



Kristu Jayanti College

AUTONOMOUS Bengaluru
Reaccredited A++ Grade by NAAC | Affiliated to Bengaluru North University



DEPARTMENT OF PSYCHOLOGY

presents

PRAVAHA 2025

ANNUAL DEPARTMENT MAGAZINE

Mental Health at Work





Kristu Jayanti College

AUTONOMOUS Bengaluru

Reaccredited A++ Grade by NAAC | Affiliated to Bengaluru North University

Hearty Congratulations

**Kristu Jayanti College, Autonomous
Bengaluru**

is awarded

A++ Grade

with CGPA of **3.78** out of 4

in the 3rd Cycle of

Assessment and Accreditation

by NAAC

ST. KURIAKOSE ELIAS CHAVARA



LIGHT AND PROSPERITY

“Let there be no day in your life, in which you did no good to others.”



OUR COLLEGE

Kristu Jayanti College, founded in 1999, is managed by "BODHI NIKETAN TRUST", formed by the members of St. Joseph Province of the Carmelites of Mary Immaculate (CMI). The institution strives to fulfill its mission to provide educational opportunities for all aspiring young people to excel in life by developing academic excellence, fostering values, creating civic responsibility, inculcating environmental concern and building global competencies in a dynamic environment.

The College is affiliated to Bengaluru North University and is reaccredited with grade 'A++' in 2021 by NAAC in the Third Cycle of Accreditation. The college is recognized by UGC under the category 2(f) & 12(B). The College has been accorded Autonomous Status since 2013 by the University Grants Commission, the Government of Karnataka & Bangalore University.

In the NIRF 2024, Our college has been ranked 60th place in the top 100 colleges in the country. The programmes of the School of Management are internationally accredited by the Accreditation Council for Business Schools and Programs [ACBSP, USA]. The college was accorded 'DBT Star College status under the strengthening component' by the Department of Biotechnology, the Ministry of Science & Technology and the Government of India. The institution received first prize at the National Level for 'Clean and Smart Campus Award' from Shri. Dharmendra Pradhan, Minister of Education, Govt. of India.

In the India Today - MDRA survey 2024, Kristu Jayanti College, Bengaluru is consecutively ranked as the Best Emerging College of the Century at National Level for Commerce, Science, Arts and Social Work. At the National level, the survey ranked the college as 4th Best in BCA, 12th Best in MSW, 20th Best in BBA, 21st Best in Commerce and Arts, 26th Best in Mass Communication, 28th Best in Science Programmes. The College is ranked as 2nd Best in MSW, 3rd Best in BCA and Commerce, 4th Best in Arts and Science, 5th Best in Mass Communication and 6th Best in BBA programmes among the colleges in Bengaluru.



OUR DEPARTMENT

The Department of Psychology at Kristu Jayanti College was established in the year 2002. The department was started with the objectives to provide an environment that is “learner-centric”, to provide value-based education, to help students communicate effectively and to sensitize students regarding various contemporary psychological tools. The program in the department aims to develop the ability to realize one's complete potential mentally, physically, and emotionally. Also, it promotes creativity, scientific temper, and environmental sensitivity.

The Department of Psychology offers 4 Undergraduate programmes under the Denary of Humanities and 3 Postgraduate programmes. The undergraduate programmes offered are Bachelor of Arts (BA) Psychology, Bachelor of Arts (BA) Psychology and Journalism (PYJO), Bachelor of Arts (BA) Psychology and English Literature (PYEN) and Bachelor of Arts (BA) Psychology and Performing Arts (PYPA). The Postgraduate programmes offered are Master of Science (M.Sc.) in Clinical Psychology, Master of Science (M.Sc.) in Counselling Psychology, and Master of Science (M.Sc.) in Psychology with two major specializations where students can choose from their area of interest. The specializations provided are Clinical Psychology and Industrial Psychology & HRM.

The Department of Psychology while promoting academic excellence also emphasizes holistic personality development of the students. One of the most important roles the department plays is to offer psychological support to the students. Counselling and guidance are offered to any student of the college who requires emotional support.

ABOUT PRAVAHA 2025

Welcome to “Pravaha”, a magazine that seeks to explore the ever-evolving landscape of the human mind, behaviour, and experience. Each year, we bring together insights from psychology, research, and real life to shed light on the inner workings of thought, emotion, and interaction.

In “Pravaha” 2025, we turn our focus to a theme that is both timely and vital “Mental health in the workplace”. As professional environments become more fast-paced and demanding, the impact on psychological well-being has never been more significant. This edition explores how work influences mental health, and how cultivating supportive, mindful, and resilient workplaces can benefit both individuals and organizations.

Through expert perspectives, research-driven discussions, and practical strategies, we delve into topics such as workplace stress, burnout, emotional intelligence, work-life balance, and mental wellness initiatives. Whether you’re an employee, leader, mental health professional, or simply interested in the mind-work connection, this issue invites you to reflect, learn, and engage with the conversation on building healthier, happier workplaces. Let’s embark on this journey to understand and enhance mental well-being in the world of work.

PRINCIPAL'S MESSAGE



FR. DR. AUGUSTINE GEORGE

It gives me great pleasure to acknowledge the Department of Psychology for hosting the prestigious International Conference 'Insight' on the theme of 'Mental Health at Work'. This insightful conference highlights the significance of promoting a workplace environment that prioritizes psychological well-being. Building upon this theme, the Department of Psychology releases the 9th edition of annual magazine 'Pravaha 2025' strives to cultivate workplace ethics. The magazine also underscores the necessity of fostering open conversations and providing resources for holistic well-being. I am immensely proud of the efforts taken by the Department of Psychology to address such a relevant topic through their magazine. It reflects our college's commitment in promoting a work environment that values psychological safety and supports the well-being of staff and students alike.

I am confident that 'Pravaha 2025' will not only serve as a source of knowledge and inspiration but also become a treasured keepsake for all those associated with this magazine. I extend my heartfelt congratulations to the Department of Psychology for their dedication and exceptional contributions.

VICE PRINCIPAL'S MESSAGE



FR. DR. LIJO P THOMAS

It is with immense joy and pride that I introduce the latest edition of 'Pravaha 2025', the annual magazine by the Department of Psychology. This magazine is a culmination of ideas and a testament of the intellectual spirits and creativity by the students. The theme 'Mental Health at Work' has been deeply engaged in the magazine through its thought provoking, well researched writings and creative expressions.

As we turn the pages of this edition, let us reflect on the fact that a truly thriving workplace is not solely defined by the efficiency and productivity of its employees but also by their overall well-being within their professional environment. A supportive and mentally healthy workplace fosters not only individual growth but also collective success. This edition serves as a meaningful reminder to acknowledge and prioritize mental health in the workplace, encouraging organizations to create spaces where employees feel valued, supported, and empowered to perform at their best.

The success of this magazine has been possible only through the relentless efforts of the contributors, faculty members and editors. Their encouragement and support has helped shape the publication of this magazine into a meaningful platform to voice out awareness and dialogues.

May 'Pravaha 2025' enlighten, inspire, and spark change in every reader.

MESSAGE



FR. EMMANUEL P J

DIRECTOR, KRISTU JAYANTI COLLEGE OF LAW AND
INTERNATIONAL RELATIONS

It is with immense joy and pride that I introduce the latest edition of ‘Pravaha 2025’, the annual magazine by the Department of Psychology. This magazine is a culmination of ideas and a testament of the intellectual spirits and creativity by the students. The theme ‘Mental Health at Work’ has been deeply engaged in the magazine through its thought provoking, well researched writings and creative expressions.

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MESSAGE



PROF. DR. GOPAKUMAR A V

DEAN, DEPARTMENT OF HUMANITIES

Celebrating the launch of Pravaha'25!

It is with immense pleasure that I extend my heartfelt congratulations to the Department of Psychology on the successful release of the ninth edition of 'Pravaha', dedicated to the theme of 'Mental Health at Work'. The relationship between professional life and mental well being has become a growing concern and the current edition has shed light on this through well researched articles and creative expressions. Through insightful discussions and thought-provoking content, this magazine acts as a powerful platform for building awareness and promoting a deeper understanding of the challenges and solutions related to mental health in professional settings. I deeply appreciate the dedication and hard work of the entire Pravaha magazine team who has contributed to this remarkable edition. Your commitment to exploring such a crucial topic reflects a genuine passion for psychological well-being and its role in shaping a healthier, more supportive work culture. As Pravaha continues its journey of knowledge-sharing, may it inspire meaningful conversations, encourage positive change and serve as a guiding force for creating work environments that prioritize both productivity and mental wellness.

Wishing the magazine team continued success in their mission to guide, awaken and uplift every reader.

MESSAGE



DR. SRUTHI SIVARAMAN

HEAD OF THE DEPARTMENT

Dear Readers,

We are thrilled to announce the latest edition of 'Pravaha', the annual magazine of our Department of Psychology, focusing on the theme 'Mental Health at Work'. In a time where professional life plays a crucial role in shaping our well-being, this edition seeks to explore the multifaceted connection between organisational climate and mental health.

Through insightful writings, artistic expressions, and personal reflections, we aim to highlight the challenges and opportunities in fostering workplaces that add value to the individuals existence. Understanding the impact of role stress in enhancing resilience and emotional intelligence at the workplace is inevitable in the work culture due to the need for the customised solutions needed for cross sectional generation under the same roof. This edition dives into the psychological dimensions of professional life and the steps we can take to create a work environment that is diverse and inclusive.

We invite you to embark on this enlightening journey with us, a one that encourages reflection, fosters dialogues, and inspires change. May this edition of 'Pravaha' serve as an inspiration to reflect on the affective and cognitive factors in achieving life satisfaction at work by promoting a healthy work-life balance.

PG COORDINATOR



MR. VIGRAANTH BAPU K.G.

Mental health in the workplace is no longer just a personal concern—it is a collective responsibility. In an era of high professional demands and increasing work-related stress, fostering mental well-being at work has become an indispensable priority. Employees thrive in environments where they feel psychologically safe, valued, and supported. Organizations that invest in mental health initiatives not only enhance individual resilience but also strengthen overall workplace harmony and efficiency.

The theme of this year's 'Pravaha' focusing on 'Mental Health at Work', underscores the necessity of addressing mental health challenges in professional settings. The ability to balance work expectations with emotional well-being is critical to sustainable career growth. As workspaces adapt to new challenges, let us commit to promoting strategies that ensure mental health is not just acknowledged but also is actively nurtured. Simple yet powerful initiatives such as encouraging work-life balance, promoting open dialogue, and providing professional mental health support can transform workplaces into hubs of well-being and productivity.

I commend the editorial team, faculty, and student contributors for their relentless efforts in bringing this meaningful edition to life. May 'Pravaha' serve as a catalyst for change, inspiring both individuals and organizations to advocate mental well-being at work. Wishing you all an insightful and enriching read.

UG COORDINATOR



MS. VIMALA M

The significance of mental health in the workplace cannot be overstated. As professional environments evolve, they bring forth both opportunities and challenges that deeply impact an individual's psychological well-being. Organizations that prioritize mental health foster not only productivity but also a culture of empathy, trust, and collaboration. The ability to recognize stressors, establish support systems, and encourage open conversations about mental health is essential in ensuring a balanced and fulfilling professional life.

This edition of 'Pravaha' is dedicated to shedding light on the importance of mental health at work, a theme that resonates with every professional, regardless of their field. A positive work environment is built on the foundation of respect, inclusion, and mental resilience. When workplaces integrate mental health awareness into their culture, they cultivate a sense of belonging and motivation among employees, leading to both personal and professional growth.

I extend my heartfelt appreciation to the entire 'Pravaha' team for their unwavering commitment to this edition's success. May this magazine inspire change, spark meaningful conversations, and encourage workplaces to prioritize psychological well-being. Congratulations to all editors and contributors for making this publication a reality.

EDITOR'S NOTE



MS. KEZIA ELDOS

Happy indeed to present Pravaha 2025, the annual magazine by the department of Psychology. Like an unceasing current that shapes the landscapes it touches, 'Pravaha' flows forward - carrying with it the weight of ideas, the depth of inquiry, and the power to redefine perspectives. This year, we channel our collective intellect and empathy into a theme that is both deeply personal and socially urgent: 'Mental Health at Work.'

Work is more than a livelihood and it shapes our identities, aspirations, and sense of purpose. The workplace, with its relentless pace and unspoken pressures, can either be a space of fulfillment and growth or a silent battleground where stress and burnout quietly take their toll. The difference lies in awareness, empathy, and action. Pravaha 2025 is a reflection of the conversations we must have, the stories we must share, and the change we must pursue. It emerges as a confluence of intellect and emotion, where theory meets experience, research intertwines with reflection, science meets story, and where the unspoken struggles of the mind find voice.

We extend our heartfelt gratitude towards our Psychology Department and Kristu Jayanti Management for your steadfast support over the journey. To our writers, editors, and mentors - your dedication has breathed life into this edition, ensuring that every page surpasses the last and we are profoundly thankful.

Thank you for joining us on this incredible odyssey. May 'Pravaha 2025' not just be read, but felt, questioned, and most importantly, remembered.

EDITOR'S NOTE



MS. CHRISTY THOMAS

“Almost everything will work again if you unplug it for a few minutes... including you” – Anne Lamott

Mental health is often the unseen yet crucial pillar of professional success. The ability to navigate workplace pressures while maintaining emotional resilience is a skill that organizations must nurture and support. This edition of Pravaha shines a spotlight on ‘Mental Health at Work’, aiming to foster conversations that lead to healthier, more inclusive workspaces. A psychologically safe workplace is one where individuals feel heard, valued, and empowered to perform at their best.

As we explore the various facets of mental well-being in professional settings, it is essential to recognize the role of leadership, workplace culture, and peer support in shaping a mentally healthy environment. Through the insightful articles, research contributions, and thought-provoking discussions in this edition of the magazine, we hope to raise awareness and inspire meaningful action. Prioritizing mental health is not just a necessity but also is an investment in the future of work itself.

I extend my sincere gratitude to our management, faculty, and contributors who have played an integral role in making this edition a success. A special thanks to the editorial team for their dedication in curating this enriching edition. May ‘Pravaha’ continue to serve as a beacon of knowledge and inspiration. Happy reading!

EDITOR'S NOTE



MS. DEVIKA S KRISHNAN

It is with great pleasure that we present this edition of 'Pravaha 2025', a magazine that continues to serve as a voice for our students and faculty with the theme 'Mental Health at Work'.

In today's high-pressure corporate culture, mental well-being should not be an afterthought - it should be a fundamental pillar of organizational policies and practices. Workplaces should be spaces of psychological safety, where individuals feel empowered to express concerns, seek support, and maintain a healthy work-life balance. It is through awareness and collective efforts that we can create workspaces that nurture both productivity and well-being.

This magazine is a testament to the dedication and passion of our contributors - students and faculty members who have come together to craft a publication that is not just informative, but transformative. Their voices, experiences, and research breathe life into these pages, making 'Pravaha 2025' a reflection of the collective wisdom and curiosity of our academic community. We hope that this edition sparks conversations, encourages reflection, and inspires positive change in how we perceive and prioritize mental health in our professional lives.

I extend my gratitude to our faculty mentors, contributors, and the entire editorial board for their efforts in making this vision a reality. May 'Pravaha' continue to be a beacon of knowledge, growth, and inspiration for all its readers.

Happy reading!

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GRATITUDE

It gives us immense joy to present to you the ninth edition of “Pravaha”, a labor of love and creativity that has taken shape through the dedication and passion of our entire team. This year’s magazine is a vibrant tapestry of thoughts, emotions, and ideas, woven together through articles, poetry, stories, reviews, artwork, and engaging puzzles. Each contribution reflects the unique perspectives and voices of our writers and artists, offering readers a window into the intricate dance between cognition and emotions.

This year, our edition seeks to spotlight a theme that resonates deeply in today’s fast-paced world Mental Health in the Workplace. As we navigate evolving professional landscapes, the importance of mental well-being in work environments has become more evident than ever. Through thought-provoking articles, creative pieces, and reflective essays, we aim to foster conversations around psychological resilience, emotional balance, and the value of nurturing supportive spaces in professional settings. We hope this collection serves not only to raise awareness but also to inspire meaningful change in how we perceive and prioritize mental health at work.

We are deeply grateful to all those who have supported us in the making of this edition. We extend our sincere appreciation to Rev. Fr. Dr. Augustine George, Principle and Fr. Lijo Thomas, Vice Principal, for their unwavering support and encouragement throughout this endeavour. We also express our heartfelt thanks to Rev. Fr. Emmanuel P. J., Dr. Gopakumar A. V., Dean of Humanities, and Dr. Sruthi Sivaraman, Head of the Department of Psychology, for their valuable guidance and motivation. Our gratitude further extends to all the faculty members of the Department of Psychology for their constant encouragement.

A special note of thanks to the Programme Coordinators, Editorial Board, and our student contributors, whose commitment, creativity, and collaborative spirit have been instrumental in bringing Pravaha to life. Their dedication has ensured that this edition is both thought-provoking and artistically engaging.

To our readers, thank you for being the heart of this endeavour. Your enthusiasm fuels our commitment to make each edition more enriching and meaningful than the last. We hope that as you turn the pages of this magazine, you are inspired, challenged, and moved and that Pravaha continues to be a source of insight, creativity, and reflection. May this edition encourage you to explore the mind with curiosity and the heart with openness. We hope it serves as an enlightening and inspiring read for all.

Kristu Jayanti College, Autonomous Bengaluru

Celebrating



Silver Jubilee

www.kristujayanti.edu.in

Kristu Jayanti College, Autonomous

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ARTICLES

THE CULTURAL ESCAPADE OF BURNOUT

Vaishnavi Yadav

MSc Clinical Psychology A

The discovery of burn out -

Freudenberger coined the phrase "burnout" (Freudenberger, 1974) to characterize the emotional exhaustion, lack of desire, and diminished dedication among volunteers at the St. Mark's Free Clinic in New York City's East Village. Freudenberger experienced burnout twice, which gave him more authority when he advocated against it. He was a psychoanalytically trained practitioner who was more concerned with preventing and addressing burnout than delving into and exploring its causes. Separately, Maslach and her colleagues (Maslach, 1982) encountered the same phrase "burnout" in California when speaking with a range of human care professionals. The Maslach Burnout Inventory (MBI) (Maslach, 1982), the most used evaluation instrument for burnout, was created by Maslach and is an accessible and simple-to-use self-reporting questionnaire. (Schaufeli, 2017)



The Indian Perspective -

Colonization had a significant impact on Indian work culture, and its effects can still be seen today. The British imposed a strict hierarchical system of management and work organization, which emphasized discipline and efficiency over creativity and innovation. This creates a high-pressure work environment that often leads to burnout, as employees are expected to follow orders and meet strict deadlines without questioning the process or thinking outside the box. Even though there has not been enough research on the topic, enough evidence seeps through the work ethics and culture of the society today. Additionally, comparing the work ethic culture of India and Scandinavian countries would give a better perspective to the topic.

Burnout and culturally specific ethics are closely associated because cultural values and beliefs greatly influence how people view and react to stress and obstacles at work. Each of the 44 nations that make up the continent of Europe has its own unique work culture. For instance, Scandinavians have stronger paternity rights, Spaniards have shorter work days and more vacation time, Germans tend to stick to hard deadlines, and they prefer to be straightforward.

A healthy work-life balance is strongly encouraged in the work culture of Europe,

where employees enjoy long vacations, flexible scheduling, and shorter workweeks. In general, European workplace cultures are more forgiving of failure and place more value on making smart decisions and learning from mistakes. Such regulations may serve as the impetus for reducing stress and burnout, which are frequent causes of mental health issues.

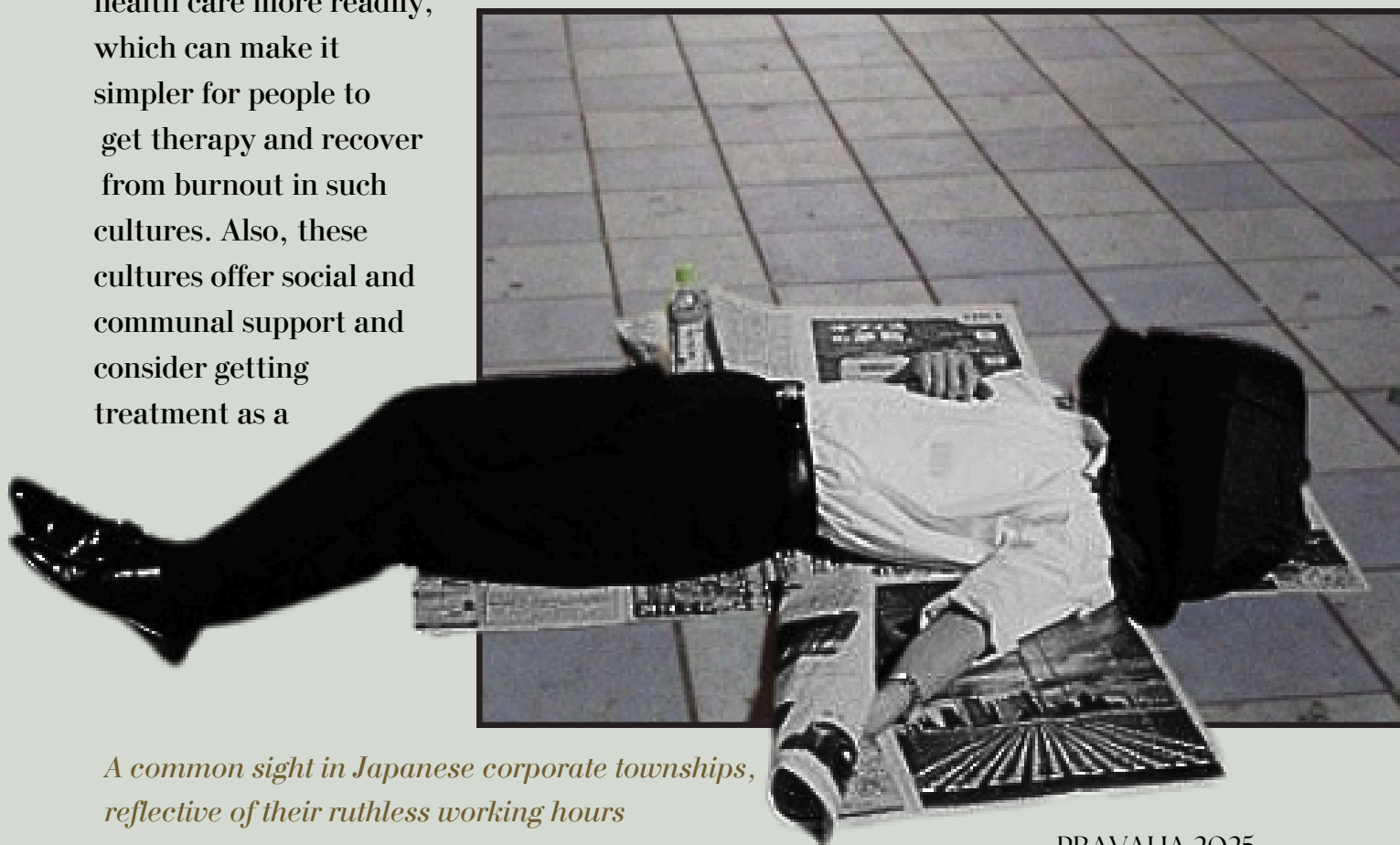
In contrast, India's work culture is frequently characterized by lengthy workdays, high standards for output, and a focus on devotion and attention to one's work. Although these traits might be laudable, when they are overused, they can also cause burnout. Many Indian businesses disregard the value of a personal life; as a result, many workers believe they must sacrifice their personal time and relationships in order to advance their jobs. Resulting in a stark difference between personal and work time. "But even as we deal with a daunting death toll, the average Indian white-collar worker is expected to meet their deadlines. Even as we're flooded with reports of our crumbling healthcare system, we're supposed to keep it together for client meetings. Even when all we want to do is switch our brains off, we're heading towards mass burnouts and exhaustion". (Joshi, 2021)

In Asia, there is a pervasive cultural belief that how many hours you put in is more important than how competent you are at your profession, which has led many people to assume that working nonstop is the only way to achieve any kind of fulfillment. Regardless of how exhausted or tired it may have left them.

Ethics that are particular to a culture may influence how people react to burnout. It may be stigmatized in some cultures to seek mental health care, which can make it more challenging for people to get help for burnout. It is viewed as a moral failing and a show of weakness that makes people less likely to seek help for mental health problems. Other cultures may embrace mental health care more readily, which can make it simpler for people to get therapy and recover from burnout in such cultures. Also, these cultures offer social and communal support and consider getting treatment as a

show of strength rather than weakness. They also view mental health as a normal aspect of human experience.

It is important for organizations to recognize and respect cultural differences in the workplace and to provide resources and support that are sensitive to these differences. This can include offering mental health services that are culturally appropriate, promoting work-life balance, and encouraging open communication about burnout and other workplace issues. By addressing cultural-specific ethics and promoting well-being in the workplace, organizations can help prevent burnout and promote a healthier, more productive workforce.



A common sight in Japanese corporate townships, reflective of their ruthless working hours

THE IMPORTANCE OF RESILIENCE AS AN INTERVENTION AMONG ADOLESCENTS

Sandra Nair

MSc Clinical Psychology B

Resilience was first described as the ability to recover or deal effectively with hardships. However, this can be impacted by cultural and developmental factors throughout an individual's life. This view of resilience as a constant feature ignores possible changes in vulnerability and strength into the concept of resilience. Resilience is now understood to be a dynamic process in which people effectively adjust to challenges, endangering development, function, or viability. Assessing resilience while considering social, cultural, and familial context is very beneficial since it can help pinpoint areas that need early and preventive interventions.

Adolescence is one of the best times in life regarding health. It is a period of maximum health and capability.



Teenage could very well be the peak years of an individual. However, there are drawbacks to this as well, as many bad decisions are often made throughout adolescence. Young people are also more vulnerable to mental health problems throughout this stage of their lives, including substance abuse, eating disorders, depression, suicidal thoughts, and other addictive behaviours.

We are aware of how context-dependent and unpredictable youth development is. Due to their remarkable plasticity, adolescents have the capacity to actively modify the adaptation process and regulate their own development. This is especially crucial in situations where a young person's development is going in the wrong direction.

When an adolescent is resilient, they can seek different ways to overcome difficulties they face and achieve their goals. While children and teenagers with resilience are growing, they experience healthy development, increase in positive relationships with peers and family members, and will have an active engagement in academic and professional work. Increase in resilience to different situations that can be stressful, decrease the risk of stress, anxiety, depression, and other negative aftermaths. Resilient adolescents are more likely to be aware of, in control of, and comprehend their own emotions as well as those of others. They will feel proud of themselves and independent.

Teenagers who are resilient learn to see failures as chances for personal development rather than overwhelming barriers, which promotes a sense of personal control and self-efficacy. This empowerment gives individuals more confidence and inspires them to keep going for their goals despite setbacks. In addition to having a sense of purpose and future objectives, they will be able to solve difficulties and make wise judgments. Adolescents who are more resilient are better able to manage present and future challenges, which lowers their vulnerability to dangerous behaviours like substance abuse, aggressiveness, and self-harm. This preventive strategy is especially helpful in avoiding long-term consequences. More comprehensive insights into the idea of resilience will have to be put forward in supporting the optimal development of at-risk adolescents and young people for mental illnesses. A framework for understanding why certain teenagers who are exposed to a variety of dangerous situations but do not experience adverse health or social outcomes rather grow up successfully is provided by the concept of resilience.

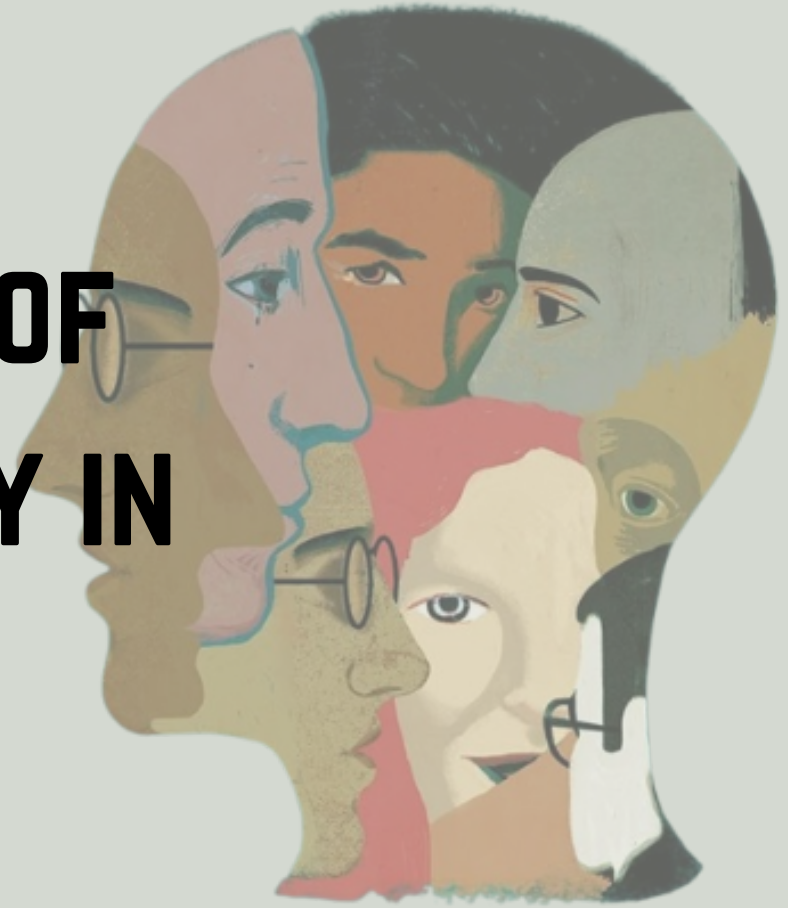
A supportive parent-child relationship strongly promotes positive youth development. Effective parenting during adolescence includes monitoring, emotional support, communication, and positive role modelling. Communication is essential as it helps parents recognize and address children's stress or trauma, especially as new media introduce risk to adolescent mental health. Programs for youth may benefit from focusing on positive parenting practices, especially communication skills.

Additionally, extracurricular, and prosocial online activities foster social roles, leadership, teamwork, and autonomy, helping adolescence explore identity and meet developmental needs.

Fostering resilience in adolescence helps adolescents cope with and better navigate the complexities of life. Resilience protects individuals from challenges, transitions, and setbacks. The construction of resilience through support and skill-building programs helps ensure that adolescents are more competent to face the rigors of modern life both currently and in the future. With the focus on resilience, we give the adolescent enough strength to confront issues in their lives confidently and flexibly, therefore opening the door to a healthier, more resilient generation.

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CHANGING SCENARIOS OF PSYCHOLOGY IN INDIA



Sruthy Jairaj

MSc Clinical Psychology B

Psychology in India has changed drastically over the last few decades. Earlier, psychological services were mainly linked to serious mental illnesses, academic studies, or research purposes. Popularity of psychology in India began in the 20th century but was not famous in rural areas. As awareness increases, social structures change, access to technology improves, psychology in India is growing rapidly, becoming more visible and significant.

Mental health in India has been sensitive and taboo for a long time. Various psychological issues like anxiety, depression, and trauma were perceived with judgmental attitudes due to cultural taboos and social stigma, but that has changed recently. Even psychology as a subject was also considered as an inferior subject and people used to think that only students who could not get a good course used to choose psychology. They thought of choosing psychology as a last option. Earlier, the number of students passing out was very minimal but after COVID-19 pandemic, the influx of psychology students in various sectors of psychology has rapidly increased. Another stereotype about psychologists was that they read the minds of others. But later, social media platforms, like various web series, movies and documentaries have prompted young people and their families to see mental health as a common, crucial part of overall health and also not reading minds.

In today's world, youths are motivated to seek help when facing stress, anxiety, or difficulties related to academics or work. Educational institutions and various organizations are more frequently bringing in psychologists and counsellors to offer mental health assistance. Additionally, mental health applications and online therapy services helped provide assistance to rural and remote areas that were previously neglected.

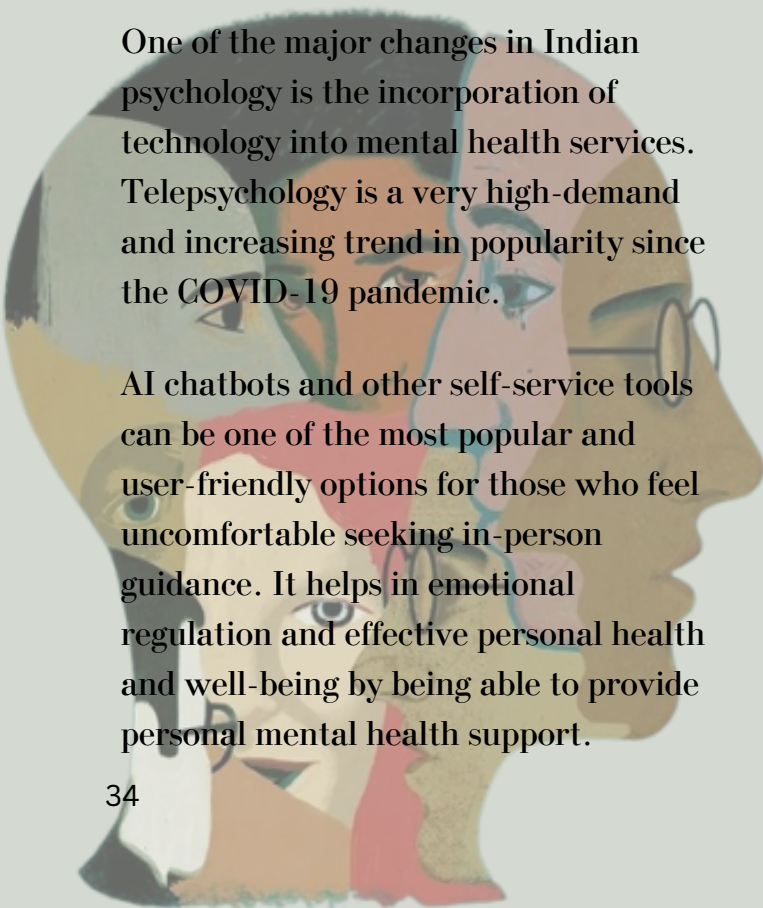
In India, whereas ancient psychology mainly dealt with addressing mental disorders, a concept called positive psychology was introduced which aims to promote happiness, resilience, and personal development of the individual. Indian culture rooted in spirituality and self-awareness through practices like yoga meditation, aligns well with positive psychology.

One of the major changes in Indian psychology is the incorporation of technology into mental health services. Telepsychology is a very high-demand and increasing trend in popularity since the COVID-19 pandemic.

AI chatbots and other self-service tools can be one of the most popular and user-friendly options for those who feel uncomfortable seeking in-person guidance. It helps in emotional regulation and effective personal health and well-being by being able to provide personal mental health support.

Psychology in India has extended beyond clinical or counselling practices. Areas like neuropsychology, sports psychology, forensic psychology, military psychology, educational psychology, organizational psychology, art therapy and health psychology are becoming increasingly popular. As more institutions provide specialized training and research opportunities, psychologists have expanded their skills to address various issues such as workplace stress, job satisfaction, athlete mental health, and consumer behavior. A few years ago, only PhD was available as a doctorate program, but now a new course PsyD is introduced in India as a doctorate program which concentrates on Clinical practices other than research.

The evolving field of psychology in India is shaping a mental health framework that is inclusive, accessible, and culturally relevant. Mental health is expected to receive more attention, similar to physical health, by the support of government, educational initiatives, and improved public awareness. As India progresses, the goal of creating a mentally strong society seems possible- a country where mental well-being is integrated into everyday life, promoting a culture of empathy, understanding, and emotional resilience and removing all stigmas and taboo.



In today's world, youths are motivated to seek help when facing stress, anxiety, or difficulties related to academics or work. Educational institutions and various organizations are more frequently bringing in psychologists and counsellors to offer mental health assistance. Additionally, mental health applications and online therapy services helped provide assistance to rural and remote areas that were previously neglected.

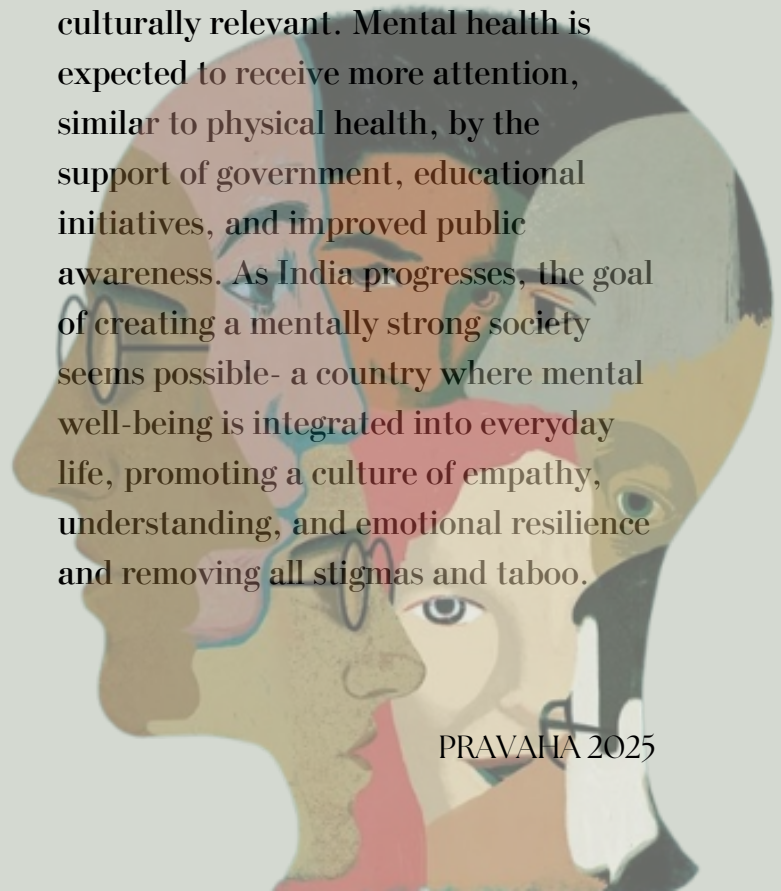
In India, whereas ancient psychology mainly dealt with addressing mental disorders, a concept called positive psychology was introduced which aims to promote happiness, resilience, and personal development of the individual. Indian culture rooted in spirituality and self-awareness through practices like yoga meditation, aligns well with positive psychology.

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A DOCUMENTED STORY - UNSEEN SCARS, UNBREAKABLE STRENGTH

Sneha Chand

MSc Clinical Psychology A

“Only if I stopped earlier - before it affected me” I whispered to no one in particular, wondering if I would ever make it through...The world moved on, but inside, I was frozen in place. At first, it was subtle. A hollow feeling convinced myself that maybe ‘I am just overthinking’ or that I was just ‘not in the mood’. But as the days passed, I was still in denial that nothing had happened until it deepened, quietly wrapping itself around me. I pushed away my favourite meals - the ones that once lit up my day, the laughter with friends felt like echoes from another world – one I wasn’t part of anymore, things started fading and so did I. Every day, I waited for my parents to leave the house. The moment the door clicked shut behind them I would cry out loud, releasing a pain I didn’t understand. My chest heaved as sobs wracked through me. The room blurred through my tears. I prayed - not knowing exactly what I was asking for, but hoping for an answer, nonetheless and that’s when I realized that this wasn’t just “overthinking” or “a passing phase”. Behind closed doors, my reality was different. Then came the anxiety attacks at night trying to settle myself by gripping my blanket but panic had its claws in me. Sleep wasn’t rest anymore – it was a warzone. No one knew, and I never reached out. But even in my silent suffering, my parents unknowingly became my anchor. They never asked directly but I could feel their concerns in the small things that could bring a smile to my face, to make sure I was happy. In their own way they were holding me up when I couldn’t do it myself. And for that, I am forever grateful. Let’s be real - healing isn’t a straight path. Some wounds never fully heal; some triggers still remain. I know what unsettles me, and I

and I choose to stay away, no matter how much I may admire or desire it. My past struggles didn't break me; they built me. I came out of that storm with resilience, strength, and an unshakable belief that I am not alone. As J. Cole says in his song - Love Yourz, "No such thing as a life that's better than yours." The hardest part? Is learning to truly believe it. Fast forward to today I am a master's student, still navigating the unknowns of life while living distant from home. Some nights I sob myself to sleep and other days I feel lost. Loneliness whispers in my ears, but I refuse to suffer in silence. And neither should you. Your emotions are valid. Your struggles are real. Do not hide them. Do not suppress them. Let them breathe.

how do you take care of yourself in these moments?

1. Take eight minutes for a friend—check in on them. Sometimes, a simple “How are you?” can mean everything.
2. Speak your truth. Don't bottled up your emotions. Talk, write, express—release the weight from your chest.
3. Step outside nature has its own ways to heal.
4. Take a sip of water or biting into your favourite food can help you feel grounded.
5. Hold your breath and then gently release it. Release the strain.
6. Give yourself a self-hug. Wrap your arms around yourself and whisper, “I am strong. I am in control.”
7. Find your escape, it can be listening to music, reading a book or a walk - distract yourself and allow your mind to reset.

Above all, don't hesitate to get in touch. It's impossible to know what struggles people are going through behind their grins. Always be kind; it does not cost anything and can have a huge impact. You Are Not Alone Struggling does not break you and mental wellness is not a sign of weakness. Let's dispel the stigma, start a dialogue and remind ourselves that recovery is not merely possible but also inevitable. Your strength and triumphs define you more than your unseen scars. And you are not the only one, my friend, take care. You've got this.

THE FUTURE OF WORK AND EVOLVING MENTAL HEALTH NEEDS

Varsaa Jeyakanthan

BA Psychology and Journalism

Emerging Trends in the Future of Work -

Technological developments, changing cultural standards, and worldwide disruptions like the COVID-19 epidemic are all driving revolutionary changes in the workplace. These modifications have a big impact on how people deal with mental health issues and how work is done. A sustainable and inclusive workplace of the future depends on comprehending and meeting these changing demands.

Models of Remote and Hybrid Work :

The workplace has changed as a result of the growth of remote and hybrid work. Although workers have more flexibility, issues including social isolation, a blurring of work-life boundaries, and an always-on culture can have a detrimental impact on mental health (Harvard Business Review, 2021). Companies need to promote healthy work-life balance and virtual team cohesion.

Technological Advancements and AI :

Industries are changing as a result of automation and artificial intelligence. Although these advances increase productivity, they also raise concerns about job displacement and the need for ongoing skill development (McKinsey & Company, 2021). Employers need to allay concerns about technological advancements and offer chances for skill development.

Growth in the Gig Economy :

For flexibility, more people are turning to contract and freelance work. However, there are drawbacks to the gig economy, such as unpredictable income, minimal benefits, and restricted access to support for mental health (Deloitte Insights, 2022). Policies that guarantee gig workers receive equitable treatment and assistance are essential.

Diverse and Multigenerational Workforces :

Modern workplaces are increasingly diverse, including employees from various cultural and generational backgrounds. This diversity enriches innovation but also necessitates inclusive strategies to address varied mental health needs and experiences (American Psychological Association APA, 2021).

Increased Focus on Well-Being :

As awareness of mental health grows, organizations are emphasizing employee well-being through wellness programs, mental health support, and flexible work arrangements. These initiatives are becoming a cornerstone of employee satisfaction and productivity.

Evolving Mental Health Needs -

Stress and Burnout :

High performance expectations, extended working hours, and constant connectivity contribute to burnout (APA, 2021). Organizations must adopt preventive strategies such as manageable workloads, regular breaks, and promoting time off to support employees.

Anxiety and Career Uncertainty :

Rapid changes in industries create career uncertainty, fueling anxiety (McKinsey & Company, 2021). Employers can counter this by offering career development programs, clear communication, and resources for building mental resilience.

Social Isolation :

Remote work has reduced face-to-face interactions, leading to feelings of loneliness. Companies can mitigate this by organizing virtual team-building activities and creating opportunities for meaningful engagement (HBR, 2021).

Reduced Stigma Around Mental Health :

Growing awareness encourages more individuals to seek help. Employers can foster this shift by normalizing mental health conversations and providing accessible resources. (Deloitte Insights, 2022).

Digital Mental Health Solutions :

Mental health apps and online therapy platforms offer accessible support, but over-reliance on digital solutions without human interaction may not suit everyone. Striking a balance is essential (WHO, 2020).

Techniques for Handling Mental Health Issues at Work :

Active Organizational Support: Offer counseling and support through Employee Assistance Programs (APA, 2021) :

- Educate managers on how to identify and handle mental health issues.
- To lessen stigma, promote candid conversations about mental health (HBR, 2021)

Changes in Structure and Policy :

- Require insurance plans to include mental health coverage (Deloitte Insights, 2022).
- Implement measures like work-hour caps that support work-life balance.
- Provide specialized benefits to gig workers and independent contractors.

Making Use of Technology :

- To identify early indicators of stress and burnout, use AI techniques (McKinsey & Company, 2021).
- To increase accessibility, provide telemedicine and virtual treatment services.

Customized Solutions :

- Recognize that everyone has different mental health needs and offer a range of services, including mindfulness classes, group therapy, and peer support groups.
- Provide safe spaces for employees.

Possibilities for Development

Reevaluating Efficiency :

Long-term success can be improved by switching from output-based evaluations to well-being-centered strategies. Prioritizing quality above quantity lowers stress and raises morale (APA, 2021).

Including Mental Health as a Fundamental Metric :

Employers are beginning to see mental health as a factor in both employee retention and productivity. According to Deloitte Insights (2022), measuring workplace satisfaction and making the required modifications is becoming a business requirement.

Global Collaboration :

Remote work enables access to a global talent pool. Organizations must adapt to diverse cultural contexts and shared responsibilities in addressing mental health (HBR, 2021).

Conclusion

The dynamic nature of the workplace of the future necessitates consideration of changing mental health requirements. Organizations may establish work environments that thrive on both productivity and human connection by adopting proactive measures, utilizing technology, and cultivating an inclusive and well-being-focused culture. Setting mental health as a top priority is not only morally right, but also a vital investment in the future of the workforce.



POEMS

Odd Bead Out



Ishwerya Prabha S
MSc Clinical Psychology

The chords in my throat strangle me
My voice rather captive than unheard.

The pace of my pulse surging through
Faux versions and insecure laughter

"The normal amount of pain is no pain at all."

I collect shattered shambles of myself
To try and redefine what it is to be normal

My family heirlooms now taking the shape of poison

I look up to the ones before me with rage for betrayal
Only to be welcomed by sad and tired eyes

Like she'd been trying to dispose it too

And the one before her having to search through the
Deepest of cupboards and the farthest of shelves

Helplessness seeping through torn seams of my skin

I reach for her trembling hand to set her free

Only to be disregarded by them all very strongly

Although hurt and limping, still set in their ways

Generational trauma in every pump of their blood

Pushing back at me to pull me into the loops of this chain

And I remain, the odd bead out.

Neuronal Narratives in a Clinical Mind

Shifa Munaf Nandyal
MSc Clinical Psychology

Often, I wonder if it is to my studies I surrender—
My time, my thoughts, and my future.
Some theories, my muse; Some, merely a ruse.
On textbooks by Beck and Freud,
I reflect,
Hoping to untangle the mind's intricate threads.
On case studies,
I sigh,
Wishing healing was simpler.
Some pages make me ache,
Some lessons bring quiet awe.
It's truly profound
how words said in confidentiality
Transduce into empathy and insight.
As layered as the psyche itself.

If I were to imagine my mind in any form,
It would be filled with notes and journal entries.
Of course, some would be transcripts—
Dialogues of resilience,
Words said and unsaid,
Stories etched in the footnotes of understanding.

I only wish and hope
That the work I do
Is one that brings both meaning and peace.



You Feel it Yourself

Shiddharth Aheibam
MSc Clinical Psychology

Yes, my eyes tied to those walls
And oh! My ears: they wander.
To blow those gust of dust
It's light to keep in mind.
_____ and peace; an equation
Of dividing what's between.
Silence like a troubled moth
We all do the bidding.
We do the math,
Live to do those with life....
Calculate those _____
Calculate all of it's time
Till it all comes to a perfect circle
A circle of self, lies and nights
Speak out your divinity
What it may be.... As it will be
Deeper and limpid

As we all yield _____ till the end.
We all will be fit to cheat,
To carry out peace to my own _____.

NOTE: The blank space (____) is for you to fill up any negative feelings or emotions that you feel and it will all make perfect sense.

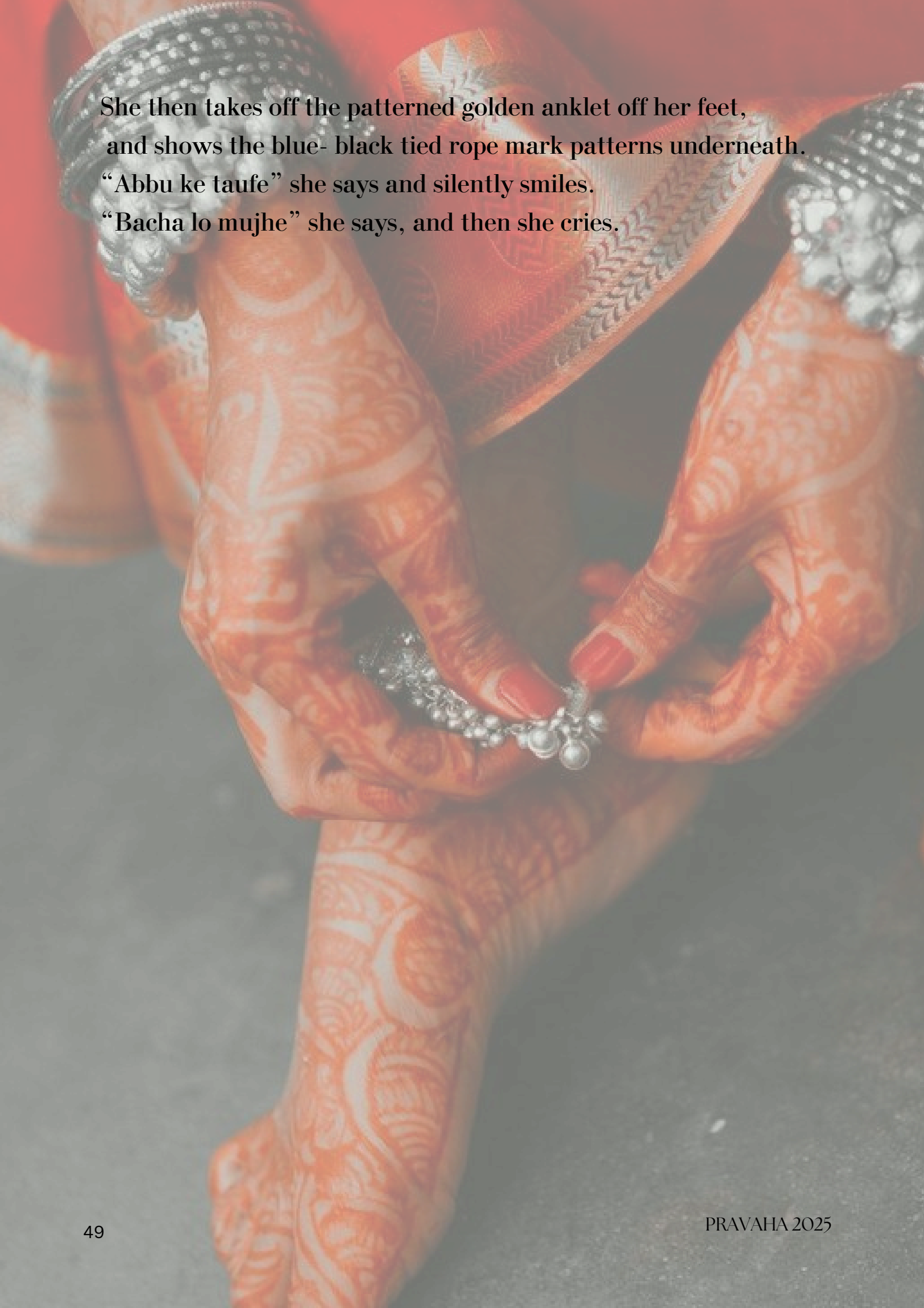
Love

Mercita Isabell Selvaraj
MSc Clinical Psychology

Love under our roof has always been about anklets,
The sound of them as Ammi runs to open the door for Abbu at
6:05,
And the ringing of them against the bed by 10:05.
Every other week, he brings home new anklets for her, some
golden and some silver.
He says, “tumhare liye” and she slowly stretches her palm
forward and smiles.

Love under our roof has always been about silent smiles,
The way Ammi’s eyes go down, when someone asks why she’s
always covered up,
and Abbu says “Meri amanat ko, duniya ki nazron see bacha raha
hoon” and smiles.

So, on the day I fell in love with a girl,
I bought an anklet for her and wrapped it with silent smiles.
“Zainab naam hai uska” I tell ammi.
“Dukhana mat usse” she replies.
I show her the anklet, but she doesn’t smile.
“Ye kyun?”
“Abbu bhi toh pyaar se apke liye taufe mein yahi late hai” I reply.



She then takes off the patterned golden anklet off her feet,
and shows the blue- black tied rope mark patterns underneath.
“Abbu ke taufe” she says and silently smiles.
“Bacha lo mujhe” she says, and then she cries.

Beautiful People

Mercita Isabell Selvaraj
MSc Clinical Psychology

To all those beautiful people who don't get invitations to parties,
those who are left to tie their shoelaces alone,
those who walk behind because the sidewalk is too crowded,
the one who is shushed when tried to express opinions,
the one who is called fake when tried to fit in,
the one whose ideas are ignored,
the ones who get left on read in the group chat,
the one who is always forgotten when it comes to plans,
the one who puts in all of themselves to make someone's day
special only to face your worst days alone,
remember you are worthy of love.

You are worthy of love, attention and validation.

I am so sorry for the world to have made you believe otherwise.

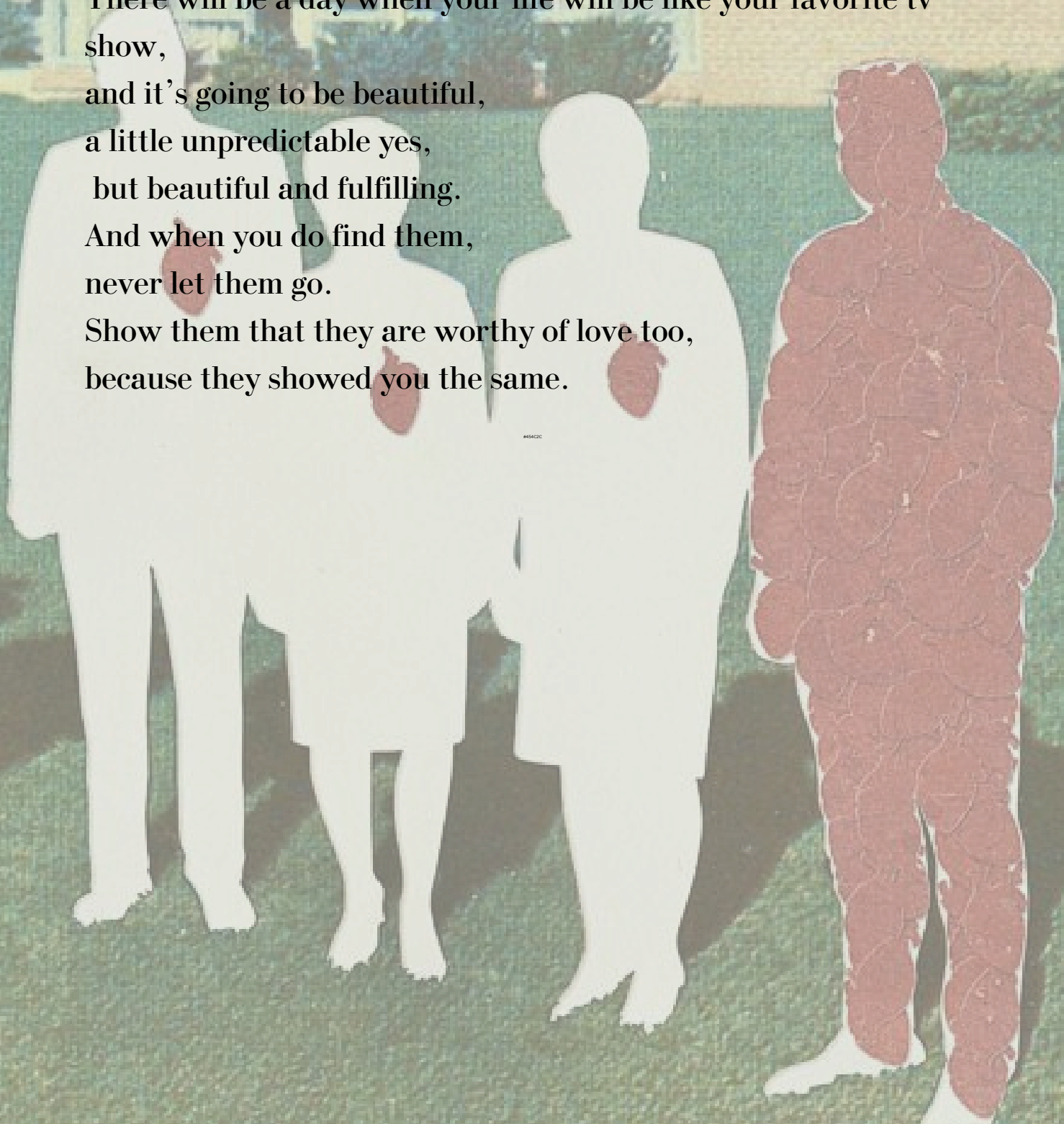
I am sure there are people out there who truly appreciate who you
are.

Who will remember the smallest details about you.

Someday you will just be.

BE.

Be there for them while they are there for you.
Spend a day together, do nothing. Absolutely nothing.
Laze around, order takeaways,
nap in for hours and the silence with them wouldn't be awkward.
Not in the least.
There will be a day when your life will be like your favorite tv
show,
and it's going to be beautiful,
a little unpredictable yes,
but beautiful and fulfilling.
And when you do find them,
never let them go.
Show them that they are worthy of love too,
because they showed you the same.

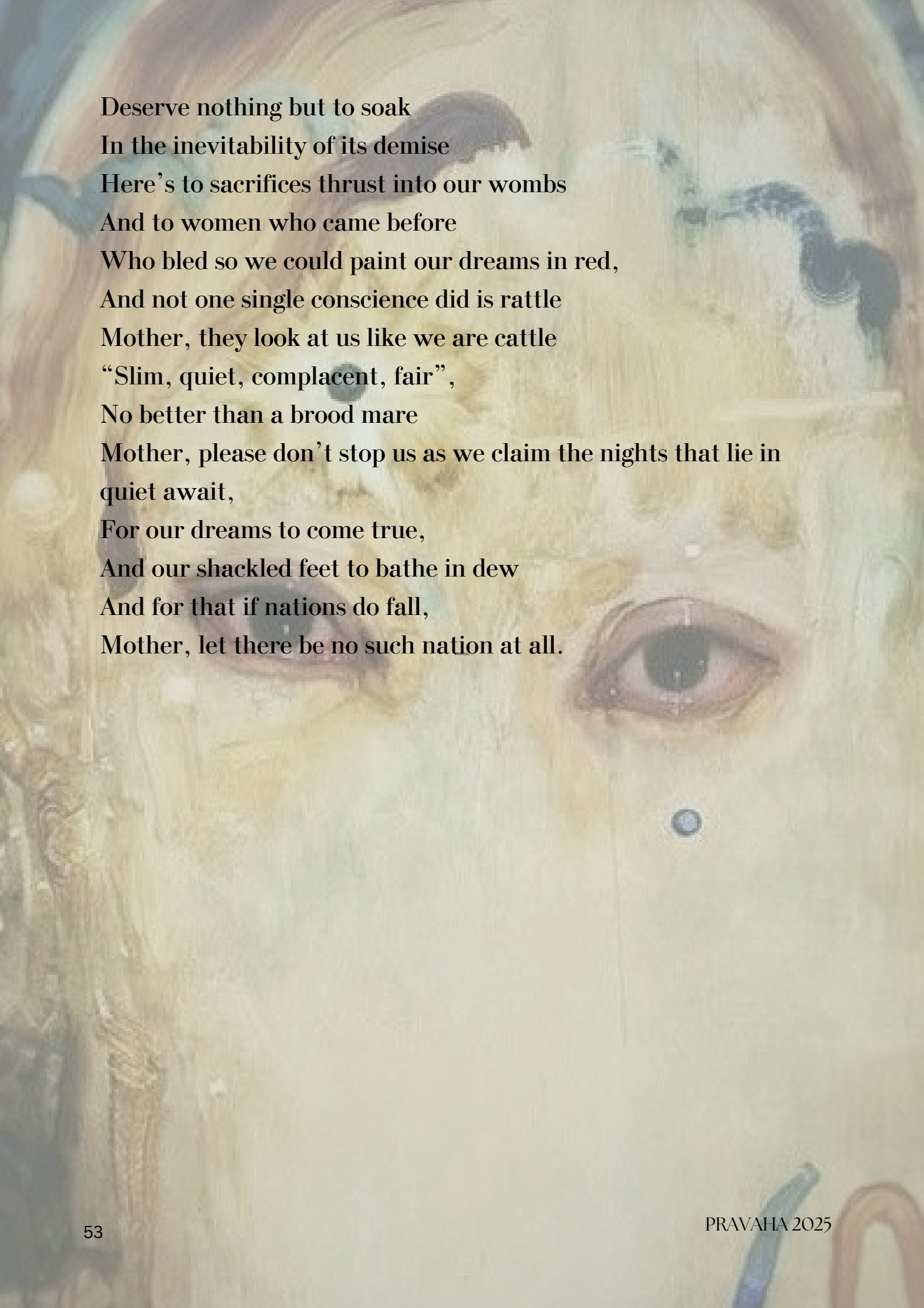


Motherland

Shreshtha Basu

MSc. Clinical Psychology

My motherland, she screams
Through the voice of thousands
Of children
With their dashed dreams
As the monsters wear garlands
One half of her, writhing to be free
Their cries beckon, all to see
Her womenfolk stumbling through the night
Lips adorned with a frown, a picture of might
In hopes of a promise, if an unhindered life
A life without fear after eons of strife
Tell me mother? Are my people truly free?
When the best of us are massacred for daring to conquer the
night, past three?
Our 'protectors' laugh their laughter
Calling us a waste of a daughter,
With eyes for ruin
But for once mother, let my women think of nothing,
But dreams within
Let them walk the night with their heads held high
Daring to call upon the Gods where they lie
For a nation that stands on the trampled lives of their womenfolk,



Deserve nothing but to soak
In the inevitability of its demise
Here's to sacrifices thrust into our wombs
And to women who came before
Who bled so we could paint our dreams in red,
And not one single conscience did is rattle
Mother, they look at us like we are cattle
“Slim, quiet, complacent, fair”,
No better than a brood mare
Mother, please don't stop us as we claim the nights that lie in
quiet await,
For our dreams to come true,
And our shackled feet to bathe in dew
And for that if nations do fall,
Mother, let there be no such nation at all.

Wasted Prodigy

Kulsum Shaikh

24MPLC47

Oh fate, bear the witness to a wasted prodigy.
You chose me to conquer, and you are owed an apology.
Yet within my soul, the embers still remain,
A spark of defiance, a solace in pain.
Guide my trembling hands though weary they may be,
Shape my scattered dreams into eternity.
Let not these gifts dissolve like tears in rain,
Help me rise once more, to break the chain.
Though I falter now, beneath the weight of sorrow,
Grant me strength to seize a brighter Tomorrow.
For in this fleeting life I seek to leave a mark,
A light eternal, ignited by the dark.



REVIEWS

The Bell Jar

Mercita Isebell Selvaraj
24MPLC32

Sylvia Plath's *The Bell Jar* is an autobiographical and haunting work of fiction that delves into the chaos of mental illness, identity, and the pressure to conform to societal norms. The novel is set in the 1950s and follows the story of Esther Greenwood, a bright and ambitious college student awarded an elite internship at a women's magazine in New York City.

Esther's life, on the surface, seems desirable; she is successful, but beneath, she is lonely and hollow. When she goes back home, her mental health declines, and she is trapped in what she describes as a suffocating "bell jar" of depression. The novel follows her recovery on a tentative note of healing with the help of therapy, electroshock therapy, and hospitalization.

Plath's prose is beautiful and haunting. Her writing is vivid and biting, and she describes Esther's inner conflict in unflinching detail. The bell jar as a metaphor is the best way to describe the suffocating, isolating quality of depression. Plath approaches black humor and raw emotion in her writing, and Esther's plight

is agonizingly real. Her account of Esther's fragmented thoughts and increasing desperation is agonizing and poignant. Perhaps the most powerful aspect of the book is the manner in which it portrays the conflict between Esther's ambitions and what women were supposed to accomplish in the 1950s. Her internship, which should be a dream come true, serves only to emphasize the hollowness and superficiality of the world she wants to enter. Esther has ambitions to be a writer but is constantly being drawn between career.

goals and being a wife and mother. The conflict gnaws away at her and is a contributing factor to her breakdown. Plath writes from experience and starkly illustrates how conforming to what society demands can suppress individuality and aspirations.

The novel also presents an unvarnished portrait of mental health care at the time. Esther's therapy and electroshocks are described unflinchingly, as is the sometimes dehumanizing manner in which mental illness was treated. Stigma about mental illness is not avoided by Plath, particularly, of course, for women, as Esther struggles with fear and shame over her illness.

The Bell Jar is a classic and very emotional novel that resonates with anyone who has ever felt trapped in their circumstances or struggled with their mental illness. Plath's writing is poetic and brutally honest, and Esther's story is unforgettable. It's one of those novels that stays with you long after it's been read, with a haunting reminder of the necessity of empathy and compassion in addressing mental illness.



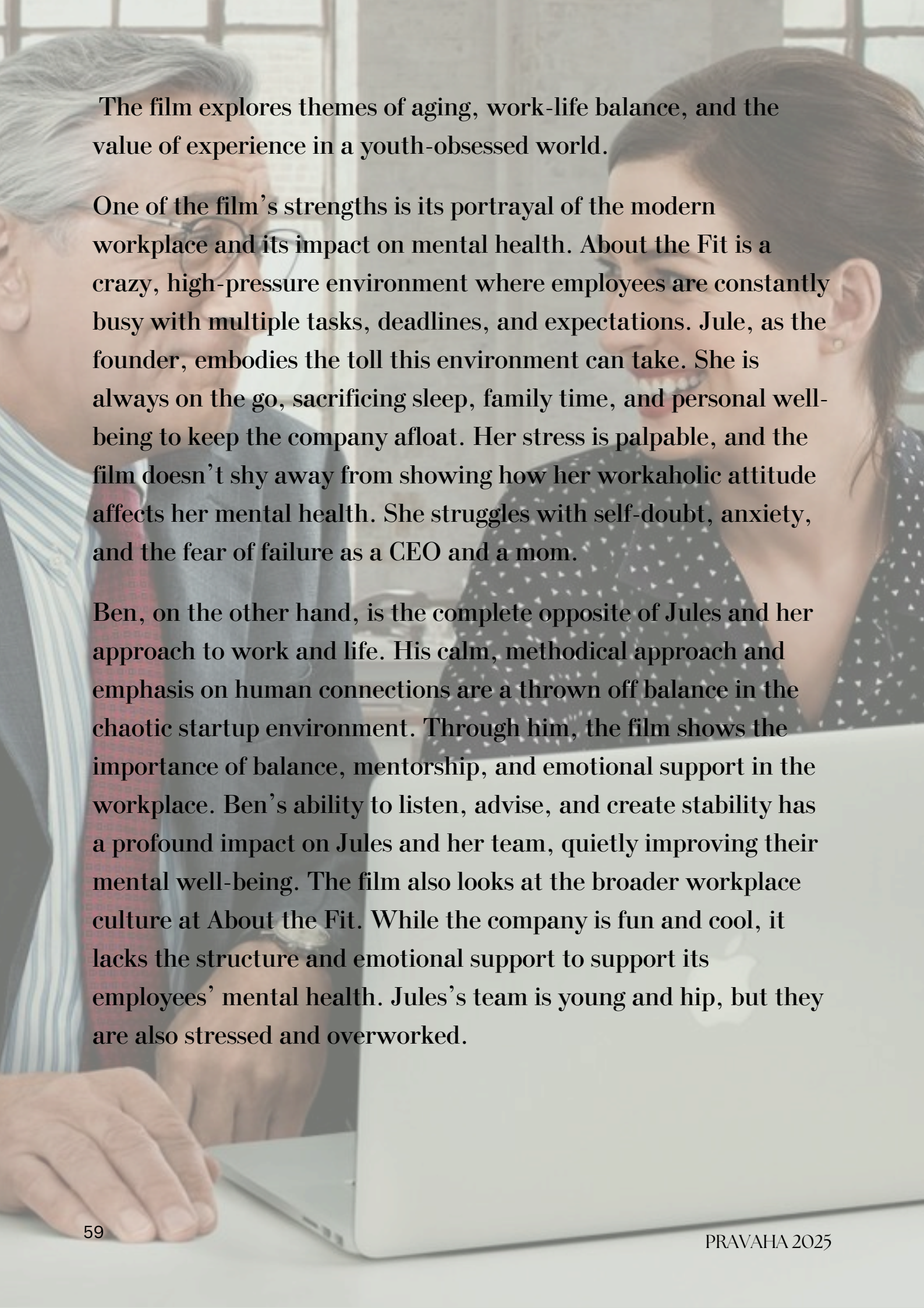
THE INTERN

A MOVIE REVIEW

Mercita Isebell Selvaraj
24MPLC32

Nancy Meyers' *The Intern* is a warm and smart comedy-drama about intergenerational relationships, workplace dynamics, and the impact of work environments on mental health. Robert De Niro stars as Ben Whittaker, a 70-year-old widower and retired executive who becomes a senior intern at an online fashion startup, and Anne Hathaway as Jules Ostin, the company's overworked and ambitious founder. The film takes a thoughtful look at the modern workplace and how it affects our well-being.

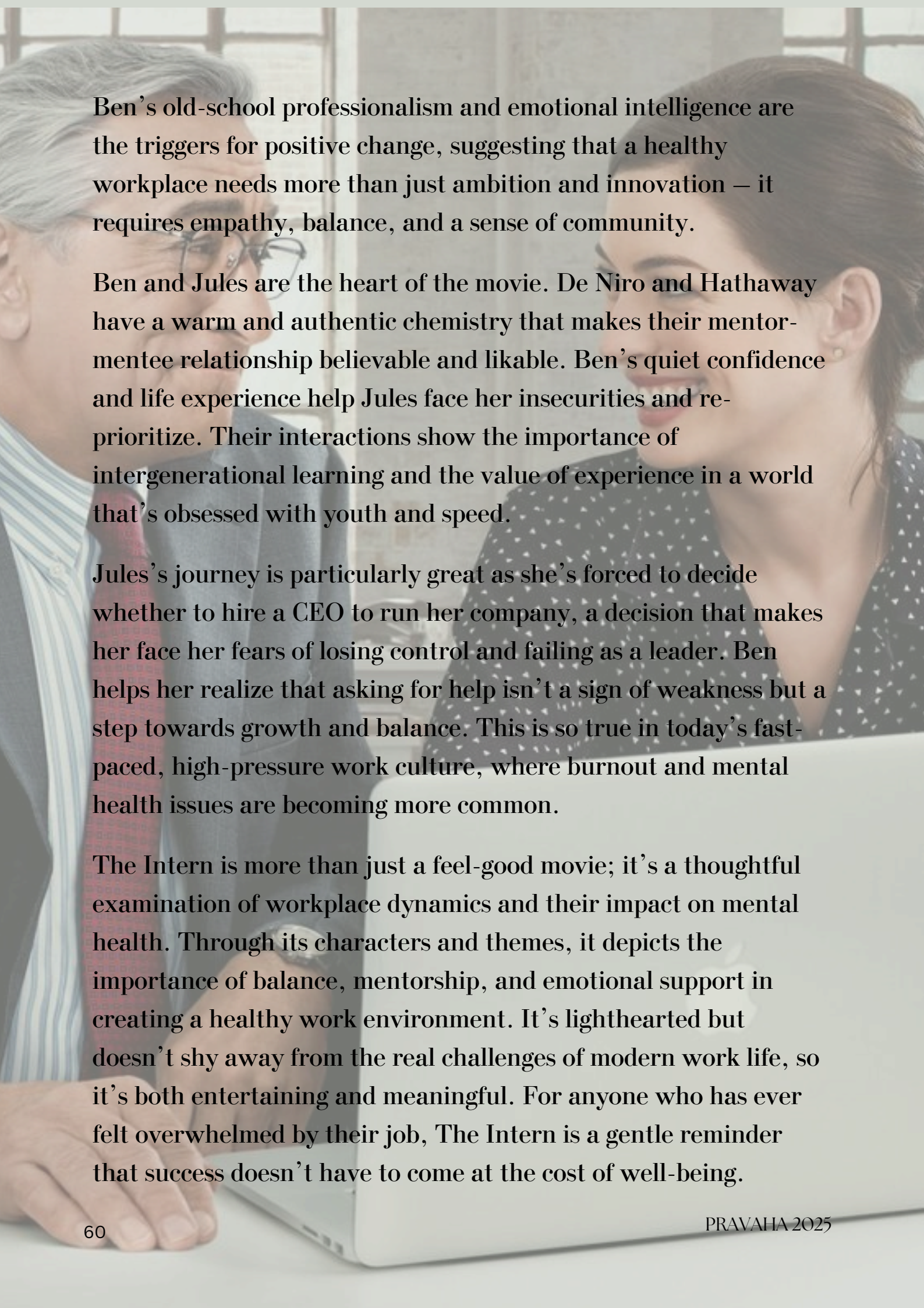
Ben Whittaker, a retired man looking for purpose in retirement, joins a senior intern program at About the Fit, a fast-growing e-commerce company run by the driven but overwhelmed Jules Ostin. Jules is skeptical of Ben at first, but his wisdom, professionalism, and calmness win her over. As Ben settles in the company, he becomes Jules's mentor and confidant, helping her navigate the challenges of running a business and being a mother.



The film explores themes of aging, work-life balance, and the value of experience in a youth-obsessed world.

One of the film's strengths is its portrayal of the modern workplace and its impact on mental health. About the Fit is a crazy, high-pressure environment where employees are constantly busy with multiple tasks, deadlines, and expectations. Jules, as the founder, embodies the toll this environment can take. She is always on the go, sacrificing sleep, family time, and personal well-being to keep the company afloat. Her stress is palpable, and the film doesn't shy away from showing how her workaholic attitude affects her mental health. She struggles with self-doubt, anxiety, and the fear of failure as a CEO and a mom.

Ben, on the other hand, is the complete opposite of Jules and her approach to work and life. His calm, methodical approach and emphasis on human connections are a throw-off balance in the chaotic startup environment. Through him, the film shows the importance of balance, mentorship, and emotional support in the workplace. Ben's ability to listen, advise, and create stability has a profound impact on Jules and her team, quietly improving their mental well-being. The film also looks at the broader workplace culture at About the Fit. While the company is fun and cool, it lacks the structure and emotional support to support its employees' mental health. Jules's team is young and hip, but they are also stressed and overworked.



Ben's old-school professionalism and emotional intelligence are the triggers for positive change, suggesting that a healthy workplace needs more than just ambition and innovation – it requires empathy, balance, and a sense of community.

Ben and Jules are the heart of the movie. De Niro and Hathaway have a warm and authentic chemistry that makes their mentor-mentee relationship believable and likable. Ben's quiet confidence and life experience help Jules face her insecurities and re-prioritize. Their interactions show the importance of intergenerational learning and the value of experience in a world that's obsessed with youth and speed.

Jules's journey is particularly great as she's forced to decide whether to hire a CEO to run her company, a decision that makes her face her fears of losing control and failing as a leader. Ben helps her realize that asking for help isn't a sign of weakness but a step towards growth and balance. This is so true in today's fast-paced, high-pressure work culture, where burnout and mental health issues are becoming more common.

The Intern is more than just a feel-good movie; it's a thoughtful examination of workplace dynamics and their impact on mental health. Through its characters and themes, it depicts the importance of balance, mentorship, and emotional support in creating a healthy work environment. It's lighthearted but doesn't shy away from the real challenges of modern work life, so it's both entertaining and meaningful. For anyone who has ever felt overwhelmed by their job, The Intern is a gentle reminder that success doesn't have to come at the cost of well-being.

The Help

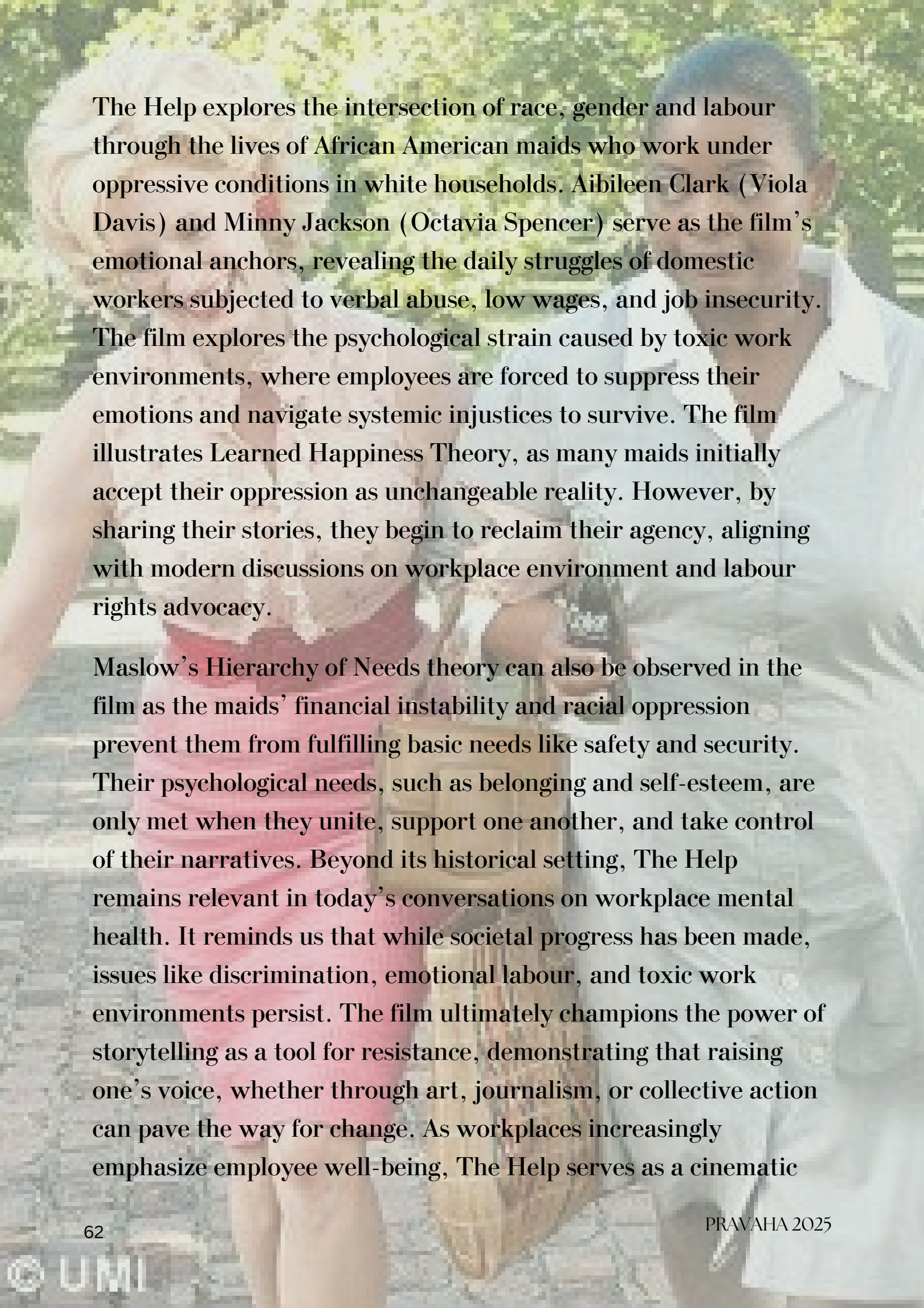
Riyanka Sarah Paulson

MSc Clinical Psychology- B

The movie is set in the 1960's in Jackson, Mississippi. The Help portrays the lives of African American maids who work for white families, facing racism, discrimination, and oppression. The movie is shot through the perspective of three main characters:

1. Aibileen Clark (Viola Davis): A kind, dignified maid who has spent her life raising white children while grieving the loss of her own son.
2. Minny Jackson (Octavia Spencer): A bold and outspoken maid who struggles to keep a job due to her defiance against racist employers.
3. Eugenia "Skeeter" Phelan (Emma Stone): A young aspiring journalist from a privileged white family who is different from her racist peers.

Eugenia Skeeter, disturbed by the unfair treatment of Black maids decides to write a book revealing their stories. She convinces Aibileen and Minny to share their experiences, despite knowing the risks involved. As more maids come forward with their stories, the book titled "The Help" exposes the cruelty and injustice they endure daily. The film showcases the oppressive working conditions of Black domestic workers, the societal expectations placed on women, and the power of storytelling as a form of resistance. It also portrays themes of courage, friendship, and the fight for change in a deeply segregated society.



The Help explores the intersection of race, gender and labour through the lives of African American maids who work under oppressive conditions in white households. Aibileen Clark (Viola Davis) and Minny Jackson (Octavia Spencer) serve as the film's emotional anchors, revealing the daily struggles of domestic workers subjected to verbal abuse, low wages, and job insecurity. The film explores the psychological strain caused by toxic work environments, where employees are forced to suppress their emotions and navigate systemic injustices to survive. The film illustrates Learned Happiness Theory, as many maids initially accept their oppression as unchangeable reality. However, by sharing their stories, they begin to reclaim their agency, aligning with modern discussions on workplace environment and labour rights advocacy.

Maslow's Hierarchy of Needs theory can also be observed in the film as the maids' financial instability and racial oppression prevent them from fulfilling basic needs like safety and security. Their psychological needs, such as belonging and self-esteem, are only met when they unite, support one another, and take control of their narratives. Beyond its historical setting, The Help remains relevant in today's conversations on workplace mental health. It reminds us that while societal progress has been made, issues like discrimination, emotional labour, and toxic work environments persist. The film ultimately champions the power of storytelling as a tool for resistance, demonstrating that raising one's voice, whether through art, journalism, or collective action can pave the way for change. As workplaces increasingly emphasize employee well-being, The Help serves as a cinematic

case study on the importance of mental health, fair labour practices, and the enduring impact of workplace dynamics on psychological resilience.



The Narrator from ~~Fight Club~~ and Workplace Burnout

Hema Manasa Kolli
Msc Clinical Psychology C

Fight Club (1999) directed by David Fincher, depicts the mundane life of the narrator, a disillusioned, depressed modern working professional struggling under the weight of corporate culture. He starts a fight club with a rebellious soap maker he meets on a trip. The narrator's story reflects the psychological toll of modern work culture, where emotional exhaustion, detachment, and a loss of purpose breed profound mental instability. The movie explores his journey from being an insomniac office worker to an anarchist leader, portraying how prolonged, extreme burnout results in dissociation and loss of identity.

The word "burnout" was first used by an American psychologist, Herbert Freudenberger, in 1975. According to WHO, burnout is specifically an occupational phenomena. In ICD-10 burnout is defined as "a syndrome conceptualized as resulting from chronic

workplace stress that has not been successfully managed.” It is characterized by three dimensions: feelings of exhaustion; cynicism and emotional detachment from one’s work; and reduced professional efficacy. Fight Club embodies all the dimensions of burnout.

The narrator is a white-collar employee who works for a major automobile company. His job as a recall specialist consists of calculating the financial cost of car recalls and the cost of setting wrongful death lawsuits. The ethics and nature of his work reinforces his sense of purposelessness. It is seen that the narrator experiences chronic insomnia due to his inability to cope with work stressors. He displays disconnection from work, feelings of emptiness and numbness, being unable to lead a meaningful life. He lives in a sterile apartment filled with IKEA furniture and his conversations with coworkers lack genuine connection. He is completely detached from his life, which has been reduced to a meaningless routine of flying to different cities, staying in similar generic hotels, and attending business meetings. To cope, he attends support groups for various illnesses regardless of having the illness, finding comfort in other’s vulnerability.

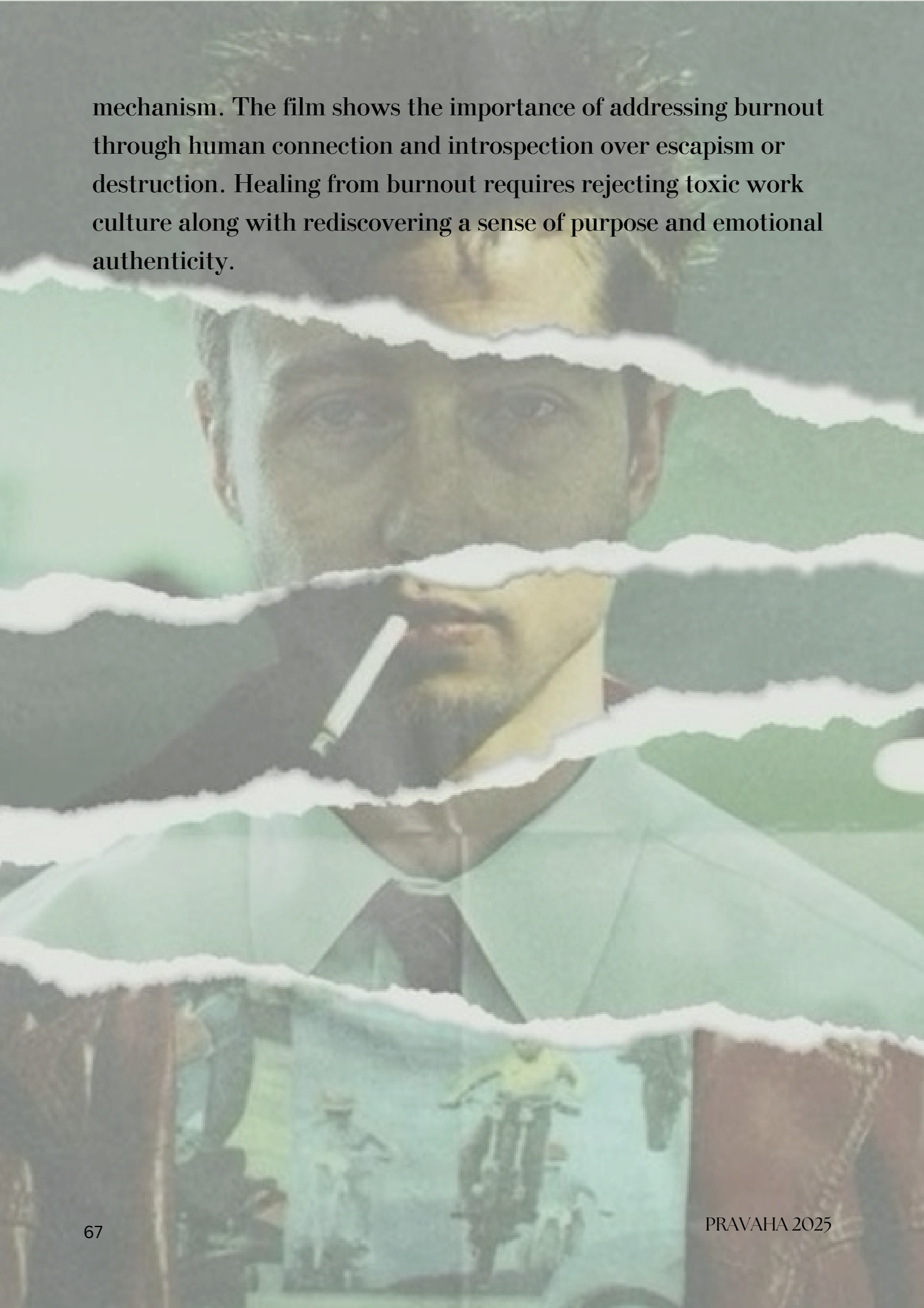
However, his coping mechanisms of consumerism and support groups fail as they do not address his underlying distress. His insomnia causes cognitive impairment impacting his focus, decision making, emotional regulation; increasing his vulnerability to dissociation and psychosis. His experience is described as "When you have insomnia, you’re never really asleep... and you’re never really awake. With insomnia, nothing’s

real. Everything is far away. Everything is a copy of a copy of a copy." Thus, he begins to lose touch with his identity and reality. It leads to the creation of Tyler Durden who is the psychological manifestation of the narrator's anger and desire for autonomy which was suppressed by corporate culture and materialism. The narrator creates the fight club along with Tyler as a temporary relief to his emotional numbness, providing him with a fleeting sense of control. It acts as a space for men to express vulnerability through physical aggression. He eventually shifts from passive burnout to active defiance, forming Project Mayhem in an attempt to destroy capitalism and reclaim power.

The narrator developed Dissociative Identity Disorder as a direct consequence of unresolved burnout. His moral conflicts and emotional exhaustion fractured his sense of self and created Tyler to compartmentalize this inner conflict and provide space for his emotions. Prolonged stress and exhaustion made the narrator lose his grip on reality culminating into psychosis. The narrator realizes Tyler is not real but rather his own self. When Tyler's actions escalate in Project Mayhem, the narrator fights to stop him. It is a metaphor for reclaiming control over his mind and healing from burnout. The narrator shoots himself in the head to kill the part Tyler represents and survives, showing his willingness to rebuild his life. He is also seen holding hands with Marla signifying his readiness to establish authentic connections.

The narrator's journey reflects the psychological consequences of burnout. He goes from a sense of detachment to dissociation as he loses his sense of identity, turning to violence as a coping

mechanism. The film shows the importance of addressing burnout through human connection and introspection over escapism or destruction. Healing from burnout requires rejecting toxic work culture along with rediscovering a sense of purpose and emotional authenticity.



The Devil Wears Prada – How Work Can Break You (or Make You Stronger)

Diya Nair

Msc Clinical Psychology A

We've all had those days at the office when the stress is suffocating, deadlines are impossibly far away, and a demanding manager leaves you wondering if you're losing your mind. The Devil Wears Prada (2006) may be a stylish, glamorous movie, but within the glamour and glitz of the fashion industry, it depicts a stark reality of workplace mental health, abusive work environments, and ambition's price tag. The movie follows Andy Sachs (Anne Hathaway), a recent journalism graduate, who finds employment as the assistant to the renowned Miranda Priestly (Meryl Streep), the dreaded editor-in-chief of Runway magazine. Andy is immersed in a world of perfectionism, fatigue as the rule, and failure not an alternative. As she battles to keep up with

Miranda's crazy demands, she begins to lose herself and the people she cares about. The film perfectly depicts the high-stress life of demanding jobs and how they can mould (or destroy) an individual.

What makes *The Devil Wears Prada* so real is how well it depicts everyday workplace frustrations particularly the effect of stress and toxic leadership. Miranda Priestly is every woman's worst nightmare boss - cold, unforgiving, and never satisfied. Her leadership style feeds on fear, which too closely reflects real-world working environments that exhaust employees mentally and keep them on their toes. Andy's private life suffers too; she begins as a bright, driven woman with a wonderful boyfriend and friends, but as work engulfs her, she hardly has time for them. This work-life conflict is far too common for many professionals who end up sacrificing their relationships and health for work. One of the most compelling themes in the film is the way in which Andy slowly transforms as her priorities change, she begins dressing differently, and she rationalizes the treatment she receives because she believes it's a step in the direction of success. It poses a significant question: When does a job cease to be merely a job and become a part of your identity?

Andy's eventual realization that no job is worth sacrificing her mental health and happiness is a powerful message. While ambition is great, setting boundaries and knowing when to walk away is even greater. While most people remember *The Devil Wears Prada* for its iconic fashion moments and Meryl Streep's brilliant performance, it's also an eye-opener about workplace culture.

In a world where burnout is all the rage, this film is still so very relevant. If you've ever been overwhelmed by work or suffered at the hand of a toxic work culture, this film will resonate. So, if you haven't watched it yet, check it out. It may just make you question how much of yourself you put into your job.



'Good Will Hunting' Under the Scope of Psychology

Shiddharth Aheibam
MSc Clinical Psychology

All of us have gone through this phase in our life where we adhere to a lot of changes both physically and mentally. Adolescence is a part of our life where we move on from childhood to adulthood, the whole process is very complicated and it is where one finds his/her own identity and failing so people get lost in the crowd where we are stamped by people who feed on the weak.

The movie that I personally want to look up is "Good Will Hunting". It was one of the few movies that I loved when I was at the age of puberty. One evening my dad called me and let me watch this movie and told me the beauty of the name itself. The movie was released in 1997 and it is a psychological drama film, the movie was written by Ben Affleck and Matt Damon who also plays a major role in the movie. The story is about a guy named Will Hunting aged 20, who has a kind of complex identity confusion and lives in his own world, neglecting and ignoring

societal norms and regulations. In the movie he works as a janitor at MIT but he was a naturally gifted genius with a high naturally genuine personality and he was a mental genius who was self taught. He is suffering to get use of his hidden talents and let people know about it but at the same time he doesn't give a damn and spends most of the time drinking with his friends. He loves to spend time mostly with his friends because they are the only people who he has in his life. Where he then develops a feeling that if he works and gets busy he will lose his friends and he doesn't want to be alone and feel abandoned.

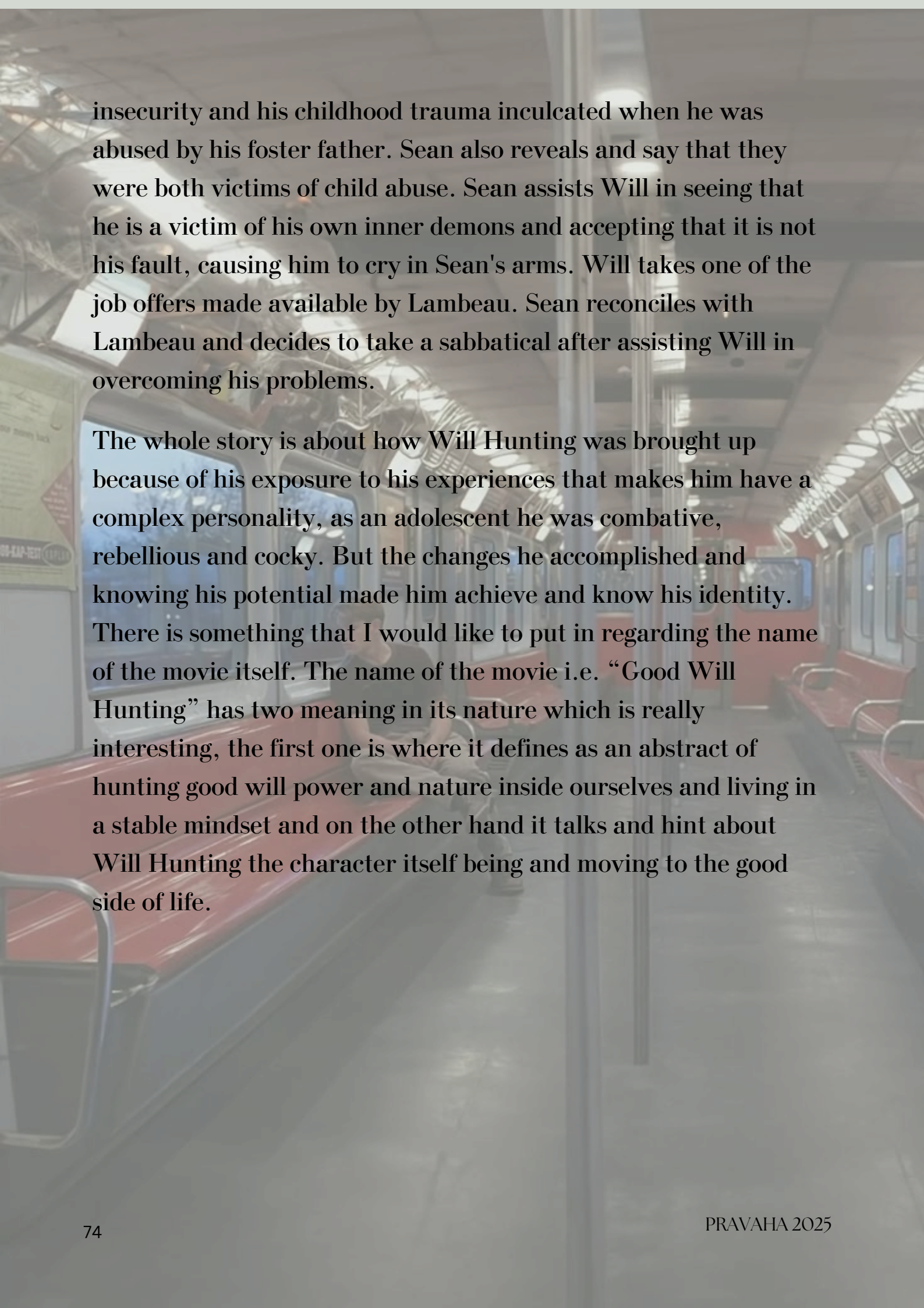
The main thing that highlights Will's changes in the movie is his emotional changes, relationship with his peers and substance abuse. Since he was brought up as an orphan and has faced child abuse in his early life, he believes in his own delusional theory that emotional sufferings and trauma will follow him if he leaves his comfort zone so in a way he is scared to take up risk factors to grow and know his own potential. As a child who is being abused he grows up to be a violent person and he develops a high ego defense mechanism. This defense mechanism makes him rude and gives him a tendency to hurt anyone who challenges his delusional theory and tells him to know and accept the reality.

When he solves an almost impossible math problem, his life changes dramatically, and Professor Lambeau, one of the characters in the movie who was a Noble prize winner seeks him out to add Will for his genius mind to his close group. The Professor does not want this kind of talent to go to waste, so he provides Will with the tools he needs to unleash his intellectual gift and lead a successful professional life.

This turn of events occurs at the same time when he meets Skylar, his love interest for the remainder of the film. Will's new girlfriend and the opportunity to use his intellectual gift serve as a challenge to the delusional theory he believes, to which Will, true to his character defense mechanisms, regresses every time some notorious progress is made. Will continues to sabotage his own life by not allowing himself to relax. Since he was paroled from jail he was asked by the teacher to study and go to a therapy session to help him cope up.

Therapy sessions with a pretentious psychiatrist and then a hypnotherapist did not go well in the film; Will outwitted both and made a joke of the process, which neither could handle. To establish rapport with Will, it is critical not to come across as a self-important expert, but rather as an authentic person in a safe environment. Will later goes on a therapy session where he meets Dr. Sean Maguire, he was initially resistant to working with Sean, and then went silent for several sessions. Will's disorganised attachment from childhood abuse may necessitate several sessions to establish enough trust and rapport to even begin doing significant work. Looking at the way they dealt with each other Will was having high defensive mechanisms such as denial, displacement and rationalisation. And in order to know him clearly Sean used free association for the session. During the session Will mocks and teases Sean using his deceased wife that makes him violent towards Will, which afterwards he starts to open up slowly.

Will had an arguing debate between Sean and Lambeau about his potential. The movie kind of ends when Will cries out about his



insecurity and his childhood trauma inculcated when he was abused by his foster father. Sean also reveals and says that they were both victims of child abuse. Sean assists Will in seeing that he is a victim of his own inner demons and accepting that it is not his fault, causing him to cry in Sean's arms. Will takes one of the job offers made available by Lambeau. Sean reconciles with Lambeau and decides to take a sabbatical after assisting Will in overcoming his problems.

The whole story is about how Will Hunting was brought up because of his exposure to his experiences that makes him have a complex personality, as an adolescent he was combative, rebellious and cocky. But the changes he accomplished and knowing his potential made him achieve and know his identity. There is something that I would like to put in regarding the name of the movie itself. The name of the movie i.e. “Good Will Hunting” has two meanings in its nature which is really interesting, the first one is where it defines as an abstract of hunting good will power and nature inside ourselves and living in a stable mindset and on the other hand it talks and hints about Will Hunting the character himself being and moving to the good side of life.



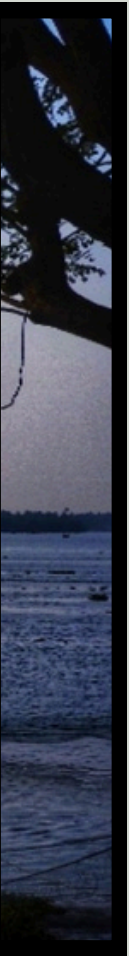
PHOTOGRAPHY & ARTWORKS

PHOTOGRAPHY



A hand dances across the keys, weaving thoughts into the digital ether, where each stroke breathes life into silent dreams, bridging mind and machine.



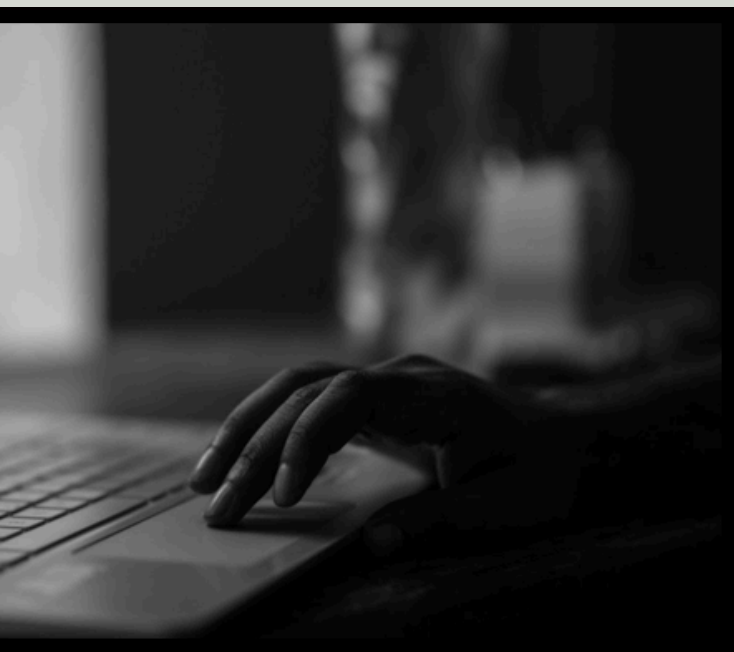


A towering moon pierces through tall trees, its light softening the grey sky, a silent beacon of hope in the quiet of the night.

A sunset over the bay symbolizes the end of a cycle, with Chinese fishing nets reaching into the calm waters, capturing fleeting moments as day fades into night.

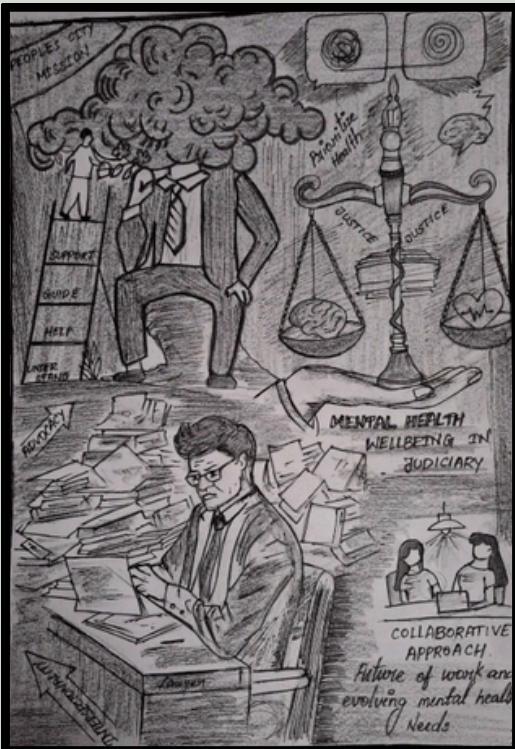


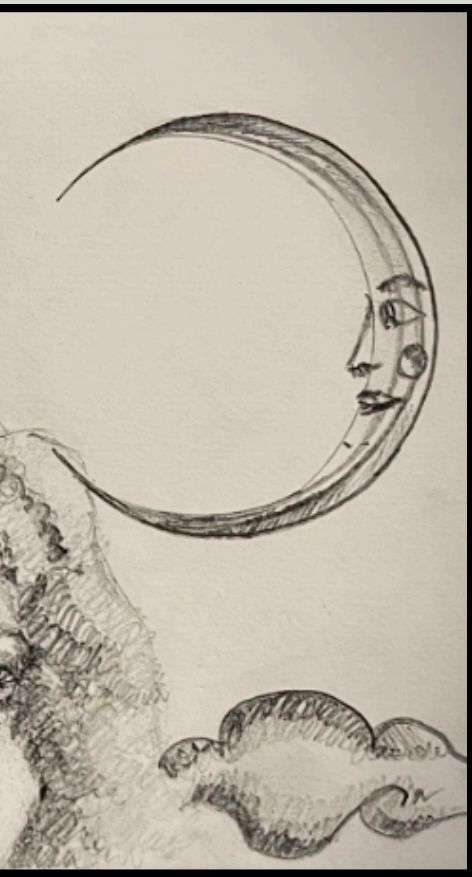
The lizard basks in the sun's glow, its scales gleaming like armor, embodying strength and stillness in the heat of the moment.





ART





WORKS





TEACHERS CORNER

When Work Becomes Therapy

Dr Anjana Sinha
Assistant Professor



The rhythmic tapping of fingers on the keyboard, the soft hum of voices engaged in thoughtful discussions, the occasional burst of laughter in the staffroom—these were once just ordinary sounds of the workplace. But for Aisha, they became the soundtrack to healing.

Aisha had always been passionate about teaching. The joy of shaping young minds, the thrill of a student’s “aha” moment, and the warmth of heartfelt gratitude made her work deeply fulfilling. Yet, when life outside the classroom became overwhelming—a personal loss, the weight of responsibilities, the silent battles with anxiety—she found herself retreating into a shell.

At first, work felt like an obligation, something to get through. But as the days passed, she began to realize that the very space she once saw as routine was offering her something profound—therapy. Each lecture she prepared gave her a sense of purpose. The curiosity of her students rekindled her love for learning. The camaraderie with colleagues became an unspoken support system,

a gentle reminder that she was not alone.

Slowly, the act of giving knowledge, of nurturing others, became a way of nurturing herself. The workplace was no longer just a place to earn a living—it was a space that reminded her of her strength, resilience, and ability to find joy even in difficult times.

Aisha's story is a testament to how meaningful work can be a source of healing. When passion aligns with purpose, and when a workplace fosters connection and growth, it becomes more than just a job—it becomes a sanctuary.

For anyone struggling, perhaps the answer is not in stepping away but in leaning in—finding solace in purpose, support in colleagues, and healing in the work that once brought joy.

Because sometimes, when work becomes therapy, it becomes the very thing that saves us.



The Light Never Fades

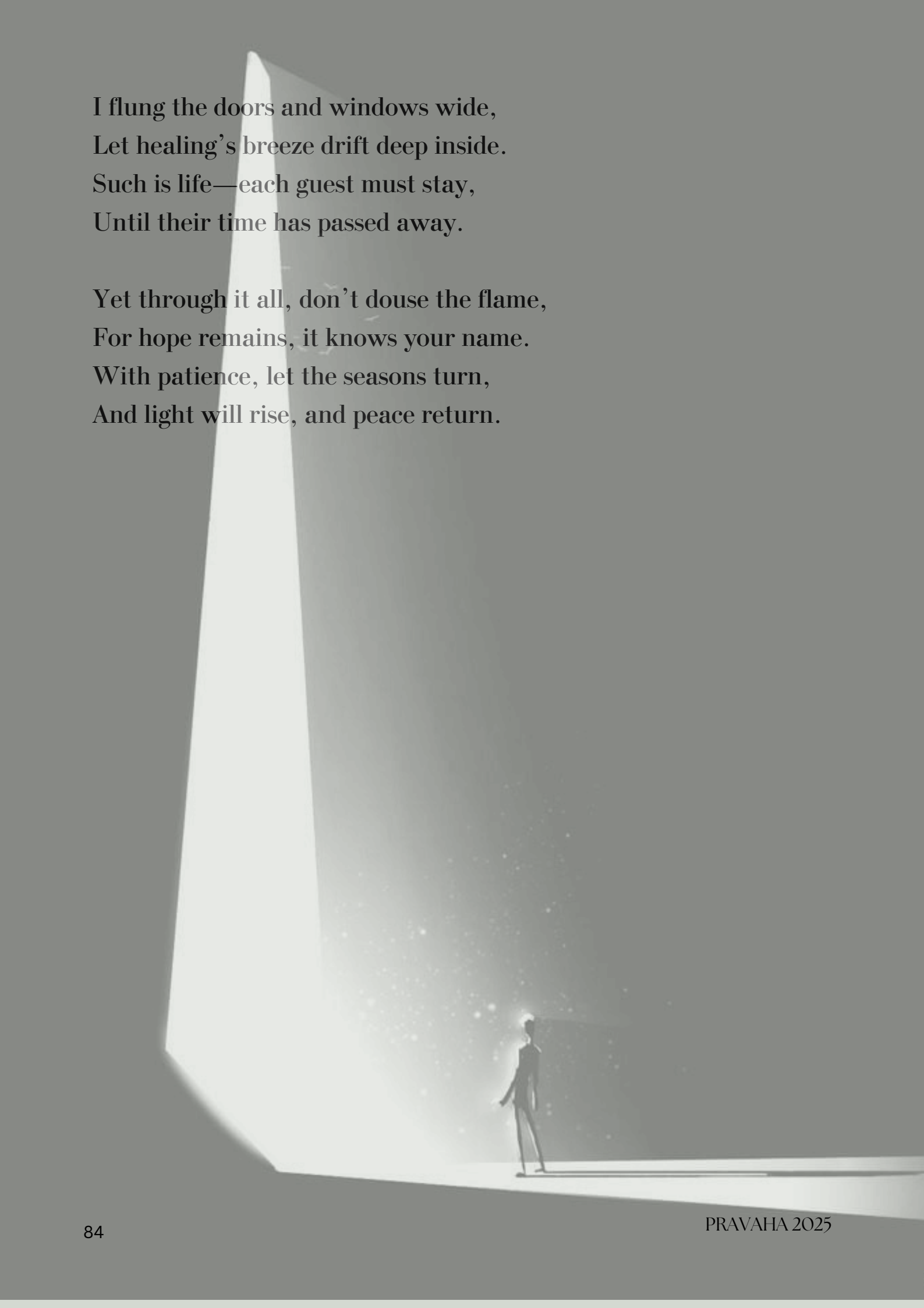
Ms. Ann Mary Jacob
Assistant Professor

I thought I'd make it, find my way,
That light would shine and clear the grey.
I thought that trust would guide my stride,
With faith alone, I'd turn the tide.

Yet something changed, a shadow grew,
My thoughts once strong now felt untrue.
With one sharp strike, my hope grew thin,
As doubt and fear crept deep within.

Anxiety knocked; I let it stay,
Depression whispered, "Let's delay."
I catered to them, met their need,
Yet still, my heart refused to cede.

For even when the dark took hold,
A spark of light refused the cold.
And then one day, the storm had passed,
The weight was gone, I breathed at last.



I flung the doors and windows wide,
Let healing's breeze drift deep inside.
Such is life—each guest must stay,
Until their time has passed away.

Yet through it all, don't douse the flame,
For hope remains, it knows your name.
With patience, let the seasons turn,
And light will rise, and peace return.



NEURONUDGE

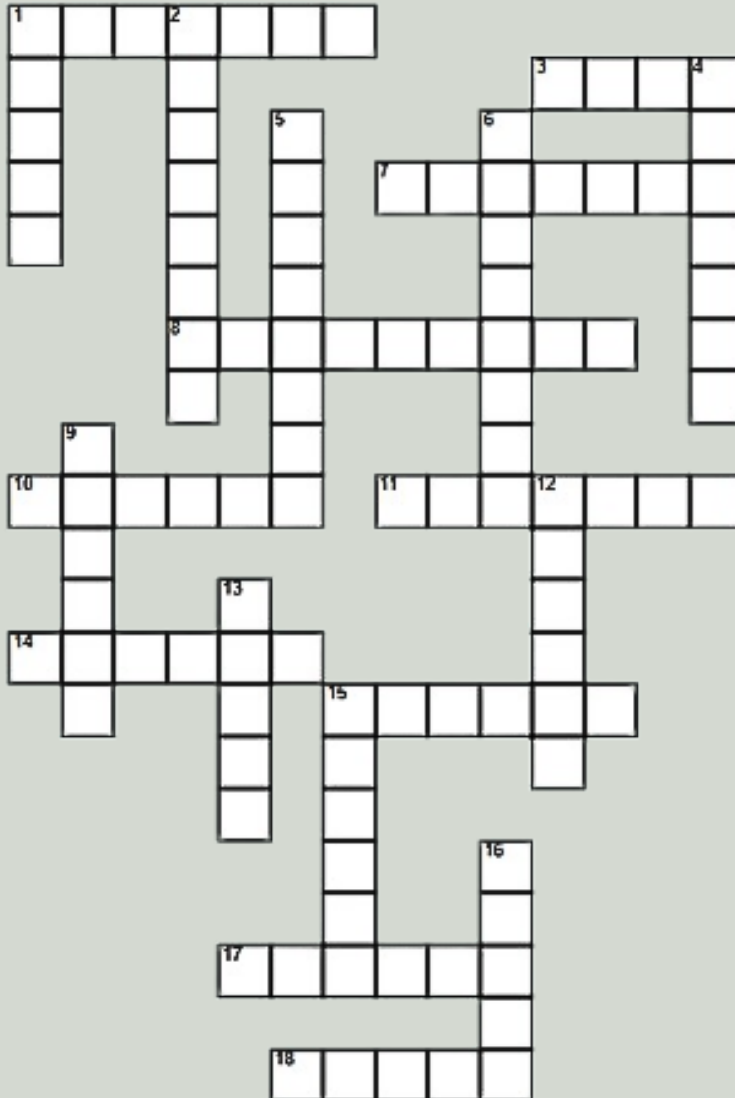
LEXICAL LABYRINTH

Get ready to unscramble your brain and spell your way to victory—it's time to decode the ultimate word challenge!





CROSSWORD



Across

- 1) Believed people evolve through 8 stages over life span.
- 3) Disciple of Freud. Believed in collective and personal unconscious.
- 7) Father of operant conditioning.
- 8) Developed one of the first projective tests, the inkblot test.
- 10) Created theory of evolution and "survival of the fittest."
- 11) Believed there are an infinite number of sentences in a language.
- 14) Humanistic psychologist who believed in unconditional positive regard.
- 15) Father of classical conditioning.
- 17) Founder of behaviorism and Little Albert experiment.
- 18) Believed introspection psychology and is considered the father of scientific psych.

Down

- 1) Father of Rational Emotive Therapy.
- 2) His theory states the 3 levels of moral reasoning.
- 4) Created the theory of multiple intelligences.
- 5) Found that specific mental talents were highly correlated.
- 6) Conducted Stanford Prison Experiment.
- 9) Studied the theory of attachment in infant monkeys.
- 12) Humanist psychologist who claimed humans have a hierarchy of needs.
- 13) Founded psychoanalytic theory and focused on the unconscious and dream analysis.
- 15) Four-stage theory of cognitive development.
- 16) Created/developed general IQ tests.

MAJOR EVENTS OF THE DEPARTMENT



"Cognizance" - An Intra-Departmental level



"Psychofiesta" -

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Psychology Fest



"Manodarshan" - The Psychology Exhibition



A Celebration of Emotions and Self-Discovery

MAJOR EVENTS OF THE DEPARTMENT



"Viksit Bharat" - National Seminar on Psychological Perspective of Viksit Bharat 2047



Stimuli - An Inter-Collegiate level Psychology Fest



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India Today - MDRA survey 2024



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- Campus Management Solution monitors the student performance
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