



PSYCHLETTER

DEPARTMENT OF PSYCHOLOGY

VOLUME 3, ISSUE 1

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MESSAGE FROM THE EDITORIAL DESK

To the dreamers, the thinkers, the believers and everyone trying to figure out what makes humans tick:

Welcome to the 3rd edition, issue 1 of the PSYCHLETTER.

Let's be honest – at its core, psychology isn't just about textbooks or theories. It's about us – the weird, messy, beautiful stories we live out every day; the questions that keep us up at night; and those sudden "aha!" moments that make everything click. And to honour those moments, we wanted this edition to feel less like a corporate report and more like a time capsule of those moments.

As we stare down the barrel of a brand-new academic year, we are looking back at the quiet magic we have witnessed over the last few months. We have crammed a lot this term – from guest speakers who made us pause and think to workshops, field trips, and student-led ideas that started as a "what if?" over coffee.

This newsletter isn't just a list of events. It's a giant appreciative high-five to the students, faculty and behind-the-scenes heroes who give this department its heartbeat. We'd also like to dedicate a special note of gratitude to our graduating seniors, especially Aabha, Taiba, and Khadija, whose constant guidance, encouragement, and support helped shape this edition. As they step into a new chapter, we thank them for everything they've brought to our department and wish them the very best for the future.

We hope these pages give you a reason to pause, a bit of inspiration to keep exploring and maybe a reminder that you are part of a pretty spectacular community. Thanks for walking this path with us. We had a blast putting this together, and we really hope you have one reading it.

*Stay curious,
The Editorial Team*

PSYCHLETTER

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.



DEPARTMENT EVENTS

DEPARTMENT EVENTS

A Workshop on: Data analytics using SPSS and Amos

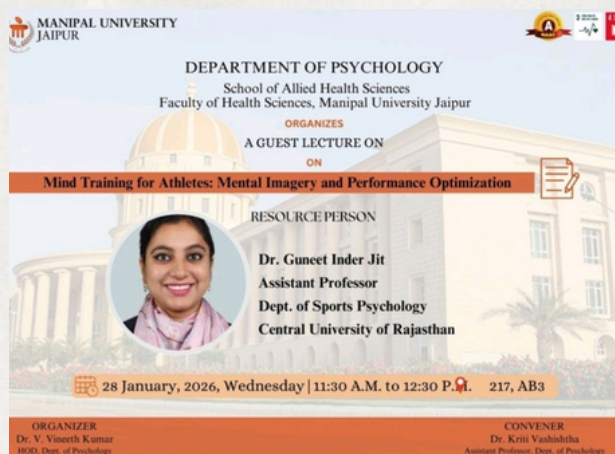


28 - 29 January 2026 | Jaipur

The Department of Psychology organised a two-day hands-on workshop on "Data Analytics using SPSS and AMOS" on 28th and 29th January 2026. It was organised for students of BA/BSc (Hons.) Psychology, MSc Clinical Psychology, and doctoral research scholars. The sessions were led by Dr Dhaval Maheta, a professor at Veer Narmad South Gujarat University and an experienced researcher known for his contributions to statistical training and research methodology. Through hands-on activities, participants learned data screening, correlation analysis, regression analysis, and structural equation modeling (SEM), strengthening their research and analytical skills. Students appreciated the workshop's practical approach, particularly the clear explanations of complex concepts and the extensive hands-on training, making it a highly enriching learning experience.

DEPARTMENT EVENTS

Mind training for Atheletes: Mental Imagery and Performance Optimization



28 January 2026 | Jaipur

The Department of Psychology hosted a guest lecture on "Mind Training for Athletes: Mental Imagery and Performance Optimisation" on 28th January 2026 for B.A. and B.Sc. Psychology students. It was delivered by Dr Guneet Inder Jit, an expert in sports psychology from the Central University of Rajasthan. Through interactive activities, case discussions, and practical demonstrations, students explored the role of mental imagery, visualisation, and psychological skills in enhancing performance and managing stress. The session highlighted the growing relevance of sports psychology and its applications beyond athletics and everyday settings. Students actively participated throughout the lecture and appreciated the engaging, activity-based approach that brought theoretical concepts to life.



DEPARTMENT EVENTS

A Workshop on Neuropsychological Assessment Techniques



13 February 2026 | Jaipur

How do psychologists peer inside the brain without a surgical scalpel or a multi-million-dollar imaging machine? They look closely at the precise intersection of motor coordination and visual perception. On February 13, 2026, the Department of Psychology hosted Dr Sankul Sethia from The IIS University, Jaipur, for a postgraduate masterclass on "Neuropsychological Assessment." The interactive session focused on the Bender-Gestalt Test, a diagnostic tool used to evaluate visual-motor maturity and detect organic brain damage. Students paired up to experience live administration, taking turns as clinician and subject to replicate geometric figures. Dr Sethia guided the class through scoring and interpretation, demonstrating how distortions, rotations, and physical pauses reveal critical diagnostic data. The session emphasised that evaluation relies heavily on sharp, objective observation.

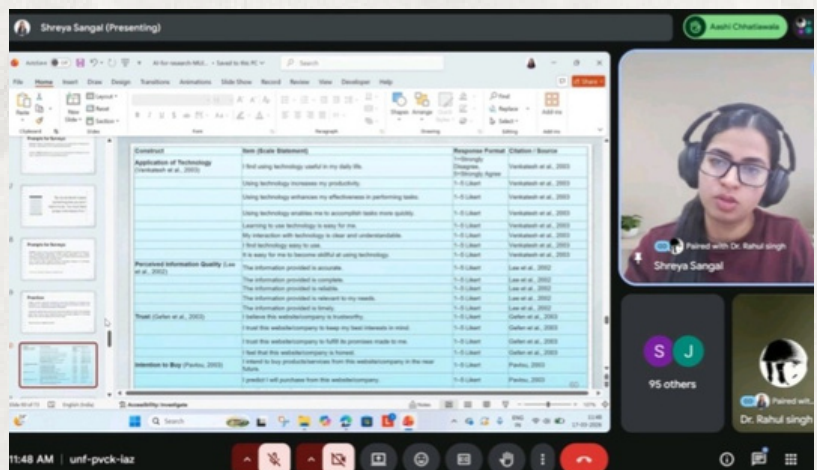
DEPARTMENT EVENTS

A Workshop on Integrating AI in Education and Research



17 march 2026 | Jaipur

Artificial intelligence is rapidly transforming from a novel tech curiosity into a foundational fixture of modern academia. On March 17, 2026, Dr Shreya Sangal reframed 'AI as an interactive research co-pilot' during a Department of Psychology workshop. Designed to strip the mystery from generative tech, the session showed scholars how to automate heavy lifting, especially literature mapping and citation management, without offloading their own critical thinking. The core challenge? Guarding against algorithmic bias. Rather than blindly trusting machine outputs, researchers were urged to interrogate them. Aligning with Sustainable Development Goal 4 (Quality Education), the workshop proved that future-proofing academia isn't about avoiding AI but mastering it.



DEPARTMENT EVENTS

A Workshop on Advancing Clinical Psychology Training through Experiential Learning



MANIPAL UNIVERSITY
JAIPUR

Department of Psychology
School of Allied Health Sciences
Faculty of Health Sciences

Organizes
**Workshop On
Rorschach Inkblot Test**

Resource Person
Ms. Mehak Mathur
Clinical Psychologist
(RCI Licensed)
MGMCH, Jaipur

Date: 23rd March 2023
Time: 10:00 am to 5:00 pm
Venue: Room no. 218, 3 AB

Organizer
Dr. V Vineeth Kumar
HOD
Department of Psychology

Conveners
Dr. Ruchi Joshi & Dr. Shraddha Tripathi
Assistant Professor
Department of Psychology

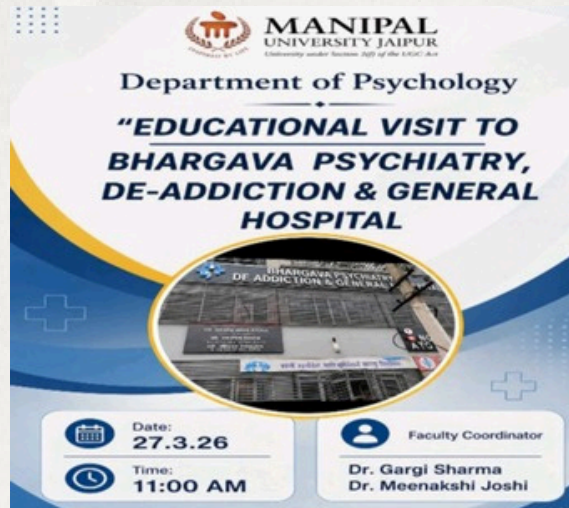


23 March 2026 | Jaipur

The Department of Psychology organised an industry lecture and workshop on the "Rorschach Inkblot Test" on 23rd March 2026 for M.Sc. Clinical Psychology final-year students. Conducted by Ms Mehak Mathur, Clinical Psychologist at Mahatma Gandhi Medical College and Hospital, the session provided hands-on training in the administration, scoring, and interpretation of the Rorschach test. Through discussions, case examples, and supervised practice, participants gained practical exposure to projective assessment techniques, ethical considerations, and clinical applications. The workshop successfully bridged the gap between theoretical knowledge and real-world psychological assessment, enhancing students' diagnostic competence, critical thinking, and readiness for professional practice. Aligned with SDG 3 (Good Health and Well-being), the event contributed to strengthening future mental health professionals' capacity to deliver evidence-based psychological care.

DEPARTMENT EVENTS

Educational visit to Bhargava psychiatry, De-addiction & General hospital



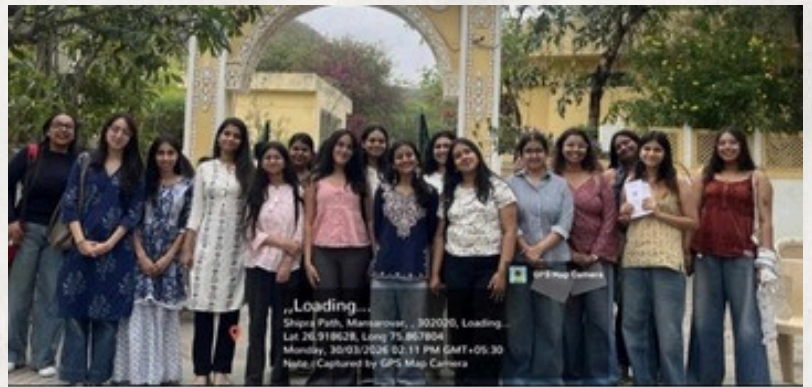
27 March 2026 | Jaipur

The Department of Psychology organised an educational visit for 25 MSc Clinical Psychology students to “Bhargava Psychiatry De-addiction & General Hospital” in Jaipur. The visit offered first-hand exposure to psychiatric care, patient assessment, case history taking, and rehabilitation services. Students interacted with professionals, observed clinical practices, and gained insights into real-world mental health interventions. A key highlight was the de-addiction centre, where experts explained case formulation and therapeutic approaches, helping students connect classroom learning with clinical application.



DEPARTMENT EVENTS

Mindfulness in Practice: Educational Visit to the Vipassana Centre



30 March 2026 | Jaipur

The Department of Psychology organised an educational visit to the “Dhammathali Vipassana Centre” on 30th March 2026 for B.A. (Hons.) and B.Sc. (Hons.) Psychology Semester IV students as part of the Psychological Interventions course. The visit provided students with experiential exposure to Vipassana meditation and its psychological foundations, emphasising mindfulness, self-awareness, emotional regulation, and distress tolerance. Through interactions with facilitators and observation of the centre’s disciplined and contemplative environment, students gained valuable insights into the role of meditation in promoting mental well-being and stress reduction. The experience enabled participants to connect theoretical concepts with real-world applications, fostering personal reflection, deeper understanding of therapeutic practices, and appreciation of the relationship between environment and psychological functioning.

DEPARTMENT EVENTS

Decoding Anxiety: A Workshop on Recognition, Prevention, and Coping

MANIPAL UNIVERSITY
JAIPUR
FACULTY OF HEALTH SCIENCES
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY
In collaboration with
ROTARACT CLUB, MUJ
Presents
WORKSHOP
ON
DECODING ANXIETY: RECOGNITION, PREVENTION, AND COPING STRATEGIES

Resource Person:
Ms. Aastha Dhingra
Clinical Psychologist,
Director and Co-founder - ADETC Pvt. Ltd.

Date: 27th March 2026
Time : 10:00 am to 1:00 pm
Venue: Smt. Vasanti Pai Auditorium, AB 3

Organizers:
Prof. V. Vineeth Kumar
HoD, Psychology
Rotaract Club MUJ

Conveners:
• Dr. Prashasti Jain, Assistant Professor, Psychology
• Harshit Attri, Professional Development Director,
Rotaract Club, MUJ

Co-Conveners:
• Amber Kaur & Shreyansh Yadav
Members- Senior working Team,
Rotaract Club, MUJ

30 March 2026 | Jaipur

The Department of Psychology, in collaboration with the Rotaract Club, Manipal University Jaipur, organised an insightful workshop titled "Decoding Anxiety: Recognition, Prevention, and Coping Strategies" to promote mental health awareness and well-being among students. The session was facilitated by Dr Aastha Dhingra, a distinguished clinical psychologist, director, and co-founder of ADETC Pvt. Ltd., who shared valuable insights into understanding anxiety, identifying its early warning signs, and adopting effective coping mechanisms. Through an engaging blend of psychoeducation, interactive discussions, and practical activities, participants gained a deeper understanding of the impact of anxiety on daily life and learned evidence-based strategies for stress management and emotional resilience. The workshop also emphasised the importance of seeking timely support and fostering open conversations around mental health, helping to reduce stigma within the student community. The event witnessed enthusiastic participation from students across the university and served as a meaningful step toward encouraging a healthier, more supportive campus environment.



DEPARTMENT EVENTS

Advances in Forensic Psychology: Assessment of Offenders and Principles of Criminal Profiling

MANIPAL UNIVERSITY
JAIPUR
University under Section 22 of the UGC Act

FACULTY OF HEALTH SCIENCES
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY

Presents
WORKSHOP
ON

ADVANCES IN FORENSIC PSYCHOLOGY: ASSESSMENT OF OFFENDERS AND PRINCIPLES OF CRIMINAL PROFILING

Resource Person:
Ms. Pooja Tomar
Forensic Psychologist,
Empanelled psychologist, District
Legal Services Authority (DLSA)
& Delhi Juvenile Justice Boards



Date: 6th April 2026
Time : 10:00 am to 1:00 pm
Venue: Room No. 104, LHC

Organizer
Prof. V. Vineeth Kumar
HoD, Psychology

Convener
Dr. Prashasti Jain
Assistant Professor, Psychology

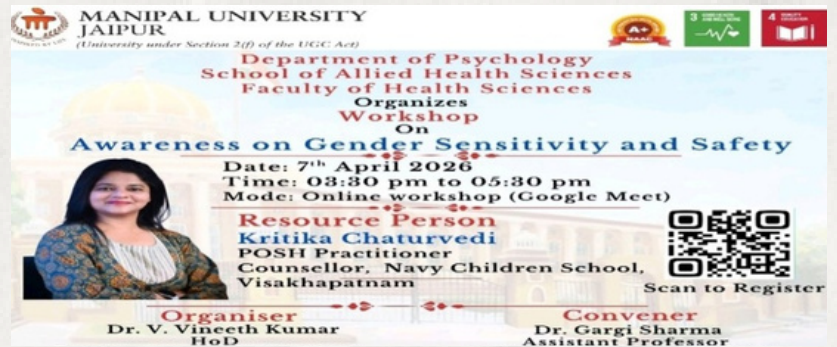


6 April 2026 | Jaipur

The Department of Psychology organised a workshop on "Advances in Forensic Psychology: Assessment of Offenders and Principles of Criminal Profiling" on 6th April 2026. The session was conducted by Mrs Pooja Tomar, an experienced forensic psychologist and empanelled psychologist with DLSA, Panchkula, and the Delhi Juvenile Justice Board. Drawing on her extensive professional experience, she provided practical insights into offender assessment, criminal profiling, ethical considerations, and case-based applications. Through interactive discussions and real-life case studies, participants gained a deeper understanding of offender behaviour and the role of forensic psychology in crime prevention, rehabilitation, and the justice system. The workshop enhanced students' analytical thinking, practical knowledge, and awareness of career opportunities in forensic psychology.

DEPARTMENT EVENTS

A Workshop on Awareness on Gender Sensitivity and Safety



7 April 2026 | Jaipur

True psychological and physical safety on a university campus does not happen by accident; it requires actively challenging the status quo. On April 7, 2026, the Department of Psychology organised an online workshop, "Awareness on Gender Sensitivity and Safety," for second-year undergraduate students. Facilitated by POSH and POCSO consultant Ms Kritika Chaturvedi, the session aimed to dismantle internal gender stereotypes that fuel casual discrimination. Using real-life scenarios, students learned to distinguish between acceptable social interactions and inappropriate conduct, gaining an ethical framework to counter the bystander effect. The workshop also detailed university legal provisions and grievance redressal avenues. Aligning with SDG 3, the initiative treated psychological safety as essential for academic growth, fostering a campus built on accountability and mutual respect.



DEPARTMENT EVENTS

Welcoming Tomorrow, Celebrating Yesterday



8 April 2026 | Jaipur

The Department of Psychology came together to celebrate both the Fresher's Welcome and Farewell, marking a memorable occasion that honoured new beginnings while cherishing lasting memories. The event provided an opportunity for students across batches to connect through cultural performances, interactive games, and heartfelt moments of appreciation. Freshers were warmly welcomed into the department, while the graduating batch was celebrated for their achievements, friendships, and contributions to the department's vibrant community. The evening reflected the spirit of togetherness, gratitude, and continuity, reminding everyone that while one chapter comes to a close, another begins with new possibilities and shared aspirations.

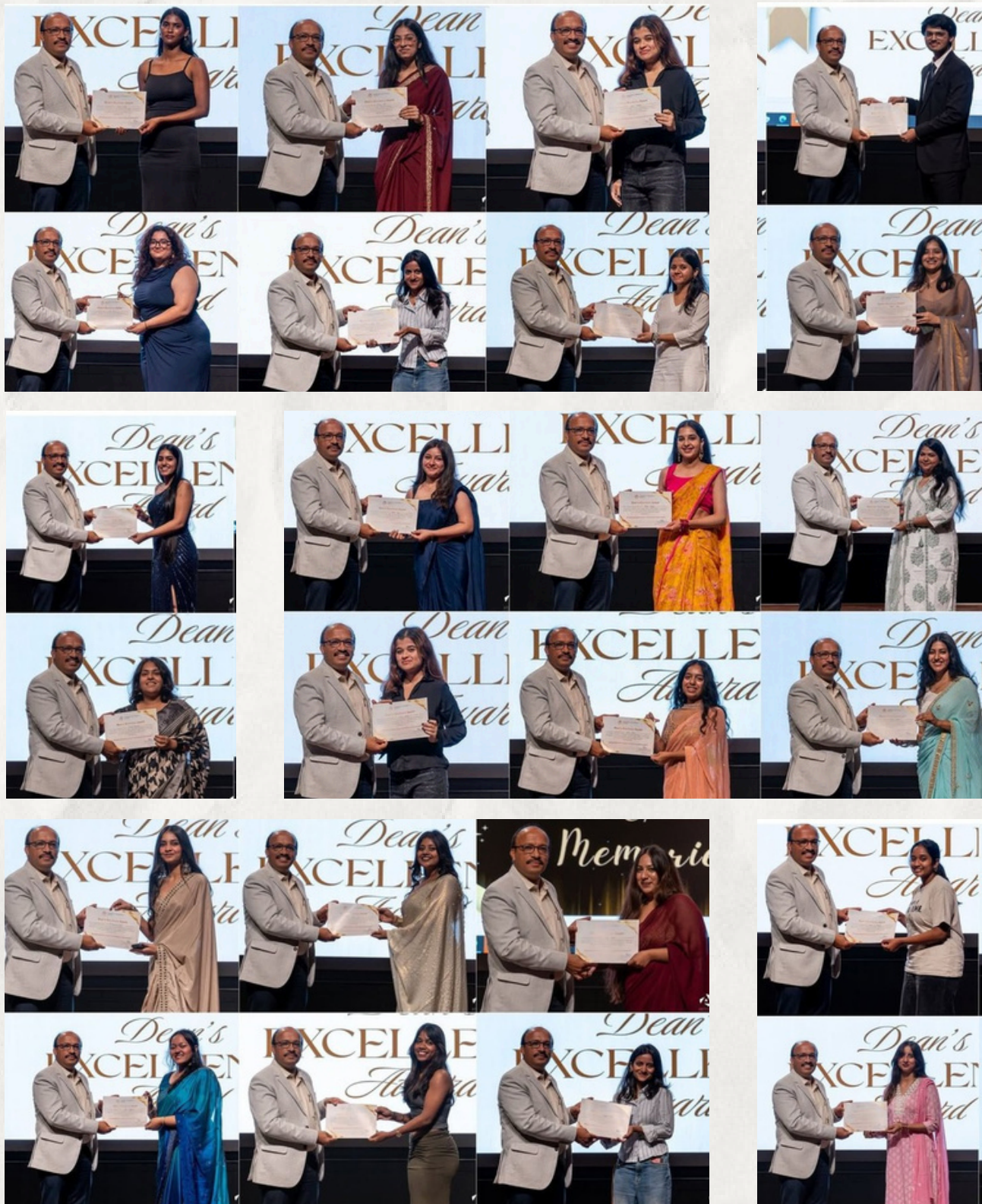
MOSAIC OF MEMORIES



MOSAIC OF MEMORIES



DEAN'S EXCELLENCE AWARDS



DEAN'S EXCELLENCE

The following students were awarded certificates by Dean (I/C - Faculty of Health Sciences), Prof. Karunakar A Kotegar in the following categories:

- Academics
- Research
- Extra-curricular Activities



NAME OF STUDENTS	PROGRAMME	CATEGORY
AARUSHI THORA	B.Sc. (Hons) V Semester	Academics
SAANJHI BHATT	BA (Hons) III Semester	Academics
NAVYA NITASH	B.Sc. (Hons) III Semester	Academics
NITYA SHARMA	BA (Hons) Semester	Academics
ANANNYA SOOD	B.Sc. (Hons) Semester	Academics
KANISHKA PHOGAT	MSc Clinical Psychology III Semester	Academics
AABHA JAIN	MSc Clinical Psychology I Semester	Academics

DEAN'S EXCELLENCE

NAME OF THE STUDENTS	PROGRAMME	CATEGORY
TANVI SHARMA	B.A. (Hons.) III Semester	Academics
JAY SAKSENA	BSc (Hons.) III Semester	Academics
KHUSHI CHOUDHARY	B.A. (Hons.) I Semester	Academics
YASHIKA MALHOTRA	BSc (Hons.) I Semester	Academics
BHAVYA SHANGRI	MSc Clinical Psychology I Semester	Academics
SHAGUN SANJAY KUMAR MOHANTY	B.A. (Hons.) IV Semester	Academics
ANUSHKA JAIN	BSc (Hons.) IV Semester	Academics
SAANJHI BHATT	B.A. (Hons.) II Semester	Academics
NAVYA NITASH	BSc (Hons.) II Semester	Academics
ANUBHA MAHESHWARI	BSc (Hons.) II Semester	Academics
VATSALA DUA	MSc Clinical II Semester	Academics
TANVI SHARMA	BA (Hons.) V Semester	Academics

DEAN'S EXCELLENCE

NAME OF THE STUDENTS	PROGRAMME	CATEGORY
MONILA THAKUR	B.Sc. (Hons) V Semester	Research
JAY SAKSENA	B.Sc. (Hons) V Semester	Research
BHAVYA SHANKARI	MSc Clinical Psychology III Semester	Research
POOJA CHAWLA	BA (Hons.) V Semester	Extra Curricular
HARSIMRAN KAUR	BA (Hons.) V Semester	Extra Curricular
BHAVYA SRI SURAVAJHALA	B.Sc. (Hons) I Semester	Extra Curricular
KAJAL KUMARI	B.Sc. (Hons) I Semester	Extra Curricular
ISHIKA KALRA	MSc Clinical Psychology III Semester	Extra Curricular
VIDITA SACHDEVA	B.Sc. (Hons) V Semester	Extra Curricular
PALAK NARULA	BA (Hons) III Semester	Extra Curricular
HARSIMRAN KAUR	BA (Hons) III Semester	Extra Curricular
PAYAL SINGH	B.Sc. (Hons) I Semester	Extra Curricular

RESEARCH & PUBLICATIONS



Research Excellence at MUJ

The Department of Psychology at Manipal University Jaipur actively promotes a culture of research and academic inquiry. Faculty members and students engage in diverse scholarly activities that contribute to the understanding of contemporary psychological issues. Through research projects, academic discussions, and collaborative initiatives, the department continues to encourage critical thinking, innovation, and evidence-based learning.

Research Highlights

Faculty members contributed to research across various domains of psychology.

Students participated in research-orientated workshops, academic discussions, and scholarly activities.

The department encouraged interdisciplinary learning and evidence-based approaches to psychological research.

Research initiatives focused on addressing contemporary psychological and social challenges through scientific inquiry.

RESEARCH & PUBLICATIONS

Name of the Author(s)	Title of the Publication	Journal/Book
Indexed Publications (Scopus/Web of Science)		
Dr Gargi Sharma	Decolonisation of the higher education metrics: Role of the Commonwealth universities in reframing global rankings and academic partnerships	Round Table Q2(Top 25-49)
Dr Prashasti Jain	Examining negative emotional reactivity and state self-esteem as mediators of the relationship between core self-evaluation and depressive symptoms	Annals of Neurosciences Q3(Top 50-74)
Dr Pallavi Ojha	When sleep doesn't help: The role of naps and cue type in prospective memory retrieval.	Current Psychology Q1(Top 10-24)
Dr Pallavi Ojha	Investigating the role of cognitive load on prospective memory performance across event and mixed cues retrievals	BMC Psychology Q2(Top 25-49)
Dr Samridhi Pareek ,Dr Gagan Jain and Ms. Eliza Patole	Digital companionship: The interplay of conversational AI, loneliness, social anxiety, and quality of life among young adults	Acta Psychologica Q1(Top 10-24)
Dr Rajnish Kumar Gupta, Ms. Yashasvi Walia	A Biopsychosocial Perspective of Cognitive Conflict: Interacting Dimensions and Theoretical Propositions	Acta Psychologica Q1(Top 10-24)
Ms. Ishika Jiswal, Dr Gagan Jain and Dr Samridhi Pareek	Spirituality and Self-efficacy as Predictors of Wellbeing Among Young Adults in India: A Mixed-Method Study	Mental Health, Religion and Culture
Dr Gagan Jain	A Comparative Study of Time Perception in Longterm Meditators and Nonmeditators	Acta Psychologica Q1(Top 10-24)
Book Chapters		
Dr Chirmi Acharya	OTT Platforms: A Framework of Streaming Media	Routledge:Taylor and Francis group
Dr Bhavana Arya	Restorative Benefits of Campus Landscapes in a Semiarid Indian University	Humanities and Social Sciences A Multidisciplinary Approach Routledge:Taylor and Francis group

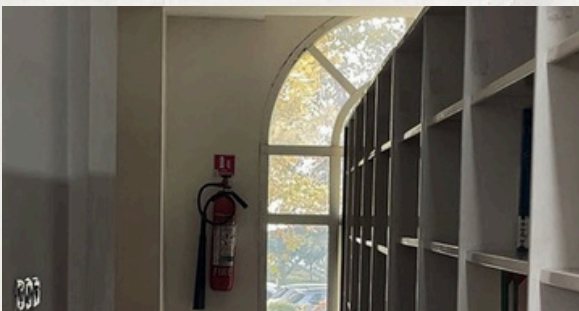
STUDENT ACHIEVEMENTS

Celebrating Student Excellence

Students of the Department of Psychology continued to demonstrate outstanding academic performance during the semester. Through dedication, consistent effort, and active participation in departmental activities, students achieved excellence in various academic and co-curricular pursuits, reflecting the department's commitment to holistic development.



Department students actively participated in workshops, seminars, research discussions, and community engagement initiatives. Their enthusiasm, leadership qualities and collaborative spirit contribute significantly to creating a vibrant academic environment within the department.



ACHIEVEMENT HIGHLIGHTS

- Active participation in academic and departmental events.
- Engagement in research-oriented learning activities and workshops.
- Contribution to student-led initiatives and collaborative projects.
- Demonstration of leadership, teamwork, and professional development skills.
- Continued commitment to academic excellence and personal growth.

STUDENT ACHIEVEMENTS

NAME	PROGRAM	ACHIEVEMENTS
AMISHA GURUNG	M.Sc. Clinical Psychology	2nd Position in Poster Making Competition.
ISHIKA KALRA	M.Sc. Clinical Psychology	Best Stage Play (Group) – 1st Prize at BITS Pilani Oasis, 3rd Prize at IIT Kanpur Antaragni, Best Actor Special Mention (Individual).
ISHIKA BAHETI	M.Sc. Clinical Psychology	Best Business Model Award, Scholarship, Event Revive (Department of Psychology)
CICILY LYONA P. S.	M.Sc. Clinical Psychology	• Obtained 1st Place in Republic Day Poem Writing Competition. • Secured the Smt. Vasanti Pai Scholarship. • Started the social initiative Patshala under the Department of Psychology and organized an emotional regulation class in October.
SNEHA PATNI	M.Sc. Clinical Psychology	Awarded the Smt. Vasanti R. Pai PG Merit Scholarship/Fellowship for the academic session 2025–26.
MEHAK SHARMA	M.Sc. Clinical Psychology	• First Position in the Sing the Unsung competition organized by DSW, MUJ on 26 January. • Led the establishment of India's first university Bhajan Club at Manipal University Jaipur, as the founding president, promoting spirituality, mindfulness, and holistic well-being on campus.

STUDENT PLACEMENTS

NAME	PROGRAMME	PLACEMENT
AYUSHI PUSHKARNA	M.Sc. Clinical Psychology	Kridaa
JAHNAVI RAJESH SHAHANI	M.Sc. Clinical Psychology	Net Ambit
KHUSHI RANDHIR NASHINE	M.Sc. Clinical Psychology	Datta Meghe Institute
AVANTIKA MANOJ NARNAWARE	M.Sc. Clinical Psychology	Datta Meghe Institute
RIA VARGHESE	M.Sc. Clinical Psychology	Insighte Childcare Private Limited
TANISHKA KUMAR	M.Sc. Clinical Psychology	Neuroverse
DEVIKA YADAV	B.Sc. (Hons) Psychology	Alpa Zeal
NITYA WADHWA	B.Sc. (Hons) Psychology	LCB Tech
KOMAL YOGESH SHAH	BA (Hons) Psychology	UnClub Experiences LLP
VANSHIKA AGARWAL	BA (Hons) Psychology	Arclight
AMITHI BASNOTRA	BA (Hons) Psychology	X Shore
CHAVI KHANDELWAL	BA (Hons) Psychology	Gloss Decor

HIGHER EDUCATION



NAME	UNIVERSITY/INSTITUTION
URVI JAYANT THAKARE	University College London
MANYA NARAIN WADHWANI	Middlesex University, Dubai
ANANYA MEHTA	University of Sheffield
APARNA MEHTA	University of Leeds
ADVIA RIZA	University of Exeter
JACQUELINE PRIYANKA PINTO	Deakin University, Australia
SIMRAN TRIPATHI	Trinity College Dublin
VAISHANAVI NEHAL MEHTA	Vrije University Amsterdam
JANAKNANDINI SINGH	Amity University Noida
SHREYA BHARDWAJ	Thapar University
PULKIT VASNANI	Amity University Noida
SHRIYA BAJAJ	Apex University Jaipur
EKTA	SIRTAR, ROHTAK

HIGHER EDUCATION



NAME	UNIVERSITY/INSTITUTION
NAMBIAR NAVYASHREE PAVITHRAN	JSS Academy of Higher Education and Research, Mysuru
JUHI KHANDELWAL	Mahatma Jyotirao Phule University, Jaipur
SWASTI RAWAT	Suresh Gyan Vihar University, Jaipur
KRITI JOSHI	Amity University Noida
HARSHITA SHARMA	NIFT, New Delhi
ANUSHKA JAIN	St. Xavier's, Mumbai
VIPIN	IIT Guwahati
SRISHTI SAXENA	SGT University
ADITI PANIGRAHI	Christ University, Bangalore
SAI HARINAKSHI	CMR University, Bangalore
MAYANK KUMAR	Shoolini University, Solan
MOHIT VASHISTH	Mangalmaya Institute of Management and Technology, Noida
VISHRUTI VERMA	Amity University Noida

HIGHER EDUCATION



NAME	UNIVERSITY/INSTITUTION
CHERYL ANN JONATHAN	NIMS, Jaipur
AYUSHI MITTAL	UPES University of Tomorrow
ARSHI JAIN	CT University
DISHITA GUPTA	IIPR, Bangalore
DRISHTI GEHLOT	MIT Pune
ARUNIMA DAS	Amity University Noida
SANA DHEBAR	IIPR, Bangalore
APURVA VERMA	Christ University, Bangalore
DHANUSHRI YADAV	University of Rajasthan, Jaipur
TWINKLE GOPAL KHATWA	Christ University, Delhi
AKANSHA VARYANI	Christ University, Bangalore
AKANKSHYA SAHOO	IIPR, Bangalore
NANDINI SEHGAL	Amity University Noida

HIGHER EDUCATION



NAME	UNIVERSITY/INSTITUTION
ADITI JAIN	NFSU
MOHAK GUPTA	Amity University Noida
ALOK KUMAR	Sharda University
SWASTI GAUR	IIS University, Jaipur
YASHASWI MERTIYA	SS Subodh PG College, Jaipur
ABHISHEK KUMAR SINGH	Shoolini University, Solan
VIMANSH BADWAL	Christ University, Bangalore
BHUMIKA PANDEY	NFSU, Gandhinagar
DIVYA LAVANIA	Christ University, Delhi
PREETIKA SHARMA	Christ University, Delhi
AARSHEYEE POUDYAL	NFSU, Gandhinagar
AARUL SEHGAL	Chitkara University, Chandigarh
PURVI PANSARI	Christ University, Bangalore

HIGHER EDUCATION



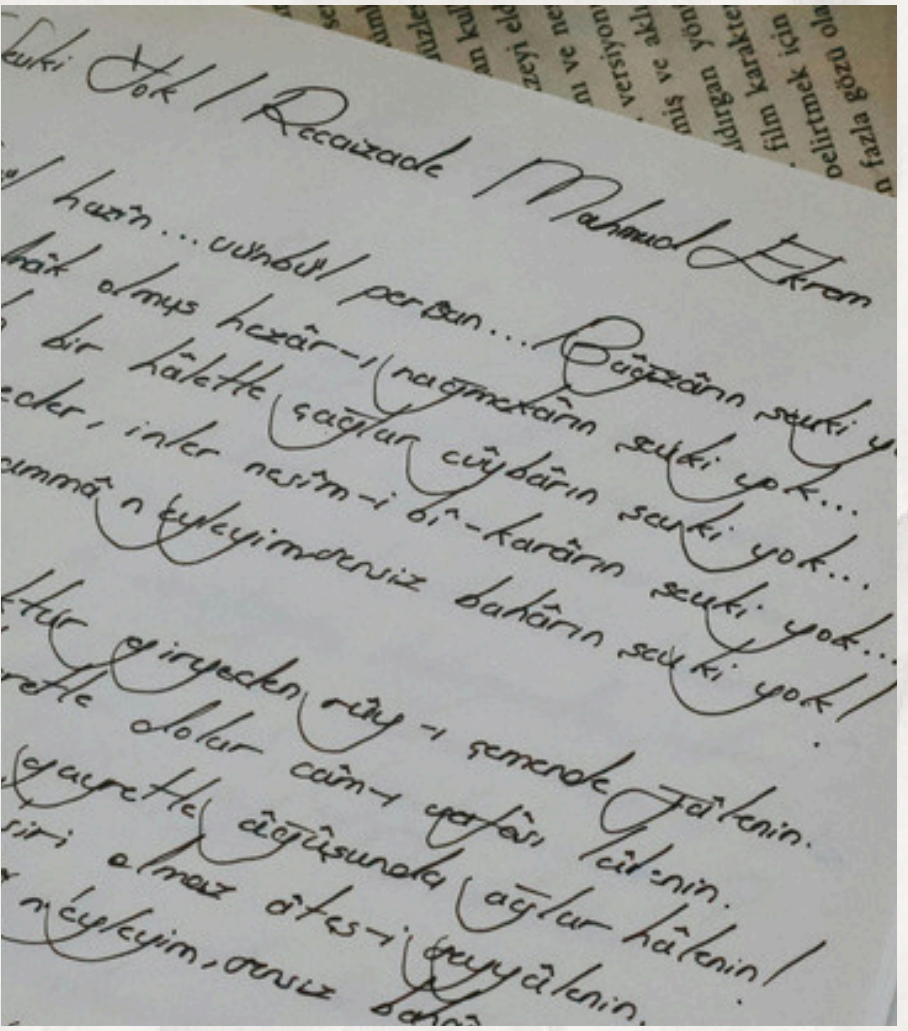
NAME	UNIVERSITY/INSTITUTION
KRITIKA BORO	Amity University Noida
ADITI SINGH	O P Jindal University
KARISHMA BISHT	Amity University, Noida
AARNA TIWARI	Christ University, Delhi
SAANVI GUPTA	Asian Business School
KUSHAGRI AGARWAL	Amity University ,Noida
SHIKHA WADHWANI	Christ University, Bangalore
TANISHA UPADHYAY	NMIMS, Mumbai
GAUTHAM KRISHNA G	IGNOU
KASHISH CHOUDHARY	MAHE
AYANA TAKSHAK	Christ University, Bangalore
SNEHAL JHANWAR	Amity University, Noida
HARSHITA DADHICH	IIS University, Jaipur

HIGHER EDUCATION



NAME	UNIVERSITY/INSTITUTION
KRIKA	Amity University Noida
NEHA CHOUDHARY	IIHMR, Jaipur
NIHARIKA PARIHAR	Jain University, Bangalore
ANKITA DAS	Christ University, Bangalore
OJASVI RATURI	NFSU, Gandhinagar
RUBAINA NAGPAL	Christ University, Delhi
CHAITALI PATIL	MIT Pune
VAGISHA KUMAR	MAHE
PALLAVI DUBEY	IIS University, Jaipur
TANISHA GUPTA	Amity University Noida
RIYA DHANOPIA	MAHE
T VINNILA SHRINIVAS RAO	MAHE

STUDENT CONTRIBUTIONS



Trapped by Thoughts (OCD)

-Anagha Nair (M.Sc. Clinical Psychology)



Downright Disquietude

-Naboneeta Mandal (M.Sc. Clinical Psychology)

A momentary slip of mind,
Leading to an array of visions, entangled in
slithering passion and pain,
The raw envisions of ridiculously sweet moments
with the torments of an everlasting agony,
The sinful dread that followed as the aftermath of
events.

The very essence of being, diabolically thoughtful
of every similar incident.

That what was not explained were just actions in
madness.

The isolation leading to a distant peace in a world
which has no one to see.

To an ever-growing feeling of something amiss that
can't be named.

What they say as an enjoyable tranquillity is a gush
of age-old quests in alliance to form a morbid
storm.

With every passing day, the one becoming a distant
memory, a sweet torture of bitter essence.

In an incandescent glow of shallow love that I
refrained from comprehending, Living underneath
the shadow of the shades they painted me in
An age-old ruse that fell apart in an awakened
state of overwhelming emotions.

Thereafter named, the misunderstood maniac.

If It's Not Yes, It's a No

-Bhavya Sri Suravajhala (B.Sc (hons) psychology)

We are constantly told that we should learn how to say "NO".

Set boundaries.

Stand up for yourself.

Do not be afraid.

And so on.

But no one really teaches us what "NO" actually means or, more importantly, HOW TO RESPOND WHEN WE HEAR IT.

Because the truth is, OR the problem is not just that people struggle to say NO. It is that people do not know HOW TO ACCEPT IT.

Somewhere along the way, "NO" stopped being a complete sentence.

It became a suggestion.

A hesitation.

Something to question, challenge or ignore.

People do not just struggle to accept "NO";
they often DO NOT EVEN HEAR IT.

Someone says NO, and the conversation continues.

Someone says 'STOP', and the action does not stop.

It goes on as if the word were never spoken.

"Are you sure?"

"Just once."

"Come on, it is not a big deal."

We disguise pressure as persuasion.

We label insistence as encouragement.

But when someone has already said NO, continuing is not motivation;
it is a REFUSAL to respect their boundary.

A "NO" is not an invitation for debate. It is not a puzzle to solve. It is
not a "YES" waiting to be uncovered.

It is a decision.

And "STOP" is even clearer.
'Stop' is not a suggestion.
It is not a delay.
It is not something to be ignored until it becomes louder.

It is PERIOD.

When someone says stop, you must stop.
Not after one more attempt.
Not after one more sentence.
Not when you feel convinced.

JUST THERE.
RIGHT THEN.

Because ignoring a "NO" or a "STOP" is not persistence; it is disrespect.
It sends a message that the other person's comfort, their choice and their
voice matter less than your intention.

And that is where the REAL PROBLEM lies.

We have been taught to push, to insist, to not give up.
We celebrate persistence.
We reward persuasion.

But we are not taught when to STOP.
We are not taught that respect is not shown by how well we convince
someone, but by how quickly we can step back when they decline.

If we truly want a world built on respect, consent, and understanding, then
we need to change what we value.

Not just the courage to say no, but the discipline to accept it.
No explanations.
No guilt.
No pressure.

Just listening.
Just understanding.
Just stopping.

Because "NO" is not negotiable.
And it never was.

Untended

- Aditi Mishra (B.Sc. (hons) Psychology)

I ran so fast into the noise of new streets
that I forgot the silence of the kitchen,
where the kettle's whistle was a language
only my mother and I spoke.

I traded lullabies for deadlines,
warm hands for cold doorknobs,
thinking the world would cradle me
with the same patience as home.

But the city is a furnace:
it eats breath,
scorches skin,
leaves bones humming with fatigue.

And when the blaze of days burns me hollow,
I remember the shade I once ignored—
the soft lamp of her lap,
the doorway that never asked for excuses,
the house that waited like an old tree,
rooted only for me.

Now distance tastes like ash,
and every ache is a reminder:

I mistook love for permanence,
and only absence teaches
how much it was air
I was always breathing.



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