

SCHOOL OF PSYCHOLOGICAL SCIENCES BANGALORE CENTRAL CAMPUS

BY THE PSYCHOLOGY ASSOCIATION AND CLUBS

5 NOUENBER, 2025

CHRIST (DEEMED TO BE UNIVERSITY),
BANGALORE CENTRAL CAMPUS

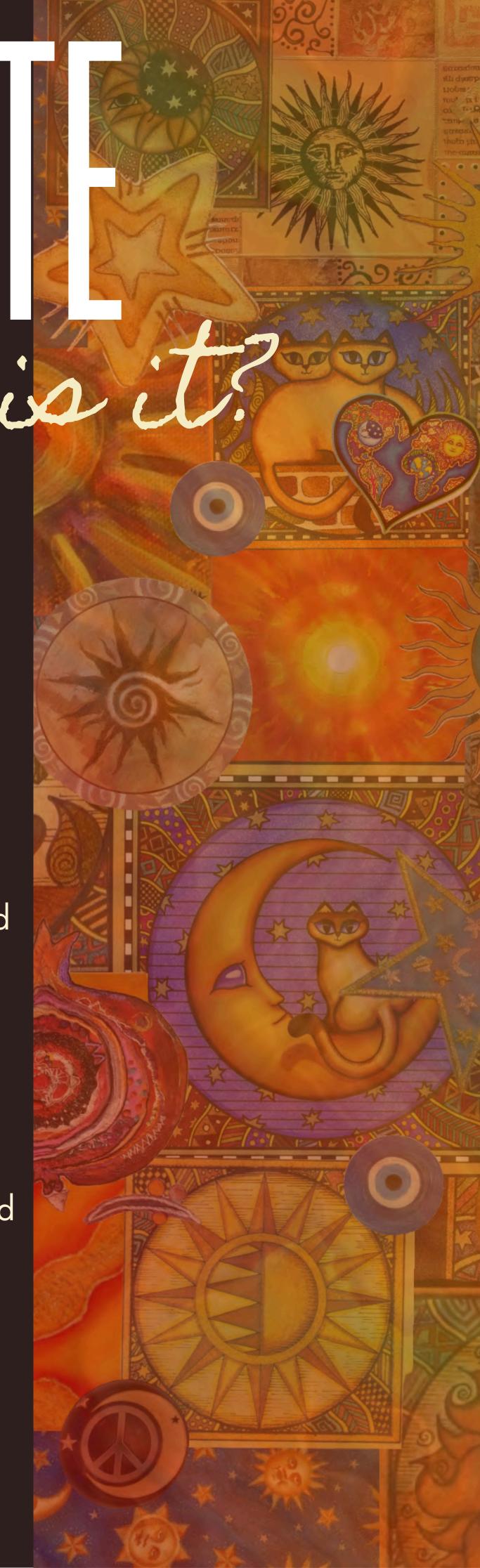
In Case of Queries: psychologyassociation@psy.christuniversity.in

OILHOULT Matiai

The school of psychological sciences is one of the pioneering schools at CHRIST (Deemed to be University) with over 62 accomplished faculty members at the Bangalore Central Campus offering diverse programs on par with global standards of education.

The Psychology Association, a student led body, guided by faculty organises the School's flagship event Silhouette, that showcases students' creativity talents, leadership and organisational skills.

Silhouette '25 presents a carefully curated series of events, workshops, games and most importantly loads and loads of fun, making it a remarkable day of learning and sharing, creating memorable experiences.





Following the annual theme, this years Silhouette also embraces the theme, 'Avant Garde', striving to bring innovative, experimental, and unconventional ideas to life. It disrupts expectations, provokes thought, and encourages the expression of unique perspectives on the world. Every part of Silhouette is our humble attempt to break away from the convention and to create something new.

Games and competitions push participants beyond conventional boundaries. They demand quick, nonlinear thinking. They require us to embrace chaos. The activities that we have planned for Silhouette '25 are a playground for disruptive creativity, making them a natural fit for a theme that celebrates the unconventional.

SOULE Association Events

| EVENTS | VENUES | TIMINGS |
|--------------------|----------------------------|---------------|
| Inauguration | Garden Street | 9:00 to 9:30 |
| Block and Tackle | Seminar Hall, Block 2 | 9:45 to 11:30 |
| Human Library | Room 715, Central Block | 9:45 to 11:30 |
| Mind vs Mask | Room 530, R&D Block | 9:45 to 11:30 |
| Dopamine Dance | Sky View, Central Block | 2:00 to 3:30 |
| Cognitive Crash | Room 105, Central Block | 2:00 to 3:30 |
| Ad-diction | Panel room, Block 2 | 2:00 to 3:30 |
| Psyche's Labyrinth | Room 711, Central Block | Full Day |
| Interactive Stalls | Garden Street | Full Day |

Club Events

| _ | | |
|--------------|------|--|
| | | |
| \mathbf{V} | | |
| V / | | |
| lacksquare | | |

Interpretive Clash

Musical Pot Pourri

Alter Ego

The Workshop
Series

Rush Royal

Pipe Cleaner Art Workshop

Who is Alpha

Rewriting The Mind

Interactive Stalls

VENUES

Assembly Hall, Block 2

Sky View, Central Block

Panel Room, Block 2

See Below

Basket Ball Court, Just Bake

Room 530, R&D Block

Seminar Hall, Block 2

Room 715, Central Block

Garden Street

TIMINGS

9:45 to 11:30

9:45 to 11:30

9:45 to 11:30

11:45 to 12:45

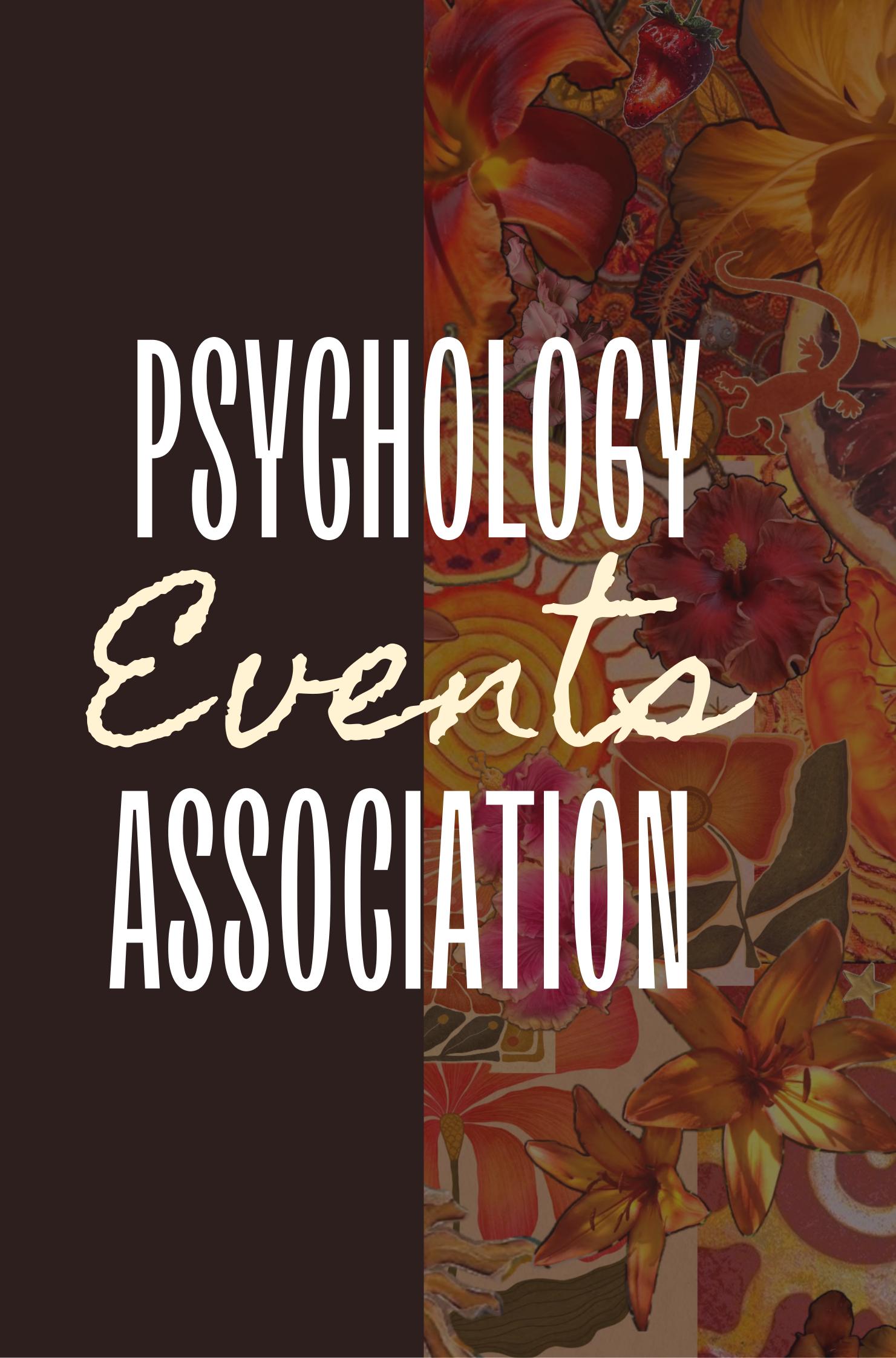
12:45 to 1:45

2:00 to 3:30

2:00 to 3:30

2:00 to 3:30

Full Day



BOOK AND TACKLE

Hing Perspectives

QUICK THINKING MEETS SHARP SPEAKING IN THIS FAST-PACED DEBATE WHERE EVERY "SWITCH" FLIPS YOUR STANCE. TEST YOUR WIT, HUMOUR, COGNITIVE FLEXIBILITY AND AGILITY AS YOU ARGUE BOTH FOR AND AGAINST THE MOTION ON THE SPOT.

Registration Fee:

- Christite: Free
- Non-Christites:₹100

Venue: Seminar Hall, Ground Floor, Block II

Timings: 9:45 AM to 11:30 AM

Scan To Register:



GUIDELINES

- Topic is revealed right before the event begins.
- Speak both for and against the motion within the time given.
- On "Switch," you must instantly change your stance.
- Judged on quick thinking, humour, and strong points;
- Misconduct results in immediate disqualification.

Event Coordinator: Aditya - +91 98308 50657

HUMAN LIBRARY

Living Stories

STEP INTO A HUMAN LIBRARY
WHERE PEOPLE ARE THE
"BOOKS" AND THEIR REAL-LIFE
STORIES ARE THE CHAPTERS YOU
DISCOVER. ENGAGE IN
MEANINGFUL ONE-ON-ONE
CONVERSATIONS THAT FOSTER
EMPATHY, UNDERSTANDING, AND
CONNECTION.

GUIDELINES

- Join as a Book (share your story) or a Reader (listen and learn).
- Each session is 20 minutes with one-on-one conversations.
- Readers may meet multiple Books within the session.
- Conversations are open, respectful, empathetic, and confidential.

Registration Fee:

- Christite: Free
- Non-Christites:Free

Venue: Room **715**, 7th Floor, Central Block

Timings: 9:45 AM to 11:30 AM

Scan To Register:



Event Coordinator: Kushinara Dharmasen - +91 94806 03000



PLAYERS ALTERNATE BETWEEN
HIDDEN "NIGHT" MOVES AND
OPEN "DAY" DEBATES. CIVILIANS
WORK TO EXPOSE THE MAFIA,
WHILE THE MAFIA DECEIVES AND
ELIMINATES CIVILIANS. THE GAME
REVEALS HOW GROUP DYNAMICS,
DECEPTION, AND BIAS SHAPE
SOCIAL DECISION-MAKING.

Registration Fee:

- Christite: Free
- Non-Christites:Free

Venue: Room 530, 5th Floor, R&D Block

Timings: 9:45 AM to 11:30 AM

Scan To Register:



GUIDELINES

- Individual registrations
- Minimum 8 participants in a round
- One moderator assigns roles and manages gameplay
- Players must not disclose their roles voluntarily during the game or reveal their elimination
- Eliminations are decoded by majority vote during the "day" phase of the game.

Event Coordinator: Dharini Manoj - +91 73050 51973

DOPAMINE DANGE

Rewarding Rhythms

UNREHEARSED, UNFILTERED, AND UNSTOPPABLE — TEAMS FOLLOW LIVE CHOREOGRAPHY ON THE SPOT, MOVING WITH INSTINCT, RHYTHM, AND UNITY. A CELEBRATION OF SPONTANEITY, FLOW, AND THE JOY OF DANCE.

GUIDELINES

- **Team size:** 3 to 5 members
- Maximum registrations: 15 teams
- Teams must begin in a formation on stage before the music starts.
- A choreography will play on-screen in realtime. Teams must watch and follow along as it unfolds — no prior practice!
- Judges will assess in real-time. The team with the highest score wins!
- Judging criteria: Accuracy, Synchronisation, Stage presence, Formations and spacing

Registration Fee:

- Christite: Free
- Non-Christites:₹150

Venue: Sky View, 10th Floor, Central Block

Timings: 2:00 PM to 3:30 PM

Scan to Register:



Event Coordinator: Shreya Gibikote - +91 94891 64238

COGNITIVE CRASH

The Last Argument

YOUR PLANE IS ABOUT TO CRASH.

STEP INTO THE SHOES OF A
CELEBRITY, HISTORICAL FIGURE, OR
FICTIONAL CHARACTER AND ARGUE
WHY YOU DESERVE THE LAST
PARACHUTE. A BATTLE OF WIT,
PERSUASION, AND ROLEPLAY THAT
BLENDS PSYCHOLOGY, CREATIVITY,
AND SURVIVAL INSTINCTS.

Registration Fee:

• Christite: Free

Non-Christites:₹100

Venue: Room 105, 1st Floor, Central Block

Timings: 2:00 AM to 3:30 AM

Scan To Register:



GUIDELINES

- A character will be assigned one day before research and understand their background & personality
- Bring your character to life through your expressions, gestures, and interactions.
- Rules & Conduct Stay in character throughout, refrain from using offensive, vulgar, or disrespectful remarks, and personal attacks are strictly prohibited.
- Judging Criteria Character Portrayal, Creativity, Argument Strength, Costume.

All-Differention Hijacked

GET READY TO PITCH THE STRANGEST ADS EVER CREATED. EACH TEAM WILL BE GIVEN AN EVERYDAY OBJECT TO ADVERTISE. YOU MIGHT HAVE TO PRESENT YOUR AD AS A POEM, A NEWS BULLETIN, OR EVEN A DRAMATIC PERFORMANCE. IT'S FAST, FUN, AND UNPREDICTABLE. YOUR TEAM'S CREATIVITY WILL BE THE KEY TO STANDING OUT.

GUIDELINES

- **Team size:** 2 members. (Participants will be grouped into teams on the day of the event if individually registered)
- **Preparation time:** 5 minutes (may vary depending on task)
- Presentation time: 1-3 minutes
- Judging criteria: Clarity, Creativity,
 Collaboration and Staying within time limits

Registration Fee:

- Christite: Free
- Non-Christites:₹200

Venue: Panel Room, 2nd Floor, Block II

Timings: 2:00 PM to 3:30 PM

Saan To Register:



Event Coordinator: Dharini Manoj - +91 73050 51973

PSYCHE'S LABYRINTH

The Orpheus Escape Room

Registration Fee

- Christite: Free
- Non-Christites:
 ₹300

Venue: Room 711, 7th Floor, Central Block

Timings: Event is open throughout the day

Scan To Register:



WALK THE STEPS OF ORPHEUS.
RELIVING THE STORY OF
ORPHEUS AND EURYDICE.
COMPLETE YOUR TASKS AND
WIN. THIS CHALLENGE BECOMES
AN EXPLORATION OF DECISIONMAKING UNDER PRESSURE AND
COGNITIVE ENDURANCE

GUIDELINES

- Team Size: Maximum 4
- Teams will have **5 minutes** to solve each puzzle.
- Requesting a hint or additional time will require drinking a custom drink.
- Total escape time will be recorded; the fastest team wins.
- Rules No physical force or damage to props allowed. Follow instructions from the guide (Chiron) at all times. Maintain decorum and respect the theme's immersive experience.

Event Coordinator: Harini - +91 99472 85629



NTERPRETATIVE CLASH

PSYN ICX

STEP INTO THE ARENA WHERE PSYCHOLOGY MEETS LITERATURE! IN TEAMS OF THREE, DEBATE RANDOMLY ASSIGNED TOPICS AND STANCES—TESTING YOUR QUICK THINKING, PERSUASION, AND PERSPECTIVE-TAKING. PERFECT FOR THOSE WHO LOVE SHARP ARGUMENTS AND THINKING ON THEIR FEET!

- Maximum participants: 18
- Teams will have a short preparation time before their debate begins.
- All arguments must remain respectful and adhere to Christ University's guidelines.
- Registration Fee: ₹300 (Non-Christites),
 No fee for Christites
- Venue: Assembly Hall, 3rd Floor, Block II
- Timings: 9:45 AM to 11:30 AM



MUSICAL POT POURRI Souldync

SOULSCAPES: A MUSICAL POTPOURRI, AN INTERACTIVE COMPETITION WITH ROUNDS OF GUESSING TUNES, DECODING LYRICS, AND BUZZER CHALLENGES. LET'S HAVE AN ENGAGING AND LIVELY EXPERIENCE ON MUSIC, PUZZLES, AND MEMORY

- Teams must consist of 3 members.
- A maximum of 16–20 teams can participate (first-come-first-serve).
- Teams must participate in all rounds.
- Judges'/Emcee's decisions are final and binding.
- Gifts/prizes for winners.
 - Registration Fee: No Fee Required
 - **Venue:** Sky View, 10th Floor, Central Block
- Timings: 9:45 AM to 11:30 AM



ALTER EGO INVITES PARTICIPANTS TO EMBODY A CHARACTER THROUGH COSPLAY AND DELIVER AN ORIGINAL MONOLOGUE THAT REFLECTS THEIR PSYCHOLOGICAL TRAITS, CONFLICTS, AND INNER STRUGGLES. THIS EVENT COMBINES CREATIVITY, PERFORMANCE, AND PSYCHOLOGICAL INSIGHT TO BRING CHARACTERS TO LIFE ON STAGE.

- Duration: 2-4 minutes. A bell will be used to indicate the time left.
- Script submission: 2 hours before the event.
- Originality is a must Al usage will reduce points.
- Content must follow Christ University guidelines (no vulgarity or explicit language allowed).
- Maximum Registration spots: 20.
- Judging Criteria: Creativity, Psychological Depth, Cosplay & Embodiment, Performance & Delivery, Memorability & Emotional Resonance.
- Rewards: E-certificates and goodies for all participants, physical certificates for winners & runner-up
 - Registration Fee: No Fee Required
 - Venue: Panel Room, 2 Floor, Block II
 - Timings: 9.45 AM to 11. 30 AM



Event Coordinator: Bhumika: +91 98203 30295; Himakar: +91 98190 18190

DUSH BUSH

GET READY TO PUT YOUR AGILITY SKILLS AND COMPETITIVE SPIRIT INTO PLAY WITH THIS TASK RELAY-STYLE RACE WHERE EVERY MOMENT IS RACING AGAINST THE CLOCK. TEAMWORK, SPEED AND ENTHUSIASM WILL BE PUT INTO TEST.

- **Team Composition:** 7 participants in each team + 3 substitutes
- Register as a group, a team of 7, or as individuals who are paired up with random individuals forming a group.
- Fun Spot activities for spectators.
- The Live Time leaderboard updates after each team.
- Format: Each team will compete a series of task one after another in a relay style race. The team with the least total time wins and is ranked.
 - Registration Fee: No Fee Required
 - Venue: Just Bake Basketball Court
 - Timings: 12:45 PM to 1:45 PM



PPEGLEANER ART Sanctum - The art Club

LOOKING FOR A FUN, COLOURFUL BREAK? JOIN OUR BEGINNER-FRIENDLY WORKSHOP AND TURN SIMPLE PIPE CLEANERS INTO VIBRANT FLOWERS! A LIGHTHEARTED SPACE TO RELAX, CONNECT, AND LET YOUR CREATIVITY BLOOM—RESHAPING THE ORDINARY INTO EXPRESSIVE, SUSTAINABLE ART.

- Max no of seats 30
- Learn step-by-step how to make beautiful pipe cleaner flowers—no experience needed!
- All materials will be provided at the venue.
- Create your own bouquet of colourful, quirky blossoms to take home.
- Enjoy a mindful, social, and creative experience with others.
 Light group activities with fun quizzes, stories, and shared laughter
 - Registration Fee: ₹200 (Christites and Non-Christites)
 - Venue: Room 530, 5^{tth} Floor, R&D Block
 - Timings: 2:00 PM to 3:30 PM



Event Coordinator: Erin - +91 85278 35845

SHOSALPHA COMECIAONS

"WHO'S THE ALPHA" IS A FUN TEAM GAME WHERE PARTICIPANTS PLAY AS DIFFERENT ANIMALS IN PACKS, COMPLETING SURVIVAL-STYLE TASKS TO TEST TEAMWORK, COORDINATION, AND LEADERSHIP.

Follow your given animal role.

- Work together to complete tasks.
- Respect boundaries and play safely.
- Earn points through teamwork and strategy.

The judges' decision will be final. Evaluation Criteria includes:

- Task completion speed
- Team coordination
- Following role rules
- Creativity & leadership

The winning pack receives a surprise gift

- Maximum Registrations 10
- Number of members 3-5 members per team
- Registration Fee: No fee required
- Venue: Seminar Hall, Ground Floor, Block II
- Timings: 2:00 PM to 3:30 PM



Event Coordinator: Anmol - +91 91552 51307

PENDING THE WIND

Perspective Magazine

REWRITING THE MIND IS A STORYTELLING CHALLENGE WITH A PSYCHOLOGICAL TWIST—PARTICIPANTS REIMAGINE FAMILIAR CHARACTERS THROUGH SPECIFIC MENTAL STATES, TRANSFORMING WELL-KNOWN TALES INTO POWERFUL REFLECTIONS OF INNER EXPERIENCES.

- Team size: 3 members per team
- Maximum registrations: 10 teams
- Medium of Presentation: short story, play script, diary entry, or first-person narrative.
- Judgment Criteria: Creativity, Psychological Insight, clarity, engagement, and presentation
- Rewards: Small Gift and certificate
 - Registration Fee: No Fee Required
 - **Venue:** Room 715, 7th Floor, Central Block
 - Timings: 2:00 PM to 3:30 PM



Event Coordinator: Samara - +91 99000 36889

HORISHOP SERIES

Huidelines

- Registration via the official Google Form only
- No last-minute walk-ins!!
- Registration Fees: ₹150 for each workshop
- Date: 5th NOVEMBER, 2025
- Timings for all workshops: 11:45 to 12:45 PM
- No Refunds if you miss your sessions.
- Digital Certificates will be sent to your registered email.

| WORKSHOP | VENUE | TIMINGS |
|---|--|---------------|
| DIGITAL MEDIA AND ADOLESCENTS RELATIONSHIP CRISIS | Seminar Hall, Ground Floor, Block II | 11:45 – 12:45 |
| DREAM ANALYSIS: A PSYCHOANALYTICAL PERSPECTIVE | Panel Room, 2 Floor, Block II | 11:45 – 12:45 |
| CRISIS MANAGEMENT IN EDUCATIONAL SETTINGS | Assembly Hall, 3 Floor, Block II | 11:45 – 12:45 |
| CONNECTING THROUGH CRISIS: SKILLS FOR HELPLINE SUICIDE INTERVENTION | Room 530, 5 Floor, R&D Block | 11:45 – 12:45 |
| DECEPTION DETECTION USING INVESTIGATIVE INTERVIEWS | Room 105, 1 Floor, Central Block | 11:45 – 12:45 |

DIGITAL MEDIA AND ADOLESCENTS RELATIONSHIP CRISIS On. Rituparna Chakraborty

This workshop will explore how digital media impacts adolescent relationships. It will examine the psychological effects of constant online connection, validation, and surveillance on key aspects like trust and intimacy. The session will also discuss how issues such as social comparison, cyber aggression, and media portrayals of relationships influence young people's expectations and reactions to relationship crises.



DREAM ANALYSIS: A PSYCHOANALYTICAL PERSPECTIVE



This workshop will delve into the psychoanalytical interpretation of dreams, using both classic and modern theories. The session will focus on the psychological traits and symbolic content of dreams, exploring how they reveal unconscious thoughts and feelings that shape a person's inner life.

CRISIS MANAGEMENT IN EDUCATIONAL SETTINGS

Dr. Patrick Jude L

This workshop focuses on equipping participants with crisis management skills for educational settings. It covers key models and provides practical techniques for de-escalation, communication, and recovery, allowing participants to respond effectively and compassionately to emergencies while prioritizing the safety of the academic community.



CONNECTING THROUGH CRISIS: SKILLS FOR HELPLINE SUICIDE INTERVENTION



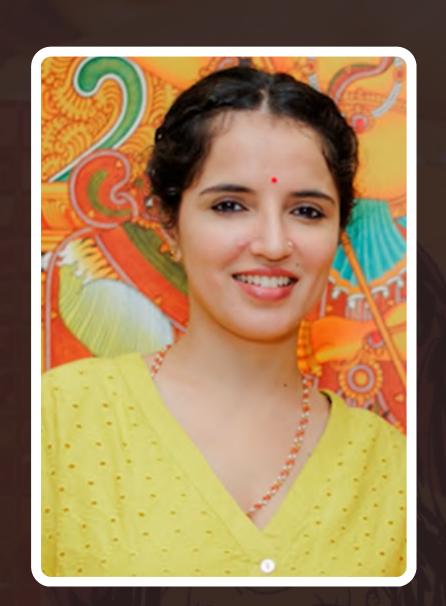
Dr. Shivangi Hupta

This workshop focuses Dr. Shivangi's insights and experiences of engaging in Suicide intervention Plan. The workshop will equip participants with confidence and practical framework to commpassionately intervene the when someone exhibiting warning signs of suicide and connect them to help.

DECEPTION DETECTION USING INVESTIGATIVE INTERVIEWS

Dr. Meghana Srivatsa

The workshop aims to introduce students to advances in suspect interviews and deception detection techniques using various investigative interviewing tactics. These tactics move away from traditional deception detection approaches that are unscientific (e.g., polygraph), and is built on robust research that spans 4 decades.



 Registration Fee: Rs. 150
 (Christites and Non-Christites)

• Venue: Please see Above

• Timings: 11:45 PM to 12:45 PM





Follow the Official Instagram Page of the Psychology Association to participate in this game in the lead up to Silhouette 25



A DIGITAL SEARCH FOR CLUES ON THE PSYCHOLOGY ASSOCIATION INSTAGRAM PAGE, WHERE WE GIVE CLUES BASED ON THE POSTS AND INITIATIVES MADE AND ANNOUNCED ON THE PAGE.

- Riddles (e.g., "I studied dogs and bells
 who am I?")
- Puzzles (e.g., letter jumbles, emoji riddles)
- Visual Hunts (e.g., "Find the brain icon")
- Trivia (e.g., "Which bias makes us think we predicted an event?")
- Progression: Each clue leads to the next via captions, images, or stories
- Final Challenge: Last clue → Google
 Form submission
- Rewards: Digital certificate + Instagram shoutout

Silhouette 25

THANK YOU FOR TAKING THE TIME TO LEARN MORE ABOUT OUR EVENT. WE'RE EXCITED TO WELCOME YOU, SHARE INSIGHTS, AND CREATE AN ENGAGING EXPERIENCE TOGETHER. YOUR PRESENCE WILL MAKE IT EVEN MORE SPECIAL — SEE YOU THERE!



JOIN US AT THE VENUE!

The event will take place at Christ (Deemed to be University), Bangalore Central Campus: https://maps.app.goo.gl/a6UWRFa2ts4v8qexA



STAY CONNECTED!

Follow our Instagram page for regular updates, sneak peeks, and all the latest news about the event. Don't miss a thing — stay in the loop!



HAVE QUESTIONS?

In case of any queries, feel free to reach out to us at psychologyassociation@psy.christuniversity.in — we'll be happy to help!