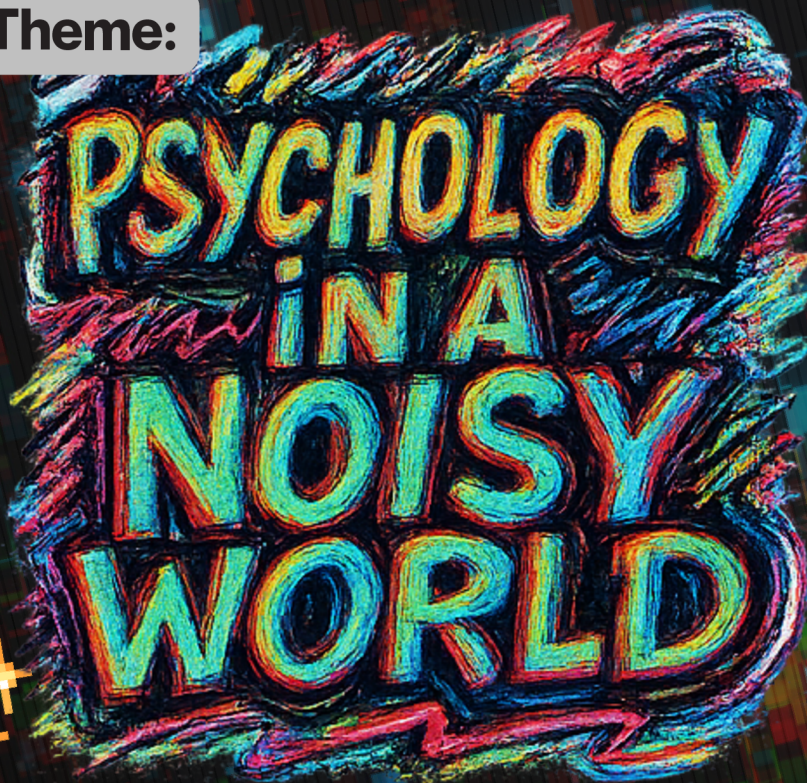


**PSYCHOLOGY
CONFERENCE**
SCHOOL EDITION

GUIDELINES

Theme:



October 28, 2025

**ORGANISED BY
MANIPAL INSTITUTE OF LIBERAL ARTS**



Just Reel With It!

Ready to turn endless scrolling into something smarter?

Just Reel With It! is a reel-making competition where psychology meets creativity. Using one of the prompts given, You will craft 30–90 second reels that capture how young people use humor, distraction, or absurdity to deal with overwhelming news and online noise.

Think of it as psychology in action—sometimes these strategies help us cope, sometimes they backfire. Your challenge is to show both sides through your creativity, comedy, or clever storytelling.

The winning entry will be featured on the MAHE, Dubai social media handles, and receive a **plaque, certificate, and a higher education scholarship.**

Click [here](#) for the registration link.

The last date for submission is **18th October 2025**.
Competition will close on **26th October at 4 PM GST**



Just Reel With It!

- **Length:** 30 seconds minimum, 90 seconds maximum
- **Format:** Instagram-style reel (vertical video, 9:16 aspect ratio)
- **Style:** Can be pictures with captions, animated, or recorded video- get creative!
- **Audio:** Must include a soundtrack, voiceover, or music, or audio to bring your idea to life
- **Tone:** Can be funny, serious, creative, or all three

The reel should connect clearly to psychology, eg. coping strategies, defence mechanisms or psychological concepts or emotional reactions to doomscrolling, headlines or media overload. To spark ideas, you can choose from one of these **sample prompts**

- "My brain after the 100th sad headline of the day..."
- "Me pretending everything is fine after doomscrolling at 3 AM."
- "Therapist: How are you coping? Me:"
- "If Freud had TikTok: coping edition."
- "Defense mechanisms, but make them aesthetic."
- "If resilience had a soundtrack..."
- "Me trying to manifest good vibes while the world crumbles."
- "When memes hit harder than therapy."



Just Reel With It!

- Any student enrolled in a school in UAE between the age of 14-18 can participate.
- Each school is allowed upto 3 entries for the competition.
- All content must adhere to local laws and cultural sensitivities and must not disrespect any race, culture, individuals or institutions .
- Entries must be the original work of the participant, and any form of plagiarism will result in disqualification.
- An internal evaluation committee will screen all entries and ensure they align with the guidelines.
- Selected reels based on creativity, relevance to the theme will be uploaded on the [PsychED instagram page](#).
- The final winner will be determined based on the number of likes received in the post featuring their reel.
- Last date for submission is **18th October 2025**.
- Competition will close on **26th October 2025 at 4 PM GST**.



Roundtable Conference

Theme: Escapism vs. Engagement: Are We Coping or Avoiding?

The roundtable will be a moderated discussion, with delegates from schools sharing their views on the topic. The delegates present their views and engage in a healthy discussion with the rest of the table.

The **Best Delegate** will be selected at the end of the roundtable conference. Each school can register one student delegate and one accompanying faculty (optional). Certificates will be given to all participants and registered faculty. The Best delegate will win a plaque and higher education scholarship.

Click [here](#) to register*

Last Date to register: **18th October 2025**

*Please note that due to limited seating, the spots for the roundtable are allocated on a first-come-first-serve basis.



Roundtable Conference

Theme: Escapism vs. Engagement: Are We Coping or Avoiding?

From binge-watching shows and scrolling through memes to joining climate strikes or community projects, young people respond to today's noisy world in very different ways. But where is the line between healthy coping and harmful avoidance?

This roundtable invites students to explore the psychology behind escapism and engagement. Together, we'll unpack how distraction, humor, and entertainment can provide relief, but also when they risk becoming barriers to action or wellbeing. The roundtable will challenge participants to think critically about their own coping strategies, share perspectives, and discuss how psychology can guide us toward balance—finding ways to rest without retreating, and to engage without burning out.

Some key topics the table can address include:

- What counts as escapism and what counts as engagement?
- Is there a healthy escapism?
- What are healthier ways to cope with the constant stream of news and information?
- Can over-reliance on escapism worsen mental health?
- How do young people specifically cope with global crises?
- Is brain-rot content a form of resilience or denial?



Roundtable Conference

Guidelines:

- Any student enrolled in a school in UAE between the age of 14-18 can participate in the roundtable discussion. Students from psychology, sociology, or other humanities streams are encouraged to participate, but the event is open to students of all streams.
- The registered faculty can guide the delegate prior to the start of the roundtable. Once the session is in progress, the delegate may not confer with the accompanying faculty, except during the allotted break.
- The delegates are expected to work together to generate solutions. The idea is to encourage discussions, listen to student voices, and produce community-driven solutions. It is not a stage for debate except where the interaction is productive.
- The delegate must be able to demonstrate awareness, and knowledge, present a balanced viewpoint, show innovation in solutions and be able to communicate effectively.



Roundtable Conference

Overall Structure

5 min	Moderator introduces the topic.	4
5 min	Delegates introduces themselves. (45s each)	4
30 min	Participants take turn to share their perspectives, experiences, knowledge on one or more of the subthemes (max 3 minutes each)	10
10 min	Break	3
30 min	Based on the common themes identified by the moderator, the table brainstorms possible solutions	2
10 min	Moderator summarizes and concludes the discussion.	5

The evaluation criteria for Best Delegate will include:

- Effectiveness of communication – 10
- Presenting a balanced viewpoint – 10
- Innovation of solutions – 10
- Knowledge – 10
- Working collaboratively with other delegates – 10



Lobotomy

Are you ready to get drilled on your knowledge in psychology? A quiz like no other, this event is for the brave and daring.

Chosen teams battle it out in a series of challenges that make you think that a Lobotomy would have been better! The quiz tests your knowledge of psychology as well as your teamwork and cognitive capabilities.

To register for the Lobotomy, click [here](#)

Last date to register: 18th October 2025



Lobotomy

Instructions to successfully survive the Lobotomy:

- Only one team from an institution will be permitted to enter the Lobotomy lab.
- The chosen ones must arrive for the Lobotomy in a group of three.
- The participants must be over the age of 14 to qualify to be a part of the Lobotomy.
- While in the lab, the participants will have to exhibit fast reflexes, great observation skills, a wide vocabulary, and some artistic ability. They will also have to possess extempore skills.
- To survive the Lobotomy, the chosen ones must have significant knowledge of the following:
 - Major personalities in the field of psychology
 - Major dates in psychological history
 - Key terminology
 - Personality theories
 - Cognitive processes
 - Intelligence
 - Memory
 - Basic social psychology
 - Developmental theories



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