



Meraki

Unleash Your Soul's Expression



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Art is Art

Reet Baheti - 25PSYA40

"What is Art?" Art can be anything, really. Trying to define it feels like trying to hold water in your hands; it keeps slipping through. For me, art is therapy. It is how I say what I cannot speak. It is the place I go to when nothing else makes sense. Art is not only what I create or how I see the world, but a way of living.

Over the years, every piece I made taught me something quiet and honest about myself. At first, I wanted precision and perfect lines, but the pandemic softened that fight. When life slowed down, art stopped being a skill and became a mirror. The canvas turned into a place where unspoken emotions finally had room. Even simple things, like blending colors or shading slowly, steadied my breath and loosened the heaviness I carried. Creating became a way to stay grounded in a world that had suddenly changed shape.

As I kept creating, I drifted toward themes of healing, self-love, and mental well-being. Learning psychology shifted the way I saw both people and the act of making art. I understood how much we hold inside and how necessary it is to give those feelings a form. Art became that space for me, the place that held what conversations often couldn't. I wanted my work to remind people that healing is not far away and that expressing what you feel is not a weakness. The more I learned, the clearer the connection felt. Studies show that creative expression lowers stress, lifts mood, and helps us approach emotions that feel too tangled to speak aloud. Reading that while living it made the bond between art and psychology impossible to ignore.

This path led me toward art therapy, the point where who I am as an artist and who I am becoming as a psychology student finally met. The more I studied it, the more I recognized its ideas in my own sketchbooks, where the process mattered more than the result. Through color, texture, and line, I was easing emotions, noticing patterns, and facing memories I had quietly avoided. What moved me most was how art therapy gives people a place to breathe without fear. The thought that my art and my understanding of the mind could help someone feel seen gave everything I created a deeper purpose.

Somewhere in this journey, I learned that failure does not exist in art. A piece may shift into something unexpected, but even that carries meaning. To grow further, I started a five-hundred-day portrait project, drawing one portrait every day in under an hour. Now on day four hundred and one, I see not just improvement, but change, discipline, and patience. It taught me that commitment can also be a kind of care.

If I could tell something to anyone just starting out in art, it would be this: just enjoy it. Experiment, practice, and let go of the fear of doing it wrong. There is no right way. There is no perfect piece. Art is art.

That phrase has always meant a lot to me. It comes from Gertrude Stein's line, "A rose is a rose is a rose." She meant that a thing is itself. It does not need to be explained or justified. Art is the same. It does not need validation from anyone. Whether it is a child's drawing, a quick sketch, or a masterpiece hanging in a gallery, each work is an expression of something real. That is what makes it art.

Art does not need to be pretty or logical to matter. It can be messy, confusing, painful, or simple. It can exist quietly or loudly. Each piece holds something from its creator, a thought, a memory, a heartbeat. When we create with honesty, it becomes art in its purest form.

So when I say Art is Art, I mean that it cannot be boxed in or compared. It exists because it needs to. It exists because we do. As someone who studies the mind and paints from the heart, I have seen how deeply art and psychology are connected. Both search for meaning, healing, and understanding. Both remind us that being human is not about being perfect, but about being real. Art should comfort those who are hurting and stir something in those who are too comfortable. Good art clearly expresses what the artist is thinking. Art is quite fun, especially for those who are honest with themselves.

So I will end with a question I ask myself often. When was the last time you made something just for you? Because the moment you do, you will feel it again, the truth that no matter the form or skill, art is and will always be art, the soul's way of speaking.

A Single Girl, My Universe

Allan Joseph Saju - 23PSYA06

In packed places and quiet hours;
Just your laugh makes it all right.
A gentle laugh and a momentary gaze,
Normalcy then becomes romantic, by
hook.

This big wide world and you're the sun.
Its warmth surrounds the days of my
life.

If only the stars could whisper and the
sea could serenade,
They'd exalt you for putting joy in a
room.

STUDENT ACHIEVEMENT



Sanjana Suresh Nair (23PSYB49), V Semester B.A. Psychology, secured First Place in the Cressindo 2025 Photography Competition hosted by Sindhi College, Hebbal, Bengaluru.

Drifting

Aradhna Sara Abraham - 23PSYA09

I look around, then slump to the ground
Pulling my body in close,
With my head on my knees
What's my intention? nobody knows

Dreary thoughts lay before me
I'm feeling hopeless and devastated
As I'm lost in my tracks yet again
My life so far just left feeling wasted

What progress has been made?
No accomplishments thus far
Then the road around me shakes
And before me drifts forth a car

I leap back now in alarm
Here we go once again
It took them efforts to get here
But watch my life drifting in vain

I watch in mock admiration
As they drift by with such skill
How lucky and fortunate for them!
That these moments give such thrill

They take those corners with grace
Turning the wheels with their life
If I even knew where I'm headed
Then the sight wouldn't cut like a knife

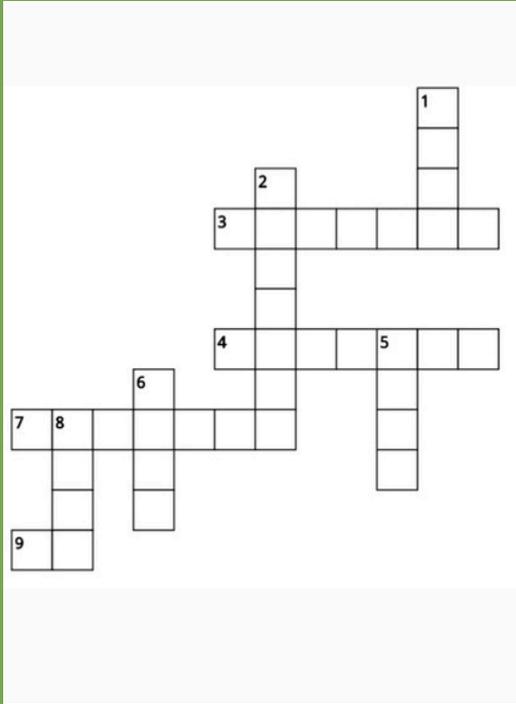
Leaving the sight behind me
I aimlessly make my way down
Lost in my head without a single thought
Pondering hard, on my face is a frown

With trees around me now
A single idea begins to form
They may not be swiftly getting by
But at least they'd get through a storm

So, like the tree I sit under now
I hope my roots go down deep
Anchored fast in my beliefs
That at every trial I may not weep

I take comfort in the thought
Stretched out against the bark
My life will be nothing like drifting cars
You'd see a difference even in the dark!

CROSSWORD

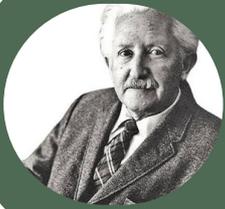


Across

3. Father of psychoanalysis, focused on nature of unconscious mind & dreams
4. Father of Experimental Psychology, opened lab in Leipzig, Germany in 1879
7. Created hierarchy of needs that culminated in self-actualization
9. First Ph.D in Psychology in America, professor of psychology at John Hopkins University

Down

1. Postulated that we are born as "blanks slates" or tabula rasa
2. Founder of American Psychology, "Father of American Psychology"
5. Established a system for classifying mental disorders, credited with classification of dementia praecox and manic depression
6. Father of client-centered therapy, humans have a higher potential
8. Invented the operant conditioning chamber, Human of the Year Award



“Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.”

Erik Erikson

German-American Psychoanalyst

ARTWORKS



PHOTOGRAPHS



Nikhisha Hari - 23PSYA38

PSYCHOLOGY NEWS

- Scientists discover a surprising way to quiet the anxious mind: Generalized anxiety disorder affects millions, often trapping sufferers in cycles of fear and isolation that conventional medications barely relieve. At UCSF, neuroscientist Jennifer Mitchell is testing a pharmaceutical form of LSD called MM120, which has shown striking results in reducing symptoms by promoting neuroplasticity and easing rigid thought patterns. In clinical trials, a single dose significantly outperformed standard treatments, offering hope to those who have found little relief elsewhere.
- A simple DNA test could reveal the right antidepressant for you: Millions struggle with depression and anxiety, often enduring long waits for effective treatment. Scientists in Sweden, Denmark, and Germany are developing a genetic test to predict which medications will actually work. Using polygenic risk scores, they can analyze DNA variations linked to mental health and drug response.
- Running fixes what junk food breaks in the brain: New research reveals that exercise counteracts the mood-damaging effects of a Western-style diet through specific gut and hormonal mechanisms. Running restored metabolites tied to mental well-being and balanced key hormones like insulin and leptin.

Source: www.sciencedaily.com

MOVIE REVIEW



Netflix's *Monster: The Ed Gein Story* is a deeply unsettling, character-driven portrait of Ed Gein (Charlie Hunnam), exploring how isolation, psychosis, and an obsessive bond with his mother drove him to horrific acts. The show doesn't shy away from the grotesque — grave-robbing, murder, and the macabre — but rather than just shock value, it probes the deeper psychological roots of his behavior. Psychologically, the show tries to humanize Gein — not to excuse him, but to explain how a deeply disturbed, neglected man could become a monster. One of its strongest points is how it links Gein's real-life horror to the birth of modern horror cinema, weaving in meta-commentary on *Psycho*, *Texas Chain Saw Massacre*, and *The Silence of the Lambs*.

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