



PSYCHE CHRONICLES

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BAGGED 5 RANKS AT STATE LEVEL M.Sc CLINICAL PSYCHOLOGY
EXAMINATION UNDER RAJIV GANDHI UNIVERSITY OF ALLIED
HEALTH SCIENCES, BENGALURU

Congratulations



MAYURI S METI
1ST RANK



NASREEN B M
2ND RANK



RAJALAKSHMI P
4TH RANK



SANDHIYA G
5TH RANK



HARSHITHA G
7TH RANK

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ON CICBT**
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WELCOME

Dear Dr. Shwetha Rai, we wholeheartedly welcome you to the family of KAPMIAHS. We are honored to have you with us, as a faculty member of Department of Clinical Psychology. We look forward to the enriching learning experience.



ALL THE BEST

On the farewell of the first batch of M.Phil. Clinical Psychology (2022-2024) students, we celebrate their academic journey and growth. Their hard work, dedication, and passion have paved the way for their future success. We wish them continued success and fulfillment in their professional careers.



KAPMIAHS hosted a farewell ceremony to bid adieu to the first batch of MPhil students (2022-2024) on 1st February 2025. The event was graced by esteemed dignitaries, including Dr. Rajani Pai, Prof. Baliga, Sister Marie Evelyn, Dr. Nanda Kumar Pujam, and Dr. Pushpalatha G. The ceremony commenced with a welcome speech by Ms. Drishya, followed by an invocation song. The lighting of the lamp was performed by the dignitaries and the class representative of the outgoing batch.

The dignitaries shared their valuable insights, experiences, and well-wishes for the outgoing batch's future endeavors. Representatives from the outgoing batch, Ms. Priyanka and Ms. Anupama, reflected on their journey and experiences during their MPhil program.

The program concluded with presidential remarks by Dr. Pushpalatha G. and vote of thanks by Ms. Sandra Narayan. The event marked a memorable farewell to the outgoing batch.



TIMELY SUPPORT AND INTERVENTION MATTERS

On February 7, 2025, Ishanya India Foundation, Bangalore, in collaboration with Manaspoorthi Learning Centre, Shivamogga, organized a one-day workshop on Developmental and Intellectual disabilities. The interactive session, held at the Child Development Project Office at Hosanagara, for Anganwadi Workers, MRWs, and VRWs. The Women and Child Development Department, Hosanagara, extended their support to the event. The resource persons, including Mr. Anoop from Ishanya India Foundation and Rajeshwari Nejkar and Shrinidhi Mannur from 2nd M.Sc. Clinical Psychology, delivered sessions on ADHD, learning disabilities, and related topics.

MANAGING DISRUPTIONS PROACTIVELY

In response to teachers' concerns about disruptive student behaviors at Karnataka Public School, Shivamogga, a seminar was conducted by 2nd MSc CP students on 8th February 2025. It focused on understanding and addressing behaviors such as property destruction, drug use, inattention, hyperactivity, romantic relationships, and self-harm. Conduct Disorder, ADHD, drug dependency, and various learning disabilities and further topics were covered. Interactive sessions allowed teachers to engage in discussions and clarify their concerns. The seminar also emphasized the importance of counseling for adolescents and provided guidance on how teachers can support students through counseling interventions. The event was highly informative and interactive, fostering a collaborative environment among educators.



HEALTH AND WELLNESS CAMP

On 8th February 2025, MSc Clinical Psychology students, MPhil Clinical Psychology trainee and a DNB student organized a physical and mental health camp in Government Primary School, Konagavalli, a village adopted by Manasa Trust in association with Subbaiah Hospital. The event was organized to offer the village children free health checkups and create awareness about mental illness and learning disabilities. This collaboration emphasized the importance of holistic health care, addressing both physical and mental health needs. The project created a feeling of community participation, with residents from the area attending and volunteering for the event.

INSIGHTS INTO BEHAVIORAL PROBLEMS AND INTELLECTUAL DISABILITIES



On February 10th, 2025, Manaspoorti Learning Centre, Shivamogga, in collaboration with Ishanya Foundation, Bangalore, conducted a one-day workshop on the intellectual and developmental stages of disability for Anganwadi teachers and VRWs in Sagara. The session began with an inauguration by the DDPO, Sagara, followed by Mr. Anup Simha, Director of Ishanya Foundation, who introduced learning disabilities and conducted a brief session on behavioral problems in children and intellectual disability. Mrs. Swathi Vellal, Founder of Ishanya Foundation, led a session on learning disabilities and Autism spectrum disorder in children. 2nd MSc Clinical Psychology students, Sowmya N. R. and Shrinidhi Mannur, actively participated in conducting the workshop. The insights and experiences gained from this interactive session will be instrumental in refining future discussions and training programs.

SARAL- AN INITIATIVE

The inauguration of the event 'Supporting Adolescent girls Reproductive health Awareness through peer-led Learning' (SARAL) took place on account of International Sexual and Reproductive Health Awareness Day which is an initiative spearheaded by the Subbaiah Institute for Research and Medical Sciences On 12th February, 2025. The function was inaugurated by Dr. Rajani A. Pai, Director Manasa Trust, Dr. Balu, Professor and HOD and Dr. Swati, Asst. Professor at the Department of Community Medicine, Subbaiah College, Dr. Poorna, Head of Pediatric Oncology at the TATA Institute, Sr. Marie Evelyn, PG Coordinator, KAPMIAHS and Ms. Sridevi G, Asst. Professor, Department of Clinical Psychology. On 13th of Feb, 2025, students of 1st MSc CP attended a training program conducted by Dr. Balu and Dr. Swati. The students trained on the usage of standardized tools including: WHOEyes, HearWHO, Swaasa and a patented non-invasive Hemoglobin testing device.

It is hoped that these tools will assist in building rapport with the project's target demographic and to further conduct holistic awareness campaigns under the wing of the SARAL project.



CLINICAL CASE PRESENTATION: A DETAILED EXAMINATION



On February 13, 2025, at Bahumukhi auditorium, Vinodini building. Ms. Athulya V.M. presented the case on Paranoid Schizophrenia, the first discussion of the batch. The session was moderated by Dr. Naveen, Consultant Psychiatrist, Manasa Nursing Home. On February 27th, 2025, Litty George delivered the case on Bipolar Affective Disorder with current episode of Mania with psychotic symptoms which was moderated by Dr. Thanu Kiran, Consultant Psychiatrist, MNH. The sessions were enriching and an interactive opportunity for the students to understand the often unseen complexities of case-history taking and diagnostic processes. The discussions on the varied management plans and treatment avenues were also a valuable insight gained from the case conferences. The conference was an excellent opportunity for students to engage in discussions regarding the cases and its varied complexities which play a vital role in the patient's diagnosis, treatment and management plan.

A NATIONAL SEMINAR ON CICBT



The students of 2nd M.Sc CP attended a 2 day National Seminar on "Clinical Implications of Cognitive Behavior Therapy" at the All India Institute of Speech and Hearing, on 20th and 21st of february in Mysuru. The event was inaugurated by the dignitaries, Dr. Manjula ,Prof. Pushpavathi, Dr. Rushi and Dr. Sanjeev Kumar Gupta.

The seminar featured esteemed resource persons, including Dr. Manjula M, Professor; Dr. Ajay Sharma, Associate Professor; Dr. Thomas Kishore, Professor, Clinical Psychologist, NIMHANS, Bengaluru. Dr. Rushi, Dr. Sanjeev Kumar Gupta, Ms. Shruthi P S, Clinical

Psychologist, Mrs. Procheta Mahanta, Lecturer, Dept of Clinical Psychology at AIISH, Mysuru; Dr. Gouri Shankar Kaloiya, Professor at AIIMS, Delhi; and Dr. Rithvik Kashyap, Assistant Professor at JSS Academy of Higher Education & Research, Mysuru; who provided in-depth insights into the clinical applications of CBT across various psychological and developmental conditions. The first day of the seminar covered foundational aspects of CBT, case formulation, and its application in managing Obsessive-Compulsive Disorder, Anxiety, Depression, Neurodevelopmental Disorders, and psychological challenges in individuals with cleft lip and palate.

The second day focused on specialized interventions, exploring the role of CBT in treating Stuttering, Tinnitus, and the psychological well-being of caregivers of children with neurodevelopmental disorders. Additionally, sessions on marital therapy for parents of children with Neurodevelopmental Disorders, therapy recording, and report writing provided valuable practical insights.

This seminar was an enriching academic experience, offering comprehensive knowledge on the structured implementation of CBT in diverse clinical settings. It reinforced the significance of evidence-based intervention strategies in enhancing mental health outcomes and improving the quality of life for individuals across various populations.

EMBRACING OPPORTUNITIES AND INNOVATION



On February 21st and 22nd, students of 1st MSc CP attended the Scintilla National Conference-2025, themed "Perceptio," at Roshni Nilaya School of Social Work, Mangalore. Ms. Rakshitha, a transgender activist, delivered a talk on "The Prism of Identity," advocating for transgender equality, followed by an interactive Q&A session. The students participated in various competitions, engaging in group dynamics and exploring psychological aspects.



The second day featured a talk by Dr. B.N. Mahesh on mentalism and its basic principles, sparking curiosity among attendees. Active participation in the events helped the students learn about competitive spirit, unity in diversity, and socializing skills. Avanti S Hegde from I MSc Clinical Psychology won the first prize in mono-acting event. All participants received certificates of participation as recognition. The conference provided a valuable learning experience, broadening students' perspectives on perception and psychology.

In February 2025, students of M.Sc CP organized two engaging club activities at the Malligenahalli campus. The first, "Footprints of the Guilty" on February 1st, involved solving a murder mystery and exploring the psychological motives behind criminal behavior. On February 15th, the second event, "The Unconscious of Cinema," featured a screening of the movie "Mrs." followed by a discussion on its psychological themes and pathologies. Both activities provided insightful explorations into human behavior and psychology.

CLUB ACTIVITIES

