

DEPARTMENT OF PSYCHOLOGY

**FATIMA MATA NATIONAL COLLEGE (AUTONOMOUS),
KOLLAM**

COGNETHRA 2K17

An Inter-Collegiate Mental Health Fest



an eye into cognition

Game Zone

A fun filled play zone, with games you've seen before and you haven't... a space to let your spirits soar and bag some of the most amazing gifts amidst all the laughter... Remember to be amazed and, yeah; bring a rather big bag too... For each and every one of you are going to take some gifts/prizes/freebies home; plus all the happy memories and ofcourse, lots and lots of photos too. For this is a visual treat wherein we have spared no expense... come on in and join us.



14th January 2017

5.00 pm

College Auditorium



LIVE performance by **AATHI**
(Mentalist & Stage performer)

Entry Restricted Through Pass

MUSIC BLAST



Contact :

Department of Psychology

Fatima Mata National College (Autonomous)
Kollam - 691 001



Cognethra



cognethra@gmail.com



THE PSYCHOLOGY DEPARTMENT
FATIMA MATA NATIONAL COLLEGE
(AUTONOMOUS), KOLLAM

Presents

COGnethra

an eye into cognition

You are invited...

The Department of Psychology, Fatima Mata National College, Kollam is organizing '*Cognethra 2K17*' the First Inter-Collegiate Mental Health Fest in Kerala on the 13th and 14th of January, 2017. We cordially invite students of the various Mental Health Disciplines, namely from Psychology Departments, Social Works, Nursing, and Educational Streams across South-India to take part in the events organized, have fun and also meet face to face with Adarsh Aathi, The Life Size Mentalist portrayed in *Pretham* Movie.

About us...

We, the Fatima Mata National College, established in the year 1952 is affiliated to University of Kerala and nurtures students from all walks of life. True excellence has always been our prime focus. The Department of Psychology, established in the year 1981, is now seeking to be the unification force amongst the Psychology Fraternity all across Kerala, and to spread its wings into newer horizons. Our department, offers a six- semester graduate as well as a four-semester post-graduate course with a fully functioning laboratory as well. The Department offers extensive Community, Extension, and Consultancy services for our home base with a wide acceptance factor in the mental health community.

General information...

- All the participants must produce their college identity cards
- Registration fee for the fest will be Rs. 250 . Lunch, Tea & Participation certificate will be provided.
- Registration for the events close at 10 am on the 13th of January 2017.
- A participant can compete in a maximum of 2 events. Participants are expected to register for their events separtely with an amount of Rs.250/- per event.
- Accomodation will be arranged, if required, upon request (Please pre-confirm)
- The college team that wins the maximum number of points will be awarded with an ever-rolling trophy and a Certificate of Merit to the credit
- Screening rounds shall be held in case of large number of participants for any event.

Dr. P.S. Anil Jose
Head of the Department

Staff Co-ordinators

Dr. P.P. Sajimon - 9895028298 (m)
Mr. Fresnal Das - 8075420390 (m)
Mr.Sijin. K.S. - 9496329125 (m)

Student Co-ordinators

Mr. Ravi Kiran - 9446357887 (m)
Mr. Varghese Sam - 8129999232 (m)
Mr. M. Ibnu Subair - 9037402342 (m)

Our Events

1. Budding Psychologist

- Limited to a maximum of 3 individual entries from each college
- A 5-round gruesome duel that will test the overall skills of a psychology student on a predictive scale for a future Psychologist. In short, this event, will be your first test towards proving your meritorious worth as a psychologist, in comparison to your peers



Title Prize: Rs 5,000/-

2. Short Film

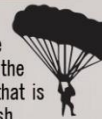
- Theme : Mental Health
- Duration: Not more than 10 minutes
- Entry qualification will be judged by expert panel prior to the screening; however, there is no limit for entries from an institution.
- Key participation: At least one student of the respective Department should have played a key role (Name in the credits would suffice).
- The short-film entries should be written on a disc complimented with a certificate attested by the HOD's of the respected Departments, about the key participation as well as an assurance that no legal conflicts shall occur in case of the ownership.



1st Prize: Rs. 5000/- • 2nd Prize: Rs.2000/-

3. Air Crash : Hypothetic Scenario Event

Contemporary Event; where in a hypothetical crash will be staged, and the participant has to convince the judges as to why he/she (from the stand point of the celebrity role assigned) deserves the one parachute that is available in the plane; and thus, escaping from the crash.



1st Prize: Rs. 3000/- • 2nd Prize: Rs. 2000/- • 3rd Prize: Rs. 1000/-

4. 20 Questions : A charade of Yes & No's

Limited to a maximum of 3 'two-person team' entries from each college. A dumb charade with yes and no answer limitations in Psychology
A time frame of 10 minutes and question limit of 20 questions to reach the answer



1st Prize: Rs. 2500/- • 2nd Prize: Rs. 1500/- • 3rd Prize: Rs. 1000/-

5. Quiz

A quiz that will demand great knowledge to unlock the prized, in a series of rounds that are hands-on; entertaining and fun filled and at the same time testing your knowledge across the entire realms of Psychology.



1st Prize: Rs. 3000/- • 2nd Prize: Rs. 2000/- • 3rd Prize: Rs. 1000/-

Budding
Psychologist

Short Film

Air Crash

Twenty
Questions

Quiz

The Department of Psychology, Fatima Mata National College (Autonomous), Kollam organized '**COGNETHRA**', an Inter- Collegiate Mental Health Fest on 13th and 14th of January, 2017. We invited students from the various mental health disciplines across country, namely from the Psychology Departments, the Social works, the nursing, and the educational streams to take part in this event mainly to share their talents, skills, and their expertise in the professional areas. There were 255 participants registered for this Fest. All participants are registered their participation for the various events before 16th of March 2017. The registration fee for this fest was Rs.250 which included Lunch, Tea, Participation Certificate and complementary entry for one event etc.

EVENTS

There was a total of 5 events. All the events in this fest were categorized as closed and open. The closed events are exclusively for students who have at least one Psychology paper in their respective course and the open events are for the college students from any discipline. The event also decided for a participant can compete in a maximum of two closed events and one open event. The college who gains the maximum points awarded an ever-rolling trophy and a certificate of merit to their credit. The contestant for all the events was shortlisted by conducting a screening test. A brief description of the events are mentioned below.

- 1. Budding Psychologist**
- 2. Short Film**
- 3. Air Crash**
- 4. 20 Questions**
- 5. Quiz**
- 6. Game Zone**

GUESTS

The following dignitaries were participated in various sections of this Fest.

1. **Dr. N. Veeramanikandan** (Pro Vice-Chancellor, University of Kerala, Thiruvananthapuram)
2. **Dr. S. Satheesh Bino IPS** (City Police Commissioner, Kollam)

PROGRAMME CHART



DEPARTMENT OF PSYCHOLOGY
FATIMA MATA NATIONAL COLLEGE (AUTONOMOUS)
KOLLAM



PROGRAMME SCHEDULE

DAY - 1 (13-01-2017)

- 09.00 am : Registration
10.30 am : Inauguration
Chief Guest - **Dr. N. Veeramanikandan**
(Pro - Vice - Chancellor, University of Kerala, Thiruvananthapuram)
11.15 am : Tea Break
11.30 am : Air Crash
01.00 pm : Lunch Break
02.00 pm : 20 Questions
03.00 pm : Tea Break
03.15 pm : Budding Psychologist (Phase - 1)
04.30 pm : Short Film Screening

DAY - 2 (14-01-2017)

- 10.00 am : Quiz
11.30 am : Tea Break
11.45 am : Budding Psychologist (Phase - 2)

- 01.00 pm : Lunch Break
02.00 pm : Budding Psychologist (Phase - 3)
3.00 pm : Valediction

Chief Guest - **Dr. S. Sateesh Bino IPS**
(City Police Commissioner, Kollam)

05.00 pm : **Mix- Tereo**

Live Performance by

MENTALIST AATHI

Music Blast by **SWAM Band**

Screening Rounds scheduled to happen soon
after registration.



STAGE SHOW

This live mentalism stage show was performed for all the public in the college auditorium on 14th of January 2017 from 5pm onwards. This show was inaugurated by our college principal Dr Vincent B. Netto and followed by live performance by **Mentalist Aathi**. Mentalist Aathi became an overnight sensation, soon after Malayalam blockbuster Pretham was released across India. The character played by the hero Jayasurya in the film was largely inspired by Aathi. A mentalist is a person, who can psychologically redirect human thoughts and behaviour. And mentalism is a performing art form, in which the artist appears to demonstrate highly developed mental acuity. For Aathi, this performing art is the blend of psychology, suggestion/hypnosis, magic, misdirection, and showmanship.

After this live performance students performed the live band music event. The programme came to an end by 9.30 pm.





