



## High Time To Recognize & Observe The Importance Of Students' Mental Health

*Andrea Abraham - 23PSYA08, Hannah John - 23PSYA20*

World Mental Health Day is observed on October 10. It draws attention to the need for advocacy and education for mental health. Well-being in schools and colleges is influenced by a whole range of factors beyond academics, significantly affecting overall mental health. The other key issue has been the sheer academic pressure in India; the pressure and strict expectation are too high and too stressful. Students do carry out the burden of obtaining very good grades and getting good placement; institutions often beat out wellbeing. The resulting burnout, anxiety, and depression accrue for the student. Social pressures also play a vital role in mental health issues. Pressures of friendship, relationships, and being socially accepted can create a feeling of isolation and poor self-esteem. Social media adds to this, with the student feeling forced to create an idealistic lifestyle and therefore anxious about it as well as the urge to compare with other classmates. Cyberbullying, further complicates the issues brought by social pressures in harming the self-worth and emotional well-being of a student.



This, in turn, adds another element of stress. The parent always wishes the best of the child, but by the same token, it adds to the pressure so that they wish to view the child reaching some manner of standard in their own family. It is only via a non-judgmental environment that children get comfortable talking about their problems and feelings. The emotional support instead of material means makes the student feel sound. Tuition fees, living costs, and balancing part-time jobs also are among the great financial pressures, especially to those students who pursue higher education. All these stresses lead the students to lose concentration over their studies and development as individuals. Often, students at such times go through severe personal crises that require caring environments. Thus, sometimes, one would be much better serviced if schools and colleges allowed counseling services to be set up.

Lastly, stigma about mental health prevents a student from seeking care. Perhaps a number of students will shy away from opening up about their situation because this would make them appear weak. This makes them hopeless and isolated. In India, suicide is a leading cause of death in young people aged between 15-19. In 2021 over 10,000 youngsters lost their lives to the disease. Building a stronger support structure requires immediate and concerted action towards mental well-being. These compassionate spaces should be formed by institutional, family and community, that would support students free from judgment when they appear for help. Let's join hands in creating learning environments that are sensitive towards students' welfare.

### Icons of Resilience: Matthew Perry & Liam Payne Through Mental Health Struggles



Matthew Perry, known for his role as Chandler Bing in FRIENDS, faced mental and emotional struggles during and after the show. In his book, "Friends, Lovers and the Big Terrible Thing," Perry discusses his addiction to substances and the changes in his health. Jennifer Aniston, one of the cast members, also shares Perry's struggles. Despite his struggles, Perry remained selfless and aimed to help others with similar issues. His fans to this day miss how he made them smile and laugh through all difficult and hard times. Our beloved Chandler Bing has been gone from us for a year. Thanking you for making our early years and our tender hearts joyful. Your ability to make us grin will live on in our memories.

Liam Payne, former member of One Direction, has been open about his mental health journey, using his platform to bring awareness to issues like anxiety and addiction. He has shared his struggles with the pressures of fame and how they impacted his mental well-being. Payne's honesty about seeking therapy and working toward a healthier mindset sets a positive example, showing that it's okay to ask for help. His story encourages fans and others to prioritize mental health and seek support when needed. Through sharing his experiences, Payne helps normalize mental health conversations, promoting resilience and self-care.



# EVENTS CORNER

## PSYCHOLOGICAL FIRST AID FOR CRISIS RESPONSE



The Department of Psychology organized a workshop on "Empowering Compassion: Psychological First Aid for Crisis Response" on 25th October 2024, for III Semester MSc Psychology students. Renowned Consultant Psychologist, Ms. Ambika Avadam from Swasthmind and Manonetra, led the workshop, equipping students with essential skills in crisis intervention and emotional support. Through interactive sessions and role-playing exercises, participants gained insights into identifying signs of emotional distress and providing compassionate responses. This initiative reinforces the department's commitment to developing students' expertise in addressing mental health concerns. We extend our gratitude to Ms. Avadam for sharing her expertise and to our students for their active participation.

## PROPRIMUM SERIES: ANIMAL-ASSISTED THERAPY



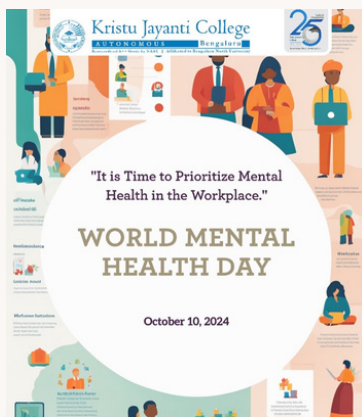
The Department of Psychology at Kristu Jayanti College hosted a Proprium Series guest lecture on "Animal-Assisted Therapy" for 3rd Semester M.Sc. Clinical Psychology students on October 25, 2024. Led by Dr. Hemangi Narayan Narvekar from Christ University, the session focused on using animal-assisted therapy for individuals with Autism Spectrum Disorder (ASD) and neurodevelopmental conditions. Dr. Narvekar shared clinical insights on how therapy animals support social, emotional, and sensory development, enhancing communication and behavior. This lecture provided students with valuable knowledge on integrating animals into therapeutic interventions for holistic clinical practices. The engaging session left students inspired to explore innovative approaches in their future.

## VISIT TO THE LIZA'S HOME (MENTAL & PHYSICALLY CHALLENGED CARE -SUPPORT HOME)



The visit to Liza's Home, a care facility for individuals with mental and physical disabilities, showcased a compassionate, supportive environment that instilled a sense of security among residents. The staff's professionalism and personalized communication techniques met diverse resident needs, encouraging social engagement through group activities that fostered a sense of belonging. The facility's holistic approach prioritizing both physical and mental well-being through structured activities and wellness programs was commendable. With regular training on updated mental health practices, staff effectiveness could further improve, enhancing the high standard of care already evident in the institution's operations.

## WORLD MENTAL HEALTH DAY OBSERVANCE



October 10th has been designated as World Mental Health Day by the World Health Organization. In order to raise awareness among students about the importance of having positive mental health, the psychology department of Kristu Jayanti College honored World Mental Health Day on the theme "It is Time to Prioritize Mental Health in the Workplace".

## RESEARCH EXCELLENCE AWARD 2024



The Department of Psychology is proud to announce its recognition with the prestigious Research Excellence Award 2024. This award celebrates the exceptional research contributions and academic dedication of our esteemed faculty members: Dr. Sruthi Sivaraman (Head of the Department), Mr. Vignanth Babu KG (PG Program Coordinator), Dr. Lokesh L (Assistant Professor), Ms. Soumya Simon (Assistant Professor), and Dr. Anjana Sinha (Assistant Professor). Their commitment to advancing psychological research and fostering an environment of academic excellence continues to inspire both students and colleagues alike.

## Battling Anxiety

*Rhea Linnia - 23MPSY38*

The night is getting grey,  
Anxiety creeps in as she lays.  
Gusty winds blow playing a melancholy tune,  
A woman is scuffling to sleep in her cocoon

She wakes up to her screams  
And finds herself drowning in a whirlpool of overthinking.  
Her shoulders shrugging with responsibilities,  
Procrastination hindering her abilities.

Overthinking is not her choice!  
"Why me? Where did I go wrong?"  
Questions her inner voice  
Perfectionism is not her style!  
Expectations take her on a ruthless drive.

Feelings she never speaks about:  
"Will that boy ever love me?" she doubts  
"Sweaty palms will he ever hold?"  
Oh! Anxiety is such a curse  
Whispers from everyone make her cold.

Social stigma is such a depraving thing,  
She wakes up to mocks every morning.  
For you and me it's just another day,  
For we have no reason to think that way.

Alas! she musters stamina to take matters in her stride,  
A little empathy is what she asks for her to survive,  
No more panic attacks, no more nausea she tries.  
For now, our queen is ready to rise.

Kind actions and deeds can go a long way.  
Lending a listening ear works wonders,  
Trust me when I say:  
Allow her to open up her incoherent heart  
For it's never too late for a restart.

## PSYCHOLOGY NEWS

- A mental health app could help prevent depression in young people at high risk: A cognitive behavioral therapy (CBT) app has been shown to significantly prevent increases in depression among young people who are at high risk. This app could be a cost-effective way to support public mental health.
- Bilingualism may help protect against Alzheimer's: In a study using neuroimaging, researchers examined brain resilience in areas related to language and aging. They found that the hippocampus in bilingual people with Alzheimer's disease was noticeably larger than in monolinguals of the same age, education, cognitive function, and memory. This suggests that bilingualism may provide some brain maintenance benefits.
- Feeling sleepy and worried about staying alert? Australian researchers have developed a new, brain-based measure of chronic sleepiness that could diagnose this condition in just two minutes. This test may predict if someone is safe to drive, operate machinery, or even alert enough for an exam.

Source : [www.sciencedaily.com](http://www.sciencedaily.com)

## Though

*Navyashree.S - 22PSYB22*

Though the world force me to speak  
I carry your silence  
Though the world gives me the smile  
I carry your laughter  
Though the world gives me the best time  
I carry only your memories  
Though the world gives me the beauty  
I carry only your actions  
Though the eye capture the view  
Soul is in search of YOU  
Though everything is fine  
Everything is not fine too...!

## Exploring Famous Psychological Thrillers



"Gone Girl" by Gillian Flynn explores psychological themes, including identity, manipulation, and relationships. The novel highlights sociopathy, identity struggles, and societal expectations. The story serves as a study of human psychology, particularly in relationships, trust, and betrayal.



"Split" by M. Night Shyamalan explores dissociative identity disorder (DID), a psychological condition involving multiple personality states. The film highlights the impact of trauma on identity and behavior, and the complexity of DID and its stigma.

## School Uniform

*Max Kshetrimayum - 23PSYB29*

My tie floats in the pond that resides in my room.  
The pond will soon swallow my mattress too.  
My knees scream as they drown in the chocolate milk that  
Smells of grass and tastes of carcasses.  
The tie floating in the pond is so elusive it reminds me of  
You for a second.

With the tie around the collar of a shirt drenched in sweat  
And pants that need a touch of a tailor,  
I am ready for school,  
And so are the planes.

Before my feet stepped past the threshold of the door,  
I say goodbye to my mother.  
Her lungs flooded with blood,  
And her blood garnished with ashes and love.

I reach my school; partially intact  
Missing limbs and broken walls.  
I sat myself at my usual seat and waited.  
Initially for the teacher, then you.  
Neither arrived and i was confused.

Before i drift away in my temporary fabrication of life,  
The smell of grass and smoke knock on my eyelids,  
And the sound of the burning children and clothes tickle  
My back.  
Then with eyes in search of someone's touch, i await the  
Chasing planes and falling concrete.

As the descending ball of fire kisses the roof of my  
Classroom,  
And as my charred face dissolves in the pond my tie fell in,  
I hope i am pushed in a perpetual dream of you,  
Where our room isn't flooded,  
Where the flying bombs elude the walls of our school,  
And my mom cooks pasta for both of us.



Between stimulus and  
response there is a space.  
In that space is our power  
to choose our response.  
In our response lies our  
growth and our freedom.

– Victor E. Frankl



*Pakeezah Andleeb - 22PSYA34*



*Devika E - 23PSYA14*



*Pakeezah Andleeb - 22PSYA34*

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