

PSYCHLETTER

DEPARTMENT OF PSYCHOLOGY

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Message from the Editorial Desk



Dearest Readers,

Welcome to this dynamic edition of the Psychology Department Newsletter—an edition shaped by experiences that moved learning beyond theory and into action. Over the past months, our department engaged in a wide range of academic, experiential, and community-based initiatives that brought psychology to life in meaningful ways.

From immersive field visits that offered exposure to diverse care settings, heritage spaces, and inclusive institutions, to hands-on workshops that strengthened clinical thinking, research skills, and therapeutic competence, each initiative encouraged students to observe, reflect, and apply. Awareness activities extended conversations on mental health to the community, while student-led engagements fostered empathy, social responsibility, and real-world understanding. Interactive sessions with experts further deepened insights into evidence-based practice, ethical decision-making, and inclusive approaches to mental well-being.

Together, these experiences reflect our collective commitment to curiosity, compassion, and competence. As you read through this edition, we invite you to reflect on how learning unfolds when classrooms expand into communities and ideas transform into impact.

Stay reflective, stay engaged.
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.

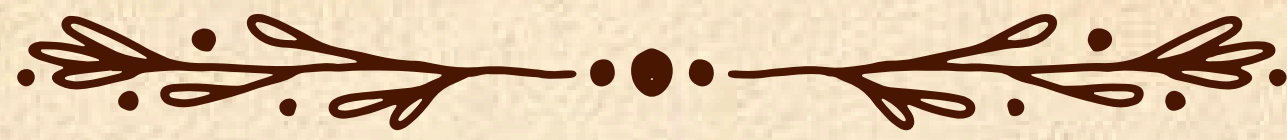
M2 Foster curiosity, empathy, cultural awareness, and sensitivity in students.

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



Department Events

Decode Yourself – A Journey of Self-Exploration Through Psychological Assessments.



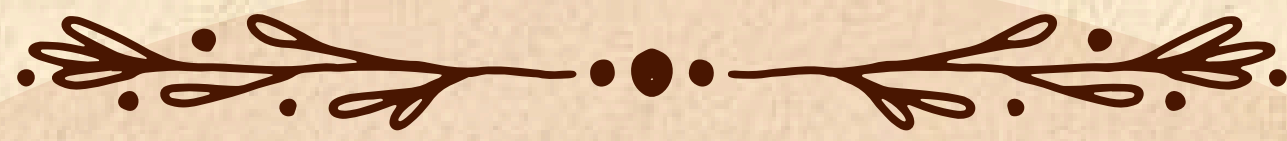
The Department of Psychology, School of Allied Health Sciences, Manipal University Jaipur, in collaboration with the Directorate of Student Welfare, organized a two-day event titled “Decode Yourself: A Journey of Self-Exploration Through Psychological Assessments” on 9th and 10th October 2025 as part of Mental Health Week. The event focused on promoting self-awareness and mental health literacy through hands-on psychological testing.

Students from various disciplines registered and chose any two assessments from stress (DASS-21), emotional intelligence (EQT), intelligence (RSPM), and personality (TAT). The assessments were administered by postgraduate students of Clinical Psychology under faculty supervision. Day one included an introduction to psychological testing, followed by assessment administration, scoring, and individualized feedback. Day two continued with evaluations and one-on-one feedback sessions, helping participants understand their emotional and cognitive functioning.

The event successfully combined self-exploration for participants with practical training for psychology students, fostering awareness, reflection, and openness toward mental well-being.



Mental Health Awareness Campaign Held at Gram Panchayat Dehmi Kalan



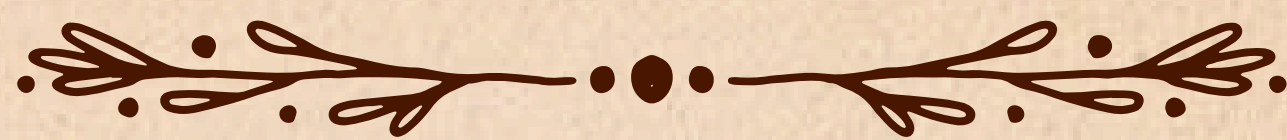
The Department of Psychology, in collaboration with the Department of Media Communication and Fine Arts and 90.8 FM Radio Manipal, conducted a Mental Health Awareness Campaign at Gram Panchayat Dehmi Kalan on 14th October 2025, from 10:00 AM to 1:00 PM. The program was introduced by Dr. Ruchi Joshi and Dr. Shraddha Tripathi, Assistant Professors, who highlighted the need for community-based mental health awareness and early intervention.



The event included interactive addresses by Dr. Apoorv Saxena from Radio Manipal and Mr. Ram Kishen from the 90.8 FM Radio Network, who communicated mental health messages in the local language. Clinical Psychologists Ms. Geetika Bhati and Ms. Siddi Jain from SMS Hospital conducted individual consultation sessions and explained psychological assessments and treatment options. A culturally engaging Nukkad Natak performed by psychology students effectively conveyed the importance of mental well-being. The outreach successfully promoted awareness, community engagement, and practical learning for students.



Field Visit to Jobner Palace

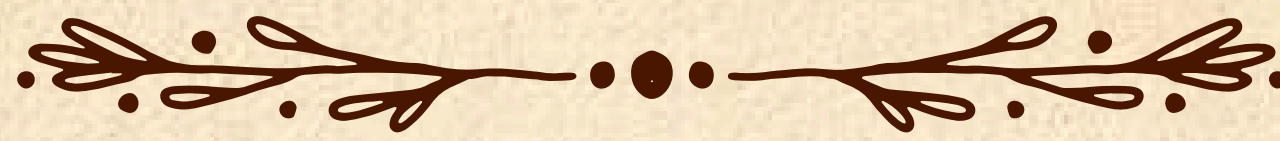


Students from the undergraduate psychology programs of Manipal University Jaipur undertook an educational field visit to Jobner as part of their academic learning in Cultural and Indigenous Psychology. The visit aimed to help students move beyond classroom-based understanding by engaging directly with rural life and community practices. Engaging with the vibrant cultural context of the Jobner region allowed the students to gain lived experiences, enriching their understanding of the interplay between environment, tradition, sustainability, and human behavior, which is an essential part of Cultural and Indigenous Psychology.

The field visit encouraged students to reflect on psychological concepts such as community identity, adaptation, and cultural values through lived experiences. Faculty members guided students in linking observations to theoretical frameworks, fostering critical reflection and contextual understanding. Overall, the visit proved to be a meaningful experiential learning opportunity, enriching students' appreciation of cultural diversity and the role of context in psychological processes.



CBT in Practice: Real-World Application



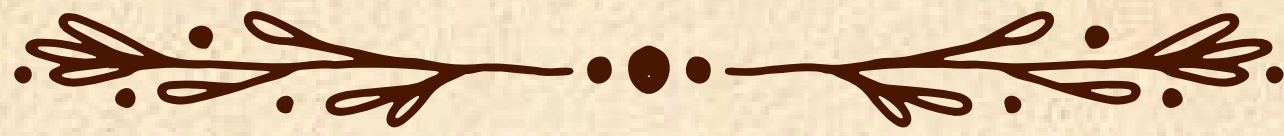
The Department of Psychology, Manipal University Jaipur, organized an online workshop titled “CBT in Practice: Real-world Application” to provide students with practical exposure to therapeutic techniques. The session was conducted by Dr. Susmita Halder, Professor and Dean at St. Xavier’s University, Kolkata, and Secretary of the Asian Cognitive Behavioural Therapy Association.

During the workshop, Dr. Halder engaged students in an interactive discussion on how Cognitive Behaviour Therapy (CBT) is applied in real clinical settings. She explained the use of cognitive restructuring through case-based examples, demonstrating how dysfunctional thoughts are identified and modified during therapy. Emphasis was placed on reflective practice, ethical decision-making, and the therapist’s role in adapting techniques to individual client needs. Students actively participated by asking questions and discussing challenges encountered in applying CBT beyond theoretical learning.

The session successfully deepened students’ understanding of CBT by connecting theory with practice, enhancing their clinical insight and preparedness for future professional work.



Exam Anxiety Awareness Session under Pathshala



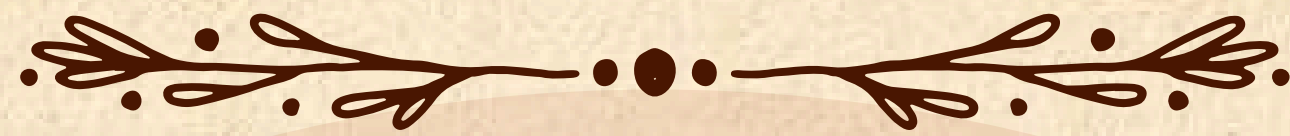
The Department of Psychology, Manipal University Jaipur, through Pathshala, a student-led social initiative, conducted an exam anxiety awareness session on 1st November 2025 at Mahatma Gandhi Government School, Dahmi Kalan. The session was coordinated by Dr. Prashasti Jain, Faculty Coordinator, Department of Psychology, and led by first-year MSc Clinical Psychology students.

The session began with interactive icebreaker activities to help students feel at ease. This was followed by an engaging discussion on exam anxiety, where students were introduced to its symptoms, causes, and common emotional responses, especially in light of rescheduled examinations. Practical coping strategies such as relaxation and stress-management techniques were explained and later practiced through guided activities, enabling experiential learning.

The session concluded with an address by Mr. Hemendra Singh, School Principal, who appreciated the initiative. The team also donated essential school supplies, reinforcing the program's community-focused and supportive approach.



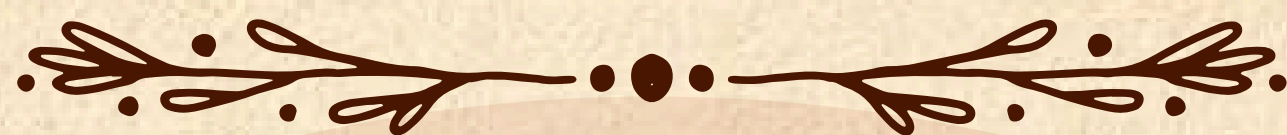
Workshop -Structural Equation Modelling (SEM)



The Department of Psychology, Faculty of Health Sciences, hosted a two-day hands-on workshop on Structural Equation Modelling (SEM) for Ph.D. scholars on 5th and 6th November 2025. Curious about how complex data turns into meaningful research insights? Guided by Dr. Manoj Kumar Dash from IITM Gwalior, participants explored SEM step by step, working directly with AMOS and SmartPLS. From factor analysis to advanced model building, the sessions blended clear explanations with practical exercises. Lively discussions, real datasets, and collaborative learning made the workshop both engaging and impactful for scholars and faculty alike.



Workshop – Bridge to Belongingness



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
Workshop
On
Bridge to Belongingness: A Journey from Isolation to Inclusion


Resource Person
Dr. Sushma Suri
Professor of Psychology
Jamia Millia Islamia, New Delhi

Date: 6th November 2025
Time: 11:00 am to 1:00 pm
Venue: Room No. 218, Academic Block- 03

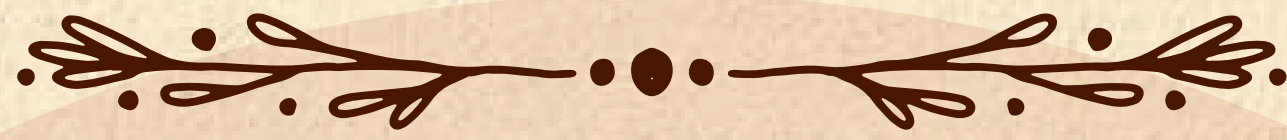
Organizer Dr. V. Vineeth Kumar HoD Department of Psychology	Convener Dr. Geetika Tankha Professor Department of Psychology	Co-convener Dr. Rahul K. Singh Assistant Professor Department of Psychology
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The Department of Psychology organized a thought-provoking workshop titled “Bridge to Belongingness: A Journey from Isolation to Inclusion” on 6th November 2025. Led by Dr. Sushma Suri, Professor of Psychology at Jamia Millia Islamia, the session addressed a question many young people relate to today: How do we stay connected in a fast-paced, lonely world? Drawing from her rich experience in social and health psychology, Dr. Suri shared simple, practical ways to move from isolation toward belonging. Students found the session relatable, reflective, and empowering, leaving with strategies to nurture connection, well-being, and a more positive approach to everyday life.

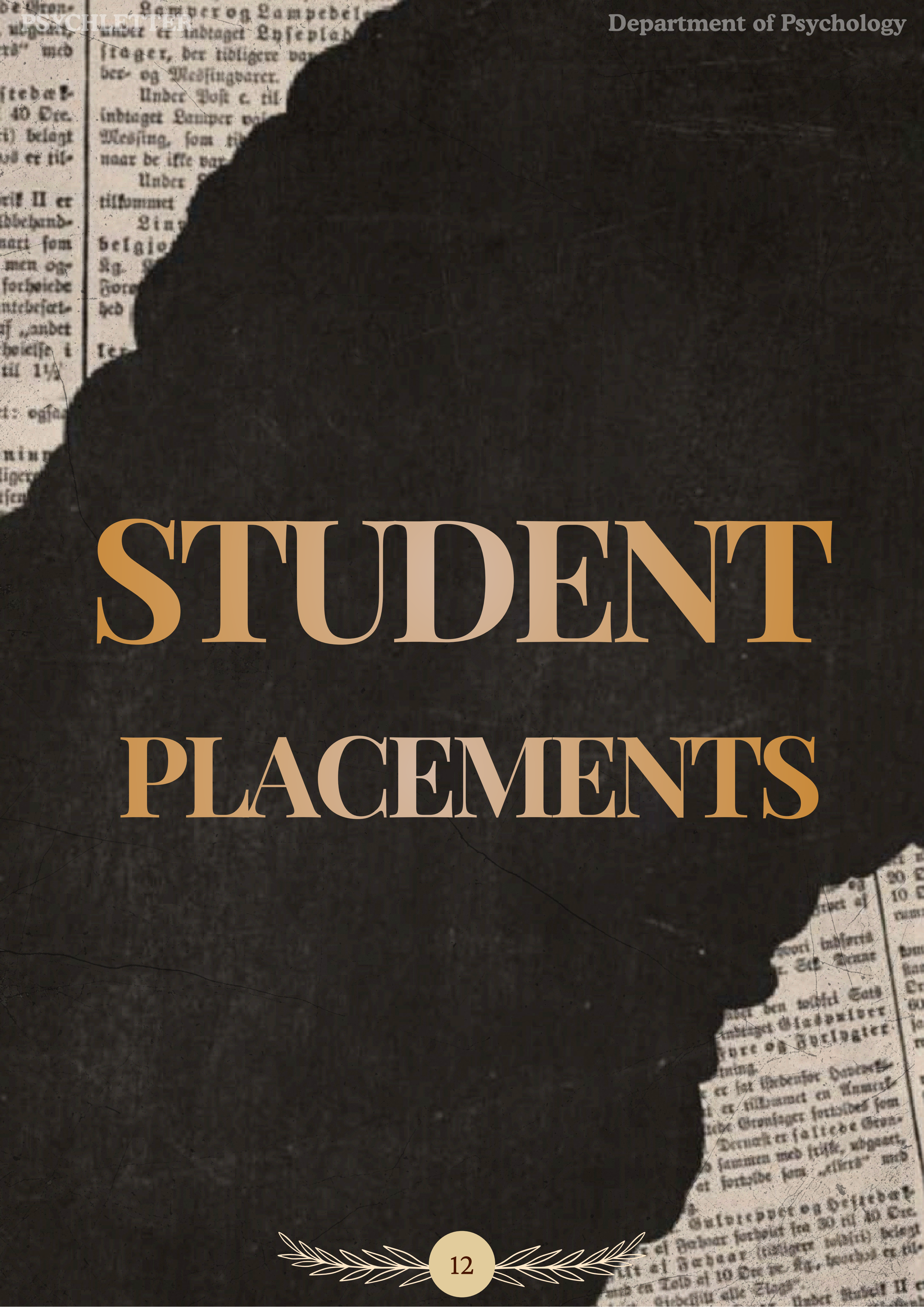


Field Visit -Umang, Jaipur



As part of hands-on learning in our psychology program, students visited Umang, Jaipur on 10th November, 2025. Umang is an inspiring space that supports individuals with intellectual and developmental disabilities. Ever wondered how inclusion works beyond textbooks? This visit brought those ideas to life. Through open conversations and engaging interactions with the Umang team, students saw how empathy, patience, and everyday care can make a real difference. For many, the experience sparked reflection and connection, leaving them with a deeper understanding of people, not just psychology.





STUDENT PLACEMENTS

STUDENT *Placements*

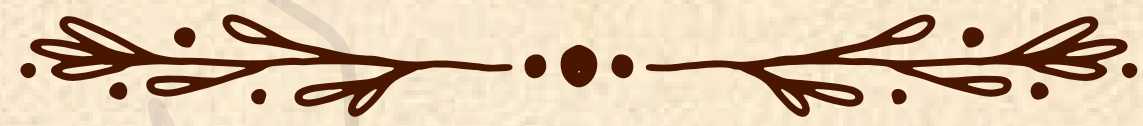
STUDENT NAME	NAME OF COMPANY JOINED	POSITION
Dona Mathew	RNR Emotional wellbeing technologies LLP	Assistant Psychologist
Jahnavi Rajesh Shahani	NetAmbit	Counsellor
DEV VYAS	Marwadi University	Assistant Professor
Komal Yogesh Shah	UnClub Experiences Private Limited	Founder's Office Associate
Avantika Narnaware	Dutta Meghe Institute of higher education and research	Consultant

STUDENT *Placements*

STUDENT NAME	NAME OF COMPANY JOINED	POSITION
Gaurav Solanki	Teleperformce	BPO caller
Chavi Khandelwal	GLOSS	Digital Marketing Executive
Jyeshtha Nainani	Universal Hunt Private Limited	Hr Recruiter
Gaurav Sharma	Accenture Solutions Private Limited	Cloud Tech Support Associate
Ria Verghees	Insighte Childcare Private Limited	Assistant Psychologist

STUDENT CONTRIBUTIONS

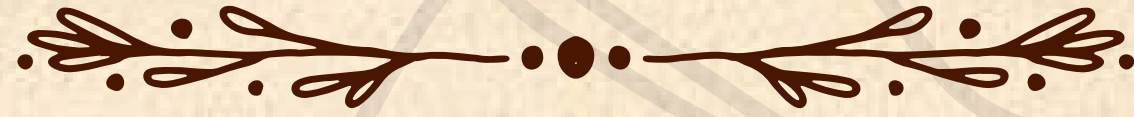
CALLING MYSELF HOME



Am I the calm chaos, wandering through hallows
undefined,
Or the midsummer's sunflowers and sunsets,
with their glories intertwined?
Is it I who treads these roads in search of sorrow's
throne,
Or a wanderer, chasing horizons as if tomorrow is
unknown?
Have I named myself the monster that lingers in
the shadows,
Or did I abandon my being back at the hallows?
Do I turn and look back, or do I press on?
Am I truly beside myself, or already long gone?
And if one day I should wish to meet myself again,
What words would I speak, what prayer would
remain?
For if I miss the self I've left along the way,
How do I call it home, what is it I pray?

**Astha Gautam, MSc Clinical Psychology, 2nd
Year.**

BE



Who am I? When I am alone
Behind the shadows of my
prepared self
In hesitation, there lurks me,
Yes, I am a scared member of
society,
Since time, I was taught Grow up
and BE, this or that
As I grew older, I grew more
strange to myself
Oh, Children of coming age
Become wiser, become closer to
yourself
You never know when you might
lose it while growing up.

**Hrishita Singh, MSc Clinical
Psychology, 1st Year.**

FRIDAY MUSING: THE APOTHECARY OF THE UNWANTED



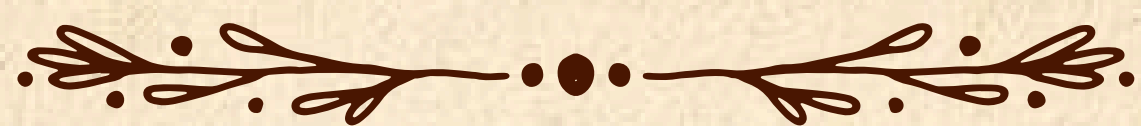
Friday night - It's past midnight,
Sitting by the window-side,
Wondering if the world of might,
It is the last resort.
Lose my mind,
Live as an anomaly,
Be the bystander of every story.
A poet for all or none,
But never a subject of the poem.
Get picked and discarded like flowers left to die.

I am never the kind to be someone's apothecary - Sweet and savoury,
Reminding of an attached memory:
The good or the bad,
The bitter or the sweet,
The loss or the celebration.

A smell never - 'that would rather be' - Long forgotten,
Lost in the dust,
Best kept as the 'unwanted'.
The fury, the glory,
The penchant for a moral story.
Times change -
Enemies become friends,
The one we once loved
Becomes a stranger.
Life revolves around danger.
The flowers die one by one,
Like a chain reaction,
Never not waiting,
Never not wishing,
Because they said -
Who wants wasted potential, anyway?.

Naboneeta Mandal, MSc Clinical Psychology, 1st Year

DISAPPOINTMENT



In a locked room, I sit silent,
Looking at myself,
Becoming a complete disappointment.

I see dreams in your eyes,
Wanting me just to fly high,
But here I stand on the lost path,
With intense pain and great wrath.

I couldn't keep any promise,
And yet you didn't say a word,
You still have hopes for me,
And it breaks my heart.

You say you are proud of me,
But I can't see why,
There are words of AFFIRMATION,
And yet,

I hear the echoes of EXPECTATIONS too high.

Every time I fall,
I feel the shame,

Shame of not being able to keep your name,
And yet you are there holding my trembling hands,

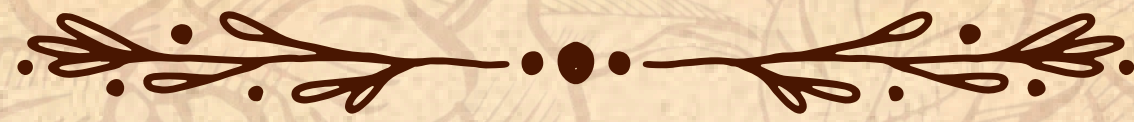
Supporting through each end,
With just pure love and no demand,

But still there's a ray of hope,
Your love and hope will work as a rope,
Rope to climb towards my goal,
And get myself out of the loop of hole.

Your faith in me will help me arise,
I'll come back and touch the skies,

I'll carry your love all my life,
And make you proud through each strife.

Palak Agarwal, BSc (Hons) Psychology, 1st Year.



Getting caught in unknown environments catches us off guard; the key, however, is resilience.

Taiba Shams, MSc Clinical Psychology, 2nd Year.



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