

M.I.N.D.S PSYCHIATRY CLUB

Guided by the annual theme Edge of Certainty, the M.I.N.D.S Psychiatry Club (Sapiens), JSS Medical College, Mysuru, organized a series of academic, creative, and experiential initiatives that encouraged students to critically engage with uncertainty, self-awareness, and mental health. The club functioned under the leadership of President Sana Singh, with Vice President Raghavi Jain, General Secretary Rachita Jaisuka, and Joint Secretary Stuti Jajodia, supported by an active and dedicated core team.

A major highlight of the year was TEDxJSSMC, held on 12th October 2025, centered around the theme Edge of Certainty. The event brought together an accomplished and diverse panel of speakers from psychiatry, biomedical sciences, environmental research, social activism, art, music, and youth leadership. Through compelling narratives, research-driven insights, and lived experiences, the speakers explored how progress and innovation often emerge when certainty is questioned and perspectives are expanded.



The club also hosted “Expresso Yourself”, an art therapy session conducted under the guidance of Dr. Megha from the Department of Psychiatry. Through the exercise Landscape of Emotions, participants externalized their feelings through creative expression, fostering emotional insight, stress relief, and mindful self-reflection in a safe and supportive space





Another flagship initiative was Emovere, conducted during Tatvam 2025 on 31st May 2025. Inspired by the Navarasas, this immersive, multi-stage experiential competition integrated psychology, history, and cultural storytelling, challenging participants to navigate emotions, teamwork, and adaptability under thematic conditions.



In addition, the club organized two online academic events. One focused on exam anxiety and student mental health, featuring expert talks on panic attacks, substance use, caffeine consumption, and eating patterns during examinations. Another key online initiative was the ICMR STS Research Workshop, led by Dr. Pallavi Abhilasha, which guided students through research methodology, ethics, citations, and proposal writing, empowering them to engage confidently with scientific inquiry.