

**CHRIST (Deemed to be University),
Central Campus, Bangalore
Psychology Association
Department of Psychology**

Event report: Silhouette, 2025



9:00 AM – Opening Ceremony
Garden Street

9:45 AM – Musical Pot Pourri
Sky View, 10th Floor, Central Block
11:30 AM Human Library
Room 711, 7th Floor, Central Block
Mind vs Mask
Room 530, 5th Floor, R&D Block
Psyche's Labyrinth
Room 715, 7th Floor, Central Block

Alter Ego
Panel room, 2nd Floor, Block 2
Interpretive Clash
Assembly Hall, 3rd Floor, Block 2
Mind Switch
Seminar Hall, Ground Floor, Block 2

11:45 AM – Workshops
12:45 PM

12:45 PM – Rush Royale
Dharmaram College Ground
1:45 PM

1:45 PM – Dopamine Dance
Sky View, 10th Floor, Central Block
3:00 PM Psyche's Labyrinth
Room 715, 7th Floor, Central Block
Cognitive Crash
Room 105, 1st Floor, Central Block
Rewriting The Mind
Assembly Hall, 3rd Floor, Block 2

Ad-diction
Panel room, 2nd Floor, Block 2
Pipe Cleaner Art Workshop
Room 530, 5th Floor, R&D Block
Who is Alpha?
Seminar Hall, Ground Floor, Block 2

3:30 PM Closing Ceremony
KE Auditorium, Block 4
Onwards

General information:

Title of Activity	Silhouette
Date	5th November, 2025
Time	9 AM to 4:30 PM
Venue	CHRIST (Deemed to be University), Central Campus
Audience	UG and PG students of all CHRIST University campuses, REVA University, Montfort College, Kristu Jayanti University, and Mount Carmel College

Event description:**Inauguration**

After much anticipation, the Psychology Association inaugurated its annual festival, Silhouette '25, an eagerly awaited intra-year event featuring a diverse range of individualized competitions, engaging workshops, and interactive stalls. This year's edition was held under the theme "Avant Garde," symbolizing innovation, creativity, and the celebration of diverse perspectives. The theme reflected a commitment to transcending conventional boundaries and fostering a more inclusive and immersive environment.

The opening ceremony commenced with great enthusiasm and excitement, marked by the ribbon-cutting by the esteemed Pro Vice-Chancellor, Rev. Dr. Fr. Viju P. D., followed by the symbolic unveiling of the mirror—a representation of authenticity and self-reflection, reminding everyone of the multifaceted identities and experiences that define us as individuals and as a community.

Following the inauguration, Rev. Dr. Fr. Viju P. D. addressed the gathering with words filled with pride and encouragement. His speech resonated with insightful reflections on the festival's theme and the commendable progress of the Psychology Association. He expressed his delight in witnessing the creativity and collaboration embodied in Silhouette '25 and looked forward to engaging further with the events and participants throughout the day.

He was followed by the Dean of the School of Psychological Sciences, Dr. Surekha Chukkali, whose kind and inspiring words added warmth to the occasion. Subsequently, the Head of the Department, Dr. Sudesh N. T., delivered an encouraging address that deeply moved the audience with his thoughtful reflections and motivating message.

After the inauguration ceremony, the emcees announced the schedule for the day's events and workshops. The campus soon came alive with vibrant colours, laughter, and engagement as

students moved enthusiastically between activities, each event reflecting a distinct dimension of creativity, intellect, and collaboration.

Events

Alter Ego

Organized by *Psychflicks* and held in the Panel Room (Block 2) from 9:45 a.m. to 11:30 a.m., *Alter Ego* brought together drama and psychology in a compelling creative performance event. Participants delivered unique monologues while embodying well-known cinematic characters, exploring the psychological dimensions of their chosen personas. The event emphasized originality, emotional expression, and adherence to university guidelines. Judges provided constructive feedback after each performance, and the participants concluded the event with reflections on their character's psychological traits. The audience and performers alike shared positive feedback, appreciating the opportunity for expressive freedom and creative engagement.

Human Library

'Human Library' was the only event that was carried out in collaboration with the Psychology Association from Mount Carmel College Autonomous. Here, the volunteers who opted to share books shared their real-life stories and experiences to the readers. The goal of the event was to involve people in meaningful conversations that fostered empathy, understanding and connection. Readers could choose the book they wanted to discuss in each session. There were three sessions of 20 minutes each. At the end of the final session, the books were given handmade bookmarks and the readers were given handwritten affirmations. The event fostered highly introspective discussions, and gave the participants an opportunity to connect with more fellow readers and expand their literary horizons. The event was well-loved and prove to be a safe space for many.



Block and Tackle

‘Block and Tackle’ was the debate-extempore highlight of the event, held during the first half of the day.. The participants were given 2 minutes to prepare on a random topic they picked from a chit. After that, they had 4 minutes to present their ideas and thoughts. The judges could ask participants to switch their stance whenever they wanted, which really pushed the participants to think on their feet and explore the topic from every angle making it both humorous and witty. Topics like “value of empathy” encouraged meaningful discussions and gave the audience interesting insights from both sides. The event was a success. It was the perfect example of how meaningful communication could expose and change stances and attitudes that the participants hold towards specific topics. In the end, there were 2 winners chosen by the judge for their relevance, spontaneity, clarity and creativity.



Mind vs. Mask

A modern take on the classic game ‘Mafia’, Mind vs. Mask ran from 9:45 to 11:30 AM. The participants were assigned to a circle, which had 20-25 people. Each circle was assigned 1-2 volunteers to be the moderators. Roles were assigned to the participants, following which they were eliminated in each round of the game by consensus of the township or the mafia. The game tested a participant’s ability to be agile and deceptive, hiding their assigned role in the game from other players until they win. 5 such games were simultaneously conducted. The game was very well-received by the audience, with each round being more captivating and engaging than the last. The activity was found to help enhance social skills, like spontaneous participation and tracking deception.



Psyche’s Labyrinth: The Orpheus Escape Room

Psyche’s Labyrinth, conducted from 9:45 a.m. to 3:15 p.m. in Room 715 (7th Floor, Central Block), invited participants into an immersive escape room inspired by the Greek myth of Orpheus and Eurydice. Teams navigated a sequence of puzzles testing cognitive skills, endurance, and teamwork while reflecting on deeper psychological themes such as trust and decision-making under pressure. Participants expressed high satisfaction with the design and concept, praising the event’s immersive storytelling and problem-solving challenges. Feedback suggested increasing the visual décor and frequency of similar activities in future editions. The event received commendation for its creative execution and effective organization by the student core and faculty mentors.



Soulsync – Musical Potpourri

Held at the Sky View Auditorium from 9:45 a.m. to 11:30 a.m., *Musical Potpourri*—organized by *Soulsync*—offered an engaging test of musical awareness and creative thinking. The event consisted of three dynamic rounds: *Alternative Universe*, *Emoji and Translated Lyrics*, and *Dog and Bone*. With 72 participants, the competition showcased enthusiasm, quick thinking, and musical insight. Winners Anagha Adarsh, Trisha Sinha, and Arshia Nath impressed the judges with their versatility, while Joann Susan Philip, Nea Guggari, and Kiarah Suvarna earned the runner-up position. Participants appreciated the interactive nature of the rounds, noting how the event balanced competition and enjoyment while deepening their appreciation of music.



Rush Royale

At midday, the energy shifted outdoors with *Rush Royale*, a high-energy relay-style sporting event organized by *RUSH* at the Dharmaram Basketball Ground from 12:45 p.m. to 1:45 p.m.. The activity aimed to encourage teamwork, coordination, and physical engagement through fun, nostalgia-inspired challenges such as the *Lemon & Spoon Race*, *Three-Legged Race*, *Frog Jumps*, *Blindfolded Obstacle Course*, and *Sprint Finish*. Participants from Christ University, REVA University, and Kristu Jayanti College competed with enthusiasm, creating an atmosphere filled with cheer and camaraderie. The event successfully promoted physical and mental well-being while offering a playful and inclusive platform that fostered community spirit. Student feedback highlighted *Rush Royale* as one of the most enjoyable and memorable events of the day.



Who's the Alpha?

Conducted from 2:00 p.m. to 3:30 p.m. in the Seminar Hall (Block 2), *Who's the Alpha?* explored themes of leadership, influence, and group dynamics through interactive social psychology games. Participants engaged in short, high-energy rounds where observation and cooperation were key, performing tasks like *Group Shape Formation*, *Pass the Clap*, and *Human Knot*. The event successfully illustrated how confidence, communication, and subtle cues shape leadership perceptions. Participants praised its interactive format and insightful debriefs, which deepened understanding of group behavior and leadership psychology while maintaining a fun and engaging spirit.



Rewriting the Mind

Held at the Assembly Hall (3rd Floor, Block 2) from 2:00 p.m. to 3:20 p.m., *Rewriting the Mind* invited participants to reinterpret stories from diverse psychological perspectives. Teams presented narratives exploring mental states and disorders, reflecting on how perception and cognition shape storytelling. The event, judged by Dr. Arjun Anil, proceeded smoothly despite a last-minute venue change. Team Diamonds secured first place, followed by Team Rats as runners-up. Feedback was positive, with participants appreciating the depth of interpretation and the creative freedom to blend psychology with literature and performance.



Dopamine Dance

The festivities concluded with the exhilarating *Dopamine Dance*, held at Sky View, 10th Floor (Central Block) from 2:00 p.m. to 3:30 p.m. The event celebrated spontaneity and rhythm as 13 teams performed unrehearsed choreographies revealed live on stage. Judged by Dr. Greeshma Rajgopal and Ms. Athulya Mohan, participants were evaluated on synchronization, stage presence, and formations. The lively performances captivated the audience, creating an atmosphere of joy and connection. The judges commended the teams' enthusiasm and creativity, particularly given the unrehearsed nature of the event. Team Zero Degrees emerged victorious, followed by Team Maui Wowie from the BGR campus. The event culminated in an open dance session where attendees joined in a collective celebration of energy, art, and unity.



Ad-diction

Ad-diction was the epitome of thrill through marketing psychology, designed to test creativity, persuasion, and quick thinking. Each team picked random chits that combined everyday objects with psychological principles, and they were given limited time to prepare an engaging advertisement. This format encouraged participants to explore how concepts like social proof, nostalgia, fear appeal, and cognitive bias influence consumer behaviour in real life. As the rounds progressed, the difficulty increased, with the participants having to delve into unrelated psychological terms and the boundaries of what is ethically gray. The participants enjoyed the unexpected twists in the different rounds. The humorous, high-energy environment and supportive peer interactions were the highlights of this event.



Cognitive Crash

‘Cognitive Crash’ was an intensive game of a hypothetical scenario; in this competitive event, the participants were given a set of characters, and they had to defend themselves as that character and justify to the judge why they deserve the last parachute in a crashing airline. The entire event consisted of 3 rounds, testing their creativity, their abilities to embody a persona that wasn't theirs, and to defend and question the other participants. The event was very well received, with most people giving it a top score. They were pleased with the creativity and the discussion invoked by the event.



Workshops

As part of the Silhouette '25 festival, the Psychology Association hosted four parallel workshops designed to integrate academic knowledge with applied psychological practice. Each workshop provided students with experiential learning opportunities, meaningful insights, and practical skills across diverse subfields of psychology.

1. Connecting through Crisis: Skills for Helpline Suicide Intervention

Facilitator: Dr. Shivangi Gupta

Venue: Panel Room, Block 2 | Participants: 39

This workshop centered on suicide intervention and helpline counselling, aiming to enhance participants' ability to respond effectively to individuals in crisis. Dr. Gupta employed an interactive approach, beginning with a myth vs. fact activity and progressing to discussions on risk assessment, suicide warning signs, and the nuances of tele-counselling. Through role-play exercises simulating helpline calls without visual cues, students experienced firsthand the emotional and communicative demands of remote intervention.

Feedback and Impact:

Participants appreciated the engaging format and relevance of the workshop, reporting that it deepened their understanding of crisis intervention and empathetic listening. Suggestions primarily focused on extending the session duration to include more interactive components and scheduling flexibility to allow participation in multiple workshops. Overall, the session achieved its goal of building awareness, empathy, and preparedness among future mental health professionals.



2. Deception Detection Using Investigative Interviews

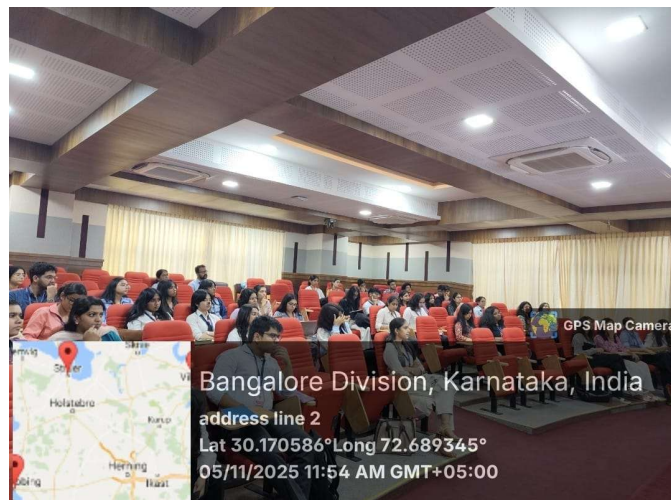
Facilitator: Dr. Meghana Srivatsa

Venue: Room 105, Central Block | Participants: 46

This session explored forensic psychology and the psychology of deception, guiding students through investigative interviewing techniques. Dr. Srivatsa dismantled myths about polygraphs and “tells,” emphasizing cognitive load theory and scientific models like the PEACE framework. Students actively engaged in a role-play based on a real-life investigative scenario, enhancing their understanding of verbal and non-verbal indicators of deceit.

Feedback and Impact:

Participants described the workshop as highly informative and eye-opening, particularly appreciating its real-world application. While the facilitator’s clarity and engagement received strong praise (with over two-thirds rating the session highly), participants recommended longer durations for deeper interaction. The session effectively merged theory with practice, sparking enthusiasm for forensic psychology as a career domain.



3. Digital Media and Adolescent Relationship Crisis

Facilitator: Dr. Rituparna Chakraborty

Venue: Seminar Hall, Block 2 | Participants: 18

Focused on the intersection of media psychology and adolescent well-being, this workshop examined the emotional dynamics of relationships in the digital age. Through interactive discussions, participants reflected on phenomena like ghosting, haunting, and cushioning, and enacted brief skits exploring these behaviors. The session emphasized how digital visibility shapes emotional responses and relationship satisfaction among young adults.

Feedback and Impact:

Participants found the topic highly relatable and contemporary, appreciating the chance to learn

new terminology and frameworks relevant to online behavior. Many valued the session's interactive design, though several requested more time for discussions and peer engagement. The workshop succeeded in bridging psychological theory with everyday digital experiences, encouraging reflection on mental health implications in the social media era.



4. Dream Analysis: A Psychoanalytic Perspective

Facilitator: Dr. Baiju Gopal

Venue: Panel Room, Block 2 | Participants: 72

This workshop delved into psychoanalytic and neuropsychological perspectives on dreams, blending Freud's classical theories with modern neuropsychanalysis. Dr. Gopal guided participants through concepts such as wish fulfillment, condensation, displacement, and dream symbolism, followed by a segment where attendees analyzed their own dreams using theoretical frameworks.

Feedback and Impact:

The workshop received overwhelmingly positive feedback for its depth, clarity, and practical engagement. Participants particularly valued the opportunity to apply theoretical knowledge to personal experiences, fostering introspection and critical thinking. While some suggested extending the session for more detailed exploration, most rated it as both intellectually stimulating and emotionally enriching.

5. Pipe Cleaner Flowers: A Mindfulness and Sensory Grounding workshop

Facilitator:

Venue: 503, 5th Floor, R&D Block | Participants: 20

The workshop was organized by Sanctum, the Art Psychology Club under the

Psychology Association. The aim was to combine creativity and mindfulness through an engaging hands-on activity. The session encouraged art-based relaxation and expression, highlighting the link between art and emotional well-being.

Feedback and Impact:

The workshop garnered positive attention of the attendees, with most people having a positive experience and confirming that they would recommend such a workshop to a friend. They asked for more such similar sessions and it did help them boost their creativity.



Stalls

4 stalls were set up at 9 AM, running all the way until 3 PM without a break. One stall was by the association itself, while the other 3 stalls were hosted by the clubs of the psychology department- Connections (Human-Animal Interaction), SANCTUM (the Art Club) and RUSH (the Sports Club). All the stalls were marked by distinct but fun games and activities, along with small collectibles. Connections and RUSH took on-spot registrations for their respective events at their stalls as well. SANCTUM had creative artistic representations, such as mehendi art, caricature, and Indian jewellery being sold at their stall.

The stalls were a major success, having received engagement throughout the day. Important dignitaries, including the HoD, the Dean and Fathers, were very appreciative of the stalls and showed their support. The stalls had even managed to garner so much attention that the events received more registrations from students on the same day.

Closing ceremony

The Closing Ceremony of Silhouette 2025 marked the culmination of the Psychology Association's annual festival, celebrating creativity, collaboration, and academic excellence. Hosted by G. Sai Prashanth and Ashika Shetty, the evening brought together dignitaries, faculty, and students to honor the success of this year's events.

The ceremony commenced with a warm welcome to the esteemed guests — Reverend Dr. Father Varghese K. J. (CFO, Christ University), Dr. Sureka Chukkali (Dean, School of Psychological Sciences), Dr. Jaishankar Reddy (Dean, School of Social Sciences), Dr. Sudhesh N. T. (Head, School of Psychological Sciences), Dr. Meera S. Neelakantan (Associate Head, School of Psychological Sciences), and the faculty coordinators and program heads, whose continued guidance has been integral to the association's growth.

A vibrant cultural dance performance followed, reflecting the spirit of unity and joy that defines Silhouette. Subsequently, Diya Harikrishnan, Vice President of the Psychology Association, delivered the Welcome Address and Event Report, highlighting the event's key achievements and student engagement.

Reverend Dr. Father Varghese K. J. addressed the gathering with words of encouragement, commending the students' creativity and dedication. His address was followed by Dr. Sudhesh N. T., who emphasized academic commitment and the department's collaborative progress. The Prize Distribution Ceremony was the highlight of the evening, where dignitaries felicitated the winners of various events, including Dopamine Dance, Block and Tackle, Cognitive Clash, Ad-diction, Psyche's Labyrinth, Interpretive Clash, Rush Royale, Musical Potpourri, Alter Ego, Rewriting the Mind, and Who is Alpha. The Best Participating Class Award was also presented in recognition of outstanding enthusiasm and teamwork.

The event concluded with a heartfelt Vote of Thanks by Dhruva Prem, Joint Secretary of the Psychology Association, expressing gratitude to the dignitaries, faculty, and organizing committee for their support. The ceremony ended with a group photograph, capturing the essence of Silhouette 2025 — a celebration of learning, creativity, and collective achievement within the School of Psychological Sciences.

Geotagged photos:











Overall feedback and impact analysis:

Silhouette '25 was widely regarded as a success, surpassing in registrations and interaction than the previous times. For the first time, it was made an intercollegiate event, hosting participation from all the Christ campuses and 4 other colleges in Bangalore. The itinerary was unique and engaging, matching upto the expectations of the entire event. The students of the department and faculty members, including the Head of Department, greatly praised the event. Fathers too showed their appreciation and showered their blessings at the inauguration and the closing ceremony. Silhouette '25 was a wholly impactful event, with students marking their calendars to ensure their return the next year.

All events were fully booked, gaining further registrations because of stall interaction. The events were all impactful in their own way, encouraging students to foster unique skills to get through each round. Participants were very pleased with the engagement, energy, and enthusiasm of each event. Each event targetted a particular set of skills; the

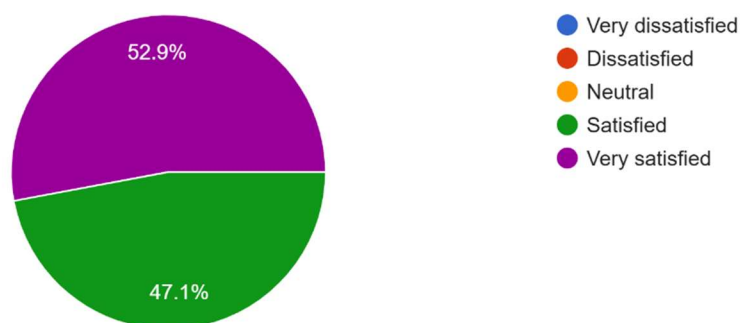
participants were pleased with the challenge. Nearly all the participants stated that they would attend such events again.

The workshops were interactive and received great participation from across institutes, especially Dream Analysis. The attendees mentioned that the speakers' expertise helped them learn more about the theme, and connect it with classroom skills. The Pipe Cleaner Art workshop was a creative take on art therapy, leading to its attendees feeling relaxed and happy during the session. The workshops collectively raised enough revenue to make profits. The attendees mentioned that they would recommend such workshops to their friends as well.

The stalls also garnered lots of attention, encouraging people to utilise the on-spot registrations for the few events that were open at the time. The crowd of attendees included students from Christ University and PU college, students from all the aforementioned colleges, faculty members and Fathers. Visitors stayed the entire day, helping themselves to mini-games and unique collectibles such as caricatures and mehendi art. The stalls were visited and appreciated by several faculty members, including the Head of Department. Being the forefront of the event, the students manning them did an exceptional job at keeping the college updated and interested in it.

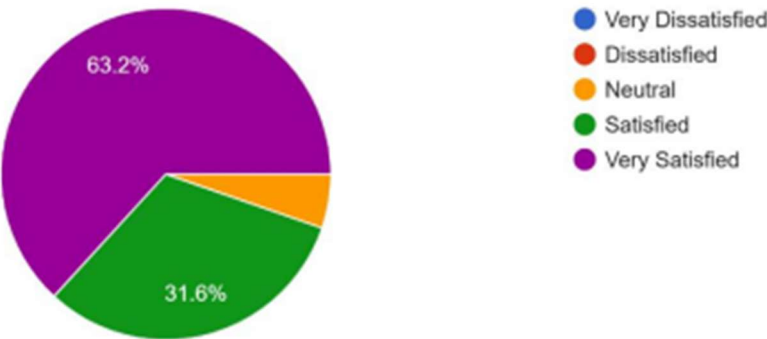
Overall satisfaction with the event

17 responses



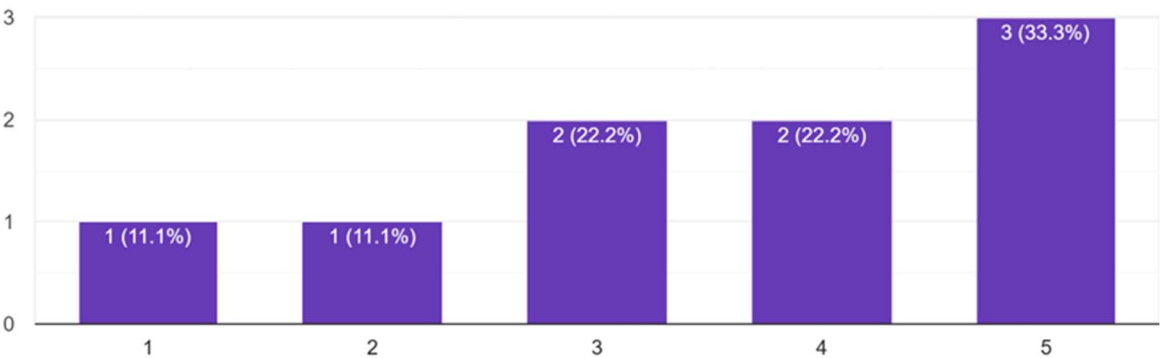
overall satisfaction with the event

19 responses



Overall, the content presented in the workshop was relevant and valuable to my work/goals

9 responses



Link to all specific reports:

https://drive.google.com/drive/u/1/folders/1I8I_vIdVAxCGt48MzihDRZeGbXMkk_8p