

DEPARTMENT OF PSYCHOLOGY

Jesus and Mary College

*presents*



# CATHARSIS'26



Reimagining Communities:  
Youth In Action

**16th & 17th**  
*April*

**Ms. Asma Nisar**  
(Association in- charge)

**Dr. Blessy David**  
(Association in- charge)

**Prof. (Sr.) Molly K A**  
Principal

**Dr. Shefali Mishra**  
TIC

**Shreya Joseph**  
President

**Nandini Gupta**  
Vice- President



DEPARTMENT OF PSYCHOLOGY  
Jesus & Mary College



*presents*

# pratidhwani

*Echoes of Youth*

An Extempore Skit Competition under

## CATHARSIS'26

Theme:

**REIMAGINING  
COMMUNITIES  
YOUTH IN ACTION**

- Mystery prompt via chit-based draw
- 20 min prep | 4 min performance | Q&A
- Team Size: 3-5 members
- Open to all colleges across Delhi

17 APRIL 2026 | 12:30 - 2:00 PM |

AMPHITHEATRE, JESUS & MARY COLLEGE,  
CHANAKYAPURI

★ **EXCITING CASH PRIZES** ★

REGISTRATION DEADLINE: 11:59 PM, 16TH APRIL 2026



President  
Shreya Joseph  
(+91 84478 35525)

For any queries, contact:  
Ryana Carvalho +91 9205604703  
Siddhi +91 9412761682

Vice President  
Nandini Gupta  
(+91 74281 66344)



DEPARTMENT OF PSYCHOLOGY  
JESUS AND MARY COLLEGE



*CATHARSIS'26*  
*THE FUN*  
*PSYCH*  
*GAME SHOW*

**17 APRIL, 2026**

**REIMAGINING COMMUNITIES:  
YOUTH IN ACTION**

**THE VENET HALL  
JESUS AND MARY COLLEGE  
12 PM ONWARDS**

**REGISTER NOW!**



**CONTACTS:**

Shreya Joseph  
84478 35525

Naysha Khurana  
9911161955

Nandini Gupta  
7428166344



X

## White Dot Solidarity

presents

# Introductory Workshop on Feminist Participatory Action Research



White Dot Solidarity Network is a youth-led network empowering marginalized voices through feminist action and peace building



RESOURCE PERSON  
**Ananya Kundu**

**Thevenet Hall**  
16 Apr || Thursday  
11:00 A.M. Onwards

### Registration Fee

- 100/- for outside JMC participants
- 50/- for JMC participants

For further queries, please feel free to contact:



# DEPARTMENT OF PSYCHOLOGY JESUS & MARY COLLEGE



PRESENTS



**LAST DATE OF  
SUBMISSION :  
15<sup>TH</sup> APRIL 2026**

**CATHARSIS 26'  
PHOTOGRAPHY  
COMPETITION**

**THEME :  
Reimagining Communities  
– Youth in Action**

**Through your lens, explore  
how youth are not just part  
of communities but are  
reimagining, rebuilding, and  
redefining them in powerful  
and meaningful ways**



**For further queries, Contact:  
Serena Jose: 9818276116  
Maira: 96501 60274**

**Shreya Joseph (President) : 8447835525  
Nandini Gupta (Vice Presioent : 7428166344**



# CATHARSIS'26



Department of Psychology  
Jesus and Mary College  
presents

A Research Ideation Competition

Reimagining Communities: Youth in Action

ANVESHAN

Exciting Cash  
Prize for  
Winners!



Pre-Registration  
Compulsory!  
Scan the QR  
Code to  
Register



Date: 17<sup>th</sup> April, 2026  
Time: 12 PM onwards

**Investigate, Innovate, Impact.**

President  
Shreya Joseph  
(+91 84478 35525)

For any queries, contact:  
Anmariya Josey (+91 81309 19403)

Vice President  
Nandini Gupta  
(+91 74281 66344)

**DEPARTMENT OF PSYCHOLOGY**

*Jesus and Mary College*

*presents*



**CATHARSIS'26**

# MUSEUM OF MIND



**where psychology comes alive:  
Models, Art and more**

**17th April**

**AMPHITHEATRE**

DEPARTMENT OF PSYCHOLOGY  
JESUS & MARY COLLEGE

presents

# CATHARSIS'26

Reimagining Communities: Youth in Action



## YOUTH REIMAGINING PSYCHOLOGY

Register Now !



### Our Panelists

MR. ARJUN GUPTA



DR. ITISHA NAGAR



MR. DENNIS  
LALLIENZUOL HMAR



**Date** - 17<sup>th</sup> April | **Venue** - Thevenet Hall, Jesus & Mary College | **Timings** - 10 AM - 12 PM

#### CONTACTS:

**Shreya Joseph**  
84478 35525

**Myiesha Malik**  
9811869987

**Nandini Gupta**  
7428166344

ARJUN GUPTA



DEPARTMENT OF PSYCHOLOGY  
JESUS & MARY COLLEGE

presents



# CATHARSIS'26

Reimagining Communities: Youth in Action

Meet our 3rd Panelist:

**MR. ARJUN GUPTA**

*Psychologist and PhD scholar at Guru  
Jambheshwar University, Hisar.*

Men's Mental Health | Research | Statistics

## YOUTH REIMAGINING PSYCHOLOGY



**Date** - 17<sup>th</sup> April

**Venue** - Thevenet Hall, JMC

**Timings** - 10 AM - 12 PM

Register Now!



DENNIS LALLIENZOUL HMAR



DEPARTMENT OF PSYCHOLOGY  
JESUS & MARY COLLEGE

presents



# CATHARSIS'26

Reimagining Communities: Youth in Action

Meet our 1st Panelist:

**DENNIS LALLIENZOUL HMAR**

*Indigenous development expert & youth peacebuilder, Founder of The Bridge School Project & The White Dot Solidarity Network*

Peacebuilding | Youth Leadership | Social Development

## YOUTH REIMAGINING PSYCHOLOGY



**Date** - 17<sup>th</sup> April  
**Venue** - Thevenet Hall, JMC  
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DR. ITISHA NAGAR



DEPARTMENT OF PSYCHOLOGY  
JESUS & MARY COLLEGE

presents



# CATHARSIS'26

Reimagining Communities: Youth in Action

Meet our 2<sup>nd</sup> Panelist

**DR. ITISHA NAGAR**

*Trauma-focused psychologist, researcher, educator, and TEDx speaker; former Assistant Professor at University of Delhi.*

Mental Health | Trauma | Gender | Education

## YOUTH REIMAGINING PSYCHOLOGY



**Date** - 17<sup>th</sup> April

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