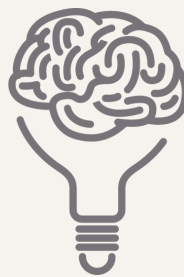




# Meraki

Unleash Your Soul's Expression



Department of Psychology | Volume 2 | Issue 16 | January 2025 | Students' Publication

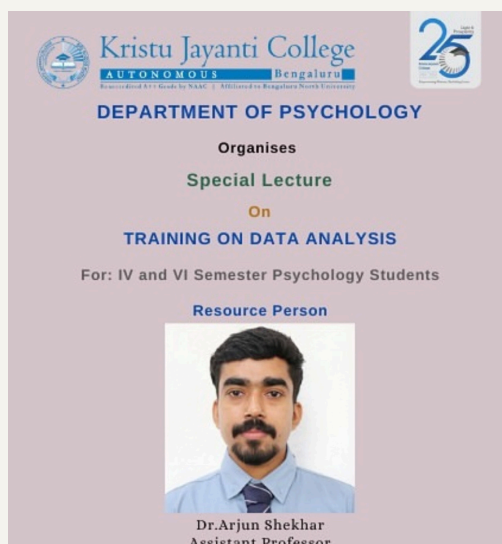
## EVENTS CORNER



On January 6th 2025, 31 BA Psychology IV Semester Section B students participated in a "Random Acts of Kindness" activity during their Psychology Club hour. The initiative involved pairs picking chits with quirky tasks to spread positivity and joy. The activity brought laughter, connection, and demonstrated the power of prosocial behavior. Teachers, staff, and security personnel were seen smiling and laughing as students carried out their tasks with enthusiasm. The event left a lasting impression on the campus.



The Department of Psychology held a "Global Awareness Program" for final-year undergraduate students on 22.01.2025, focusing on pursuing higher education abroad. The session, led by Mr. Divay Tak, Business Development Manager at ISDC, covered topics like master's degrees, benefits of studying abroad, and prerequisites for international programs. Students were guided on application timelines, in-demand courses, and ISDC's role in supporting students.



On January 10th 2025, the Department of Psychology organised a special lecture on 'Training on Data Analysis', for the 4th and 6th semester psychology students. The lecturer was Dr. Arjun Shekhar, an Assistant Professor of Psychology Department of Kristu Jayanti College, Bengaluru.



On January 27th, 2025, the Department of Psychology organized an orientation programme titled "Pathway to Internship" for the second-year MSc Clinical Psychology students (A, B & C sections). The session held from 3:30 PM to 4:30 PM in the H2 Auditorium at Kristu Jayanti College, Bengaluru.



## ***How a Serial Killer is born?***

*Hannah Vinod - 23PSYA20*

Serial killing can be defined as the act of killing two or more individuals over a period of time. It can go on for a month or a year or even a week. This is considered to be one of the heinous crimes out of all the crimes in the world. First serial killer, according to some of the resources, is Alice Kyteler, an Irish woman who was accused of witchcraft and murder of her husbands. Similarly several other serial killers were known to the world eventually.

Ted Bundy, Jack the Ripper, Jeffrey Dahmer are all well known to the world. All of these human beings were born normal but grew up to be villains. In their minds, it is them against the world. A serial killer can never be born innately or naturally, there are a number of reasons and causes for them to do such gruesome acts. They can reach a point where they learn to not leave a trace of evidence behind (Edmond Locard's Principle of Exchange) and become brilliant at what they do.

The father of psychoanalysis, Sigmund Freud, talks about how the early years of life of an individual, that is, the parent-child relationship plays an important role in the psychological development of an individual. Abusive parents, traumatic life events, etc. during the childhood and the early stages of an individual's life can trigger them to become a serial killer.

Abrahamsen (1973) shares that the traumas of childhood often have a sexual basis, that is, the individual may become hypersexual or hyposexual.

People that repetitively or continuously kill find pleasure and comfort in what they do. This is because they are suffering from some kind of mental disruption like delusions, hallucinations or personality disorders. Alice Kyteler suffered from hallucinations and personality disorders that might have led her into witchcraft and killing of her husbands.

Arthur Leigh Allen aka The Zodiac Killer was an American, former elementary school teacher who was a convicted sex offender. The Vallejo Police department and the investigators found it very hard to find him until Robert Graysmith, an investigator of the Vallejo Police found a letter of Mr. Allen being sorry for the police department for not being able to find the killer. Graysmith shared a line from one of the books written on psychology during his interview with Netflix on their documentary of the Zodiac Killer, "Almost any of the killers, when they want to find out what is going on, they say things or want to help". The motive behind the murders of the zodiac killer remains unknown but based on the horrific and taunting letters of the killer sent, it was purely the act of thrill and attention.



Ted Bundy, a serial killer who killed more than 30 women, was brought up by his mother and maternal grandparents. He was left by his father at a young age. He was told that his grandparents were his parents and his mother his older sister. But according to a source it was later known that, Bundy was shown a copy of his birth certificate by his cousin, telling him about his mother and father. He later started displaying unsettling and disturbing behavior towards his family. This arose due to his lifelong resentment towards his mother for shutting him down completely about his father. Bundy grew up watching his grandfather being abusive to his grandmother. This could have been one of the many reasons for him to have become a serial killer.

All of the actions done and words spoken to a child must be given a thought. Whatever is said tends to remain in a child's heart forever and can influence them in developing their personality. Being publicly humiliated and punished by anyone can bring up a grudge and hatred towards others and may develop the characteristics of a narcissist. They can behave like a self-centered person in their upcoming stages of life. It is always better to think before we act or say rather than being helpless later on in life.



## ARTWORKS



*Paushali Dhar - 23PSYA40*



*Jasna Joy - 23PSYA23*



*Andrea Abraham - 23PSYA08*

## PSYCHOLOGY NEWS

- Brains of people with sickle cell disease appear older: A new study has found older-looking brains in adults with sickle cell disease, helping to explain the cognitive challenges experienced by such individuals. A brain image from a healthy individual (left) shows a larger brain with more white matter compared with a brain image from a patient with sickle cell disease (right). Healthy individuals experiencing economic deprivation also had more-aged appearing brains.
- High levels of disordered eating among young people are linked to brain differences: More than half of 23-year-olds in a European study show restrictive, emotional or uncontrolled eating behaviors, according to new research. Structural brain differences appear to play a role in the development of these eating habits.
- Loneliness can raise the risk of heart disease, stroke, and infections. Staying connected with friends and family helps boost the immune system and reduces the chances of these diseases, according to a study of over 42,000 adults in the UK.

Source: [www.sciencedaily.com](http://www.sciencedaily.com)

## ***Thou, I trust Thee***

*Shiddharth Aheibam - 24MPLA49*

On the boat of life Thou row'sd  
The trust for thy oars, it grows.  
The way I admire thy heaven  
The boat for the sea it's even.

Thou, I trust Thee with deepest heart  
For the earth is thy graceful art.

The mother of cherish and nurture  
is always Thy internal nature.  
Troubled days for desires of many kind  
Thou comest soothe my troubled mind.

Thou, I trust Thee with deepest heart  
For the earth is thy graceful art.

The boat never asked enroute of faith  
For it trusts the oars, it's eternal fate.  
Never omit what mortals forget  
The body, the temple of Thee we get.

Thou, I trust Thee with deepest heart  
For the earth is thy graceful art.

There is hope behind the stars  
even for those behind the bars.  
Bow down low, to the One  
Who givest all, the Supreme One

Thou, I trust Thee with deepest heart  
For the earth is thy graceful art.



# UPCOMING EVENTS



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Mark your calendars to be part of exciting events that is coming your way, organised by the department of Psychology.

**PSYCHO FIESTA** is an event designed to provide undergraduate psychology students with an engaging and interactive platform to deepen their understanding of various psychological topics. The event is being coordinated by Prof. Sharmili Chatterjee

**PSYCHO DRAMA:** The Psychology Department is creating an engaging play under Prof. Deepmala's guidance to explore social and psychological issues. Through this captivating medium, the department aims to educate and inspire other college students.

## PHOTOGRAPHS

Abhirami - 23PYJO03



*"From Cellular Jail to Ross Island and Kalapathar, Andaman echoes India's sacrifices for freedom's light."*

## MOVIE REVIEW



"The Mind, Explained" (2019), narrated by Emma Stone, is a captivating docuseries on Netflix that unpacks the complexities of the human mind. Each 20-minute episode explores topics such as memory, dreams, anxiety, mindfulness, and psychedelics. Through engaging visuals, expert insights, and relatable anecdotes, the series simplifies intricate psychological concepts, making them accessible to all viewers.

The standout episodes on anxiety and psychedelics delve deeply into mental health and therapeutic advancements, blending science with emotional depth. By connecting cultural relevance with neuroscience, the series offers a well-rounded exploration of the mind, making it both educational and thought-provoking for curious minds.

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