



DEPARTMENT OF PSYCHOLOGY MERAKI



DEPARTMENTAL ACTIVITIES

SILVER JUBILEE CELEBRATION



PSYCHOLOGY DEPARTMENT EXTENSION ACTIVITY



FROM THE HOD'S DESK

Welcome to the first edition of the bimonthly newsletter Meraki. The term 'Meraki' stands for 'an idea of doing something with the essence of yourself' that can optimise the end user experience. This is a platform for budding psychologists to showcase their creativity in the field of psychology and your passion for the domain. Let us share the knowledge and love as we use this platform to destigmatize mental health and can encourage those who are suffering to seek help and find a support network. Meraki will stir the importance of social relationships in well-being. World needs a revolution in mental health care, through Meraki, the Department of Psychology of Kristu Jayanti College will inch towards it. "And still, I rise" - Maya Angelou

-Dr. Sruthi Sivaraman
Head Of Department

FROM THE COORDINATORS' DESK

Dear Readers

We, the psychology department, are delighted to present the inaugural edition of "Meraki", your window into the heart of the department of Psychology. This newsletter is a testament to our commitment to keeping you informed, inspired, and engaged. In this edition, you will find a blend of exciting updates, including faculty insights, student achievements, and much more. "Meraki" is not just a newsletter; it's a platform for us to celebrate our shared journey towards academic excellence.

We invite you to embark on this enriching voyage with us. Your contributions, feedback, and ideas are not only welcome but vital as we endeavor to make each edition better than the last.

Thank you for being part of our academic community, and we look forward to create Meraki with you in every issue.

-Mr. Vigraanth Babu K.G
PG Program Coordinator

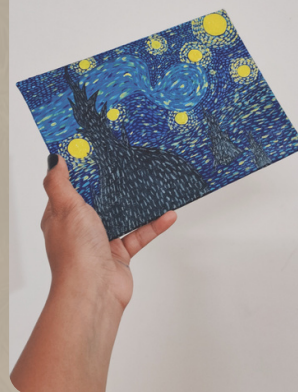
With immense pleasure, I would like to share my views on the importance of the newsletter; we as the Department of Psychology, focus mainly on the holistic development of students and make sure that each and every student is given importance to exhibit their skills to the potential. I do hope that the newsletter encourages and becomes a platform for thoughts, expressions and creativity.

-Ms. Vimala M
UG Program Coordinator

Adaptation of 'Starry Night' by Anmol Abhipsa, 21PYJO11

"Vincent van Gogh's 'Starry Night' has been interpreted as a representation of his devastating mental health. The swirling, turbulent sky reflects his inner turmoil and struggles with mental illness. Yet, the bright stars and their order in the chaos suggest hope and stability amidst the chaos.

This painting symbolizes the coexistence of darkness and light within the mind, illustrating the complexity of mental health experiences."



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Anti-Ragging Campaign

Date: 14 August 2023

An informative campaign on “Anti-Ragging” was organized by The Department of Psychology in association with The Department of Law at Kristu Jayanti College, Autonomous, Bangalore to spread awareness amongst the students on Ragging. Ms. Shreya Thomas, Faculty, Department of Psychology welcomed the honourable guest Ms. Raksha Prakash, Faculty, Department of Law and introduced her to the audience.



Workshop on “Orientation to Group Counselling”

Date: 21 and 22 August 2023

The Department of Psychology at Kristu Jayanti College orchestrated a profound two-day work for the 3rd semester MSc Counselling Psychology students. Mr. Anil V Iyer, a counselling psychologist and seasoned professional in the field, guided 55 enthusiastic participants through a comprehensive exploration of group counselling dynamics.



Proprium series- Expert Lecture on “The Fluid Concept of Self: Exploring Indian Philosophical Perspectives”

Date: 01 September 2023

The Department of Psychology organized a Proprium series. The esteemed speaker of the day was Prof. Mukunda Rao, retired from Bangalore University, author, writer and playwright. The second and final year undergraduate students from the Department of Psychology were the participants.



World Suicide Prevention Day Observation

Date: 10 September 2023

The Department of Psychology commemorated World suicide prevention day scheduled on 10th September 2023 by organizing various activities. The main objectives of all the activities were to raise awareness about mental health, suicide prevention, and break the stigma surrounding these crucial issues.



Life Skill Training for the 1st year PG Psychology students

Date: 23 to 26 August 2023

Department of Psychology in association with center for life skill organized life skill training for the 1st year PG Psychology students. The training programme was inaugurated by Dr. Sruthi Sivaraman, Head, Department of Psychology and Mr. Vigraanth Babu K G, PG programme Coordinator.



Fresher's for 1st year Undergraduate Students

Date: 12 September 2023

The final year students of Department of Psychology welcomed the fresher batch on 12th of September, 2023. The fresher ceremony was organized in M1 auditorium from 4:00 pm to 5:30pm under the guidance of UG co-ordinator Ms. Vimala M.



Fresher's for 1st year Postgraduate Students

Date: 04 September 2023

Fresher's day for the postgraduate students of the Department of Psychology was commemorated by the final year students.

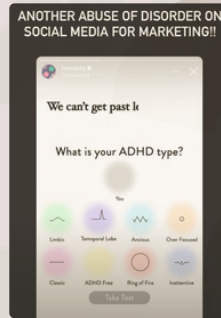


THERAPY? MYTH OR REAL!

-Nupur Bansal, 22MPLB37

It's mournful to see how disorders are loosely being abused more than used all over social media! This is another example of a disorder 'ADHD' freely being used by a famous, well played game across age groups on social media to attract more audience.

It's important to understand how ADHD is one of the commonest childhood and neurodevelopmental disorder be to ignored by parents and hence goes unnoticed and undiagnosed, which makes our jobs are professional to make them understand and psychoeducate parents, teachers and everyone else who deals with kids but seeing this makes our job much more difficult than it already is.



One way to create more inclusive conversation around mental health can be by using supportive language

- Khushboo Chandan - 22MPLA15

"Don't cry"
"Let it out." Even heavy clouds shed rain"

"You will get over it"
"Healing takes time"

"Keep your problems to yourself"
"Thank you for sharing, you are so brave"

"I have faced worse"
"I am here for you"

"Need therapy? Don't be weak"
"Seeking help is courageous"

"Pull yourself together"
"Let's face this together"

Let's create a more compassionate dialogue around Mental Health!

"You are not the only one"
"You are not alone"

"Man up"
"Open up"

"Snap out of it"
"Take your time"

"Just think positive"
"Focus on self-care"

"It's all in your head"
"Your feelings are valid"

"You are too emotional"
"Express how you feel"



JOURNEY

Deep into the woods,
Driven by desire,

A girl was on her voyage to explore the unexplored,
With only a lantern in her hands and hope in her heart,
She moved forward,

And there came an intersection !
The two paths were equally alluring.
Confused on which one to take,

She closed her eyes,
A moment of hope glimmered in her.

And there came a luminescent golden deer from one side,
And a mystic blue winged butterfly from the other !

Equally attracted to both,
She intended to follow them,
But it was not possible !

Both the deer and the blue butterfly took different paths,
A long sigh could be felt,

A moment of epiphany,
The lost girl with never before seen hope,
Took a step forward...

In the direction of that blue winged messenger!

Ignoring the brightest yet short lived luminescent golden deer.
Who knows ?! It might be the eternal destiny !

-Subasreebala R, 22MPSY52

REFLECTIONS

The Power Of Gratitude:

Embracing Happiness in Life

Gratitude is the practice of recognizing and appreciating all of life's positive aspects, big or small. It involves recognizing the goodness all around us, even in the face of adversity. Gratitude can be expressed for people, circumstances, nature, or even life itself. It's about taking time to appreciate what we have rather than what we don't. Gratitude emerges as a powerful beacon of positivity in a world often filled with chaos and challenges. Positive emotions such as joy, laughter, love, and gratitude are frequently associated with happiness. Happiness is also linked to feelings of life satisfaction and fulfillment. It entails believing that one's life is meaningful and in line with one's values and goals.

Gratitude and happiness are closely related to positive psychology, a branch of psychology that studies positive emotions, strengths, well-being, and human development. Positive psychology seeks to understand and promote aspects of human life that contribute to a happy and meaningful existence. Positive psychology's primary goal is to improve individual and collective well-being. Gratitude and happiness are essential components of this mission. According to positive psychology research, practicing gratitude can boost overall life satisfaction and happiness. Positive psychology interventions, which frequently include gratitude exercises, aim to increase well-being by encouraging positive emotions. People who are happy are more socially engaged and approachable. In their interactions with others, they are more likely to express positive emotions, such as gratitude. This increased sociability and positive affect can lead to stronger social bonds and gratitude towards friends, family, and colleagues who contribute to their happiness.

By appreciating the present moment, focusing on positive aspects, and maintaining a hopeful outlook, gratitude, mindfulness, and optimism can be powerful tools for increasing happiness. The effect of happiness on gratitude creates a mutually beneficial connection. Individual's happiness can be increased as they experience and express gratitude. Over time, this positive feedback loop strengthens both happiness and gratitude. Developing gratitude is a worthwhile endeavor that can significantly improve your overall well-being and outlook on life. Building gratitude is similar to developing a skill or a habit it takes time and effort. Begin with a gratitude journal. Write down a few things you are grateful for every day. They can be small or large, such as a helpful, caring friend, or a beautiful sunset. Tell people in your life how much you value them. Write thank-you notes or messages to those who have influenced you positively. Mindfulness meditation can help you become more present in your life and more aware of the positive aspects of it. It can also help to reduce negative thought patterns that interfere with gratitude.

In confuere, gratitude and happiness are not temporary emotions, but rather essential components of a fulfilling and meaningful life. Gratitude, as an expression of appreciation for the positive aspects of our existence, serves as the foundation for happiness. When we practice gratitude, we open ourselves up to the beauty and abundance in our lives, which promotes contentment and joy. This, in turn, boosts our overall happiness and strengthens our bonds with others.

Happiness, the ultimate goal for many, is a journey shaped by our daily choices and perspectives, rather than an elusive destination. We can pave the way to a happier, more fulfilling life by making gratitude a habit, where appreciation for the present moment and the people who enrich our journey becomes the cornerstone of our lives.

-Ria Daga, 22MPSY08

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THE INTRIGUING DANCE OF THE HEART

-Sushmita, 22PSYA44

Hello, dear readers! Welcome to another fascinating journey into the enigmatic realm of human emotions. In this edition, we're diving deep into the intricate web of the psychology of love and attraction. Love, often referred to as the greatest force in the universe, has perplexed philosophers, scientists, and poets for centuries. What is it that makes our hearts flutter, our palms sweat, and our minds race when we fall head over heels for someone? Let's embark on this captivating exploration together.

The Chemistry of Love

Our journey begins with the intriguing chemistry of love. When we meet someone who sparks our interest, our brain releases a potent cocktail of neurotransmitters, including dopamine, oxytocin, and serotonin. These chemicals create a euphoric sensation that's akin to a natural high. Dopamine, in particular, is responsible for the intense pleasure and craving we experience, making love feel like an addiction.

But there's more to it than mere chemistry. According to Dr. Helen Fisher, an anthropologist and love researcher, there are three primary brain systems at play in the psychology of love: lust, attraction, and attachment. Lust ignites our sexual desires, attraction makes us intensely focused on a particular person, and attachment fosters a deep emotional connection that can last a lifetime.

The Mystery of Attraction

Attraction is perhaps the most mysterious aspect of love. It's that electric pull we feel toward someone, often beyond our control. But what exactly triggers it?

Physical Appearance: We're naturally drawn to symmetrical faces, as they are subconsciously associated with better health and genetic fitness. However, attraction goes beyond physical beauty. Factors like body language, voice, and scent play crucial roles in the initial stages of attraction.

Similarity and Complementarity: We tend to be attracted to people who share similar interests, values, and attitudes, as it creates a sense of familiarity and connection. On the flip side, the saying "opposites attract" holds some truth, too. Complementary qualities can provide balance and intrigue in a relationship.

The Role of Evolution

Evolutionary psychology sheds light on why we're wired for love and attraction. From an evolutionary standpoint, love and attraction serve as essential mechanisms for the survival of our species. Attraction helps us select mates who can provide strong genes and resources for our offspring, while love keeps us bonded for the long haul, ensuring the protection and upbringing of our children.

Navigating Love's Ups and Downs

Of course, love isn't all sunshine and roses. It has its share of ups and downs, and understanding the psychology of love can help us navigate the complexities of romantic relationships.

The Chemistry of Breakups: When love fades or a relationship ends, our brains don't simply flip a switch and return to normal. The withdrawal symptoms from the loss of love can be as intense as those of a drug addict going cold turkey.

The Role of Attachment Styles: Our early experiences with caregivers shape our attachment styles in romantic relationships. Understanding your attachment style can shed light on your behaviors and reactions in love.

Communication and Empathy: Effective communication and empathy are essential for maintaining a healthy, loving relationship. Developing these skills can help resolve conflicts and deepen emotional bonds.

Conclusion:

The Endless Fascination of Love

In the grand tapestry of human emotions, love and attraction are the most colorful threads, weaving stories of passion, heartache, and connection. While we've scratched the surface of the psychology of love and attraction in this article, remember that the journey to understanding the depths of the human heart is an ongoing one.

So, dear readers, whether you're navigating the thrilling waters of a new romance, rekindling the flames of a long-term partnership, or simply enjoying the beauty of human connection, take a moment to appreciate the fascinating psychology behind it all. Love truly is a marvel that continues to inspire poets, scientists, and dreamers alike.

Stay curious, stay in love, and until next time, happy reading!

DECISION FATIGUE IN TEACHERS

-Naseer Ahmed Bhaladar, 22MPSY07

Decision-making fatigue refers to the mental exhaustion that occurs when individuals are faced with a high volume of decisions over an extended period. It is a well-known concept in various fields such as psychology, business management, and healthcare. Recently, there has been growing interest in exploring the phenomenon of decision-making fatigue among teachers. Teachers are constantly faced with numerous decisions throughout the day, ranging from classroom management and lesson planning to student assessments and individualized instruction. Research suggests that decision-making fatigue can have detrimental effects on the cognitive performance and decision-making abilities of individuals.

In the context of education, decision-making fatigue can significantly impact a teacher's ability to effectively assess students and make informed instructional decisions. For instance, researchers have found that teachers who experience decision-making fatigue are more likely to rely on heuristics or shortcuts in their evaluations, rather than carefully considering all available information. This can lead to biased judgments and inaccurate assessments of student performance. Moreover, decision-making fatigue among teachers can also affect their ability to prioritize tasks and allocate resources. For example, a fatigued teacher may struggle to determine which assignments to grade first or how to best utilize classroom materials. Furthermore, decision-making fatigue can also harm the overall well-being and job satisfaction of teachers. According to research, decision-making fatigue is often caused by a combination of factors, including a high volume of decisions, time pressures, and the emotional and mental demands of teaching. The lack of rest or sleep, as well as ongoing anxiety and a prolonged physical and mental workload, contribute to decision-making fatigue among teachers. To address decision-making fatigue among teachers, educational institutions must prioritize strategies that promote well-being and reduce the cognitive load on teachers.

One potential solution is to implement policies and practices that prioritize teacher self-care and work-life balance. This can include providing teachers with adequate breaks throughout the day, scheduling regular time for professional development and collaboration, and implementing flexible work schedules.

Research has shown that decision-making fatigue impairs cognitive performance and can lead to inconsistent preferences and reduced decision quality (Zeng et al 2019). Moreover, studies suggest that decision-making fatigue can significantly impact the cognitive performance and decision-making abilities of individuals, including experts in various fields. In the context of education, decision-making fatigue among teachers refers to the negative impact that repeated decision-making tasks can have on their ability to make informed and optimal decisions. If one's working memory is negatively impacted, and a teacher is trying to divide his or her attention among multiple stimuli, it can increase cognitive load. The cognitive load consists of the total amount of mental effort being used in working memory. This increased cognitive load can lead to decision-making fatigue, as teachers may struggle to process information, evaluate options, and make effective decisions.

In conclusion, decision-making fatigue among teachers is a significant issue that can impact their ability to make informed decisions and negatively affect their overall well-being. Research suggests that decision-making fatigue is caused by a combination of factors, including the high volume of decisions, time pressures, and the emotional and mental demands of the teaching profession. Furthermore, additional factors such as lack of rest or sleep, ongoing anxiety, and a prolonged physical and mental workload contribute to decision-making fatigue among teachers. Given the detrimental effects of decision-making fatigue on teachers' cognitive performance and decision-making abilities, educational institutions must prioritize strategies that promote teacher's wellbeing.