



## Nature and Healing: A bird's eye view of Ecopsychology and its prominence in healing psychological distress

*Nikhisha Hari -23PSYA38*



The environment around us plays a vital role in the moulding of human being and this covers a myriad of areas of development, including, physical, psychological, social and emotional. Ecopsychology stands on the scaffolding of ideas that man & nature are interlinked and that the severing of this relationship could determine the progression of ill health and more specifically decline in psychological health. A more recent but extensive severeness of this bond was through pollution, which continues to tarnish this intricate yet sacred connection that humans and nature share.

Over the span of recent years, researchers strived to study the impact of pollution on mental health. Significantly high levels of air pollution proved to be demanding on the psychological functioning of man, leading to profound increase in the development of anxiety or depression (as suggested by AQI – India, 2025). Surge in air pollution also stems from deforestation and establishment of factories, potent fumes from which are released extensively into the atmosphere limiting its quality. Turning our focus back towards the notion of Ecopsychology, allow us to reframe the positive proportionality of deteriorating nature and dysfunctioning mankind. This is further studied under the interdisciplinary approach of Clinical Ecopsychology – a field of Ecopsychology that aims to correlate a demolishing environment to the declining impacts on mental health. The strengths of this field include, fostering adaptive coping strategies such as spending time in greenery. Backed up by research studies, levels of cortisol production significantly decreased when in the presence of nature (Thoma et al., 2021) and reports of feelings of happiness and solace followed after.

The prominent aim is to shift the focus from environmental stressors (triggering events) to an ecocentric perspective to alleviate psychological distress. Mankind has always shown the ability to instinctively connect with nature and nature in return offers a psychotherapeutic feeling to him. Nature plays the role of a mother by becoming a cushion of comfort and tranquillity that humans can always resort to even when not in the face of adversity. The beauty of its waters and rocks are more than aesthetic creations, they are the essence of spirituality.

When nature is conserved, mankind is preserved!

# EVENTS CORNER

## Anti - ragging Awareness Campaign



On August 12, 2025, the Department of Psychology hosted an expert talk addressing the critical issue of ragging and its harmful consequences. The session was organized especially for first-year UG and PG students, with the aim of creating awareness about the psychological, emotional, and physical impact that ragging can have on individuals. The resource person highlighted how such practices can damage self-esteem, decrease academic performance, and leave lasting emotional scars. By emphasizing the importance of building a safe and supportive learning environment, the programme strived to remind students that universities should serve as spaces for growth, collaboration, and mutual care, free from any form of bullying or harassment.

## National Seminar - Third Wave Psychotherapy

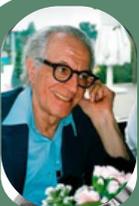


On August 26, 2025, the Department of Psychology hosted a National Seminar on "Third Wave Psychotherapy: Innovations in Mental Health Interventions." The seminar focused on various third wave therapies, such as Metacognitive Therapy (MCT) and Mindfulness-Based Cognitive Therapy (MBCT), highlighting their role in modern psychological treatment. These therapies aim to promote psychological awareness, making them popular in today's fast-paced world, where individuals often seek quick mental health solutions. Experts shared research insights and practical applications, demonstrating how third wave therapies can be adapted to meet diverse needs.

## Expert Lecture: V Semester UG Students



On August 28, 2025, the Department of Psychology organised an expert lecture on Neurodevelopmental Disorders. The session focused on delivering insightful information regarding the different types of neurodevelopmental disorders, their underlying causes and risk factors, as well as effective assessment and treatment methods. The speaker emphasized the crucial role of considering the socio-cultural background when designing intervention strategies to reduce diagnostic errors, particularly in cases of comorbidity. The lecture provided valuable insights into the complexities of neurodevelopmental disorders, underlining the importance of utilising cultural approaches. Overall, the session highlighted the need for precision and cultural sensitivity in clinical practice to improve patient well-being and promote more accurate diagnosis, personalized intervention, and better long-term outcomes for affected individuals. Additionally, the discussion encouraged collaboration among healthcare professionals, educators, and families to create supportive environments that foster development and enhance quality of life for those effected by these disorders.



The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.

- Albert Ellis

## Abundant Love

*Fathima Tabassum - 24PSYA31*

In my soul, You showered love,  
A stark reminder of its lack thereof.  
For in this world, it flickers in scarce  
moments

Yet I crave for a realm where it flows in  
abundance.

Oh, You whose love knows no bound,  
Guide the world so they too can wear its  
crown.

Heed my silent prayer,  
for the existence of hate fuels my bane.  
The misfortune of not embodying love,  
Is the greatest source of the world's pain.

In my soul, you showered love,  
For myself; for all of us.  
now, I give to show there's never enough

## Where I want to be

*Melariiaka Synrem - 23PSYA34*

In the stillness of the night, when shadows grow long,  
I whisper Your name, and my heart cries out.  
When my path gets lonely and it all seems wrong  
And life gets rough and I'm all burnout.

The world pulls me downward with whispers so  
sweet,  
Temptations surround where my faith and fears meet.  
Yet in the silence, You hold me through the pain,  
A gentle reminder of love in the rain.

When I seek You and find You right there for me,  
And tears welled up finally falls,  
I find in Your presence is where I want to be,  
Your hand lifts me gently; You're there through it all.

So I cling to Your promise, though the winds may  
roar  
Knowing You're with me, now and evermore.  
In the hardships of faith, in the trials we face,  
There's beauty in struggle, in Your endless embrace

## ARTWORKS



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## PHOTOGRAPHS



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## PSYCHOLOGY NEWS

- Researchers at the University of California, San Francisco found that the protein FTL1 causes brain aging in mice, leading to memory loss and weaker brain connections. Blocking FTL1 restored youthful brain function and sharp memory, suggesting targeting this protein could potentially reverse cognitive decline.
- Australian teachers face a crisis, with 90% experiencing severe stress and nearly 70% overwhelmed by workload. A UNSW study found depression, anxiety, and stress rates to be three to four times higher than national averages, driven by excessive administrative tasks. This mental strain is increasing rates of turnover, worsening the teacher shortage.
- A comprehensive meta-analysis of 33 studies done at the Queen Mary University of London reveals that about 31% of people, classified as highly sensitive, are more prone to depression, anxiety, and other mental health issues. This sensitivity, defined by heightened awareness of environmental and emotional cues, also means these individuals often respond better to therapies like mindfulness and relaxation. Experts emphasize that recognizing sensitivity can improve diagnosis, treatment effectiveness, and relapse prevention in clinical practice.

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

## MOVIE REVIEW



One Flew Over the Cuckoo's Nest (1975) presents a powerful exploration of institutional control and mental health. Through Nurse Ratched's authoritarian dominance and Randle McMurphy's defiant rebellion, the film stages a psychological conflict between freedom and oppression. It offers a profound and dramatic reflection on mental health, authority, and individuality, exposing the fragility and strength of the human psyche within a dehumanizing system. At once, it underscores both the resilience and vulnerability of the mind when confronted with control and conformity.

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