



Climate Anxiety and Youth in India: A Growing Psychological Concern

Abhirami - 23PYJO03



Climate change is no longer a faraway concern: it is here, impacting people's lives all over the world. In India, floods, heatwaves, and unpredictable rainfall have become commonplace. There is a significant visible impact of climate change; but there is also another less visible emerging impact - climate anxiety. Climate anxiety refers to our fear about what may happen to the planet and increasing concerns about our future, this issue is increasingly affecting young people in India.

Surveys show that youth all over the world, including in India, are very worried about climate change. Many feel angry, helpless and like decision-makers have and are failing to act. For some, their anxiety impacts their sleep and focus and leads to depression. Psychologists' research shows that concern can lead to positive action, such as adopting environmentally sustainable habits or getting involved in campaigns. However, when concern is left unchecked, it can be overwhelming.

The youth-led climate actions, such as tree planting or clean-up drives across India, provide insight into how youth actions can shift fear to responsibility. When young people act together, they are showing resilience and combating feelings of isolation.

The media can exacerbate climate anxiety. Alarmist stories about climate change are the norm and create anxiety for consumers when there are no solutions in the story. Responsible journalists need to balance reporting with innovation and success stories, such as smart solar projects or significant conservation areas that provide some positivity to consumers during their day-to-day confronts with devastating climate news.

More experts are advocating for safe spaces for youth to work through climate fears, climate literacy and stress management programmes in schools and colleges. Watching their actions lead to real change and seeing the reduction in carbon footprints, waste, climate awareness, and tree removals gives youth the agency they need to feel empowered rather than helpless.

Support can come from teachers and parents who can offer genuine conversations about action and practical suggestions, which is very reassuring to our youth. Our team has encouraged policymakers and mental health practitioners to validate climate anxiety as a significant psychological concern.

How we address it now is not only about reducing worries today, but also to prepare a generation to face what is to come with hope, resilience, and agency.



“In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles of life.”

Albert Bandura

Canadian-American Psychologist & Professor

EVENTS CORNER

Manodarshan 2025



On September 9th, 2025, the Department of Psychology, Kristu Jayanti (deemed to be) University, organised Manodarshan 2025, a Psychology Exhibition on the theme “Mind in Motion: Evolution of Psychological Perspectives.” The exhibition, held at the M1 & M2 Auditorium, Science Block, from 9:00 AM to 4:30 PM, was coordinated by faculty members Ms. Soumya Simon, Ms. Moksha Balakrishnan, and Ms. Devika S. Krishnan.

Competency Mapping Certificate Course

School of Humanities & Social Sciences
Department of Psychology
Organises

Learn From
Field experts who bring real-world insights and practical knowledge to enhance your skills.

Certificate Course
on
Competency Mapping

Course Details
September 8th-26th, 2025
Online sessions
Timings: 5 PM to 7 PM.

Practical Focus
This course is designed to be practical-oriented, focusing on 'essential skills' mapping techniques for effective competency development.

For more details contact:
Ms. Ann Mary Jacob
Faculty Coordinator
Email: ann.mj@kristujayanti.com
Ms. Aarsha Ajayan
Faculty Coordinator
Email: aarsha.a@kristujayanti.com

Join us from September 8th to 26th
Open to all PG Students



Scan code to Register

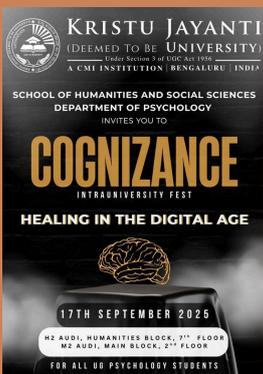
From September 8th to 26th, 2025, the Department of Psychology, School of Humanities & Social Sciences, Kristu Jayanti (deemed to be) University, organised an online Certificate Course on "Competency Mapping," designed for PG students. The course, conducted from 5 PM to 7 PM, focused on practical, skill-oriented techniques for effective competency development, with field experts bringing real-world insights and practical knowledge to enhance student skills.

UG - Suicide Prevention Day



On September 10th, 2025, the Department of Psychology, Kristu Jayanti (deemed to be) University, in collaboration with Jayantian Extension Services (JES) and Youth Red Cross, organised an expert talk on “Breaking the Silence: A Step Towards Life” at St. George School, Anagalapura. The session was led by Ms. Nikhath Seema and aimed at empowering 10th standard students to address challenges related to mental health, resilience, and positive coping strategies. Through interactive discussions, the talk encouraged students to break the stigma surrounding emotional well-being and highlighted the importance of seeking support, making it an impactful and memorable initiative.

UPCOMING EVENT



On September 17th, the Department of Psychology, Kristu Jayanti (Deemed to be) University will be organising Cognizance, an intrauniversity fest on the theme “Healing in the Digital Age.” The faculty coordinators of the programme are Dr. Lokesh L, Ms. Nikhath Seema, and Ms. Ann Mary Jacob, supported by the student coordinators Ms. Arishtika Jain and Mr. Russell D’souza. The event will feature a range of engaging competitions, providing students with opportunities to explore, reflect, and express their ideas on contemporary issues in psychology.

Floating Stars

Jennifer Ann - 23PSYA

The manic voice in me says to scream and never to hear
 For the voices that seem so close, are often meant to be judged from afar
 Like the stars that follow you into a hallucination
 You smile and see them around your eyes, cornering your vision
 But I see them, those stars, twinkling on the edge of your cheeks, following a trail that dips into your like the trail left behind by a comet
 And there my memories seem to fail,

For how should love distinguish itself from beauty if the beauty wore your pattern as skin
 Drawing the beholder with a grace of a falling star, your hands outstretched like an angel of coveted memories, stringing along with you the world I left abandoned in your arms
 You should leave to the abyss, to fall and let the stillness so adored, the fruitless sky we submerged once so long before
 The sonnets you sung to me paint my cheeks, where they twinkle like stars in your sky

STUDENT ACHIEVEMENTS



Our students participated in the Kavyakatha Lit Fest 2025 hosted by Jain University and excelled across multiple events.

- Russell D'Souza – 1st Prize in Debate
- Aryan Bawa Lynrah, Nimmathota Trisha Maduri, Sreedhara Venkata Vaishnavi, Jiya Dugar, Russell D'Souza – 1st Prize in Escape Room (Team)
- Karthik P. Nair – 2nd Prize in Poetry
- Jennifer Ann Renjith – 2nd Prize in Debate
- Karthik P. Nair & Anjana Menon – 2nd Prize in Story Writing (Team)
- Max Kshetrimayum – 3rd Prize in Debate
- Jennifer Ann Renjith – 3rd Prize in Poetry
- Trisha Venkatesh, Aatish Stephen Japheth, Samyukth M., Jiya Dugar, Ganesh Kesavan – 3rd Prize in Treasure Hunt (Team)

ARTWORKS



Shraboni Rana - 23PYJO39

PHOTOGRAPHS



Nikhisha Hari - 23PSYA38

PSYCHOLOGY NEWS

• Smartphones & Mental Health

A global study finds that getting a smartphone before age 13 is linked to long-term risks like suicidal thoughts, aggression, and low self-worth. Researchers note that social media access, cyberbullying, and disrupted sleep are major factors behind these effects. They urge age restrictions, digital literacy programmes, and stronger accountability for tech companies. Without action, experts warn, early smartphone use could have lifelong consequences on young minds.

• 3-Minute Test for Early Alzheimer's

Scientists at the University of Bath have developed Fastball EEG, a simple brainwave test that can detect memory problems years before Alzheimer's symptoms appear. The test takes just three minutes, works passively by recording brain responses to images, and has proven effective even at home. With new Alzheimer's drugs most effective in early stages, this tool could transform early diagnosis and treatment. Researchers call it a cheap, portable, and accessible breakthrough for global dementia care.

• Cannabis & Sleep

A new study finds cannabis-based medicines improve sleep, mood, and pain in insomnia patients for up to 18 months. Researchers say it may help where standard treatments fail, though more trials are needed.

Source: www.sciencedaily.com

MOVIE REVIEW



WILD TALES

“Wild Tales,” directed by Damián Szifron, is a darkly comic anthology that strings together six outrageous stories about revenge, rage, and human impulse. Each segment, though unique in plot and characters, is tied together by its sharp wit, biting satire, and the exploration of how ordinary people unravel when pushed to their limits. The film is visually striking, with clever pacing that keeps the audience hooked, and performances that balance humor with raw emotion. While exaggerated in style, it cleverly mirrors the absurdities of modern life, leaving viewers both laughing and unsettled. “Wild Tales” is a wild ride indeed—equal parts hilarious, shocking, and thought-provoking, making it one of the most memorable international films of recent years.

Chief Editor:

Dr. Sruthi Sivaraman (Phd)

Associate Editors:

Ms. Vimala M Arun
Ms. Anitha Mary Mathew

Faculty Editor:

Ms. Naw Carolina Ashu

Student Editors:

Ms. Hannah Vinod John
Ms. Andrea Ann Abraham