



Trust Never Fails

Nikhisha Hari - 23PSYA38

"The brilliance of your performance is all I worry about", these words kept ringing in her ears. Devoid of thoughts, she believed she was an empty vessel which was craving to be filled with a salad of hope, bliss and all the other good stuff. Her room on the other hand, was a total contrast to her mind, cluttered with goods of various tastes, of various forms. A bag of salted peanuts as old as the Weekly Newspaper, an ancient journal tucked away from the face of the world, or the room, at least, and a worn out jacket embracing the words, "04, Arohi, Captain, Football Team, University of Mumbai." These were three objects amidst the cluttered room that imparted vibrance because of their showy hues, almost as if furnishing her gray room with meaning. She tossed once again in her messy yet comfortable looking mattress then let out a deep sigh and weakly balanced herself on her feet. "Is this her first appointment?" was a question heard ever so subtly from outside Arohi's spacious yet gloomy room. She looked in the mirror, the reflection of a stranger appeared before her. Eyes that have seen a lot, cried even more, untamed curly hair, cheeks, gaunt and colourless. Her gaze at the reflection seemed to be teeming with anomalous comfort, a gaze that was pure yet tragic. "Honey, we are leaving in a minute, better be ready soon. We wouldn't want you missing your appointment." Her mom's words snapped her back into reality, a reality that felt surreal and directionless. There was a thought spurt, "This might be for the better, right?". It fed her mind with the fuel, preparing the thought machine for a launch, a good one.

"Cenil Mental Health", a vision flickered before her still - half - asleep eyes. "How did I dress up? How did I get here?", now these are thoughts one would never ask a weary mind when her body felt secure and warm, from her mom's embrace. Although her mind was numb, her body felt alive from the magical touch of her mother while being carried to the car. The aura of which lingered on her skin, forming a protective sheath. The kind of sleep she usually would drift into stood no comparison to this one. For this time, she lay in a bed of comfort and safety unlike one filled with arrows of regret, tearing into her, nourishing a monstrosity of irrational thinking. "Please be seated, ma'am, we will call you in a bit." The voice faded but all Arohi could focus on was the walls, a wall that looked magnanimously different from the one eyes are accustomed to. Soon enough, the girl's mom and her were led into a room, painted in green, not an overpowering one. "Green means hope and healing", another thought came crashing in. A mind that was asleep like hers hadn't had a thought as meaningful as this in a while.

"It marks the beginning of something new and wonderful as you, Arohi." Oh how she missed her friends at the team, she would kill to go back in time, reverse everything, including the torn ligament that kept her from chasing her passion, her will to live.

"Arohi, 20, female. Oh look at you, aren't you studying at the University of Mumbai!!" Trying to process her emotions, Arohi looked at the strange lady who somehow exuded feelings of warmth and comfort, she quickly brought her lost self into reality. "Yes, ma'am" were the first words she had uttered since her leg injury. "Has it been 30 days since?" There was silence, a deadly one. No, she didn't rupture her ankle while playing a football game but from being chased by a feral dog. A situation that is humorous yet rage provoking. "Okay, would you be willing to tell me more about what you would want to do at this moment?" "I...", she thought it would be strange to express a burst of emotions accompanied by slurred speech of dissatisfaction and disappointment but little did she know that the therapist was there to help her. Even though the strange concoction of emotions felt embarrassing to her, to the kind woman, it meant the start of something wonderful, something optimistic just like the colour of the walls of her room. "I don't want to burden you with recall if that is difficult for you. However, I want you to start taking small steps in identifying the littlest, most minute details around you. It can be a bit cumbersome at first but trust me when I say you will begin to enjoy the process of it more than you can comprehend." Something about these words weren't empty, to Arohi they offered a sense of comfort that she hadn't felt in a month, even the others' words weren't this impactful, not as beautiful or miraculous as hers.

She looked to her right, a window whose glass was speckless, free from even loose dirt. It was a simple scenery, just small shrubs, local herbs and the sky. A tear was shed. "I see it now. I see the magic of green, Smitha", said Arohi. "The brilliance of your performance is all I worry about, Arohi, our team might lose to yours, but oh well, I love our friendship more." Arohi chuckled as she remembered her beloved companion's thoughts. A thought was now complete unlike the incomplete one that kept ringing in her ears. Maybe she is a magician or a skilled therapist, we can never say, but Arohi, indeed, was halfway through her healing journey. This could be the first step to healing, the first step to newer victories.

EVENTS CORNER

Stimuli 2025 - Intercollegiate Fest



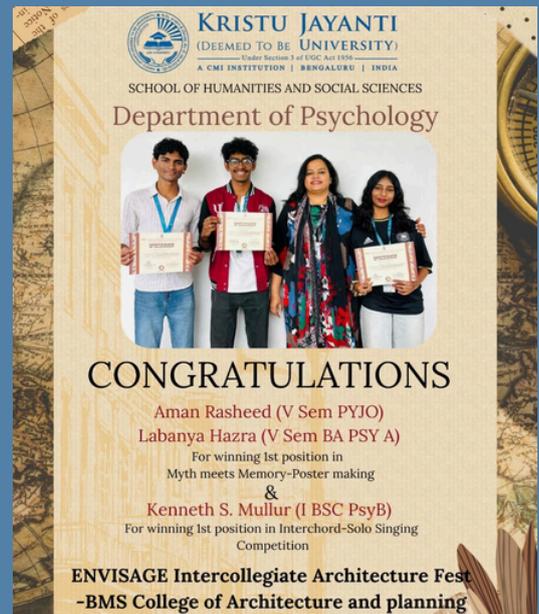
On October 30, 2025, the Department of Psychology successfully conducted its annual intercollegiate fest, STIMULI 2025, with the inspiring theme “Spectrum: Every Shade of Talent.” The event brought together students from various institutions to celebrate creativity, knowledge, and the diverse strengths of individuals. Through a series of engaging academic and cultural competitions, participants showcased their skills and enthusiasm for psychology. The fest highlighted the importance of embracing individuality and teamwork while promoting mental well-being and holistic growth. Overall, STIMULI 2025 was a vibrant and enriching experience that reflected the department’s dedication to encouraging talent and innovation.

Workshop on Psychosexual Health



On October 25, 2025, the Department of Psychology successfully hosted a Workshop on Psychosexual Health for postgraduate students at Kristu Jayanti University. The session was led by Dr. Pavana S., Consultant Psychiatrist and Managing Director of Akshaya Medical Centre, Bengaluru. The workshop aimed to enhance students’ understanding of sexual health concerns, therapeutic communication, and ethical practices through case-based learning. During the session, students explored various clinical scenarios related to intimacy, boundary management, sexual identity, and relational issues. They also learned the application of structured counselling models such as the Biopsychosocial framework and the PLISSIT model. The workshop highlighted the importance of empathy, professional boundaries, and reflective practice in handling sensitive client disclosures, making it a valuable and enlightening learning experience for all participants.

STUDENT ACHIEVEMENT



The Department of Psychology at Kristu Jayanti University proudly congratulates its students for securing first place in the Myth Meets Memory – Poster Making and Interchord Solo Singing competitions at the ENVISAGE Intercollegiate Architecture Fest, hosted by BMS College of Architecture and Planning. Their remarkable achievements reflect the department’s commitment to nurturing creativity, confidence, and encouraging them to excel both academically and beyond the classroom.



“Perfectionism is a self-destructive and addictive belief system that fuels this primary thought: If I look perfect, and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment, and blame.”

- Brené Brown

I keep going on

Kratika Chaudhary- 24PSYA46

"I keep going on"
 I keep going because I don't know how to stop -
 not gracefully, not without unraveling.
 Because pausing feels like drowning, and I've
 mastered the art of pretending.
 I keep going because the silence scares me.
 It's too loud, it echoes back every thought I've
 tried to bury under late nights and empty smiles.
 I keep going because if I sit still,
 I might feel everything at once and I'm afraid of
 what that might do to me. I'm afraid I won't get
 up again.
 I keep going because people think I'm strong.
 And I let them, their illusion feels safer than the
 truth I carry in my bones.
 I keep going because sleep doesn't come easily,
 and when it does, the dreams aren't kind.
 Rest is not a reward I've earned, just a shadow I
 chase, barely out of reach.
 I keep going because breaking is something I do
 quietly now.
 No one notices, not even me, sometimes.
 I keep going because
 I've forgotten what peace feels like.
 And I'm not sure I'd recognize it even if it stood
 in front of me and begged me to stop.

Her

Paushali Dhar - 23PSYA40

She held power that I had long forgotten
 Like the fire that shines beyond autumn
 The letter N engraved deep in my soul
 A prayer holding the only anchor that makes me
 whole
 Her gaze, truly a blessing
 One that is purely caressing

The wounded heart that refused to reveal itself
 For the fear that love would refuse to delve
 But her touch lingered like petals blessing the earth
 Blooming pain into rebirth
 And when her words made every scar a blur

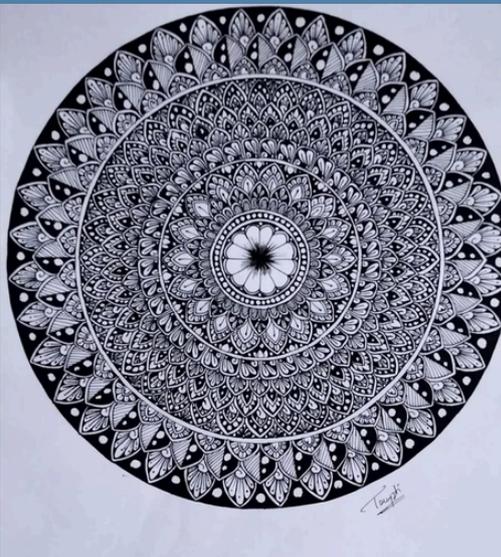
My heart whispered, "you finally found Her."

PHOTOGRAPHY



Navya Hari - 23PSYB41

ARTWORKS



Trupti Mayee Patra - 23PSYA53



Hitaishi Gnaneshwar - 23PSYB24



Sahana C- 24PSYA17

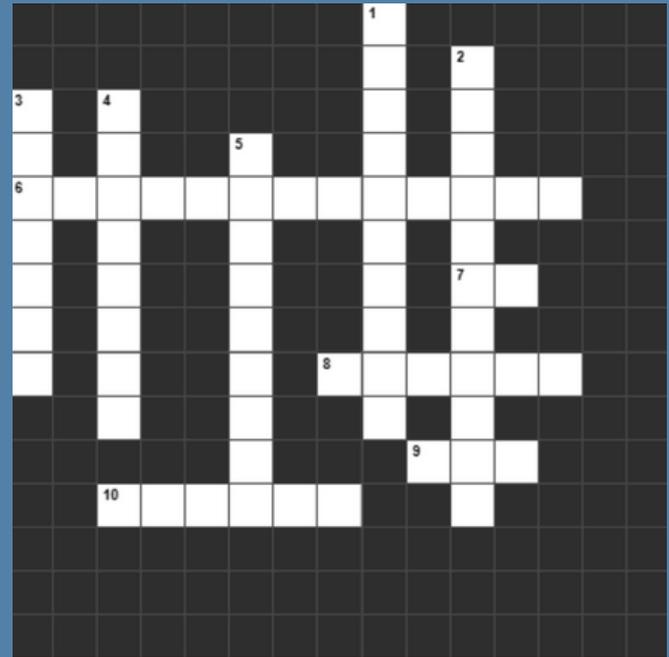
CROCHETS



P Akshita - 24PSYA58

Business Account - _hooklets on IG

CROSSWORD



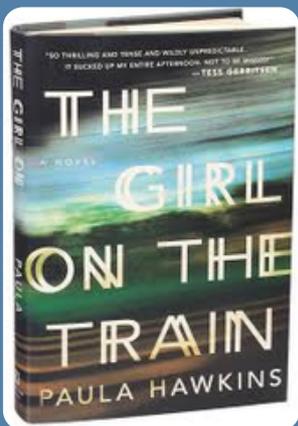
Across

6. Treatment of mental disorder by psychological rather than medical means.
7. The part of the mind in which innate instinctive impulses and primary processes are manifest.
8. A nerve cell; the basic building block of the nervous system.
9. The manual used by clinicians to diagnose mental disorders.
10. The body's response to any demand or challenge.

Down

1. One's overall sense of self-worth or personal value.
2. A theory that all behaviors are acquired through conditioning.
3. A mental disorder marked by alternating periods of elation and depression.
4. A part of the brain involved in emotion regulation.
5. Mental processes involved in gaining knowledge and comprehension.

Reference: proprofsgames.com



BOOK REVIEW

The Girl on the Train by Paula Hawkins is a captivating psychological thriller that delves into the complexities of memory, trauma, and human perception. The story follows Rachel, a woman battling alcoholism and emotional turmoil, who becomes entangled in a mysterious disappearance. Through her subjective narration, the novel skillfully portrays how addiction, guilt, and manipulation can distort one's sense of reality. Hawkins captures the psychological impact of gaslighting and emotional abuse, making readers question what is true and what is imagined. Thought-provoking and suspenseful, the book offers a powerful exploration of the human mind and the fragile nature of perception.

Chief Editor:

Dr. Sruthi Sivaraman

Associate Editors:

Prof. Vimala M Arun
Ms. Anitha Mary Mathew

Faculty Editor:

Asst. Prof. Dr. Rabina
Debbarma

Student Editors:

Ms. Hanna Elsa Jacob
Ms. Nikhisha Hari