

## **Report on SEP Activities, on 22nd August, 2025**

The Postgraduate Department of Psychology, Jyoti Nivas College, organized engaging activities on 22nd August under the Student Enrichment Programme (SEP). Ms. Perna introduced the event and explained the instructions. The quiz saw active participation from all three teams, with moments of right answers, timeouts, and mix-ups. After several rounds, Team 2 emerged as the winners. Paul Sir emphasized that this was a trial run and shared that in the future, two students from each batch would take charge of organizing, while four participants would represent each class. Ms. Aishwarya Sibey coordinated the quiz. This was followed by a life skill activity conducted by Dr. Anupama and Mr. Surej Unnikrishnan. The session highlighted how the perception of action can change over time. The activity involved interpreting a sequence (The mesencephalon consists of nuclei and colliculi that help speech and judgement) that ended with a frog in a dummy, underscoring the importance of clarity in communication and how initial perceptions can differ from the final outcome. The event was not only interactive but also an opportunity to strengthen teamwork, communication, and reflective learning among students.