



MANIPAL UNIVERSITY  
JAIPUR



# NEWSLETTER

DEPARTMENT OF PSYCHOLOGY

April 2024-December 2024, Vol. 1, Issue 2



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# MESSAGE FROM EDITORIAL DESK

*Dear Readers,*

*We are thrilled to present Volume 1, Issue 2 of the departmental newsletter before you. This encapsulates the events and happenings in the Department of Psychology last semester. The snapshot of the achievements and activities ranges from academics and research to the extracurricular participation of the students and faculty members.*

*We are pleased that enthusiastic and creative student editors have compiled and designed this issue. They have worked collaboratively and creatively to bring out this current issue. The student contributions also represent the literary creative talents of psychology students.*

*Happy reading!*

*Editorial Team*





**MANIPAL UNIVERSITY  
JAIPUR**

## **DEPARTMENT OF PSYCHOLOGY**

### **VISION**

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

### **MISSION**

- **Maintain high standards for academics and research.**
- **Foster curiosity, empathy, cultural awareness, and sensitivity in students.**
- **To create a mentorship model for helping students to become competent professionals with a passion for lifelong learning and good human values.**

# Industry Expert Lecture - Avenues in Forensic Psychology



On April 9, 2024, the Department of Psychology held an interactive session titled "Avenues in Forensic Psychology" in the Dr. TMA Pai Auditorium. Mr. Vishnu Mathur, the former Director of the Rajasthan State Forensic Science Laboratory, served as the session's resource person. The distinguished resource person is a pioneer in serology and DNA fingerprinting in India. Mr. Mathur effectively highlighted the varied applications of forensic psychology, emphasizing its broad significance across multiple sectors.

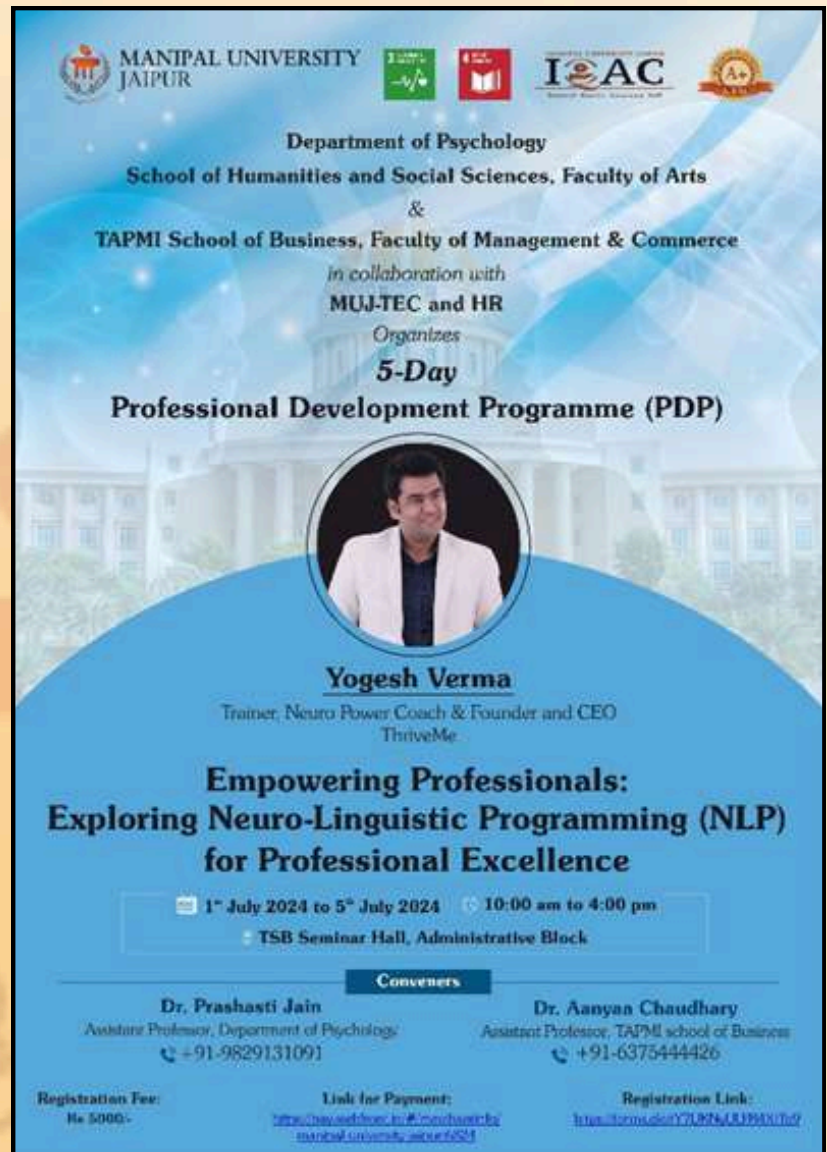
His incisive talk tracked the trip from the analytical depths of crime scenes to the deliberative arenas of courtrooms, providing students with a comprehensive view of how forensic psychology acts as a bridge to justice. He highlighted numerous interesting live cases that provided insight into the work of a forensic scientist.






# Five-Day Professional Development Program

A Five-Day Professional Development Program (PDP) was effectively organized by the Department of Psychology, in collaboration with MUJ-TEC & HR and TAPMI School of Business, Faculty of Management & Commerce, at the TSB Seminar Hall from July 1 to July 5, 2024. Trainer, neuropower coach, and CEO of Thrive Me, Mr. Yogesh Verma, was the leader of this intensive program. The sessions were intended to broaden professional perspectives by exploring the transformative potential of Neuro-Linguistic Programming (NLP). Through an in-depth comprehension of thought patterns, emotional responses, and behavioral tendencies, participants investigated methods for improving self-awareness. By applying NLP techniques, participants were able to acquire valuable insights into their personal and professional development, which enabled them to bring about meaningful change in their respective domains.



MANIPAL UNIVERSITY  
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Department of Psychology  
School of Humanities and Social Sciences, Faculty of Arts  
&  
TAPMI School of Business, Faculty of Management & Commerce  
in collaboration with  
MUJ-TEC and HR  
Organizes  
**5-Day**  
**Professional Development Programme (PDP)**

  
**Yogesh Verma**  
Trainer, Neuro Power Coach & Founder and CEO  
ThriveMe

**Empowering Professionals:  
Exploring Neuro-Linguistic Programming (NLP)  
for Professional Excellence**

1<sup>st</sup> July 2024 to 5<sup>th</sup> July 2024 10:00 am to 4:00 pm  
TSB Seminar Hall, Administrative Block

**Conveners**

**Dr. Prashasti Jain**  
Assistant Professor, Department of Psychology  
☎ +91-9829131091

**Dr. Aanyan Chaudhary**  
Assistant Professor, TAPMI school of Business  
☎ +91-6375444426

Registration Fee: Rs 5000/-  
Link for Payment: <https://payeeindia.in/AanyanChaudhary/manipaluniversityjaipur654>  
Registration Link: <https://forms.gle/YU7Z6A3JPMXN7d7>



# Revive – Suicide Prevention Awareness Campaign



A two-day event was organized by the department in commemoration of World Suicide Prevention Day, to spread awareness about the prevention of suicide.

On September 10, 2024, the Department of Psychology at Manipal University Jaipur hosted the first day of REVIVE in observance of World Suicide Prevention Day, focusing on the theme "Changing the Narrative: #StartTheConversation." The event featured a Signature Campaign, Tattoo Booth, Affirmation Board, Affirmation Card Reading, Snowball Stressbuster Activity, Spin the Wheel, Pop the Balloon, Photo Booth, and a Question Box, all aimed at promoting mental well-being and stress relief. Additionally, a Poster Making and Slogan Making Competition encouraged creative expression on suicide prevention. The event successfully fostered awareness, reduced stigma, and encouraged open discussions on mental health.



# Revive – Suicide Prevention Awareness Campaign



On the 2nd day, September 11, 2024, the Department of Psychology organized an interactive session, Revive: An Interactive Session on Suicide Prevention and Mental Health. The session was conducted by Dr. Jaishree Jain, Senior Clinical Psychologist at SMS Psychiatric Centre, Sawai Man Singh Hospital, Jaipur. The session aimed to cultivate a deeper understanding of suicide prevention among students.

Through insightful discussions and engaging activities, participants explored the far-reaching impact of suicide, the importance of early intervention, and effective preventive measures. Designed as more than just a lecture, Revive encouraged open conversations, equipping students with the knowledge and empathy needed to support those in distress.



# Workshop on Writing a Research Proposal in Social Sciences



On September 20, 2024, the Department of Psychology collaborated with the Directorate of Research to host an interesting and informative session on Writing a Research Proposal in Social Sciences. Prof. (Dr.) Urmila Rani Srivastava led the session, and her knowledge gave students a thorough understanding of how to write research proposals. The workshop focused on key components such as framing research questions, developing proposals, and refining methodology, providing participants with practical insights into the research process. With a heavy emphasis on clarity and academic rigor, the session gave students the confidence to create well-structured proposals. The session provided participants with a better understanding of the complexities of research writing, making it an important milestone in their academic career. The Q&A session cleared up many concerns and questions for young students who were interested in conducting research in their own area of specialization.



# Gender Sensitization and Awareness Workshop



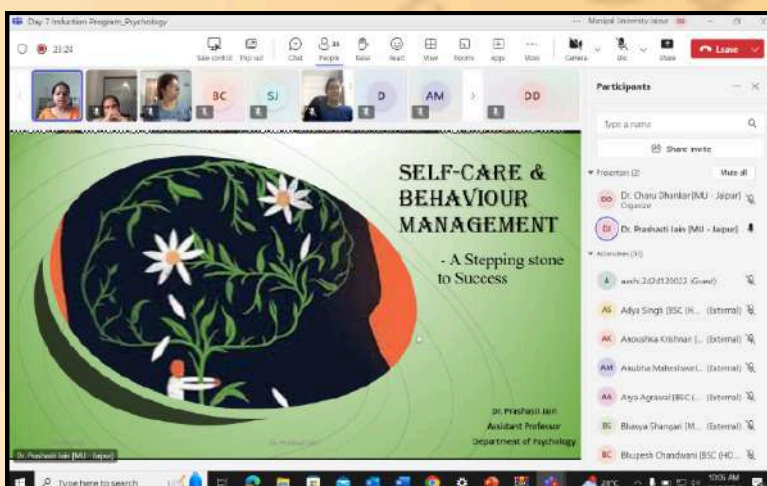
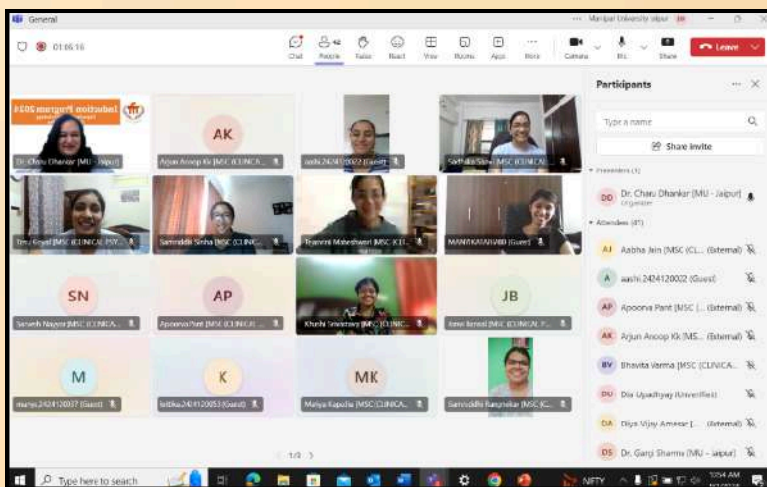
The Department of Psychology, in collaboration with DSW-MUJ, organized a Gender Sensitization and Awareness Workshop on campus, fostering discussions on inclusivity, equality, and social change. The workshop featured distinguished speakers from the Rajasthan University Women's Association (RUWA), including Dr. Shashi Lata Puri (President, RUWA) and Dr. Beena Agarwal (Vice President, RUWA). Their insightful guest lectures delved into the complexities of gender dynamics, challenging societal norms and encouraging participants to advocate for gender equality in both personal and professional spheres. Designed as an interactive and engaging platform, the workshop facilitated meaningful discussions among students, faculty, and staff. It emphasized the importance of creating a supportive community that respects diverse identities and experiences. By equipping participants with a deeper understanding of gender issues, the session aimed to inspire proactive efforts toward a more inclusive and equitable society.



# Induction Program for First-Year Psychology Students

A comprehensive one-week Induction Program for incoming students was effectively conducted by the Department of Psychology from September 2-11, 2024. An introduction to the department and its members was given at the outset of the event, and subsequent lectures and breakout sessions were held. Topics covered included groundbreaking experiments in the field of psychology, research into the science of happiness, the effects of childhood trauma on long-term health, and new methods in the field of behavioral science. Also, pupils got helpful pointers for succeeding at college in sessions on self-awareness, communication, and time management. Students gained a greater understanding of psychology's different applications through discussions regarding AI and psychology, as well as job opportunities in the field. A talent exhibition and feedback sessions were two of the program's engaging activities that brought students together and fostered a stronger feeling of community.

A special session on- 'Adaptation to the new academic environment, led by Ms. Vidita Ranawat, (Counsellor-GHS), offered valuable guidance on adjustment and mental well-being in the new phase of college life.





*Research*  
**WORK**

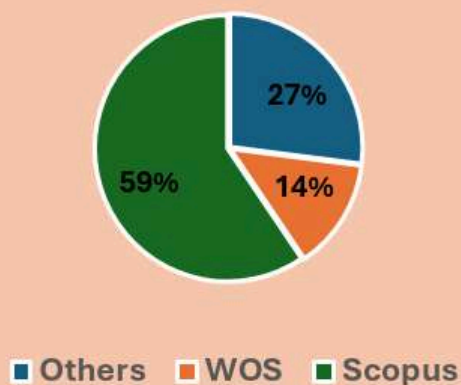


# Research in the Department

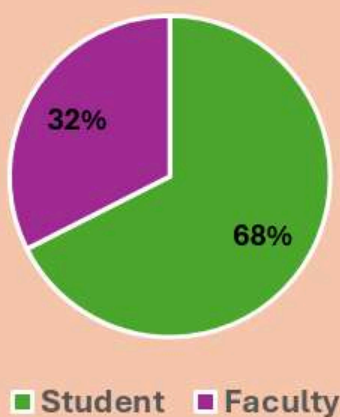
Type of Publication



Indexing



Authorship



### List of Journal Publications

Author Name	Title of publication	Journal
Poonam Garg & Dr.Gargi Sharma	Impact of odd and ADHD on conduct problems among juvenile delinquents	Universal Journal of Public Health
Shivangi Sareen & Dr. Prashasti Jain	The relationship of social media addiction, online impression management and fear of missing out in Indian youth	Indian Journal of Natural Sciences
Dr Prashasti Jain & Shrutika Misra	Manifestation of dreams in anxiety and depressive tendencies	International Journal of Dream Research
Dr Gagan Jain & Dr. Per Carlbring	Revealing the source: how awareness alters perceptions of AI and human generated mental health responses	Internet Interventions
Vaishnavi Nambiar & Dr Suyesha Singh	Upsurging health resilience system in India and European countries: A sociomedical perspective	Indian Journal of Natural Sciences
Dr Suyesha Singh & Vaishnavi Nambiar	Role of artificial intelligence in the prevention of online child sexual abuse: a systematic review of literature	Journal of Applied Security Research
Pooja Bhatia & Dr. Prashasti Jain	Organizational commitment, <del>worklife</del> balance and teachers' effectiveness in school teachers	Journal of Informatics Education and Research
Aiman Quazi & Dr.Geetika Tankha	A study of life satisfaction and personality traits of healthy, overweight, and obese adolescents	Indian Journal of Natural Sciences
Jaya Madan & Dr.Geetika Tankha	Influence of home environment and personal values on the trait emotional intelligence of college students	Indian Journal of Natural Sciences
Dr. Avanika Sinha,Dr S.K.Bhatia,Dr. Gunjan Deolal,et.al.	AI for mental health: innovations in diagnosis and therapy	Journal of Electrical Systems
Dr. Bhavana Arya, Dr. Gargi Sharma, Dr. Meenakshi Joshi, Dr. Himani Sharma, & Payal Mulani	The relationship between sustainability and mindfulness: incorporating mindfulness practices into sustainability	Journal of Informatics Education and Research
Shalini Chaturvedi, & Dr. Prashasti Jain	Impact of fear of negative evaluation, cognitive distortions, social avoidance & distress on social interaction anxiety amongst adolescents	Journal of Informatics Education and Research
Dr Shraddha Tripathi & Dr. Aditya Kumar Shukla	AI-generated misinformation in the election year 2024: Measures of European Union	Frontiers in Political Science
Pallavi Sharma & Dr. Chirmi Acharya	Role of trait mindfulness in adolescents' wellbeing	African Journal Biomedical Research
Dr Gargi Sharma and Dr Veenus Gehlot	Role of <u>faith based</u> organization in achieving UNSDGs.	Journal of Informatics Education and Research
Pallavi Sharma & Dr Chirmi Acharya	The relationship between trait mindfulness, locus of control, and subjective wellbeing in adolescents: the moderating influence of extracurricular activities.	Library Progress International
Dr Bhavana Arya and Janhvi Mishra	Testing the efficacy of exposure to environmentally themed video in fostering pro-environmental intentions	Journal of Human Behavior in the Social Environment
Palak Maheshwari and Dr.Geetika Tankha	A study of intolerance of uncertainty and trauma in <del>ocd</del> patients	Indian Journal of Natural Sciences





# *Student* ACHIEVEMENTS

# Convocation 2024



*DIMPLE KARIYA, PHD. AWARDED*

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*Abhilasha Agarwal, PhD Awarded*

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*Arghawali Jain*

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*Gold Medalist from M.Sc.  
Department*



*SAKSHI MOHAN*

---

*Gold Medalist from B.Sc.  
Department*



*PRANALI GUPTA*

---

*Gold Medalist from B.A  
Department*



## **Star Achiever: Ms. Yashasvi Walia**



The Department of Psychology proudly congratulates Ms. Yashasvi Walia, Ph.D. research scholar, for receiving the Best Paper Award at the National Annual Conference of the School of Behavioural Sciences and Forensic Investigations (2nd CPSICON – 2024). Her award-winning research, titled "Cognitive Conflict and Mental Health: A Comparative Study with Low and High Levels of Depression, Anxiety, and Stress in Young Adults," was recognized for its significant contribution to the field. The prestigious conference was organized by Rashtriya Raksha University, Gujarat, in collaboration with the Clinical Psychology Society of India

## **Star Performer: Palak Narula**

The Department of Psychology proudly congratulates Ms. Palak Narula, a 2nd year Psychology Honours student, for securing the 1st position in the event Nukkad Natak during IIT Roorkee's Annual Cultural Fest- Thomso'24 held at Indian Institute of Technology, Roorkee. Her contribution as a performer in the student club Cinephilia and at IIT Roorkee is deeply valued.



## **Star Performer : Anubha Maheshwari**



The Department of Psychology congratulates Anubha Maheshwari for receiving a certificate of achievement for her outstanding dance performance and remarkable achievement at Fankaar, held on October 16, 2024, at SMT Vasanti Pai Auditorium, Manipal University Jaipur.

# Student Placements

Anushka Nadar  
M.Sc. Clinical Psychology  
Army Public School Ahmedabadd Canttt

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Ashna Agnani  
BA (Hons) Psychology  
Conde Nast (India) Private Limited

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Paridhi Chauhan  
BA (Hons) Psychology  
Goodearth Design Studio Private Limited

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Adrienne Felicia Pinto  
BA (Hons) Psychology  
The Blue Umbrella Skills Center

---

Vaishnavee K. Rathore  
M.Sc. Clinical Psychology  
Shell Consultancy

---

Prathiksha Venkateswaran  
M.Sc. Clinical Psychology  
Beru Early Years

---

Sreelakshmi  
M.Sc. Clinical Psychology  
Accenture India

---

Kashish Parmar  
M.Sc. Clinical Psychology  
Accenture India



# Student Placements

*Arghawali Jain*  
*M.Sc. Clinical Psychology*  
*Tomoclub Innotech LLP*

---

*Abha Dande*  
*M.Sc. Clinical Psychology*  
*Avocation Educational Services Private Limited*

---

*Janhvi Mishra*  
*M.Sc. Clinical Psychology*  
*RNR Emotional Well-being Technologies LLP*

---

*Meghana V Hegde*  
*B.Sc. (Hons) Psychology*  
*Accenture Solutions Private*

---

*Gaurang Khandelwal*  
*M.Sc. Clinical Psychology*  
*O.P. Jindal Global University*

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*Tulsi Ghonshette*  
*M.Sc. Clinical Psychology*  
*Prasanna Autism Centre (PAC)*

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# Higher Studies at Indian Universities

Manasi Sudindra  
MAHE, Karnataka

Sankalp Singh Sankhala.  
MAHE, Karnataka

Kanishka Tyagi  
National Forensic Science University, Gujrat

Minakshi Kanwar  
Kristu Jayanti College, Bengaluru

Simran Bharol  
Rashtriya Raksha University, Gujrat

Vruti Patel  
National Forensic Science University, Gujrat

Aditi Talesra  
Rashtriya Raksha University, Gujrat

Kanishka  
National Forensic Science University, Gujrat

Aparna Ayyagari  
MAHE, Karnataka

Srishti Malhotra  
MAHE, Karnataka

Muskaan Gupta  
Banaras Hindu University, Uttar Pradesh

Sankalp Singh Sankhala  
MAHE, Karnataka

Om Tiwari  
Rashtriya Raksha University, Gujrat

Priyanka Agrahari  
Indira Gandhi National Tribal University

Riya Bhatt  
Punjab University, Chandigarh

Khushi Agarwalla  
MAHE, Karnataka

Antra Rai  
Gautam Buddha University, Uttar Pradesh

Isha Magadh  
Gautam Buddha University Uttar Pradesh



# Higher Studies at Universities Abroad

*Navya Pandey  
Erasmus university rotterdam,  
Netherlands*

*Sushant Pillay  
Anglia Ruskin University  
United Kingdom*

*Anuja pol  
Kingston University  
United Kingdom*

*Aryan Mahto  
La Trobe University, Australia*

*Duhita Saxena  
University of Melbourne, Australia*



# *Student* CONTRIBUTIONS



# AN ODE TO HER

**Poem written in the point of view of a person having anorexia nervosa**

A cry, a plea,  
To no one but me.  
A silent fight,  
For just a bite.  
Each meal a battle,  
Let go off this rattle.

An endless duel,  
Its me who's so cruel.  
Bound by my own rules,  
There's no excuse.  
In my reflection's gaze,  
I'm just a disgrace.

Please break free,  
Don't you see?  
Behind the veil,  
Your skin's pale.  
Your bones that ache,  
Its hunger forsakes!

There's still a faint glow,  
Let some little love grow.  
With gentle hands,  
Let's give it a chance.  
You'll surely find peace,  
From this grip of pain and strife, just release.

Apurva Verma,  
BSc Psychology (Hons), 3rd Year

## **An Art with an Artist**

An art with an artist  
I am an artist,  
And I created an art.  
The art was colourless,  
Because I was an artist.  
The pencil broke,  
Because I was an artist.  
The ink created a mess,  
Because I was an artist.  
I cried and the paper disappeared,  
Because I was an artist.  
I try again with new paper,  
Creating a beautiful mess.  
Because I am an artist.

*Anushka Agrawal  
B.Sc. Psychology Honours*



## When The Id Takes Over

I I stare into the eyes of sin  
It beckons me with a grin  
Malicious is what i term it  
But what if i have truly earned it?  
“you yearned for me” he whispers  
“never for you to destroy me” i scream  
He stands tall  
As a master standing in his ring  
Power....truly magnifiquie  
My legs move to it  
Never by my will  
He stares with pride  
“my greatest creation”is what he says  
I stare back as my eyes turn into a black haze  
“why can’t i quit you?”  
“you made me come to you”  
Three of the devil’s sins  
They rule my mind  
“lust” he blows me a kiss  
“pride” he cocks his head to the side  
Studying me with intrigue  
Greed” he grins, in his eyes, a merciless glint  
They echo together  
“do you remember your wish back when you were nine?”  
I close my eyes  
My breath shuddering  
Feeling their ghost touch  
Grazing my skin  
“for the world to be mine”

*Poem by Jigyasa Bhardwaj, 2nd year B.Sc. Hons. Psychology student*

# **“Patang, Parivaar Aur Ek Auto Wala”**

## **(Kites, Family, and an Auto Driver)**

Returning to my college hostel after winter vacation is always a bittersweet experience. Three weeks of home-cooked meals, cozy naps, and the warm comfort of my hometown had come to an end, and now I was on my way back to hostel life. Since it was still just 4 PM when I arrived at the railway station, I decided to take a bus instead of a cab. But, as expected, the auto drivers had their usual persuasive tactics ready.

"Madam, aaj Makar Sankranti hai, bus service bandh hai! Chalo, cab le lo!"

(Madam, it's Makar Sankranti today, the bus service is off! Come on, take a cab!)

I wasn't convinced. I knew they often said things like this to get customers. Still, I decided that if I didn't find a bus, I'd take a cab. For now, I hopped into a tuk-tuk (auto-rickshaw) heading to Chandpole bus stand. The driver was a man in his 30's. Soon, three more passengers joined—a husband and wife who seemed to be in their mid - 70's and a woman in her 30's, most likely their daughter-in-law. They were getting off before me. The ride was smooth until we reached a bridge, where the auto suddenly came to a screeching halt. Startled, we exchanged confused glances. Before any of us could ask what was happening, the driver jumped out, dashed across the road, and returned triumphantly holding something in his hands.

A kite.

Grinning, he carefully tucked it onto the roof of the auto. That's when we noticed—there were already several kites perched up there! My curiosity piqued, but the introvert in me hesitated to ask. Luckily, the elder woman beside me had no such reservations.

"Umar kuch zyada nahi patang udane ke liye, beta?"

(Aren't you a little too old to be flying kites, son?)

The driver chuckled.

"Arrey chachi, yeh mere liye nahi! Bacchon ke liye ikattha kar raha hoon!"

(Oh, aunty, these aren't for me! I'm collecting them for my kids!)

The elderly man raised an eyebrow.

"Par beta, abhi patang lutane ka kya matlab? Makar Sankranti toh nikal gayi aaj!"

(But son, why are you collecting kites now? Makar Sankranti is over today!)

The driver flashed a wide smile.

"Chacha, aaj nahi toh kal uda lenge! Waise bhi, tyohar sirf ek din ka hi thodi hota hai?"

(Uncle, if not today, we'll fly them tomorrow! After all, who says festivals can only be celebrated on one day?)

The elderly woman chuckled.

"Sahi keh rahe ho beta! Jab parivaar saath ho, toh mamuli din bhi tyohar lagta hai. Aur jab parivaar na ho, toh tyohar bhi sirf mamuli din ban jaata hai."

(You're right, son! When family is together, even an ordinary day feels like a festival. And when they aren't, even festivals feel like just another day.)

The driver nodded enthusiastically and began sharing how he had collected nearly 200 kites over the past three days. Since he rarely got time off, he had worked extra hours to take tomorrow off—just so he could spend it flying kites with his children. A few minutes later, as we neared a residential area, the elderly couple and their daughter-in-law signaled the driver to stop. As they got off, the elderly woman smiled warmly.

"Achha beta, Makar Sankranti ki shubhkamnayein!"

(Alright, son, happy Makar Sankranti!)

The driver beamed, adjusting the kites on the roof before starting the auto again.

"Aapko bhi chachi! Aap sabko Makar Sankranti mubarak ho!"

(Same to you, aunty! Wishing you all a happy Makar Sankranti!)

The woman chuckled, and the elderly man patted the auto's frame in farewell before they walked away. A few minutes later, I finally reached Chandpole bus stand. As I got down, I took one last glance at the auto, now speeding away, the colorful kites fluttering on its roof.

As the bus rumbled forward, I found myself staring out of the window, lost in thought. Over the years, we've celebrated so many festivals with our families. Even after moving away, we make it a point to return home for these occasions. But why? Is it really just because it's a special day, or do we simply long for an excuse to return—to breathe in the familiar air of home, to sit among those who make us feel whole?

Festivals are often marked on calendars, celebrated on fixed dates—but do they truly belong to just one day? Beyond rituals and traditions, why do we feel a deep urge to return home during festive times? Psychology offers an answer: humans are wired for connection.

One of the core principles of positive psychology is that our well-being is closely tied to social bonds. Research shows that shared experiences—be it festive meals, family gatherings, or even simple traditions like flying kites—enhance feelings of belonging and happiness. An auto driver, excited to fly kites with his children, is a perfect example of this. His joy didn't come from an extravagant celebration but from the shared experience with his loved ones.

Studies suggest that emotional connections, not material aspects, shape our most cherished memories. Festivals become meaningful not because of the rituals we follow, but because of the love and warmth we exchange. In a fast-paced world, these moments remind us why we strive—not just for success but for the happiness reflected in the smiles of those who matter.

After all, 'Asli tyohar toh parivaar ke saath hai, tareekh se kya lena!'

(The true festival is with family—what does a date have to do with it?)

*Aditi Jain, 221007058, BSc Psychology (Hons), 3rd Year*



# **The Panopticon Reimagined**

**( Based on the Netflix documentary, "Coded Bias.")**

Gaming is often dismissed as a trivial pursuit, but for millions of players, it's far more than entertainment. The sneaky side effects of gaming, that video-game smashing parents did not anticipate is that mastering the virtual battlefield sharpens your reflexes, where outsmarting opponents in a strategy game boosts your mental agility, and where solving puzzles makes your brain more resilient. Don't take it from me, take it from the results of a study I conducted called The Relationship of Response Time and Inhibitory Control with Genre specific Gaming Expertise in Indian Youth—a demographic deeply entrenched in the gaming revolution. This paper delves into how gaming genres and expertise levels influence two critical cognitive abilities: response time (RT) and inhibitory control (IC), shedding light on the growing link between gameplay and mental prowess.

With over 591 million gamers and a mobile-first gaming ecosystem, India has emerged as a global gaming hub. This shift has fuelled questions about whether gaming impacts cognitive performance and, if so, how different types of games and levels of expertise shape these effects. To address this, I conducted a study comparing 18–23-year-old gamers and non-gamers across various gaming genres: first-person shooters (FPS), strategy games, role-playing games (RPGs), and puzzles. By using the Flanker Task, a widely recognized test in cognitive psychology, participants' ability to react swiftly and block out distractions was measured. These results revealed stirring insights into how the act of gaming rewires our brains.

Much to the dismay of video game condemning parents around India, this established that gamers significantly outperformed non-gamers in both response time and inhibitory control. The gamers averaged a reaction time of 590 ms, compared to 714 ms for non-gamers. Similarly, their inhibitory control, measured by the Flanker Effect, showed a marked advantage, with gamers scoring an average of 112 ms, compared to non-gamers' 129 ms. This means that gamers, particularly those engaging in fast-paced action games like Free Fire and PUBG, process visual and motor information faster and are better at filtering distractions. The constant demand to multitask, anticipate moves, and make split-second decisions likely contributes to these cognitive gains.

However, be warned. Not all games are created equal. Action Games are for agility, puzzles for patience. The research revealed distinct differences between gaming genres and their cognitive impacts. Players of FPS and strategy games—titles that demand quick reflexes and real-time problem-solving—showed the best reaction times and inhibitory control. Their average Flanker Effect score was well ahead of gamers in slower-paced genres like puzzles and RPGs. This difference can be explained by the cognitive demands of each genre.

Action-heavy games often present dynamic environments, forcing players to react to stimuli instantly. Strategy games, while slightly slower, require planning and adaptability, keeping players mentally alert. Meanwhile, puzzle and RPG games emphasize long-term problem solving over rapid decision-making, leading to slower response times and less emphasis on inhibitory control.

Another seemingly obvious finding was that the level of gaming expertise also plays a role. Regression analyses in the study showed that FPS experts were faster than intermediate or casual players, with expertise moderately predicting quicker response times. However, the relationship between expertise and inhibitory control was less clear. For RPG and puzzle players, expertise didn't significantly impact cognitive performance, highlighting how the genre itself influences outcomes more than skill level.

So, why do action and strategy games lead to such pronounced cognitive benefits? The answer lies in the brain's executive control networks, which govern attention, decision making, and inhibition. Games that bombard players with stimuli activate these networks intensely, training the brain to process and prioritize information rapidly. Studies have shown that gamers often display enhanced activity in the prefrontal cortex (associated with decision making) and the parietal lobes (critical for visual attention). Over time, these neural pathways become more efficient, translating to faster response times and better focus even outside gaming contexts.

The findings confirm that gaming isn't just about crushing levels or bragging rights—it has serious potential beyond entertainment. If dodging virtual grenades and outsmarting opponents can boost mental agility and focus, why not harness that for real-world benefits? Schools could use FPS-style games to train students to stay sharp under pressure—because who wouldn't want to ace exams with the reflexes of a Call of Duty champion? Action games could be tailored for individuals with attention disorders, turning all that high-octane intensity into a tool for improving inhibitory control (finally, a reason to tell kids with ADHD to "keep playing!").

Strategy games might become the secret weapon for older adults, helping them keep their wits as sharp as their chess game while maintaining cognitive flexibility and memory.

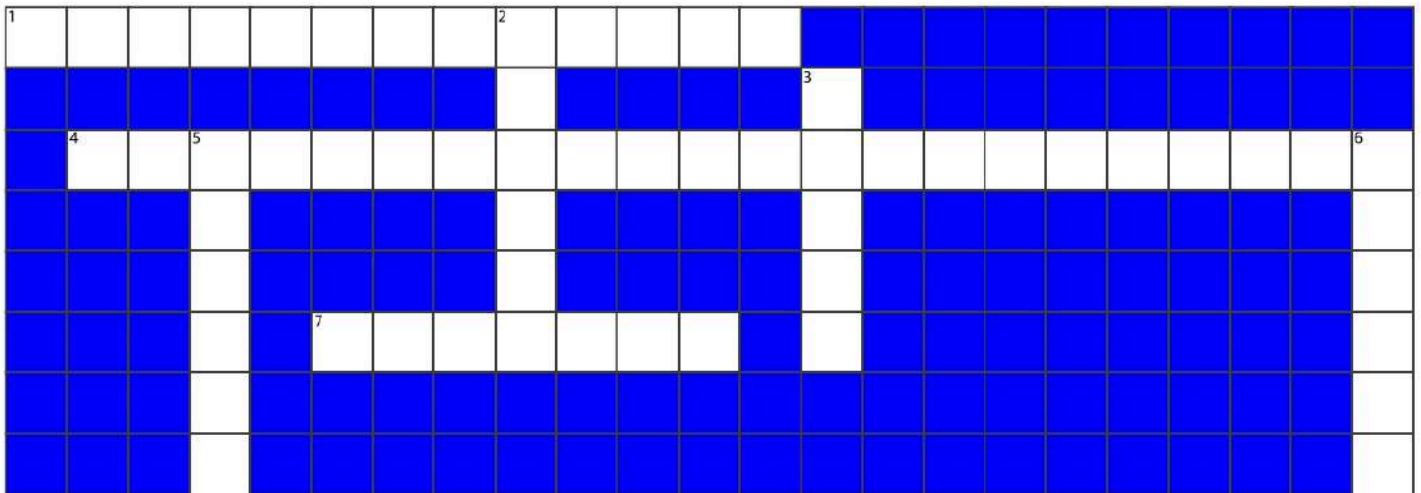
From classrooms to therapy rooms, gaming could be the unlikely hero of mental fitness.

However, this potential depends on thoughtful game design and moderation, as excessive gaming can lead to negative consequences like addiction or social withdrawal. While the results are promising, the study acknowledges its limitations. Long-term studies are needed to determine whether gaming directly enhances cognition or simply attracts individuals with better baseline abilities.

Gaming is no longer just about entertainment; it's a laboratory for cognitive enhancement. This study highlights how Indian youth, armed with their mobile devices and a love for digital adventure, are inadvertently training their brains to be faster and more focused. The next time you pick up a controller or swipe through a game, remember: you're not just playing—you're growing. By understanding and harnessing the cognitive power of gaming, we could unlock new possibilities in education, therapy, and beyond, turning pixels into tools for progress.

*Vaishnavi Nehal Mehta, 221103025, BSc Hons Psychology, 3rd Year*

## Crossword on Jung Analytical Psychology



### across

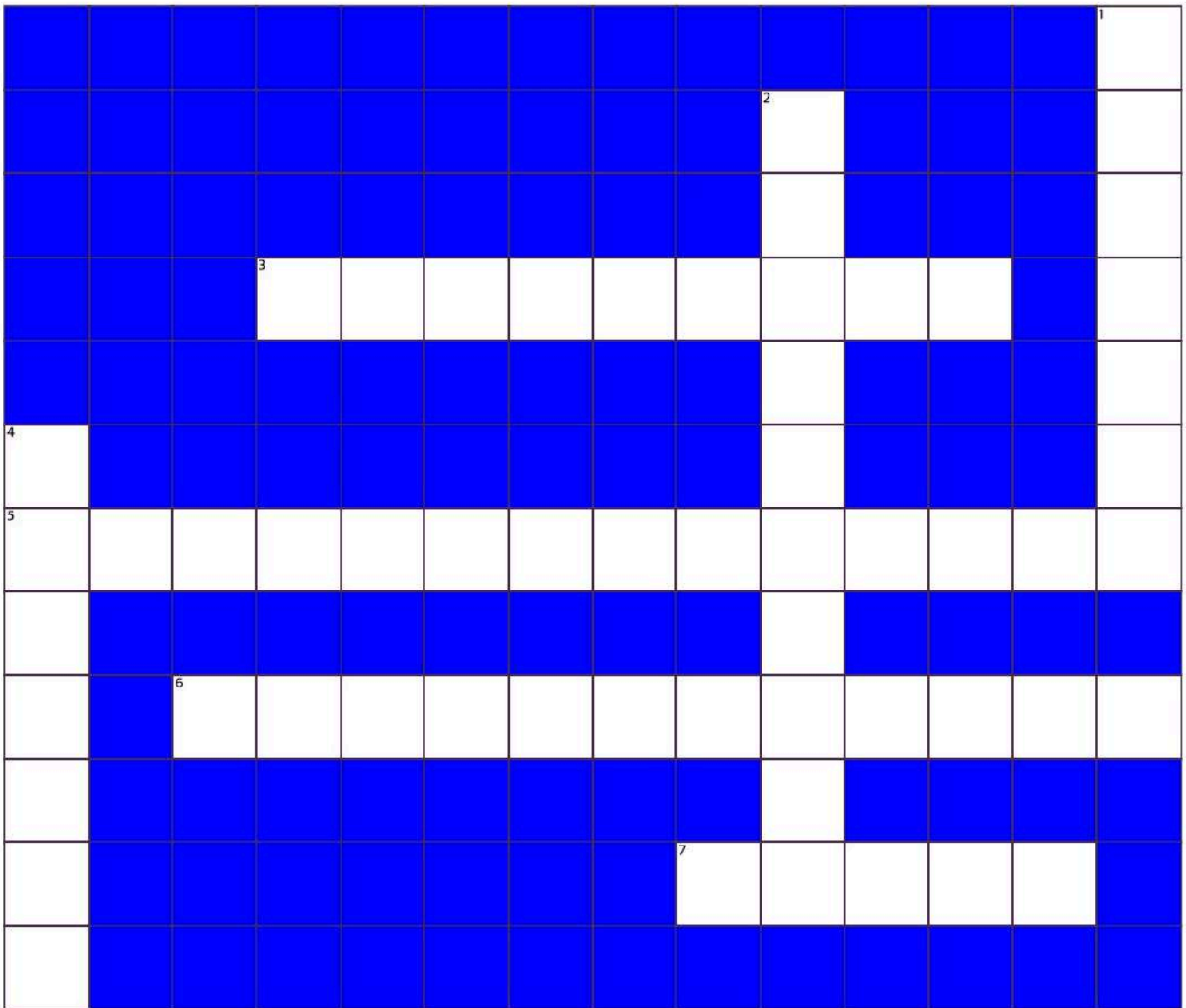
- 1 The drive toward self-realization and integration of different aspects of the psyche.
- 4 The universal, inherited part of the unconscious shared by all humans.
- 7 The part of the psyche that represents a person's social mask or the identity they present to the world.

### down

- 2 the masculine aspect of the female psyche
- 3 The feminine aspect of the male psyche.
- 5 The creative, spiritual energy within the psyche that drives personal growth.
- 6 Jung's concept for the hidden, unconscious part of the personality, consisting of repressed weaknesses and desires.



# Existential Psychology Crossword



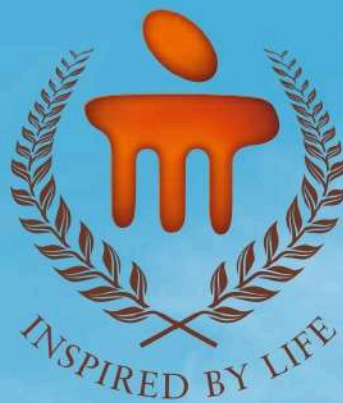
## across

- 3** The belief that individuals are alone in an indifferent universe.
- 5** The idea that humans must create their own meaning, as proposed by Jean-Paul Sartre
- 6** A state of being true to oneself, emphasized in existential psychology.
- 7** The existentialist term for anxiety that arises from confronting the reality of death.

## down

- 1** A fundamental concept in existential psychology that refers to the ability to make choices and shape one's own life
- 2** A common feeling of detachment, often discussed in existential literature
- 4** The fear of meaninglessness and the struggle to find purpose

Answers: freedom; Angst; Despair; Existentialism; Authenticity; Alienation; Absurdity



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