

The People Who Make Life Worth Living

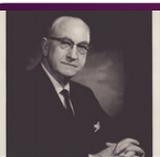
Sandrine S Seelan - 23PYJO34

Life is not just about the successes or the milestones we achieve in the process of time; it is truly about the connections we make, especially the intimate ones that just get you despite your crazy erratic moods. They know the intent of your heart although the content of your words might not match it. They are the ones who make those successes and those milestones really possible. They could be your parents, siblings, best friends, the people you look up to, or the people who just happen to be there at the right time. I once heard a wise man say: the best thing about life is not the miracle you prayed for but it is about the journey that got you there, that's the real treasure. I stand by that because indeed the journey is what has taught us perseverance, faith, hope, the value of surrounding yourself with the right people, the essence of time, celebrating the little joys of life.



The people you surround yourself with influence the way you perceive life.

As the saying goes “Show me your friends and I’ll tell you who you are.” It is human nature to adapt to our environment. When you walk with the wise you become wise, that’s what the world’s best selling book, the Bible, says. “But mind you, these people are not perfect. At the end of the day, they are human just like us, with those unpredictable days, temperamental moods. It’s like a roller coaster with ups and downs that are worth taking, trust me. Saying “sorry” even when it’s hard because it’s worth it. It really takes a humble man to set aside their ego and say “sorry”. I’ve been there and it’s not easy but it truly is worth it. Those moments are worth cherishing, those moments make you feel like these people make life worth living. Cherish those people, surprise them, love them endlessly, find the good in them despite all the shortcomings, because they are worth it.



“Love cures people - both the ones who give it and the ones who receive it.”

- Karl A. Menninger, American psychiatrist and author



Cognizance 2025

On September 17th, the Department of Psychology, Kristu Jayanti (Deemed to be) University organised Cognizance, an intrauniversity fest on the theme “Healing in the Digital Age.” The faculty coordinators of the programme were Dr. Lokesh L, Ms. Nikhath Seema, and Ms. Ann Mary Jacob, supported by the student coordinators Ms. Arishtika Jain and Mr. Russell D’souza. It was inaugurated in the esteemed presence of the chief guest Dr. Guruprasad Hosurkar, Director and clinical lead, Neurology, KIMS Hospital and our Vice chancellor Rev. Fr. Dr. Augustine George. Vth Semester BA Psychology and English students secured the overall championship and Ist Semester BSc Psychology A students achieved the runners-up position during Cognizance 2025.

World Suicide Prevention Day 2025

The Department of Psychology, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be) University, in collaboration with the Medical Pastoral Association, observed World Suicide Prevention Day on 12th September 2025 at St. Mark's Cathedral Auditorium, Bengaluru. As part of the programme, psychology students staged a thought-provoking drama titled “The Untold Story: From Silence to Speaking Out.” The performance powerfully depicted the silent struggles individuals endure, while emphasizing the importance of seeking help, breaking the silence, and offering mutual support, inspiring more than 100 participants including students, faculty, and community members to engage in open conversations about mental health and well-being.



Alumni Guest Talk



The Department of Psychology, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be) University, organized an Alumni Guest Talk on “Digital Tools for Mental Well-being.” The session was led by Ms. Athulya Elsa Idicula, Programme Manager at the Department of Positive Clinical Psychology, NIMHANS, and a proud alumna of the department. The interactive nature of the event encouraged students to explore practical tools for enhancing their own well-being while also understanding their applications in professional psychological practice. The talk not only provided valuable insights into contemporary trends in mental health care but also strengthened the bond between the department and its alumni.

STUDENTS' CORNER

***The House of Many Rooms* - A poem on DID**

Akash Aniyeri - 24PSYA51

In a quiet house behind her eyes,
Lie many rooms, with different skies.
Each one painted with a different hue,
Each one held by a self she knew.

There's Grace who sings when the rain pours down,
And Max who wears a soldier's frown.
There's little June who hides and shakes,
And Fire, who rises when something breaks.

They take turns holding the world outside,
While she walks through life with hands untied.
You may see one smile, soft and bright,
Not knowing another cried all night.

She is not broken, not a mistake—
But a mosaic that had to remake.
Each self a story, a piece, a scar,
A universe behind each star.

Don't ask her, "Who are you today?"
Just hold space and let her stay.
For healing is not to merge and bend—
It's to be seen, to love, to mend.

So here's to her—whole in her way,
Dancing in shadows, finding the day.
And though the world may not understand,
She holds herself with her own hand

UPCOMING EVENTS



The Department of Psychology, Kristu Jayanti (Deemed to be University), is all set to host STIMULI 2025, a National-Level Intercollegiate Psychology Fest with the vibrant theme "SPECTRUM: Every Shade of Talent!" on 30th October 2025. This exciting fest promises a dynamic platform for students across the country to express, explore, and excel through a variety of engaging events. The on-stage events include Dance, Mime, Quiz, Ad Campaign, Extempore, Personality, and Creative Writing, while the off-stage events feature Poster Making, Photography, and Short Film Making.

ARTWORKS



Labanya Hazra - 23PSYA30

PHOTOGRAPHS



Nikhisha Hari - 23PSYA38



Sanjana Suresh Nair - 23PSYB49

PSYCHOLOGY NEWS

- Researchers found that pancreatic pre-cancer cells mimic dementia by forming clumps of proteins due to faulty recycling processes. These insights could shed light on why pancreatic cancer develops so aggressively and why it is difficult to treat. By studying overlaps with neurological diseases, scientists hope to identify new strategies for prevention and treatment.
- Boston University researchers found that ordinary moments can gain staying power if they're connected to significant emotional events. Using studies with hundreds of participants, they showed that the brain prioritizes fragile memories when they overlap with meaningful experiences. This could help explain why we recall certain details surrounding big events and may lead to new ways of boosting learning and treating memory disorders.
- Researchers in Japan discovered that Parkinson's patients diagnosed in their 80s are much more likely to show amyloid buildup in the brain, a key marker of Alzheimer's disease, even if they don't have dementia symptoms. The study compared younger and older Parkinson's patients, finding that those in their 80s had about three times the rate of amyloid positivity. Interestingly, when compared with healthy older adults, Parkinson's patients overall had lower levels of amyloid buildup.

Source: www.sciencedaily.com

Movie review : THE WHALE

The Whale (2022) is a psychological drama film directed by Darren Aronofsky and based on the play by Samuel D Hunter.

The story follows Charlie, a reclusive and severely obese English teacher played by Brendan Fraser, who teaches online college writing courses while keeping his camera off out of shame. As his health deteriorates, Charlie tries to reconnect with his estranged teenage daughter Ellie, played by Sadie Sink, in an effort to find redemption and meaning in his final days.

The film explores themes of grief, guilt, forgiveness, and self-destruction, portraying Charlie's deep sense of regret over his past choices, particularly the loss of his partner and his relationship with Ellie.

Brendan Fraser's performance was widely acclaimed, earning him the Academy Award for Best Actor.



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