



LINGERING IN THE LASTS: A FAREWELL IN SLOW MOTION

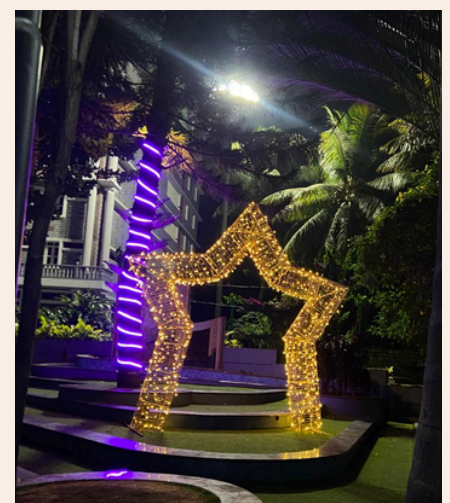
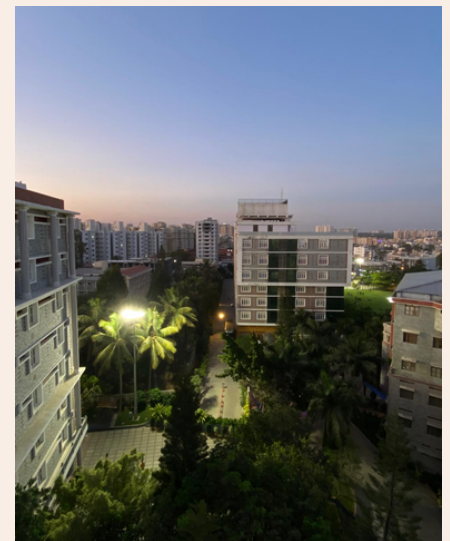
Mehak Gurung, 23MPLB32

Lately, there's this strange little ache in the air. Maybe you've felt it too—walking to class, looking around at friends during a late-night hangout, or sitting in a lecture and realizing it's the last one you'll ever have here. It's a quiet kind of sadness that sneaks up on you. Not because something's already gone, but because you know, deep down, that it's about to be. Why do we start missing things before they're even over?

Psychologists call this bittersweet feeling nostalgia. And it's more than just a warm memory. It's that deep emotional pull toward moments that have shaped us—moments that are still happening, but already feel like they're slipping through our fingers. What's fascinating is that nostalgia doesn't wait for the final goodbye. It often shows up before change hits, especially during big life transitions like, say, graduating. Believe it or not, back in the 1600s, nostalgia was thought to be a medical condition—a form of homesickness. But today, research sees it in a new light. Psychologist Constantine Sedikides and others have shown that nostalgia is actually a deeply human and surprisingly helpful emotion. It can give us a stronger sense of who we are, especially when the future feels uncertain. It connects us to our past, reminds us of what matters, and grounds us when we're in between phases of life.

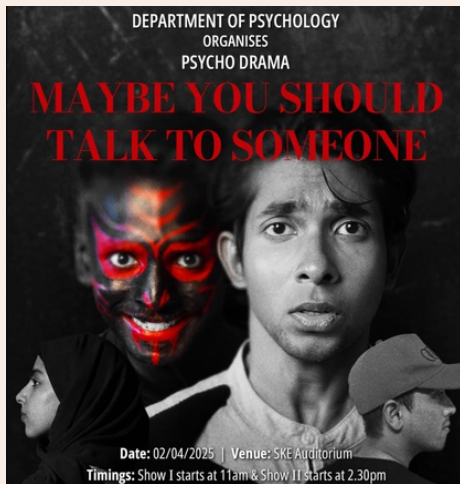
Right now, it's not just classes or routines we're preparing to say goodbye to. It's something bigger—the whole chapter of life we built here. The people. The late nights. The laughter that echoed down the hallways. The inside jokes. The small habits we didn't even notice becoming traditions. All of it lives inside us now. And when we feel that tug of nostalgia, it's our heart's way of trying to hold on. It's not just remembering. It's honoring. And oddly enough, nostalgia can actually be good for us. It's been shown to boost self-esteem, make us feel more connected to others, and even help us feel more hopeful about what comes next. That ache you feel when you realize something's ending? That's not just sadness. It's also a quiet celebration. It means it mattered. So if you've been walking through campus with a lump in your throat lately, if you've been pausing to take it all in, or if you're finding it hard to say simple goodbyes, let that feeling happen. Don't rush through it. Let it sit with you. Let it remind you that this place, this time in your life, changed you. This isn't just the end of something. It's a moment of becoming. It's soft and strange and beautiful. It's your heart whispering: this mattered. This made me who I am.

So, my dear fellow Jayantians, while you might be holding this weird heaviness in your hearts right now, please don't push it away. Let yourself feel it. Let yourself remember. Because this ache—it's just love in disguise. Love for the friendships you found, the lessons you learned, the laughter you shared, and the version of you that came alive right here. Take all of that with you. Carry it gently into whatever comes next. And remember—the best kind of nostalgia is the kind we're still in the process of creating.





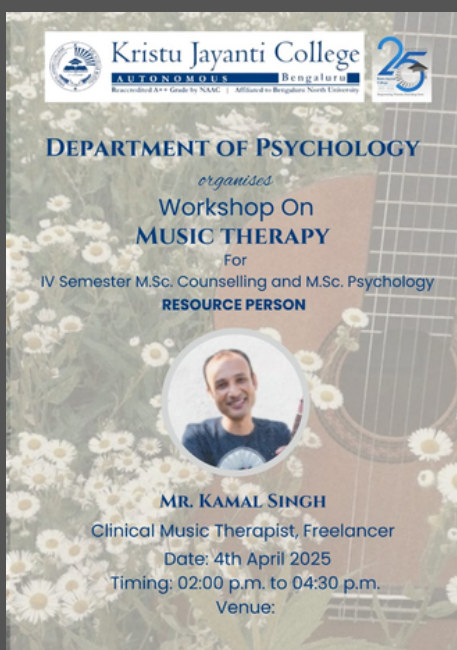
PSYCHODRAMA- "MAYBE YOU SHOULD TALK TO SOMEONE"



The Department of Psychology at Kristu Jayanti College successfully conducted a compelling psycho-drama titled "Maybe You Should Talk to Someone" on April 2, 2025. The event featured two shows, one at 11:00 AM and another at 2:30 PM, and drew in a captivated audience for both. This thought-provoking performance offered a powerful depiction of hallucinations and the emotional turmoil they bring, exploring the complexities of mental health through storytelling and dramatic expression. It provided a platform for vital conversations, shedding light on the importance of seeking help and the healing power of open dialogue. The event was a testament to the department's commitment to mental health awareness.

PG PSYCHOLOGY FAREWELL- "CRESCITA"

The farewell for the Postgraduate Psychology batch of 2023–2025, held on the 10th of April, was a poignant and joy-filled occasion that beautifully captured the spirit of parting and celebration. The event was graced by the esteemed Vice Principal, Fr. Dr. Lijo P. Thomas, whose kind words and presence added a special touch of warmth. The evening unfolded with a vibrant lineup of dance performances, musical acts, and thoughtful speeches that reflected the journey, growth, and friendships nurtured over the past two years. As laughter echoed and memories were relived, the atmosphere was thick with emotion—tears mingled with smiles, and hugs lingered a little longer. It was a bittersweet celebration, where excitement for the future stood hand in hand with the melancholy of goodbyes, leaving everyone with full hearts and lasting memories.



Workshop on Music Therapy

The Department of Psychology organised a workshop on Music Therapy for IV Semester M.Sc. Counselling and M.Sc. Psychology students. Conducted by Mr. Kamal Singh, a clinical music therapist, the session offered valuable insights into the therapeutic use of music.

Session on Mindfulness

The Department of Psychology organised a session on Mindfulness facilitated by Ms. Megha Chhallani, an experiential and behavioral facilitator. This session engaged the Clinical and Counselling students in practices aimed at enhancing awareness and emotional well-being.





I

Yashika Menon Pandey (23MPLA61)

I am the unity of the diverse world,
I am a particle of the universe.
I am the dawn, I am the dusk,
I begin for one, I end for some.

I am Saraswati's child,
I drive the love of my heart,
from the knowledge of my mind.

I am Shiva's daughter,
I am the calm of the sea,
and Ganga's heavy flowing water.

I am Brahma's manifestation
Reaching heights,
but true to its foundation.

I am Ram's malice,
I am Raavan's generosity,
I carry Ayodhya's goodwill
to the Golden City.

I am the black in the white,
like the wrong in the right,
I am the white in the black,
like the right in wrong.

I am the echoing chant of a mantra,
and the unison of Om.
A part of me lives with you,
but my home is my own.

Lend your ears to my quieteness,
I only express through my silences.
It is difficult to find my kind,
I wordlessly speak my mind.
I hear your inner voice,
do you hear mine?

**Latest Advances and Insights in Psychology**

Researchers at the University of Cambridge found that adolescents who sleep longer and go to bed earlier tend to show improved brain function and perform better on cognitive tests. However, the study also revealed that even these adolescents are not getting the recommended amount of sleep.

Researchers at Ohio State University found that perceived stress and depression play a role in the link between insomnia and hazardous drinking. The study also revealed that the impact of stress or depression depends on whether insomnia or heavy drinking occurred first, due to their bidirectional relationship.

Researchers at the University of Calgary found that men and women develop pain through different biological mechanisms, which may explain the higher prevalence of chronic pain in women. This difference could also account for why pain medications are often less effective for women than for men.

Source: ScienceDaily

Life Goes On**Sadhana Kallat, 23MPLB47**

Life is a road we walk each day,
With skies of blue and skies of gray.
We laugh, we cry, we learn, we grow,
And never quite know where we'll go.
People come and people leave,
We hold on tight, we also grieve.
The seasons change, so do we,
Like rivers flowing to the sea.
Each step we take, both big and small,
Becomes a part, a piece of all.
The past may fade, but hope stays strong—
In every end, life moves along.



I

“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

— Carl Jung



STUDENTS' CORNER



MOVIE REVIEW- LOVE & OTHER DRUGS

At first glance, Love and Other Drugs might seem like just another romantic drama, but it quietly dives into something deeper. Anne Hathaway plays Maggie, a young woman with early-onset Parkinson's, who uses sarcasm and distance as armor. Jake Gyllenhaal is Jamie, a pharmaceutical rep who's all charm and no attachment—until he meets her. What makes the film compelling is how it explores the psychology of illness and intimacy. Maggie's struggle isn't just physical—it's emotional. She fears being a burden, and Jamie has to confront what real commitment looks like when things aren't picture-perfect. Their relationship is messy, raw, and honest in a way most love stories avoid. The film doesn't offer neat solutions, but it does show how connection can grow when people are willing to be seen—flaws, fear, and all. A touching exploration of vulnerability, acceptance, and the complicated beauty of being human.

ARTWORK

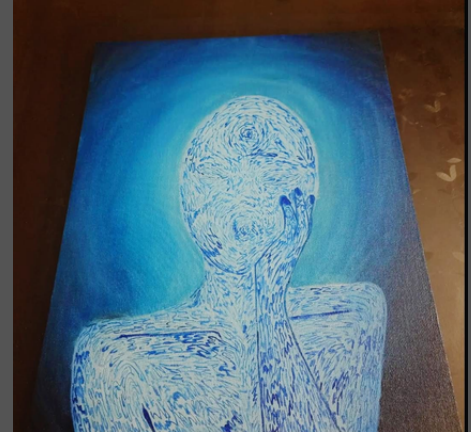
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