



KRISTU JAYANTI

(DEEMED TO BE UNIVERSITY)

Under Section 3 of UGC Act 1956

A CMI INSTITUTION | BENGALURU | INDIA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY (PG)

ORGANISES

ANTAR-MANN

BEYOND THE MASK LIES A WORLD WITHIN.

INTERCOLLEGIATE FEST



30 OCTOBER 2026

FRIDAY



VENUE

KRISTU JAYANTI

(Deemed to be university)

Central campus

Explore • Express • Connect
Through Creativity, Compassion and Conversation

EVENT HIGHLIGHTS

ON-STAGE EVENTS



MENTAL HEALTH ADVOCATES
Speak. Share. Create Change.



STREET PLAY
Say It. Act It. End the Stigma.



QUIZ
Think. Challenge. Grow.

OFF-STAGE EVENTS



POSTER MAKING
Visualise a Kinder Mind.



MEME MAKING
Small Frames.
Big Conversations.



AUDIO STORY
Listen. Feel. Reflect.

EVENT CATEGORIES & GUIDELINES

UG PARTICIPANTS

★ ON-STAGE

1. Mental Health Advocates
(Only for UG & PG)
2. Break the Silence - Street Play
(Theme: It's Okay to Ask for Help)
3. Quiz
(Theme: The Human Mind: Mysteries & Discoveries)

★ OFF-STAGE

1. Poster Making
(Theme: As announced on the spot)
2. Meme Making
(Theme: Inside the Human Mind)
3. Audio Story
(Theme: Listen Beyond Words)

PG PARTICIPANTS

★ ON-STAGE

1. Mental Health Advocates
2. Street Play
(Theme: Destigmatization of Mental Health)
3. Quiz
(Theme: Indian Pioneers and Milestones in Psychology)

★ OFF-STAGE

1. Poster Making
(Theme: As announced on the spot)
2. Meme Making
(Theme: Mental Health in the Digital Age)
3. Audio Story
(Theme: Experience Capture)

PU PARTICIPANTS

★ ON-STAGE

1. Quiz
(Theme: Mind Matters – Psychology Around Us)

★ OFF-STAGE

1. Poster Making
(Theme: As announced on the spot)
2. Meme Making
(Theme: Psychology in Everyday Life)

GENERAL INSTRUCTIONS FOR ALL PARTICIPANTS

- 1  Registration: Complete registration on or before 27th October 2026.
- 2  Participant Eligibility: Students from Psychology & related disciplines (UG, PG, PUC, Psychiatric Social Work).
- 3  Identity Proof: Carry a valid College ID or Bonafide Certificate.
- 4  Reporting: 1 hour before the event & 20 minutes before the venue.
- 5  Event Rules: Follow the rules and guidelines of your event.
- 6  Certificates: For registered & active participants only.
- 7  Participation Limit: 1 On-Stage + 2 Off-Stage events per participant.
- 8  Professional Conduct: No misconduct, harassment, bullying, discrimination or disruptive behaviour.
- 9  Fair Participation: No plagiarism, cheating, or impersonation.
- 10  Electronic Devices: Allowed only when permitted by event rules.
- 11  Psychological Sensitivity: Be respectful and avoid stigmatizing comments related to mental health, disability, trauma, gender, culture etc.
- 12  Materials & Props: Bring your own materials, costumes and props. All items must be safe and appropriate.
- 13  Time Limit: Strictly adhere to the allotted time.
- 14  Venue & Safety: Keep the venue clean and report any emergency.
- 15  Food & Refreshments: Provided to registered participants.
- 16  Accommodation: On request (subject to availability) – confirm by 25th October 2026.
- 17  Judgement: Final decision of judges and organizing committee.
- 18  Results & Prizes: As per official schedule. Collect at the designated time.
- 19  Clarifications: Contact respective Event Coordinator.
- 20  Registration Fee: ₹200 per participant (each team member pays individually).

EVENT PARTICIPATION LIMITS



Street Play

: 1 team per institution



Meme Making

: 3–5 participants per institution



Audio Story

: 3–5 participants per institution



Quiz

: 3 teams per institution



Poster Making

: 3 participants per institution



Mental Health Advocates

: 3 participants per institution

LET YOUR INNER WORLD SPEAK



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FOR DETAILS & QUERIES



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Faculty Coordinator

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Dr. Pravitha K P
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Ms. Sasikala R
Faculty Coordinator

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REGISTRATION

₹200 per participant

Each team member must register and pay individually.



IMPORTANT



Registration closes 27th October 2026.



Accommodation requests to be confirmed by 25th October 2026.



For queries: antarmann@kristujayanti.com



Scan QR for
REGISTRATION



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Student coordinators:

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