



Department of Psychology
Jesus and Mary College



presents

CATHARSIS '26-27

8th - 9th
october

CELEBRATING LIVED EXPERIENCES

CHALLENGING NARRATIVES,

RECLAIMING POWER



Ms. Asma Nisar
(Association in- charge)
Dr. Blessy David
(Association in- charge)

Prof. (Sr.) Molly K A
(Principal)
Dr. Shefali Mishra
(Teacher in-charge)

Shivalika Raina
(President)
Rochna Bahl
(Vice- President)

EVENT SCHEDULE

CATHARSIS DAY 1 *08. 10.26*

OPENING CEREMONY

9.45 AM – 10.30 AM

PANEL DISCUSSION

10.30 AM – 12.00 PM

LUNCH BREAK

12.15 PM – 12.45 PM

COMPETITIONS

1:00 PM – 3:00 PM

- FUN PSYCH GAME SHOW 6.0
 - NAZARIYA : THE PHOTOGRAPHY COMPETITION + EXHIBITION
 - ANVESHAN : THE RESEARCH IDEATION COMPETITION
 - KUCH KUCH DRAMA HAI : DRAMA-EXTEMPORE COMPETITION
-

CLOSING CEREMONY

3.15 PM – 4.00 PM

- PRIZE DISTRIBUTION
 - CLOSING OF DAY 1
-

EVENT SCHEDULE

CATHARSIS DAY 2 *09. 10. 26*

DRAMA & MOVEMENT THERAPY WORKSHOP

9.30 AM – 12:00 PM

TEA BREAK

12 NOON – 12.30 PM

LIVE JAM CONCERT

12:30 PM – 1.30 PM

CLOSING CEREMONY

1.30 PM – 2.00 PM



DEPARTMENT OF PSYCHOLOGY
JESUS AND MARY COLLEGE



x

KAHUNA

presents

CATHARSIS 26-27

PANEL DISCUSSION

*Rethinking narrative authority:
Making space for lived
experiences in Psychology*

PANELISTS

NEERAJ KUMAR | APOORVA | PROMITA BANERJEE

10:30 – 12:00
AM PM

8th
OCT

THEVENET HALL

FOR FURTHER QUERIES CONTACT:

MYIESHA MALIK +91 98118 69987
JHARNA KHATRI +91 75587 76335

SHIVALIKA RAINA (PRESIDENT) +91 90862 36278
ROCHNA BAHL (VICE-PRESIDENT) +91 93114 88323





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presents

CATHARSIS 26-27

Rethinking narrative authority: Making space for lived experiences in Psychology

Neeraj Kumar (They/Them) is a Dalit trans mad scholar-practitioner with The Unsound Project, trained across Women's & Gender Studies, Social Work, Public Health, and Psychology. They are co-author of the TISS Trans-Affirmative Mental Health Care Guidelines and work on health equity, Trans/Queer theory, Dalit feminism, and Disability justice.

8th
OCT

10:30 – 12:00
AM PM

THEVENET HALL

Register now!



Neeraj Kumar
(panelist)

FOR FURTHER QUERIES CONTACT:

Myiesha Malik +91 98118 69987
Jharna Khatri +91 75587 76335

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CATHARSIS 26-27

Rethinking narrative authority: Making space for lived experiences in Psychology

Apoorva is a certified arts practitioner from Snehadhara Foundation, Bangalore, working at the intersection of visual art, movement, and storytelling. With over five years of experience, she has facilitated creative practices with marginalized communities and the wider public, using gentle, embodied approaches to help people explore and express their stories. Her work focuses on creating spaces where people can move, speak, or simply be authentically.

8th
OCT

10:30 – 12:00
AM PM

THE VENET HALL

Register now!



Apoorva
(panelist)

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CATHARSIS 26-27

Rethinking narrative authority: Making space for lived experiences in Psychology

Promita Banerjee is an author-turned-filmmaker, producer, director, cinematographer, screenwriter, poet, and mental health advocate, trained at the New York Film Academy. She has collaborated with filmmakers, festivals, and creative communities internationally, creating stories around culture, vulnerability, and the human experience. Drawing from her lived experience with mental illness, her work explores mental health, trauma, and technology. Her recent short film *Big Sad* explores depression and loneliness, while her upcoming projects include *The Other Bank* and *Can't Love Crazy*.

8th
OCT

10:30 – 12:00
AM PM

THE VENET HALL

Register now!



Promita Banerjee
(panelist)

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CATHARSIS'26-27

DEPARTMENT OF PSYCHOLOGY

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Anveshan

A RESEARCH IDEATION COMPETITION



**EXCITING
CASH PRIZE
FOR WINNERS**

OCTOBER 8, 2026

1 PM - 3 PM

**PRE-REGISTRATION COMPULSORY!
SCAN THE QR CODE TO REGISTER.**

President
Shivalika
+91 9086232278

Vice-President
Rochna
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For doubts and queries contact

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Aakanksha +91 92119 56843





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CATHARSIS'26-27

THE FUN PSYCH GAME SHOW

8th OCTOBER, 2026

THE VENET HALL
JESUS AND MARY COLLEGE

1 PM ONWARDS

REGISTER NOW!



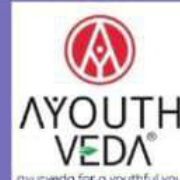
FOR ANY QUERIES, CONTACT

Evangelin- 735795376

Sampada- 7726063659

Shivalika (President)- 9086236278

Rochna (Vice president)- 931148823





Department of Psychology

Jesus and Mary College

in collaboration with



KAHUNA

presents

KUCH KUCH DRAMA HAI

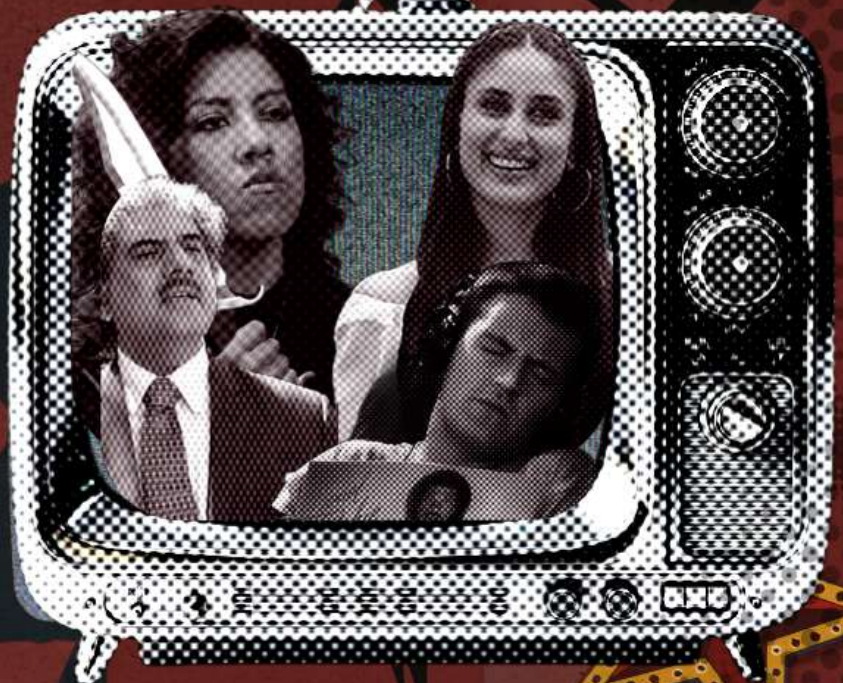
Celebrating Lived Experiences

extempore
competition

CATHARISIS 2026-27

- Mystery prompts and props
- 20-30 minute prep time
- 8 min performance time
- Team Size: individual | 2-5 members
- Open to All Colleges across Delhi NCR

★ exciting cash prizes ★



8TH OCTOBER, 12:00 PM
AMPHI THEATRE



Princia (POC)
+91 7428097326

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Anjali (POC)
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presents

Catharsis '26-27 NAZARIYA - THROUGH THE LENS

A PHOTOGRAPHY COMPETITION



Theme
**Beyond the Narrative-
Stories We Choose to Tell**

Each entry must include a title and a
brief description of up to 150 words.

Last date to Register
6th October 2026



For further queries, Contact:

Priyal Garg : 9818962764
Prateeti Chaturvedi : 6377723084



Shivalika Raina (President) : 9086236278
Rochna Bahl (Vice President) : 9311488323



DEPARTMENT OF PSYCHOLOGY
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presents

CATHARSIS'26-27

Drama & Movement Therapy Workshop

Scan to Register!



9TH OCTOBER'26
09:30 AM ONWARDS
THEVENET HALL



SHRUTI GARG

Registration Fee
₹100 for non-JMC
participants
₹50 for JMC
participants



Shruti Garg is a drama and movement therapist and stand-up comedian trained at the Royal Central School of Speech and Drama, UK. They founded QueerProv, an improv space for queer and women-identifying individuals, and specialise in queer-affirmative mental health practice. They are also a core faculty member at VIMHANS Hospital, Delhi. The workshop will focus on experiential learning and theory, helping participants connect theoretical concepts with embodied, practical experiences.

For further queries, please feel free to contact:

Ann Antony
8076118053
Elisha James
7303934232

Prof. (Sr.) Molly K A
(Principal)
Dr. Shefali Mishra
(Teacher in Charge)

Shivalika Raina (President)
9086236278
Rochna Bahl (Vice President)
9311488323



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KAHUNA

presents

An Immersive Audiovisual & Mindset Experience

SOBER EMMANUEL

9TH OCTOBER
12:30 PM

LIVEJAM

THEVENET HALL

THERE IS MORE

Film + Live Music + Reflection
Experience Heritage Instruments



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Dr. Blessy David
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