



## THE SILENT STRAIN: THE PSYCHOLOGICAL FALLOUT OF A CHANGING CLIMATE

Sadhana Kallat- 23MPLB47

In recent years, the rising temperatures, frequent natural disasters, and unpredictable weather patterns associated with climate change have become impossible to ignore. While much of the focus has been on the physical consequences of these environmental shifts—there is an emerging, often overlooked consequence: the toll on mental health. As climate change progresses, the mental well-being of individuals and communities worldwide is becoming increasingly vulnerable. Climate change is no longer a distant issue confined to melting glaciers or rising ocean levels; it is a lived experience for millions. Wildfires, hurricanes, floods, and droughts are forcing people to grapple with loss—loss of homes, livelihoods, and, for many, a sense of safety and normalcy.

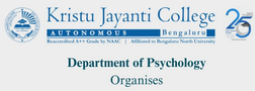


Such experiences trigger acute stress reactions, leading to conditions like post-traumatic stress disorder (PTSD), depression, and anxiety. Even the anticipation or awareness of climate change can cause mental health issues. Eco-anxiety, a term now recognized by psychologists, refers to the chronic fear of environmental doom. Particularly among younger generations, the uncertainty about the planet's future weighs heavily. The fear that life on Earth could become unsustainable creates existential stress, leaving individuals feeling helpless and overwhelmed. Another emerging psychological concept is climate grief. This refers to the sorrow and mourning people experience in response to environmental destruction and the irreversible loss of ecosystems, species, and landscapes. People are grieving for a world that once was—and for a future that may never come. This grief can manifest in depression, numbness, and even a sense of despair.

Recognizing and addressing the mental health impacts of climate change is critical to fostering resilience in the face of environmental challenges. Governments, mental health professionals, and community leaders are beginning to implement strategies to help individuals cope. This includes incorporating mental health care into disaster relief efforts and developing community-based programs that provide psychological support in the aftermath of climate-related events. Building resilience also requires proactive efforts—providing education on coping strategies, creating safe spaces for emotional expression, and fostering a sense of community connection and solidarity. Empowering individuals to take action against climate change, whether through advocacy, conservation efforts, or sustainable practices, can mitigate feelings of helplessness and restore a sense of control. While the psychological consequences of climate change are daunting, they are not insurmountable. By integrating mental health care into climate action plans and fostering awareness of eco-anxiety and climate grief, societies can cultivate a sense of hope. The interconnectedness of our global community can be a powerful tool for collective healing, as we learn to navigate not only the physical challenges posed by climate change but also the emotional and psychological landscapes it reshapes.

**“To heal the Earth is to heal ourselves; every step we take in protecting nature is a step towards safeguarding our own future”**

# EVENTS CORNER



**Department of Psychology Organises**  
Expert Lecture on  
**Coping with Stress: Pathway to Resilience**  
For III Semester MSc Clinical Psychology  
Resource Person



**Ms. Pragila V M**  
Clinical Psychologist  
DHA and RCI Licensed  
Lifeline Modern Family Clinic  
Dubai- United Arab Emirates

Date: 04/10/2024  
Time: 12 PM-1 PM  
Venue: H1 Auditorium, Humanities Block

## Coping with Stress: Pathway to Resilience

On October 4th, 2024, an expert lecture was conducted for Clinical Psychology students at Kristu Jayanti College, Bangalore, on the topic “Coping with Stress: Pathway to Resilience.” The session was led by Ms. Pragila V M, a licensed Clinical Psychologist accredited by DHA and RCI. Ms. Pragila provided valuable insights into the significance of developing effective coping strategies to foster resilience. Her lecture emphasized practical techniques for managing stress and highlighted how resilience can be built through mindful practices, adaptive thinking, and self-care. Students engaged actively, gaining a deeper understanding of how these strategies can be applied in both personal and clinical settings to improve mental well-being.



## Manodarshan

The annual psychology exhibition, Manodarshan, took place on October 8th, 2024, at Kristu Jayanti College, Bangalore. Students from both undergraduate and postgraduate programs enthusiastically participated, presenting a range of innovative models—both working and still—based on diverse psychological concepts. The exhibition aimed to promote a deeper understanding of psychological theories, disorders, and therapeutic techniques among the attendees. Models covered topics such as Baddeley’s Working Memory Model, Prosopagnosia, Smoke Room, Specific Learning Disorder, Spirituality and Transcendence, among various others. This event provided an excellent platform for students to display their creativity and research skills while engaging the college community in meaningful discussions about mental health and psychology.



## Cognizance

Cognizance, the much-anticipated annual intra-collegiate psychology fest, was held at Kristu Jayanti College on October 9th, 2024. The day began with a vibrant inaugural ceremony, setting the stage for a series of exciting events that showcased students' creativity and psychological insights. Events included Brain Story, Charisma, Creative Writing, Psycho Mime, Horus Thema (theme dance), Impromptu (extempore), Billboard (poster making), and a thrilling Treasure Hunt. Each activity encouraged participants to explore and express various psychological themes in unique and engaging ways. The fest concluded with a valedictory ceremony, where winners were celebrated for their outstanding performances, leaving everyone eagerly anticipating the next edition of Cognizance.

## Psychology News



An AI simulation tool developed by MIT, "Future You," allows users to have conversations with potential future versions of themselves. Designed to alleviate anxiety, boost positivity, and encourage better decision-making, this chatbot provides a unique perspective on personal growth and development.

A new study suggests that bottlenose dolphins use facial expressions similar to smiles to communicate during play. Researchers found that dolphins consistently use this expression when interacting with playmates and that these smiles often lead to reciprocal smiling behavior.

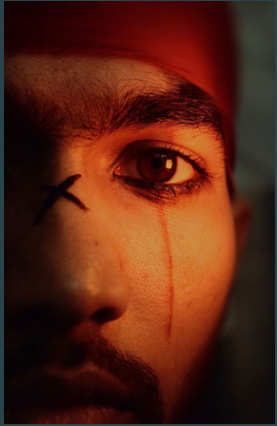


# STUDENT'S CORNER



## Through the lens

Seanna - 24MPSY51



Being entirely honest with oneself  
is a good exercise.

-Sigmund Freud

## Woman

Dubari Baruah - 24MPSY21

Wild is the woman,  
Who knows herself from within  
Who knows what she needs  
Who does, what she loves,  
Who wanders around  
The wave of thoughts  
Her miseries,  
And things that interests her,  
Her love  
That she craves to have;  
To dance,  
And, sing in the rain  
For her heart to be happy..

## The Beauty In Traditions

Anuj J Tharakan - 24MPLA04

Amma has a bag filled with bags that are neatly folded and secured with a rubber band. There are bags that could fit a whole person and bags so small you can barely keep your phone in there. Every time I mention something about this habit of hers, she says that it's useful and it isn't hurting anyone else so we should just mind our business and every time we listen to her.

Bags aren't the only thing she hoards, she has Pringles cans filled with chilies and curry leaves, containers that turn into pots once filled with sand and seed. She's not stringent with her spending, but she's resourceful with what she buys. I still remember her making a model of the digestive system from scratch a day before I was supposed to submit it. The house was a mess, boxes of hardened clay, dried-out paint, and sketch pens were strewn across the room. I wasn't allowed to help because everything I did made an even bigger mess. She did however complete the model before class, and I even got a nine out of ten for that activity.

Amma has always been a neat freak, much like my grandfather, everything she does today is a vague copy of my grandpa. However, the only time my family manages to keep the house neat is when we have guests, which is quite often. Amma would peek into the balcony every few minutes to make sure they haven't reached yet. When they did reach Amma would immediately tell my father to run down while asking me to help clean up. We all had our duties for those five minutes as the guests came up. I would have to clean up the desk and tables, my brother had to make the beds and my mother would ensure that everything is neat in the kitchen. We all did it so carefully, it was as though our house was on inspection. The house with the cluttered desk and the laundry basket with the dirty sock hanging off the laundry basket would have disappeared.

I always wonder where she learned how to do things the way she does. Did someone teach her? Did she pick it up from someone? Or was it just a simple thing that later turned into a habit? Amma always keeps a pinch of rice back into the can when she's going to cook rice. I once asked her why she did that and her reply was that her mother-in-law used to do it, because a kitchen should always have rice even if it's just a spoonful. Amma was simply following something she used to do. There's a certain way to hold the ladle according to her. A certain way to sit while praying, and so many other things that have to be done a certain way. Everytime I ask her why, she says that her mother told her so and she never questioned it so that's just the way it is. She has many little quirks like these, which I question quite often, sometimes I get a satisfying answer while other times the questions remain.



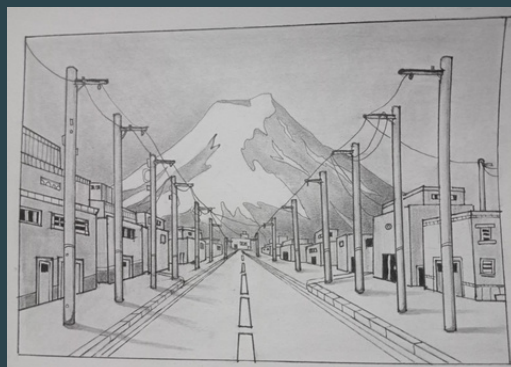
# STUDENT'S CORNER



## ART WORK



Kulsum Shaikh - 24MPLC47



Chaitanya Vithal Raigond  
24MPLB34



Siddhima Srivastava - 24MPLB51

### Freud, his influence on art and artists

Vaishnavi Yadav - MPLA59

Before discussing Surrealism, it is important to understand the pre-existing styles and forms of art that predated it. Christianity was persecuted in Rome in the early hundreds, and it needed a medium to spread its message. This medium was art, which was used to make its message more resonant, emotionally attractive and popularly appealing. Art was a form of advertising for its ideas, both in the east and in the west. In the 1800s, the imperial class dominated art, which served as political propaganda. The Romantic artists adopted the motto "L'art pour l'art," believing that true art serves no purpose and does not attempt to change, do, or speak about anything. In the early twentieth century, great minds such as Charles Darwin, Sigmund Freud, Friedrich Nietzsche, and Albert Einstein were refuting existing principles and proposing new theories. Surrealism was founded by André Breton, who was influenced by Freudian theories of automatism and free association. Surrealism was defined by Breton as "Psychic Automatism in its purest form," with the goal of capturing visual imagery from the subconscious mind without the intention of logical comprehensibility. Surrealist works are distinguished by their element of surprise, unexpected juxtapositions, and non-sequiturs (Nema, 2017). Many Surrealists adopted Freud's techniques of free association and automatic drawing, believing that doing so would allow them to release unconscious thoughts. These included free-flowing, improvised drawing and painting methods, such as those used by Paul Klee and Joan Miro in their freewheeling line drawings. Max Ernst also did rubbings, play, and by accident. Some Surrealists were inspired by their own dreams and nightmares to create startlingly lifelike depictions of a strange, alternate reality. Freud believed that dreams held the key to revealing inner consciousness through symbolism of hidden desires, sexual personae, forgotten events, and even the dreamer's truest nature, which was particularly appealing to Surrealist artists (Thippawong, 2020). Surrealist painter Dorothea Tanning (1910-2012), for example, painted many works inspired by dreams for the purpose of expressing her truest nature. Her painting, *Eine Kleine Nachtmusik* (1943), named for a chamber music composition by Mozart (1756-1791) that was popular in her social circle when she first began painting. She claimed her paintings featured various elements of her nightmare from the gothic novel she read in her childhood.

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