

P.G - DEPARTMENT OF PSYCHOLOGY

1. Campus to Community in collaboration with NIMHANS - 4-day Life Skills awareness & Counseling Training program held from 30th May to 2nd June 2019

to create unique Internship platform for Psychology & Social work students. After the completion of workshop, the students will be involved in Campus 2 Community Internship program to provide a highly dynamic & interactive opportunity to apply their acquired skills & knowledge.

The following students attended the same


- 1.Huda Fathima
2. Pragathi Chowdhary
- 3.Rashmi
4. Rashi Surana
- 5.Madhuvanathi
- 6.Madhura
7. Nisarga

2. Workshop on TEACCH-Approach to working with children in the Autism Spectrum: Aug 23rd & 24th 2019, at BCWCC.

Workshop Facilitator: Dr Bindiya Shajith, M.Ed. Ph. D in School Psychology North Carolina State university (NCSU) USA, Member Child Welfare Committee, Bangalore.

9739512308
Kindly mention name and qualification in "what's this for"
Contact : Priyanka: 99162 79695 care@insighte.in

Registration link: rebrand.ly/teacch



DR BINDIYA SHAJITH
M.Ed. , PhD in School Psychology
North Carolina State University (NCSU), USA
Member: KCWC (Karnataka Child Welfare Committee)

WORKSHOP ON TEACCH
Using TEACCH Approach to working with children in Autism Spectrum

August 23-24, 10AM-4PM
Bishop Cotton Women's Christian College
#19,3rd Cross,C.S.I. Compound , Mission Road,
Bangalore - 560027

Insighte Special Needs

Dr Bindiya Shajith has over 13 years of experience in working with children and Adolescents. She received her Doctoral degree in School Psychology from North Carolina University, USA (2012) and also a Masters Degree in Special Education from NC state, USA (2004).

She is trained in the evaluation and treatment of Learning Disabilities, ADHD, Autism, and Anxiety in children and adolescents. She uses a cognitive-behavioral approach to treatment and has also been trained in ABA and the TEACCH approach to treating Autism.

She is currently the only certified professional in India in Collaborative and Proactive Solutions (CPS), an evidence-based approach, towards working with children and adolescents with behavioral difficulties.

At present Dr Bindiya is director of MTR for the Child. She is an advocate of inclusive education and has been consulting for various regular schools to facilitate inclusion of children with special needs. She is currently a member of the Karnataka Child Welfare Committee in the Bangalore Urban District.



Organizing Committee: Dr Vijayashri R, Mr Midhun Noble & Ms Monisha
Collaboration with Insighte

Participants: 100

Day 1: UG Students: 37

PG Students: 13

Insighte: 14

Occupational Therapists, Special Educators, Parents, Faculty from
Dept. of Psychology: 46


3. Sept. 20th, 2019- Disha: Knock your Brain cells



Intercollegiate contest in Lateral Thinking -Knock your Brain cells



4. Sept. 30th, 2019: The PG Dept. of English in association with M. Sc Psychology organized a Guest Lecture on American Transcendentalism, Vedic Traditions & Yoga Therapy: Wellness at the Intersections by Christopher Key Chapple




The Bishop Cotton Women's Christian College
Guest Lecture Series

Organized by
The Post Graduate Department of English
In association with
M.Sc Psychology


**American Transcendentalism,
Vedic Traditions and Yoga Therapy :
Wellness at the Intersections**

BY:
CHRISTOPHER KEY CHAPPLE



Christopher Key Chapple is Doshi Professor of Indic and Comparative Theology and Director of the Master of Arts in Yoga Studies at Loyola Mary Mount University. He has published more than twenty books, including *Yoga and the Luminous: Patañjali's Spiritual Path to Freedom* (2008), and *Living Landscapes: Meditation on the Elements in Hindu, Buddhist, and Jain Yogas* (2020). He serves on the advisory boards for the Dharma Academy of North America (Berkeley), the Ahimsa Center (Pomona), the Forum on Religion and Ecology (Yale), the Jain Studies Centre (London), and the International School for Jain Studies (ISJS, New Delhi).

DATE : 30-09-2019
TIME : 01: 30pm - 03: 30pm
VENUE : Seminar Hall (UG Block)

#19, 3rd Cross, CSI Compound, Mission Road, Bangalore-27.
WWW.bcwcc.org.in |  080 22212933



5. Nov 22nd, 2019: conducted a workshop on “BODY MIND INTEGRATION DEMO-TRAINING FOR HOLISTIC WELL-BEING



BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

PG DEPT. OF PSYCHOLOGY

HOSTS

**BODY MIND INTEGRATION DEMO-TRAINING
FOR HOLISTIC WELL-BEING**

BY

**DR. A. SRIDHARA
PSYCHOLOGIST, LEXICOGRAPHER,
SOCIAL COMMENTATOR & AUTHOR**



The understanding of Mind-Body Integration is a powerful concept that yields immense benefits. Dr. A. Sridhara has evolved an evidence-based practice to enhance Body Intelligence, that is rooted in the core principles of Psychology & indigenous wisdom. This is a psychological method that focuses on body awareness, the recognition of internal cues as a way to enhance one's physical & mental health. Regular practice of Body Mind integration can serve as a tool to boost self-efficacy & wellbeing.

**NOVEMBER 22, 2019 | 10:30 AM
19, 3RD CROSS, MISSION COMPOUND,
MISSION ROAD, BENGALURU**

6. Oct10th 2019: Conducted an Assembly with the Psychology students of Final Year Degree on the occasion of World Mental Health day to create Awareness on Mental Health Literacy with the focus on Relationships in current times.



7. 6th March 2020: Workshop conducted on the practice of Yoga as an Alternate Healing Technique, by Dr Sukanya Raghuram, Ph. D



The Post Graduate Dept. of Psychology, Bishop Cotton Women's Christian College in collaboration in Association of Health Psychologists, Bangalore Psychology Forum & supported by UNICEF & Dr Reddy's Lab launched a Free Tele Counseling Helpline. Swasti a Free Tele Counseling Helpline was formally launched by Uma Mahadevan, IAS, Principal Secretary, Rural Development & Panchayat Raj, Govt of Karnataka on -10th June 2020.



080 47186060

ಕೋವಿಡ್ 19 ಲಾಕ್ ಡೌನ್ ಸಂದರ್ಭದಲ್ಲಿ ಸಮುದಾಯ ಮಟ್ಟದಲ್ಲಿ ಕೆಲಸ ಮಾಡುತ್ತಿರುವ ಕಾರ್ಯಕರ್ತರ,
ಕೊರೋನಾ ಹೋರಾಟಗಾರರ ಮಾನಸಿಕ ಒತ್ತಡ ನಿವಾರಣೆ ಹಾಗೂ
ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳನ್ನು ನಿವಾರಿಸಲು ಮಾರ್ಗದರ್ಶನ ನೀಡುವ ಸಹಾಯವಾಣಿ

<https://www.facebook.com/swasti.telecounselling.1>



Swasti
COVID Tele-counselling Centre

Initiative of : Association of Health Psychologists (AHP), Bangalore Psychology Forum (BPF),
Karnataka Child Rights Observatory (KCRO), Karnataka Association Of Professional Social Workers (KAPSW)&
Dr.Reddy's Foundation (DRF), Technical Support from UNICEF, HYderabad Field Office.

Launch of the Swasti
Call centre by
Ms. Uma Mahadevan,
Principal Secretary, RDPR,
Govt of Karnataka

5.30 pm

10th June 2020

at the office of the Principal
Secretary, RDPR.

Call centre can be accessed from
6 am to 11 pm every day



We got a lot of publicity in the local Newspapers both English & Kannada & Social Media coverage.



MENTAL HEALTH TUESDAY, JUNE 16, 2020 - 17:58

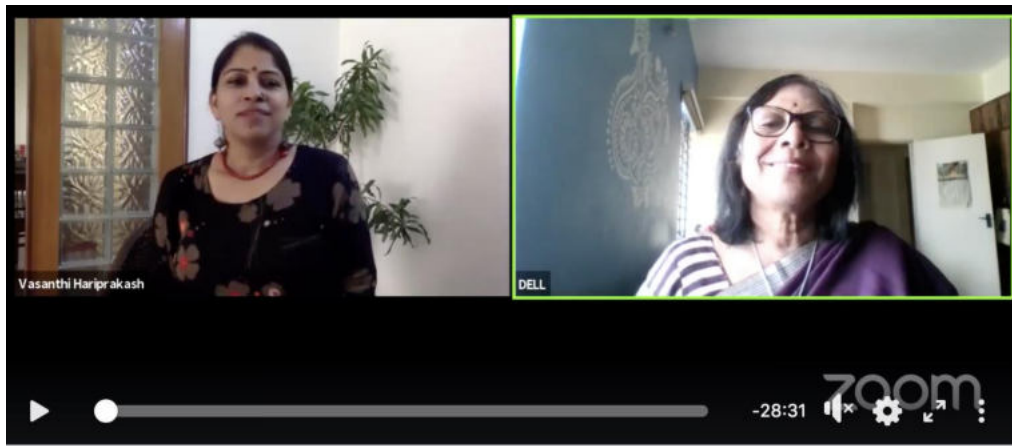
[Geetika Mantri](#) for News Minute

Among the many fallouts of the COVID-19 pandemic, the impact it is having and will continue to have on mental health. Increased anxiety and exacerbation of existing mental health issues are some things that are already apparent, and experts say that the effects on mental and emotional wellbeing will be felt for a much longer time.

In an attempt to address the same, psychologists in Bengaluru have launched Swasti, a tele-counselling helpline, which will be operated by clinical psychologists and counselling psychologists. This sets apart Swasti, because usually volunteers at helplines such as these are not trained in counselling or psychology but are simply put through basic training.

“Swasti, as the name suggests, signifies wellness and is a service providing succour to distressed people. It is a free tele-counselling centre initiated by Association of Health Psychologists (AHP) and Bangalore Psychology Forum (BPF) along with Karnataka Child Rights Observatory, Dr Reddy’s Foundation, Karnataka Professional Social Workers’ Association, with active support from UNICEF,” says a brief on the helpline.

Dr Manika Ghosh, who is heading the initiative, is the secretary of AHP and the president of BPF. She says that the team has been working on Swasti for around two months, and though the helpline has been active for the past 20 days or so, the official launch happened on June 12.



 **Vasanthi Hariprakash** was live.
14 June at 20:49 · 🌐

A young actor has taken his life yesterday; a news that has sent shockwaves across many minds in the country.

How do we make sense of such a tragedy?

What is the takeaway?

How do we reach out to people in similar situations? And what to tell or NOT to tell them?

Join psychologist Dr Manika Ghosh and me live now; ask away your questions

2.2K views

42 Likes · 36 Comments · 13 Shares

 Share

Ramadoss Ramadoss, Prema Vittal, Pavithra Prasan and 39 others like this.

Most relevant ▾

13 shares



Shalini Gaitonde · 2:46 Maam! Good morning

A person whose doesn't wish to take professional help and counselling ...how do we convince the person?

How do we help such a person?... [See more](#)

1w

 2 Replies



Saraswati Narayan · 4:12 Two of my friends have had to cope with the suicide of a child. Both linked to depression. The agony of a parent in such a scenario...They blame themselves, and have to live with that regret. I feel helpless, because nothing I say can console them

1w



Vidya Venkateswaran · 19:00 How does one enable a healthy discussion about mental health in the workplace? ...

1w



Vijayashri Aar · 26:11 As a professional psychologist myself , working with Dr Manika on the Swasti helpline -I wd like to answer the question on talking about MH at the workplace - it's imp. For the management to set aside a time & place to address wellbeing of its employee- this needs to be an ongoing initiative - create a comfortable & non judgmental space to seek help, talk & engage with employees on a regular basis

6d

[View 32 more comments](#)

See more of Vasanthi Hariprakash on Facebook



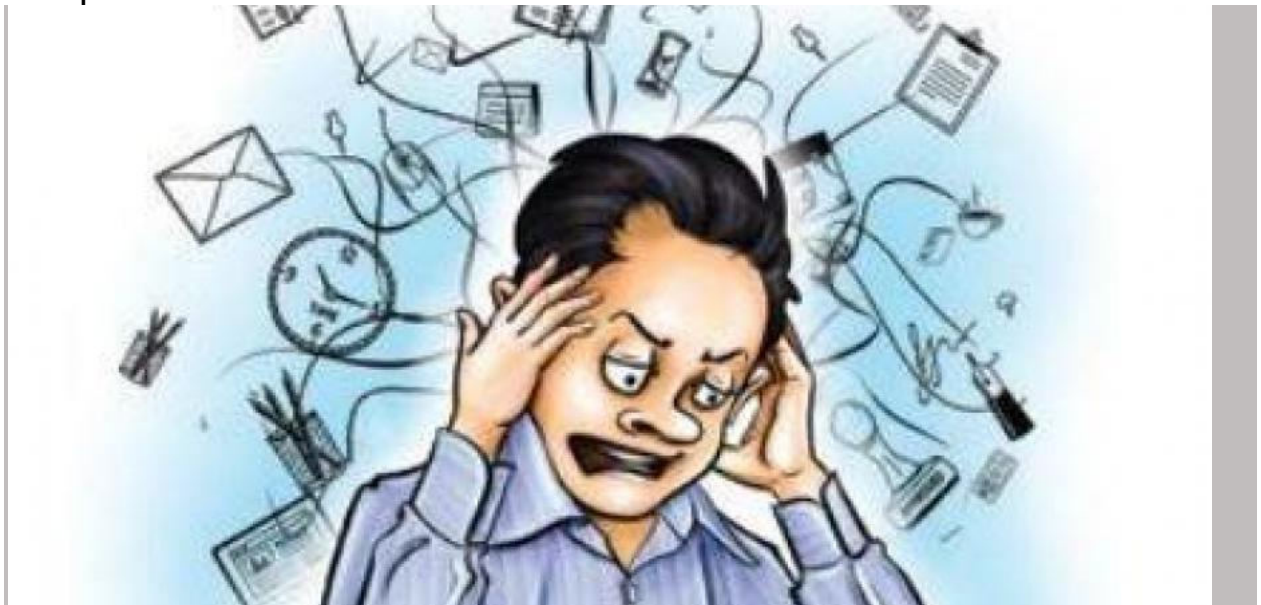
THE NEW
INDIAN EXPRESS

Corona giving you the blues? Psychologists launch tele- counselling helpline

The coronavirus has impacted all sectors -- economic, social, educational, employment, political and cultural -- and has also taken a toll on the mental health of the people.



Published: 17th June 2020 07:01 AM | Last Updated: 17th June 2020 07:01 AM | A+A A-



By [Iffath Fathima](#)

Express News Service

BENGALURU: The coronavirus has impacted all sectors -- economic, social, educational, employment, political and cultural -- and has also taken a toll on the mental health of the people. To address anxieties, concerns, fears and apprehensions, psychologists in Bengaluru have launched Swasti, a tele-counselling helpline, which will be operated by clinical and counselling psychologists. The helpline is open to all from students to migrants and to people in distress. One can reach out at 08047186060.

Speaking to The New Indian Express, Ritu Chugh, a counsellor, said, "The Swasti helpline is available in all the languages, people can just call and opt for any language and we will help them out. This just does not stop at mental issues, but

we are even open to providing them with different services like details about hospitals or other Covid-related questions.” Started jointly by organisations like the UNICEF, Karnataka Child Rights Observatory, Association of Health Psychologists, Bengaluru Psychology Forum, Karnataka Professional Social Workers’ Association and Dr Reddy’s Foundation, the helpline currently has 75 counsellors, who have volunteered to help people in need of counselling. Dr Manika Ghosh, who is heading the initiative, said, “We are already operating in other states, but this time we have extended it to Karnataka. Even in case of problems like food, assistance to elderly, child problems, migrant workers, it will be directed to the concerned department and the support will be provided.

We will listen to their problems and bring in a solution.” Recently the helpline got a call from a parent stating that her child below 10 years of age is frustrated with staying indoors and wants to go out and play, and when the child gets the chance runs out, causing anxiety to parents due to the spread of the Covid-19. Another call received was of a student who had one exam paper to write but couldn’t due to Covid-19, and is now worried if he could get into a good college.

The counsellors patiently listen to them and talk to them about it and give them tips on time and health management and advise them on how they can snap out of anxieties by keeping themselves engaged. Soon, Swasti will also be open to frontline workers who require counselling.

“The Home Minister of Karnataka has said the mental health of frontline workers like doctors and nurses is also of utmost importance as they work under immense pressure. We will start counselling them too,” added Dr Manika



Lockdown stress among students will be new worry, say experts

An education department official admitted that the administration did not have a strategy in place to alleviate stress of students.



Published: 15th June 2020 05:07 AM | Last Updated: 15th June 2020 09:59 PM | A+ A A-



The stressors for students across age groups are different. (Photo | PTI)

By Pearl Maria D'Souza

Express News Service

BENGALURU: Students across the board have faced diverse problems coping with the lockdown, and psychologists are of the view that after the pandemic, there could be a wave of mental health issues among children, who are in their formative years.

“A student of Class 12 was worried about what the future held -- when colleges would open and if he would make the cut,” said a child psychologist. Various organisations, in collaboration with UNICEF, have also set up a telecounselling centre ‘Swasti’, where 50 psychologists help children cope with stress.

Child psychologist Manika Ghosh, who is associated with ‘Swasti’, told **The New Indian Express** that there is a need to strengthen resilience in children, and try to engage them in fun activities like storytelling. She warns against worrying about examinations, which is becoming common these days, especially with parents being competitive.

“Even if you lose one year or six months, you have your life and will bounce back,” she adds.

The stressors for students across age groups are different — kindergarteners

miss freedom and feel claustrophobic, which can be stressful especially as parents can't take them out either. At a higher level, children miss their classrooms, friends and mischief.

For those in Class 10, 12 and beyond, there is a huge amount of despair, Ghosh adds. In all this, parents play a big role in understanding emotions, she said. An education department official admitted that the administration did not have a strategy in place to alleviate stress of students, and it was the responsibility of teachers to be in constant touch with students.

The Department of College Education has now roped in Sandalwood actor and anchor Ramesh Aravind to interact to students over a webinar on June 18, on the department's YouTube channel 'Vijayi Bhava'. Ramesh will talk about 'Success Formulae for Students', and aim to involve college students.

In case of distress, students can dial the Swasti telecounselling setup in ssociation with UNICEF on 080-47186060