



Meraki

Unleash Your Soul's Expression



Department of Psychology | Volume 2 | Issue 15 | January 2025 | Students' Publication

YOUNG RESEARCHERS DAY

The Department of Psychology at Kristu Jayanti College, Autonomous, Bengaluru, organized the Young Researchers Day 2025 on the 10th of January, 2025. This one-day academic event provided a platform for undergraduate psychology students to engage with emerging research methodologies and trends, promoting intellectual development and innovation. The day began with a session on “Training on Statistical Software,” conducted by Dr. Arjun Sekhar P M via Zoom. The session focused on equipping students with the knowledge and skills to effectively use statistical tools in psychological research. Three parallel paper presentation sessions followed, held in different venues from 11:00 AM to 12:50 PM. These sessions allowed young researchers to present their work, receive constructive feedback, and engage in scholarly discussions.




In the afternoon, the program commenced with a formal welcome and the introduction of the Chief Guest, Dr. Vijayala Srinivas. The highlight of the event was a session by the guest speaker, Dr. Vijayala Srinivas T, Head and Associate Professor, Department of Psychology, Christ (Deemed to be University). The session, titled “Foundations and Frontiers: Exploring Research Methodology and Emerging Trends,” provided valuable insights into innovative research practices in psychology. This thought-provoking discussion encouraged students to explore new dimensions in research. The program concluded with an interactive session, certificate distribution, and a vote of thanks, marking the end of a successful event. The Young Researchers Day, 2025, served as an enriching experience for all, fostering academic curiosity and creativity.



LAURELS TO THE DEPARTMENT

Congratulations!
on winning at Inter-University South East Zone Youth Festival

**Western Vocal Solo
Fifth Place**



Wandu Kermesha Warjri
I Year BA Psychology

Congratulations!
on winning at Inter-University South East Zone Youth Festival

Western Group Vocal - Third Place

 Simon Daniel S III Year BCom	 Joshua Wilson Paul S S III Year BSc Data Science
 Raigan Sam YR II Year BA Applied Economics	 Joy Melvina D III Year BA Visual Communication
 Pragati Vyas II Year BCom Professional	 Wandu Kermesha Warjri I Year BA Psychology
 Isaac Paul V III Year BBA	 Joshua B III Year BA English

Congratulations!
on winning at Inter-University South East Zone Youth Festival

Indian Group Song - Fifth Place

 Melvika Hareendran II Year BA Psychology	 Anjana Sunilkumar Nambiar II Year BSc BTGE
 Krishna Ramakrishnan III Year BSc BTGE	 Vishnu A I Year BSc Forensic Science
 Aadarsh Ernest Abraham III Year BBA	 Savanna Suraj III Year BBA
 Isaac Paul V III Year BBA	

SHINING STARS OF THE YOUTH FESTIVAL

The students of the Department of Psychology showcased their exceptional talent, skills and creativity, winning numerous awards across diverse categories at the Inter-University South East Zone Youth Festival.

THE PSYCHOLOGY OF SUSTAINABLE GOAL-SETTING

Mehak Gurung, 23MPLB32

The start of a new year often sparks a desire for transformation, as people embrace the fresh start that January represents. However, studies reveal that the majority of New Year's resolutions fail within just a few months. A significant reason for this is unrealistic expectations. Goals like "exercise daily" or "quit sugar completely" demand drastic lifestyle changes that can overwhelm our emotional and cognitive resources. These ambitious targets are difficult to maintain and often lead to burnout or discouragement when perfection isn't achieved. Instead, psychologists recommend breaking large goals into smaller, more achievable steps. For instance, rather than committing to a daily workout, start with twice a week. These smaller milestones build confidence, create a sense of accomplishment, and gradually establish sustainable habits. Incremental progress is more manageable and significantly increases the likelihood of long-term success. Sustainable change is about progress, not perfection. Small steps and a compassionate mindset can transform resolutions into tools for lasting growth and well-being.

Timing also plays a crucial role in whether resolutions succeed. January often comes with financial strain, post-holiday fatigue, and even seasonal depression—factors that drain the psychological energy needed to sustain change. Setting goals during less stressful times, such as spring or early summer, can provide a stronger foundation for success. During these periods, people are generally more optimistic, energized, and better equipped to handle the challenges of change. Additionally, intrinsic motivation is a critical factor in sticking to resolutions. When goals align with personal values and passions rather than societal expectations, they feel more purposeful and fulfilling. For example, someone who loves the outdoors might find it easier to commit to hiking regularly than to spending hours at the gym simply because it's a common resolution.



Another cornerstone of sustainable goal-setting is habit formation. Creating lasting habits often requires anchoring new behaviors to existing routines. For instance, meditating immediately after brushing your teeth or taking a short walk after lunch can help integrate these activities seamlessly into daily life. Consistency is key; research shows that repeating a behavior consistently over 21 to 66 days strengthens neural pathways, making the behavior more automatic over time. This gradual process is crucial for embedding new habits into your lifestyle. Equally important is the attitude we bring to our efforts. Many people abandon their resolutions at the first sign of failure, viewing setbacks as a sign to quit. Psychologists encourage a mindset of self-compassion, recognizing that relapses are a normal part of the process. Instead of giving up, use setbacks as opportunities to reflect on what went wrong and adjust your approach. Perhaps your goal needs to be broken down further, or you need to find additional resources and sources of support or motivation.

By diligently combining realistic planning with intrinsic motivation, and effective habit formation, you can create goals that truly last. Add to this a dose of self-kindness, and you'll be better equipped to navigate the inevitable ups and downs of personal transformation.



STUDENTS' CORNER



His blessings

Ritika Lodh, 22PSYA41

Sometimes I lose my way..
Yet he doesn't forget to show me love
In 'S's and 'A's, in 'Z' and 'N'
And most definitely in 'R's



Reminding me love will always stay
In the most subtlest of paths,
They say it's hard to keep,
But sometimes you're just too blind to see.

It's not always roses and rainbows,
But just might chase away the shadows,
It's not the names you remember in your sorrow
But the faces you wake up to see tomorrow.

It just might be tough love at times,
But sometimes, bringing you an umbrella,
Or getting you a random souvenir,
Or maybe giving you the best z-talk~

Quest

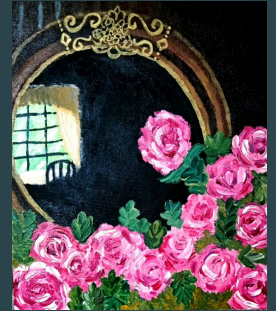
Dubari Baruah, 24KJ54331

In my quest to reach the shore,
I tremble, crumbling to the core.
In the cold, my body freezes,
Drowning in the pain, it ceases.
Yet, my hands grasp onto hope's thread,
Surviving, despite the dread.

My heart aches, feeling so alone,
But it knows, a new shore is shown.
Through past mistakes, I find my way,
Learning, growing, day by day.
Together, we can face the storm,
Embrace the light, and be reborn.



Siddhima Srivastava, 24MPLB51



Mehak Gurung, 23MPLB32



NEWS UPDATE

Latest Advances and Insights in Psychology – December 2024

In December 2024, notable developments in psychology include a Finnish study exploring how cold water swimming may enhance psychotherapy for anxiety and depression, while critiques of the mental health industry highlight concerns over over-diagnosis and questionable practices. Additionally, research on anger reveals how brain activity during anger affects decision-making, with chronic anger potentially rewiring neural pathways and impacting mental health.



"The principal goal of education is to create men who are capable of doing new things, not simply of repeating what other generations have done." - Jean Piaget



STUDENTS' CORNER



Delude. Delude. Delude.

Max Kshetrimayum, 23PSYB29

To see you is to command myself
 To eternal torment in the gardens of heaven.
 But to find myself astray from you and all your beauty,
 Is to be caressed and washed in the river of Acheron.
 I find myself in this unsettling inbetween,
 Stagnant, poisoned and limbless.
 My eyes deteriorate to perfect vision,
 Just find you too, stuck in a whimsical chase.
 Or so i delude myself.
 I delude myself into this romance,
 Of finding us in this unsettling inbetween,
 Stagnant, poisoned, limbless and half-dead.
 Neither caressed and washed,
 Nor in the gardens of heaven.
 Stuck at the threshold of the river of woe,
 Sinking at the thought of eternal torment.
 Or so i like to delude myself.

One for the Road

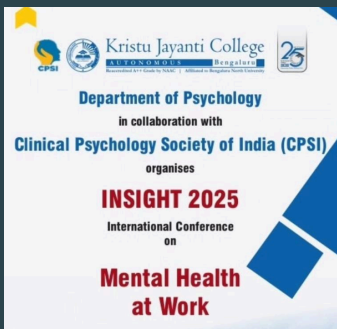
Melariiaka Synrem, 23PSYA34

Let's take one for the road.
 When the path seems long and the nights are cold,
 Take one for the road, let your spirit rise;
 When the weight of the world seems too much to hold,
 For the dawn is coming, just beyond the skies.

 When dreams are far away and hope is thin,
 One more step, and you'll see the light;
 When the fight inside is slowly wearing thin,
 A brighter day awaits, just out of sight.

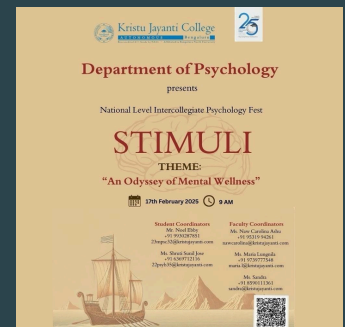
 Hold tight to courage, let your heart be bold,
 The road may feel endless, but your story's still untold.
 Take one more step with grit and grace,
 No matter where you stride, it's worth the chase.
 Let's take one more for the road.

UPCOMING EVENTS



The Department of Psychology, Kristu Jayanti College, in collaboration with the Clinical Psychology Society of India, is organizing an international conference on "Mental Health at Work" on 27th and 28th March 2025, of effective therapeutic communication.

The Department of Psychology at Kristu Jayanti College is proud to host Stimuli, a National Level Intercollegiate Psychology Fest, on 17th February 2025. The fest, themed "An Odyssey of Mental Wellness", aims to celebrate and promote mental health awareness.



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