

# PSYCHLETTER

## DEPARTMENT OF PSYCHOLOGY

APRIL 2025- JUNE 2025

VOLUME 2, ISSUE 2



### Chief Editor

Prof. Geetika Tankha

### Associate Editors

Dr. Rahul Kumar Singh

Dr. Shraddha Tripathi

### Student Editors

Aabha Jain | Aditi Shringi |  
Khadija Ahmed | Taiba Shams  
| Vania Bhargava  
| Yash Vardhan Sharma



# INDEX



Message from the Editorial Desk	1
Vision and Missions of the Department	2
An Expert Lecture on Forensic Psychology	3
Farewell 2025	4
Research Contributions	6
Student Achievements	8
Student Contributions	11
Brain Teasers	17



# Message from the Editorial Desk



*Dearest Readers,*

*Welcome to another edition of our Psychology Department Newsletter, where we delve into the evolving intersections of mind, behaviour, and society. This issue reflects our collective pursuit of knowledge that not only expands academic horizons but also equips us to address real-world challenges, whether in forensic settings, research innovation, or mental well-being. This issue also gives a glimpse of student contributions and recent faculty publications.*

*As we explore these diverse facets, let us remember that psychology is not just a subject, but a lens through which we better understand ourselves and the world around us.*

*Stay curious, stay reflective!*

*Happy Reading!*

*Editorial Team*

# DEPARTMENT OF PSYCHOLOGY



## VISION

To establish the Department of Psychology as a globally recognized leader in academic excellence and holistic development.

## MISSION

**M1** Maintain high standards for academics and research.

**M2** Foster curiosity, empathy, cultural awareness, and sensitivity in students.

**M3** To create a mentorship model for helping students to become competent professionals with a passion for lifelong learning and good human values.

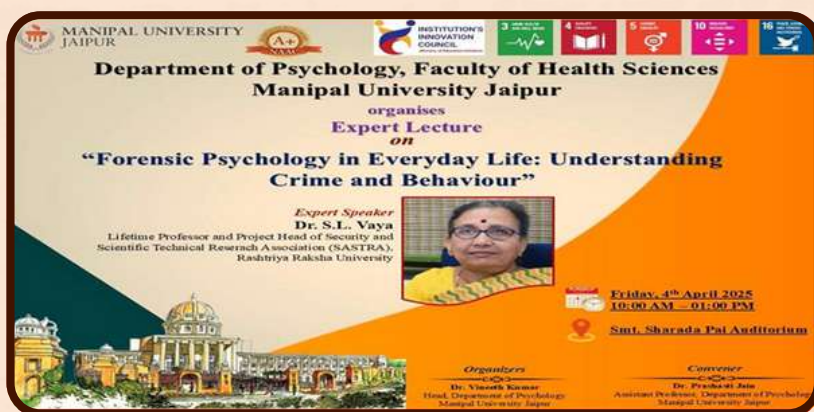
INSPIRED BY LIFE



## Guest Lecture on Forensic Psychology

On 4<sup>th</sup> April 2025, the Department of Psychology at Manipal University Jaipur hosted a guest lecture at Smt. Sharda Pai Auditorium titled “Forensic Psychology in Everyday Life: Understanding Crime and Behaviour”

by Dr. S.L. Vaya, Lifetime Professor and Project Head at the Security and Scientific Technical Research Association (SASTRA), Rashtriya Raksha University.



The session offered students a comprehensive introduction to forensic psychology and its practical applications in criminal investigations, legal decisions, and offender rehabilitation. Topics included criminal profiling, deception detection, victim psychology.

The session offered students a comprehensive introduction to forensic psychology and its practical applications in criminal investigations, legal decisions, and offender rehabilitation. Topics included criminal profiling, deception detection, victim psychology, and psychological assessments, along with exposure to forensic techniques such as polygraph testing, narcoanalysis, and brain profiling



## Bidding Adieu-Celebrating Our Graduates

The Department of Psychology, Manipal University Jaipur, bid a heartfelt farewell to the graduating students of BA (H) Psychology, BSc (H) Psychology, and MSc Clinical Psychology on 16th April 2025 at the Smt. Vasanti Pai Auditorium, AB-3.



The ceremony was a vibrant celebration of memories and achievements, enriched with a variety of cultural performances - from soulful music and energetic dance numbers to an entertaining ramp walk, where students showcased their flair and confidence. The event's highlight was the crowning of Mr. and Ms. Farewell 2025, adjudicated by Prof. Geetika Tankha and Dr. Prashasti Jain.

. The ceremony was a vibrant celebration of memories and achievements, enriched with a variety of cultural performances - from soulful music and energetic dance numbers to an entertaining ramp walk, where students showcased their flair and confidence. The event's highlight was the crowning of Mr. and Ms. Farewell 2025, adjudicated by Prof. Geetika Tankha and Dr. Prashasti Jain.









# DEPARTMENTAL RESEARCH





## RESEARCH IN THE DEPARTMENT



Name of the Author(s)	Title of the Publication	Journal/Book
<b>Indexed Publications (Scopus/Web of Science)</b>		
Dr. Rajnish Kumar Gupta and Others	Gain of function presenting as creative skills in patients with progressive cognitive dysfunction and their fMRI correlates: a descriptive study	Annals of Indian Academy of Neurology.
Dr. Prashasti Jain and Others	The psychosocial and developmental impact of maternal incarceration on children: legal and ethical implications	.Journal of Pharmacy and Bioallied Sciences
Dr. Kriti Vashishtha, Dr. Charu Dhankar and Others	Pahalgam Attack: A Reflection of Escalating Tensions in South Asia's Geopolitical Landscape.	The Round Table.
Dr. Prashasti Jain and Others	Let's Play! Assessment of Sports as a Mechanism for Rehabilitation and Reformation of Inmates.	Indian Journal of Psychological Science.
Khushboo Jain, Dr. Kriti Vashishtha and Others	Biopsychosocial Factors of Intergenerational Trauma Transmission.	Indian Journal of Psychological Science.
Meena Khandpal, Yogita Santosh Appur and Others	The Role of Body Esteem, Cognitive Emotional Regulation, and Perfectionism on Mindful Eating.	Indian Journal of Psychological Science.
Mrinalini Pandey, Dr. Charu Dhankar and Others	Exploring Narcissism and Communal Orientation as Predictors of Subjective Happiness among Young Adults.	Indian Journal of Psychological Science
Rohini Newar, Dr. Rajnish Kumar Gupta and Others	Self-Esteem as a Mediator of the Relationship between Imposter Phenomenon and Academic Performance among College Students.	International Journal of Adolescence and Youth.
Teertha Rajeev, Dr. Gagan Jain	Exploring the Relationship Between Childhood Maltreatment, Self-Esteem, and Silencing the Self in India.	Journal of Child and Adolescent Trauma.
Vandana Kabra, Dr. Meenakshi Joshi	Red Flags in a Close Relationship: Bounding Commitment.	Indian Journal of Psychological Science.
<b>Book Chapters</b>		
Dr.. Gargi Sharma & Dr. Meenakshi Joshi	Empowering Marginalised Communities With Cloud	Embracing the Cloud as a Business Essential
Dr. Gargi Sharma	AI Driven Contract Review in the Cloud Enhancing Legal Precision And Speed	Embracing the Cloud as a Business Essential



# STUDENT ACHIEVEMENTS





# HIGHER EDUCATION



**Aparna Ayyagari**

Manipal Academy of Higher Education, Karnataka.

**Srishti Malhotra**

Manipal Academy of Higher Education, Karnataka.

**Sankalp Singh Sankhala**

Manipal Academy of Higher Education, Karnataka.

**Khushi Agarwal**

Manipal Academy of Higher Education, Karnataka.

**Kanishka Tyagi**

National Forensic Science University, Gujarat.

**Vruti Patel**

National Forensic Science University, Gujarat.

**Aditi Talesra**

Rashtriya Raksha University.

**Om Tiwari**

Rashtriya Raksha University.

**Sitmrn Bharol**

Rashtriya Raksha University.

**Hanupriya Sharma**

Om Sterling Global University.

**Saloni Shekhawat**

Geetanjali University.

**Sushant Pillay**

Anglia Ruskin University, Cambridge.

**Navya Pandey**

Erasmus University, Rotterdam.

**Anuja Pol**

Kingston University, London.

# STUDENT PLACEMENTS

**Arundhati Prasad**

MSc in Clinical Psychology, Silver Oak  
University.

**Vidhi Shaw, BA (Hons.)**

Psychology, Aurelium India Private  
Limited.

**Aaroahi Jain**

MSc in Clinical Psychology, ALLEN  
Career Institute, Jaipur.

**Charul Deepak Gupta**

MSc in Clinical Psychology, ALLEN  
Career Institute, Jaipur.

**Duhita Saxena**

MSc in Clinical Psychology, Jaishree  
Periwal High School.





# STUDENT CONTRIBUTIONS





## CAN I DO IT?

We often ask ourselves before making a big or small decision or stepping into something,  
“Can I do this or not?”

Most of the time, the answer to this question turns out to be no, and we, losing all our hope, leave everything and stop there.

Instead, why don't we ask ourselves,  
“Do I want to do this?”

I realised that it wasn't the answer that I had to change. Instead, my question was wrong in the first place - “Can I do it?”

No, “do I want to do it?” because if I want to do it, it doesn't matter what the end will be, I know I will put all my efforts to make sure I don't regret anything.

So next time you see yourself standing in front of two diverging roads, ask yourself, “Do I want to do this? Do I want to take this road?”

And always remember, “Where there's a will, there's a way!!”

**Aabha Jain, MSc in Clinical Psychology, 2nd Year.**





## ACCEPTANCE

Apart from truly embracing one another,  
What is acceptance, I often wonder.  
Perhaps it is the realization that it is not you versus anyone,  
Because, honestly, in that fight, nobody ever fairly won.

**Khadija Ahmed, MSc in Clinical Psychology, 2nd Year.**

### TALE OF THE BALD

I'll shave my head tonight.  
Each fallen strand is a reminder of all my failings.  
And as I see them lying on the white tiles of my floor,  
I wish no one walked through my door,  
Cuz I'd hate for them to see tears.  
Tears, in the eyes of a MAN-  
And let them fall anyways.

Each tear- and a blood-soaked strand.  
I pulled a few out by hand.  
A few hair, a few strands,  
Pulled out by my own hands,  
Wrapped in a band -  
Why won't you understand?

Life is a gendered experience.  
When I cry, it's weak.  
When you do it's hysterical.  
When a man, a few ages ago, does -  
It's empirical.

For the love of science;  
I'll have a transplant.  
But can ever fake be as good as mine?  
I'll pour down this whole bottle of oil,  
Cuz my hair must shine.  
I have none left, tho.  
I cut most of it,  
And pulled the rest of it,  
And at last, shaved the best of it.

**Yashvardhan Sharma, MSc in Clinical Psychology, 2nd Year.**



## WHAT IS EVIL?

What makes one an evil person?  
If it is what we say, we have all perhaps been evil  
someday,  
Are we all vile then?  
Likely only those who do not regret it, who do wrongs,  
and forget it.  
What of the ones who disdain but mean no harm?  
A tempting path to trudge, a fine line to disarm,  
So easy to cross, yet harder to judge,  
Where motive blurs and morals smudge.  
Perhaps the worst evil is deeds misunderstood,  
At the hands of someone good.  
Evil is in the ordinary that we fail to see,  
wearing a mask that looks like you and me.  
If putting myself first makes me the devil,  
Then tie my hands, I won't rebel.  
If trying to heal makes me unkind,  
Save me from my evil mind.  
If it is turning your back on those in need,  
Then, who will decide if it was to protect my peace, or  
greed?  
If evil is walking away when the burden is great,  
Shun me to hell, don't hesitate.  
So, what is evil? Words or will?  
Was I born with it? Is it in me still?

**Ishika Kalra, MSc in Clinical Psychology, 2nd Year**

## MORBIDITY

One two three,  
Hoping to be free  
So difficult must it be  
For I'm still far from glee.

Four five six,  
It's a sick, sick mix  
My gloom and my despair never seem to fix  
Anxiety is always up to its dirty tricks.

Seven eight nine,  
Everything seems benign  
My sanity far past the line  
I'll kid you not, nothing is fine.

And then comes ten,  
That's where the perfect rhymes end,  
Pain, a mockery of my fate as it bends  
My will and strength stand incapacitated; I  
for myself no longer can seem to fend.

Maybe, just maybe, it is indeed the end?

**Taiba Shams, MSc in Clinical Psychology,  
2nd Year.**



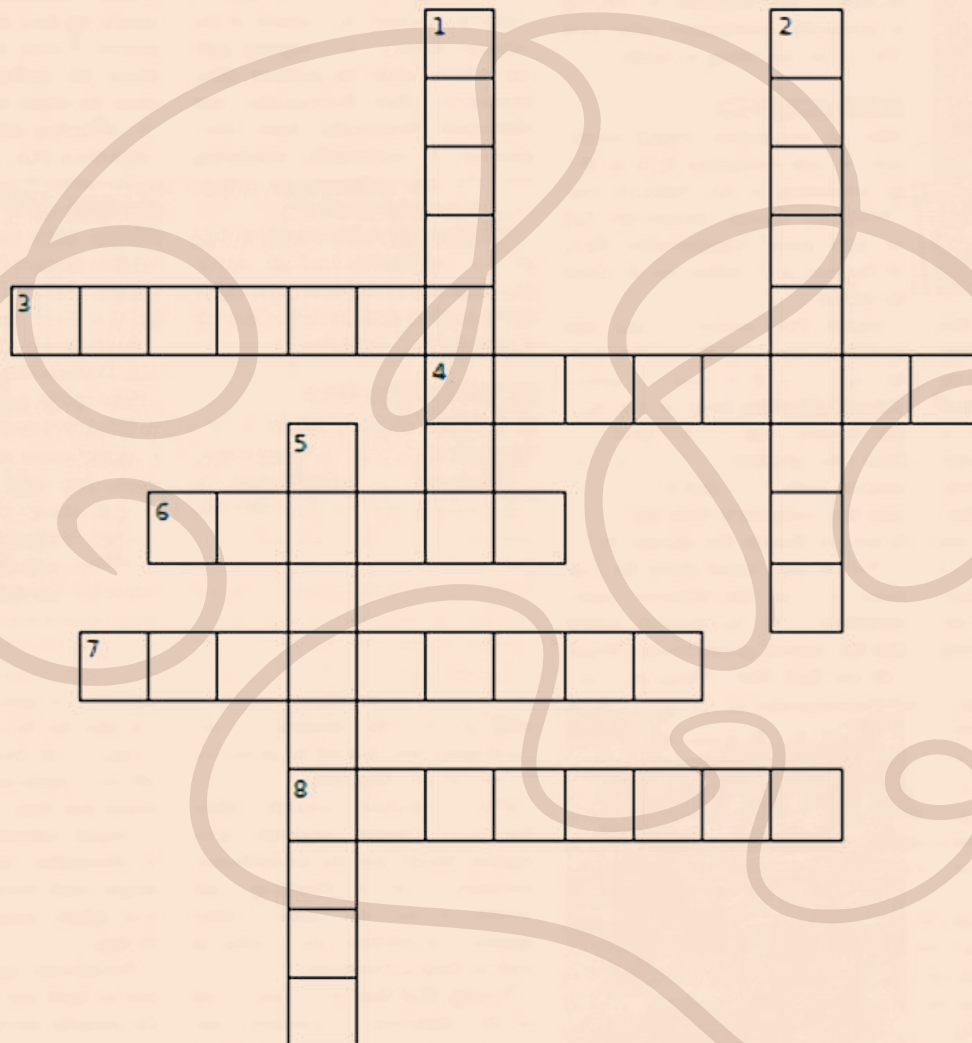


# BRAIN TEASERS



# UNDERSTANDING COGNITIVE PSYCHOLOGY

## CROSSWORD



### CLUES DOWN:

- (1) Lasting Store of memories
- (2) The tendency to overestimate how well we can predict an outcome
- (5) memory system with the limited capacity for temporary information

### ANSWERS



### CLUES ACROSS

- (3) Sudden realisation of a solution
- (4) Process of turning sensory input into memory
- (6) Mental framework used to organise knowledge
- (7) Mental shortcut used for quick judgments
- (8) Mental process of manipulating information



**EXISTENTIALISM**

## WORD SEARCH



ANGST

AUTHENTICITY

CHOICE

CONSCIOUSNESS

EXISTENCE

FREEDOM

NHILISM

HUMANISM

INDIVIDUAL

MEANING

PHENOMENOLOGY

SUBJECTIVITY

INDIVIDUAL

MEANINGLESS





Dehmi Kalan, Jaipur-Ajmer Expressway  
Jaipur, Rajasthan - 303007

<https://jaipur.manipal.edu/>

