

# Report on Students' Participation in SciMystery 2024

The students of the **Department of Psychology, Holy Cross College, Agartala**, actively participated in **SciMystery 2024**, held in 7<sup>th</sup> June 2024 an interdepartmental science exhibition organized by the **Science Forum, Holy Cross College**. The event was held under the theme "**Science for All**", showcasing innovative models that emphasized the interdisciplinary nature of science.

## Student Contribution and Model Presentation

Representing the **Department of Psychology**, the students presented a well-researched and intricately designed model on the **Hypothalamus-Pituitary-Adrenal (HPA) Axis**. Their exhibit demonstrated the **crucial role of the HPA axis in stress regulation, hormonal balance, and mental health**, bridging the connection between **neuroscience and psychology**.

Key highlights of their presentation included:

- **Explaining the Role of the HPA Axis:** The students effectively illustrated how the **hypothalamus, pituitary gland, and adrenal glands** work together in response to stress.
- **Application in Mental Health:** They emphasized the HPA axis's role in conditions like **anxiety, depression, and post-traumatic stress disorder (PTSD)**.
- **Interactive Engagement:** The team engaged visitors and judges with insightful discussions, making complex biological and psychological processes easily understandable.

## Achievement and Recognition

The students secured the **2nd position** in the competition, reflecting their **dedication, teamwork, and scientific knowledge**. Their model was appreciated for its **clarity, relevance to the theme, and strong conceptual foundation** in both **psychology and neurobiology**.

## Conclusion

The participation of the Psychology students in **SciMystery 2024** was a testament to their **scientific curiosity, interdisciplinary approach, and commitment to bridging biological sciences with mental health awareness**. Their achievement not only **highlighted the importance of psychology in scientific discussions** but also **motivated peers to explore similar integrative research themes in the future**.

The Department of Psychology congratulates the team on their remarkable achievement and encourages more students to take part in future scientific events.

