

# **Ψ THE PSYCHOLOGY CLUB**

## **DEGREE**

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**Secretary: Murtaza Rangwala**

**Joint Secretary: Meghal Sheth**

**Treasurer: Burhanuddin Patanwala**

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In the midst of seriousness and study pressure, we all need some time to hold on one second, take a deep breath and think about what's going on in our lives. To give a break to the hustle and bustle of a monotonous life, The Psychology Club of NM College provides relief and fun learning. It strives to help the students to introspect and learn the full ability of their potential. From amazing guest lectures to captivating movies to fun-filled Zumba dance, the Psychology Club manages to disconnect the students from study related stress and yet maintains a connection with learning. It advocates "learning through play", around which all its activities and events revolve.



### **Zumbastic - A Zumba Dance Workshop, 21<sup>st</sup> November 2015**

While academics and an ambitious career life were bombarding the students, the Psychology Club gave a de-stressing twist in their routines through the stress busting Zumba Dance Workshop. The club had invited trainers from the holistic temples of the holistic guru himself – Mr Mickey Mehta. Listening to the music the ecstasy of the students knew no bounds. The success of the event could be gauged from the smiles on the face of the participants and the chants of 'One More Song Please'. The club was successful in leading the students from the path of distress to de-stress.

### **Leadership On A Mythological Trip, 5th December 2015**

After replenishing the physical wellbeing of the participants, the Psychology Club decided to rejuvenate the mental health of the participants. For its second event, the Psychology Club had invited the renowned speakers Mr Utkarsh Patel and Ms Shraddha Gandhi (both HODs at the Mumbai University) to conduct an interactive session to give an insight of the psychology of mythological characters. They took the participants from the womb of out myths to the tombs of politics and brought out the leadership qualities of the Indian Gods. Ever wondered 'How Rama led a huge army of monkeys?' and 'whether Ravana was an effective leader?' Well, these were the questions answered during the session. The participants had a different perspective to mythology which possibly increased their interest in it.

After the grand success of our previous events, Psychology Club is back with a bang this academic year!

## **Now You See Me, 6<sup>th</sup> August 2016**



Our first event this year was a guest lecture conducted by Dr Vinay Prabhu, psychologist and a professor of psychology. He explained about the concept of “Johari window” that helped us become more self-aware as well as to understand the mind-set and personalities of others. It was a very refreshing experience from our ordinary, monotonous lectures. Learning becomes much more fun when it is mixed with laughter and enthusiasm, especially with the hilarious examples and situations described by our guest. Success of the event was marked by the reactions of the crowd, who actually used the concept and its tips mentioned during the lecture.

### **Upcoming Events**

Further this year, we plan to have a couple more events which are yet to be finalized. However, the students better hang on to their benches because they’re about to be blown away by our amazing events. We plan to bring “Zumbastic” back this year and are processing the trademark event for Psychology Club. There is also an interesting movie screening coming up!