

KESHAV MAHAVIDYALAYA

NAAC ACCREDITED 'A' GRADE CYCLE 2

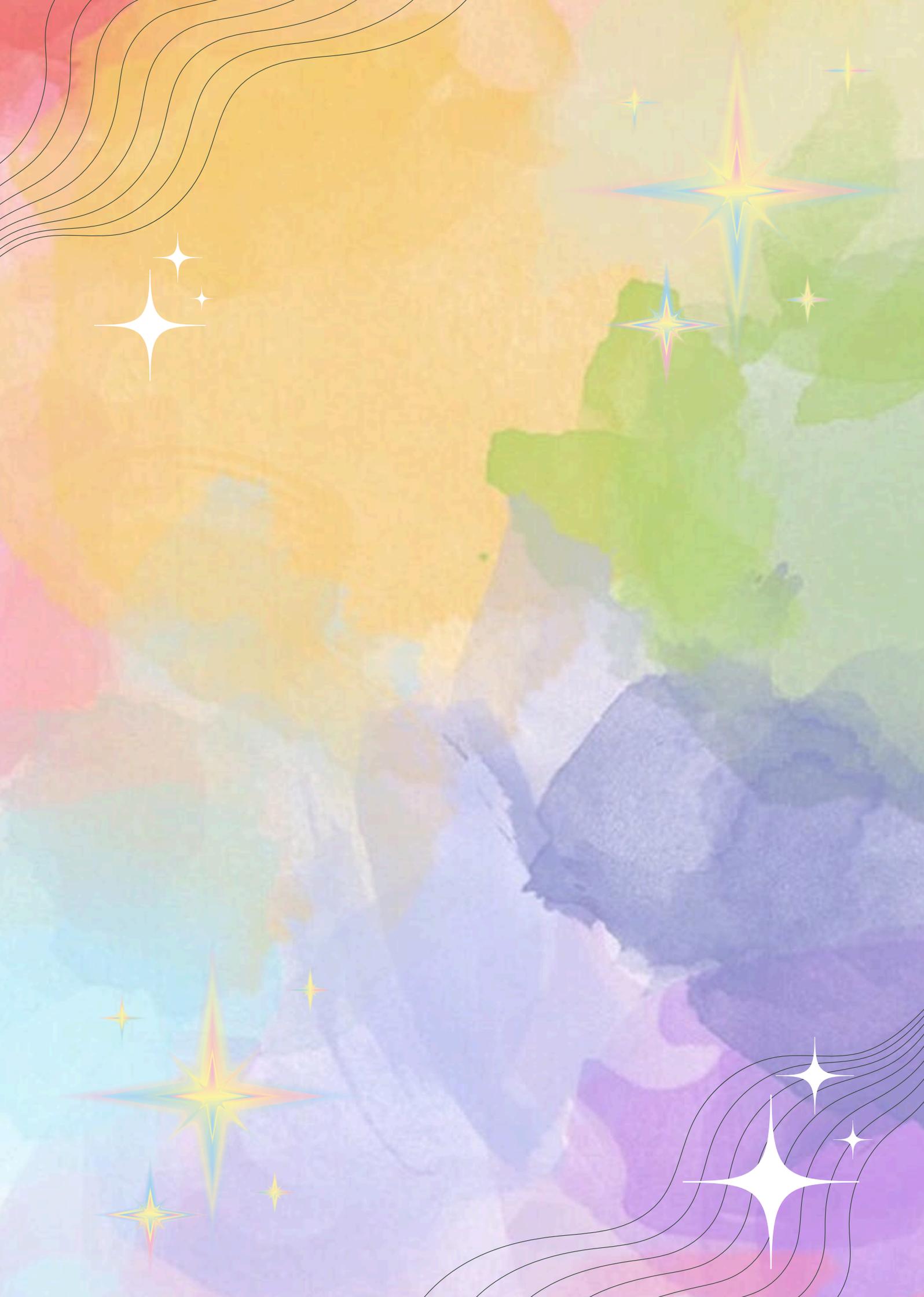
UNIVERSITY OF DELHI

PSYNOPSIS

2024-2025

AN ANNUAL PUBLICATION OF
THE DEPARTMENT OF PSYCHOLOGY







CONTENTS

TABLE OF



About the College
About the Department
Principal's Message
Teachers' Notes
Presidents' Messages
Event Reports
Creatives
Interactives
Snap-O-Shot
Editorial Team



ABOUT THE COLLEGE

Keshav Mahavidyalaya, a constituent college of the University of Delhi, was founded in 1994 with a clear vision to provide quality education to students from diverse backgrounds. The college's motto, "Only Knowledge can provide salvation," guides its mission to nurture young minds across diverse disciplines. The college received "A" grade accreditation from NAAC in cycle-2 and the college is ranked 93rd among colleges in India by the National Institutional Ranking Framework (NIRF) in 2024. With 29 years of excellence, Keshav Mahavidyalaya has established a distinguished reputation in both academics and co-curricular activities.

Keshav Mahavidyalaya offers undergraduate programs in various disciplines, including Science, Commerce, Management Studies, Psychology, and Computer Science. In addition, the college also offers short-term courses in Foreign Languages, providing students with a global perspective. The college's faculty and ensures a supportive environment for learning and growth, mentoring students to become responsible citizens and professionals. The college's academic programs are designed to provide students with a comprehensive education, combining theoretical knowledge with practical skills and real-world applications.



ABOUT THE DEPARTMENT



The Psychology Department is dedicated to establishing a solid understanding of theoretical psychological concepts and fostering the application of these concepts in our students. This approach aims to cultivate a habit of introspection, providing students with a deeper comprehension of both the world around them and their own selves.

InPsych, the society of the Psychology Department, orchestrates a variety of events, seminars, and activities throughout the year at both inter-college and intra-college levels. The department also publishes an annual magazine, PSYNOPSIS, intended exclusively for internal distribution among the students and faculty of Keshav Mahavidyalaya.

MESSAGE FROM THE PRINCIPAL

Since its inception, the Psychology Department at Keshav Mahavidyalaya has promoted dynamic and holistic learning. Through active student societies and dedicated faculty, it organizes workshops and events featuring renowned experts, enriching the academic experience. With a focus on real-world readiness, the department fosters analytical thinking and practical application of psychological concepts. Its annual publication, PSYNOPSIS, reflects the diverse insights of students and faculty. I congratulate the department on the release of PSYNOPSIS'25 and wish continued success in its future endeavors.



Prof. Madhu Pruthi
(PRINCIPAL)

NOTE FROM THE EDITOR-IN-CHIEF



Ms. Akanksha Mendiratta
(Editor-In-Chief)

As the Editor-in-Chief of Psynopsis, I am proud to present this edition of our student magazine a creative and expressive platform of the Psychology Department at Keshav Mahavidyalaya. This year, our department's dynamic extracurriculars from guest lectures to student-led events have enriched our academic journey. I extend my sincere thanks to our dedicated team of writers, editors, designers, and contributors for their hard work and passion. I'm also grateful to our Principal madam, faculty, and non-teaching staff for their constant support. This role has been an honour and a meaningful learning experience. I hope you enjoy reading this edition and feel inspired to contribute to the ones ahead.

TEACHERS' NOTES

// It is a pleasure to contribute to this edition of our department magazine, Psynopsis, a platform that showcases the creativity, intellect, and hard work of our students. This magazine is the epitome of the passion and dedication that drives our department forward. I take this opportunity to encourage our students to continue exploring new ideas, embracing challenges, and striving for excellence in all their endeavours. Let this magazine be a source of inspiration and a reminder that learning is a lifelong journey. - **PROF. HARPREET BHATIA**



// Congratulations to all the students for their hard work and dedication in bringing this editorial publication to life! This publication is an outcome of your creativity, collaboration, and commitment. It is indeed a reflection of your passion and talent. Keep up the amazing work, and continue to push the boundaries of what you can accomplish-your ideas have the power to inspire others!

- **DR. DAISY SHARMA**



// I extend my warmest congratulations to the Psychology department students on the successful release of PSYNOPTIS' latest edition. This platform showcases their creative expression and provides a unique space for articulating their thoughts. I appreciate the effort and dedication that has gone into creating this publication, and I'm honored to be part of this vibrant academic community. I wish them continued success and excellence.

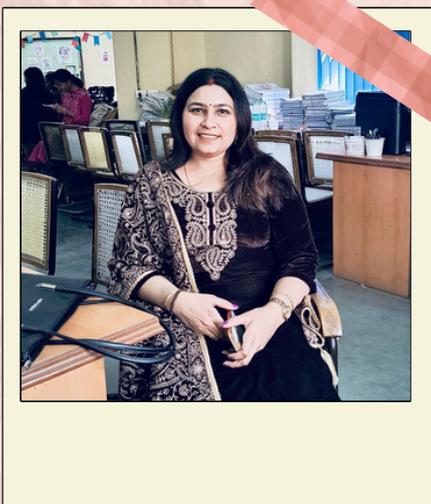
- **DR. PALLAVI RAJ**



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My dear students, live and enjoy psychology as a passion. Remember, we have to read and research to make India shine at global level. Have a successful and happy journey ahead. May your curiosity and passion for psychology illuminate new paths and inspire positive change in the world!

- DR. MONA RANGA //



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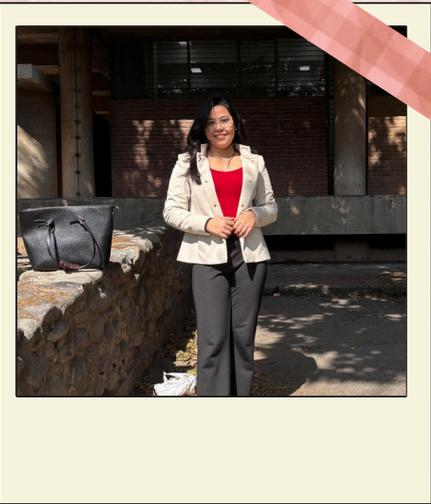
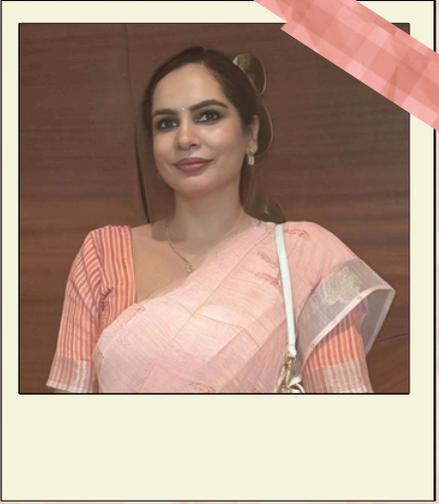
Dear Students,
 Firstly, I would like to congratulate your team for publishing this new arrival. Your persistent hardwork and dedications make this happen. Keep it up. Secondly, I want to give a short message for my lovely students: Believe in yourself and your abilities. Stay focused, work hard and never give up on your dream, chase them. You have the power to achieve greatness. Keep pushing forward and never lose sight of your goals. Always remember every setback is a chance to come back stronger and harder.

- MS. PINKI //

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The incredible endeavor of Psynopsis is truly inspiring! Your effort and passion have created a platform showcasing our Psychology Department's creativity and talent. The thought-provoking content is impressive. I'm delighted by the remarkable creativity our students bring. Your commitment is shaping something special. Keep up the fantastic work!

- MS. AKANKSHA MENDIRATTA //



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Congratulations to all our students for yet another outstanding achievement! Your hard work and creativity have resulted in a publication that not only showcases your talents but also enriches our understanding of psychological concepts and human experiences. Each contribution reflects your dedication and passion for the field, and it's inspiring to see how you articulate your thoughts and ideas. Thank you for continuing to push boundaries and for making this magazine a platform for exploration and expression

- MS. SUPRIYA //

PRESIDENT'S NOTES

Reflecting on my time as president of InPsych, I'm filled with gratitude for a year of growth, collaboration, and learning. InPsych has been a space where psychology meets curiosity and creativity, and leading it taught me the value of teamwork and adaptability. From workshops to discussions and magazine content, every milestone was a product of our team's passion and dedication.



SHIVANSH PAYAL
[PRESIDENT INPSYCH]



PALAK KOHLI
[PRESIDENT CONSULENZA]

Consulenza, the Counseling and Training Cell of the Psychology Department, is committed to supporting students through academic, personal, and emotional challenges while promoting mental health and growth. It's an honor to lead a space rooted in empathy, support, and inclusion. I'm dedicated to fostering a sense of belonging and working with faculty and resources to create meaningful, lasting impact within our community.

Anubhav bridges psychology academics with real-world experience, offering students hands-on learning through industry partnerships and training. Leading as president has been a transformative experience, honing my leadership and strategic skills while creating impactful opportunities that prepare students for professional success.



VANSH YADAV
[PRESIDENT ANUBHAV]



SAPTRISHI
[PRESIDENT MIMANSA]

As President of Mimansa, I led initiatives to boost research skills and curiosity. The role taught me leadership, teamwork, and adaptability. I'm grateful for the journey and excited to see Mimansa grow even further. Leading Mimansa taught me valuable skills such as delegation, teamwork, and strategic planning.



EVENT REPORTS



Psynopsis

FUN FRIDAYS

2,9,23, February, 2024

Consulenza



Consulenza, The Counselling and Training Cell of Keshav Mahavidyalaya, introduced "Fun Fridays" to inculcate positive feelings and mental well-being among students. On February 2, the first Fun Friday, "Praise Pal" encouraged students to appreciate each other's strengths, fostering a supportive atmosphere.

The subsequent Fun Fridays continued to spread positivity and learning. On February 9, "Psychcharades" combined psychology and charades for an entertaining and educational experience. Finally, on February 23, "Cognitive Conundrums" challenged students with psychology-themed puzzles and games, promoting cognitive skills and mental well-being.

Through Fun Fridays, Consulenza aimed to create a culture of encouragement, kindness, and mutual respect, empowering students to navigate life's challenges with greater resilience and positivity.

MENTAL HEALTH AWARENESS SESSION

19 February 2024

Consulenza

Consulenza, in collaboration with the National Service Scheme (NSS) unit at Keshav Mahavidyalaya, organized a Mental Health Awareness Session on February 19th. The event aimed to create awareness about the importance of mental health, its impact on individuals and communities, and the need to prioritize mental well-being. Through enriching discussions and workshops, participants gained valuable insights into mental health, coping mechanisms, and support resources.

The event emphasized key messages, including the importance of embracing emotions without judgment, cultivating self-compassion, and being emotionally available for others. As the event came to a close, the atmosphere was filled with a sense of hope and solidarity, as participants left with a renewed commitment to prioritize their mental health and support those around them, truly embodying the spirit of empathy and understanding.



Psynopsis

CREATIVE LAUNCHPAD & RESUME BUILDING WORKSHOP

28 February 2024

Anubhav

Anubhav, The Internship Cell of The Department of Psychology, is a dedicated platform that focuses on the upskilling of students with industry-required skills. The cell's initiatives are designed to bridge the gap between academia and industry, providing students with a competitive edge in their future careers.

The cell organized two workshops, "Creative Launchpad" and "Resume Building Workshop", which were conducted by Mr. Vishal Goyal, a professional soft skills trainer and an internationally certified career coach. The workshops were held on 28th February 2024.



The "Creative Launchpad" workshop aimed to cultivate an entrepreneurial mindset in psychology students, offering tools for creative problem-solving. Mr. Goyal covered design thinking, ideation, and prototyping, giving students practical experience in developing innovative solutions. The session equipped them with skills for both professional and entrepreneurial success.

The "Resume Building Workshop" guided students on creating industry-specific resumes to boost their job market standing. It covered resume structure, content, and how to tailor resumes to job descriptions. Mr. Goyal shared tips on effectively showcasing skills and experiences.

Both workshops empowered students with essential skills, mindset, and practical knowledge, preparing them for success in their future endeavors. The events were highly interactive, with students participating in group discussions, hands-on activities, and Q&A sessions.

FEELING FRAMES

1 March, 2024

Consulenza

The "Feeling Frames" session on March 1st, 2024, introduced participants to the transformative power of art therapy, guided by Ms. Dhingra. It emphasized how art can bridge the conscious and unconscious mind, helping individuals express deep emotions like anxiety, stress, and past trauma. The session highlighted art therapy's benefits for managing mental health issues such as depression, anxiety, and academic pressure, while also promoting communication and connection among participants. Using materials like paints and crayons, attendees were encouraged to express themselves freely in a non-judgmental space, with no pressure for artistic perfection.

Incorporating mindfulness, the session helped participants connect with the present moment and gain valuable insights into their emotional experiences. The session not only empowered individuals to explore their emotions but also created a supportive community where participants could connect and break down barriers. Inspired by the experience, many attendees were motivated to further explore art therapy through individual or group sessions, recognizing its profound impact on mental well-being.



Psynopsis

PSYPHORIA

4 March, 2024

InPsych



INPSYCH, the Psychology Cell of Keshav Mahavidyalaya, organized Psyphoria, the department's annual event held on 4th March 2024, celebrating the diverse dimensions of psychology. The day featured two back-to-back sessions—one on dream analysis, "Unlocking the Hidden Messages," led by Ms. Akansha Mendiratta, which encouraged participants to explore the symbolism in their dreams through introspection; and another on forensic psychology by Ms. D. Pavitra Madhusudan, who shed light on psychological symbols and their relevance in the legal and forensic domains. Both sessions were highly engaging and offered students valuable insights into the practical applications of psychological concepts.

Alongside these sessions, several interactive events added vibrance to the celebration—Rhetorica, a spirited debate competition; Cognizance, a quiz testing psychological knowledge; CID (Commit. Investigate. Decide), a crime-solving challenge; and Illustria, a creative poster-making contest. These events not only showcased students' analytical and creative abilities but also reflected the department's commitment to holistic and experiential learning.

PSYFORUM

11 March, 2024

Mimansa

Mimansa, the Research Cell of the Psychology Department, hosted its flagship event Psyforum'24 on 11th March 2024, centered around the theme "Navigating Youth: Transitioning from Adolescence to Young Adulthood." The event began with a lamp-lighting ceremony and an address by Prof. V.K. Sharma, setting a thoughtful tone. Dr. Vandana Gambhir's session explored the challenges of transitioning into adulthood, offering relatable insights and encouraging students to reflect on their goals. This was followed by Dr. Siksha Deepak's engaging presentation of her qualitative research on love among young adults. She discussed her research process and findings, guiding attendees on how to design and execute their own studies.

After the speaker sessions concluded with a vote of thanks, participants gathered in the psychology lab for a round-table conference. Students from institutions like Amity and LSR presented their research on topics related to adolescence and adulthood. Various stations were set up, allowing attendees to interact with the presenters, explore diverse research designs, and engage in meaningful academic discussions. The event fostered an enriching space for collaborative learning and showcased the department's strong research culture.



 Psynopsis

EMPATHY BUILDING

4 April, 2024

Consulenza



Empathy, the ability to understand and share the feelings of another person. It involves putting yourself in someone else's shoes and experiencing the world from their perspective, which can lead to greater compassion and understanding.



With the same notion, Consulenza- The Counselling and Training Cell of Keshav Mahavidyalaya, organized a workshop on "Empathy Building" on 4 April 2024. Dr. Daisy Sharma presided over the activity and provided insights about Empathy and how one can apply it in their everyday life. The students were enlightened by its significance in everyday life, for effective communication, conflict resolution, leadership, customer service, parenting, friendships, and community engagement. Essentially, it helps us connect with others, build relationships, and create a more compassionate society.

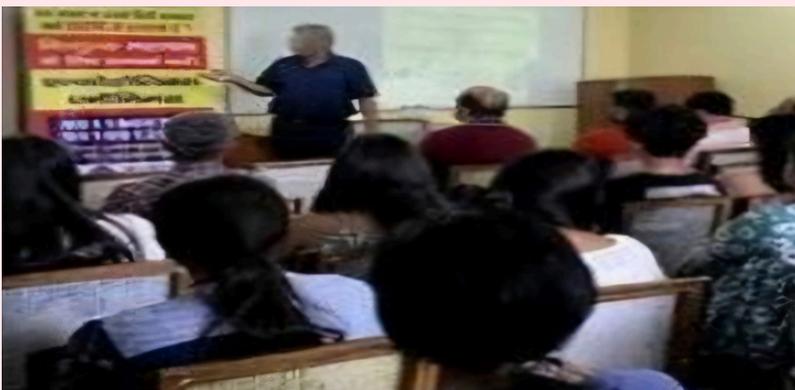
ALCOHOLICS ANONYMOUS

23 April, 2024

Consulenza

Consulenza, The Counseling and Training Cell of the Department of Psychology, in collaboration with the NSS Unit of Keshav Mahavidyalaya, On 23rd April 2024 organized a Speaker Session on Alcoholics Anonymous. The session aimed to shed light on alcoholism and the path to sobriety. The event commenced with an insightful quote: "Alcoholism is to give up everything for one thing. Sobriety is to give up one thing for everything."

Attendees were engaged in an interactive discussion led by experienced speakers from Alcoholics Anonymous, sharing personal journeys, challenges, and triumphs in overcoming addiction. Participants gained valuable insights into the support systems available and the importance of seeking help. The session concluded with a message of hope and encouragement for those struggling with alcoholism.



Through this initiative, the organizers aimed to raise awareness and promote a supportive environment for individuals seeking recovery. Consulenza and NSS unit of Keshav Mahavidyalaya in collaboration allowed a safe space for those who sought help and the session ended on an enlightening note creating an awareness towards addiction and alcoholism and how to overcome it.

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ENSURING SUCCESS IN CAREER: RESUME VS INTERVIEW

27 August, 2024

Anubhav



On August 27, 2024, Anubhav - The Psychology Internship Cell organized an insightful session titled "Ensuring Success in Career: Resume vs Interview," featuring Prof. N.K. Chaddha, an expert in psychology and career development. The session provided valuable guidance to students and aspiring professionals on crafting an impressive resume and excelling in job interviews. Prof. Chaddha highlighted key resume-building strategies, emphasizing clarity, relevance, and impact while addressing common mistakes and offering practical tips to stand out in a competitive job market. The second half of the session focused on mastering the interview process, where Prof. Chaddha shared strategic insights on effective self-presentation, handling tough questions, and building confidence. He emphasized the importance of body language, communication skills, and thorough preparation in securing job opportunities. His experience was an valuable asset for the students. The event received overwhelmingly positive feedback, with participants appreciating the practical strategies and career insights.

PSYCARE

9 October - 11 October 2024

Consulenza

PsyCare 2024, a Mental Health Awareness event organized by the Psychology Department's Counselling and Training Cell, Consulenza, took place from 9 to 11 October 2024. This three-day event combined educational sessions with interactive activities to promote mental well-being within the academic community, fostering a culture of empathy and emotional expression. The festival was celebrated with vibrant attire in shades of green, brown, blue, white, and pink to symbolize mental health awareness. The first day featured an insightful session, "Navigating Mental Health: A Student's Guide," conducted by Ms. Eti Goel from EmoAid Wellness Centre. She introduced emotional first-aid techniques like Cognitive Diffusion, the Box Technique, Cross Crawls, and Heart Math Breathing to help students manage their emotions effectively. The day also included engaging activities such as "Squeeze It Out!" and "The Gratitude Chart," encouraging participants to release stress and reflect on positive aspects of their lives. The Vice Principal inaugurated the event with a lamp-lighting ceremony and praised the thoughtful decor, particularly the alphabetically arranged coping skills, setting a positive tone for the entire initiative.



Psynopsis



The second day centered around “Empowerment Through Acceptance: A Body Positivity Forum,” led by Ms. Niharika Srivastava, founder of Feelings Forward. She discussed the impact of societal beauty standards, highlighting the often-overlooked struggles of men with body image issues. Through interactive discussions, case studies, and advertisements from Dove, the session encouraged self-acceptance and mindfulness about unsolicited appearance-related comments. Students shared personal experiences, participated in a self-appreciation activity, and engaged in a social media detox by writing letters to their future selves. The final day, titled “Beyond the Binary: Mental Health and Gender Identity,” featured a session by Ms. Tina Chawla in collaboration with The Coping Central. The discussion explored gender as a social and psychological construct, prompting students to reflect on personal experiences with gender roles. Creative activities like “Inked Impressions” and “Vision Mapping” fostered emotional bonding and self-expression. The event concluded with a heartfelt vote of thanks, leaving participants with deeper insights into mental health, inclusivity, and self-acceptance, reinforcing the importance of continued awareness and support.



STATISTICAL TOOLS

22 October, 2024

Mimansa

Mimansa, the research cell of the Department of Psychology held a lucrative workshop in the Psychology Lab of the college with the aim of familiarizing the students with the statistical tools used in research. The workshop’s prime focus was to lay foundation for concepts such as linear regression and the usage of Jamovi app in research. The session was presided over by our renowned faculty, Ms. Akansha Mendiratta. She provided her valuable insights and expertise on the significance of statistical tools in psychological research. Ms. Akansha Mendiratta initiated the session by explaining the types of linear regression and the role of predictor variable in determining the statistical relationship among variables. She also demonstrated the use of Jamovi app by analysing regression on a data set. The attendees were instructed to follow the procedure and analyse regression. The workshop was concluded by felicitating Ms. Mendiratta with token of appreciation as, an expression of gratitude. The conducive workshop helped in understanding the usage of statistical tools in research.



Psynopsis

EARNING BIG

23 October, 2024

Consulenza & Anubhav



On October 23, 2024, Consulenza, the Psychology Department's Counselling and Training Cell, in collaboration with Anubhav, hosted an event entitled "Earning Big in Psychology: The Road to 6 Figure Salaries". The event featured Ms. Gagandeep Kaur, Director of Unique Psychological Services, who delivered an engaging talk on high-paying career paths in psychology. Ms. Kaur debunked the myth that psychology is a low-paying field in India, she discussed fields like perinatal psychology, prenatal psychology, postnatal psychology, pre-marital counselling, sex therapy, and career counselling, which have an ever-growing demand. The event included an interactive activity where Ms. Kaur showcased her skills in graphology, accurately analyzing participants' signatures to reveal personal traits. The event concluded with a token of appreciation presented to Ms. Gagandeep Kaur and a vote of thanks by Prof. Harpreet Bhatia.

The event provided insights on the vast potential of psychology in India, both financially and developmentally, leaving students with a broader understanding of the opportunities available in the field.

APA WORKSHOP

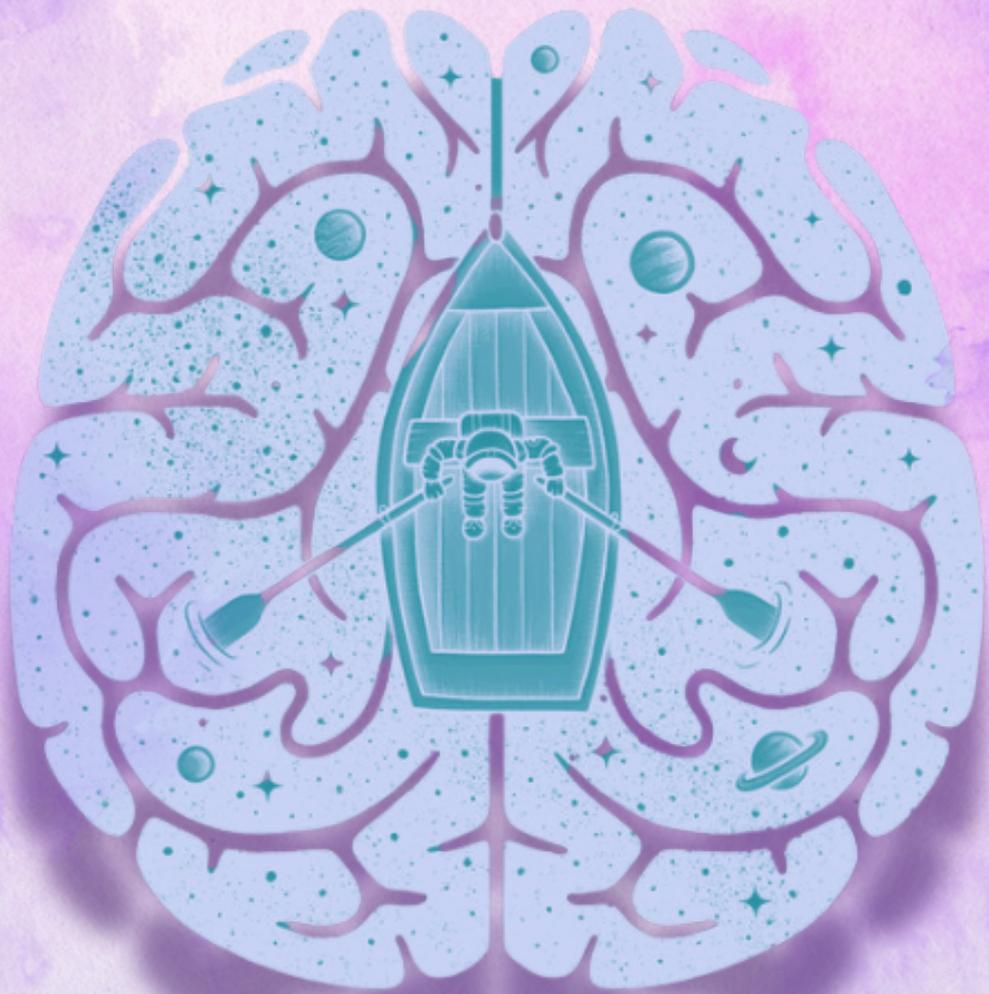
11 November, 2024

Mimansa

The Psychology Department of Keshav Mahavidyalaya organized a workshop on the American Psychological Association (APA) guidelines for writing research papers, hosted by Mimansa, the research cell of the department. The session aimed to enlighten students and researchers on the essential aspects of writing academic papers following the APA format. Prof. Harpreet Bhatia, an experienced professional Teacher-in-Charge of the department, began the workshop by providing an in-depth understanding of the APA guidelines. She explained the importance of adhering to these standards to ensure clarity, consistency, and credibility in academic writing. Prof. Bhatia discussed the various components of an APA research paper, including title pages, abstracts, headings, citations, and references. Her presentation also covered ethical considerations in research, stressing the significance of proper attribution and the avoidance of plagiarism.

Dr. Daisy Sharma took the floor to engage the participants in a hands-on activity aimed at reinforcing the concepts discussed. She divided the attendees into small groups and provided them with sample research papers that were not correctly formatted according to APA guidelines. Each group was tasked with identifying and correcting the errors. This interactive exercise allowed the participants to apply the principles of APA formatting in real-time and clarified any doubts they had regarding the guidelines. The workshop concluded ensuring that everyone left with a clearer understanding of how to properly structure and present their research. The event was a significant success in enhancing the participants' research skills and preparing them for academic writing in the field of psychology.





CREATIVES

Love Addiction v/s Healthy Attachment

Palak Kohli, 3rd Year

Love addiction, often associated with co-dependency, is a psychological condition where individuals become excessively reliant on romantic relationships to fulfil emotional needs. This unhealthy attachment involves compulsive behaviours, low self-worth, and a fear of abandonment. In contrast, healthy attachment in romantic relationships is characterized by secure emotional bonds, mutual respect, and interdependence, allowing both partners to maintain individuality while fostering intimacy and trust.

Love addiction manifests as an intense preoccupation with the partner, leading to obsessive thoughts, jealousy, and controlling behaviours. Individuals with love addiction often idealize their partner, placing them at the centre of their emotional world, and experience profound distress when the relationship is threatened or emotional distance arises. These cycles of idealization and devaluation create emotional instability, making the partner both a source of joy and anxiety. This obsessive need for validation and emotional regulation results in unhealthy relationship dynamics. In contrast, healthy attachment fosters a balanced relationship where both partners feel valued, supported, and free to pursue personal goals.



It involves mutual growth, emotional regulation, and a secure bond, where both individuals maintain their identities while remaining emotionally close. Healthy attachment does not rely on constant reassurance or possessiveness but encourages autonomy within the relationship. The key difference between love addiction and healthy attachment lies in the ability to maintain individuality. In love addiction, one's sense of self becomes enmeshed with the partner, leading to emotional dependence. Individuals in healthy attachments can establish boundaries that preserve both personal autonomy and emotional closeness, allowing for a stable emotional dynamic where both partners feel secure and independent. Love addiction is driven by unmet emotional needs, such as a desire for validation or fear of loneliness, with the relationship acting as a means of emotional regulation. Signs of love addiction include obsessive thinking, neglect of personal responsibilities, and an inability to tolerate emotional distance. In healthy attachment, emotional exchange is balanced, with both partners prioritizing mutual well-being without compromising personal values or boundaries. Healthy attachment is marked by effective communication, emotional regulation, and a sense of security within the relationship. In conclusion, while love addiction and healthy attachment both involve emotional bonds, love addiction is characterized by dependency and dysfunction, while healthy attachment promotes mutual respect, security, and autonomy. Recognizing these differences is crucial for fostering emotionally fulfilling and stable relationships.

CHASING DREAMS OR RUNNING AWAY? A PSYCHOLOGICAL TAKE ON

yeh JAWAANI hai DEEWANI

- Otter

Few films capture the restless spirit of youth as memorably as *Yeh Jawaani Hai Deewani*. Over the years, it has remained a fan favourite, speaking deeply to those caught between ambition and belonging. At its heart lies the journey of Kabir 'Bunny' Thapar— an adventure-seeking dreamer whose story raises an important question: Is he truly chasing his dreams, or is he running from something deeper?

Bunny's famous dialogue, "Main udna chahta hoon, daudna chahta hoon, girna bhi chahta hoon... bas rukna nahi chahta," paints him as someone who craves experience and freedom. But beneath his charismatic personality lies a deeper psychological narrative—one that explores escapism, identity conflict, and emotional avoidance. His journey is more than just one of adventure—it's a case study of personal growth, shaped by fears of attachment and the search for a true sense of self.

BUNNY: AN ESCAPIST OR DREAMER?

Bunny is introduced as an ambitious young man eager to explore the world. While his passion is exceptional, his constant need to escape the familiarity of home hints at something deeper—avoidant attachment and fear of commitment. Psychologists define escapism as a coping mechanism where individuals avoid distressing realities by immersing themselves in external pursuits to avoid confronting uncomfortable emotions. Bunny's avoidance of deep emotional ties — whether with his father, his friends, or Naina— suggests a subconscious fear of vulnerability and permanence. From a psychological standpoint, Bunny's arc aligns with Erik Erikson's stage of Identity vs. Role Confusion, a key conflict in young adulthood. His internal struggle between unbridled freedom and meaningful connection highlights the tension between personal ambition and emotional fulfilment. His constant movement isn't just about exploring the world—it's about constructing an identity separate from societal expectations. However, his eventual return suggests an important realisation: true growth isn't about choosing between adventure and attachment but about integrating the two.

BUNNY'S EMOTIONAL EVOLUTION

Bunny's journey is marked by a gradual but extreme emotional transformation. Initially, his detachment from emotional bonds presents him as someone unwilling to invest in long-term relationships. His avoidance of family, especially his father, suggests an underlying discomfort with permanence and vulnerability. However, life has a way of forcing us to confront what we run from. The loss of his father serves as a turning point, triggering what psychologists call mortality salience—an increased awareness of life's impermanence, which often leads to a shift in priorities.

This event compels Bunny to reassess his choices and recognise the emotional cost of his detachment.

His change isn't instant but rather a gradual process of self-awareness. Jung's theory of individuation describes this as the integration of different aspects of oneself to achieve inner harmony. By the end of the film, Bunny reaches a crucial juncture—he must choose between his past escapism and a future that embraces both his adventurous spirit and emotional connections. His decision to stay for Naina is more than just a romantic gesture; it is a declaration of his emotional maturity and new found understanding that true fulfilment isn't always found in movement but in meaningful bonds.

FINAL THOUGHTS: BUNNY'S GROWTH AS A REFLECTION OF YOUNG ADULTHOOD

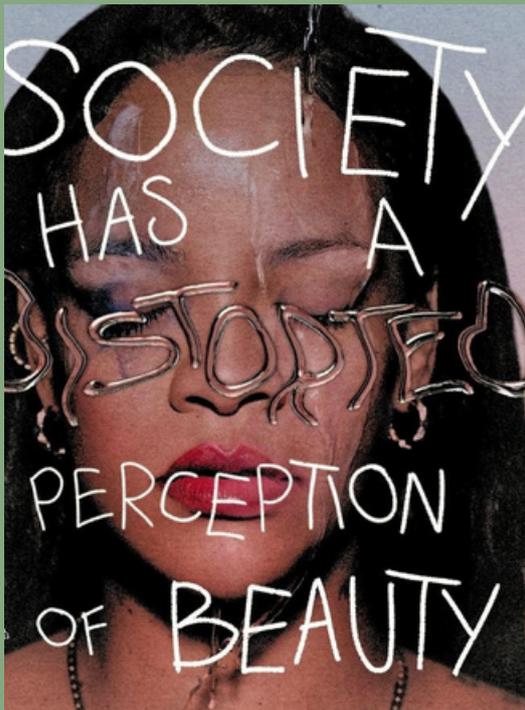
Bunny's journey in *Yeh Jawaani Hai Deewani* is a reflection of the psychological struggles many young adults face—the conflict between ambition and connection, between chasing dreams and confronting fears. His story challenges the belief that success requires emotional detachment and instead suggests that the richest experiences come from balancing personal aspirations with meaningful relationships. So, was Bunny always a dreamer, or was he simply running away? Maybe, like many of us, his journey was never about the destination—it was about finding where he truly belongs.



Redefining Beauty

The Transformative Power Of Body Positivity

Palak Kohli, 3rd Year



Body positivity is a transformative movement aimed at dismantling dominant beauty standards and fostering self-worth based on intrinsic value rather than external validation. It advocates for an inclusive appreciation of body diversity, challenging societal norms that narrowly define physical ideals and promoting the view that each body is inherently valuable, regardless of size, shape, age, or ability. Body positivity thus serves as a powerful counternarrative, encouraging individuals to reclaim self-perception and redefine beauty on their own terms. Historically and culturally, societal ideals of beauty have evolved, but the advent of digital and social media has heightened exposure to homogenous standards. Platforms like Instagram and Facebook often promote curated, altered images that reinforce narrow beauty ideals, leading to increased body dissatisfaction, anxiety, and disordered eating. In this context, body positivity advocates for a fundamental shift, urging people to reject these norms and cultivate an empowered self-image that values one's body as integral to personal identity and wellbeing.

"Beauty is not in perfection, but in authenticity."

At its essence, body positivity affirms bodily autonomy and celebrates diversity within human embodiment. It is a journey that often begins with critical introspection, wherein individuals confront and deconstruct internalized societal biases. Many find support in communities that offer alternative representations of beauty, encouraging a holistic view that appreciates the body as a multidimensional component of identity. Social media plays a paradoxical role here: while it can perpetuate body image issues, it also enables body positivity advocates to challenge norms, empowering diverse voices and fostering virtual spaces that celebrate body diversity and subvert traditional beauty ideals.

Despite its broad appeal, body positivity is sometimes critiqued for potentially overlooking health-related issues. Critics argue that focusing solely on acceptance may dissuade individuals from pursuing wellness. However, this critique misinterprets the movement's core values, which promote a balanced approach that value mental, emotional, and physical wellbeing. By separating self-worth from appearance, body positivity supports sustainable selfcare grounded in self-compassion rather than societal pressure. Ultimately, body positivity is an empowering philosophy advocating for an inclusive, equitable understanding of beauty and self-worth. It encourages an epistemic shift away from external beauty standards, promoting resilience against transient cultural ideals. Through this lens, individuals are empowered to embrace the uniqueness of their bodies, fostering a deeper, more authentic engagement with themselves and society. Body positivity serves as a reminder that beauty is diverse, and self-worth is an inherent human quality, unaffected by fluctuating cultural norms.



Becoming a Psychologist in INDIA

Prerika, 2nd Year



Choosing to become a psychologist in India is a courageous and often misunderstood decision. Mental health is still surrounded by stigma, myths, and a lack of awareness. Pursuing psychology here means navigating a path filled with skepticism—not only from society but sometimes from our own families and communities. It's a field seen as secondary or inferior to more conventional careers, and the absence of a well-defined structure for education, internships, and employment adds to the uncertainty. Internships are hard to find, often unpaid, and job security remains a distant goal for many aspiring professionals.

Beyond academic pressure, we're constantly confronting the societal mindset that still associates mental illness with weakness, superstition, or spiritual punishment. Many people turn to traditional healers or dismiss mental health issues entirely. The deep-rooted taboos make it difficult for individuals to seek help and even harder for professionals to be taken seriously. It's frustrating to see how widespread mental health concerns are—1 in 5 people, according to the Ministry of Health—and yet how neglected the issue remains. The gap between what is needed and what is provided is enormous.

And yet, despite these obstacles, this path feels incredibly meaningful. Psychology isn't just about diagnoses or treatment—it's about human connection. We deal with emotions, trauma, resilience, and healing. We get to listen, understand, and walk alongside people through their struggles. The role we play goes beyond clinical work; we help create safe spaces, raise awareness, and challenge the harmful narratives that dominate public opinion.

Being a psychologist in India is a heavy responsibility, but it's also a rewarding one. It takes time, patience, and persistence to build a career in this field, but the potential to make real, lasting change keeps me going. I know that even in small ways, our work contributes to a cultural shift toward empathy, acceptance, and mental well-being. Despite the roadblocks, I'm proud to walk this path—and hopeful for the future we're building.

ABYSS

Priyanka Tarai, 3rd Year

I can sense it moving in the air around me, a weight like rock drowning in the sea. I try to breathe, to push it away, but it presses in denser than anything I've ever felt a constant ache that sings beneath my skin. It whispers, "You're not good enough. You never will be. This world would be better off without you." The voices find me during those weak moments of quietness, creeping like shadows under the door, seeping into my existence. They don't speak all at once instead, they fragment, searching for the words that will cut the deepest. "You're a failure," one chuckles mockingly. "Why even bother?" the other snarls. And like a twisted chorus, they all chime in, "No one truly cares about you." I look at the faces around me bright, joyful, laughing but I feel like a ghost drifting among the living. They engage with me, sharing smiles and stories, yet I feel invisible, as if I'm watching life unfold from behind a glass wall. I can't shake the silent fear that their laughter is just a façade, a polite cover for the revulsion they must feel when I'm out of sight. I can't help but think of myself as an anchor, a weight tied to their joy, dragging them deeper into the ocean of disgust.

Sometimes, I ponder whether they'd be better off without me. Would shedding my presence lighten their spirits? They deserve sunlit days, not the chilling storm I bring. I feel like a tempest, a relentless crash of rain and thunder that disrupts the calm around me. I don't belong here, not where they walk with heads held high while I struggle to lift my feet, so I try smiling and bringing the sun in their life so they won't be disdained by me.

But it feels like I'm failing there too. Despite the smiles, I feel trapped, observing a world I can't fully engage with. I question how they possess such certainty, how they navigate life with ease. They seem to have their places carved out; their purposes lined up like stars in the sky. But I? I'm lost in an endless abyss with no path, captivated by the darkness, unable to move forward or back. The depths press in, shadows deepening around me with every hesitant step.





Palak Kohli, 3rd Year

ENDURING SCARS: THE IMPACT OF CHILDHOOD TRAUMA ON ADULT INTIMATE RELATIONSHIPS

Childhood trauma, encompassing experiences such as abuse, neglect, or exposure to chronic adversity, profoundly influences psychological development, with its effects often extending into adult intimate relationships. These long-term consequences are shaped by disruptions in attachment patterns, impairments in emotional regulation, and challenges in interpersonal functioning, all of which can significantly shape relational dynamics. Attachment theory, developed by John Bowlby, posits that early caregiving experiences fundamentally shape an individual's internal working models of relationships. Childhood trauma frequently disrupts the formation of secure attachments, often resulting in insecure attachment styles that persist into adulthood.

CHILDHOOD SCARS SHAPE HOW WE LOVE, BUT HEALING TEACHES US TO LOVE BEYOND THEM.

“

Scars from childhood trauma may linger, but healing begins when we learn to love and trust, even in the face of our deepest fears.

Individuals with avoidant attachment tendencies may exhibit emotional detachment and a resistance to intimacy, rooted in early experiences of neglect or rejection. Conversely, those with anxious-preoccupied attachment are prone to heightened dependency and a fear of abandonment, often reflecting inconsistent caregiving. Such attachment vulnerabilities can contribute to maladaptive relational patterns, including difficulty in trusting partners, cyclical conflicts, or avoidance of emotional closeness.

The effects of childhood trauma are further compounded by impairments in emotional regulation. Traumatic experiences can heighten sensitivity to perceived rejection or threats, leading to disproportionate emotional responses within relationships. This reactivity may result in cycles of conflict, miscommunication, or emotional withdrawal, undermining relational stability. Interpersonal challenges rooted in childhood trauma often involve maladaptive coping strategies, such as hyper-vigilance, emotional numbing, or dissociation. While these mechanisms may have served as protective responses during childhood, they can act as barriers to intimacy in adulthood. For example, individuals who dissociate as a trauma response may struggle to remain present during relational conflicts, leaving their partners feeling alienated.

Despite the significant challenges posed by childhood trauma, healing and relational growth are attainable. Trauma-focused interventions, such as Eye Movement Desensitization and Reprocessing (EMDR) or emotionally focused therapy (EFT), can address underlying attachment wounds and build emotional resilience. Through therapy, individuals can cultivate self-awareness, develop secure relational skills, and foster healthier, more fulfilling connections.

Ultimately, the impact of childhood trauma on adult intimate relationships highlights the intricate interplay between early life experiences and relational functioning. While the scars of trauma can present enduring obstacles, intentional healing offers a pathway toward resilience and deeper emotional connection.



There is something truly magical about the moment when you finally begin studying a subject that captivates your curiosity. During what seemed like an ordinary lecture, our class began studying Abnormal Psychology. Suddenly, terms we had casually encountered online were now part of our formal curriculum, carrying academic weight and significance.

Initially, I believed Abnormal Psychology was simply about memorising disorder classifications and their symptoms. With time, I have come to realise that information alone is insufficient. Isn't it the application of knowledge that truly makes it valuable? Our professor, sharing her profound expertise, emphasized the critical importance of choice of words when discussing mental health. She illustrated this with a simple yet powerful comparison:

"He is a schizophrenic."

versus

"He has been diagnosed with schizophrenia."

The first statement merges the person's identity with their diagnosis. The second acknowledges it while preserving the individual's separate identity. We must all strive to intentionally adopt this person-first language. In clinical settings, psychology and medical professionals frequently observe patients gradually identifying themselves with their diagnoses. Since our professor shared this insight, it has continuously resonated with me, transforming how I view the relationship between language and identity.

The words we choose when speaking about individuals significantly influence how they construct their reality and self-perception. I can also connect this to my experience as an Intern at Sehgal Neo Hospital. Patients tend to get more stresses if they hear their diagnosis in a negative, pressurising tone. This extends beyond clinical contexts into our everyday interactions, where language shapes experience in profound ways.

This serves as a gentle reminder to select your words thoughtfully, especially for those of us embarking on careers in psychology. The language we use today will shape the therapeutic relationships we build tomorrow.

Beyond the diagnosis

Gurleen Kaur, 2nd Year

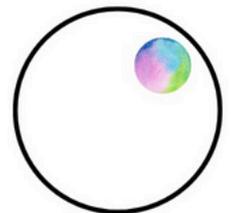


Gurleen Kaur
@gurleenspeaks

How we speak about it makes the entire difference



"The Person is
Schizophrenic"



"The Person has
Schizophrenia"

Garden Therapy: gentle healing through nature

Jasveen Bedi, 2nd Year

In a world full of noise, a garden offers quiet healing. The simple act of tending to plants—feeling the soil, watching flowers bloom—brings peace to the mind and body. Studies show that gardening reduces stress, boosts mood, and encourages mindfulness, making it a natural remedy for anxiety.

More than just an activity, gardening is a metaphor for life. It teaches patience, resilience, and self-care. Just as plants need the right conditions to thrive, so do we. With each seed planted, we nurture not only the earth but also our own well-being.

Beyond its physical benefits, gardening is a lesson in patience and resilience. Watching a tiny seed grow into a thriving plant reminds us that growth takes time, setbacks are natural, and care leads to transformation. Each moment spent in a garden fosters mindfulness, allowing us to disconnect from worries and connect with nature's rhythm.

Whether you have a backyard, a balcony garden, or just a few potted plants, the simple act of tending to greenery can bring joy, balance, and inner peace. Nature heals—one plant at a time. So, step outside, breathe deeply, and let nature work its magic. Your garden may be small, but its impact on your heart can be immense.

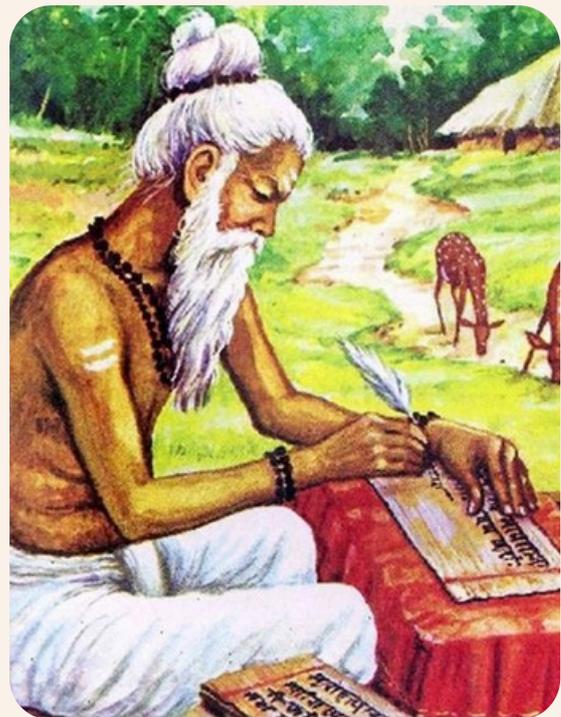


Indian roots of psychology

Priyanka Tarai, 3rd Year

Indian Psychology, deeply rooted in the philosophical and spiritual traditions of the Indian subcontinent, offers a holistic and multidimensional understanding of the self, consciousness, and human behavior. Unlike Western psychology, which emphasizes empirical methods, Indian Psychology integrates introspection, meditation, and self-inquiry as essential tools for understanding the mind. The origins of Indian Psychology trace back to ancient texts like the Vedas, Upanishads, and philosophical traditions such as Vedanta, Sāṃkhya, and Yoga. These traditions explore fundamental concepts like the self (ātman), consciousness (Brahman), and the mind. The Vedic idea of tad ekam (that One) underscores a unifying principle behind existence, while the Upanishads emphasize inner realization through contemplation and meditation.

A key distinction in Indian Psychology is its view of the mind and consciousness. While the mind is seen as a cognitive instrument interacting with the body, consciousness is regarded as a non-material, eternal principle that illuminates both. This contrasts with Western perspectives, which often reduce mental phenomena to physical explanations. The interplay of physical, mental, and spiritual dimensions is central to this framework. Indian Psychology prioritizes subjective, experiential knowledge over purely objective methods. Spiritual growth is attained through direct experience rather than reliance on external authorities, as seen in meditative traditions. This pluralistic approach accommodates diverse paths to self-realization, reflected in schools like Yoga, which seeks liberation through self-discipline, and Sāṃkhya, which distinguishes between material reality (prakriti) and pure consciousness (purusha).



Ethical living and personal responsibility form another cornerstone of Indian Psychology. Concepts like dharma (duty), karma (action and consequences), and moksha (liberation) shape human behavior, emphasizing that actions influence not just the self but the broader cosmos. The notion of kshetra (field) and kshetrājya (knower of the field) reinforces the interconnectedness of all beings, encouraging mindfulness and compassion. Ultimately, Indian Psychology offers a profound alternative to the reductionist approaches of Western psychology. By integrating physical, mental, and spiritual dimensions, it presents a transformative path to self-realization, ethical living, and a deeper connection with the cosmos. Its emphasis on introspection and interconnectedness makes it a valuable framework for understanding human nature beyond individualistic paradigms.

The Psychology of Bollywood Thrillers: A Deep Dive into Mind-Bending Cinema

Jiya Goel, 2nd Year

Bollywood has long been known for its colorful storytelling, rich drama, and emotional depth. However, one genre that has gained immense popularity in recent years is psychological thrillers. These films delve into the complexities of the human mind, unraveling dark secrets, blurred realities, and intense emotional conflicts. From gripping narratives to unexpected twists, psychological thrillers in Bollywood have redefined storytelling, keeping audiences on the edge of their seats.

Kahaani (2012) – A Tale of Deception and Strength

Sujoy Ghosh's Kahaani is a masterclass in storytelling, featuring Vidya Balan in a powerful role as a pregnant woman searching for her missing husband in Kolkata. The film plays with themes of deception, identity, and revenge, leading to a jaw-dropping climax. The psychological depth of the protagonist, combined with an intricate screenplay, makes Kahaani a benchmark in Bollywood thrillers.



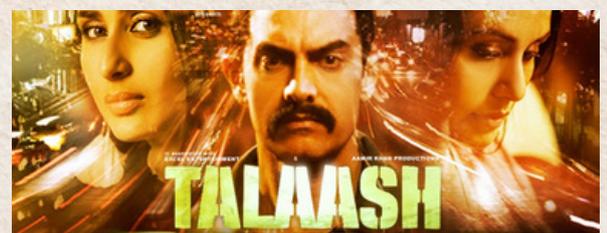
Andhadhun (2018) – The Unpredictable Web of Lies



Directed by Sriram Raghavan, Andhadhun is a perfect blend of suspense, dark humor, and psychological manipulation. Featuring Ayushmann Khurrana as a blind pianist who gets entangled in a murder mystery, the film constantly challenges the audience's perception of reality. With an open-ended conclusion, Andhadhun leaves viewers questioning what is real and what is deception.

Talaash (2012) – A Haunting Journey of Guilt and Redemption

Aamir Khan's Talaash is a gripping psychological thriller that intertwines supernatural elements with emotional trauma. The film explores themes of grief, guilt, and self-discovery as a police officer investigates a mysterious accident. The layered storytelling and eerie atmosphere create a deeply immersive experience, making Talaash one of Bollywood's finest thrillers.



If you're a fan of suspenseful narratives, unexpected twists, and deep psychological insights, Bollywood's psychological thrillers are a must-watch. With masterful direction, stellar performances, and gripping scripts, these films offer more than just entertainment—they take you on a psychological rollercoaster that lingers in your mind long after the credits roll.

SOMETIMES

*Sometimes I hope for death,
Somethings those smiles fade,
Sometimes the moon becomes the sun
And I became the owl
Expecting to sleep,
Only to foul.*

*The moon reminds me of the craters it has,
The imperfections it burns,
It's surface of glass and dust
That still shines brighter than the sun,
Though it still depends on the sun.*

*But shall i never swear on love by the moon,
Because the moon is always changing
But don't swear on the sun too,
For its surface burns everything.
It's surface thy burning red
Lasts us the light,
But if thy love burns us
The love shall be repealed
From all its might.*



Aditi Adlakha, 2nd Year

SEEPING THOUGHTS

No matter the amount of force I use,
 the tears don't seem to cease
 Some linger upon the eyelash and
 hold me back from attaining peace
 Is there a reason behind the origin of the waterfalls
 or maybe it's merely the sharp light illuminating the walls
 Standing up to someone —could I ever be that brave, or am I
 eventually going to end up digging my own grave

If everything is done to survive who
 then is going to help me revive
 Yes i'm already broken not by someone
 not by something It's just who I am,
 and I have to mould myself from nothing
 Are you listening or should I scream till my lungs burst
 I need to know if you're reliable or will leave me forever cursed

The incredible revolving object casts a pattern in my dream
 But if one could hear it,
 hear nothing but it's scream
 The broken pieces have to be pieced together again
 while having to
 wear restraints

Even after being mended together
 it will never be able to hide the fact
 that truly i'm insane.

- Shivansh Payal, 3rd Year



LIMITLESS

- Shivansh Payal, 3rd Year

It has a limit.
My nerves can stretch only as much as
my body permits it to But it's not
enough.

I can't reach something which only
exists in a dream Even though the
distance is minimal, i can feel that it's
actually infinite and not something that
can be reached by a mere mortal

Its twists and turns resembling a
shoelace
But only I can recognise for what it
really is The naked truth.
Truth so destructive it forces one to
think twice

I can see it. It's resting before my eyes
I can see the distance
I'm unable to cover it...now or forever?



GLIMPSE OF MY BRITTLE SELF

It's scary for me to look in the mirror now
as it reflects what's hidden and unseen,
Unknowingly these imperfect parts scares me
more as I move closer to 18.

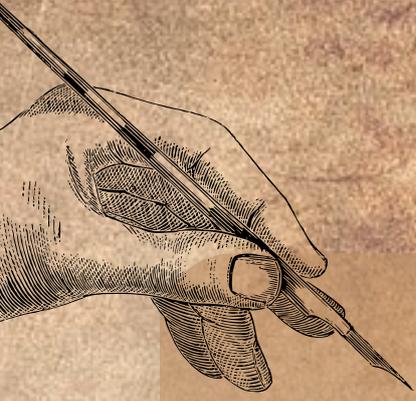
It not only consumes the ugly me but also the
pretty me or the beautiful me; It walks through
untoned thighs to flabby stomach to
permanent acne scars to silky hairs and finally
ends at hunger for lost radiance filled eyes.

Oh! It's easy to be that girl on Instagram
who talks for hours about self love while
herself being a perfect example of serenity,
But in reality, on the other side of the screen
lies me in the dark - insecured and lost, trying
to find one similarity I call them the vicious
pair- the withered courage and overpowering
insecurity which feeds well on each other, A
pair well known as it doesn't even consider my
simple reflection as a start.

- Maittri, 1st Year

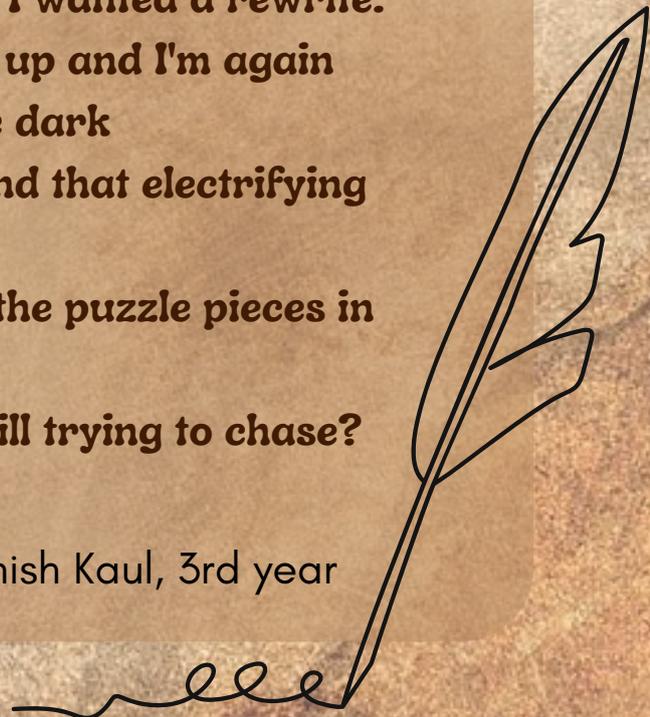


REWRITE



Falling stars in the darkest nights ,
 Feeling calm in the cruelest fights.
 It took me so much to get over my plight.
 It hasn't always been this easy, am I right?
 Let's rewind to the darkest nights when I cried,
 miserable and all alone
 When this feeling of serenity was achingly unknown
 The days my body used to tremble and the reason
 remained unbeknownst
 But I kept swimming ever so uncertain if I'd someday
 reach coast
 The void that encaged the remnants of my sanity
 But also when the denial won over the specks of
 reality
 I was lost running barefoot in this wildfire of defect
 with no source of light
 That was the cusp where I knew I wanted a rewrite.
 A shout strikes that jitters me up and I'm again
 surrounded by the dark
 I look around, I can't seem to find that electrifying
 spark.
 It takes me a few minutes to fit the puzzle pieces in
 place.
 Was all this a dream that I'm still trying to chase?

- Kashish Kaul, 3rd year



ALIVE

How do I know I'm alive? Is it the soft murmur of rain or the weight of pressure in a storm's heart, each drop a question, each gust a doubt?

I walk through quiet, empty streets, where silence swallows even the wind. Numbness clings to my skin, hiding the rhythm beneath.

But the weight of time presses on, slow and endless, and I find myself crossing thresholds, stepping into the quiet of my house.

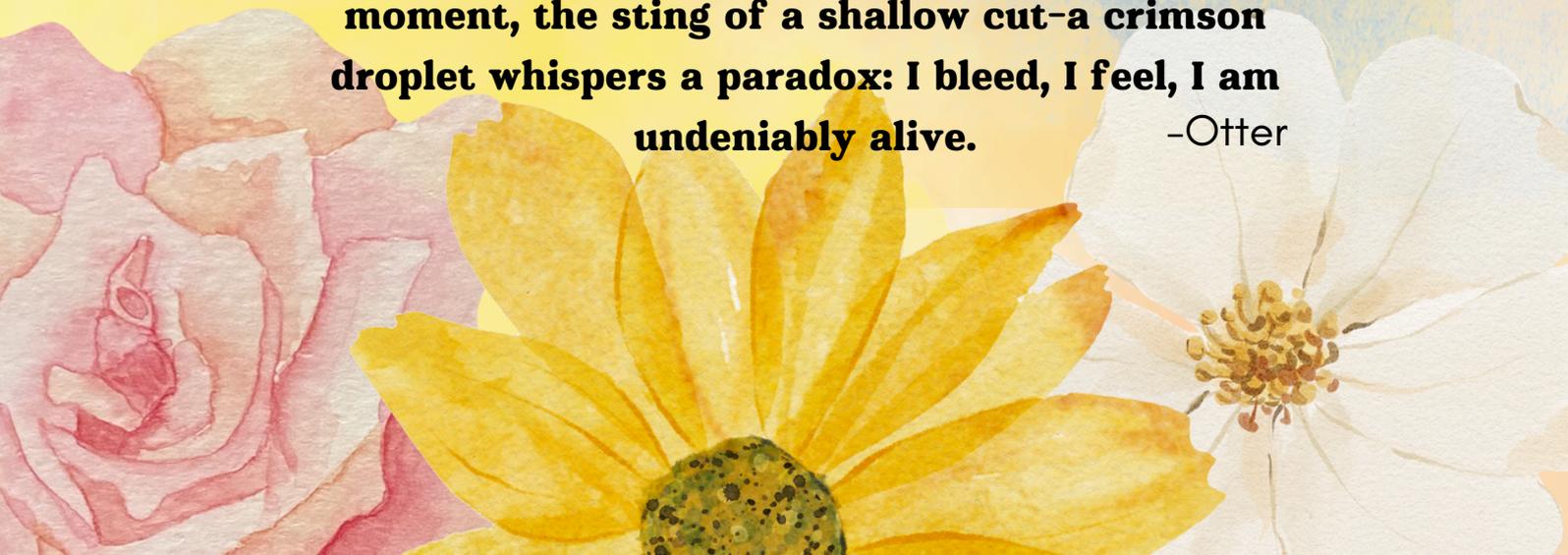
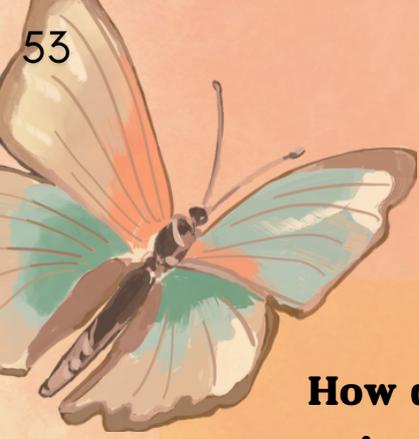
I stand there for a moment, lost in the silence—the weight of my own body feels unfamiliar. My fingers twitch, finding their way, reaching for what is always there.

I move without thinking, drawn by habit, fingers tracing the smooth skin of a fruit. Something about its weight feels certain, a small defiance against the emptiness.

But in the quiet act of cutting the fruit, its skin resists before yielding, revealing soft, trembling flesh.

With a steady hand, I slice through, and in that moment, the sting of a shallow cut—a crimson droplet whispers a paradox: I bleed, I feel, I am undeniably alive.

-Otter





Beyond The Frame



Shadows embrace a delicate frame, fingers gripping the rough edges of time. A gaze that holds both hesitation and a quiet defiance, caught between shelter and the unknown.

The world fades into a silent abyss, yet the mind paints. The blindness doesn't always come from the eyes. Some are from fear.

What is unseen lingers heavier than what is known. Perhaps the light is too harsh, and darkness is a kinder truth.



Even in stillness, life speaks—
echoes of dreams ripple beneath the surface.
What we see may shift, but what we seek remains.
There is beauty in reflection,
and hope in every quiet moment.

Among rusted wheels and faded echoes, a quiet presence lingers. Eyes wide with unspoken thoughts, standing at the crossroads of innocence and experience.

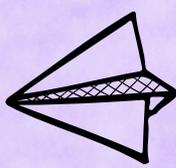


Photos by Madeeha, 3rd Year
Captions by Priyanka Tarai, 3rd Year

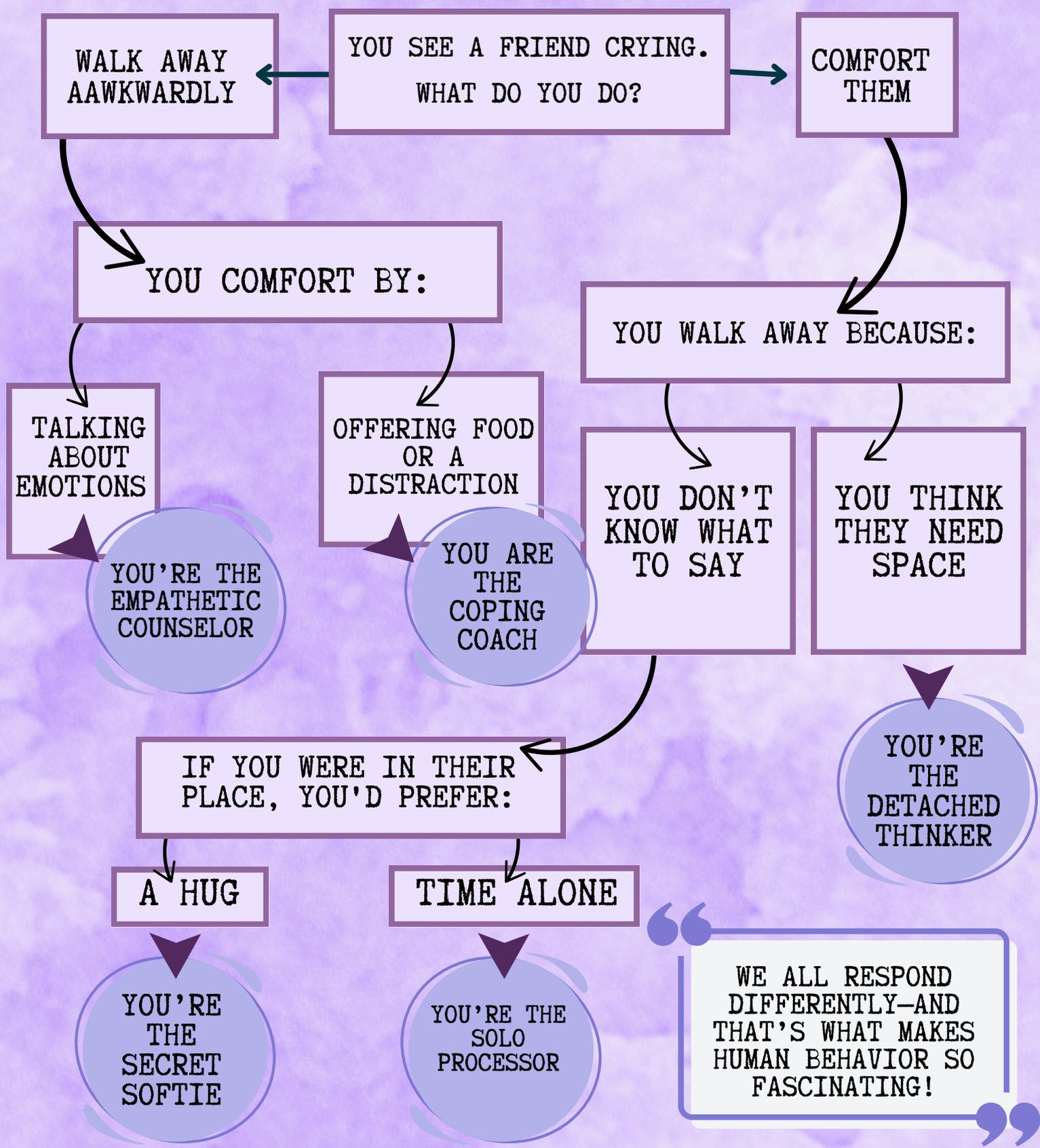


INTERACTIVES

PSYCHOLOGY PICK-A-PATH



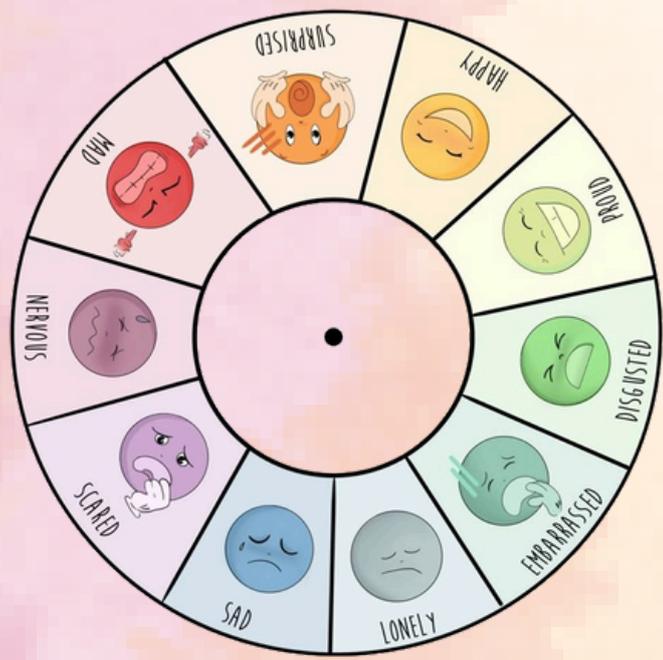
What's your inner Psych Persona?



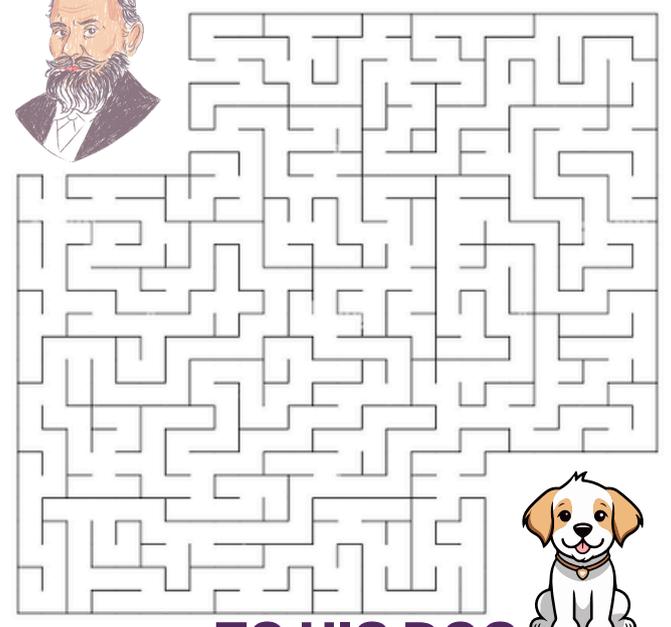
FUNZONE

Jiya Goel (2nd Year)

WHEEL OF EMOTIONS



GUIDE PAVLOV



TO HIS DOG

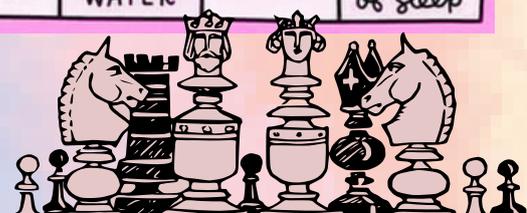
Emotions Word Search

I	D	H	D	D	R	S	M	W	Z	R	D	M	G	F	X	M	I	N	G
E	E	O	Y	E	J	C	T	F	O	E	C	Y	R	V	P	Z	I	R	H
E	S	I	P	S	R	G	X	Y	T	V	J	R	J	Q	F	X	U	J	D
M	S	Q	P	U	D	O	X	I	I	T	L	O	B	G	Y	M	J	E	A
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K	B	R	Y	B	I	Y	L	T	M	N	B	R	Q	C	O	U	A	G	O
C	O	X	K	K	E	N	R	L	T	W	A	X	K	I	F	S	E	N	N
B	P	U	Q	Z	D	A	Z	G	I	C	I	J	X	E	N	V	S	X	E
V	S	J	W	P	T	O	A	W	S	S	O	N	P	B	H	J	E	H	L
Q	N	V	T	E	S	P	U	M	U	J	A	O	R	B	M	V	X	Y	Y
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D	E	H	S	I	N	O	T	S	A	R	L	E	L	H	W	C	V	O	G

- | | | |
|-------------|-----------|-----------|
| ANGRY | ANXIOUS | ASHAMED |
| ASTONISHED | BORED | CONFIDENT |
| CONFUSED | DEPRESSED | EXCITED |
| FRUSTRATED | GRUMPY | HAPPY |
| HOPEFUL | JEALOUS | LONELY |
| OVERWHELMED | PROUD | SAD |
| SCARED | SHY | SILLY |
| TERRIFIED | UNHAPPY | UPSET |

SELF-CARE BINGO

TOOK A SHOWER	GOT DRESSED TODAY	talked TO A friend	SAT WITH MY FEELINGS	gave myself a compliment
MOVED MY BODY JOYFULLY	ate food	LISTENED TO MY BODY	CHALLENGED NEGATIVE THOUGHTS	HAD FUN
WENT OUTSIDE	TRIED SOMETHING \geq NEW \leq	STAYED ALIVE	practiced being mindful	DID A HOBBY
used a coping skill	LET MYSELF CRY	took a break	ASKED FOR HELP	GOT SHIT DONE
BRUSHED MY TEETH	practiced self compassion	DRANK WATER	TREATED MYSELF	got 7-9 hours of sleep



Memees

Jiya Goel (2nd Year), Shreanshi Malhotra (1st Year)

Sensitive Psychology students taking history of patients and thinking about their sufferings:



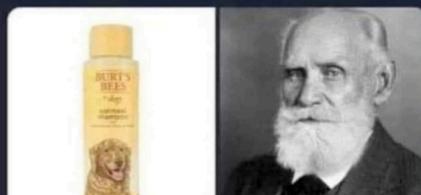
Psychology Folks Trying to Make Society Aware Towards "Mental Health"



Every Psychology Student's Urge to say I am always there for You, Crying is ok Mental Health is Important



dog shampoo dog conditioner



Psychology students during their first year



Psychology students during their second year



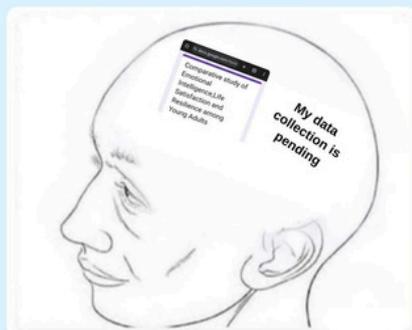
Psychology students during their final year



Only Psychology Students can understand this



Why are you so quiet? What's on your mind?



NO, I DON'T KNOW WHAT YOU'RE THINKING



I'M STUDYING PSYCHOLOGY NOT TELEPATHY!

chooses psychology

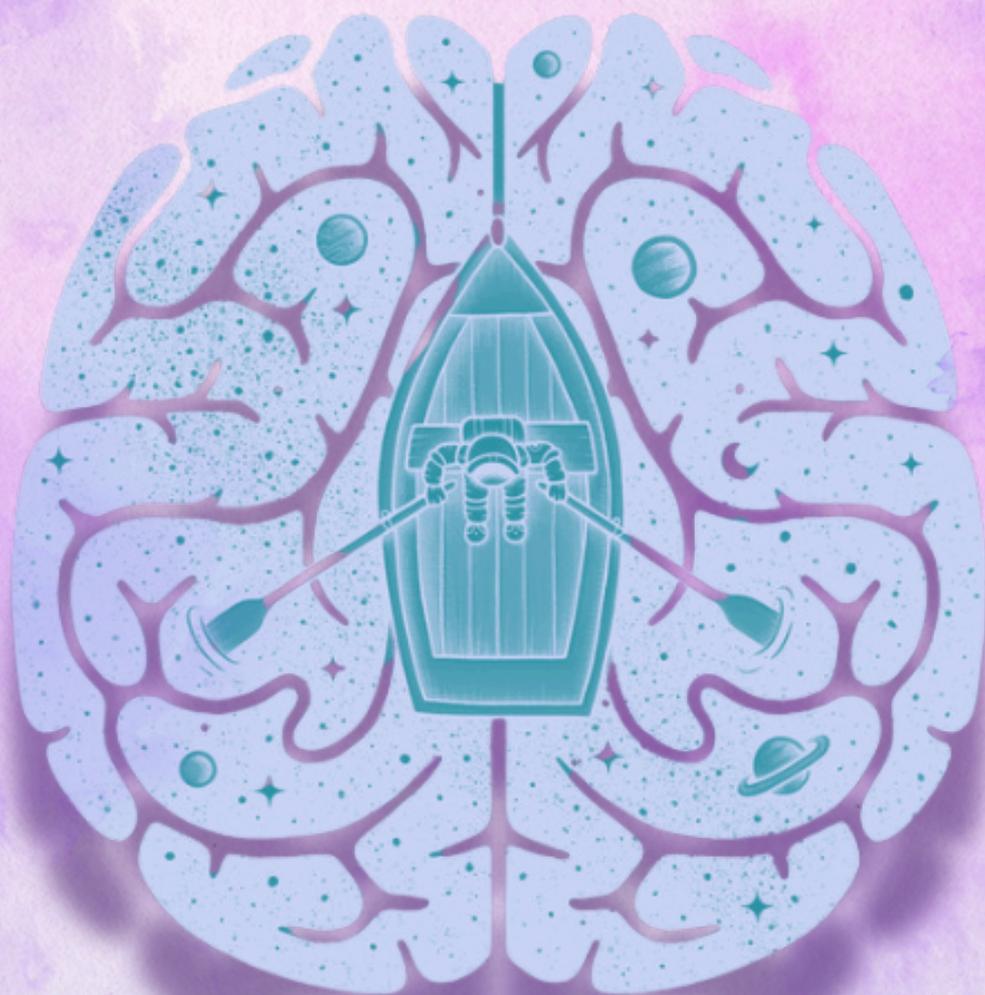


won't have to study maths anymore



statistics exists





SNAP-O-SHOT

BATCH OF '26



First Row (Left to Right) : Ms. Akanksha Mendiratta, Dr. Daisy Sharma, Prof. Madhu Pruthi, Prof. Harpreet Bhatia, Dr. Mona Ranga, Ms. Supriya, Mr. Vijaypal

Second Row (Left to right): Vansh Yadav, K. Hoithianniang, Samriddhi Arora, Akshi Porwal, Anoushka Suri, Disha Sharma, Vrinda Sati, Shivansh Payal, Diksha Pawar, Animesh Baral, Saptrishi

Third Row (Left to Right) : Poorva Sharma, Kashish Anand, Shraddha, Palak Kapoor, Rizak, Yogita Saini, Sakshi Yadav, Vanshika Tomar, Mahak Bansal, Sanskriti Jha, Ayush Vats, Kashish Kaul

BATCH OF '27



First Row (left to right) : Ms Akansha Mendiratta , Dr. Daisy Sharma , Prof. Madhu Pruthi , Prof. Harpeet Bhatia , Dr Mona Ranga , Ms Supriya & Mr. Vijay Pal

Second Row (left to right) : Aashish Kukreja , Shlok Kumar , Keshav Yadav , Himanshu Gupta , Akash Jindal , Gurleen Kaur , Iccha Thakur , Sakshi Rani , Jiya Goel , Jasveen Bedi , Pulak Pandey , Vikramaditya Sen , Yash Kumar , Tanshiq , Vansh Sharma

Third Row (left to right) : Ujjwal Sharma , Tanya Pal , Tanya Jain , Siddhi Gogia , Aditi Adlakha , Shivangi Sahani, Bhoomi Wadhwa , Navpreet Kaur , Suhani Gupta , Saumya Jain , Ankita Jain , Kanakjeet Kaur

BATCH OF '28



First row (Left to right) : Mr. Vijay Pal, Ms Akansha Mendiratta, Dr. Daisy Sharma, Prof. Madhu Pruthi, Prof. Harpeet Bhatia, Dr Mona Ranga & Ms. Supriya

Second row (Left to right) : Sameer Indora, Rishita, Soumya, Naksh, Ashita Gupta, Ria, Muskaan Dhir, Prisha, Rashi, Vinitika, Himali, Krishan

Third row (Left to right) : Maittri, Nehal, Sia, Sheetu, Paavni, Prachi, Ashveen, Palak, Shreanshi

EDITORIAL TEAM



FIRST ROW (left to right): Priyanka, Jiya Goel, Ms. Akanksha Mendiratta, Prof. Harpreet Bhatia, Shreeshi, Jasveen Bedi, Stuti

EDITORIAL TEAM



**JIYA GOEL
2ND YEAR**

Being a part of Psynopsis has been an enriching experience filled with learning and collaboration. Creating the graphics for the magazine has truly been very creative and rewarding. Psynopsis will always have a very close place in my heart.



**JASVEEN BEDI
2ND YEAR**

Being part of Psynopsis has been an inspiring journey of learning and collaboration, where we explored diverse psychological insights while honing our editorial skills. Psynopsis has been more than an editorial role—it's been a space for creativity, intellectual growth, and meaningful discussions in the field of psychology.



As the Editor of Psynopsis, the annual magazine of the Psychology Department at Keshav Mahavidyalaya, I am grateful for the collective effort that has made this publication possible.

This year's edition is a testament to the creativity and passion of our contributors, designers, and editors, who have worked tirelessly to bring forth a diverse array of articles, stories, and artwork that reflect the vibrant spirit of our department.

PRIYANKA TARAI 3RD YEAR



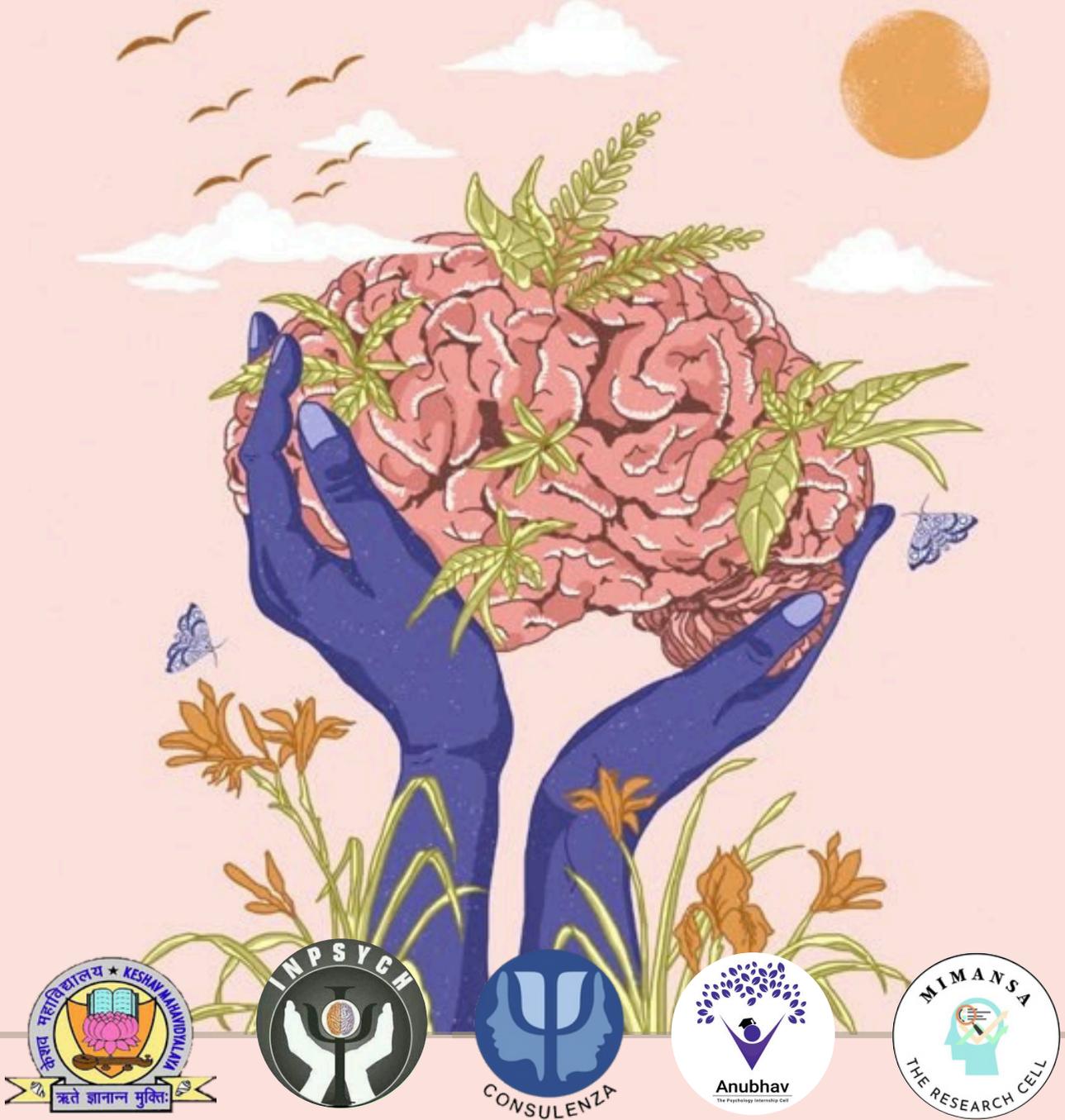
**SHREEANSHI
MALHOTRA
1ST YEAR**

Being a part of the Psynopsis editorial team has been an amazing experience. Collaborating with such talented writers, photographers, and editors has been truly rewarding. Together, we have crafted a magazine that not only displays the talent within the Psychology Department.



**STUTI LAL
1ST YEAR**

My journey with Psynopsis has been both inspiring and educational, offering opportunities to delve into diverse psychological concepts while sharpening editorial skills. Beyond editing, Psynopsis has served as a platform for creativity, intellectual enrichment.



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