Department of Psychology

Lecture on 'Research Methodology'

Date: 8th May, 2025

Number of Participants: Final degree UG, BA and BSc students

Resource Person: Dr. Anu Anns Pious, assistant professor, department of psychology, from Indian Institute of Psychology and Research (IIPR).

Outcomes of the activity held: The aim of the workshop was to enable the students to become independent learners, enhance critical thinking, and prepare them for future academic endeavours. The resource person brought out the importance of research concepts and theories to real world applications.

Cognitive Restructuring for Mental Well-being

Date: 28th August, 2025

Number of Participants: Final degree UG, BA and BSc students

Resource Person: Mrs. Yallina Thomas, Counsellor at Bishop Cottons Women's Christian College

Outcomes of the activity held: The aim of the session on "Cognitive Restructuring for Mental Wellbeing" was to help students understand the role of thoughts in influencing emotions and behaviour, and to equip them with techniques to identify and challenge negative thinking patterns. The resource person explained key concepts related to cognitive distortions and guided students on how to reframe irrational thoughts into more balanced and realistic ones. The session emphasized the practical application of cognitive restructuring techniques in managing stress, improving emotional regulation, and enhancing overall mental wellbeing. Participants were also encouraged to apply these strategies in their daily lives to develop healthier thinking patterns and coping mechanisms.





Maayra Emotional Wellness Centre

Date: October 10, 2025

Number of Participants: 138 students (out of approximately 1,000 students informed across the campus)

Resource Person: Team of mental health professionals from Maayra Emotional Wellness Centre

Outcomes of the activity held: The aim of the mental health camp was to provide a platform for students to understand their stressors and psychological concerns, and to promote mental health awareness within the campus. The camp involved the administration of the DASS-21 tool followed by brief individual consultations. Participants were provided with handouts tailored to their concerns, focusing on enhancing awareness and equipping them with practical strategies to manage depression, anxiety, and stress. The findings highlighted varying levels of severity across domains, categorised into normal, mild, moderate, severe, and extremely severe, thereby emphasising the importance of early identification and intervention in student mental health.







Workshop on Emotional Regulation

Date: October 16, 2025.

Number of Participants: Final degree UG, BA and BSc students

Resource Person: Ms. Leanne Rose Pias, Counselling Psychologist and Founder of *The Unopened Box*

Outcomes of the activity held: The aim of the workshop on “Emotional Regulation” was to help students understand the nature and importance of emotions, and to develop skills for effectively managing and responding to emotional experiences. The resource person discussed various emotional regulation strategies, including identifying triggers, increasing emotional awareness, and adopting healthy coping mechanisms. The session also highlighted the significance of expressing emotions constructively and maintaining emotional balance in everyday life. Through practical insights and interactive discussion, students were encouraged to apply these techniques to enhance their psychological wellbeing and interpersonal relationships.





Trip to Jollywood

Date: 30th May, 2025

Number of Participants**:** 36 third-year students from the Departments of Psychology and Nutrition & Dietetics, accompanied by four faculty members

Place: Jollywood Studios & Adventures, Bidadi, Karnataka

Outcomes of the activity held: The educational excursion provided students with an opportunity to engage in recreational and experiential learning outside the classroom environment. It facilitated social interaction, strengthened peer relationships, and enhanced student–teacher bonding. The activities encouraged stress relief, teamwork, and overall wellbeing. The trip also contributed to creating a balanced academic experience by integrating leisure with informal learning.





Workshop on Creative Dance Movement Therapy

Date: 6th March, 2026

Number of Participants: Final degree UG, BA and BSc students

Resource Person: Ms. Haripriya, Mental Health Therapist and Counsellor at Mind and Miracle

Outcomes of the activity held: The aim of the workshop on “Creative Dance Movement Therapy” was to help students understand the connection between movement, emotions, and mental wellbeing. The session focused on the use of expressive movement as a therapeutic tool to enhance emotional awareness and facilitate emotional release. The resource person engaged participants in movement-based activities that promoted self-expression, body awareness, and stress reduction. The workshop highlighted the significance of creative arts therapies in improving psychological wellbeing and encouraged students to adopt movement-based practices as effective coping strategies in their daily lives.



Field Trip – National Science Day 2026

Date: 3rd–4th March, 2026

Number of Participants: First-year UG students

Place: Convention Centre, NIMHANS, Bengaluru

Outcomes of the activity held: The visit to the Mega Science Exhibition organized on the occasion of National Science Day 2026 provided students with an opportunity to explore scientific innovations and developments in the field of mental health and neuroscience. The exhibition, themed “Women in Science – Catalysing Viksit Bharat,” enabled students to gain insights into the contributions of women in scientific research and advancements. Through interactive displays and exhibits, students developed a better understanding of scientific concepts, research applications, and the relevance of science in everyday life. The visit fostered curiosity, enhanced scientific awareness, and encouraged students to appreciate interdisciplinary learning in the context of psychology and allied sciences.



Faculty Achievements

Sunila Kumari

Invited to Mpowering Minds Women's Mental Health Summit on 27th March 2026 hosted by Aditya Birla Education Trust.
Invited as a panelist by Women's Empowerment Cell, Kristu Jayanthi College as part of Women's Day celebrations to share insights and experiences with the academic community.
Invited as a subject expert for faculty interviews for Psychology subject on the 18th April 2026 by Mount Carmel College.
External Examiner, Dr. Manmohan Singh Bengaluru City University(BCU).
Paper Setter at Dr. Manmohan Singh Bengaluru City University(BCU).

Renie Anthony

Resource Person for an Lecture on ‘Navigating through Kafkaesque Times’, organised by the Department of English, BCWCC.
Completed ‘Acceptance and Commitment Therapy’ course on Udemy.
External Examiner, Dr. Manmohan Singh Bengaluru City University(BCU).
Paper Setter at Dr. Manmohan Singh Bengaluru City University(BCU).

Rachel Natalia Brown

Participated in National level virtual Faculty development program on Innovations in HEI Based Teaching pedagogy with the module : Metrics of OBE Organized by the IQAC of RJS First Grade College.
Attended a National Seminar on Third Wave Psychotherapy - Innovations In Mental Health Interventions organised by Department of Psychology, Kristu Jayanti deemed to be University.
Took up a skill recognised Certification course on learntube and was certified for completion of HR Management Assessment.

External Examiner, Dr. Manmohan Singh Bengaluru City University(BCU).
Paper Setter at Dr. Manmohan Singh Bengaluru City University(BCU).

Shruthi R

Certificate Course: Completed course certified by NPTEL-AICTE on Sustainable happiness.
Faculty development programmes:
5days International FDP on empowering educators -AI tools for innovative teaching and research.
Sustainable happiness by NPTEL-AICTE
5 days FDP organised by Reva University on Qualitative research in social sciences
5 day National level FDP organised by RJS first grade college on HEI based teaching pedology with the IQAC module metrics of OBE.
Participated in Faculty knowledge sharing program on "Enhancing Engagement through technology in an AI assisted classroom and Active learning strategies at IBS.Member, Board of Examiners, Dr. Manmohan Singh Bengaluru City University(BCU).
External Examiner, Dr. Manmohan Singh Bengaluru City University(BCU).
Paper Setter at Dr. Manmohan Singh Bengaluru City University(BCU).