



**Kristu Jayanti College**  
**AUTONOMOUS** Bengaluru  
Reaccredited A++ Grade by NAAC | Affiliated to Bengaluru North University



# **CENTRE FOR CONSULTANCY AND CORPORATE TRAINING**

## **DEPARTMENT OF PSYCHOLOGY**



**[www.kristujayanti.edu.in](http://www.kristujayanti.edu.in)**



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## About the College

Kristu Jayanti College (Autonomous), Bengaluru stands as a beacon of academic excellence and transformative education. Since its inception in 1999, the college has continually raised the bar for quality education, blending cutting-edge teaching methods with a commitment to holistic development. With autonomy, we offer a wide spectrum of undergraduate and postgraduate programs tailored to nurture intellectual curiosity and equip students with the skills to thrive in a rapidly evolving world. Our state-of-the-art campus, enriched with a vibrant academic community, fosters critical thinking, innovation, and ethical leadership. At Kristu Jayanti, education goes beyond the classroom—it's about shaping individuals who are ready to make meaningful contributions to society, empowering them to lead with purpose and integrity.

### Highlights of Kristu Jayanti College

#### **NAAC A++ Accredited Institute**

A hallmark of academic excellence and quality in higher education.

#### **ACBSP Accredited Programs (School of Management)**

Meeting global benchmarks in business education, ensuring our graduates are industry-ready.

#### **AICTE Green Campus (Golden Rating)**

A beacon of sustainability, recognized with the highest honors for our commitment to an eco-friendly, green campus.

#### **DBT Star College (Biotechnology Department)**

Leading the way in biotechnology education and research, fostering innovation and discovery.

#### **UNSDG Hub**

Actively championing the United Nations' Sustainable Development Goals, driving impactful change toward global sustainability.

#### **National Recognition for Clean and Smart Campus**


Ranked first for our eco-friendly, technologically advanced campus, setting a new standard for higher education institutions in India.

#### **Excellence in Education**

With 13,500+ students and 600+ faculty members across 65+ programs, Kristu Jayanti College is a dynamic powerhouse of learning and development. Ranked 60th among India's top colleges by NIRF, best emerging college of the century according to the India Today 2024, we continue to shape future leaders and innovators.

## Kristu Jayanti College Centre for Consultancy and Corporate Training

Kristu Jayanti College's Center for Consultancy and Corporate Training is committed to fostering a strong bridge between academia and industry. By providing expert guidance and tailored solutions, we empower businesses, institutions, and organizations to navigate complex challenges and achieve sustainable growth. Our team of highly qualified faculty and professionals collaborates across various sectors to deliver innovative consultancy services that drive operational efficiency, enhance decision-making, and promote positive societal impact. Kristu Jayanti College's Center for Consultancy and Corporate Training offers a wide range of expertise across various fields, including corporate solutions, IT & scientific solutions, biotechnology & wellness, academic consultation, forensic solutions, life skill education, tax solutions, and analytics solutions. Our team of experienced professionals provides tailored solutions to meet the unique needs of businesses, institutions, and organizations, helping them achieve their goals and navigate complex challenges.






## Department of Psychology

Department of Psychology offers comprehensive services in mental health and well-being to support individuals and organizations in achieving optimal psychological health and personal growth. Our team consists of highly trained counsellors, organizational psychologists and RCI licensed clinical psychologists, dedicated to delivering exceptional training and quality services to our clients. With their expertise, we ensure that our programs are effective and tailored to meet the unique needs of each individual or organization we serve.

### Our Expertise Includes

1. **Child Assessments:**
    - **Comprehensive Developmental Evaluations:** Assess cognitive, emotional, and social development to identify strengths and areas for improvement.
    - **Behavioural Assessments:** Utilize standardized tools to evaluate behavioural issues and provide insights for effective interventions.
    - **Learning Assessments:** Identify learning disabilities and tailor educational strategies to support individual learning styles.
  2. **Career Guidance:**
    - **Comprehensive Career Assessments:** Utilize psychometric tools to evaluate interests, strengths, and values to guide career choices.
    - **One-on-One Counseling Sessions:** Provide personalized support to explore career options, set realistic goals, and develop actionable plans.
    - **Skills Development Programs:** Identify necessary skills and provide training resources to enhance employability and professional growth.
  3. **Life Skills Training:**
    - **Communication Skills Training:** Teach effective verbal and non-verbal communication techniques to improve interpersonal relationships.
    - **Problem-Solving and Decision-Making:** Provide strategies for critical thinking, analyzing options, and making informed decisions.
    - **Stress Management Techniques:** Equip clients with tools and practices to manage stress and enhance resilience.
    - **Time Management Skills:** Help individuals prioritize tasks and develop efficient routines to optimize productivity.
  4. **Corporate Wellness Programs:**
    - **Mental Health Workshops:** Conduct sessions on stress reduction, mindfulness, and coping strategies to enhance employee well-being.
    - **Team-Building Activities:** Facilitate engaging exercises that promote collaboration, communication, and a positive workplace culture.
    - **Health and Wellness Seminars:** Offer informative sessions on topics such as work-life balance, nutrition, and physical health.
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# Kristu Jayanti College Centre for Consultancy and Corporate Training

## Chief Patron

- **Fr. Dr. Augustine George CMI**  
Principal, Kristu Jayanti College (Autonomous), Bengaluru

## Advisory Committee

- **Fr. Lijo P Thomas CMI**  
Vice Principal & CFO
- **Fr. Emmanuel PJ CMI**  
Director, Kristu Jayanti College of Law and Office of International and Domestic Relations
- **Fr. Jais V Thomas CMI**  
Financial Administrator
- **Fr. Som Zacharia CMI**  
Director, Infrastructure Planning and Development
- **Fr. Joshy Mathew CMI**  
Director, HR Department
- **Fr. Deepu Joy CMI**  
Director, Student Welfare Office

## Central Committee:

### **Dr. Baba Gnanakumar**

Director, Centre for Consultancy and Corporate Training

### **Dr Sruthi Sivaraman**

Head, Department of Psychology

### **Ms. Deepmala Sutar**

Assistant Professor, Department of Psychology







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