

ST. JOSEPH UNIVERSITY

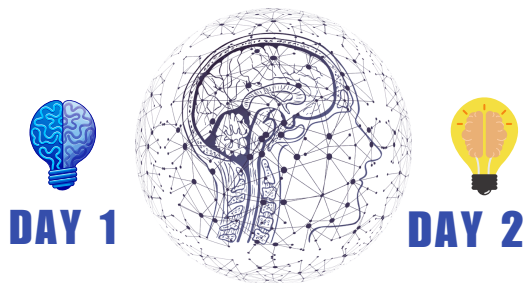
Virgin Town, Ikishe Model Village, Chumoukedima, Nagaland.

DEPARTMENT OF PSYCHOLOGY & COUNSELLING

WELCOME TO PSYCH FEST 2025

“Neural Sparks”

Connecting Minds, Sparking Ideas



DAY 1

Debate

Extempore Speech

Quiz

Singing

Collage Making

Clash Royale

Tug of War

DAY 2

Painting

Photography

Video Editing

Mobile Legends

Cosplay

Arm Wrestling

Table Tennis

Games and more

September 25 & 26, 2025

EXTEMPORE SPEECH

- Participants will pick their topics on the stage.
- Participants will be given a maximum of 1 min to prepare their speech.
- The speech should not exceed 5 mins.
- A warning bell will be rung at the 4 minute mark
- Appropriate language and vocabulary should be used.



DEBATE

- Participants are to register as individuals (8 slots available)
- Two debate team (for or against the motion) will be determined by a lottery for each member on the day of the competition. (4 Members per Team)
- Following the lottery, teams will have two minutes to review and adjust their prepared notes.
- Each participant will be allotted a maximum of five minutes to present their arguments. A one-minute warning will be given before the time limit.
- During the rebuttal round, each team will have 1–2 minutes to counter the opposing team’s arguments.
- Debate topics will be shared once registration is confirmed.

QUIZ

- Each team must consist of three participants.
- The quiz will have two themed rounds.
- Themes: Sports | Entertainment | General Knowledge.
- Each team will draw lots to determine their theme and difficulty level (Easy / Medium / Hard).
- Round 1: Each team will have two minutes in total to answer (discussion allowed).
- Round 2: Each team will have 60 seconds to answer, and only one member may respond.
- In the event of a tie, a sudden-death round will determine the winner.
- The Quizmaster’s decision will be final and binding.

SINGING

- Solo or Duet within a 5 minute limit.
- Participants must have soundtrack and instruments ready in advance.
- Avoid using any background tracks with vocals (instrumentals only)
- Avoid using offensive words and decency.



COLLAGE MAKING



- Individual Contestants
- Theme: "Neural Sparks" - Connecting Minds, Sparking Ideas
- Participants must bring their own materials. (magazines, newspapers, fabric, etc.)
- Chart papers will be provided
- 60 + 5 minutes. A warning buzzer will sound at 60 minutes, and the final buzzer will sound at 5 minutes.
- No posters or materials with pre-cut shapes from home are allowed.
- No mobile phones or smartphones are allowed in the competition room.



- FORMAT: Single Elimination, Bo1 (One game per match)
- Bracket:
 - Group A (Player 1-8)
 - Group B (Player 9-16)
- Final - Group A vs Group B
- MATCH RULES
 - Bo1 (1 game decides winner)
 - Draw - Rematch immediately
 - 3 Ban Cards system (Using Ban Cards will be eliminated)
- Final round will be held in a 3 match up format. (2 wins decides the winner)



TUG OF WAR

Criteria
8 members per team

OPEN MIC, PHOTOBOOTH, GAMES & MORE



REGISTER ONLINE

Scan Below



or click on the link below

<https://forms.gle/29bKxcugDE8sLSUP7>



- Each team should have a full 5 Squad
- Participants should be physically present
- Only the final will be a BO3. The rest till the Semi will be a single knockout match.
- In case of network issues, limited hotspots will be offered.
- Only 16 slots available.
- Avoid trash talking and vulgar vocabulary.
- **Registration for ML will be 500/- per Team**



COSPLAY



- SINGLE PARTICIPANT
- The participants can portray and dress up as their favourite characters depicted in anime, cartoons, manga, video games, movie and as television characters.
- Each participant shall be given 2 minutes to be at the limelight and portray their characters.
- Cosplayers should avoid costumes that are overly revealing or contain offensive content.
- Cosplayers should strive for accuracy in their costumes, paying attention to details like colours, fabrics, and accessories.
- Bring reference images or materials to help judges understand your character and costume details.

**** LAST DATE OF REGISTRATION -
September 24, 2025**

PAINTING

- Participants Must:
 - Bring their own materials (Chart papers will be provided)
 - Use any medium (Acrylic, watercolour, etc)
 - Provide a title and brief explanation of the artwork.
 - Smartphones will not be allowed in the competition room

PHOTOGRAPHY

- Only original photographs will be accepted (no plagiarism).
- Each participant can submit 1 entry.
- Basic editing (brightness, contrast, cropping, color correction) is allowed.
- Not allowed: heavy digital manipulation (adding/removing elements).
- Each entry must include:
 - Participant's Name & Class and institution name
- A short description of the picture should be provided
- Theme : "Connecting Minds, Sparking Ideas" – entries should reflect your originality and perspective.
- The hard copy of the picture should be submitted on the day of the competition printed on photo paper (8x12 inches)



VIDEO EDITING

- Original short Film based on the Theme "Connecting Minds, Sparking Ideas" must be submitted on the day of the competition at the registration table via Pen-drive.
- The video should be within the limit of 5 mins with a minimum span of 1 min.
- The film should have English Subtitles and can be filmed in any language.
- Should be in MPEG4 or AVI format.
- Should not contain any Copyright works.



TABLE TENNIS

Criteria
1 V 1

