

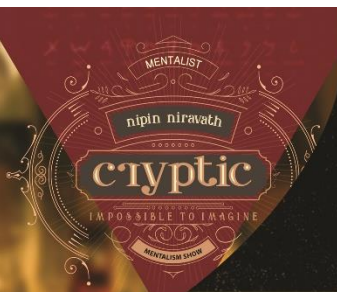
DEPARTMENT OF PSYCHOLOGY

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

COGNETHRA 2K19

An Inter-Collegiate Mental Health Fest & Seminar





LIVE PERFORMANCE BY
NIPIN NIRAVATH
[Mentalist & Stage Performer]

On 15th MARCH 2019 6 PM
COLLEGE AUDITORIUM

*ENTRY RESTRICTED THROUGH PASS

The Psychology Department
Fatima Mata National College(Autonomous)
Kollam



Presents



Mental Health Fest & Seminar

14th & 15th of
MARCH 2019

Organizing Crew

Dr. Vincent B. Netto (Principal) **Rev. Dr. Rolden Jacob** (Manager) **Dr. Anil Jose P. S** (Head of the Department)

Staff Co-ordinators

Dr. Sajimon P. P (Mob: 9895028298) **Mr. Fresnal Das** (Mob: 9497314799) **Mr. Sijin K. S** (Mob: 9496329125)

Student Co-ordinators

Mr. Varghese Sam (Mob: 8129999232) **Mr. M. Ibnu Subair** (Mob: 9837402342)

OUR SPONSORS



cognethra@gmail.com

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YOU ARE INVITED...

The Department of Psychology, Fatima Mata National College is organizing 'COGNETHRA', an Inter-Collegiate Mental Health Fest & Seminar on the 14th and 15th of March, 2019. We cordially invite students of the various mental health disciplines, namely from the Psychology Departments, the Social Works, the nursing and the educational streams across South-India to take part in the events organized and have fun.

ABOUT US...

The Fatima Mata National College, established in the year 1951 is affiliated to the 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 fully functioning laboratories. The Department is actively involved in extensive Community, Extension and Consultancy services for our home base with a wide acceptance factor within the mental health community.

MAKE PLANS NOW, TO JOIN US...

- ▶ All the participants must produce their college identity cards.
- ▶ Registration fee for the seminar and fest will be Rs. 250/- which includes Participation in the seminar, Lunch, Tea, Participation certificate, and complementary entry for one individual event (except Paper Presentation).
- ▶ Events are categorized as closed and open. Closed events are exclusively for students who have at least one Psychology paper in their respective courses and Open events are for college students from any discipline.
- ▶ A participant can compete in a maximum of 3 closed event and 1 open event. Participants are expected to register separately for each event, as specified in the event chart.
- ▶ Screening rounds shall be held in case of large number of participants for any event.
- ▶ The College that wins the maximum points will be awarded with an ever-rolling trophy.
- ▶ Accommodation will be provided to the participants only on requisition (please pre-confirm).

SEMINAR

Topic: "Emerging Trends and Methods in Psychological Research"
Resource Person: **Dr. Ajilal P**
(Asst.Professor, Sree Narayana College, Chempazhanthy)
14th of March 2019

CLOSED EVENTS



BUDDING PSYCHOLOGIST
Individual Event Entry fee: Rs. 50/-
Winner's Prize: Rs. 3000/-



THE DEXTOR
Individual Event
Entry fee: Rs. 50/-
1st Prize: Rs. 2000/-
2nd Prize: Rs. 1000/-

PAPER PRESENTATION COMPETITION
Individual Event
Entry fee: Rs. 100/-
Winner's Prize: Rs. 2000/-

PSY-Q: The Psychology Quotient
Group event
Entry fee: Rs. 100/-
1st Prize: Rs. 3000/-
2nd Prize: Rs. 2000/-

I'M PERSONA Role Play Event
Individual Event
Entry fee: Rs. 50/-
1st Prize: Rs. 2000/-
2nd Prize: Rs. 1000/-

HY-Q
Group event
Entry fee: Rs. 100/-
1st Prize: Rs. 3000/-
2nd Prize: Rs. 2000/-

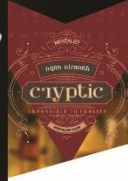


VOICE OF COGNETHRA

Individual Event
Entry fee: Rs. 50/-
1st Prize: Rs. 2000/-
2nd Prize: Rs. 1000/-

OPEN EVENTS

LOCATE US



The Department of Psychology, Fatima Mata National College (Autonomous), Kollam organized the third season of '**COGNETHRA**', an Inter-Collegiate Mental Health Fest and Seminar on 14th and 15th of March, 2019. 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. Students and faculty from 13 colleges across Kerala made the Fest really a fruitful one. The registration fee for this fest was Rs.250 which included Seminar Participation, Lunch, Tea, Participation Certificate and complementary entry for one event etc.

SEMINAR ON EMERGING TRENDS AND METHODS IN PSYCHOLOGICAL RESEARCH

As part of Cognethra, a seminar was conducted on “Emerging Trends and Methods in Psychological Research”. Dr. Justin K. James, Assistant Professor, Department of Psychology, University College Thiruvananthapuram was the resource person. 300 students participated in this seminar.

FEST EVENTS

There was a total of 7 events, among which 5 were closed events and the 2 events were open to all. The closed events were exclusively designed 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 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. The events are mentioned below. Students from Christu Jyothi College, Chenganassery won the ever-rolling trophy for the overall champions.

1. BUDDING PSYCHOLOGIST

2. THE DEXTER

3. I'M'PERSONA

4. PSY-Q

5. VOICE OF COGNETHRA

6. HY-Q

7. PAPER PRESENTATION

GUESTS

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

1. **Dr. Justin K James**
2. **Mr. Nipin Niravath**

STAGE SHOW

This live mentalism show was performed for all the public in the college auditorium on 15th of March 2019 from 7 pm onwards. This show was inaugurated by our college Principal Dr Vincent B. Netto and followed by live performance by **Mr. Nipin Niravath**. As a mentalist his show takes the audience on a tour of a place that lies outside reality and makes them get excited and enthralled when experiencing or witnessing something that appears to be magical and paranormal. It is an interior journey that explores the mysteries of your mind. After this live performance students performed the live band music event. The programme came to an end by 9.30 pm.





