

PSYCHSAFAR

R. E. Society's
R. P. Gogate College of Arts and Science and R. V. Jogalekar College of Commerce
(Autonomous), Ratnagiri.

DEPARTMENT OF PSYCHOLOGY

PSYCHSAFAR

"A Mindful Escape in Nature"

Jaigad Fort > Jai Vinayak Temple > Karhateshwar > Aare-Ware beach

Highlights

Nature based
therapeutic techniques
Mindfulness
Art
Meditation
Spiritual activities
& much more...

Come join us in this fun day,
where the trip is not just about wandering around
but in making meaningful memories & finding ourselves

03rd April, 2025 Thursday

For more details:- Ms. Swamini Chavan (Head of Dept)

 @gjc_psychologydept

After a semester of intense academic focus, our department recognized the need for a mental break. Drawing on the concept of the breakaway effect, which suggests that new experiences can liberate our minds from routine thought patterns, we organized a one-day trip, "PSYCHSAFAR" to provide our students with a refreshing escape, aimed to create self-awareness among students through experiential learning. The trip was a refreshing blend of relaxation, creativity, and psychological insight.

The highlight of the trip was the thoughtfully curated mindfulness activities, each designed to engage participants on an emotional and cognitive level.

Highlights:

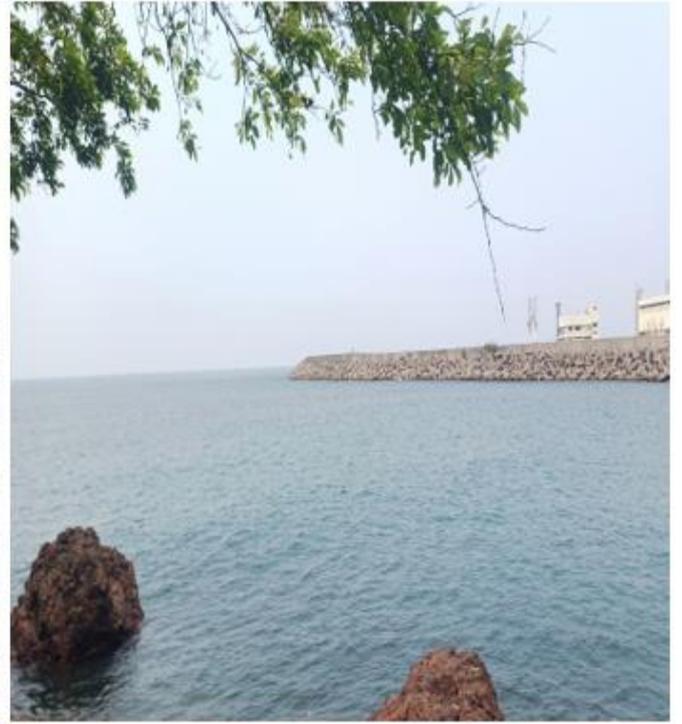
- Stone painting: encourages creative expression and helps to ground the self in the present moment. It also symbolizes inner thoughts and emotions in a tangible form.
- Guided meditation: allows to experience deep relaxation and mental clarity. Through breathing exercises and visualization techniques, we can connect with our inner selves.
- Aum Chanting: deepens the state of calm, creating a soothing and centered atmosphere.
- Nature based Mindfulness: mindful walks in nature, sitting under trees, and feeling the touch of grass and soil with bare feet engages all the senses-listening to the chirping of birds, feeling the breezy winds, and hearing the gentle rustle of leaves. It reminds the importance of slowing down to truly experience the present moment.
- Letter to Self: promotes self-reflection, goal setting, and personal affirmation.

The theme of the trip was rooted in nature-based mindfulness, with activities encouraging students to reconnect with the natural world. Being immersed in nature proved to be profoundly therapeutic, reminding participants the importance of slowing down to truly experience the present moment.

Overall, PSYCHSAFAR was not just a trip - it was a journey inward. It successfully combined fun with psychological depth, leaving participants with a sense of calm, connection, & clarity. The experience highlighted the importance of mental health & provided practical tools to nurture it.



A letter to self



Scenic Beauty



Guided Meditation



Stone Painting



The Team



Sunset, snacks and belongingness