

# PSYCHLETTER

## DEPARTMENT OF PSYCHOLOGY

JULY 2025- SEPTEMBER 2025

VOLUME 2, ISSUE 3



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# Message from the Editorial Desk



Dearest Readers,

Welcome to a fresh and inspiring edition of our Psychology Department Newsletter—your window into the ever-unfolding journey of minds, meanings, and milestones. This issue celebrates not just what we study, but who we are becoming as a community of learners, explorers, and changemakers.

Within these pages, you'll find stories of curiosity taking shape: students stepping into new roles, faculty pushing boundaries with their hardwork, and events that reminded us why psychology matters in every corner of life. From classrooms to corridors, from reflective dialogues to creative expressions, our department continues to pulse with ideas that challenge, comfort, and connect.

As you read, we invite you to slow down, wonder a little, and allow these reflections to spark your own. Because psychology isn't merely an academic discipline—it's the art of noticing, understanding, and transforming the human experience.

Here's to new insights, bold questions, and the joy of learning together.

Stay inspired, stay compassionate!

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.

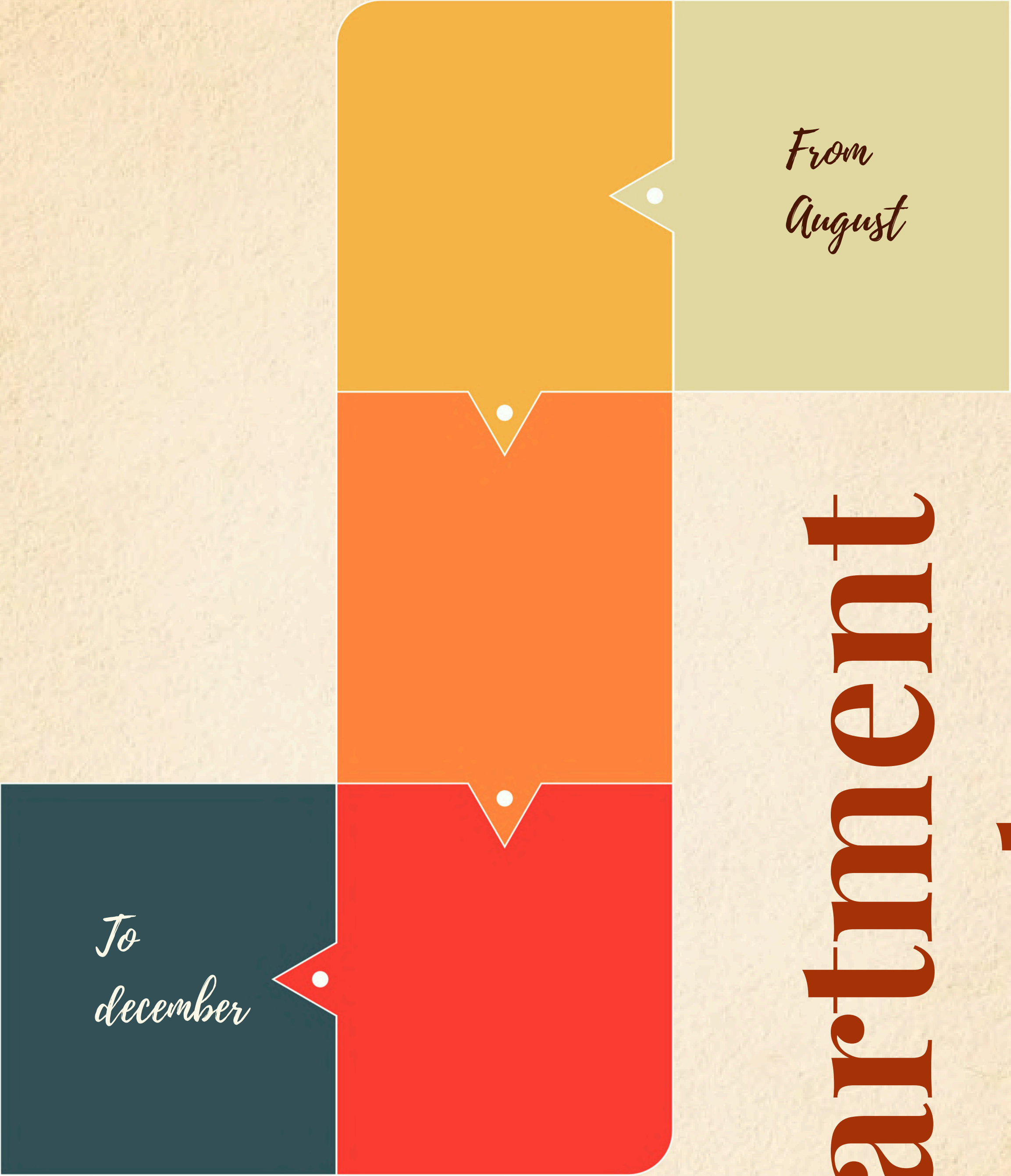
### MISSION

**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.

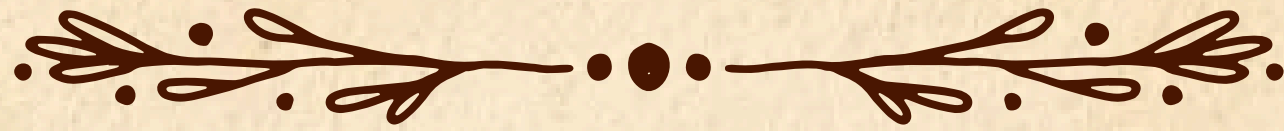




# Department Events



## DEEKSHARAMBH



The Department of Psychology, SOAHS, organized the Student Induction Program (SIP) from 28th July to 1st August 2025 for new students of BA (H) Psychology, BSc (H) Psychology, and MSc Clinical Psychology. Following UGC's DEEKSHARAMBH framework, the program helped students adjust to university life, understand academic expectations, and begin their personal and professional development.

The induction began on 28th July with a welcome address and cultural presentations, followed by ice-breaking activities and an introduction to academic procedures and campus support services. On 29th July, students took part in a talent show and received guidance on examinations, university portals, and practical applications of psychology. Sessions on 30th July focused on self-management, mindfulness, preparing for competitive exams, and learning from alumni experiences. On 31st July, expert talks covered clinical psychology, adapting to new environments, and understanding youth drug addiction. The final day featured motivational and career-focused sessions, along with insights on personality and the connection between psychiatry and psychology.

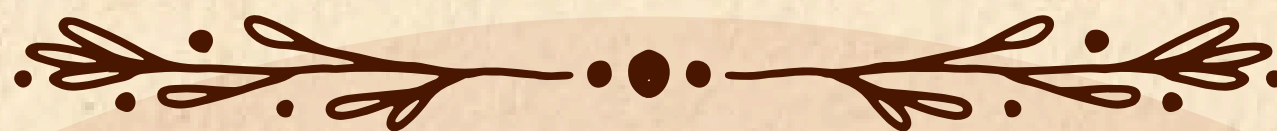
The final day, 1st August, opened with a motivational talk titled "Dreamer to Doer" by Dean-in-Charge Dr. Karunakar A. Kotegar. This was followed by an engaging session by Head of Department, Department of Psychology Dr. V. Vineeth Kumar, where students explored personality insights and gained a deeper understanding of individual differences and self-awareness.

The program was interactive and supportive, helping students feel welcomed, informed, and confident as they began their journey in the Psychology discipline at MUJ.





## Breaking the chains: Addressing Substance Abuse



The poster is for an expert lecture organized by the Department of Psychology, School of Allied Health Sciences, Faculty of Health Sciences at Manipal University Jaipur. It features a portrait of Dr. Gaurav Purohit, the resource person, and lists the organizers, convener, and co-convener. The event is scheduled for 31st July 2025, from 3:00 pm to 4:00 pm, online via MS Teams. The poster also includes logos for NAAC A+ accreditation and the university's commitment to good health and well-being, and quality education.

**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**  
**Breaking the Chains: Addressing Substance Abuse**

**Date:** 31st July 2025  
**Time:** 3:00 pm to 4:00 pm  
**Venue:** Online (MS Teams)

**Resource Person**  
**Dr. Gaurav Purohit**  
MBBS, MD (Psychiatry)  
Assistant Professor at Geetanjali Medical  
College & Hospital, Udaipur

**Organizer**  
**Dr. V. Vineeth Kumar**  
HoD  
Department of Psychology

**Convener**  
**Dr. Gargi Sharma**  
Assistant Professor  
Department of Psychology

**Co-Convener**  
**Dr. Pallavi Ojha**  
Assistant Professor  
Department of Psychology

The Department of Psychology organised an expert lecture titled “Breaking the Chains: Addressing Substance Abuse” on 31st July 2025 in Room 307, Academic Block 1. The session was delivered by Dr. Gaurav Purohit, Assistant Professor at Geetanjali Medical College and Hospital, Udaipur, and a Consultant Psychiatrist with over 13 years of clinical experience.

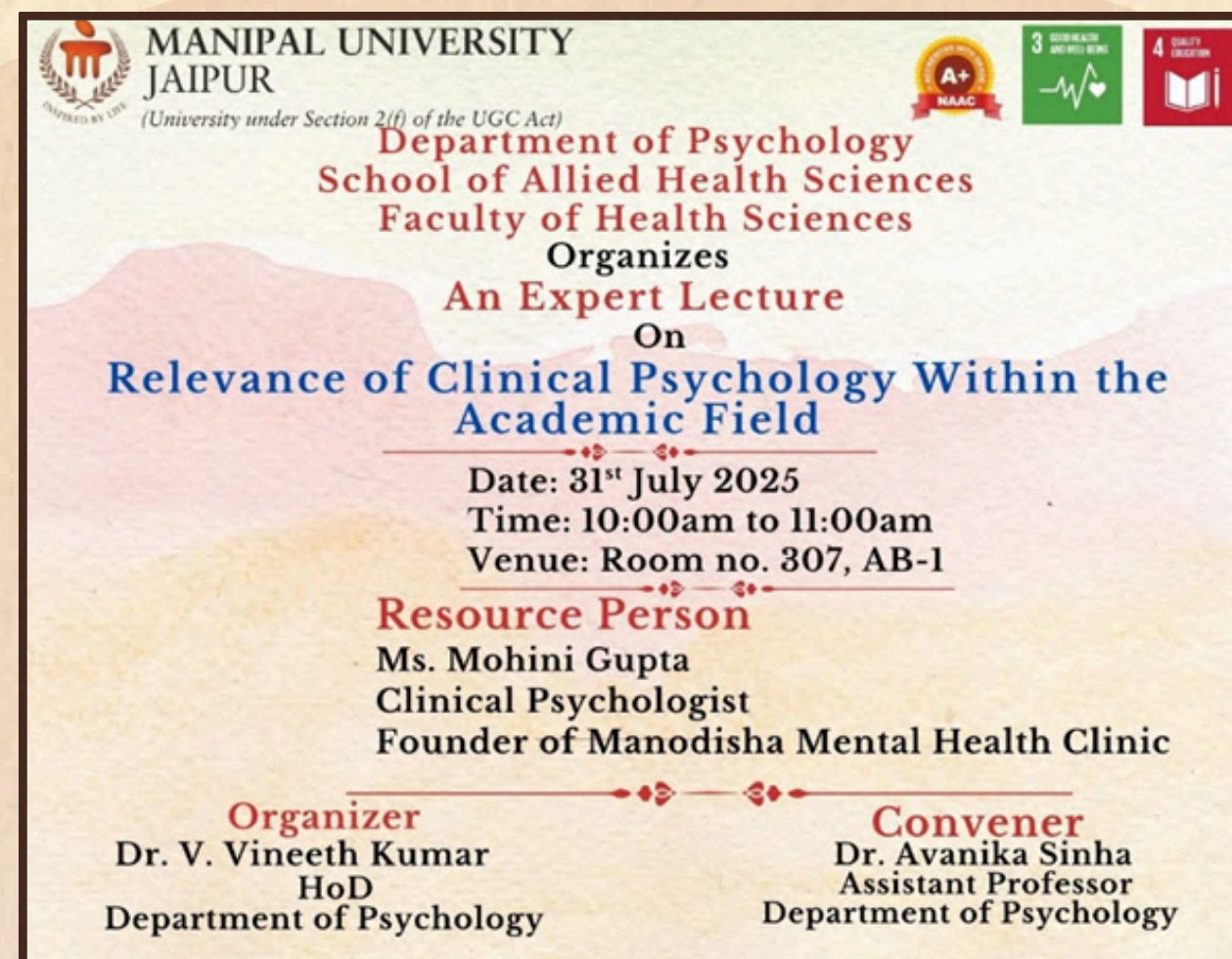
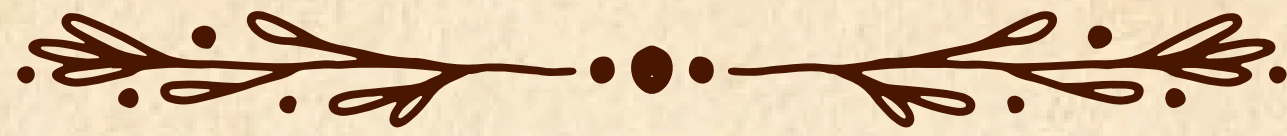
Dr. Purohit discussed the rising concern of substance abuse among young people and highlighted key factors such as peer pressure, curiosity, and stress that often lead youth toward drug experimentation. He explained the behavioural and physical warning signs of substance use, enabling students to identify and respond to risks early. The lecture also covered the short- and long-term consequences of drug abuse on physical health, mental well-being, academic performance, and social relationships.

Emphasising prevention, Dr. Purohit outlined the critical role of parents, teachers, and communities in offering guidance, emotional support, and timely intervention. He further introduced treatment and recovery approaches, encouraging a compassionate, stigma-free attitude toward rehabilitation.

The session was highly informative and strengthened students’ awareness of substance abuse and its prevention.



## Relevance of Clinical Psychology Within the Academic Field



A guest lecture was organized for first-year students in the Department of Psychology, focusing on the importance of clinical psychology in understanding human behavior and mental processes. The session aimed to help students deepen their knowledge of the field while also highlighting how clinical psychology contributes to sustainable behaviors and supports mental health well-being in alignment with global goals.

Throughout the lecture, the significance of promoting mental health was emphasized, especially in a time when many individuals continue to struggle with psychological difficulties. The discussion also outlined the essential skills required in the field of clinical psychology, helping students appreciate both its academic relevance and its practical application in addressing real-world mental health needs.

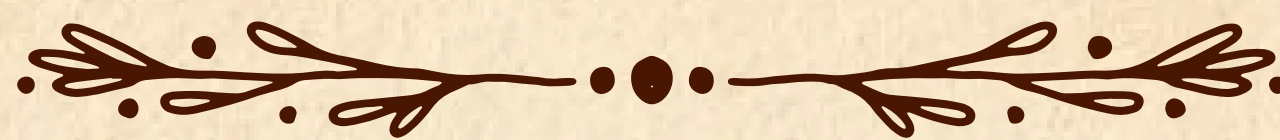
The lecture was delivered by Ms. Mohini Gupta, a Clinical Psychologist and the Founder of Manodisha Mental Health Clinic, Jaipur, whose professional insights enriched the students' understanding and engagement with the topic.


The event was scheduled for Friday, 31st July 2025, from 10:00 AM to 11:00 AM, and took place in 1 AB, Floor III, Room No. 307.






## Synchronizing Psychiatry and Psychology, Bridging Gaps.

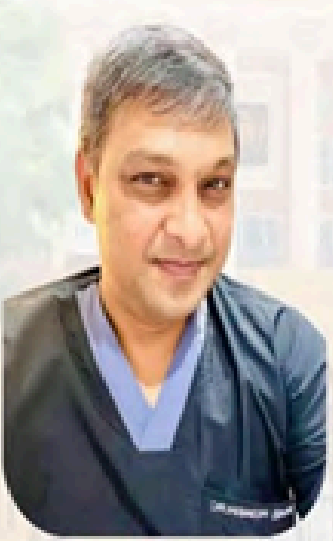



**MANIPAL UNIVERSITY  
JAIPUR**  
(University under Section 2(f) of the UGC Act)





**Department of Psychology  
School of Allied Health Sciences  
Faculty of Health Sciences**  
 Organizes  
**An Expert Session**  
 On  
**Synchronizing Psychiatry and Psychology: Bridging the Gaps**



**Date:** 1<sup>st</sup> August 2025  
**Time:** 3:00 pm to 4:00 pm  
**Venue:** Room No. 307, Academic Block- 01

**Resource Person**  
**Dr. Manish Bhargava**  
 MBBS, MD (Psychiatry)  
 Founder  
 Bhargava Psychiatry, De-addiction & General Hospital

**Organizer**  
**Dr. V. Vineeth Kumar**  
 HoD  
 Department of Psychology

**Convener**  
**Dr. Gargi Sharma**  
 Assistant Professor  
 Department of Psychology

**Co-Convener**  
**Dr. Pallavi Ojha**  
 Assistant Professor  
 Department of Psychology

The event “Synchronizing Psychiatry and Psychology: Bridging Gaps” took place on 1st August 2025 in Room 307, Academic Block 1, featuring Dr. Manish Bhargava, a renowned psychiatrist from Bhargava Psychiatry, De-addiction & General Hospital.

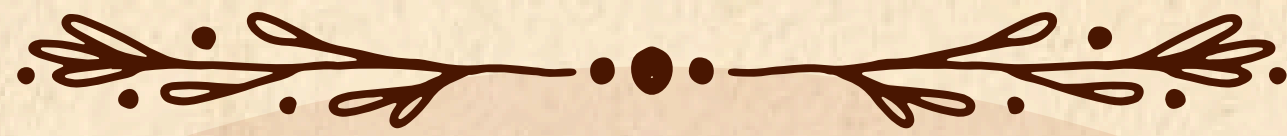
The session focused on how psychiatry and psychology, though distinct in their foundations, are most effective when their approaches are integrated.

Dr. Bhargava discussed the importance of combining medical expertise with therapeutic and behavioral understanding to provide truly holistic mental health care. He highlighted how collaborative practice improves outcomes in disorders such as depression, anxiety, and schizophrenia. The interactive lecture helped simplify complex concepts and encouraged students to engage in meaningful discussion about clinical and research challenges.

The event supported SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 10 (Reduced Inequalities) by promoting awareness, integrated care, and equitable mental health access.



## REVIVE – World Suicide Prevention Day Awareness Program



The Department of Psychology, Manipal University Jaipur, organized REVIVE, a two-day awareness and sensitization program on 10th September 2025 to mark World Suicide Prevention Day. The event was inaugurated by senior university dignitaries, including President Prof. (Dr.) N. N. Sharma, Pro-President Prof. (Dr.) Karunakar A. Kotegar, Registrar Prof. (Dr.) Amit Soni, and Provost Prof. (Dr.) Nitu Bhatnagar, who initiated a signature campaign and participated in activity desks. The program aimed to promote mental health awareness, encourage open dialogue, and highlight the importance of suicide prevention.

The program began with a powerful Nukkad Natak on suicide prevention, capturing the audience's attention and setting the tone for the day. This was followed by a vibrant flash mob, encouraging engagement and spreading the message of hope. Students from various departments participated in Poster Making, Digital Poster Making, and Slogan Writing Competitions, showcasing creative expressions of resilience and awareness.

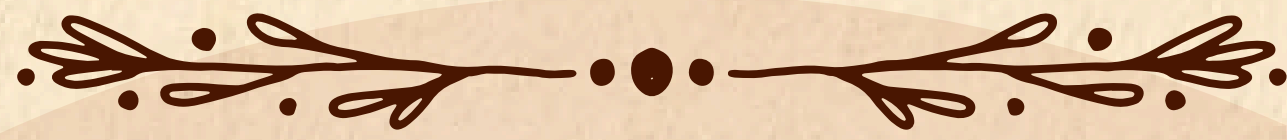
Throughout the event, several interactive and therapeutic activity desks—such as art therapy, tarot cards, affirmations, bursting your fears, hand art, and a gratitude wall—provided safe spaces for self-expression and reflection. University dignitaries also joined the signature campaign and participated in activities, reinforcing the collective commitment to mental well-being.

The event successfully fostered connection, awareness, and hope across the campus community.





## Beyond silence: Changing the Narrative on Suicide and Seeking help with courage.



The Department of Psychology, School of Allied Health Sciences, Faculty of Health Sciences, organised a guest lecture on 12th September 2025 at the Dr. TMA Pai Auditorium, Academic Block 2. The session featured Dr. Vandana Nanglu, Project Coordinator of TeleMANAS Rajasthan (National Health Mission, Government of India) as the distinguished speaker.

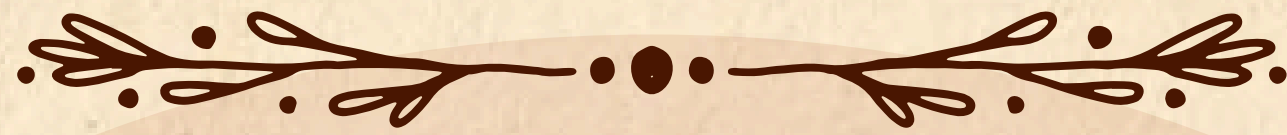
Dr. Nanglu, an experienced academician and mental health professional, discussed the rising suicide rates in India, especially among individuals aged 18–30, and highlighted major risk factors such as family issues, mental health disorders, academic pressure, and social stigma. She emphasised the importance of emotional fluency, early recognition of warning signs, and the need to normalize help-seeking. Practical strategies such as grounding techniques, breathing exercises, and creating a “Hope Kit” were also introduced.

The lecture encouraged students to actively contribute to suicide prevention efforts through awareness, peer support, and community engagement, leaving a meaningful impact on all attendees.





## Expert Session: Adapting to the New Environment



The Department of Psychology, Manipal University Jaipur, organised an insightful expert session titled “Adapting to the New Environment” as part of the Induction Program for newly admitted Psychology students on 30th July 2025. The session was led by Ms. Vidita Ranawat, an experienced counsellor from GHSS, who brought valuable perspectives on emotional adjustment and transition management for young adults entering higher education.

Ms. Ranawat discussed the psychological challenges commonly faced by first-year students—ranging from homesickness, academic pressure, and social adjustment to managing expectations in a new learning environment. She highlighted the significance of self-awareness, emotional regulation, and help-seeking behaviour, encouraging students to adopt a proactive approach to mental well-being. Through relatable examples and interactive discussions, she explained how students can cultivate healthy habits, build meaningful peer support systems, and stay resilient during the transition to university life.

The session also emphasized practical strategies such as routine building, time management, mindful communication, and campus resource utilization. Students appreciated her warm and engaging facilitation style, noting that the session eased their initial anxieties and motivated them to approach the academic journey with confidence and openness.

The expert talk concluded with an interactive Q&A round, where students raised queries about stress, motivation, and balancing academics with personal life. The department expressed gratitude to Ms. Ranawat for her meaningful contribution to creating a supportive and welcoming environment for the incoming batch.

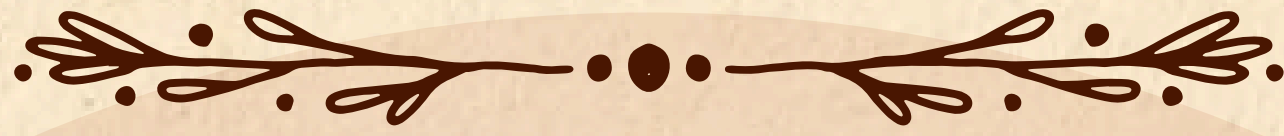
This session marked an encouraging start to the induction program, reinforcing Manipal University Jaipur’s commitment to student wellness and holistic development.





## Social Connect:

### Visit to the Govt. Seth Anandi Lal Poddar Badhir Senior Secondary School



Social Connect Visit to the Govt. Seth Anandi Lal Poddar Badhir Senior Secondary School was conducted on 12th September 2025 by the Department of Psychology, Manipal University Jaipur.

The visit aimed to help students understand the real-life experiences of children with hearing and speech impairments and the psychological, social, and educational challenges they encounter. Students learned about the school's functioning, specialized teaching methods, and alternative communication strategies used to support learning.

The visit emphasized the importance of inclusive education, community involvement, and empathy in working with differently-abled children.

It also highlighted key Sustainable Development Goals, including SDG 3 (Health and Well-being), SDG 4 (Quality Education), and SDG 10 (Reduced Inequalities).





# DEPARTMENTAL RESEARCH





| S.No. | Authors  | Title of the Research  | Name of the Journal   |
|-------|--|--|---|
| 1     | Dr Kriti Vashishtha & Dr Charu Dhankar. et al. | PLAYFUL THERAPIES: USE OF GAMIFICATION IN SCHOOL COUNSELLING   | AI in Learning, Educational Leadership, and Special Education: Innovations and Ethical Dilemmas |
| 2     | Dr Samridhi Pareek & Dr. Gagan Jain            | PERCEIVED AUTHORSHIP AND CONVERSATIONAL EVALUATIONS: A STUDY ON AIGENERATED VS. HUMAN THERAPIST DIALOGUE                             | Journal of Technology in Behavioural Science  |
| 3     | Dr Shraddha Tripathi & Dr Ruchi Joshi. Et al.  | SYMBOLIC WARFARE: INTERPRETING THE CULTURAL AND POLITICAL SEMANTICS OF OPERATION SINDOOR   | The Commonwealth Journal of International Affairs and Policy Studies                            |
| 4     | Dr Avanika Sinha                               | DIGITAL PHENOTYPING AND MACHINE LEARNING IN MENTAL HEALTH: BRIDGING BIOANALYSIS AND BEHAVIOURAL SCIENCE                              | Journal of Applied Bioanalysis  |
| 5     | Dr Rajnish Kumar Gupta                         | THE IMPACT OF DEPRESSION, ANXIETY, AND STRESS ON COGNITIVE CONFLICT IN UNIVERSITY STUDENTS   | Conflict Resolution Quarterly. Advance online publication                                       |
| 6     | Dr Prashasti Jain                              | FACTORS INFLUENCING USERS' BEHAVIORAL INTENTION TOWARDS ADOPTION OF TELECONSULTATION TECHNOLOGY: A COMBINED TAMBRT APPROACH          | IEEE Access   |
| 7     | Dr Rajnish Kumar Gupta                         | THE ROLE OF THREAT SENSITIVITY AS A MEDIATOR IN THE RELATIONSHIP BETWEEN COGNITIVE CONFLICT AND RISK TAKING BEHAVIOR IN YOUNG ADULTS | Cognitive Research: Principles and Implications   |

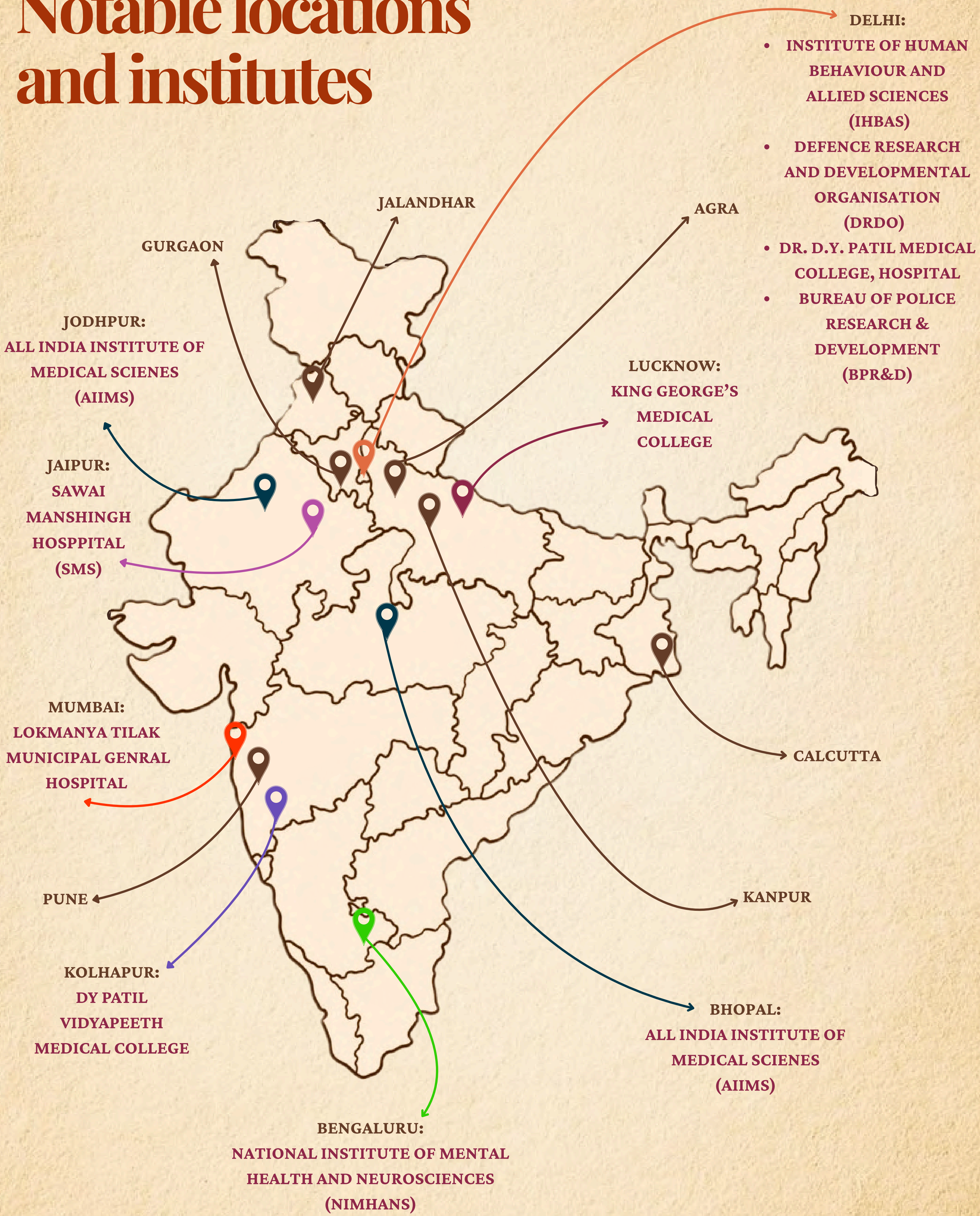




# Internships across India

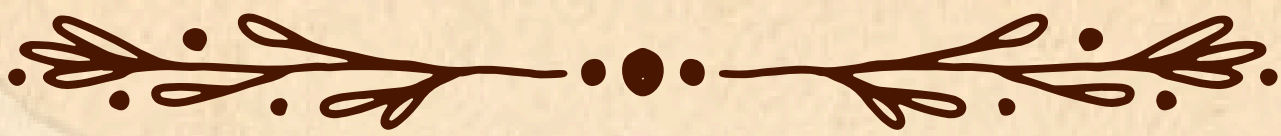


# Notable locations and institutes





SOME NOTABLE INTERNSHIPS



| INSTITUTION  | NUMBER OF STUDENTS |
|--|--------------------|
| National Institute of Mental Health and Neurosciences, Bengaluru (NIMHANS) | 20                 |
| Institute of Human Behaviour and Allied Sciences (IHBAS)                   | 10                 |
| Sawai Man Singh Psychiatric Hospital (SMS)                                 | 8                  |
| Dr D.Y. Patil Medical College, Hopsital                                    | 6                  |
| Lokmanya Tilak Municipal General Hospital                                  | 5                  |
| All india institute of medical sciences (AIIMS)                            | 5                  |
| Defence Institute of Psychological Research (DRDO)                         | 4                  |
| King George’s Medical University   | 3                  |
| Bureau of Police Research & Development (BPR&D)                            | 2                  |





# FACULTY ACHIEVEMENTS



# FACULTY *Achievements*



**Dr. Vineeth Kumar**  
**Dr. Ram Das Pai Excellence**  
**Award**

**Dr. Gargi Sharma**  
**Young Teacher Award**





# FACULTY

## *Achievements*



**Dr. Suyesha Singh**  
**Dr. Ram Das Pai Excellence Award**  
**Key Contributor Award**



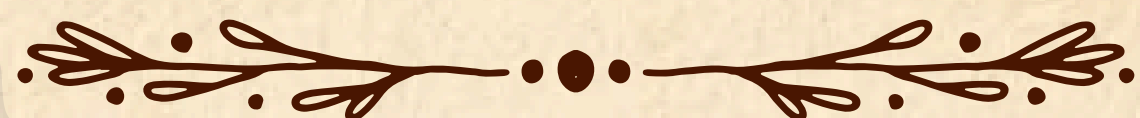
**Dr. Shraddha Tripathi**  
**Dr. Ram Das Pai Excellence Award**



# STUDENT CONTRIBUTIONS



## I AM HER, STILL

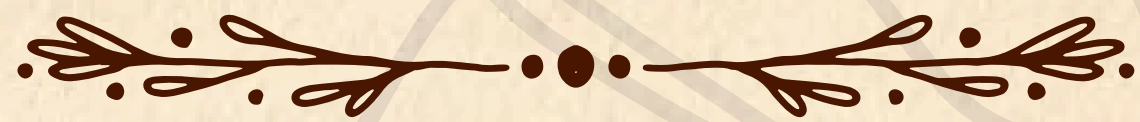


I didn't know it wouldn't last forever.  
I really didn't know.  
If only I had,  
I would have smooched them back a little harder,  
Held on a little longer,  
Laughed louder in their arms.  
They're still here —  
But their love isn't.  
Not the same.  
And if growing up meant watching their love fade  
away,  
Then I never want to grow up.  
Never, ever.  
Sometimes,  
I can still feel their love in old home videos –  
In the way they kissed me,  
Laughed with me,  
Held me like I was their whole world.  
I wish I could tell them now:  
I'm still your little girl.  
I know I don't look like her,  
But I am her.  
Just, a little grown up.

**Manya, BSc (Hons) Psychology, 1st Year.**



## ECHOES OF SILENCE



Her mind was FULL of thoughts,  
Yet, it was completely BLANK,  
Her brain? TANGLED in a thousand knots,  
Yet it was so FOCUSED on life's crank.  
The noise was so so LOUD,  
As if lost in a faceless CROWD  
But when she looked around, Found herself  
ALONE and astounded,  
She always FEARED the SILENCE,  
But it was the NOISE that tore her apart,  
The silence around her stirred the noise  
inside,  
And we saw her face with tears glide.  
The ECHOES of SILENCE, ringing in the air,  
Her thoughts and emotions, a tangled pair,  
How ironic was it when she finally UTTERED a  
word,  
The silence broke, yet NO ECHO was heard.

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



## ELDEST



I walk on  
Head high, back full of needles  
Of all the times they blame me  
Only to look me over  
I am expected to do right  
So there is no pat on my back  
They are expected to do wrong  
But they are told good job...?  
I live my life trying to make it make sense  
Trying to make them see my sacrifices  
But all they see is my efforts to dispense  
They say I am not a child anymore  
But how do I tell them I never was  
Since I have always been  
Laden with expectations  
Fear mongered, anxious for approval,  
Desperate to be loved, waiting to be seen  
But how do I tell them  
I am still devoted to being the eldest.

**Jayantika Rawat, MSc Clinical Psychology, 2nd  
Year.**





Is home a place or people? Is it the walls, or the memories you share with the people within them? Is it the things you use, misplace, or break, or the people who bought them for you? Where do we wish to return at the end of the day?

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





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