

EDITOR'S NOTE

Door Renders.

Welcome to this vibrant edition of our magazine, where the wonders of the human mind come to life through captivating stories, insightful research, and a touch of curiosity. Here, psychology is not just a field of study, it's an adventure into what makes us think, feel and behave the way we do. In this issue, we invite you to journey with us beyond the textbooks, exploting fresh perspectives and engaging topics that connect science with everyday experiences. Whether you're a seasoned professional or simply fascinated by the mind's mysteries, there's something here to impire and challenge your understanding.

Thank you for being part of our community of curious minds. Dive in, enjoy the discoveries, and remember, understanding ourselves better is one of life's greatest adventures!

Warm regards, Asmina Asra

INDEPENDENCE DAY

ON THIS INDEPENDENCE DAY, AS WE BOW OUR HEADS IN RESPECT TO THE COUNTLESS SACRIFICES THAT GAVE US FREEDOM. WE ALSO REFLECT ON ANOTHER JOURNEY OUR NATION IS EMBRACING; THE JOURNEY OF HEALING THE MIND; INDIA IS SLOWLY BREAKING THE SILENCE AROUND MENTAL HEALTH, MOVING BEYOND STIGMA, AND OPENING SPACES OF AWARENESS, CARE, AND COMPASSION, TRUE INDEPENDENCE IS NOT JUST FREEDOM FROM EXTERNAL CHAINS BUT ALSO FREEDOM FROM THE BATTLES WE FIGHT WITHIN OURSELVES. THIS INDEPENDENCE DAY, LET US CELEBRATE NOT ONLY THE SPIRIT OF OUR NATION BUT ALSO THE STRENGTH THAT COMES FROM NURTURING THE MINDS AND HEARTS THAT MAKE INDIA TRULY SHINE.

*HEALING HEARTS, FREEING MINDS, STRENGTHENING INDIA."

AND FEEL PROUD TO BE PART OF THIS NATION.

PRARTHANA

WORLD MENTAL HEALTH DAY

Being part of the World Mental Health Day program was an unforgettable experience. Although the official day is observed on 10th October, our department celebrated it on both the 9th and 10th. The entire program was led by the postgraduate students, and as freshers, we were given the wonderful opportunity to contribute. For us, the 24th batch, it was our very first event, which made it even more special. Our booth was called Mindscape Realm, and the vision behind it was to encourage people to take part in small ver meaningful activities that could ease their stress. From folding origami and writing gratitude cards, to making bracelets, coloring pictures by numbers, and even crumpling away worries in the *crush your stress" activity, each idea carried a spark of joy and relief. Seeing people participate wholeheartedly and leave with smiles made the event feed successful, and we felt proud to have been a part of something that touched lives in such a simple, beautiful way.









YOUTH ICON 2025 International conference



Another deeply cherished memory was participating in YOUTH ICON 2025 International Conference held at Yenepoya (Deemed to be University), organized by the NSS team. Our class presented a dance drama titled The Voice Within, which told the story of a young girl fighting against her inner fears and insecurities, and eventually discovering self-confidence and realisation by quieting the shadow within her. The preparation for the performance was just as memorable as the stage itself. The countless practice sessions, creative exchanges, and the time we spent together outside rehearsals brought us closer as a class. It was during this time that we truly began to feel like one, bonded not only by the performance but also by the joy of creating something meaningful together. Stepping onto that stage, with all of us moving as one, was a moment of pride and unity that we will always carry with us.

LEARNING BEYOND CLASSROOMS

MANIPAL MUSEUM OF ANATOMY AND PHYSIOLOGY

On 14th August 2024, our 8.Sc. Ofinion Psychology batch set off for an exciting academic trip organized by the Olinical Psychology Department to the Manipal Museum of Anatomy and Physiology, After a lively two hour bus ride, we arrived eader to explore.

The museum turned out to be a treasure of knowledge. Established in 1953 by Dr. T.M.A. Paj, RMC Manipal's rich history added to the experience.

- Anatomy Section: From animal skeletons and a giant whale law to a fully preserved numen body and dissected prain structures, the displays were both foscinating and awe inspiring.
- Circulatory & Excretory Systems: Models of organs like the heart and kidneys
 highlighted the complexity of the human body, while the brain exhibit felt
 like a 3D textbook.
- Embryology Section: Preserved embryos, including human, dog; and cow, along with examples of genetic anomalies, offered a rare insight into development.
- Pathology Section: Preserved tumors, cysts, and concert gave us a chilling glimpse into disease.
- Infection Section: Cases of elephantiasis and parasitic infestations left a lasting impression.

The trip was a bland of learning and discovery-an unforgettable experience that despend our approplation of human anatomy and pathology.



Baliga Memorial Hospital, Uudai



After exploring the museum, we recharged with lunch and then visited Baliga Memorial Hospital, Udupi, known for its commitment to affordable mental health care and reducing stigma.

A nurse gave us an eye-opening session on Electroconvulsive Therapy (ECT), explaining how it has evolved into a safe, anesthesia-assisted treatment.

The hospital had two main sections:

- Female Psychiatric Ward (First Floor): Patients with depression, schizophrenia, and ASD were admitted here.
- Deaddiction Ward: Mostly male patients, some with ASD, where the walls were decorated with motivational quotes and patient-made artworksymbols of hope and recovery.

By evening, we returned home, tired but enriched with new insights and experiences.



The trip ween't just educational-it was an experience that brought us closer to understanding both the science of the body and the depth of the numer mind. Not just the sciences but also within our class.

A day well spont, indeed

Yenepoya Museum and Forensic Lab

The CP 23 batch recently visited the Yenepoya Mueseum and Forensic Lab, and the experience turned out to be both fun and enlightening. The students were fascinated to see the practical applications of concepts they had only read about in books, from analyzing fingerprints and studying forensic tools to observing crime scene investigation techniques. The visit sparked their curiosity and gave them valuable insights into the real-world applications of forensic science. The trip was not only educational but also joyful, as everyone enjoyed exploring new ideas together and sharing the excitement of discovery. Overall, it was a memorable experience that combined learning with enjoyment.



Aamina



MOOD ON A PLATE: HOW TO FEED YOUR FEELINGS (WITHOUT EATING THEM)



EVER NOTICED HOW A NETFLIX HEARTBREAK SCENE FEELS TO X SADDER WHEN YOU'VE BEEN LIVING OFF VENDING MACHINE WAFFLES AND SODA? TURNS OUT, YOUR STOMACH ISN'T JUST HOLDING SNACKS — IT'S HOLDING THE REMOTE CONTROL FOR YOUR MODD.

SCIENCE IS CLEAR: FOOD DOESN'T JUST FUEL YOUR BODY, IT FINE-TUNES YOUR BRAIN.
FROM GUT BACTERIA THAT MOONLIGHT AS THERAPISTS TO CARBOHYDRATES THAT
SNEAKILY MANAGE YOUR SEROTONIN LEVELS, WHAT'S ON YOUR PLATE IS SHAPING WHAT'S
IN YOUR HEAD.

LET'S BREAK IT DOWN, COURSE BY COURSE.

I. Carbs: The Frenemy

Carries have been unlainly dragged through every diet trend — but here's their redemption are. Camplex carbs (think pats, sweet potatoes, quinoa) are serotonin's favorite fuel, slowly releasing sugar so your brain doesn't scream. Why are we awake at 8 p.m.?".

Skip: sugar-bamb pastries that give you a quick high, then gut-punch you into a mood crash.

Choose: whole grains truit brown rice.

Mood vibe: Like outling up in a coxy blanket instead of accidentally snapping at Becky in accounting.

2. Protein: Your Personal Trainer for the Brain

Protein is baucally the motivational speaker of food groups. Its amino acids are the building blocks of dopamine and notepinephrine — chemicals that keep you sharp, focused, and less likely to blank on your own ATM PIN.

Skip: mystery hat dogs and averly processed meats.

Chaose: fish, eggs, beans, positry, tals.

Moad when tabou congresor, not desk napper.

3. Omega-3s: The Brain's Besties

Your brain? Picture an only spange, And Omega-3 hats are the oil it actually likes. These fatty acids keep neurons chatting smoothly, dialing down stress and boasting happy brain waves.

Skip: fried mystery raggets.
Choose: salmon, walnuts, chia seeds.
Mood vibe: Zen mook, but with Wi-Fi.

4. Probiotics: The Gut Whisperers

Your gut is basically a bustling city of microbes — and they're mood managers. Feed them right, and they'll text happy signals to your brain via the gut-brain bottline.

Skip ultra-processed full that throws your microbiams into chance. Choose: kimphi, squerirant, yogurt, kelir.

Mond vibe. Stomach and brain, finally working as a team.



OPEN

Ho

MOOD ON PLATE

TABBLE & ATTA-

Berood

THO AM UNTIL

How to Feed Your Feelings

5. Caffeine: Your Frenzied Frenemy

PRE-MERTING JITTERST | 1000

AFTERHOOM SLUMMY LLHOREL -

TETESING WIRED AND ARXIOUST

Caffeine can make you feel like a superhero. Until It turns you into an anxious equired. A little sparkle. Too much — heart polpitations and greationable emails.

Skip: five giant coffees before noon.

Choose: one to two cups, ideally before 2 p.m.

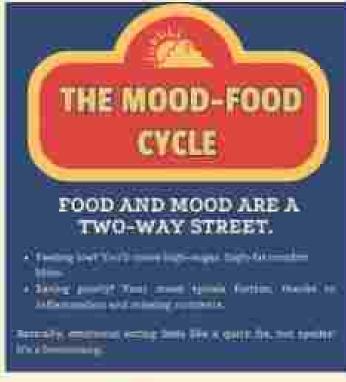
Mood vibe: Productive, withy, and less likely to spiral into "why did I just Google my ex at work?"

THETAKEANAY

THINK OF YOUR MEALS AS BUILDING YOUR BRAIN'S DREAM TEAM, MIX COMPLEX CARRS, GUALITY PROTEIN, HEALTHY FATS, AND MICROBIOME-FRIENDLY FOODS—AND YOU'RE NOT JUST NOURISHING YOUR BODY, YOU'RE PROTECTING YOUR PEACE.

FOOD ESN'T THERAPY (YOUR THERAPIST IS SAFE FOR NOW), BUT IT IS DAILY MOOD MAINTENANCE, EAT SMART, AND YOU'LL BE CALMED HAPPIER, AND FAR LESS LIKELY TO SEND A "WE NIZED TO TALK" TEXT AT I







PERSONALITY QUIZ

HHICH ARCHETYPE ARE YOU?



WHICH ARCHETYPE ARE YOU?



Every story has its cast of characters:

- The trickster who bends the rules The sage who knows more than they say
- say .The wanderer always searching for something new
- . The jester who keeps spirits alive

We recognize these types instantly in books and movie, but they exist in real life too.

So what role do you secretly play in life's story? Let's find out.



INSTRUCTIONS

PICK THE ANSWER THAT FEELS MOST LIKE YOU. COUNT YOUR CHOICES, AND CHECK WHICH ARCHETYPE YOU MATCH AT THE END!



- You walk into a room full of strangers. What's your move?
- a) Crack a quick joke to break the tension.
- b) Quietly observe the energy before choosing where to sit.
- c) Wander over to someone interesting and start a curious conversation.
- d) Stir things up with a bold comment to grab attention.



2. A rule you're most likely to break:

- a) "Don't laugh too loud."
- b) "Don't ask too many questions."
- c) "Stay in one place."
- d) "Don't challenge authority."
- 3. Which object teels most you?
- a) A whoopee cushion hidden under a chair.
- b) An old book filled with strange notes in the margins.
- c) A pair of worn-out boots with a map tucked inside.
- d) A microphone that's never switched off.
- 4. Conflict breaks out in your group. What do you do?
- a) Lighten the mood with hunor before it explodes.
- b) Sit back, read the situation, then offer a quief truth.
- c) Walk away you'll find a new space to breathe.
- d) Step in, challenge the loudest voice, and take control.

- 5. Someone dares you to do something risky. You...
- a) Make it ridiculous so everyone laughs.
- b) Decline politely but secretly analyze who suggested it.
- c) Say yes adventure is always worth it.
- d) Accept instantly, because rules are boring.
- 6. Which setting feels most like home?
- a) A comedu club or karaoke night.
- b) A library no one else knows about.
- A backpack and an open road.
- d) A stage, a megaphone, or anywhere with a crowd.
- 7. Your friends count on wouldon
- a) Defuse tension when things get heavy.
- b) Offer advice that seems random but hits the truth.
- c) Suggest the next trip or idea to shake up the routine.
- d) Say the thing everyone else is too scared to say.



RESULTS



Mostly A of the Jester. The Light Bringer You're the humor, the spark, the one who refuses to let life get too heavy. People count on you to break tension and bring joy. Beneath the laughter, though, is someone who sees truth more clearly than most.

Mostly B's the Sage The durnt seer You carry knowledge. Whether from books or intuition, You're thoughtful, observant, and people often seek your perspective, Just be careful not to stay in your head so long that you target to act.

Mostly C's * The Explorer The Restleys Spirit
You crave freedom, discovery, and the unknown.
Whether it's a new place, new people, or new ideasyou're always chasing horizons. The challenge is
learning when to stay.

Nostly D's + The Trickster, The Chaos Shaker
You thrive on disruption and challenging norms.
Fearless, witty, and a little dangerous you shake
things up wherever goy go. People may not always
understand you, but they never forget you.



Boundaries, Beats & Brisk Walks: The Coping Toolkit

BONUS? NONE OF THEM INVOLVE OVERLY COMPLICATED ROUTINES, JUST EVERYDAY TOOLS TO GET YOUR BRAIN TO CHILL THINK OF THESE AS MENTAL HEALTH "LIFE HACKS" — SMALL, DOABLE MOVES THAT CAN MAKE THE CHAOS FEEL MORE MANAGEABLE BONUS? NONE OF THEM INVOLVE OVERLY COMPLICATED ROUTINES, JUST EVERYDAY TOOLS TO GET YOUR BRAIN TO CHILL

Coping Mechanisms

DON'T JUDGE ME DEAR DIARY

Grab a notebook, scrap paper, or even the back of a receipt –
and start dumping every thought circling in your head. This is
not school: grammar rules don't matter. Write in emojis,
doodles, or half sentences if you want. The point? To declutter
your brain so it stops spinning like an overloaded washing
machine.

THE HAPPY PLAYLIST

Music is therapy you can dence to. Whether it's your carefully cureted "stay same" playlist or shameless guilty pleasures, hit play and let your mood shift. Singing along – loudly and off-key – is strongly encouraged.

SLEEP SNACKS AND SANITY

A tired, dehydrated, hangry version of you is never your best self. Sleep like it's your side hustle, keep your water bottle within arm's reach, and never underestimate the miracle of a good snack. A handful of nuts, a slice of dark chocolate, or even a PBSJ can sometimes work better than pep talks.

THE SACRED "NO"

Repeat after me: No. You don't have to attend every occassion, say yes to every extra project at work, or join your neighbor's 5 a.m. house party (yes, that's a real thing, and no, you're not obligated). Protecting your energy is not rude — it's essential. Boundary-setting is actually a form of self-pare in disguise.

WALKLIKE YOU MEAN IT

Exercise doesn't have to be sweaty gym selfies or fancy class passes. A brisk walk around your block counts. Endorphins – your body's built-in happy pilis – kick in after even a few minutes of movement. Pro tip: Pop in your headphones. Strangers will assume you're on an intense business call, not actively escaping your responsibilities.

Tell'-care isn't bubble baths and candles sometimes it's just saying no, eating something green, and remembering water exists

COLOUB PSYCHOLOGY: MORE THAN JUST A PRETTY PALLETE

- Sennon Gince Maideline

Color psychology studies how colors subtly influence our mood, behavior, and decisions. It's more than choosing paint, colors trigger deep emotional responses influenced by age, culture, personality, and past experiences.

A Journey Through Time and Colour

Historically, colors have long held significance: Ancient Egyptians and Greeks linked red to energy and green to growth; Ayurveda used color for emotional balance and chakra healing: Isaac Newton revealed white light is made of all colors, and Goethe explored colors' emotional effects—blue calms, red excites. Later, Faber Birren applied color psychology in workplaces, and Carl Jung used color in art therapy to access the unconscious. Today, color psychology informs marketing, design, healthcare, and therapy, with neuroscience uncovering new insights.

See Color Without Even Thinking About It

Scientifically, colors are seen when light reflects off objects and stimulates the eye's cones. Good lighting helps us see colors vividly, while darkness dims them.

Different colors evoke common emotional reactions worldwide:

- Red: love, passion, energy, but also danger
- · Yellow: joy, optimism, mental stimulation
- · Orange: happiness, warmth, social energy
- . Blue: calming, peaceful relief
- . Green: balance, renewal, contentment
- · White: purity, simplicity, relief
- Black: sadness, elegance, mystery
- . Brown: stability, earthiness, sometimes disgust
- · Purple: pleasure, royalty, spirituality
- · Pink: softness, nurturing, warmth

Color therapy uses colors to support well-being: red for energy, yellow for mood uplift, orange for vitality, blue for stress reduction, and indigo for calming.

Colors are more than decoration—they lift spirits, calm nerves, and spark creativity, shaping how we feel in the world around us.

Healthy Reminders

Give me some healthy reminders!!!

- Pause and take three slow breaths your mind will thank you
- Pest is part of the process, not a distraction from it.
- Small steps forward are still progress:
- Speak to yourself the way you'd encourage a friend.
- Boundaries are a form of self-respect.
- Your worth is not tied to how much you do.
- Gratitude makes space for joy in the everyday.
- Healing isn't a race, move at your own pace.
- Laughter is medicine too, find moments to smile.
- You are enough, exactly as you are today.

Thank you so much naina <33

ofc:)



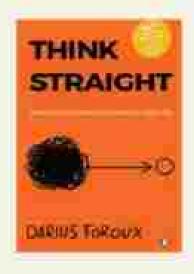






FROM THE BOOKSHELF: REVIEWS YOU CAN'T MISS







The book Almond by wyorpyure tohn explores the life of Yuniae a boy with deathyrna, a brain condition that prevents him tuon feeling or expressing emplores.

Found the partrayal very moving — It stows not only the challenges of living without fear, anger, or line, but also how others perceive and measurdenstand him. The story made one reflect on bow exempt emotions are to human connection, and how empothy on limiting even the widest paps. A powerful and insightful read. The book "Three Straight by Darios foreus is a practical and straightforward book that locates on training the mind to think clearly and avoid unnecessary overthicking.

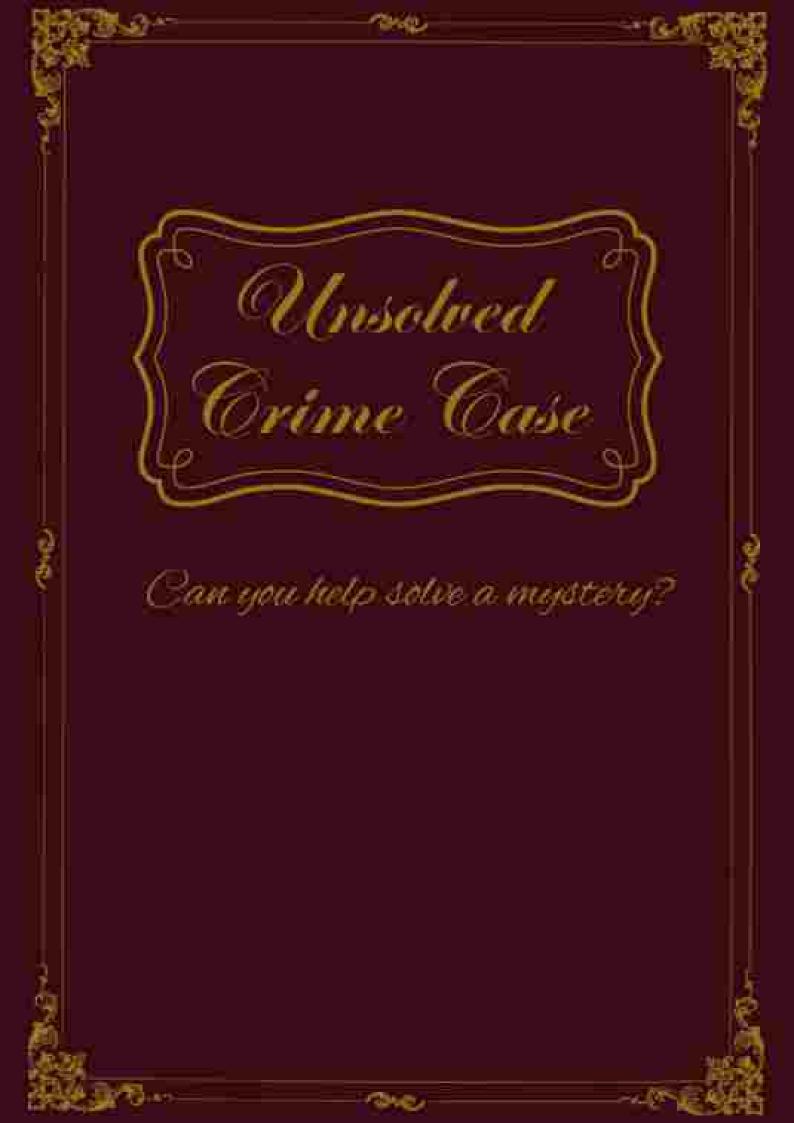
I liked how the author breaks complex ideas into simple, authorable lessons about clarity, decision-making, and focus it reminded me that most of our problems come from the way we think, not the situations, themselves. With just around 100 pages, it's a short but powerful read.

Somewand Bliss by Meg Mason is a beautifully written story about Martha, a woman living with an unnamed meretal lithess that deeply affacts her marriage tamily, and sense of self and the importance of a correct diagnosis and treatment plan.

Horestly the rayel shows the weight of living with soch a condition, while still balancing it it felt raw and real, showing that manual lineas documents love, but it complicates it.

This count is a seminder that healing is messy but still possible







The Case of Missing Psychologist Amy

BACKEROUND:

Amy, a respected psychologist at a top research institution, has mysteriously disappeared. She was working on a sensitive project, and suspicion falls on one of her patients.

THE SUSPECTS:

Patient I: Rob Skabob

Diagnosed with schulophrena. Bob has loven Amy's patient for over six months. He often refuses medication misses sessions, and has to close family support. His untreated symptoms include psychosis and paranola, intensified possibly by substance use.

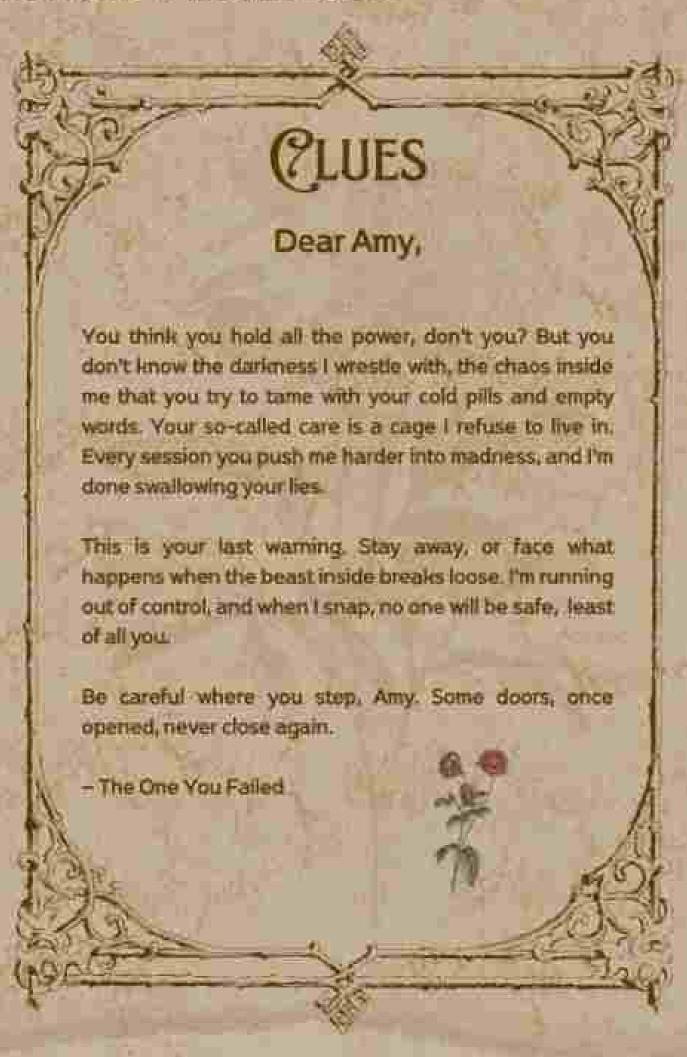
Patient 2: Chinky Chunky

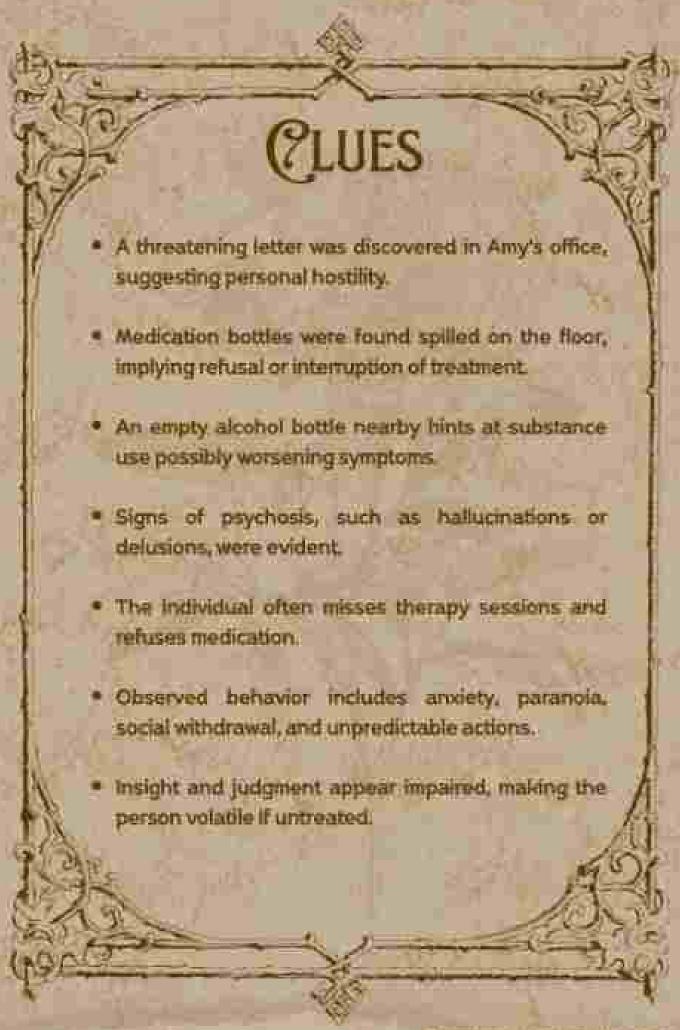
Struggling with depression Chrilly recently began therapy. She shows deep demotivation and task of hope but has no history of violence or aggression and is in the early stages of treatment.

Patient 3: Shalini

Diagnosed with OCD. Shalm has been in therapy for a year 5he experiences severe anxiety and negative thoughts but has not appared harmful behavior

LETTER FOUND IN THE CRIME SCENE:







Bob Skabab suffering from schizophrenia and untreated also to medication noncompliance, is the most likely culprise. Amy a disappearance Schizophrenia, if left unchecked and unmanaged can lead to severe complications including hallucinations and impaired judgment that may escalate to harmful acts. This case underscores the critical importance of early diagnosis, adherence to treatment and ongoing support for individuals living with serious imental liliness.

Unchecked schizophrenia poses significant risks not only to the individual but also to those around them. Timely intervention and medication compliance are essential to managing symptoms and preventing adverse outcomes.

This psychological mystery highlights the delicate balance between care and danger in mental health treatment and the protound impact of mental illness on lives.

- Alisa & Diga

PROVIDING COUPONS

Hinira & Enarika

COUPON

DEBUNKED! CLEARING UP POPULAR MISCONCEPTIONS



FACT CHECK: WHAT'S REAL AND WHAT'S NOT

ADMIT ONE

USE AS YOU LEARN





MYTH:

If a person has a mental health condition, it means the person has low intelligence.

FACTS:

Mental Illness, like physical Illness, can affect anyone regardless of intelligence, social class, or income level.



MYTH:

Left brained or right brained?

FACTS:

You do not have a dominant brain hemisphere,



MYTH:

You only need to care about mental health if you have a diagnosed condition.

FACTS:

Everyone benefits from maintaining their mental wellbeing through active, healthy habits, just like physical health.



MYTH:

Mental health conditions are a sign of weakness.

FACTS:

Mental Illness is not about weakness or willpower. Seeking help requires strength and caurage; anyone can develop these conditions:



MYTH:

Teens with good grades and many friends don't face mental health issues.

FACTS:

Depression and anxiety can affect anyone, regardless of success or social life, often due to complex social, psychological, or biological factors.



MYTH:

Bad parenting causes mental health problems in teams.

FACTS:

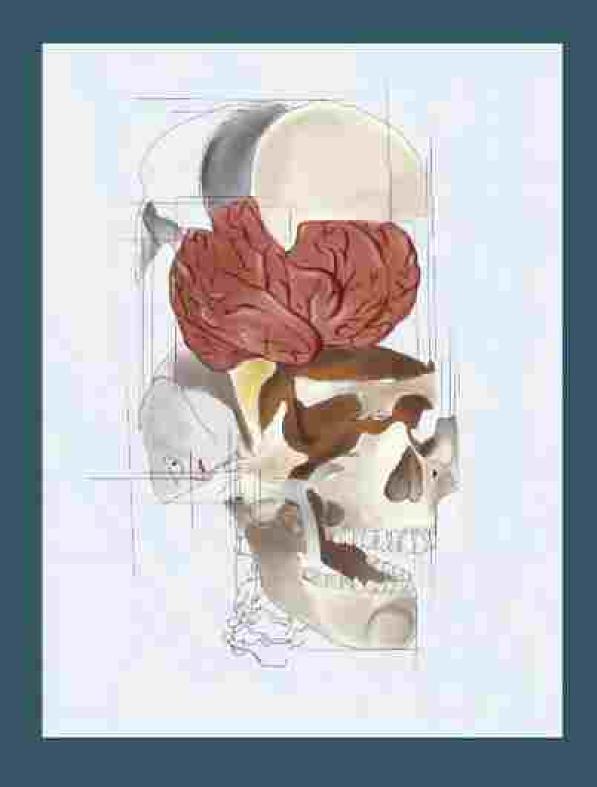
Many factors such as poverty, violence, and migration influence mental health. Supportive caregivers play a crucia role in helping addissants a moone challenges, regardless of home environment.



Canvas of the Psyche: Art as Self-Expression and Healing







bones and all In marrow and memory, we are never truly gone



Where wonder begins- Through little hands, the world becomes infinite.



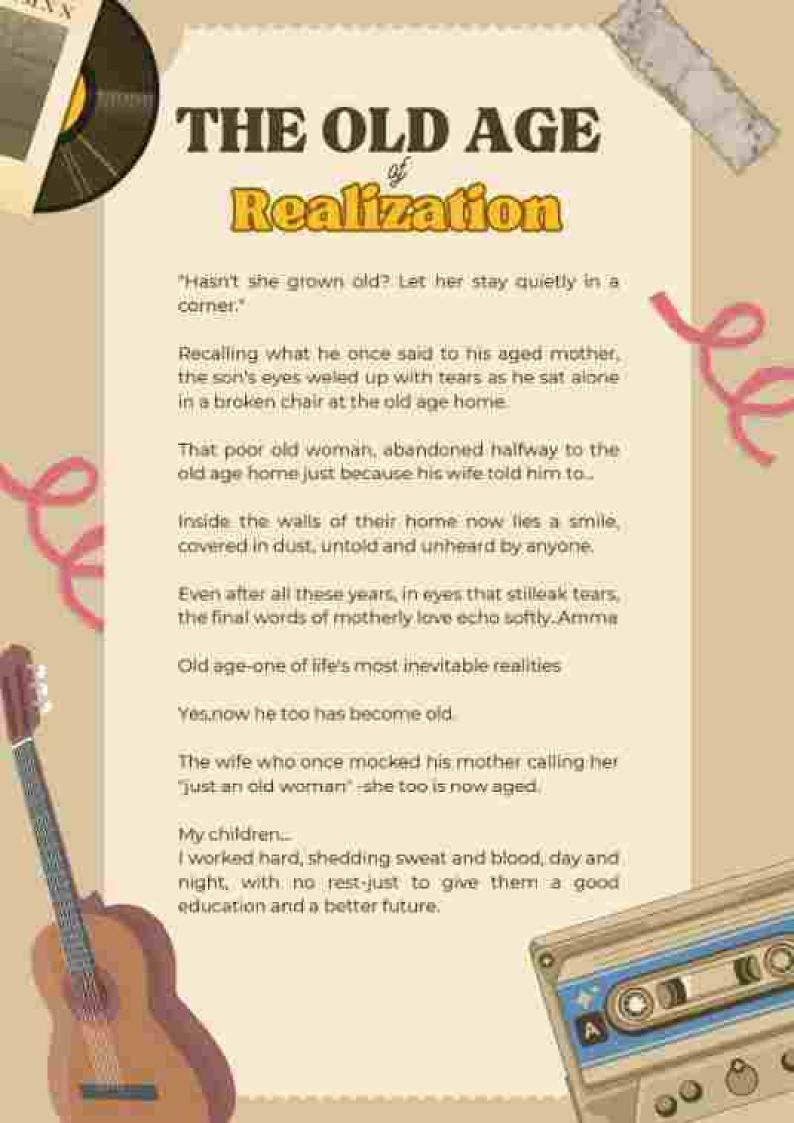


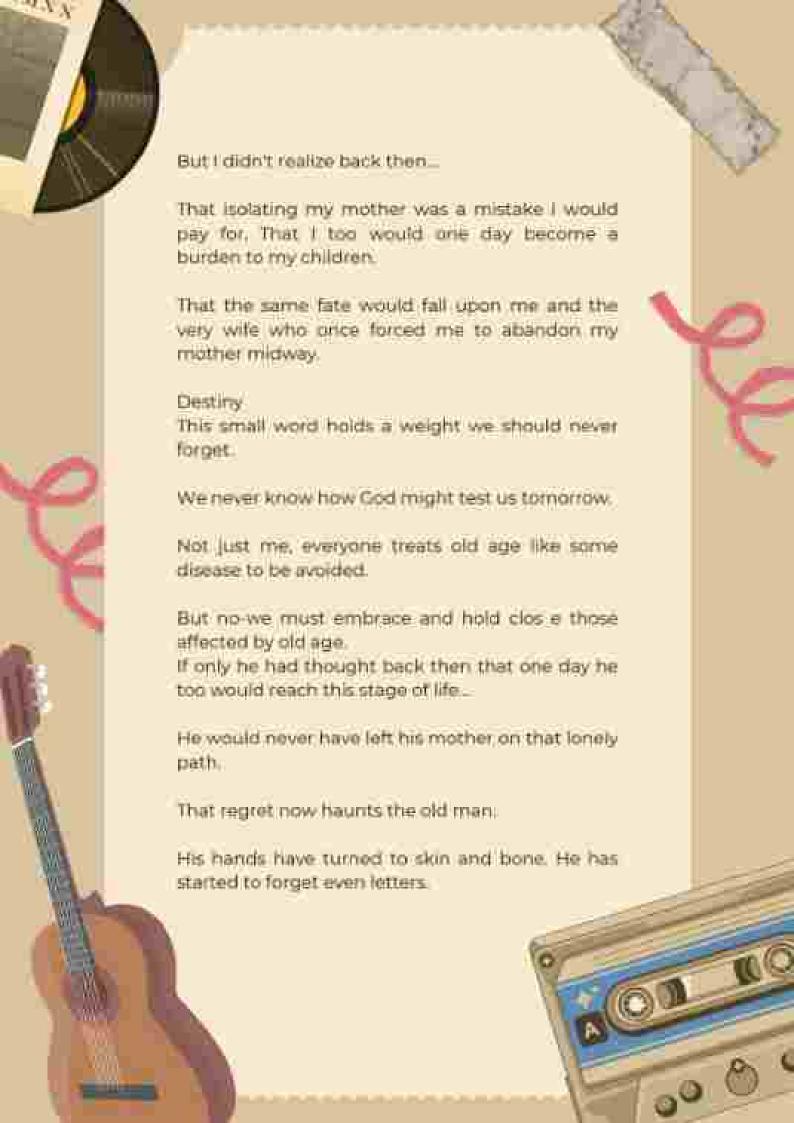


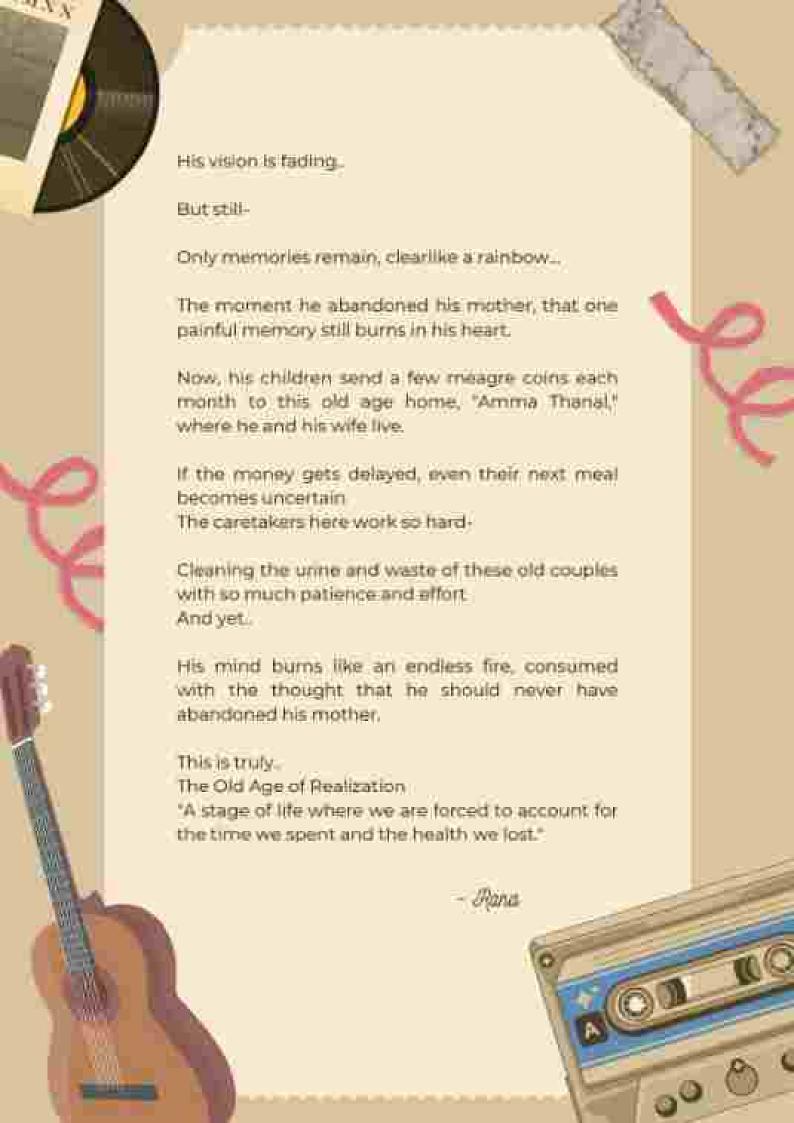
Blooming Faces

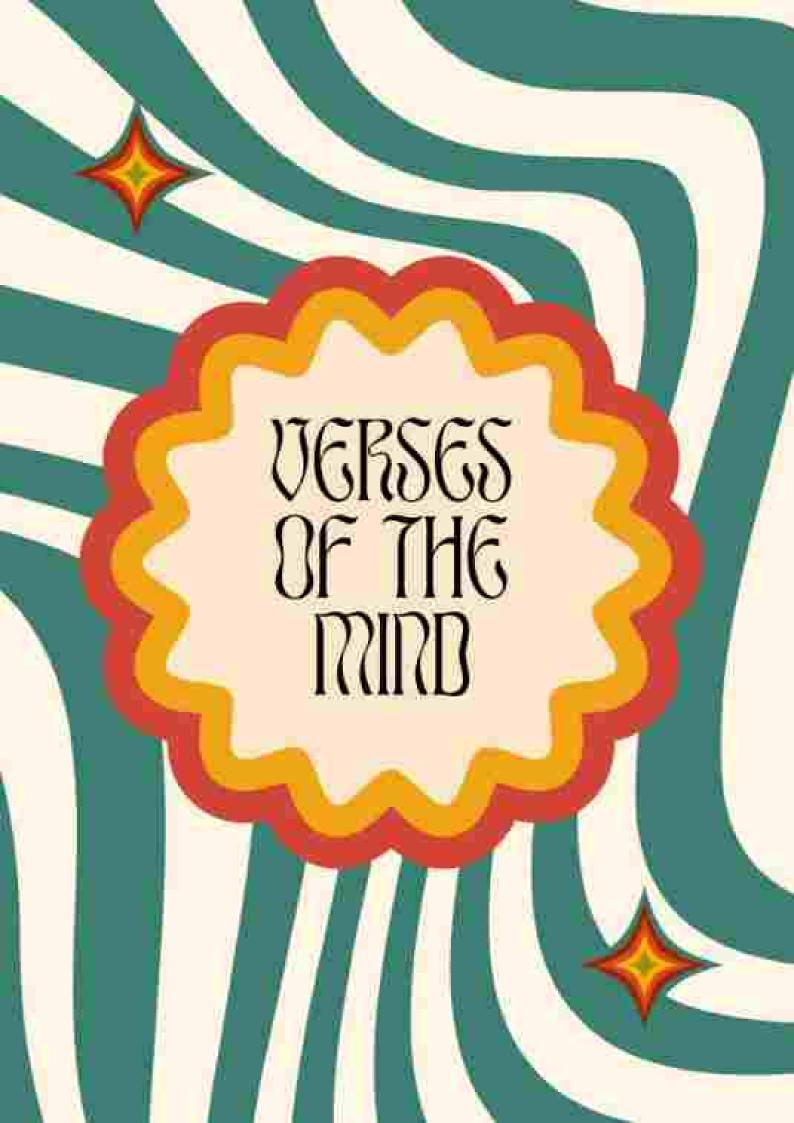
From cracked faces and silent tears, a rose blooms, pain reshaped into beauty, fragility into growth.

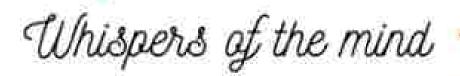












When the mind begins to whisper low, A storm of thoughts begins to grow. It feels so much, yet words won't stay, They slip and drift, then fade away.

I dive within, to seek the sound,
But silence is what I mostly found.
A swirl of feelings — deep, unclear,
Sentimental... blank... and near.

Is it my heart that softly cries?
Or just my brain that questions why?
The deeper I look, the less I see,
The echo dims inside of me.

The voice within begins to blur,
Its message lost, unsure, unsure...
I try to listen, try to feel,
But can't make out what's false or real.

So here I stand, both still and torn, Between the heart and thoughts I've worn. For when I try to understand, It fades like footprints in the sand

Grinda Bico Shaibu



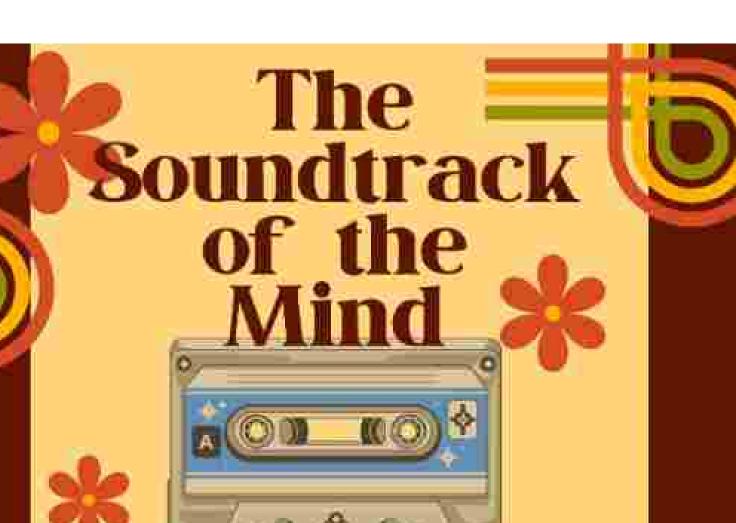
The night is heavy, dark and deep, a voice that whispers, "Let it sleep." A weight that pulls, a tide so strong, a hurt that sings, "You don't belong."

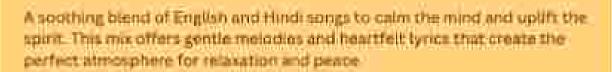
But then-your name, a gentle sound, a love that fights to keep you bound. Their faces flash behind my eyes, their laughter soft, their worried cries.

I see my mother, tired and torn, the way she held me when I was born. I hear my father call my name, his voice a shield against the pain.

So though the storm still grips my chest, though every breath still feels a test, I hold on tight, I fight, I stay for love still lights the darkest day.



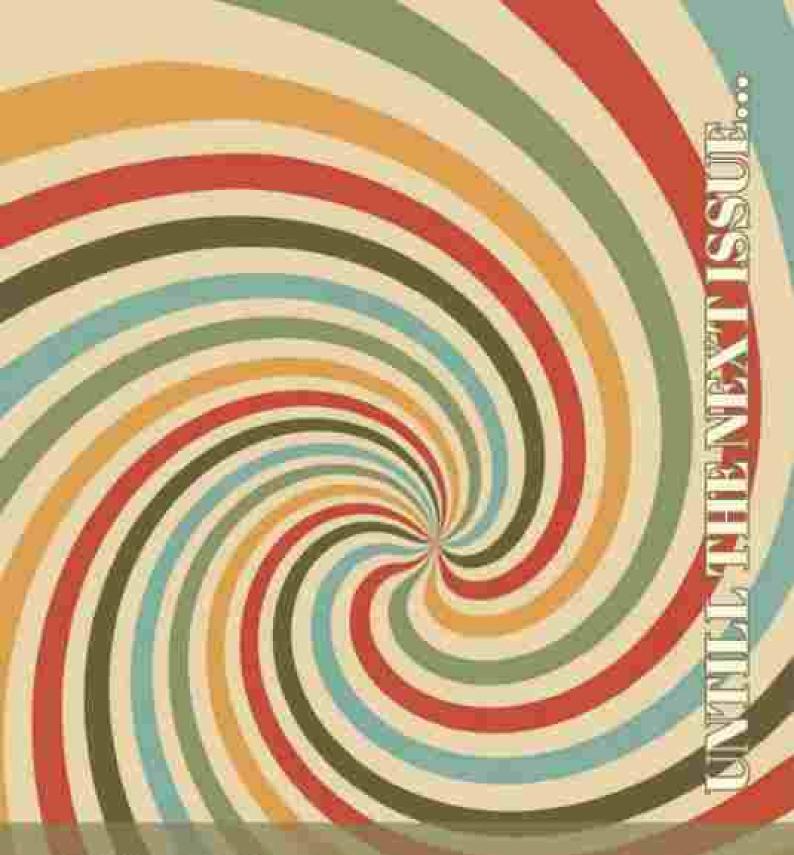




- 1 Mad World Gary Jules Michael Andrews
- 2 Such Great Heights (cover) Iron & Wine
- 3. Holocene Bon Iver
- 4. Possession Sarah McLachlan
- 5. Wicked Game Chris Isaak
- 6. Love You Zindagi Jasleen Royal Dear Zindagi
- 7. Tu Hi Hai Dear Zindagi
- 8. Ae Zindagi Gale Laga Le Dear Zindagi / Sadma
- 9 Phir Le Aaya Dil Barfil
- 10. Kesariya Brahmastra

Harriya, Thamshma and Dishita





SPOTLIGHT

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