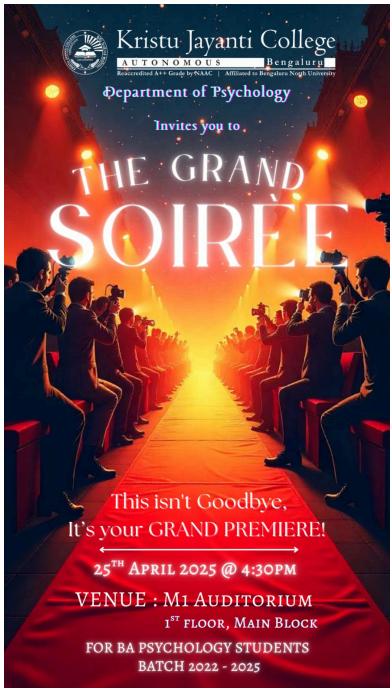


In summary, juvenile delinquency has to be dealt with from an understanding that involves both neuroscience and socio-environmental considerations. Teenagers are not small adults; they are young people at a developing stage, and their conduct, although sometimes criminal, is also an indication of their stage of development. Punishment is not sufficient to deal with the underlying causes of youth offending. Instead, a balanced strategy that unites accountability with psychological rehabilitation and counseling needs to guide them into constructive avenues is needed.



# EVENTS CORNER

## UG Farewell 2025



The Department of Psychology bid a warm and memorable farewell to the outgoing undergraduate students of Single Major Psychology, Psychology & Journalism, Psychology & English, and Psychology & Performing Arts on 25th April 2025, from 4:30 PM to 5:30 PM at the M1 Auditorium.

The event was beautifully coordinated by Ms. Anitha Mary Mathew and Ms. Nikhath Seema, and brought together faculty, staff, and juniors in a heartfelt celebration of the graduating batch.

Laughter, nostalgia, and appreciation filled the air as students reflected on their journeys and shared final moments with their peers and mentors. The farewell was a touching tribute to the contributions and memories the students leave behind, and the department wished them all the very best as they embark on new paths ahead.

## PHOTOGRAPHS



*Hitaishi - 23PSYB*



*Anna - 23PSYB*



*Jasna Joy - 23PSYA23*



*Jiya Dugar - 23PSYA27*





## **Rein on Strein**

*Nikhisha Hari - 23PSYA38*

Counting every jiffy, every shilling  
shackled by time and tide, chilling  
there is no cease to this horrid never ending feel  
being entrapped in this vicious wheel  
although soiled by strain,  
engraved on grains are the result of my pain

"Honesty is the best policy", a drained ideology  
for when I begin to ponder myself, a guilty  
apology

I ever interrogate my soul on every saved penny  
it is said the life changes for the best with  
money  
although disdained by the sense of delirium,  
exuberance of my home is my escapism

The moment I sit in my chair,  
I feel a rush of despair  
swiftly run through the papers,  
I appreciate the breeze it wavers  
for every minute, ticks and passes  
I relish the melody it encompasses

Thorough and through the walls I see,  
time yet to come, gleeful and carefree  
a soft stroke of success tinted,  
a hope of radiance on the life grieved  
with my mind and soul at ease  
raised the shoot of peace

Counting every fortune, every sparkle  
as shimmering stars, my babies' eyes twinkle,  
like chords of a harp, my beloved's voice,  
melodious  
cleansed my thought of a wealthy sack, so  
marvellous  
and I tell myself, "Life changes for the best  
as I count my blessings best over shillings"

## **Saturn, Gods and Fools**

*Max Kshetrimayum - 23PSYB*

How have you managed to upset saturn and her  
children?

She now envies our moon;  
for your sight rests upon her creases,  
and now she believes heaven resides somewhere  
betwixt your lovely eyes and your arms.  
Her rings are growing languish,  
for she yearns to be the curtains your fingertips have  
brushed.

Do you think heaven drowns in honey?  
Forged in a sweetness only reserved for you?  
Where goddesses knit you a scarf?  
And gods wish to be washed in your fragrance?

The garden of heaven hosts a bunch of fools,  
for they are far too idealistic.  
You haven't even whispered a syllable,  
but Orpheus would turn in every lifetime,  
and choose to be cursed of you.

But then where do i stand against them?  
I am no better than those fools,  
who proclaim godhood, but chase every furniture  
you've ever loved.  
Or an artist whose brush only breathes to paint to  
the color of your rose leafed lips.  
I am no better than the celestial body that succumbs  
to your feet.

I think heaven suffocates,  
in an unending sweetness of flowers;  
Honey and dew flows from within you,  
for you are the palace and the garden,  
and every flower that resides sentient.  
You are the gates to Elysium.

You transcend me and saturn alike.

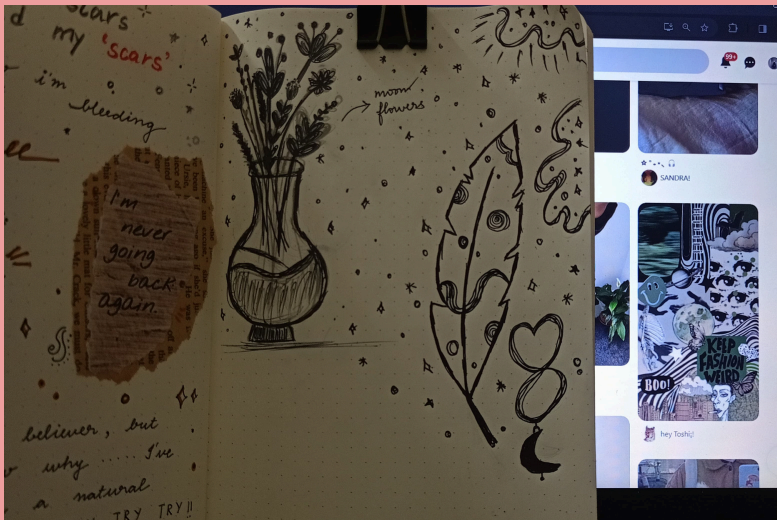


"You are loved just for being who you are, just for existing. You don't have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success - none of that matters. No one can take this love away from you, and it will always be here."

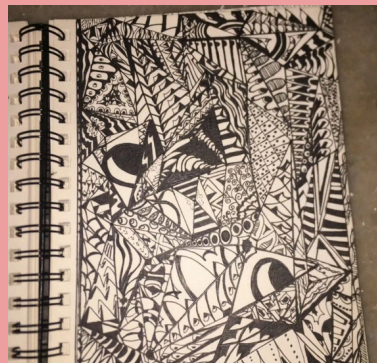
**Ram Dass**



## ARTWORKS



Jiya Dugar - 23PSYA27



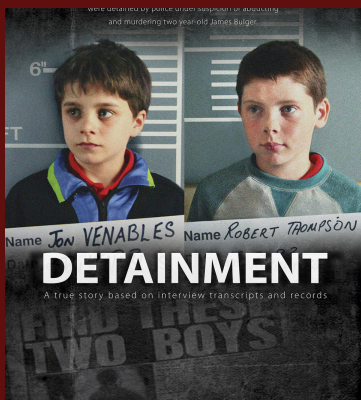
Avelin Lal - 23PSYA11

## PSYCHOLOGY NEWS

- Favorite music sets the brain's opioids in motion: A new imaging study showed that listening to favorite music affects the function of the brain's opioid system. Music can evoke intense pleasure, sometimes experienced physically as pleasant "chills." While the effect of music on pleasure is clear, the brain mechanisms behind musical enjoyment are not yet fully understood.
- Exposure to air pollution may harm brain health of older adults: Long-term exposure to high levels of air pollution may harm the brain health of older adults in England, finds a new study. The research, published in The Journals of Gerontology: Series A, found that exposure to nitrogen dioxide (NO<sub>2</sub>) and fine particulate matter (PM2.5) is linked to lower scores in key cognitive abilities, particularly language skills.
- Eight or more drinks per week linked to signs of injury in the brain: Heavy drinkers who have eight or more alcoholic drinks per week have an increased risk of brain lesions called hyaline arteriolosclerosis, signs of brain injury that are associated with memory and thinking problems, according to a new study.
- A new study from UC San Diego shows that the brain learns using multiple rules across different synapses in a single neuron, not just one uniform rule. This discovery, made using advanced imaging in mice, helps explain how learning happens and could improve treatments for brain disorders and the design of AI systems.

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

## MOVIE REVIEW



"Detainment" is a powerful film that explores the psychological impact of a crime on both the victims and the perpetrators. It uses a unique interview format to delve into the minds of the young boys involved in the murder of James Bulger. The film doesn't shy away from the disturbing aspects of the case, but it also doesn't sensationalize it. It offers a chilling glimpse into the complexities of child psychology and the potential for evil to manifest in even the youngest of minds. It's a difficult film to watch, but it's an important one that raises questions about the nature of good and evil and the responsibility we have to understand and address the psychological factors that contribute to violence.

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