



The Social Psychology of Trends among Young Indians

23PYJO03 - Abhirami

Social media have emerged as a defining aspect of the life of young Indians, influencing their choices, actions, and even their sense of self. Instagram and Snapchat, for example, offer instant satisfaction in the form of likes, comments, and shares that stimulate the brain to release dopamine, hence making them addictive substances. This confirmation loop drives repeated play of viral challenges, lifestyle, and trending posts.



FOMO or Fear of Missing Out is also a psychological force that enforces youth to maintain trendiness. Fear of missing out or appearing to be behind times forces them to trend fast. Further, Social Comparison Theory explains how individuals compare their lives with others on social media and go about copying trend behaviors to portray themselves in a good light.

Influencer culture further maintains the behavior. Indian youth idolize influencers who set trends in fashion, lifestyle, and opinion. The Bandwagon Effect leads to a massive following of trends, as individuals feel secure and welcomed when they follow what others are doing.

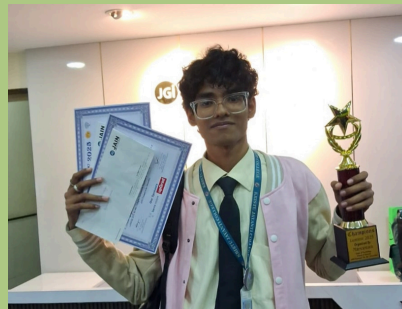


Although trends bring people together and generate enthusiasm, there is a flip side to it. Idealized content exposure causes feelings of inadequacy, worry, and high expectations. The pressure to keep beside of ever-changing trends tends to impact mental health and cause stress and discontent. Underlying these psychological components, young Indians can be trained to use social media more carefully, and encourage a balanced, healthier relationship between the digital domain and themselves.

STUDENT ACHIEVEMENTS



Max Kshetrimayum secured 2nd prize in the Relay Writing Event at the Intercollegiate Literary Fest hosted by Jain University.



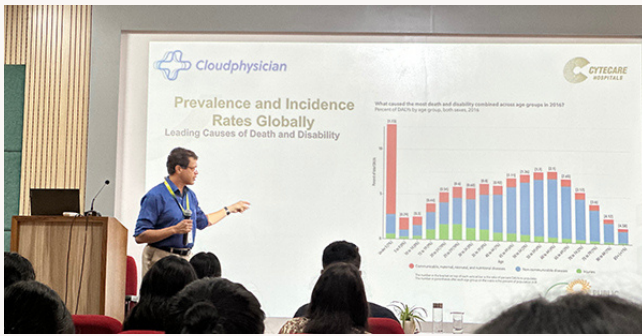
Ganesh Kesavan secured first prizes in Desi Decode and Ek Minute Ka Jadoo at the Inter-collegiate competitions organised by the Department of Psychology, Jain School of Sciences.



Sumedha Bajaj and Suhani Mishra, secured 3rd Prize in the Junior Behavioural Scientists, UG Research Paper Presentation National Competition at Rajagiri College of Social Sciences, Kerala, on February 28.

EVENTS CORNER

Expert Lecture on Chronic Health Diseases



Kristu Jayanti College's Department of Psychology organised an expert lecture on Chronic Health Diseases, delivered by Dr. Shashi Bhaskara Krishnamurthy, Director of Critical Care and Consultant Intensivist at Cytecure Hospitals. The lecture, attended by 85 students from BA VI PYJO/PYPA and PYEN courses, aimed to enhance understanding of chronic illnesses, risk factors, management strategies, and psychosocial implications. Dr. Krishnamurthy highlighted lifestyle and genetic predisposition, recent research and treatment methodologies, preventive healthcare strategies, mental health challenges, and the importance of intensive care in managing life-threatening conditions.

Internship Orientation

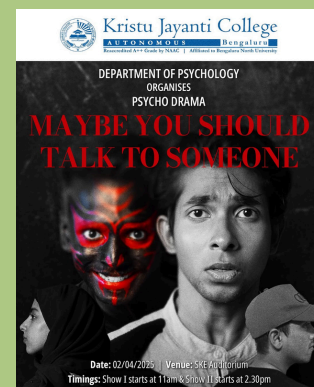


On 11th March 2025, an Internship Orientation was held for 4th Semester BA Psychology, BA Psychology and English, and BA Psychology and Journalism students. The session provided students with a comprehensive understanding of their internship in psychology, outlining objectives, expectations, and requirements. The session emphasized the importance of internships in the curriculum, professional conduct, ethical considerations, and report submission. Students were briefed on responsibilities, selection of suitable organizations, and the role of faculty mentors. The orientation session was informative and engaging, equipping students with confidence to embark on their internships.

UPCOMING EVENT



Insight 2025: The Department of Psychology at Kristu Jayanti College, in collaboration with the Clinical Psychology Society of India (CPSI), is hosting INSIGHT 2025, an international conference focused on mental health and well-being in the workplace. This prestigious event will bring together renowned global experts, industry leaders, and researchers. The conference is coordinated by Ms. Akshaya I., Ms. Anita Mary, and Ms. [Name].



Psychodrama: We are excited to announce the most anticipated event of the year—Psychodrama 2025! This year's theme, Talk to Someone, emphasizes the vital importance of reaching out, and seeking support for mental well-being. The event will focus on raising awareness about schizophrenia and the power of communication in mental health care. The event is coordinated by Ms. Deepthi Vijayan.



Positive thinking is the notion that if you think good thoughts, things will work out well. Optimism is the feeling of thinking things will be well and be hopeful.

- Martin Seligman

Hatred

Aradhna Sara Abraham - 23PSYA09

Whether a feeling or a way of life
It'll take us to our doom, leading only to strife

Anger and rage that could fill up a heart
Lead to mindless destruction that'll tear us apart

Bitterness and jealousy that could consume my soul
Won't have even a piece lest they swallow me whole

Wounds, emotional and physical, that are worn
Only when covered with forgiveness can be borne

Mercy and kindness in place of hatred we must sow
Let it guide us, rather than going with the world's cruel flow

Without love in my heart, I'm left hollow within
But how can any good come from a heart full of sin?

The only thing in my life I must hate
Is this sin that strangles and leads to Hell's gate

But how do we fill our lives with love?
It's only possible with the grace of God from above

Memento Mori

Vishnudev - 23PSYA55

Remember death, when you strike at innocent souls
Clothed in what you claim skin of false faith
Ripping through hopes, tearing apart lives
For you there is no redemption, just the cold bitter end

Remember death, when you drain the masses of dignity
Cackling as you lead them to the noose
Watching them tighten the knot, aroused by agony
You shall decay one day, while the earth rejects you

Remember death, when you strip a child of ambition
Desecrating the corpse in front of the mother
Violating the identity for your perverse pleasure
Consequences will arrive bearing a scythe to sever

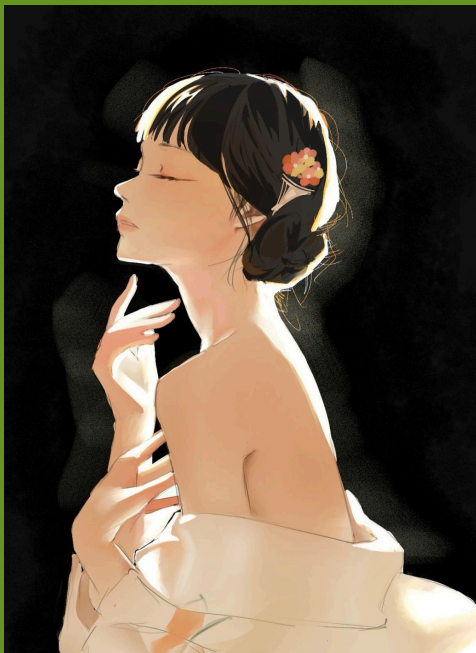
Remember death,
In your pool of tears and blood, splashing like a parasite
In your clandestine conclaves hosting heresy
In your dreams and nightmares
In your pseudo safety of your fellow leeches

You will find judgement not of your deity
You will feel your corridors collapse
You will have freezing blood through your heart
You will draw a last breath of pox and pus

There will be no salvation, nothing to tether you here
Void of any semblance of humanity
It shall take you and you leave behind nothing
Not even the echo chambers of your beliefs

Fading into dust and worm excrement residue
Remember death,
As no one will remember you

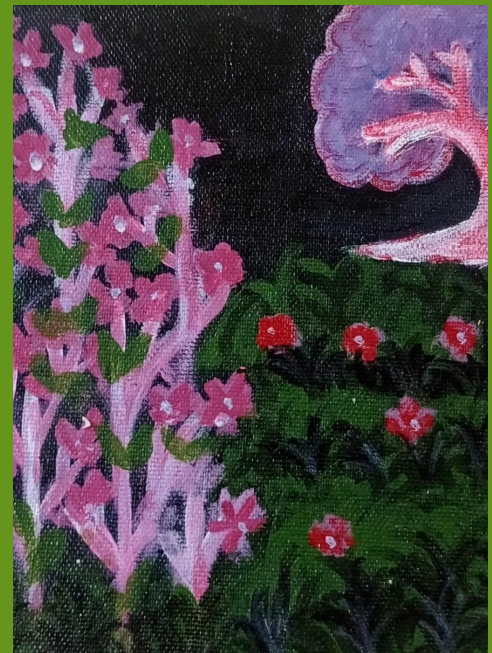
ARTWORKS



Monisha - 23PSYB37



Hitaishi -23PSYB24



Sahana A.P - 23PSYB48

PHOTOGRAPHS



Navya Hari - 23PSYB41



Anna Davis - 23PSYB08



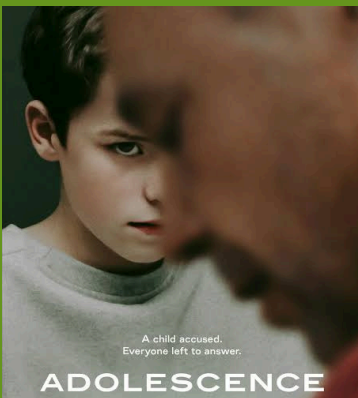
Hannah Vinod - 23PSYA20

PSYCHOLOGY NEWS

- To the brain, Esperanto and Klingon appear the same as English or Mandarin: New research finds the brain's language-processing network also responds to artificial languages such as Esperanto and languages made for TV, such as Klingon on 'Star Trek' and High Valyrian and Dothraki on 'Game of Thrones.'
- How the brain links related memories formed close in time: If you've ever noticed how memories from the same day seem connected while events from weeks apart feel separate, a new study reveals the reason: Our brains physically link memories that occur close in time not in the cell bodies of neurons, but rather in their spiny extensions called dendrites.
- Brain imaging reveals surprises about learning: By revealing what happens in the brain when an animal makes a mistake, researchers shed light on the mechanics of learning. The team pinpointed the moment mice learned a new skill by observing individual neurons, confirming earlier work suggesting animals are fast learners who test the boundaries of new knowledge.
- Parts of the brain that are needed to remember words identified: The parts of the brain that are needed to remember words, and how these are affected by a common form of epilepsy, have been identified by a team of neurologists and neurosurgeons at UCL.

Source: www.sciencedaily.com

MOVIE REVIEW



The Adolescence mini-series is a drama that explores the complex lives of teenagers, focusing on psychological themes such as mental health, identity formation, and the impact of online culture. The series features Briony Ariston, a psychologist who provides insight into teens' behaviors and emotions. Key themes include identity development, cognitive development, attachment theory, and social isolation. The characters face pressures to fit in, deal with societal expectations, and navigate relationships during rapid emotional and cognitive development. Adolescence is a valuable psychological study of teenagers in modern society.

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