BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE
C.S.I Karnataka Central Diocese
#19,3rd Cross, C.S.I Compound, Mission Road, Bengaluru – 560027
Affiliated to Bengaluru City University
Contact No: 080 – 22212933/22129880
Email: principal@bcwcc.edu.in Website:www.bcwcc.edu.in

Club Inauguration

Club Name: Mind Mine
Date of Inauguration: 10 July 2025
Venue: HRD Hall
Organized by: PG Department of Psychology
Target Audience: Postgraduate Psychology Students and Faculty

Mental well-being plays a key role in student life. To support this, the PG Department of Psychology launched the Mind Mine club — a space to promote awareness, self-care, and community connection. This report highlights the purpose of the club, its goals, and upcoming activities.

About the Club: "Mind Mine"

The Mind Mine club is envisioned as a transformative space to foster psychological exploration and promote holistic well-being. With the motto "Exploring Minds, Empowering Lives", the club is a student-led initiative focused on empowering students through self-awareness, mindful practices, creative engagement, and mental health literacy

Logo Symbolism

- Brain: Represents the mind and our focus on psychological understanding.
- Hands Hugging the Brain: Symbolizes self-love and the importance of mental care.
- Pastel Rainbow: Reflects holistic and harmonious growth.
- Curved Name: "Mind Mine": Indicates inclusivity and a welcoming environment.
- College Name: Stands for femininity and strength in compassion.
- Department Mention: Highlights optimism and dependability in our mission.

Objectives of Mind Mine Club

Create a Space for Psychological Exploration - Encourage dialogue and inquiry around emotional well-being, identity, and mental processes.

Promote Mental Health Awareness and Self-Care Culture - Instill habits and knowledge that promote resilience and proactive mental health care.

Encourage Student Collaboration and Mindful Practices - Engage students in mindfulness activities, group reflections, and shared responsibilities.

Foster Creativity Through Psychology - Merge art, expression, and psychological insights for deeper engagement.

Enable Real-World Engagement - Encourage application of psychological knowledge to real-life situations, social causes, and community building.

Mission

To create a culture of mental health awareness by empowering budding psychologists to actively lead, design, and deliver impactful programs that promote well-being, self-acceptance, and psychological growth. Through education and meaningful community engagement, we aim to make mental health a shared responsibility and a visible priority.

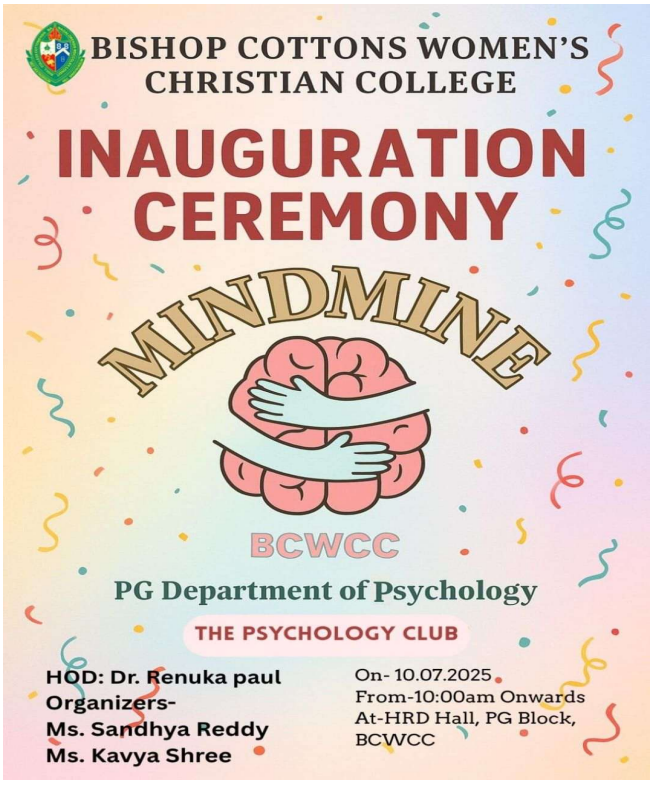
Vision

To cultivate a mindful and inclusive culture where psychology is not just studied but lived — empowering students to understand themselves and others, nurture mental well-being, and act with intention. Through curiosity, compassion, and community, we strive to make mental health awareness a way of being, not just a conversation.

Planned Club Activities Include:

- Organizing awareness campaigns on mental health topics
- Old age home visits to connect with elderly individuals and understand age-related psychological needs
- Conducting sessions around the theme of community and inclusion
- Hosting an eco-therapy workshop to explore the healing effects of nature
- Spreading awareness through interactive discussions and materials

- The inauguration of Mind Mine marks the beginning of an inspiring journey into student-led psychological advocacy and growth. The club is poised to contribute significantly to the mental health culture within the campus and beyond. Through continuous engagement, it aims to foster empathy, awareness, and action, building a community where mental well-being is valued and nurtured.


BISHOP COTTONS WOMEN'S
CHRISTIAN COLLEGE
INAUGURATION
CEREMONY
MINDMINE
BCWCC
PG Department of Psychology
THE PSYCHOLOGY CLUB
HOD: Dr. Renuka paul
Organizers-
Ms. Sandhya Reddy
Ms. Kavya Shree
On- 10.07.2025
From-10:00am Onwards
At-HRD Hall, PG Block,
BCWCC




Journey So Far...

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Access to services - Mental health in catastrophes and emergencies

- Date: 10 October 2025
- **Venue:** Main campus, open stage
- **Batch:** 2025 - 2027
- **Faculty Coordinators:** Dr. Renuka Paul, Ms. Kavya Shree S and Ms. Nidhi S
- **Number of students: 24**

The Postgraduate Department of Psychology organized an awareness program on the occasion of World Mental Health Day 2025, based on the theme "Access to services - Mental health in catastrophes and emergencies." The program aimed to create awareness about mental health needs during disasters and emergencies, emphasize access to services, and promote psychosocial well-being among the campus community.

The program commenced with an awareness walk across the campus, during which students raised mental health slogans such as "Talk, Heal, Feel - That's How We Deal," "Help and Hope, the Strongest Rope," "Disaster Breaks Wall but Healing Rebuilds Heart," "When World Turns Grey, Let Kindness Lead the Way," and "Mental Health Access to All, In Every Emergency Call."

This activity helped draw attention and sensitized students and staff to the importance of mental health during crisis situation. Following the walk, charts were displayed at a designated location, covering six key topics: Access to mental health and facts related to mental health in emergencies; mental health and psychosocial support during emergencies; recovering emotionally during disasters; warning signs and risk factors for emotional distress; managing children during disasters; and managing stress in children after a disaster.

The charts were designed creatively and presented information in a clear and accessible manner. Students from the department explained each topic to the gathered audience, highlighting practical strategies, early warning signs, and the importance of timely psychological support during emergencies.

The interactive explanations encouraged awareness, understanding, and engagement among the participants. As part of the program, participants were provided with cards containing three coping strategies to help manage emotional distress during emergencies. This activity aimed to equip individuals with simple, practical tools that could be applied in real-life crisis situations.

The program was informative and participatory, successfully raising awareness about mental health challenges during disasters and emphasizing the need for accessible mental health services in emergency contexts.

The awareness program enhanced understanding of mental health needs during catastrophes and emergencies. It increased awareness of psychosocial support, early warning signs of distress, and effective coping strategies, particularly for children and vulnerable populations.

The initiative encouraged empathy, resilience, and proactive mental health support within the campus community, aligning with the objectives of World Mental Health Day 2025.


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PG Department of Psychology and Mind Mine Club Initiative
World Mental Health Day'25
Awareness of the Theme:
Mental Health in Catastrophies & Emergencies
1PM | 10th October 2025
Venue:Main Campus (Open Stage)


TALK, HEAL, FEEL
MENTAL HEALTH




Bengaluru, Karnataka, India
Xh7p+5q7, Bengaluru, Karnataka 560027, India
Lat 12.962862° Long 77.58694°
10/10/2025 03:56 PM GMT +05:30
GPS Map Camera
Google

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Foundations of Special Education - Current Trends

- **Date:** 15 December 2025
- **Venue:** Seminar hall.
- **Batch:** 2025 – 2027
- **Resource person:** Mrs. Archana Srivatsa
- **Faculty Coordinators:** Dr. Renuka Paul, Ms. Kavya Shree S Ms. Nidhi S and Dr. Sindhuja CV
- **Number of students: 23**

The Postgraduate Department of Psychology organized a one-day workshop on the theme "Foundations of Special Education - Current Trends." The program aimed to provide postgraduate psychology students with a comprehensive understanding of special education and to expose them to current trends, vocational models, and structured intervention programs for individuals with special needs.

The session was conducted by Mrs. Archana Srivatsa, Consultant Vocational Training Division, Ishanya India Foundation. She shared her extensive professional experience and offered practical insights into structured special education and vocational rehabilitation models.

Mrs. Archana Srivatsa provided a detailed overview of Ishanya India Foundation and explained the various departments functioning within the organization. She elaborated on how the foundation offers age-appropriate and stage-wise interventions for children and young adults with special needs, enabling a transition from early education to vocational independence.

The session explained that children are placed in different departments based on their age, ability level, and developmental needs. As they progress, they gradually transition from one department to the next, ensuring continuity in learning and skill development and preparing individuals for independent living and employment.

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An IQAC initiative

PG DEPARTMENT OF PSYCHOLOGY ORGANISES ONE DAY WORKSHOP ON

FOUNDATIONS OF SPECIAL EDUCATION- CURRENT TRENDS



Archana Srivatsa

Counsultant at vocational training division | Ishanya India Foundation

1:30 pm | December 15th | Seminar Hall

Head of the Department : Dr.Renuka Paul



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Art Therapy – Healing through Art beyond the classroom Series 01: Awareness Campaign on Emotions

Date: 18 April 2026

Venue: Cubbon Park

Batch: 2025 – 2027

Organized by: Mind Mine Club – Postgraduate Department of MSc. Psychology

Number of students: 7

The Postgraduate Department of Psychology organized an art therapy activity titled "Art Therapy – Series 01: Healing through Art beyond the classroom." The program aimed to create awareness about emotions among the public and to provide an interactive platform for emotional expression through creative methods. The activity was conducted at Cubbon Park, where students engaged with the public in an open and inclusive environment. The central theme of the activity involved creating a "Bark on Canvas," symbolizing a tree that represented emotions through colorful leaves.

Each emotion was assigned a specific color to help participants understand and reorient their emotional experiences. The public was invited to paint leaves on the canvas, representing what they felt at that moment using colors and paints, encouraging spontaneous emotional expression. In addition to the creative activity, students provided basic psychoeducation on emotions, emphasizing the importance of recognizing, understanding, and expressing emotions in everyday life. The session also included interaction with the public, where participants shared their thoughts and experiences, making the activity both meaningful and impactful. The program created a supportive and creative space for individuals to explore their emotions and highlighted the significance of art therapy as an effective tool for emotional well-being beyond traditional classroom settings.













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MIND MINE CLUB~POST GRADUATE DEPARTMENT OF M.SC. PSYCHOLOGY ORGANISES

MINDMINE: HEALING THROUGH ART

BEYOND THE CLASSROOM - SERIES 01



ART THERAPY

"LET YOUR MIND BREATHE IN COLORS."

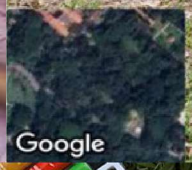
18TH APRIL ,2026

SATURDAY

11:30 AM ONWARDS

CUBBON PARK





Bengaluru, Karnataka, India

Vijay Shop, More, Near By Khaira, Ambedkar Veedhi, Bengaluru, Karnataka 560001, India

Lat 12.975776° Long 77.592623°

Saturday, 18/04/2026 03:08 PM GMT +05:30

