RCJPS
RAJAGIRI CHRISTU JAYANTHI PUBLIC SCHOOL

CATHARSIS

Holistic Health and Wellbeing Fest

Hosted by

Rajagiri Christu Jayanthi Public School

Theme:

Alternative Therapies in Psychology

24-25 November, 2022

CATHARSIS

Holistic Health and Wellbeing Fest

OUR GUESTS

Rev. Fr. Dr. Saju Madavanakkadu
M.Phil, Psychiatric Social Work
Ph.D, Child Development
Cllr. of Education (*SH Province)*
Assoc. Director *(RCSS & RBS)*
Vice Principal *(RCSS)*

Mrs. Rashhi Sharma
CI, NGH USA, CH USA,
MHt USA, PFL Dip UK
Certified Instructor of
Hypnotherapy, NGH USA
Certified Life Between Lives
Therapist

Dr. Johnson Alex
Chief Clinical Psychologist &
Director *(JS Care and Science)*
Cognitive Behaviour Therapy
(CBT) Trainer
M.Phil, Clinical Psychology
Ph.D, Clinical Psychology

INVITATION

CATHARSIS

Holistic Health and Wellbeing Fest

Greetings from Christu Jayanthi Public School !

We are indeed delighted to introduce and host **CATHARSIS 2022**, a fest to spread awareness and celebrate holistic health and wellbeing. Catharsis, a word of Greek origin, refers to the re-experiencing (partially or fully) of significant traumatic events, that have not been adequately, emotionally processed and are repressed, causing emotional, physical or relationship problems in the person's life.

Through the fest, we aim to encourage students to explore and expand the horizon of wellness and mindful self-care through various alternative therapeutic approaches. We invite students from Classes X-XII and teachers of your school to participate in **CATHARSIS 2022.** *Further details are in the brochure.*

Mrs. Saji Varghese
Principal

Rev. Fr. Varghese Puthussery CMI
Director

PROGRAMMES

CATHARSIS

Holistic Health and Wellbeing Fest

ACTIVITIES

Therapy Awareness Kiosks

Art Therapy

Dance & Movement Therapy

Music Therapy

Grief Therapy

Hypnotherapy

Aromatherapy

COMPETITIONS

Psycho-mime

Canvas Tales: Thematic Painting

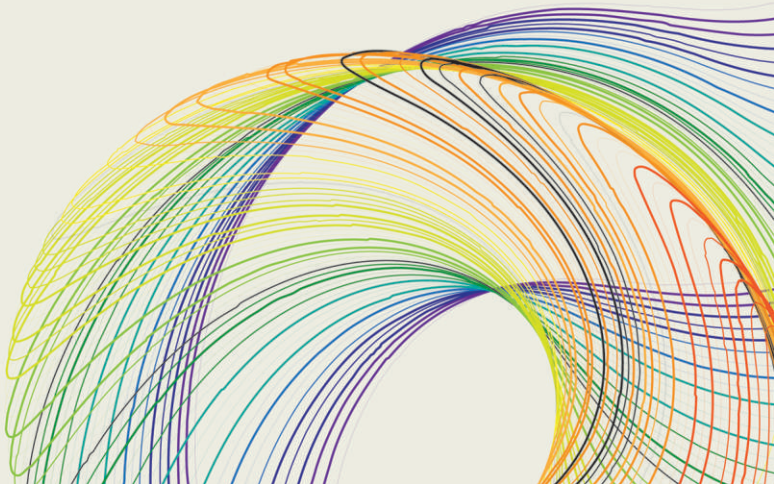
Personality: Charisma

Fast & Furious: Scavenger Hunt

WORKSHOP

Hypnotherapy Workshop

(OPEN TO TEACHERS ONLY)



EVENT SCHEDULE

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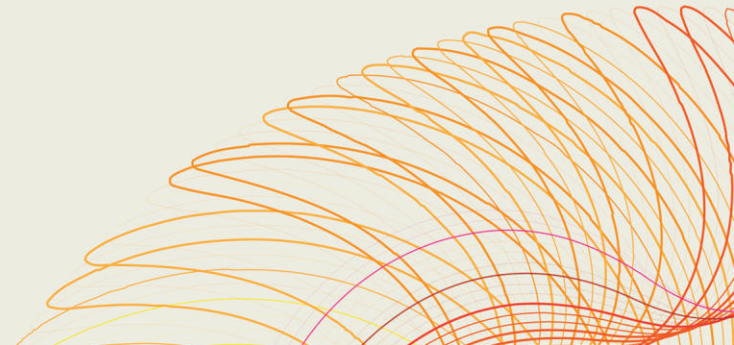
Event dates:	**24-25 November, 2022**
Inauguration ceremony:	**24 November, 2022,** *09:00 am CAAS auditorium*
Valedictory ceremony:	**24 November, 2022,** *04:00 pm*
Last date of registration:	**21 November, 2022**
Hypnotherapy workshop: *(OPEN TO TEACHERS ONLY)*	**25 November, 2022,** *01:00 - 03:00 pm*



CATHARSIS

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GENERAL GUIDELINES

CATHARSIS 2022 is open to all school students of Classes X-XII. Please note that all the competititons are in English.
Participating school-teams should report to RCJPS by 08:00 am, on 24 November, 2022.
Students should be escorted by at least 1 teacher.
The hypnotherapy workshop on 25 November, 2022, is only for teachers.

Registration:

- Click on the given link to register: https://forms.gle/bBr31bKCkSVNA3K3A
- Registration is free.
- Each school will receive a registration ID. Kindly note that this ID is to be used during the performances.
- Schools may send in the list of participants on or before the last date of registration, 21 November, 2022.
- Cross-checking of the participants with their school ID cards will be done at the venue.

Rules and regulations:

- Schools may participate in 1 group event only, along with both the individual events. In group events, the specified number of participants must be adhered to.
- A student is allowed to participate in only 1 event of the fest. All participants must be in coloured clothes.
- Obscenity or vulgarity in any event would lead to disqualifcation of the team for that event.
- Lunch will be available on campus. Schools may purchase lunch coupons at the time of registration.
- The judges' decisions are final in all events.
- Kindly note that all entries submitted by the participants shall be owned solely by RCJPS.
- Any queries regarding the events may be clarifed with the teachers-in-charge:
  - Jiya Johnson : +91 98109 75463
  - Eliza Madathil : +91 73563 41753

PSYCHO-MIME

(Group event)

Experiment with the actor in you and let your expressions convey your feelings as actions speak louder than words.

Rules:

1. Number of participants: 3-6
2. Duration: 5-6 minutes (There will be negative points for exceeding the time)
3. The act should not contain any dialogues or lip sync. Props could be used, but are not compulsory.

Criteria for judgement:

1. Innovation - Depiction of the situation - Makeup and costume - Expressions - Teamwork

CANVAS TALES *(Thematic Painting)*

(Individual event)

Relate art with psychology and explore how different aspects of the human psyche can be portrayed through art.

Rules:

1. Number of participants: 1
2. Duration: 2 hours 30 minutes
3. Theme: Will be given on the spot
4. Medium: Any (Only paper will be provided)
5. Artwork should be original. No tracing or stencils will be allowed.

Criteria for judgement:

Creativity - Interpretation of theme - Aesthetic quality (drawing, composition, colour/tone)

COMPETITIONS

CHARISMA *(Personality)*
(Individual event)

Round 1 - Participant must give a creative introduction of himself/herself
Round 2 - Participants must answer a round of rapid fire questions given by the judges.
Round 3 - Participants must undergo a stress interview

Rules:
1. Number of participants: 1
2. Stick to the time limit in each round.
3. Each round will have elimination.

Criteria for judgement:
Presentation skills - Emotional coping capacity - Personal strategy of dealing with stressor

FAST & FURIOUS *(Scavenger Hunt)*
(Group event)

Rules:
1. Number of participants: 3
2. The treasure hunt consists of a series of clues, each clue leading to the next one and required to be found in a particular order.
3. The clues of all the teams will be different and located in different places, but the final outcome will remain the same for all.
4. Skipping of any clues will result in disqualification.
5. Teams will not be aloowed in off-limit zones.
6. If any object is moved to search for a clue, it will have to be placed back in its original position.
7. Tampering of another team's clues will lead to immediate disqualification.
8. The team that solves the mystery first will be declared the winner.

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ART THERAPY

Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families and communities through active art-making, creative process, applied psychological theory and human experience within a psychotherapeutic relationship.

Through integrative methods, art therapy engages the mind, body and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language. Visual and symbolic expression gives voice to experience and empowers individual, communal and societal transformation.

GRIEF THERAPY

Grief counselling is a type of professional therapy designed to help you work through the various stages and range of emotions you may feel after a loss.

How you experience grief can vary from person to person. People commonly refer to the five familiar stages of grief, initially coined in 1969 by psychiatrist Elisabeth Kubler-Ross. When you're grieving, you may go through at least two of the five stages. But it is important to note that there is no common pathway for grief. Everyone experiences it differently. Counselling will help you address some of the reactions as you process your new reality. Some people recover from grief usually within 6 months, but for some others, it may take up to a year or longer.

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HYPNOTHERAPY

Hypnotherapy, also called clinical hypnosis, utilizes hypnosis as part of the psychotherapy process. The use of hypnosis in psychological treatment is directed toward alleviation of symptoms and modification of behavior patterns or in long-term reconstructive psychotherapy aimed at personality adaptation or change.

Hypnotherapy can be applied to a wide range of health problems (e.g., hypertension, asthma, insomnia, bruxism), chronic and acute pain management, habit modification (e.g., overeating, smoking), mood and anxiety disorders (e.g., some phobias) and personality disorders. There is also some positive evidence demonstrating its effectiveness as an adjunctive therapy.

AROMATHERAPY

Aromatherapy uses warm essential oils to activate your sense of smell and increase your sense of well-being. The oils are massaged into your skin, dropped into bathing water or blended with other oils or steam for you to inhale.

The essential oils used in aromatherapy are extracted from raw plant material, which may be flowers, berries, bark, wood, roots, leaves, resin, peel or seeds. Only a small amount of essential oil is needed, which is blended with a larger amount of "carrier" oil, such as jojoba, sweet almond or grapeseed. Commonly used essential oils include flowers oils such as camomile, lavender, rose, geranium and jasmine and oils extracted from trees such as eucalyptus, peppermint and sandalwood.

AWARENESS KIOSKS

Aromatherapy works on the basis that the smell of the essential oils triggers the limbic system: the part of the brain linked with emotion. This is why a scent can affect how you feel, and help you relax. Smell is a very powerful sense that can also work with your emotional memory.

MUSIC THERAPY

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can address a variety of healthcare and educational goals.

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DANCE & MOVEMENT THERAPY

Dance & Movement Therapy (DMT) is defined by the American Dance Therapy Association (ADTA) as the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual, for the purpose of improving health and well-being.

It is a holistic approach to healing, based on the empirically supported assertion that mind, body and spirit are inseparable and interconnected; changes in the body reflect changes in the mind and vice-versa. DMT as an embodied, movement-based approach is often difficult to describe, as it is necessary to actively engage in the process to get a true sense of what it is.

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RAJAGIRI CHRISTU JAYANTHI PUBLIC SCHOOL
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