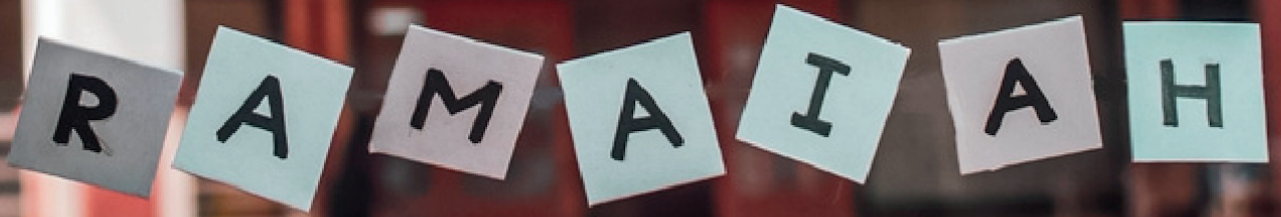




RAMAIAH

College of Arts, Science
& Commerce



DEPARTMENT OF HUMANITIES

**OCT - DEC
2025**

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HIGHLIGHTS

- **WORLD MENTAL HEALTH DAY**
- **NIMHANS VISIT**
- **TOI VISIT**
- **QUIZ**



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MIND MATTERS TAKE CENTRE STAGE IN WEEK-LONG WORLD MENTAL HEALTH PROGRAMME

**INTERACTIVE ACTIVITIES AND EXPERT INSIGHTS ENCOURAGE STUDENTS TO PRIORITISE
EMOTIONAL WELL-BEING AND DIGITAL BALANCE**

Kuvempu Auditorium buzzed with reflection, creativity, and conversation as the Department of Humanities (Psychology) hosted a week-long World Mental Health Day programme from October 6 to 10, reaching nearly 100 students with a strong message on emotional well-being and digital balance.

Organised at the college campus under the coordination of Varsha S Deshpande, the initiative aimed to promote mental health awareness and equip students with practical strategies to manage stress and everyday challenges. The programme featured interactive, creative, and reflective activities, each day built around a specific mental health theme and designed to encourage active student participation.

The week opened with Stress-Free Monday, where students participated in relaxation-based activities such as the Balloon Wall, symbolically letting go of stress, and a Doodle Wall that encouraged creative expression and mindfulness. Gratitude Wednesday fostered appreciation through a DIY Photo Frame Corner and an Appreciation Wall filled with heartfelt notes, nurturing kindness, empathy, and peer support. Emotions Thursday focused on emotional awareness with activities like the Emoji Spin Wheel and Emoji Wall, helping students openly express and understand their feelings.

The highlight was a guest lecture titled “Young Adults in a Digital World” by Dr. Swathi, Assistant Professor and Psychiatrist, Ramaiah Medical College. She addressed the psychological impact of excessive screen time and stressed the importance of digital mindfulness, healthy boundaries, and balanced technology use.

The programme concluded with positive outcomes, strengthening resilience, gratitude, and awareness, while fostering a healthier, inclusive, and mentally supportive campus environment for students and faculty alike.





CAMPUS COMES TOGETHER TO CHAMPION MENTAL WELL-BEING

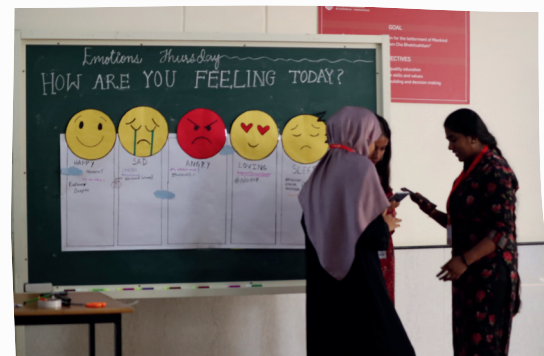
The Department of Humanities (Psychology) organized a two-day inter-department event to mark World Mental Health Day, aiming to raise awareness about mental health and well-being among students. The programme witnessed active participation from undergraduate and postgraduate students across streams, creating a lively and inclusive campus atmosphere.

The event featured poster-making and poetry-writing competitions focused on the theme of mental health, offering students a creative outlet to express their thoughts and emotions. Alongside the competitions, a series of interactive and fun-filled games were conducted to promote teamwork, collaboration and peer interaction. Organizers said the initiative was designed to educate students on the importance of mental well-being while encouraging open conversations around the subject.

Students enthusiastically participated in all activities, with faculty members lending their support throughout the programme. The combination of creative expression and interactive engagement helped reinforce awareness in an accessible and meaningful way.

The closing ceremony marked a fitting conclusion to the event and began with the traditional lighting of the lamp. Principal Dr. Pushpa H. and Vice Principal Jayaram addressed the gathering, sharing motivational messages and urging students to take part in similar initiatives on a larger scale. A video montage highlighting moments from the two days was screened, followed by the distribution of prizes to winners of the competitions.

The event left a lasting impression, underscoring the importance of mental health awareness within the academic community.





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PSYCHOLOGY STUDENTS GAIN GROUND-LEVEL EXPOSURE AT NIMHANS MENTAL HEALTH SANTHE

Sixteen undergraduate psychology students stepped beyond classrooms into community mental health practice during an educational visit to the Mental Health Santhe 2025 at NIMHANS Convention Centre on October 17.

The Department of Humanities (Psychology), M. S. Ramaiah College of Arts, Science and Commerce (Autonomous), organised the visit as part of its experiential learning initiatives. Coordinated by Varsha S Deshpande, the programme aimed to bridge academic learning with real-world mental health engagement and professional practice.

The Mental Health Santhe, an annual community outreach event organised by NIMHANS, showcased a wide range of interactive stalls, awareness sessions, and art-based exhibits focused on mental health promotion, inclusion, and well-being. Students from the III Year B.A. Psychology programme actively participated, interacting with mental health professionals, volunteers, and organisations working across psychology, rehabilitation, and social welfare sectors.

During the visit, students engaged in discussions and hands-on activities addressing key themes such as stress management, suicide prevention, mindfulness, neurodiversity, and emotional well-being. Demonstrations in art therapy, music therapy, and cognitive skill-building offered practical insights into therapeutic approaches and community engagement models used in mental health care.

Faculty members accompanying the students noted that the exposure helped translate theoretical concepts into lived realities. The immersive experience encouraged social responsibility, empathy, and a deeper understanding of outreach-driven mental health initiatives.

The visit concluded with students expressing enhanced awareness of community-based mental health practices and a renewed motivation to contribute meaningfully to the field through inclusive and informed approaches.





JOURNALISM STUDENTS GET FIRST-HAND LOOK AT NEWSPAPER PRODUCTION AT TIMES OF INDIA PRESS

A group of 23 journalism students gained rare behind-the-scenes exposure to large-scale newspaper production during an industrial visit to The Times of India's printing press in Bengaluru on November 18.

The Department of Journalism organised the visit to The Times of India's largest printing facility located in the Bommasandra Industrial Area, Electronics City, as part of its experiential learning programme. Students from the II Year and III Year Journalism courses participated in the visit, which was supervised by faculty members Ms. Aarathy and Mr. Sarath B.

The visit aimed to familiarise students with the end-to-end process involved in producing a daily newspaper. Technical supervisors at the press guided students through each stage of production, starting from digital page design and pre-press operations to plate-making, high-speed offset printing, cutting, folding, and distribution. Students also observed quality control measures that ensure consistency across thousands of printed copies.

Detailed explanations were provided on layout planning, colour management, machine precision, and the challenges of meeting strict deadlines in a professional news environment. The interaction helped students understand how editorial decisions translate into physical print under time and logistical constraints.

Faculty members noted that the exposure bridged the gap between classroom theory and industry practice. Students reported gaining deeper insight into newsroom structure, production logistics, and career opportunities in print and digital journalism.

The industrial visit significantly enhanced students' understanding of media operations, professional ethics, and the scale of coordination required to run one of India's leading media organisations, strengthening their academic foundation in journalism and mass communication.





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MSRCASC STUDENTS TEST CONSTITUTIONAL KNOWLEDGE IN SPIRITED QUIZ FACE-OFF



To commemorate Constitution Day, the Department of Humanities at MSRCASC organized a high-energy interdepartmental quiz competition on November 26, 2025. The event, held at the MCA Gallery Room, saw students from diverse academic backgrounds demonstrating deep intellectual engagement with India's democratic foundations and legal heritage.

Mahesh Singh, representing the MCA 2025-26 batch, secured the top spot after several grueling rounds of rapid-fire questions. Midhun Madav of the BA 2023-24 batch followed closely, claiming the second prize. The proceedings were overseen by event coordinators Dr. Ganesh Naik and Mr. Prashanth S P, who ensured a fair and competitive atmosphere throughout the afternoon.

The quiz was meticulously structured to serve as both a contest and a comprehensive educational workshop. Participants were tested on a wide spectrum of complex topics, including the drafting nuances of the Indian Constitution, pivotal milestones in the independence movement, and the biographies of prominent freedom fighters. The lively exchange of answers highlighted the students' analytical skills and their ability to recall intricate historical facts under pressure.

Beyond the scores, the initiative sought to foster a renewed sense of nationalism and civic responsibility among the student body. According to the organizers, the event successfully transformed the gallery room into an interactive learning hub, encouraging participants to explore the evolution of Indian governance and democratic values. By bridging the gap between textbook history and contemporary relevance, the competition instilled a lasting respect for the nation's journey toward sovereignty. This successful execution underscores the college's commitment to holistic education and the cultivation of informed, patriotic future leaders.

