



## ***Beyond Recovery : Pioneering Paths to Societal Inclusions***

*Fathima Tabassum - 24PSYA31*

"How do I immerse myself back into a society that I feel no longer part of?", "How do I overcome my mental inability to dispose of hindrances in my day-to-day life?" These thoughts are just the tip of the iceberg in regards to a mentally ill patient's rumination. Psychosocial rehabilitation is the process that facilitates opportunities for a person with chronic mental illnesses to reach their optimal level of independent functioning in society. The integration of these patients into society is an important aspect of their recovery. It involves providing them with the necessary skills and support to become active and productive members of their communities. This process can involve yoga, light physical exercises, group discussion, vocational training, social skills development, and community involvement, training for daily living skills, individual, and family counselling. These institutions equip patients with adequate support to help them reintegrate into society; we can improve their quality of life and reduce the stigma that often surrounds mental illness. With proper aid, these individuals can lead fulfilling lives and contribute to their communities in meaningful ways.



Following psychosocial rehabilitation, individuals in the process of recovering from chronic mental health conditions may encounter obstacles when it comes to reintegrating into society. These challenges may manifest as difficulties with social skills, feelings of isolation, and trouble accessing resources and support networks. It is disheartening that those who have undergone psychosocial rehabilitation frequently encounter stigmatization and unfavourable attitudes from society based on their mental health background. Stigma is a theme discussed in many interviews. Many patients when returned to society, face insults. Society keeps overt as well as covert discrimination against them. On a societal level, several patients reintroducing themselves into workforces encounter adversity when enlisting for jobs, and develop a fear of being judged and imminent loneliness; which can add tremendous strain to already poorly compensated defence mechanisms of the patient and the patient may regress again. Several families of the patients were concerned that a diagnosis of mental illness could hurt an individual's marriage prospects and affect how neighbours viewed the family. Nonetheless, it is crucial to acknowledge that these individuals have devoted significant effort to recuperate and reintegrate into society. And they merit the same consideration and prospects as everyone else. By informing ourselves and nurturing a welcoming and inclusive environment, we can help dismantle the obstacles that hinder them from fully engaging in their communities and aid these individuals in leading fulfilling lives and becoming valued members of our communities.

# EVENTS CORNER

## Samavarthana 2025 - 2026



On July 15th, the Department of Psychology at Kristu Jayanti Deemed-to-be University proudly hosted a heartfelt graduation ceremony to celebrate the achievements of the outgoing BA Psychology students [batch 2022 – 2025]. On July 17th, the department also celebrated the graduation of MSc Psychology students [batch 2023 - 2025], honoring their advanced academic pursuits, research excellence, and unwavering commitment to the discipline. The event marked a key milestone, recognizing their dedication, growth, and academic journey over these transformative years.

## Shubh Aarambh 2025–2026: Psychology Department Reorientation

On July 18th, 2025, the Department of Psychology at Kristu Jayanti Deemed-to-be University organized ‘Shubharambh’, a reorientation programme for the 5th semester BA Psychology students. The programme aimed to ease students into the new academic phase by outlining key aspects such as the semester’s academic plan, curriculum updates, and the department’s code of conduct. The session concluded with a formal inaugural at 12:00 noon in the Jubilee Auditorium, where students came together for a unified start. The event fostered a sense of direction and enthusiasm, encouraging students to embrace the semester with focus and curiosity.



## VAC for PG and UG Final Year Students



From July 8th to 12th, 2025, the Department of Psychology at Kristu Jayanti Deemed-to-be University conducted a Value-Added Course (VAC) on Mindfulness-Based Stress Reduction for 3rd semester B.Sc. Psychology students. Topics ranged from breathing techniques and present moment awareness to body scan and muscular relaxation. The course offered students practical strategies for stress management.



From July 10th to 15th, 2025, the Department of Psychology at Kristu Jayanti Deemed-to-be University conducted a VAC series on Negotiation in Relationships for 3rd semester students of M.Sc. Psychology, Counselling Psychology, and Clinical Psychology (A, B, & C). The sessions focused on enhancing communication and conflict resolution skills for healthier interpersonal relationships.

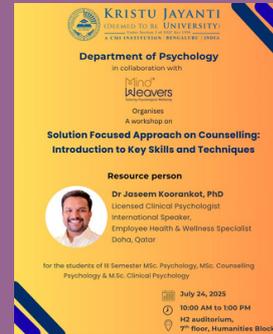
# STUDENTS' CORNER

## *A Flower that loved too much*

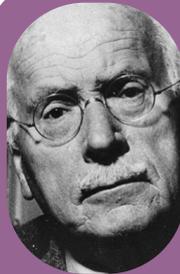
*Kavya Presannan Pillai - 23PSYA28*

I was born a flower, soft and rare,  
With colours painted by the sun's tender care  
Each petal, a fragment of my boundless heart,  
A piece I gave to those who swore we'd never part.  
Oh, how I bloomed for them wide and wild,  
my love pouring like rain on the perched and beguiled.  
I let them pluck my petals one by one,  
"Take all you need," I whispered,  
"My love is never done."  
"Take it, I begged, take everything you need."  
And they did, they plucked me until I could bleed.  
But then they winced, said my love was too loud,  
my scent too sweet; my devotion, a shroud.  
"You love too much, it's too much to bear."  
And so they fled, as petals fell to the ground.  
Each one a name, each one a sound.  
The laughter, the promises, the fleeting embrace,  
all scattered like whispers, leaving no trace.  
one by one, my petals fell, each a soul I loved too well.  
The touch that stayed just long enough to ache,  
the promises that left me only to break.  
Now I stand naked, my bloom stripped bare.  
A ruin swaying in cold, bitter air, my roots dig deep, but the  
earth feels dead, my heart still beats, though it wishes instead  
To stop. To stop. To finally rest,  
to cease the love that burned in my chest.  
But even in pieces, I ache to give, to find a reason,  
a way to live.  
Perhaps, I was born to give and to fade,  
a flower whose love became its own blade.  
And as the last petal falls, I wonder aloud,  
can a flower still love when it's left unbowed.  
The sun may rise, and the winds may call,  
But what's left of a flower when its given it's all ?

## UPCOMING EVENTS



Department of Psychology, Kristu Jayanti (Deemed to be) University is organising a workshop on 'Solution Focused Approach on Counselling: Introduction to Key Skills and Techniques' on July 24, 2025. This session will be led by Dr. Jaseem Koorankot, PhD and will be open to MSc students in Psychology, Counselling Psychology, and Clinical Psychology.

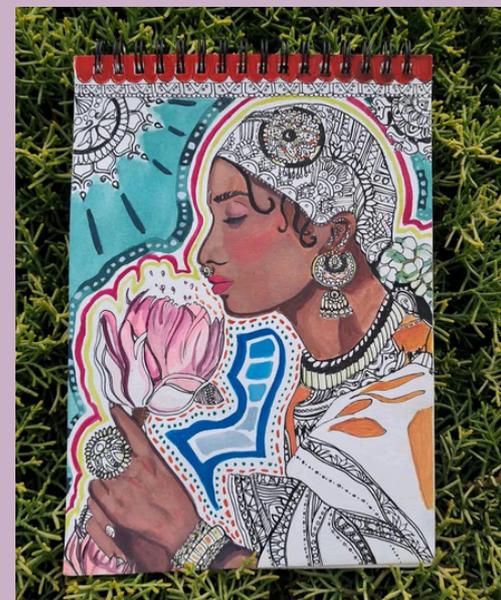


"Who looks outside, dreams; who looks inside, awakes."

**Carl Jung**

*Swiss psychiatrist, psychotherapist, and psychologist*

## ARTWORKS



*Paushali Dhar - 23PSYA40*

## PHOTOGRAPHS



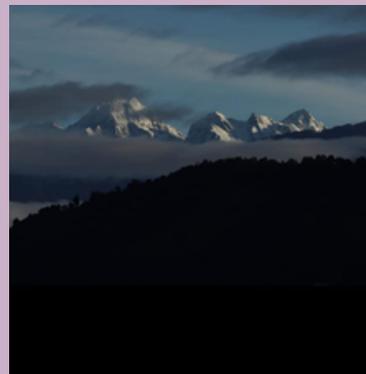
*Ashish Joshua -23PYJ009*



*Navya Hari- 23PSYB41*



*Anna Davis - 23PSYB08*



*Labanya Hazra -23PSYA30*

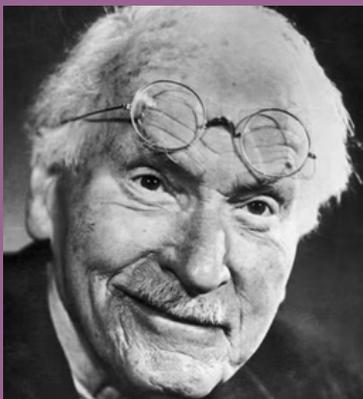
## PSYCHOLOGY NEWS

- Researchers have found that the protein cypin helps brain cells connect and communicate, key for learning and memory. By revealing how it tags synaptic proteins and works with the brain's recycling system, this discovery may lead to treatments for Alzheimer's, Parkinson's, and brain injuries offering new hope for boosting brain resilience and cognition.
- Locked down Hungarians who gained or lost pets saw almost no lasting shift in mood or loneliness, and new dog owners actually felt less calm and satisfied over time hinting that the storied “pet effect” may be more myth than mental-health remedy even in extreme isolation.
- Researchers from Sweden have discovered that the human brain continues to grow new cells in the memory region called the hippocampus even into old age. Using advanced tools to examine brain samples from people of all ages, the team identified the early-stage cells that eventually become neurons. These findings confirm that our brains remain more adaptable than previously believed, opening the door to potential treatments for memory loss and brain-related disorders.

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

### 16<sup>th</sup> July to 19<sup>th</sup> July in the history of Psychology:

1. 16<sup>th</sup> July 1964 : The state of Louisiana approved its psychologist licensure law in 1964. The law became effective on July 29 of the same year.
2. 17<sup>th</sup> July 1902 : Carl G. Jung was awarded the MD degree by the University of Zurich. His dissertation topic was the psychology and pathology of occult phenomena.
3. 18<sup>th</sup> July 1892 : Lightner Witmer passed his doctoral oral examination at the University of Leipzig under Wilhelm Wundt, receiving the grade of magna cum laude. The degree was formally awarded on March 29, 1893. Witmer was a founder of the APA and an originator of modern clinical psychology.
4. 19<sup>th</sup> July 1896 : Samuel J. Beck was born. Beck's research, instruction, and publications centered on the reliability, validity, administration, and objective interpretation of the Rorschach Test.



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