

PSYCHLETTER

DEPARTMENT OF PSYCHOLOGY

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Message from the Editorial Desk

Dearest Readers,

The enthusiastic team of the Psychology Department's Newsletter is proud to present Volume 2, Issue 1! This edition offers a glimpse into the vibrant events, expert talks, and engaging workshops thoughtfully organized by our dedicated faculty and actively attended by our students. It also highlights recent research publications and student contributions, reflecting both the faculty's commitment to the field and the students' creative talents.

Our student editors have worked together with care and creativity to bring this issue to life. We hope you enjoy reading it as much as we enjoyed putting it together!

Warmest wishes,

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.

An Expert Lecture on Applied Positive Psychology

On 22nd January 2025, the Department of Psychology hosted an expert session in Room 13 of 3AB titled “Emerging Areas of Research in Applied Positive Psychology:



Traditional and Modern Strategies” for postgraduate students. The session was conducted by Prof. (Dr.) Kamlesh Singh is, Professor of Psychology in the Department of Humanities & Social Sciences at the Indian Institute of Technology, Delhi.

Dr. Singh shared insights into emerging research areas in positive psychology, with a focus on the study of happiness and the integration of traditional wisdom with modern research methods to promote well-being, resilience, and human growth.







She also discussed how blending traditional and contemporary techniques can enhance happiness at both individual and community levels. The session concluded with an engaging Q&A, where Dr. Singh addressed students’ questions and highlighted future opportunities in the field.

An Expert Lecture on Social Media Addiction

An expert lecture titled "Understanding the Neurobiology of Social Media Addiction: Impact on Behavior and Relationships" was organized by the Department of Psychology on February 3, 2025. The session was delivered by Dr. Rajnesh, Assistant Professor at the Department of Psychology, University of Allahabad.




**MANIPAL UNIVERSITY
JAIPUR**
(University under Section 2(f) of the UGC Act)



**Department of Psychology
School of Allied Health Sciences
Faculty of Health Sciences**
Organizes
An Expert Lecture
On
**Understanding the Neurobiology of social media
addiction: Impact on behaviour and relationship**

**Date: 3 February 2025
Time: 10 am to 11:15 am
Venue: Room No.13, AB-3**



Resource Person
Dr. Rajnesh
Assistant Professor,
Department of Psychology
University of Allahabad

Convener
Dr. Rahul K. Singh
Assistant Professor
Department of Psychology

In this insightful session, Dr. Rajnesh delved into the complex neural mechanisms driving social media addiction, emphasizing the role of the brain's reward system, particularly the release of dopamine in reinforcing compulsive digital behaviors. He also highlighted the behavioral consequences of excessive social media use, including reduced attention span, disrupted sleep patterns, and increased anxiety. The lecture further explored how such addiction can impair interpersonal relationships by reducing face-to-face interactions and fostering distorted perceptions of reality due to curated online experiences. Dr. Rajnesh's clear and engaging presentation helped participants gain a deeper understanding of the neuropsychological impact of social media overuse, making the session both informative and thought-provoking.

A Workshop on Neurodevelopment Assessment



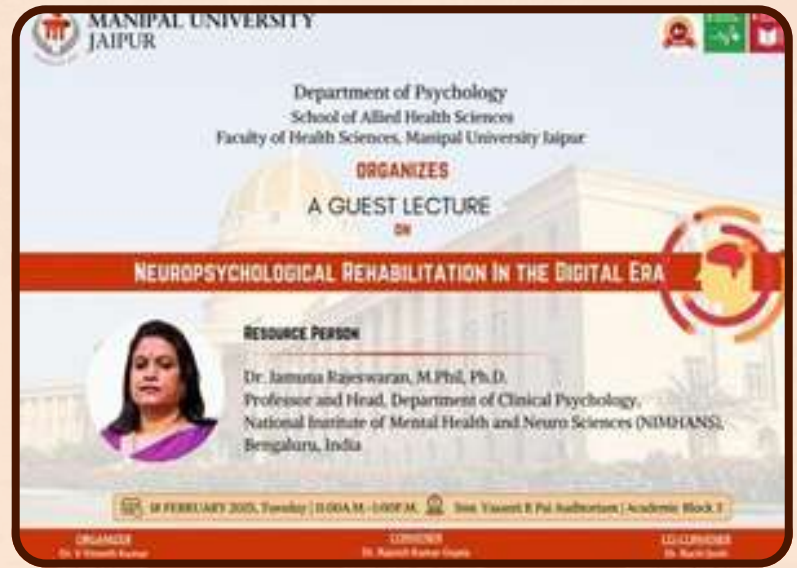
A workshop on Neurodevelopment Assessment was held on 13th February 2025 in Psychology Lab 3AB, conducted by Ms. Shweta Sharma, RCI-registered Clinical Psychologist and Consultant at Manipal Hospital, Gurugram.

The session focused on the Bender Gestalt Visual-Motor Test and provided psychology students with both theoretical understanding and hands-on practice. Key topics included the test's background, administration steps, scoring methods, and its use in identifying visual-motor and cognitive issues. Real-life case examples and supervised practice sessions enriched the learning experience. The workshop concluded with a Q&A, where Ms. Sharma addressed student queries and shared practical tips for effective assessment.



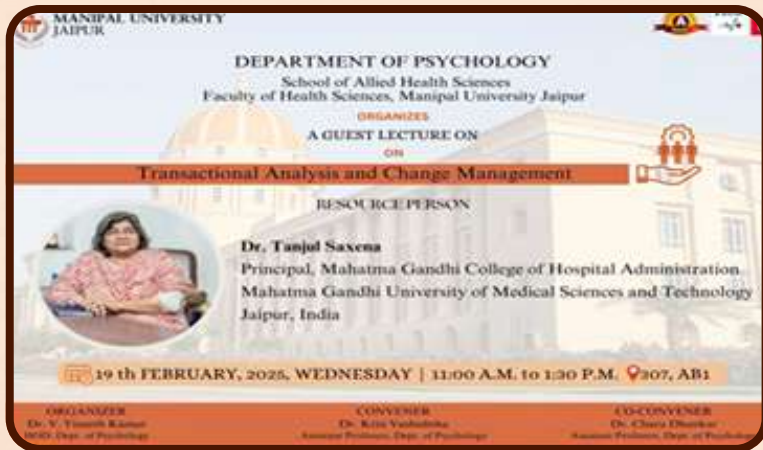
A Guest Lecture on Neuropsychological Rehabilitation

On February 18, 2025, the Department of Psychology organized a guest lecture on "Neuropsychological Rehabilitation in the Digital Era," featuring Prof. (Dr.) Jamuna Rajeswaran, a renowned clinical psychologist and Head of the Department of Clinical Psychology at the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India.



In this insightful session, Dr. Rajeswaran elaborated on the innovative use of virtual reality, mobile applications, and online platforms to deliver personalized and engaging interventions for individuals with cognitive impairments. Emphasizing the advantages of these technologies, she noted improvements in accessibility, patient engagement, and progress tracking. Dr. Rajeswaran also addressed the challenges and ethical considerations that accompany the integration of technology into rehabilitation practices, offering a balanced and thought-provoking perspective on the future of neuropsychological care in the digital age.

A Session on Transactional Analysis



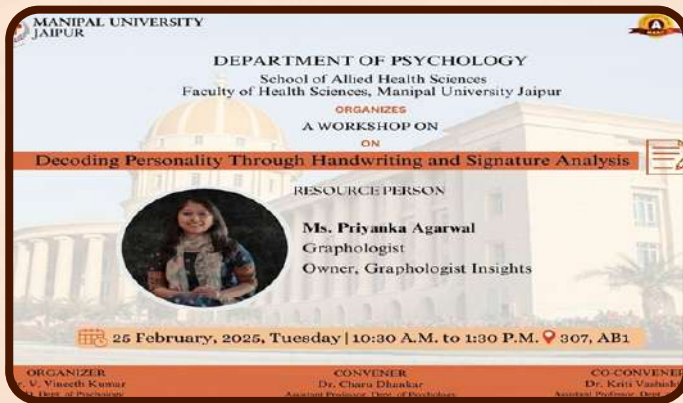
The Department of Psychology organized an engaging session titled “Transactional Analysis and Change Management,” conducted by Dr. Tanjul Saxena, Principal of Mahatma Gandhi College of Hospital Administration at Mahatma Gandhi University of Medical Sciences and Technology, Jaipur. The session took place on 19th February 2025 and provided valuable insights into understanding human interactions and managing change effectively.

A celebrated academician and management consultant, Dr. Saxena, brought over 29 years of experience in teaching, training, and consultancy to the session. The session began with an activity where participants filled a TA Inventory and set aside for later reflection. With clarity and enthusiasm, she traced the historical development of transactional analysis and introduced the core concept of ego states, offering relatable examples



to illustrate the Parent, Adult, and Child states along with their subtypes. Later, she delved into the nuances of parallel and cross transactions, supported by well-chosen video clips that brought the concepts to life. The session progressed to a discussion on strokes - the units of recognition in interpersonal communication - emphasizing their types, significance, and emotional impact. Further on, she elaborated on life scripts, explaining how early experiences and decisions influence behavioral patterns across the lifespan. The session concluded with the scoring and interpretation of the earlier inventory, tying together theoretical knowledge with personal insight. Dr. Saxena’s engaging delivery and structured approach ensured that the session was not only educational but also deeply reflective for all attendees.

Session On Decoding Personality Through Handwriting Analysis



On 25th February 2025, the Department of Psychology at Manipal University Jaipur organized a workshop titled “Decoding Personality through Handwriting and Signature Analysis” in Room 307 AB1, led by Ms. Priyanka Agarwal, a handwriting analysis expert with over 12 years of experience. An alumna of Fergusson College and FORE School of Management, Ms.

Agarwal has conducted workshops at institutions like Google India and Manipal University, using graphology to promote self-awareness.

In this session, she introduced students and faculty to the basics of handwriting and signature analysis, showing how writing styles can reflect personality traits, emotions, and behavior. The workshop was interactive and insightful, offering practical tips and personalized feedback while encouraging participants to explore the psychological aspects of handwriting. The session added a

valuable experiential dimension to the academic learning of psychology students.



A Workshop on Structural Equation Model

The Department of Psychology, Manipal University Jaipur, organized a workshop on 24th March 2025, titled “Unveiling Complex Relationships with Structural Equation Model” in Room 13, Academic Block 3. It was led by Dr. Oum Kumari R, Assistant Professor at Jaipuria Institute of Management.



The session provided a comprehensive mix of theory and hands-on training, highlighting the importance of Structural Equation Modelling (SEM) in behavioral and social sciences. Dr. Kumari explained key SEM concepts such as measurement models, latent variables, path analysis, and model fit indices, while also comparing SEM with traditional methods like regression analysis. Participants gained practical experience using tools like JAMOV and SPSS to build and analyze structural models, and the workshop concluded with an interactive Q&A that encouraged discussion on research applications and methodological challenges.

Faculty Retreat - Department of Psychology



The Department of Psychology, Manipal University Jaipur, hosted its Faculty Retreat on 29th March 2025 at Sarovar Portico, Vaishali Nagar, Jaipur, from 9:00 a.m. to 1:00 p.m. The retreat provided a dedicated space for faculty members to engage in meaningful academic reflection, collaborative dialogue, and strategic planning for the department's future growth and initiatives. Beyond academic discussions, the retreat featured engaging team-building activities aimed at strengthening interpersonal bonds and fostering a spirit of collaboration within the department. The thoughtfully curated agenda created a refreshing and stimulating environment, allowing faculty to align their efforts toward common academic and professional goals.

This initiative not only reinforced a collective vision for the department's trajectory but also energized the team with renewed enthusiasm for enhancing teaching, research, and institutional development.



Growing Stronger: Welcome Aboard!



Dr. Pallavi Ojha has joined as Assistant Professor in the Department of Psychology, School of Allied Health Sciences in February 2025. She has an integrated B.Tech. & M. Tech. degree in Cognitive Neuroscience (Rajasthan University) and Doctorate from Indian Institute of Technology (IIT) Guwahati.



DEPARTMENTAL RESEARCH

RESEARCH IN THE DEPARTMENT

Name of the Author(s)	Title of the Publication	Journal/Book
Indexed Publications (Scopus/Web of Science)		
Dr. Rajnish Kumar Gupta	P300 Event-Related Potential: A Surrogate Marker of Cognitive Dysfunction in Parkinson's Disease Patients with Psychosis.	Annals of Indian Academy of Neurology.
Dr. Prashasti Jain	Impact of Work-Life Balance and Perfectionism on Organisational Role Stress among School Teachers.	European Economic Letters.
Book Chapters		
Dr. Rajnish Kumar Gupta	Cognitive Behavioural Therapy (CBT) and Machine Learning (ML).	Transforming Neuropsychology and Cognitive Psychology With AI and Machine Learning.
Dr. Suyesha Singh and Paridhi Jain	The Neuroethical Nexus of Brain Organoids and AI.	Human-Centric AI in Digital Transformation and Entrepreneurship.
Dr. Charu Dhankar, Dr. Kriti Vashishtha and Others	Mindfulness, Meditation, and Immune Regulation.	Research Methodologies and Practical Applications in Psychoneuroimmunology.



STUDENT CONTRIBUTIONS

YOUNGER

I was going through the pages,
When it decided to jump out.
And my heart breaking a hundred cages,
I was at once feeling ready to shout.

Faintly colored, square-shaped,
Such was the picture covered in earth.
A smile inevitably on my face draped,
My fingertips brushed off the dirt.

There lay on the table an old token,
Memories lay open, innocence reborn.
It healed my heart, which was somewhat broken,
The divinity of that picture had no lines drawn.

It showed a child of three,
Whose innocence, unbeknownst to men.
The twinkle of her eyes set me free,
From those bondages that bound me since eleven.

"Where'd that charm go,
When did you lose touch?
What made you grow?"
Questions from that child were such.

I was both touched and torn,
For the golden played in my eyes.
While the heart in a corner mourned,
Mourned for it was engulfed in lies.

Somehow, my heart's still grieving,
For how the world did mold
The naive little child to some other being.
One who is dark, corrupt, and old.

The child grew old,
And that innocence is dead.
Even my heart melts that was once cold,
Oh, I wish I grew younger instead!

-Taiba Shams, MSc in Clinical Psychology, 1st Year.

TOO LATE
.....

I feel it's too late for me.
I cannot - what I want to be.
Every day, someone accomplishes something I see
And that makes me feel that it's too late for me.

I cry about the lack of time.
As if I am not barely 20.
Yet it seems it's too late for me.

The earning point -
Those 10 thousand views seem so far-
Like reaching for burnt stars.

I see people accomplishing feats.
so writers like me -
cling to their seats.

Yet there is so much about me I-
need you to know.
Seems futile - going slow.

I am worried if my pieces are worth any money.
But then, in print, are books like Milk and Honey.

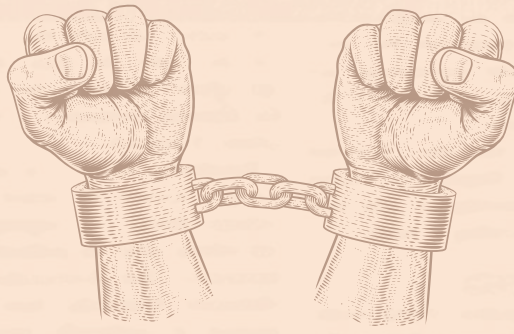
Not a shot at the author -
Or the people who feed them.
It's a shot at me.

It's a shot at me,
pretending to be Kafkaesque.
When I am some Dostoevsky.
Saying he's trying to be free,
But all he does is sulk and be lonely,
In his tree.
Scared -

That the world outside someday might shake me.
That criticism and laughter might break me.

Hence maybe,
Rupi somewhere -
Might just be,
Better than me.

-Yashvardhan Sharma, MSc in Clinical Psychology, 1st Year.



EXTREMIST

.....

They say she's too intense,
Making her question her being,
But what if they're just shallow and dense,
Who have barely questioned their being?
If only she could be unobservant,
Then perhaps, she could fit in?
If only she could silence her mind,
Then perhaps, she could be "IT"?
What's the IT anyway, if she already
believes she is her ideal self?
Is she too unmotivated, or perhaps
arrogant?
Or is she too comfortable, or does she
know exactly what she wants?
This or that, whatever it is,
An extremist is never the happiest.

**Khadija Ahmed, MSc in Clinical Psychology,
1st Year.**

OCEAN BLACK

In a world chasing the light,
I feel I was not meant to fit.

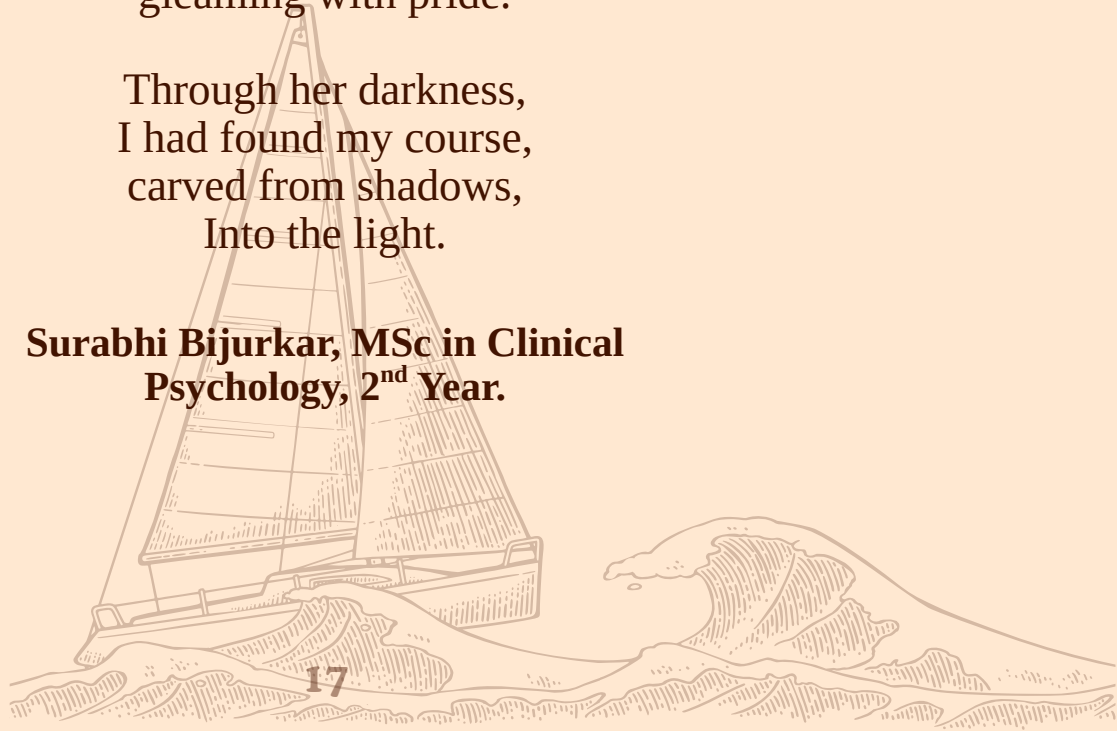
As others clung to their merry boats,
escaping the deep dark waves,
weaving tales of destruction
and unknown space,
I heard an echo, a whisper -
to sail the ocean black
and move with her untamed tides.

Diving deep within,
To places no one dared to see,
To understand her rage,
And mend her hidden pain
Unveiling sunken treasures
Beneath her restless bed.

And as she lifted me
above her soaring waves,
once a child now turned wise,
I saw her gushing,
gleaming with pride.

Through her darkness,
I had found my course,
carved from shadows,
Into the light.

**Surabhi Bijurkar, MSc in Clinical
Psychology, 2nd Year.**





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