



# Meraki

Unleash Your Soul's Expression



Department of Psychology | Volume 3 | Issue 1 | July 2025 | Students' Publication

## **Using Technology to Change the Way We Learn Psychology**

*Andrea Ann Abraham - 23PSYA08*

Last week, Kristu Jayanti College achieved a significant milestone by being conferred the status of a deemed-to-be university. As a year of AI technology, the college is focusing on how technology can make education better for everyone. The theme the college decided this year is “Leveraging Tech for Transformative Education,” showcasing to us that learning is not limited to textbooks and classrooms. As a psychology student, I have already experienced how students are now using online tools to make quizzes, flowcharts, mind maps, etc., watch videos, and interact with people to discuss more on psychology.



The psychology field too has VR Therapy, where they use VR as treatment for anxiety disorders, including phobias and posttraumatic stress disorder, and mental health apps that show how thoughts affect emotions. Now that we have these technological tools, learning has become more engaging and personalized. Now, people who learn best visually can watch brain-related videos or animations; those who learn audially can test their memory and focus by listening to podcasts; and some can even play interactive games.

For a psychology student, it is important to have psychological knowledge and skills. Technology facilitates an individual with the skills through AI simulation to boost one's counselling skills and to learn more about human behaviours through surveys. This way of learning becomes more applicable and gets linked to the outside world.



Another significant benefit of technology is accessibility. Not all people learn the same way or at the same rate. Students can study at their own pace and go over materials again, thanks to online resources, discussion boards, and recorded lectures. This promotes the emotional and mental health of a student and lessens academic stress.

This combination of technology and psychology enables us to learn not just more quickly but also more effectively. It gives us a more accurate, realistic, and useful understanding of people, feelings, and the world around us. Technology should become a partner in our quest to understand the human mind, not a substitute for teachers.

**Kristu Jayanti College, Autonomous,**  
has been conferred  
**DEEMED TO BE UNIVERSITY**  
status by Ministry of Education,  
Government of India & UGC



## Faculty Development Programme on Advancing Psychometric & Diagnostic Skills



On June 28th, 30th, and July 1st, 2025, the Department of Psychology at Kristu Jayanti Deemed-to-be University conducted a three-day Faculty Development Programme (FDP) on Advancing Psychometric and Diagnostic Skills in Psychology. Day 1, led by Ms. Soumya Simon, focused on the Rorschach Inkblot Test. Days 2 and 3, facilitated by Mr. Vиграанth Bapu K.G., Programme Coordinator (PG), covered the Millon Clinical Multiaxial Inventory (MCMI) and the Wisconsin Card Sorting Test (WCST). The FDP enhanced faculty expertise in psychological assessment and reaffirmed the department's commitment to academic excellence.

## Shubh Aarambh 2025–2026: UG Psychology Department Reorientation

On July 7th, 2025, Kristu Jayanti Deemed-to-be University's Department of Psychology hosted the Shubharambh Reorientation Programme for 3rd semester B.Sc. Psychology students. The program covered academic plan, departmental code of conduct, and curriculum updates. Dr. Anjana Sinha & Ms. Nikhath Seema led insightful sessions, emphasizing Jayantian code of conduct and assessment guidelines. The programme wrapped up with an inaugural session at 12:00 p.m. in the Jubilee Auditorium, bringing together all students for a unified start to the academic year.



## Shubh Aarambh 2025–2026 - PG Psychology Department Reorientation



On July 9th, 2025, the Department of Psychology at Kristu Jayanti Deemed-to-be University organized Shubharambh & the Reorientation Programme for the academic year 2025–26. The session warmly welcomed postgraduate students back to campus, providing academic guidance, curriculum insights, and important departmental updates. Designed to realign students with the department's goals and expectations, the programme emphasized opportunities for personal and professional growth. Shubharambh set a positive tone for the semester ahead, reinforcing the department's commitment to nurturing academic excellence and holistic development.



# STUDENTS' CORNER



## Shadows (in the storm)

Aradhna Sara Abraham - 23PSYA09

What's lurking in the shadows?  
My fears come creeping by  
The minute I let down my guard  
Dark clouds fill up the sky.

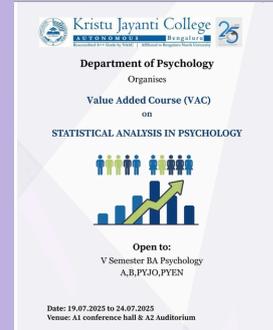
The howling winds surround me.  
Now it's grown into a storm.  
How quickly I'm swept off my feet,  
As the floods around me swarm.

I'm the lost inside the chaos;  
Nothing to grab, nothing to hold.  
Spiraling as it all goes down,  
I'm thrown out shivering & cold.

Feeling abandoned now and forsaken,  
Slowly lifting my head to look around.  
As I see the destruction before me,  
I open my mouth but can't make a sound.

It started in those shadows...  
When I forsook your light.  
But no matter how dim the path may  
look,  
Help me walk by faith, not sight.

## UPCOMING EVENTS



From July 19th to 24th, 2025, the Department of Psychology at Kristu Jayanti Deemed-to-be University Bengaluru, is organising a Value-Added Course (VAC) on Statistical Analysis in Psychology for V Semester BA Psychology students from sections A, B, PYJO, and PYEN. The sessions aim to equip students with essential statistical tools and analytical techniques relevant to psychological research.



"Don't compare yourself with other people; compare yourself with who you were yesterday.."

**Jordan Peterson**

*Professor of Psychology at the University of Toronto,  
Clinical Psychologist, and Author*

## ARTWORKS



Paushali Dhar - 23PSYA40

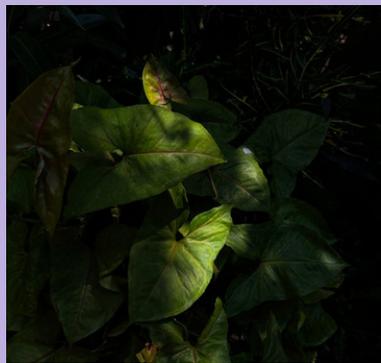


Hanna Elsa Jacob - 23PSYB21



Sahana A.P - 23PSYB48

## PHOTOGRAPHS



*Abhirami - 23PYJO03*

## PSYCHOLOGY NEWS

- The surprising link between hearing loss, loneliness, and lifespan: People who treat hearing loss with hearing aids or cochlear implants regain rich conversations, escape isolation, and may even protect their brains and lifespans—proof that better hearing translates into fuller living.
- Feeling mental exhaustion? These two areas of the brain may control whether people give up or persevere: When you're mentally exhausted, your brain might be doing more behind the scenes than you think. In a new study using functional MRI, researchers uncovered two key brain regions that activate when people feel cognitively fatigued—regions that appear to weigh the cost of continuing mental effort versus giving up. Surprisingly, participants needed high financial incentives to push through challenging memory tasks, hinting that motivation can override mental fatigue. These insights may pave the way to treating brain fog in disorders like PTSD and depression using brain imaging and behavior-based therapies.
- New research shows Monday stress is etched into your biology: Feeling jittery as the week kicks off isn't just a mood—it leaves a biochemical footprint. Researchers tracked thousands of older adults and found those who dread Mondays carry elevated cortisol in their hair for months, a stress echo that may help explain the well-known Monday heart-attack spike. Even retirees aren't spared, hinting that society's calendar, not the workplace alone, wires Monday anxiety deep into the HPA axis and, ultimately, cardiovascular risk.

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

## PRISONERS



## MOVIE REVIEW

*Prisoners* (2013), directed by Denis Villeneuve, is a gripping and powerful psychological exploration of trauma, fear, and moral ambiguity. The story follows Keller Dover (Hugh Jackman), a desperate father whose young daughter goes missing, and Detective Loki (Jake Gyllenhaal), who investigates the case. At its core, the film delves into how extreme stress and loss can push ordinary people. The film also touches on Stockholm syndrome, childhood trauma, and the psychology of control, particularly through the antagonist's motivations.

Overall, *Prisoners* serves as a dark psychological case study on how fear, desperation, and the need for control can distort moral judgment and human behavior.

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