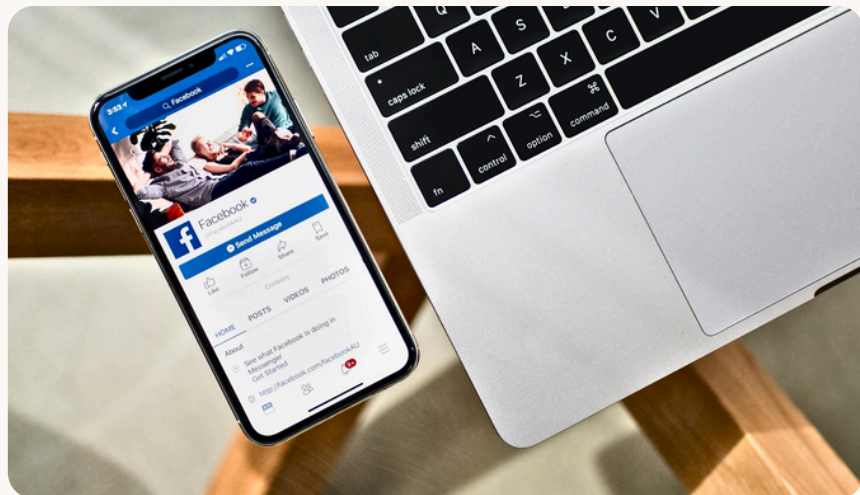




The Dual Nature of Social Media: Building Positive Online Habits for Mental Wellness

Tanisha Batra - 23PSYA50



Let us talk about something which is one of the most important aspects of our lives: Social Media. If some of you don't agree with this, let me give you a reality check. You wake up, grab your phone, and scroll Instagram, show Snapchat what your morning looks like and spend hours on it before you get up from bed, in fact, according to a study, a person spends an average of 2 hours and 24 minutes daily on social media. How many of you read newspapers now? And you can be honest with yourself! In short, social media takes care of everything from your entertainment to updating us on who got married recently, or anything else. Social media is consuming a huge part of our daily life. It is important to be mindful about the time spent on social media before it takes away all the precious moments of our present.

Why Build Positive Online Habits?

Building positive habits is crucial and here's why you should incorporate it into your daily lives: enhances focus and productivity, improves sleep quality, strengthens social connections, promotes healthy self image, building positive online community, prevents digital overload.

How to Build Positive Online Habits?

We might often think that just because it's our account we are the ones who are controlling it but the real fact is social media influences you it controls you. so, how do you enjoy the benefits of social media without falling prey to its pitfalls? Here are some tips to help you build positive online habits:

1. Set Intentions

Instead of switching between apps here and there ask yourself as to why are you even opening any social media app. Are you looking to connect with friends, get updates on news, or just pass time? Having a clear intention helps you stay focused and that would help you to limit the scrolling of reels which would help you to not skip meals and having a basic routine

2. Limit Your Time

Setting specific times of the day for checking your feeds can prevent you from getting sucked in. Maybe a quick scroll during your lunch break and another in the evening works best for you. The time spent on social media significantly influences the day to day functioning of the individuals as well. A conscious and judicious use of internet will resolve a lot of issues.

3. Curate Your Feed

Follow accounts that inspire, educate, and bring joy to your life. Unfollow or mute the accounts which bring no importance to you, tap uninterested on the posts that are of no use to you, learn to detox your social media time to time.

4. Engage Mindfully

Engage with content and people in a meaningful way. It's important to understand to not indulge in any false activity like trolling or making fake accounts. Leave thoughtful comments, share posts that resonate you. Mindful engagement makes your social media experience more fulfilling.

5. Take Digital Detoxes

As discussed in the third point, take breaks detox. Use this time to reconnect with the offline world—read a book, go for a walk, or have a face-to-face conversation. A digital detox can refresh your mind and perspective.



What is Social media in reality?

Social media is like a double-edged sword; it can bring so much positivity to your life like connecting with friends, whereas, on the other side, it can sometimes lead to feelings of comparison and affect our mental health. In simple words, it's very easy to get influenced by the latest trends which can lead to anxiety.



EVENTS CORNER

Proprium Series: Guest Lecture on Sensory Integration Therapy



The Department of Psychology hosted a guest lecture on Sensory Integration Therapy for V BA Psychology students on September 4th, 2024. Dr. Sakshi Bhatia, Director and Co-Founder of FutuReady Pediatric Intervention Services and UniqueMindz Early Intervention Center, shared her expertise on sensory integration therapy's role in addressing sensory processing dysfunctions. The session focused on how sensory integration therapy helps children with sensory issues improve their daily functioning and quality of life.

Expert Talk on Genetic and Chromosomal Abnormalities – Down Syndrome, Phenylketonuria, and Sickle Cell Anemia



An International Expert Talk on "Genetic and Chromosomal Abnormalities: Down Syndrome, Phenylketonuria, and Sickle Cell Anemia" was arranged for 99 students. Mr. Stephen Tetteh Corley, Registered Clinical Counselor, Ghana was the resource person. The session delved into the genetic origins of these conditions, their impact on cognitive and emotional development, and the importance of early diagnosis and supportive care. The event was interactive, allowing students to ask questions about treatment methods and psychological well-being.

10th Edition “Vidwat Sammilan” An Interactive Session with the Institution Leaders - Dr. K. Muthulekshmi



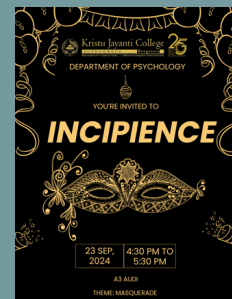
The 10th edition of the "Vidwat Sammilan" was held on 24th September, 2024, at Kristu Jayanti College. The event, organized by the Department of Social Sciences and Languages and the Kristu Jayanti Centre for Indian Knowledge System, featured an interactive session with an esteemed Chief Guest, Dr. K. Muthulekshmi, who discussed the dynamic nature of Indian Knowledge Systems (IKS) and its various approaches, particularly using the Buddhist text Therigatha as a case study. The event was well-attended and appreciated for its academic value and relevance to research and learning in IKS.

Teachers' Day 2024



On September 6th, 2024, Kristu Jayanti college celebrated Teachers' Day at the Jubilee Auditorium. The celebration featured an array of performances by the teachers, including energetic dances, melodious songs, and a captivating fashion show. The event was a heartfelt tribute to the invaluable role of educators, showcasing their talents beyond the classroom.

Fresher's Day 2024 UG and PG



On September 20th, 2024, 'The Psyche Soirée,' took place at the SKE Auditorium. The event welcomed first year PG students with fun performances and games helping them settle into college life.

On September 23rd, 2024, 'Incipience,' took place at the A3 Auditorium. It was a fun-filled event with performances and activities led by senior students, marking a fresh start for first year UG students.



IN HER LAVENDER FIELD

Nandana Prem - 24MPLC35

She wished;
She was in a calm place
With low pace.
She wished;
She had a space
To feel loved,
To feel worthy,
To feel herself.

She wished;
She had wings
To fly to a lavender field.
She wished;
She could smell them
To enjoy its odour,
To enjoy without an order,
To enjoy tranquility.

She wore;
A pretty white dress.
Danced with the flies
Felt at ease,
Felt herself.

She saw;
Lavenders thrive
While colours of the sky
Were gently washed away
By twilight.

She dwelled;
In the dusk
While the sun departed.
She sparkled;
Under the shining stars
Giving the toughest strife
To the sheen of fireflies,
To the shining sunlit lakes.

Broken Glass

Ancia George Akkara - 23PYEN10

The feeling of hurt is always incomprehensible
How does it feel to cry out loud when you become
atlas?
Carrying the world on your frail little shoulders
Cry out loud darling
For the weight of the world is what matters most in
the end

Cry out loud darling
Cry cry cry
Scream scream scream
Cause no one will care why your doing it

The hurt, the pain
You're going through a lot aren't you ?
Yet you dream like a child
Yet you live like broken glass
And you ask yourself, "why am I not strong?"

And i'll laugh cause you cannot fathom the truth

Strength will break, but what's broken can never be
broken again.

The Cycle

Madhumitha - 23PYEN35

Shall I compare thee to the havens?
Though you mirror the journey of a Rocky road
Even in them the birds chirp, The wet grass smells,
The autumn leaves are rustled
upon
Would these still be lauded fi the path were to be even , perhaps
bare?.
Maybe not, as it would be unvarying and futile

ARTWORK



Photograph - Hannah Vinod John - 23PSYA20



Hitaishi Gnaneshwar - 23PSYB24



Vaishnavi Rajendra Yadav - 24MPLA59

I lie in the coffin of my disgraced gravitas
I lie in the coffin of my disgraced gravitas
I am ill with this pox of self hatred
It brought a death inside me that ate all
Except for the flesh and decaying bones
It gnawing tighter than the last with my own teeth
I'm an amalgamation of my past corpses
They yearn for connection or the sweet freedom
Yet they pile up more all the same
I'm hurting, so much pain that I'm numb
The knowledge of things that will never happen
Cauterizing the bleeding every time
The shard of mirror shows me hollow
I no longer exist , I am the void staring back at me
My self pity sprout through my lungs and ribcage
Flowering into hope so cruel that it latches on
I carry misery to the point where I find comfort
In the stage where your heart is torn apart
Soul feels my will to live being shattered
The violence inherited mutilated the inherited empathy
My empty grave at the place I call home
With love enough to make a new universe
Almost melted in the childhood memories
I walk through the ashes still burning in my nightmares
Acceptance broke me into pieces that fell out of reach
Death lost its glorious mystery
How much more could I die anyway
Breaking the habit of loving you was excruciating
Like struggling to breathe in the same seat as usual
In the end I wish I could feel life with you
I wish I was chosen for once
The poem instead, the food for thought
The idea of closure for someone
Have some weight of another soul that trusts
On my shoulder instead of this baggage of loneliness
I'm tired, so much that even sleep has no mercy
The coffee powder sprinkled in your eyes
Which kept me awake for months
I wish they looked at me with an affection
Such towards an old dog being put down
I tried to be content even in knowing the cruelty
Of the reality of my invisibility in your sight
I like the couplets at the end of tragic poems
Even when they smell of corpses they have each other
This coffin feels like it was a bed before I lied down



"A failure is not always a mistake; it may simply be the best one can do under the circumstances. The real mistake is to stop trying."

B. F. Skinner

1. **"Manodharshan 2024"** - An exhibition which will be held on the 8th of the October, 2024. The cultural events will take place in the M3 Auditorium, while the exhibition itself will be set up in the M1 and M2 auditoria. The exhibition aims to showcase creative and insightful projects by UG and PG Psychology students.

2. **"Cognizance 2024"** - An intra-collegiate event for Psychology students, will be conducted on the 9th of October, 2024. Organized by the postgraduate students for their undergraduate peers, the fest will feature a series of interactive competitions and activities designed to foster engagement and learning within the department.

PSYCHOLOGY NEWS

- Social media posts may provide early warning of PTSD problems - Scientists have analyzed millions of tweets to identify COVID-19 survivors living with post-traumatic stress disorder (PTSD) - demonstrating the effectiveness of using social media data as a tool for early screening and intervention.
- Air pollution exposure during early life can have lasting effects on the brain's white matter - Exposure to certain pollutants, like fine particles (PM2.5) and nitrogen oxides (NOx), during pregnancy and childhood is associated with differences in the microstructure of the brain's white matter, and some of these effects persist throughout adolescence.

Source: www.sciencedaily.com

The Sailor's Song

Shiddharth Aheibam - 24MPLA49

Calm as a belt of thunders,
He rides the waves of echo.
Clustered memories they float,
Weaving the thin lines of pain.
The son; tames the golden scales,
The light, the nights it showers:
A name as blissful as fear.
Trampling down: the wicked and waves

Sailing across the Sun - towards an end.
Thy name; till the bottom sinks.
Riding the eyes of the wind,
Lovers sings his immortal song.
The Sailor's song, the martyr's woe

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