Writing, Poem Writing, Photography, Present A Psychologist and Penalty Shootout**.

**GENERAL RULES AND REGULATIONS**

IMPORTANT

* **The competition is only for Undergraduate Psychology Students.**
* **Institutional identity card is mandatory.**
* **All participants are required to bring an authorization letter from the principal to participate in the events.**
* All the participants and accompanying staff are required to **register and wear the ID cards** supplied during the registration, while you are in the campus.
* Participants/ groups should report at their event venue **15 minutes** before the event starts. Failure in reporting on time at the competition venue will result in cancellation of your participation.
* Communication with the teams will be made through the team leader only. The contact details of the student team leader should be submitted to the registration counter during the registration.
* For individual events, the first prize will fetch 15 points, the second prize 10 points, third prize 5 points and participation 2 points.
* For group events, the first prize will fetch 30 points, the second prize 20 points, the third prize 10 points and participation 5 points.
* Only a consolation prize will be awarded if the number of teams/individual registering for the event is less than 4.
* Consolation prize will fetch 10 points for group events and 5 points for individual events.
* There will be overall and runner-up trophies.
* Kindly follow the instructions given by the volunteers for the smooth conduct of the program. You are requested to seek the advice of official volunteers in case of any assistance required.
* The decisions of the judges shall be final.
* Please ensure the safety of your personal belongings; the institution will not be responsible for loss of any kind.
* Mass processions, protests or demonstrations within the campus will automatically disqualify the college from the events.
* Harming the environment/nature is strictly prohibited. If somebody is seen violating the same, do intimate at the counter and the particular College has to pay the penalty.

**Grievance Redressal Committee**

1. Grievance regarding any matter can be reported in writing to the grievance redressal cell at the registration counter with a fee of Rs. 300/- within **15 minutes** of the declaration of results. Grievances can be submitted only by the team leader, and not a group of students. Voicing of grievance as a group is not permitted.
2. The decisions of the Grievance Redressal Committee shall be final.

**RULES FOR COMPETITION EVENTS**

**1. Participation**

* Participation is exclusively for Undergraduate Psychology Students.
* Any number of teams from a college can participate in the events except for Mental Floss (psychology quiz). However the events will be conducted strictly according to the time schedule given.
* Participation certificates will be issued to all the participants.

**2. Registration**

* The registration fee per participant is Rs. 200 (registration via online on or before 3rd December) and Rs.250 (after 3rd December & spot registration). It includes entry to all events, lunch and certificate of participation. If required, the receipts of the registration fees shall be collected from the registration desk at the end of the event.
* Confirm your participation by sending a confirmation email to **psyesta@rajagiri.edu** with the online payment details and visit our website [www.rajagiri.edu](http://www.rajagiri.edu)
* If payment is made by DD/ Cheque, it is to be drawn from any nationalized bank in favour of “Rajagiri College of Social Sciences”, payable at Kochi.
* **Online Payment Details**:

Bank: **State Bank of India**; Branch: **South Kalamassery**; Account name: **Rajagiri College of Social Sciences**; Account number: **10447871590**; IFSC Code: **SBIN0010570**

* **Send the DD and filled registration form** to the following Address:

**Psyesta**

**Department of Psychology, Rajagiri College of Social Sciences**

**South Kalamassey, Rajagiri (P.O), Ernakulam, Kerala – 683104**

* Accommodation will be provided to out station participants on request.
* The participants will be issued an ID badge upon registration. The students are advised to wear the badge throughout the events. **No person is allowed** to be on the event premises without the ID badge issued by the organizers.

**3. Reporting at the venue**

* The venue of each event will be displayed at the registration counter.
* Teams should report at the concerned program venue **15 minutes** before the event starts.

**4. Order of presentation of an event**

• Order of presentation will be decided according to the lot taken.

**5. Judgment**

• The decision of the judges will be final and binding.

**6. Evaluation criterion:**

• Events will be evaluated based on the criteria decided.

**7. Disqualification:**

• Any means of misconduct by the members of the participant school/ college such as destroying property, harming the environment, holding protest in any forms, etc. shall lead to disqualification of the team.

**DETAILED RULES AND REGULATIONS FOR EACH EVENT**

|  |  |  |
| --- | --- | --- |
| Events |  | Points  |
| Maze Runner | Treasure Hunt | A team of 4-6 participants | **1st - 30 points, Participation-5 points** |
| Music Therapy | Music Band | A team of 5-7 participants | **1st – 30 points; 2nd- 20 points; 3rd – 10 points, Participation – 5 points** |
| Know Your Psychologist | Presentation | Individual Event | **1st – 15 points, 2nd - 10 points, 3rd – 5 points, Participation – 2 points** |
| Social Exchange | Mime | A team of 6- 8 participants | **1st – 30 points, 2nd - 20 points, 3rd – 10 points, Participation – 5 points** |
| Rorschach | Doodling | Individual Event | **1st – 15 points, 2nd - 10 points, 3rd – 5 points, Participation – 2 points** |
| Mental Floss | Quiz | A team of two | **1st – 30 points, 2nd - 20 points, 3rd – 10 points, Participation – 5 points** |
| Perception | Photography | Individual Event | **1st – 15 points, 2nd - 10 points, 3rd – 5 points, Participation – 2 points** |
| Catharsis | Short Story – English | Individual Event | **1st – 15 points, 2nd - 10 points, 3rd – 5 points, Participation – 2 points** |
| Rationalisation  | Poetry – English | Individual Event | **1st – 15 points, 2nd - 10 points, 3rd – 5 points, Participation – 2 points** |
| Reaction Time | Penalty Shootout | A team of 5+1  | **1st – 30 points, 2nd - 20 points, 3rd – 10 points, Participation – 5 points** |

### MAZE LEARNING- Treasure Hunt

1. Each team can only have **4-6 members.**
2. There will be an elimination round depending on the number of teams registering for the event.
3. Teams will register under the name of a team leader with the name of the College at the registration counter.
4. One member of the Treasure Hunt committee (volunteer) will accompany each team to ensure a fair game. It is mandatory for each team to keep the committee member with them till the game ends.
5. No split up of team is allowed.
6. The Treasure Hunt consists of 7 – 10 clues, one leading to the next clue.
7. The clues to the teams are different and are located at different places but the final destination, i.e. the Treasure is the same for all. The team which finds the treasure first wins.
8. Teams should pick the clues corresponding to the colour they are assigned.
9. The decisions by the judges shall be final.

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

## MUSIC THERAPY - Musical Band

1. Each team can only have **5-7 members**.
2. The time for performance is limited to **6 minutes**.
3. The songs must be in either English, Hindi or Malayalam. Movie songs are not permitted.
4. The use of instruments (**except percussions**) is allowed.
5. Karaoke is not allowed.
6. The decisions by the judges shall be final.

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

### KNOW YOUR PSYCHOLOGIST - Presentation

1. It is an individual event.
2. In this event, the participant is free to choose any two psychologists from the list given below (1 from Group A and 1 from Group B), out of which one will be selected by lot at the time of the event. The participant has to present the viewpoints of the psychologist for **5 minutes.**
3. The list of psychologists is given below:

|  |  |
| --- | --- |
| **Group A** | **Group B** |
| Carl Jung | Erik Erikson |
| Jean Piaget | Albert Bandura |
| Karen Horney | Gordon Allport |
| Carl Rogers | Lev Vygotsky |
| Solomon Asch | B.F Skinner |
| John B Watson | Stanley Milgram |
| Alfred Adler | Edward Thorndike |

1. The language of presentation: English.
2. Judgement criteria will include content, and presentation.
3. The decisions of the judges shall be final

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **SOCIAL EXCHANGE** - Mime

1. Each team can only have 6-**8 members**.
2. Every mime should have a theme of a psychological nature.
3. The theme should be submitted at the time of registration.
4. All participants are to wear similar **costumes.**
5. The total time on stage will be **7 minutes**. (One minute for the introduction and 6 minutes for performance).
6. **Music without lyrics is to be used for performance.**
7. No act shall contain any offensive, obscene, disrespectful actions or gestures.

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **RORSCHACH -** Complete the Ink Blot

1. This is an individual event.
2. Each participant will be given **1 ½ hour time.**
3. Participants have to make sense of inkblots on paper and incorporate that into their doodles creatively.
4. Materials for this event will be limited to a black pen and paper which will be provided on the spot. Participants cannot include colours, pictures or cut-outs etc of any sort.
5. Techniques can include shading and layered patterning.
6. Use of phones or any form of technology to assist in completing this task will result in disqualification.

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **PSYCHOLOGY QUIZ –** Mental Floss

1. Only one team can register from one college.
2. A team shall consist of **three persons**.
3. The participants are not permitted to use mobile phones or any other materials.
4. Substitution of any participant in a team is not allowed after registration.
5. The decision of the quiz-master will be final.
6. The format of the quiz is given below.

**ELIMINATION ROUND** **– (In case more than 6 teams are registering)**

* Each team will be given a set of question paper containing 25 multiple choice objective type questions
* Time limit - 15 minutes
* Only 6 teams will be selected for STAGE ROUNDS
* In case of tie between 2 or more teams, additional 5 questions will be asked for final selection of teams.

 **FINAL QUIZ -STAGE ROUNDS**

**Round 1 (Initial Round)**:

* A question will be asked to each team and if they are unable to answer, it will be passed to the next team.
* Each team will be asked 4 questions each.
* Team will score 10 marks for every correct answer and 5 negative marks for wrong answer.
* If a team cannot answer the question, then the question will be forwarded to the next team.
* Team should answer within 30 seconds.

**Round 2** (**Rapid Fire Round)**:

* Each team will be asked 10 questions one after another in one minute’s time.
* 10 marks will be awarded for the correct answer and negative 5 marks for the wrong answer.
* Teams will have to answer with 3 seconds.
* If a team cannot answer the question, they can say ‘Pass’ for the next question. The question will **not** be forwarded to the next team.

**Round 3 (Buzzer Round):**

* A question will be fired & the team who presses the buzzer first get to answer first – This round consists of 6 Questions.
* 10 marks for the correct answer and negative 5 marks for the wrong.
* Teams have to answer all 6 questions in 30 seconds.

**Round 4 (Audio-visual round):**

* Teams will be shown clips and based on which participant will have to answer 2 questions.
* Each Team will be asked 2 audio-visual questions. (1 slide in each round)
* Answering time is only 30 seconds.
* Passing to the next team is not allowed so Audience can answer.
* 10 marks for the correct answer and negative 5 marks for the wrong answer.

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **PERCEPTION** – Photography

1. Participants should bring their own DSLR camera.
2. The topic shall be given only at the time of the event.
3. Photographs should be taken at locations within the campus.
4. Three Photographs should be submitted within 2 hours from the beginning of the competition. Obscene and indecent photos will not be permitted.
5. The decisions of the judges shall be final

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **CATHARSIS** – English Short Story

1. Language : English
2. Topic shall be given on the spot.
3. Participants shall have 60 minutes to write the story.
4. Word limit: 500 words.
5. The judgement shall be based on the style of presentation, structuring of ideas, creativity and clarity.
6. The decisions of the judges shall be final

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **RATIONALIZATION** – English Poetry

1. Language : English
2. Topic shall be given on the spot.
3. Participants shall have 60 minutes to write the poem.
4. The judgement shall be based on the style of presentation, structuring of ideas, creativity and clarity.
5. The decisions of the judges shall be final

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

#### **REACTION TIME** – Penalty Shootout

1. Fixture will be decided after the registration and every round will be knock out. A team will consist of five members to kick the ball and one goal keeper.
2. The referee tosses the coin to determine which team will take the first kick.
3. All players other than the one to take the kick and the goalkeepers must remain at the centre circle.
4. Each kick shall be taken from the [penalty mark](https://en.wikipedia.org/wiki/Penalty_area), which is 12 yards (11 m) from the goal line and equidistant from each touch line, with the goal defended only by the opposing goalkeeper. The goalkeeper must remain between the goal posts on his goal line until the ball has been kicked, although he can jump in place, wave his arms, move side to side along the goal line or otherwise try to distract the shooter. A player can kick the ball only once. The decision to allow a second kick is solely the referee's discretion.
5. A kick is successful if the ball crosses the goal line between the goal posts and under the crossbar, without touching any player, official, or outside agent other than the defending goalkeeper. The ball may touch the goalkeeper, goal posts, or crossbar any number of times before going into the goal as long as the referee believes the ball's motion is the result of the initial kick.
6. Teams take turns to kick from the penalty mark until each has taken five kicks. However, if one side has scored more successful kicks than the other could possibly reach with all of the remaining kicks, the shoot-out will likely to come to an end; basis is called "best-of-five kicks".
7. If after five rounds of kicks the teams have an equal number of successful kicks, additional rounds of one kick each will be used until one team scores and the other misses. This is known as sudden death.
8. The team that scores the most successful kicks at the end of the shoot-out will be the winner of the match.
9. A team can replace a goalkeeper, if he becomes injured during the shoot-out, with another player who had already taken his kick.
10. No player will be allowed to take a second kick unless all other eligible players on their team have taken a first kick, including the goalkeeper.
11. If it becomes necessary for a team to take a second kick (because the score has remained equal after all eligible players have taken their first kick), players are not required to take the kick in the same order.
12. Kicks from the penalty mark must not be delayed for a player who leaves the field of play. The player’s kick will be forfeited (not scored) if the player does not return in time to take a kick.

Note: If the number of teams registering for the event is less than four, the contest will be held but only a consolation prize will be awarded to the participants.

1. The decisions of the referee shall be final.