



St. Joseph's College of Commerce (Autonomous)

163 Brigade Road, Bengaluru, Karnataka - 560 025.

in collaboration with
Karnataka Jesuit Higher Education Commission



St. Joseph's University



St. Aloysius (Deemed to be University)

Invites you to

SWASTHYA

A National Level Workshop on
Mental Health and Spirituality among Youth

Art Therapy • Sound Healing • Zumba • Dance Movement Therapy • Pottery
Animum Film Festival

11 - 12 December 2025

*St. Joseph's College of Commerce,
Bengaluru*

Scan to Register



 @swasthyaxanimum_sjcc



About the Institutions

St. Joseph's College of Commerce (Autonomous)

St Joseph's College of Commerce (SJCC) formerly a part of St. Joseph's College, established in the year 1882, is managed by the Bangalore Jesuit Educational Society (BJES). The Commerce Department was established in the year 1949 and it became an independent college with its own building in Brigade Road in the year 1972.

The college has in its Vision a model for higher education which encourages individuals to dream of a socially just world and in its Mission a strategy to empower individuals in realizing that dream. With an objective of imparting quality education in the field of Commerce and Management, the college has been innovating in all aspects of higher education over a long period of time. These innovations were further bolstered with the granting of autonomous status to the college by UGC in September 2005. From then on, the college has taken a lead in reforming curriculum and syllabus, examination and evaluation pattern, and teaching and learning methods through the Board of Studies, the Academic Council and the Governing Council composed of eminent academicians, industry representatives and notable alumni.

The college has undergone four cycles of NAAC accreditation starting from the year 2000 in which it secured 'five stars', next in the year 2007 an 'A' grade, in the year 2012 again an 'A' grade and recently in February 2021 an 'A++'. It is one of the very few institutions in the country to have secured A++ grade in the fourth cycle under the Revised Accreditation Framework (RAF) and the first college in Karnataka to do so. The college was declared as a 'College with Potential for Excellence' in the year 2010. In 2011, SJCC was recognized as a Research Centre by Bangalore University. The college has consistently been ranked among the top 100 colleges in the country by the National Institutional Ranking Framework (NIRF), Ministry of Education, Government of India, since its inception in 2017.

Karnataka Jesuit Higher Education Commission (KJHEC)

Karnataka Jesuit Higher Education Commission (KJHEC) is a body of educators – both Jesuit and lay – involved in higher education in Jesuit institutions in Karnataka. As an academic body, KJHEC strives to bring about greater collaboration and networking among Jesuit and other higher education institutions. It also deliberates on issues of concern in higher education in Karnataka and India and seeks viable measures and methods to deal with them constructively.

St. Joseph's University

St Joseph's University is a Jesuit university at the heart of Bengaluru, the silicon city of India. Established in 1882 by Paris Foreign Mission Fathers, the management of the college was handed over to the Jesuit order (Society of Jesus) in 1937. The college was first affiliated with the University of Madras and later with the Mysore and Bangalore universities. In 1986, St Joseph's College became the first affiliated college in Karnataka to offer postgraduate programmes. In 1988, it became the first college in Karnataka to get a Research Centre, and in 2005, it was one of colleges in Karnataka that was awarded academic autonomy. In February 2021, St Joseph's University Bill was presented in the Karnataka Legislative Assembly and was subsequently passed by the Legislative Assembly and Karnataka Legislative Council. The college received its University status on 2 July 2022 and was inaugurated as India's first Public-Private-Partnership University by the Honourable President of India, Smt. Droupadi Murmu on 27 September 2022.

St. Aloysius (Deemed to be University)

St Aloysius (Deemed to be University), located in Mangaluru, Karnataka, is a prestigious institution founded in 1880 under the guidance of the Society of Jesus. It achieved Deemed University status in January 2024 and currently serves over 3500 students across a wide range of academic programs, including certificate, undergraduate, postgraduate and doctoral degrees in fields such as humanities, sciences, commerce, management, computer science, animation, teacher education and vocational studies. Renowned for its academic excellence, the university holds an A++ NAAC accreditation with a CGPA of 3.67/4 and ranks 73rd in the NIRF 2025 by the Ministry of Education. It has earned recognitions, including Autonomous Status (2007), "Institution with Potential for Excellence" (UGC, 2009), "Star Status" (DBT, 2016) and research capacity grants under the UGC STRIDE and DBT Builder schemes. Guided by its motto "Lucet et Ardet" meaning "Shine to Enkindle", the university fosters holistic development through rigorous academics, vibrant extracurriculars and a strong emphasis on research and innovation.



About Swasthya

Swasthya is a National Mental Health Workshop that provides a collaborative platform for students, the public, and mental health professionals to engage in meaningful dialogue around mental health and wellbeing. The term Swasthya, derived from Sanskrit, signifies holistic health, encompassing the body, mind, and spirit. This principle guides the workshop's focus on fostering comprehensive mental health, resilience, and spiritual wellbeing among youth. The workshop also addresses the unique challenges faced by today's youth—including stress, anxiety, social pressures, digital overload, and identity exploration—highlighting the importance of understanding, supporting, and promoting their mental health experiences.

Spanning two days, the workshop will feature nine carefully designed sessions, including keynote conversations, hands-on experiential workshops, interactive panel discussions, and engagement with leading experts. Participants will explore contemporary themes of psychological wellbeing and spirituality, examine how youth express and experience mental health, and identify practical strategies to enhance awareness, empathy, and resilience.

By fostering open dialogue, reflection, and experiential learning, Swasthya aims to bridge gaps between generations, mental health professionals, and young individuals, encouraging understanding and destigmatizing conversations around mental health. Participants will gain valuable insights into the lived experiences of youth while exploring interventions and approaches to promote holistic wellbeing.

This initiative is a collaborative effort of St. Joseph's College of Commerce (Autonomous), Karnataka Jesuit Higher Education Commission (KJHEC), St Joseph's University, and St. Aloysius (Deemed to be University), reflecting a shared commitment to advancing mental health awareness, education, and dialogue across communities.



Swasthya Schedule

Day 1 : 11 December 2025 (Thursday)

TIMING	EVENT	VENUE
7:30 am - 8:10 am	Registration	Front Gate
8:15 am - 9:00 am	Inauguration	Loyola Hall, 3rd Floor
9:00 am - 12:30 pm	Art Therapy for Professionals	Xavier Hall, 4th Floor
9:30 am - 10:30 am	Zumba for Wellbeing	Football ground
10:30 am - 12:00 pm	Art Therapy for Students	AV 2, 3rd Floor
12:00 pm - 1:00 pm	Lunch	014, Ground Floor
1:00 pm - 2:00 pm	Pottery for the Mind	Basement parking
2:00 pm - 3:00 pm	Panel Discussion	Loyola Hall, 3rd Floor
3:00 pm - 4:30 pm	Dance Movement Therapy for Professionals	Xavier Hall, 4th Floor
4:30 pm Onwards	Refreshments	Xavier Hall Lobby, 4th Floor

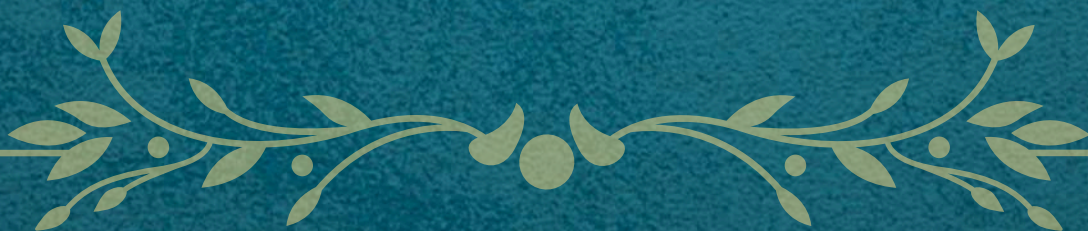
Early Bird (All-Inclusive Two-Day Pass): ₹2,500 for professionals | ₹400 for students
After Early Bird (All-Inclusive Two-Day Pass): ₹2,700 for professionals | ₹500 for students

Swasthya Schedule

Day 2 : 12 December 2025 (Friday)

TIMING	EVENT	VENUE
7:45 am - 8:15 am	Registration	Front Gate
8:30 am - 10:30 am	Digital Wellbeing Workshop	Loyola Hall, 3rd Floor
11:00 am - 12:00 pm	Sound Healing for Inner Calm	Xavier Hall, 4th Floor
12:00 pm - 1:00 pm	Lunch	014, Ground Floor
1:00 pm - 4:00 pm	ANIMUM Short Film Screening	Loyola Hall, 3rd Floor
4:00 pm - 4:30 pm	Valedictory & Prize Distribution	Loyola Hall, 3rd Floor
4:30 pm - 5:00 pm	Refreshments	Xavier Hall Lobby, 4th Floor

Early Bird (All-Inclusive Two-Day Pass): ₹2,500 for professionals | ₹400 for students
After Early Bird (All-Inclusive Two-Day Pass): ₹2,700 for professionals | ₹500 for students



ART THERAPY- Colors of the Soul: Expressing Emotion through Art

This Art workshop invites professionals and students to explore the therapeutic power of creative expression. Through guided art-based activities, participants will discover how engaging with color and form can foster emotional release, inner reflection, and spiritual wellbeing. The process encourages psychological resilience by connecting art-making with self-awareness and healing.

Who can Participate? Students, Faculty, Mental Health Professionals

Duration: For students- 1 hr 30 minutes | For professionals- 3 hrs 30 minutes

Registration Fee: For students- ₹200 | For professionals - ₹600

ZUMBA- Rhythms of Joy: Dancing Away the Stress

Energize your body and mind with Zumba! This workshop uses dynamic, rhythmic movement to reduce stress, boost mood, and enhance physical fitness. Participants will experience how dance can foster resilience, improve body-mind connection, and promote overall mental and emotional wellbeing.

Who can Participate? Open to all

Duration: 1 hour

Registration Fee: Free

POTTERY- Hands that Heal: Shaping Clay, Shaping the Self

This workshop explores the therapeutic power of pottery as a tool for emotional expression and healing. Participants will engage in hands-on clay work to foster mindfulness, self-reflection, and stress relief. The creative process supports psychological resilience and encourages a deeper connection with one's inner self, promoting both personal and professional growth.

Who can Participate? Students, Faculty, Mental Health Professionals

Duration: 1 hour

Registration Fee: For students - ₹200 | For professionals - ₹600

PANEL DISCUSSION- Generational Divide in Mental Health Language: How Gen Z, Millennials, and Older Generations Use (and Misuse) Therapy Language

This panel discussion explores how different generations understand, interpret, and communicate about mental health. Experts will examine generational variations in the use of therapeutic language, highlighting opportunities and challenges in bridging gaps. Participants will gain insights into improving communication, fostering empathy, and enhancing mental health literacy across age groups.

Who can Participate? Open to all

Duration: 1 hour

Registration Fee: Free

ANIMUM- Short films: From Silence to Strength – Stories of Healing

ANIMUM, derived from the Latin word for 'Mind' or 'Soul', is India's first national short film festival dedicated to mental health and wellbeing. Rooted in the principle of Cura personalis, it fosters holistic conversations around mental health, destigmatizing dialogue through the art of storytelling and filmmaking. Since its debut in 2022, ANIMUM has provided a unique platform for filmmakers, students, and audiences to explore the emotional, social, and spiritual dimensions of mental health, inspiring reflection and awareness.

Who can Participate? Open to all

For More Details: [Animum '25 Participation Details](#)

DANCE AND MOVEMENT THERAPY- The Body Speaks: Healing through Movement

This workshop explores the therapeutic potential of dance and movement therapy for psychological healing and emotional regulation. Participants will engage with evidence-based movement techniques to enhance body awareness, process emotions, and facilitate resilience. Designed for mental health professionals, the session emphasizes integrating movement therapy into clinical practice to support holistic wellbeing.

Who can Participate? Mental Health Professionals, Faculty

Duration: 1 hour 30 minutes

Registration Fee: ₹600

SOUND HEALING- Vibrations of Peace: The Healing Power of Sound

This Sound Healing workshop offers professionals an experiential journey into the therapeutic applications of sound for mental, emotional, and spiritual wellbeing. Participants will actively engage with sound healing techniques, experiencing firsthand their effects on stress reduction, mindfulness, and inner balance. The session emphasizes integrating vibrational practices into therapeutic settings to foster holistic healing and resilience.

Who can Participate? Students, Faculty, Mental Health Professionals

Duration: 1 hour

Registration Fee: For students - ₹200 | For professionals - ₹600

WORKSHOP on “The Wired Mind: Navigating Digital Addiction”

The workshop aims to raise awareness, train professionals, and develop programs that promote responsible technology use and address technology addiction. Designed as a transformative session, it focuses on helping students, parents, Faculty, and counsellors understand the impact of technology use, identify signs of addiction, and learn effective ways to promote digital well-being and balance. Participants will explore common problems linked to technology addiction, understand the different factors that play a role and learn techniques to manage technology addiction related challenges.

Who can Participate? Students, Faculty, Mental Health Professionals

Duration: 2 hours

Registration Fee: For students - Free | For professionals - ₹600

Registration Process and Guidelines

1. Eligibility: Registration is open to students, faculty, professionals, and members of the public interested in mental health, spirituality, and psychological well-being.
2. How to Register: Participants must complete the Swasthya Workshop registration form here: [🔗 Swasthya Registration Form](#)
3. Registration will be confirmed only upon submission of all required details.
4. Workshop Fees:
 - Individual Workshop Fee: ₹200 for Students | ₹600 for Professionals (Inclusive of workshop kit, materials, participation certificate, ID card, lunch, and refreshments)
 - Early Bird Two-Day Pass: ₹400 for Students | ₹2,500 for Professionals. (Early bird registrations close on 20th November 2025)
 - Regular Two-Day Pass: ₹500 for Students | ₹2,700 for Professionals (Recommended for participants attending both days)
5. Important Dates:
 - Early bird registrations close on 20th November 2025.
 - The last date for all registrations is 30th November 2025.
 - As certain workshops have limited seats, early registration is strongly encouraged.
6. Confirmation & Certificates:
 - Registered participants will receive a confirmation email upon successful registration.
 - Workshop certificates will be distributed during the valedictory ceremony on Day 2.
7. Film Festival Registration – ANIMUM '25:
 - Participants interested in the National-Level Film Festival – ANIMUM '25 must register separately at: [🔗 Animum Registration Form](#) or email animum@sjcc.edu.in
 - Note: The registration fee for Animum is separate from the workshop fee.
8. Accommodation:
 - Paid accommodation is available for outstation participants on prior request.
 - For accommodation details, contact Mr. Ricardo William Vas at +91 8722001021 between 9:00 AM – 4:00 PM (Monday–Saturday).
9. Code of Conduct: Participants are expected to maintain professionalism, respect, and decorum throughout the workshop and on campus. Any form of disruptive behavior may result in revocation of participation rights.

For more information/ Queries:

Noel Prabhu: +91 8088006881

Keno Manickam: +91 9902835920



Organising Committee

Dr. Charles Lasrado, SJ
Principal
St. Joseph's College of Commerce, Bengaluru

Dr. Victor Lobo, SJ
Vice- Chancellor,
St. Josephs's University, Bengaluru

Dr. Praveen Martis, SJ
Vice- Chancellor,
St. Aloysius (DTU), Mangalore

Dr. Melwyn S Pinto, SJ
Secretary
Karnataka Jesuit Higher Education Commission

Fr. Joel Fernandes, SJ
Finance Officer, SJCC, Bengaluru

Mr. Raj A Sadhwani
Registrar, SJCC, Bengaluru

Dr. Ruqsana Anjum
Vice - Principal Shift 1,
SJCC, Bengaluru

Mr. Vinay Kambipura
Vice - Principal Shift 2,
SJCC, Bengaluru

Convenor

Ms. Sneha Menon
Counsellor, SJCC, Bengaluru

Co-Convenor

Mr. Melwin Canute D'souza
Counsellor, SJCC, Bengaluru

Members

Dr. Nisha Menzies Rao
SJU, Bengaluru

Ms. Anusha Ananda
SADU, Mangalore

Mr. Shravan Abraham
SJCC, Bengaluru

Ms. Lissie Maria
SJCC, Bengaluru

Mr. Merwin Abraham Mathew
SJCC, Bengaluru

Ms. Divya Hari Rao
SJCC, Bengaluru

Mr. Joswin Rodrigues
SJCC, Bengaluru

Mr. Ricardo William Vas
SJCC, Bengaluru

Ms. Michele Pereira
SJCC, Bengaluru

Ms. Jyothsna Antic
SJCC, Bengaluru

Student Coordinators

Keno Manickam, Noel Prabhu,
Jayasree S A & Chinnappa Biddappa