



Finding Balance: Navigating Work and Identity in a Changing World

Abhirami - 23PYJO03

In this age of workplace change, with high stress and continuous change, finding a good vocational fit is more important than ever. It's not just a question of having a job; it's a question of finding a career where one can grow, be content, and contribute. Vocational adjustment—aligning one's abilities, values, and personality with a similar career path—is the secret to long-term satisfaction and sound mental health.

Work to others is more than just a paycheck. It is an identity and a source of pride, a venue for personal development, and often a place where life-long friendships are formed. Yet, although the importance of work transcends gender, its experiences can differ greatly between men and women.

Take the example of Rina, a project manager in an IT company, and Arun, a marketing executive. Both are extremely competent and dedicated to their profession. Yet, whereas Arun has had a pretty linear career path with promotions and awards, Rina's has been fraught with issues. She has had to demonstrate her ability again and again, overcome gender stereotypes, and balance expectations at home and work as well.

This inequality is not unusual. While workplaces are changing, vocational experiences are still shaped by gendered expectations.

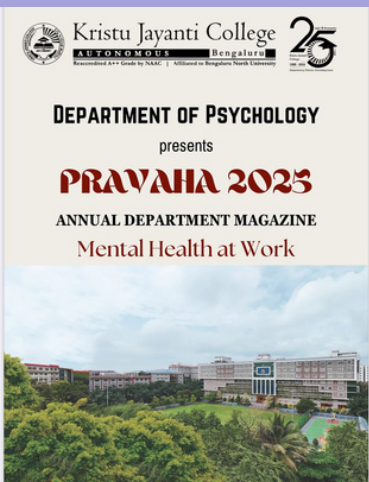
Women tend to carry the double burden of work and care, while men are sometimes pressured to live up to traditional notions of career achievement and economic provision at the cost of personal satisfaction.

Thus, vocational adjustment is not merely an individual process; it is a social one. Companies need to recognize these varying experiences and develop mechanisms that accommodate divergent needs. Mentorship programs, flexible scheduling, open promotion policies, and inclusive leadership development can all pay huge dividends.

When businesses invest in understanding and backing the vocational dreams of all employees, they don't only create happier individuals, but they create stronger teams too. A company that values balance and equity become a place where everyone can thrive.

In a perpetually mobile world, let us take a moment to consider how we might connect work more with our truest selves and help others do the same. When people feel witnessed, cared for, and enabled, the results far exceed productivity—they reach to the very essence of human possibility.

PRAVAHA 2025: The Psychology Department Magazine



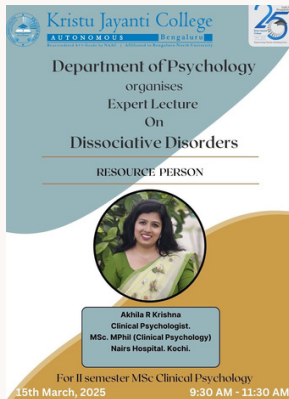
The Department of Psychology, Kristu Jayanti College, is proud to announce the release of PRAVAHA 2025, the annual department magazine. This year's edition centers around the theme Mental Health at Work, delving into the critical aspects of psychological well-being in professional spaces.

Through a collection of insightful articles, research findings, and real-world experiences, PRAVAHA 2025 seeks to shed light on the importance of fostering mental health awareness in workplaces.

The magazine was officially released during the INSIGHT 2025 International conference, organised by the Department of Psychology, Kristu Jayanti College, in collaboration with the Clinical Psychology Society of India (CPSI).

EVENTS CORNER

Expert Lecture on Dissociative Disorders



The Department of Psychology at Kristu Jayanti College organized an expert lecture on Dissociative Disorders for MSc Clinical Psychology students on 15th March 2025. The session was led by Ms. Akhila R Krishna, Clinical Psychologist from Nairs Hospital, Kochi. Held from 9:30 AM to 11:30 AM, the lecture offered in-depth insights into the nature, diagnosis, and treatment of dissociative disorders. It was an engaging and informative session that bridged academic learning with clinical practice.

INSIGHT 2025



On March 27th and 28th, the Department of Psychology hosted the International Conference INSIGHT 2025: Mental Health at Work, in association with CPSI. The event served as a dynamic platform for international experts, industry professionals, and researchers to engage in meaningful conversations surrounding mental well-being in the workplace. Heartfelt appreciation goes to the dedicated teacher coordinators Ms. Anitha Mary Mathew, Dr. Akshaya I, Ms. Lakshmipriya E & as well as the student conveners, Ms. Yashika Menon & Mr. Atharva Muley.



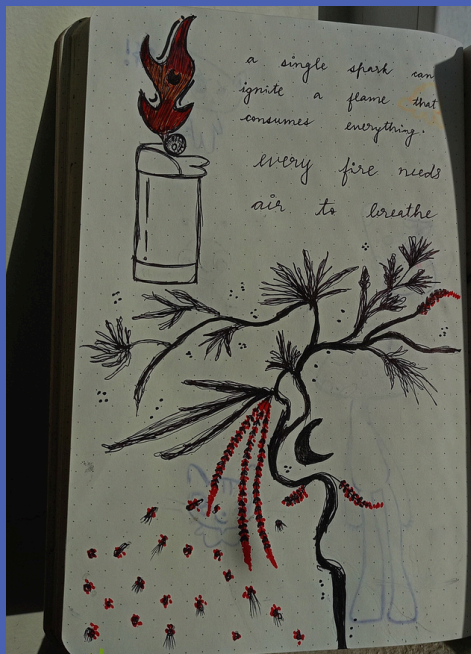
We shouldn't teach great books; we should teach a love of reading. Knowing the contents of a few works of literature is a trivial achievement. Being inclined to go on reading is a great achievement.

B.F. Skinner

ARTWORKS



Jiya Dugar - 23PSYA27



Paushali Dhar - 23PSYA40





The Cat at my Threshold

Max Kshetrimayum- 23PSYB29

The cat, that delivers my letters,
Sleeps at my threshold.
He seems lethargic, quite often these days.
Always finding ways to rest his restlessness.

He sent me a letter, the other day.
He claims i overwork him.
And that his frail body cannot carry,
The heaviness my letters thread themselves with.

But how am i guilty?
My hands are calloused.
And, the sun now is angered,
For he finds constellations build themselves on your
Seamless skin.
Selene isn't doing any better,
For she finds beauty and stars nestled in the spaces of your
scars.
And my hands are eroding;
A feast for the ever hungry kitchen floor.

The world creates a cataclysm upon your command.
A lift of your delicate finger,
succumbs aphrodite and every existing nebula.
The sun and the moon drive into each other recklessly,
and tsunamis architect a massacre.

A whisper that slips through your endless lips,
Will burn every inch of flesh embedden on my bone,
and corrode my bones to glass.

When you finally curtain your tired eyes,
The world will hesitate to move.
Yet I'll attempt to weave our palms together,
Even as my calloused hands erode,
Even in my ruination.
For to have a war waged upon me,
And the sky to have fallen on your command,
I'd gladly surrender.

For the earth desires to drown in you,
Every nebula ceases when they meet your eyes,
Every ruination begins with your name,
And every cataclysm lives betwixt the braids of your
seamless hair.

My overworked cat would've agreed,
That i'd wake up,
And gladly choose to be ruined, everyday.
Had he not been asleep,
He would've delivered this letter.

The particular sadness of a lemon (in a) cake

Aradhna Sara Abraham - 23PSYA09

When life gives you lemons
A lemonade is your usual go-to
We've heard before what to do
When a lemon is thrown at you

But what if I said,
That I craved something sweeter
With more substance to show
With lemons, where can I go?

A cake, a sweet treat
Or something of such sorts
Can a lemon ever live up to that call?
What are the trials to which it must first fall?

We pick out all their little seeds
And push them harshly against the strainer
Why do we torture the lemons much further?
Already we've squeezed out all the juice they can offer.

But if a lemon cake is the need of the hour,
Then a lemon cake it shall be
All the sacrifices, the burns and the pain
Will it finally be worth all the strain?

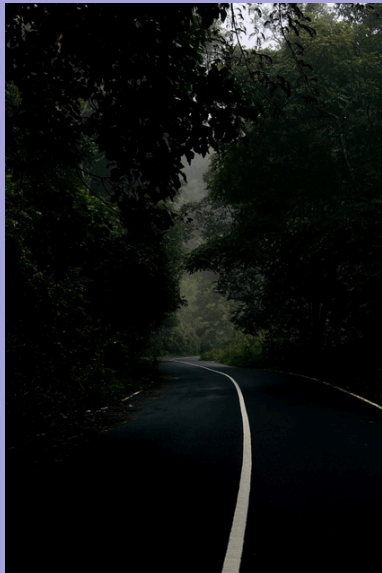
Hidden beneath all the other ingredients
The lemon fears it may be forgotten
Amidst all the other flavours and tastes
Will it's life just go to waste?

But don't you despair, oh lemon of honor
I, at least as a witness, will state
That the joyful expression you bring to our faces
Is a true testament that your life leaves it's traces

PHOTOGRAPHS



Navya Hari - 23PSYB41



Navya Hari - 23PSYB41



Hitashi - 23PSYB24

PSYCHOLOGY NEWS

- **Brain's Natural Repair Offers Hope for Huntington's Disease-** Scientists at the University of Rochester Medical Center have discovered that the adult brain can produce new neurons that naturally integrate into motor circuits. This breakthrough offers a promising direction for treating neurodegenerative diseases like Huntington's, as it suggests that stimulating the brain's own repair mechanisms could restore damaged neural networks. The findings, published in Cell Reports, open up new avenues for developing therapies that encourage neuron regeneration and improve movement control.
- **Childhood Adversity Impacts Brain Development and Cognition-** Researchers at Mass General Brigham have found that difficult childhood experiences can significantly reduce the quality and connectivity of white matter in the adolescent brain. This reduced white matter integrity is associated with lower performance on cognitive tasks, including memory and problem-solving. The study analyzed brain scans and environmental data from over 9,000 children as part of the ABCD study and suggests that while adversity has a lasting impact, factors like positive parenting and community support may offer protective effects.

Source: www.sciencedaily.com

MOVIE REVIEW



The Father is a powerful psychological drama that explores the experience of dementia through the eyes of the protagonist, Anthony. The film uses a unique narrative structure that mirrors his cognitive decline, making viewers feel his confusion and disorientation. Anthony Hopkins delivers a deeply emotional performance, portraying the fear and frustration of memory loss, while Olivia Colman plays his caring yet overwhelmed daughter. The film offers a compassionate and realistic look at dementia, aging, and the emotional toll on both the patient and their loved ones. The film stands out for its innovative storytelling, making it not just a portrayal of dementia but an immersive psychological experience for the audience.

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