

PB&J CLUB -

The man who mistook his wife for a hat.

The first ever session for the PB&J club was held on 11th October 2021, at 5:30 pm. Around 9-10 people, including teachers, were present in the session. The speakers for the day i.e. Ms. Gursheel Kaur and Ms. Parneet Kaur briefed the audience about the aims of the club and the general rules. The discussions will be held fortnightly. The club aims at holding discussions about books, articles, journals, movies or research papers from a psychological point of view. PB&J Club is a club made for psychology students by psychology students. The article that was decided for the day was "the man who mistook his wife for a hat". A summary of the article was presented in the beginning to bring the audience on the same page. The discussion started from a few pre-decided questions. Everyone was supposed to give their own point of view on the question that was being discussed. Some of the questions that were reflected upon are "what does it make you think about the emotional perception?", "how did you feel about this case study after your first read?" Dr. Harinder Sandhu added a few more questions and shared her insight on the same. Towards the end of the meeting a feedback form was shared with the participants. Despite the event having less members, it was fruitful because the journal club successfully aided speaking of students who do not usually speak in regular classes but have valuable insight.