



Meraki

Unleash Your Soul's Expression



Department of Psychology | Volume 2 | Issue 18 | February 2025 | Students' Publication

PSYCHOFIESTA



Kristu Jayanti College, Autonomous, hosted PsychoFiesta 2025, a dynamic and immersive event that brought psychology to life through engaging activities and interactive experiences. The event was inaugurated by Rev. Fr. Deepu Joy, Director of the Student Welfare Office, and was graced by Dr. Sruthi Sivaraman, Head of the Department of Psychology, along with faculty members and student representatives.

The event featured a range of thought-provoking activities, including interactive stalls, psychological assessments, psychodrama performances, and fun brain games. Students actively participated in conducting psychological assessments, allowing visitors to explore various aspects of their personality, cognition, and emotions. The psychodrama sessions captivated audiences, offering an expressive understanding of human behavior. Additionally, the engaging brain games and fun activities provided an exciting way to experience psychological concepts in action.

A special appreciation goes to our dedicated event coordinators, Ms. Nikita S. Patani & Ms. Sharmili Chatterjee, for their incredible efforts in making PsychoFiesta 2025 a memorable and enriching experience for all.

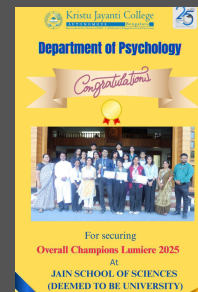
EVENTS



The Department of Psychology organized a Workshop on Energy Healing for IV Semester M.Sc. Counselling and M.Sc. Psychology students. The session was conducted by Ms. Deepika Murthy, an alternative therapist, on 20th February 2025.

A Workshop on Drama Therapy was held by the Department of Psychology for IV Semester M.Sc. Counselling and M.Sc. Psychology students. Led by Ms. Deepika Murthy, Founder of Alp-Viraam, the session took place on 21st February 2025.

CONGRATULATIONS



THE PSYCHOLOGY BUZZ

Sadhana Kallat, 23MPLB47

Have you ever scrolled through social media and found yourself reading about personality types, overthinking, or why people procrastinate? It seems like psychology has taken over pop culture, with complex ideas being explained in simple, relatable ways. Concepts that were once limited to academic textbooks are now everywhere, from short videos to fun infographics, making psychology one of the most talked-about topics today. This growing interest is often called pop psychology, which refers to psychological ideas and concepts that are simplified and made accessible for the general public.



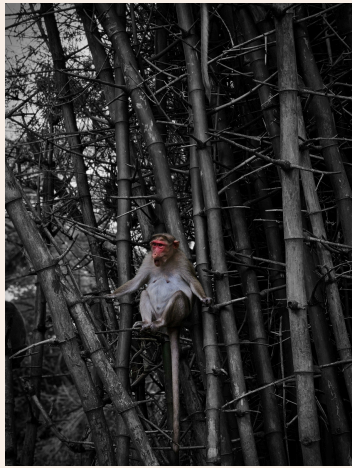
It involves simplified and often anecdotal interpretations of psychological theories and concepts, presented to the general public through various media such as books, magazines, television shows, and social media. Unlike academic psychology, which involves detailed studies and research, pop psychology focuses on making psychological knowledge easy to understand and apply in everyday life. While it's not always scientifically precise, it has helped bring psychology into mainstream discussions, making people more aware of how their minds and emotions work. One big reason for this trend is that people love to understand themselves better. Why do we say we'll wake up early but hit snooze five times? Why do we struggle to focus on tasks even when we know they're important? Why do we sometimes feel nervous in social situations for no reason? Psychology offers explanations for these everyday behaviors, and when those answers are made fun and easy to digest, they become irresistible. Another reason for its popularity is how it helps explain social interactions. Terms like "introvert," "extrovert," and "body language" are now common knowledge. Have you ever noticed how people mirror each other's gestures during a conversation? That's called the chameleon effect, and it happens naturally to build rapport. Or maybe you've heard of the placebo effect, where people feel better just because they believe a treatment works—even if it's just a sugar pill! These little psychological quirks make people curious, and the more they learn, the more they want to know.

Pop psychology is also fueled by the increasing focus on mental health. More people are seeking ways to manage stress, build confidence, and improve relationships. Concepts like mindfulness, emotional intelligence, and positive affirmations have gained massive popularity, with countless books, apps, and online courses dedicated to them. Even workplaces are embracing psychological ideas to boost productivity and teamwork. However, as psychology becomes mainstream, some terms are getting misused. Words like "overthinking," "anxiety," and "boundaries" are sometimes thrown around casually, even when they don't apply. Not every moment of forgetfulness is a sign of a deeper issue—sometimes, people just get distracted. Similarly, while personality tests like the MBTI (Myers-Briggs Type Indicator) or Enneagram are fun, they don't define a person entirely. While pop psychology helps spread awareness, it's important to separate actual science from catchy trends. Despite this, the rise of psychology in everyday conversations is a great thing. More people are interested in understanding human behavior, mental health is being discussed more openly, and critical thinking is becoming a valued skill. Whether you're learning about memory tricks, decision-making, or how habits are formed, psychology is making the world a more self-aware and interesting place.

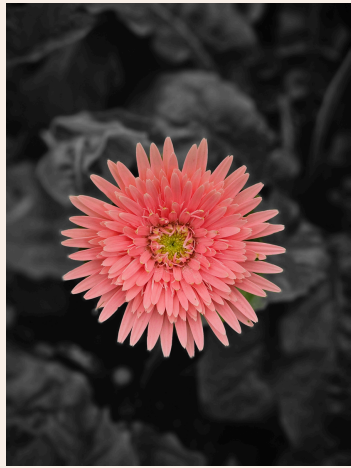


STUDENTS CORNER

PHOTOGRAPHY



Aomong, 23MPLB07



Dishee Chowhan, 23MPLB14



Gluttony

Nikitha Anto, 23MPLA40

Disgusted, infuriated, bitter;
I want to tear apart my skin.

Only if i wouldn't feel this way,
Only if there was a way to escape.

The urge to starve myself and inflict pain,
To wake up and feel lighter again.

Only if I could stop tasting guilt in every bite,
Only if my mind hating my body, ever felt right.

My mind is wired to feel this way,
Deep down i know i shouldn't be thinking this way.

Only if i could eat my thoughts away,
Only if acceptance didn't have a sour taste.

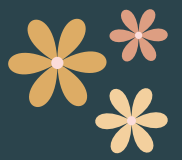
ARTWORK



Prarthana Singh
24MPLA51



Samishka Thangaraj
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Memories

Dishee Chowhan, 23MPLB14

A favourite teacher's gifted dictionary, two black and white marbles, a cotton thread, colourful glass stones, birthday cards with the same old "Roses are red..." scribbled across the paper in colourful pen by tiny, friendly hands, a wish pearl enclosed in a pendant for it carries the most delicate and priceless entity of all—a wish... The one day I decide to sort the chaos in my room is the day I find myself amid innumerable, priceless memories held by the most trivial little possessions in that memory box. A tear rolls down my cheek as I reminisce to those times I long to visit, to those images that are now a blur in my head, relations that are now scattered and some others, forgotten. Memories are strange—they're mere impressions of time embedded in what we call "The Memory Lane", yet time garnishes them with its touches. What seemed embarrassing then is now a fond recollection, what felt like the end-of-the-world is a mere 2+2 problem, what seemed endless is now a moment. Reminiscing has the power to overwhelm with a fountain of colourful emotions all in a moment. What if all memories could be trapped in a big jar where one would could feel the rush of revisiting them? Each memory, of every single emotion, is significant. We are shaped by experiences and impressions of time. Everything happens for a reason, for the best. Hence, every memory is priceless.

Here, I quote one of my favorites- "My theory is about moments. Moments of impacts. My theory is that, these moments of impact, these flashes of high intensity that completely turn our lives upside down actually end up defining who we are. The thing is, each one of us is the sum total of every moment that we've ever experienced, with all the people we've ever known. It is these moments that become our history, like our own personal greatest hits of memories that we play and replay in our mind, over and over again... These moments of impact define who we are. A moment of impact has potential for change, has ripple effects far beyond what we can predict. Sending some particles crashing together making them closer than before, while sending others off into great ventures, ending where you never thought you'd find them. You see that's the best thing of moments like these, you can't, no matter how hard you try, control how they are going to affect you. You just got to let these colliding particles land where they may and wait until the next collision."— The Vow

Oh, how I wish I could remember my moments of impact. The beautiful minor and major moments of impact that have shaped my life. Every good, every emotional, every intense moment. And so, I save these little souvenirs from a time that once was, pictures of moments that I wish to carry with me through the journey and fill diaries with memories that filled the ocean of my life. Why, you ask? Because I'm afraid of the inevitable; I am afraid of forgetting.



LATEST NEWS

The brain regulates body weight and fat distribution, playing a key role in obesity. A study from DZD highlights insulin's impact, showing that brain insulin sensitivity affects weight gain and fat storage. Insulin sensitivity in the brain influences long-term weight gain and fat distribution, potentially contributing to obesity and diabetes.

"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life."

- Abraham Maslow

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